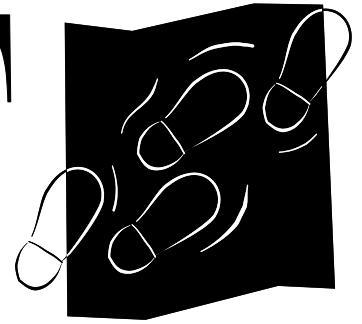




FOOTPRINT



NSW All Schools, Aust XC & Schools Rep

September 2022

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

WHAT A MONTH! CONGRATULATIONS TO ALL OUR COMPETITORS

The ANSW athletics season only officially started last week but what a busy month our Ryde Athletes have had. We had four athletes competing at the **Australian Cross Country Championships** where they achieved some terrific results. Full report starts on page 2.

School representative athletics kicked off including **BBSSA, IGSSA, CGSSA, NSWCHS, NSWCAS, NSW CIS and NSWCCC** which saw many of our athletes end up on the podium or start the season with some new personal bests. Reports on these events start on page 2.

The **NSW All Schools Track and Field Championships** featured over 2000 of NSW most talented high school track and field athletes and our Ryde athletes were there in the mix coming home with **6 gold, 8 silver and 5 bronze medals!!**

Our gold and silver medal winning 13-17yrs athletes are now in line for selection in the NSW All Schools Track and Field team to compete at

the Australian Track and Field Championships in Adelaide from 9th-11th December. For full details and photos of our competitors please go to page 14.

THANK YOU TO ALL OUR VOLUNTEERS AT OUR FUNDRAISERS

Our Fundraising has got off to a great start with a cake stall at Little A registration day, Bunnings BBQ, Blackmore Marathon and a Ryde Little A BBQ & Cake Stall. Thank you to all our helpers and to Chloe Davis for organising these events.

We will be in touch with more opportunities to help as the season progresses. These funds help contribute to grants to the families of athletes who assist on our fundraisers and who represent NSW or Australia interstate and overseas as well as our team entries for State Relays, trophies and affiliation.

Some of our helpers at the Bunnings BBQ & Blackmores Marathon. Check out those cool shirts & hats! All free when you work on the Race! It was great to hear how much the helpers at Blackmores really enjoyed being amongst it. Maybe next year we'll get a few more helpers again.



The Australian Cross Country Championships

The Australian Cross Country Championships wrapped up the Cross Country season on the 27th August at Oakbank racecourse in Adelaide. Congratulations to our three Ryde athletes on their outstanding results.

Adam Bruntsch individually placed 19th overall (16th Australian) in the U20M 8km event in a time of 28.00 minutes. Adam collected a Silver medal in the teams event as part of the NSW School Sports team.



Above Adam, silver in the teams event, below Georgia and at right Benjamin all had great runs on a very muddy track.



Georgia Phillips placed 28th overall (24th Australian) in the U17W 4km event in a time of 16 min 31sec.

Benjamin Woodhouse placed 24th overall in the U15M 4km event in a time of 14 min 47sec



School Representative Athletics Carnivals

CGSSSA Athletics Carnival

At the CGSSSA Athletics Carnival held at Homebush on Friday, 13th August we were represented by 4 athletes.

Sophie Kavanagh was 4th in 12-19yrs Invitation 100m in 13.05s. In the 17+ 100m Sophie ran 2nd in 13.09s and again placed 2nd in the 200m with her time of 26.87s. In the 100m Hurdles Sophie was 3rd in a time of 19.45s. Sophie won the 17+ Long Jump with her leap of 5.32m. Sophie won discus and javelin with throws of 20.95m and 31.50m respectively.

Arabella Price was 3rd in the 17+ 400m in 65.57s. In the 800m Arabella was 2nd with her time of 2m 29.02s. Arabella finished 3rd in long jump (4.21 metres).

Jess Johnston placed 2nd in 15yrs Long Jump with her leap of 4.14m. In throws Jessica was the winner of shot put with 12.73m, the Discus with 38.20m and the javelin with her throw of 33.90m.

Claudia Wilson won her 16yrs 800m with her time of 2 mins 44.04 secs. In her 1500m, Claudia placed 4th in 5m 31.46s

IGSA Athletics Carnival

At the IGSA Athletics Carnival held at Homebush the 18-19th August there were 10 Ryde athletes.

Sophie Kavanagh qualified for the 18-19 yrs 100m final with a time of 13.18s. In the 200m Sophie placed 6th in 26.70s. In the 17-19yrs 4 x 100m heats Sophie's team placed 6th overall with their time of 53.28 to qualify for the final where they claimed 8th place with their time of 54.47s. Sophie won the long jump with her leap of 5.49 m and placed 4th in Javelin with her throw of 30.27m.

Arabella Price placed 7th in her heat of the 17-19 yrs. 400m with her time of 64.73s. In her 800m heat Arabella qualified for the final with her time of 2 mins 27.87s where she placed 6th with her time of 2 mins 27.86s. Arabella joined with Sophie Kavanagh to participate in the Senior 4x100 metre Relay events.

Zara Warland placed 5th overall in her 18-19yrs Shot Put event with her throw of 8.86m.

Ruby Worrell won her heat of the 16yrs 200m in 25.99s. In the final Ruby was again the winner with her time of 25.76s. In the Intermediate 4 x 100 m Ruby's team won their heat in a time of 50.96s and was again the winner in the final in an even faster time of 49.18s to claim the record.

Georgia Phillips competed in the 18-19yrs Long Jump event and placed 5th with her leap of 4.85m.

Claudia Wilson placed 9th in her heat of the 16yrs 800m event with her time of 2 mins 41.37s.

Juliette Cooley competed in the 12-14yrs 400m heats and was 7th with her time of 67.50s. Juliette competed in the Junior 4x100 m Relay team for Monte Sant Angelo which came 5th in their heat with a time of 54.45s to qualify for the final where they finished 6th in 54.44seconds.

Zara Cusick placed 9th in her heat of the Junior 800m in a time of 2mins 44.40s. In the Intermediate 1500m event Zara finished in 16th place overall with her time of 5 mins 32.39s.

Eva Cusick finished 23rd in the Junior 1500m event with her time of 5 mins 42.73s.

Jessica Johnston ran first in the Loreto Kirribilli Inter Girls 4x100m team finishing 9th in 57.03s. Jess was a clear winner in shot put with 12.81m and 2nd in both the Inter Discus and Javelin with 33.37m and 33.27m respectively.

The Broken Bay Secondary Schools Championships

The Broken Bay Secondary School Sports Championships were held at SOPAC on 30th August and Ryde was represented by **Caitlin Waldron** (Benies) who won the 17yrs+ shot put by over 2m when she threw 11.37m. This qualified Caitlin to compete at the NSWCCC

Championships in September.

The Sydney Catholic Schools Athletics Championships

The Sydney Catholic Schools held their Championships on Friday, 26th August and 10 of our athletes competed.

Oliver Smith finished 3rd in the 16yrs 1500m in a time of 4m 34.96s. In his 800m Oliver claimed 5th with his time of 2 mins 17.13s.

Julian Smith was 2nd in the 14yrs 1500m with his time of 4m 53.23s. In the 800m Julian finished 6th in 2m 32.43s.

Rory Davison took second in the 17yrs Boys Discus with his throw of 31.75m. In Shot Put Rory repeated his second with his putt of 13.57m. Rory struck gold in his Triple Jump with his leap of 12.40m and finished with 4th in High Jump with his leap of 1.60m.

Nathan Barbara won gold in his 12-15 Boys MC Shot Put with his throw of 4.73 m. In his Long Jump Nathan placed 5th with his leap of 1.63m. Nathan won his Discus with his throw of 15.31m.

JK Rauqe was a member of the Holy Cross Ryde 15 year old Boys 4x100m Relay team which took out the gold medal in the 15yrs Boys 4 x 100m Relay team. In his 100m JK filled 11th place with his time of 12.66s. JK won silver in Long Jump with his leap of 5.39m. In his Discus JK took out a further silver medal with his throw of 38.04m.

Christopher Moala was a member of the Holy Cross 14yrs 4x100m Relay team which won gold with their time of 49.31s. In his 100m Chris filled 6th with his time of 12.76s. Chris won both Long and Triple Jump with leaps of 5.36m and 10.98m respectively. In his High Jump Chris placed 4th with his leap of 1.53m.

Rhys Chandler was a member of the Meadowbank 11-13 year old team which claimed 4th place in the 4x100 m Relay with their time of 58.32s. In his 800m Rhys filled 7th place with his time of 2 mins 55.32s. Rhys was second in the Boys 12-13yrs High Jump with his clearance at 1.38m. In his Long Jump claimed third with his leap of 4.15m.

Miah O'Shea was a member of the Woolwich Team which won the 15yrs Girls 4x100 m Relay team with their time of 53.28s. In her 100m Miah finished 7th place with her time of 13.97s. Miah won both her Long & Triple Jump with leaps of 4.72m and 9.95m respectively.

Lachlan Waldron was a convincing winner in the 14yrs Boys Discus with his throw of 38.73m.

Andrew Kalos was a member of the Marist Eastwood 15yrs Boys team which was third in the 15yrs Boys 4x100m Relay with their time of 48.71s. In his 100m Andrew finished 14th in a

time of 12.74s. Andrew finished in the same place in his 200m with his time of 26.19s. In Long Jump Andrew placed 6th with his leap of 5.07m. Andrew was second in Triple Jump with his leap of 11.03m.

In Sydney Catholic Schools Carnivals leading up to these Championships three of our boys, **Rory Davison, Christopher Moala & JK Rauqe** (pictured below) were all named carnival age champions. A great result for our boys.

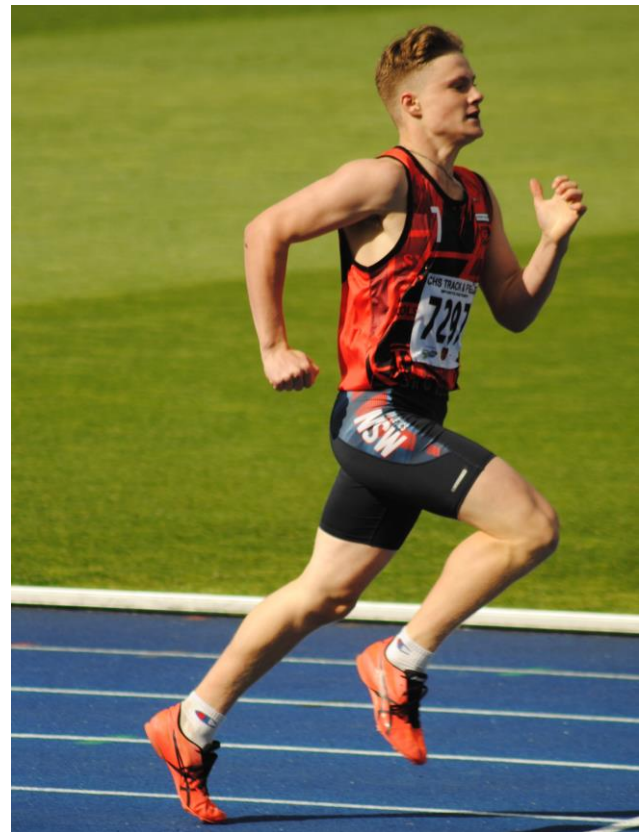


2022 NSW Combined High Schools Track & Field Championships

After a two year break due to covid the NSW Combined High Schools Track & Field Championships were back on and held at SOPAC from the 7th – 9th September, Ryde was represented by 21 athletes.

Aiden Wright was the fastest qualifier in the 14yrs 200m heats when he crossed the line in a new PB time of 23.62s. In the final Aiden held his form beautifully to outrun two other runners in the straight and to finish in another new PB time of 23.23s, the fastest time run by a 14yr Ryde Senior boy.

In his 400m heat, Aiden had the race under his control by the start of the back straight and eased into the final 20m of the straight to finish fastest qualifier in a time of 54.01s. In the final Aiden was again the clear winner stopping the clock at 53.54s.

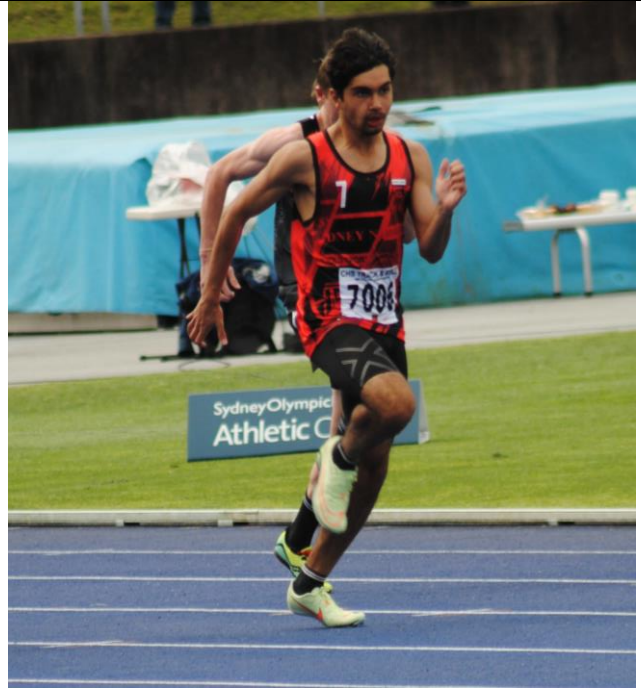




Aiden teamed up with **Yahya Ali** to run up an age in the Ryde Secondary 15yrs 4 x100m . In the heats the boys were clear winners with Yahya easing up in the straight to cross the line in 45.83s as the second fastest qualifier. In the final both boys ran strong legs and Aiden did a clean pass off to Yahya who was gaining on the winning team down the straight. The boys finished with silver in a time of 45.07s.



Yahya finished his heat of the 14yrs 100m in a scorching 11.39s to qualify as fastest for the final. In the final Yahya was again the clear winner with a new personal best time of 11.34s. This is the fastest time on record for a 14yr Ryde Senior boy.



Between Aiden & Yahya, they claimed the three sprint titles for 14yrs for their school, Ryde Secondary.

April Bateman was a busy competitor over the three days. April placed 8th in the 12yrs long jump with a leap of 4.10m. In the 100m April was 6th in her heat in 14.08s, qualifying for the final where she placed 9th in a time of 14.19s. April won her heat of the 80m hurdles in a time of 14.82s to progress to the final as the 6th fastest qualifier. In the final April finished in a time of 15.01s. April was also a member of the Cheltenham girls 12yrs 4 x 100m relay team who finished in a time of 59.64s to place 6th in the final.



Axel Bruntsch ran 2m 9.10s and was 3rd in his heat and the 5th fastest qualifier in the Boys 14yrs 800m heats. In the final Axel moved up one spot to place 4th in 2m 08.12s. **Adam Bruntsch** was 2nd in his heat and 6th fastest qualifier for the final of the Boys 17yrs+ 800m in a time of 2m 03.57s. Unfortunately, due to illness Adam was not able to compete in the final or the 2000m steeplechase.

Luke Moscos was competing at his first NSWCHS and placed 9th in a time of 2m 31.78s in the 13yrs boys 800m. Luke also competed in the 12-14yrs 1500m where a time of 4m 58.02s secured him 13th spot.



Mahli Jabre, Zara Pawsey and Charli Nagle ran in the Riverside girls 14yrs 4 x 100m relay team and finished just outside the medals with their fourth place in a time of 54.24s.



We had three athletes competing in throws events. **Jess Koussas** picked up two medals over the carnival. Jess was 3rd in the 14yrs discus with a throw of 32.69m and 2nd in the javelin with a throw of 31.54m. **Isabella Barbara** competed in the 14yrs shot put event and placed 11th with her best throw of 9.35m. **Mikayla Duncombe** picked up 7th spot when she threw 25.86m in the 13yrs discus.

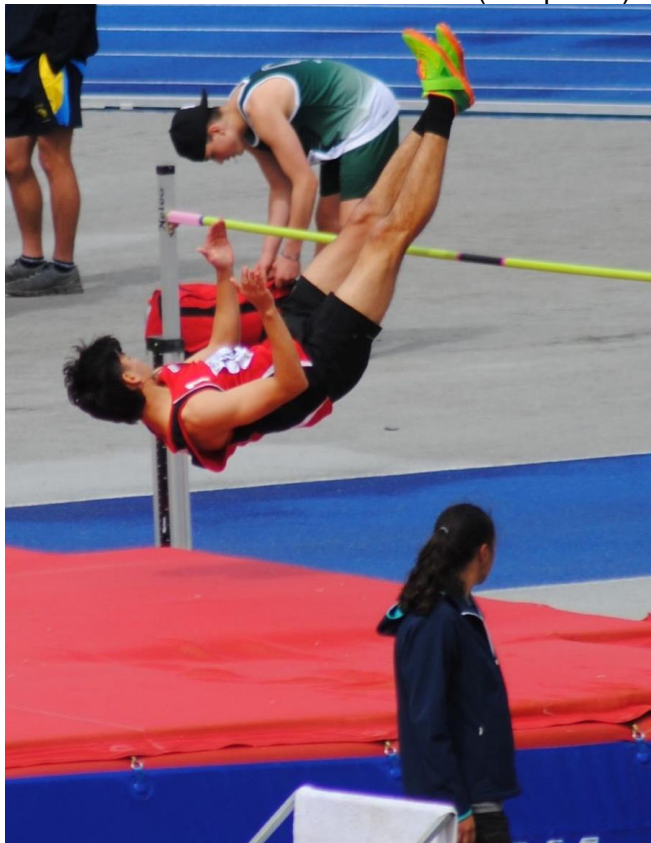


Zara Pawsey, having been named the 14yrs age champion at Sydney North, was also having a busy three days. In the 14yrs 400m heats Zara finished 6th in her heat and 13th overall in a time of 66.15s. In the 90m hurdles Zara qualified for the final after placing second in her heat in a time of 14.94s. In the final Zara produced a new personal best time of 14.51s to finish 4th. This time is under the 2022 national qualifying time for U16's 90m hurdles, a good sign so early in the season. In the 12-15yrs 200m hurdles heats Zara



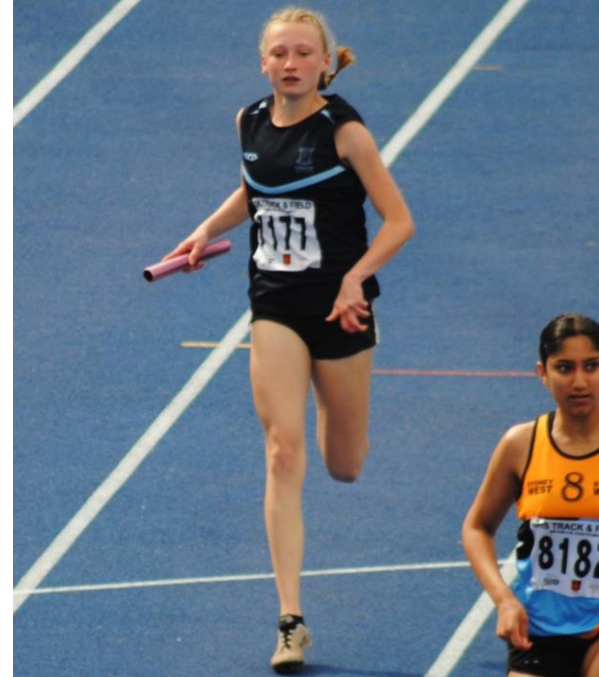
was 2nd in her heat in 32.52s and qualified for the final where she improved on her time to run 32.05s and place 5th.

Maddison Duncombe was 4th in the Pentathlon event with 1785 points from the following results:-
 4th in the 200m - 29.34 seconds (529 points)
 5th in Long Jump – 4.29 metres (376 points).
 3rd in Shot Put – 9.22 metres (479 points)
 6th in High Jump event – 1.18 metres (293 points).
 6th in the 800m – 3 mins 35.24 secs (108 points).



Brendan Mannasz just scrapped the bar at 1.98m and instead finished with 2nd place and a best clearance of 1.94m.

Kaitlyn Martin was 4th in her heat (72.36s) and 5th in the final (71.72s) of the 17yrs+ 400m H, under the 2022 National qualifying time for 400m Hurdles time for U18's. In the 400m heats Kaitlyn ran a time of 64.03s to qualify 4th fastest for the finals. In the finals Kaitlyn ran 64.46s for 6th in CHS.



Kaitlyn Martin and Mia Marshall ran the 16yrs 4 x 100m relay. The Hunters Hill girls placed third in their heat in a time of 52.86 to advance to their final where they placed 7th in a time of 54.38s.



Mikayla Kelleher also competed in the 17yrs+ 400m hurdles and was 4th in her heat in a time of 80.26s.



Kaitlyn Martin and **Zara Pawsey**, were members of the Sydney North area 4 x 400m team that brought home the silver medal in a time of 4m 24.63s.



Ashton Hanna placed 4th in the 17yrs+ 2000m steeplechase in a time of 6m 38.98s.



Oliver Tsang's best clearance of 1.60m placed him 9th in the 14yrs Boys High Jump.

Owen Chandler place just out of the medals when he finished 4th in the boys 12-15yrs triple jump with a leap of 11.88m.

Daniel Cox has been working hard over the off season and that work clearly paid off with his times dropping dramatically. At Sydney North, Daniel ran a 15.24s in the 13yrs 90m hurdles. At CHS Daniel ran 14.29s in the heats to place 3rd and qualify for the final. In the final Daniel brought that time down under 14s when he stopped the clock at 13.95s to place 4th in the final.



NSW Combined Catholic Colleges Athletics Championships.

The NSWCCC Championships were held at SOPAC on Monday 12th September.

Jess Johnston had a busy day as she was also representing CCC at the NSW All Schools Netball Tri Series also being held at Olympic Park. With some understanding from the CCC officials Jess was able to compete across her three events. Jess finished with gold in the javelin with a throw of 36.34m gold again in shot put with a massive throw of 13.03m and silver in discus with 39.25m. Jess was third overall in the age championship points, just two points off age Champion.

Nathan Barbara set a new CCC record for F61 in the MC 12-15yrs discus with a throw of 14.33m (54.95%). In the shot put Nathan collected silver with his best throw of 4.69m (37.40%).



Julie Reynolds will be thrilled to see how well our throwers are doing! Above Jess and below Nathan and at right Caitlin, Lachlan And Rory, all medal winners in throws at NSWCCC. Andrew Kalos also finished in the throws medals, a bronze in javelin.



Lachlan Waldron got his season off to a good start with gold in the 14yrs javelin with an excellent throw of 37.96m. In the discus Lachie threw 37.64 to place 5th. Competing at her last NSWCCC event **Caitlin Waldron** came very close to going home with the Title when her best throw of 11.77m put her just 6cm off gold in the 17yrs+ shot put. Caitlin finished with silver.



It was great to see **Rory Davison** back out in the field again and Rory took home the bronze medal in the boys 17yrs+ shot put with a best throw of 12.43m. In his other event, the 16yrs+ triple Jump Rory was just 1cm off bronze with his best jump of 12.46m.

Andrew Kalos picked up the bronze medal with a good throw of 42.41m in the 15yrs javelin. Andrew also competed in the 12-15yrs triple jump where he placed 7th with 11.22m.

Christopher Moala was the winner of the boys 14yrs long jump with a leap of 5.43m. Chris also competed in the 12-15yrs triple jump where he placed 4th with 11.65m.

Ruby Worrell was back on the track and got her season off to a solid start with a time of 25.51s in the 16yrs 200m. Ruby was the silver medallist, just 1/100th second off gold in an exciting finish.

Isaac Siebert placed 11th in the boys 15yrs 1500m in a time of 4m 53.43s.

JK Rauqe was another Holy Cross representative and JK placed 8th in the 15yrs discus with his throw of 35.47m. In the 15yrs long jump JK was again 8th with a leap of 5.29m.

Juliette Cooley competed over both the 200m and 400m 13yrs girls events. in the 400m Juliette placed 8th in a time of 68.66s and in the 200m Juliette was 19th in a time of 30.17s.

Miah O'Shea was representing Marist Woolwich and was 9th in the 15yrs long jump with 4.36m. In the 12-15yrs Triple Jump Miah placed 9th with her best jump of 9.44m.

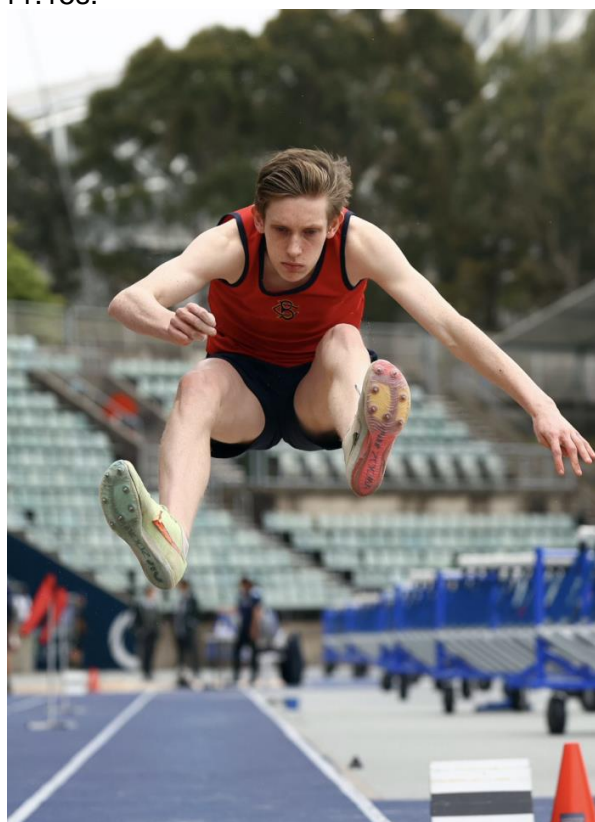
Mikaela Gavranic was just out of the medals when she placed 4th in the 13yrs 100m in a time of 13.50s. In the 200m Mikaela was 7th in a time of 28.19s.

Julian Smith was 9th in the 14yrs 1500m in a time of 5m 01.51s. **Oliver Smith** also placed 9th when he competed in the 16yrs 1500m and finished with a time of 4m 39.21s. Also spotted in the results was former Ryde Senior, **Jack Baker** who ran a blistering personal best time of 50.44s to place 2nd in the 17yrs+ 400m.

NSW CAS Athletics Championships

The NSW CAS Athletics Championships were held at SOPAC on Friday, 16th September and Ryde was represented by one very busy athlete.

Timothy Forster (below) finished in 2nd place in the 17 years Boys Long Jump with his leap of 6.42m. In the Open Boys Long Jump event Tim placed 3rd with his leap of 6.43m. What makes these results even more remarkable is Tim hadn't done any long jump for four years. Tim placed 3rd in the 17 years 200m Championship event in a personal best time of 22.17s. In the Open 110m hurdles (99.1cm) Championship event Tim was the winner with a personal best time of 14.93s. Tim placed 3rd in the 17 years Boys 100 metres Championship event in a personal best time of 11.15s.



ANSW Campbelltown All Schools Warm up Meet

At the Meet held at Campbelltown on 18th September Ryde had two athletes competing. **Daniel Cox** won the Boys 200m Hurdles in a time of 32.52s. **Kaitlyn Martin** was second home in her heat of the Open Womens' 400m in a time of 63.47s.

Narabeen Pole Vault Competition

Monthly permit meet pole vault competitions are being held at Narabeen track and Ryde had five competitors at the competition held on 17th September.

Steve Barlow finished with a new PB height of 2.72m. **Zara Pawsey** also vaulted a new PB, 2.32m, which is over the 2021/22 national qualifier so we'll keep our fingers crossed they don't change for 2022/23. **Kaitlyn Martin** vaulted 1.52m to give herself a new PB as well. **Daniel Cox and Claudia Barlow** both finished with a best clearance of 1.92m



2022 NSW CIS ATHLETICS CHAMPIONSHIPS

At the CIS Championships held at SOPAC on Tuesday 20th September Ryde had 5 athletes competing.

Eloise Stewart (Pymble) competed in the 12yrs javelin and threw 15.99m to place 10th.



Above Alex with gold, silver and bronze at CIS

Arabella Price (Loreto) ran in both the 18yrs+ 400m and 800m. In the 400m Ara stopped the clock at 64.55s to place third. In the 800m Arabella's time 2m 30.74s won Ara the gold.

Harper Pell (Arden) was our busiest athlete competing in 5 events across the day. In the 12yrs long jump Harper placed 8th with her best jump of 3.56m. In the 80m Hurdles Harper was 7th in a time of 16.51s. In the 200m timed finals Harper was 1st in her heat and 7th overall in a time of 29.36s. In the 800m Harper placed 2nd in a time of 2m 32.39s. Unfortunately, in such a busy day Harper missed the call for the 400m.

Alexander Evans (Arden) competed in four events across the day in the 12yrs+ Para age group. Alex (T/F13) was the winner in the Long Jump with his jump of 2.52m (32.9%). In the 12-19yrs Para 100m Alex ran a time of 16.65s (62.82%) to place 3rd and in the 200m Alexander stopped the clock at 36.88s(57.08%) to claim the record and fourth place. In the discus it was a silver medal for Alex with a best throw of 10.20m (19.03%)

Sophie Kavanagh had a great day winning gold in both the 18-19yrs Long jump with her best leap of 6.36m and the javelin where Sophie got a best throw out of 35.23m.

Chloe volunteers at the Commonwealth Games

Chloe Davis, our Volunteer and Fundraising Coordinator took her volunteering international when she became one of the volunteers at the Athletics at the Birmingham Commonwealth Games. This is the second time Chloe has helped out at the Commonwealth Games, having volunteered at the Gold Coast Games, whilst still a teenager. Chloe had a terrific time, a great view of the action and would recommend the experience to everyone.



Good Luck to all our Athletes sitting the HSC

With third term coming to a close it's not long until many of our athletes will be entering the final straight on their school years. We wish all our

past and present athletes who will be sitting the HSC the best of luck for the results they are after. We do hope to see you some of you back in the Ryde colours over the long summer break.

Below Sophie, Arabella and Zara three of our talented athletes enjoying their last day of school.



Did someone say 60 Jelly Cups??

On the first day of All Schools, Ryde Seniors ran the BBQ and a cake stall at Dunbar and had an excellent morning. Just wanted to give a big shout out to **Winnie Cheng**, who is the Junior's Treasurer and made 60 of the most colourful jelly cups for our cake stall. They sold a treat and we are very grateful for the \$120 we raised from those Jelly cups alone! True Ryde Spirit. Thank you, Winnie.



RYDE SENIORS FUNDRAISING FOR 2022/23

Each season we have a number of Fundraising events to help meet the Division's costs such as our entry fees for State Relays, ANSW Affiliation, trophies as well as to help make grants to our athletes when they are selected in NSW or Australian teams to compete interstate or overseas. In the last few seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, Australian All Schools Cross Country Championships and the Oceania Athletics Championships.

Thank you to parents and athletes who have already volunteered at our events this season.

There are a few simple rules for Ryde Senior athletes to being eligible for a grant

- The athlete and at least one member of the family help out at least two of our fundraisers over the season. If an athlete qualifies for more than one National championship then we appreciate them helping at one extra for each extra championship.
- The athlete should be willing to participate for Ryde in Senior events such as Club Championships, Club Nitro, Senior Relays or Cross-Country relays over the season.
- Athletes must turn between 12-18yrs in the year of the competition.
- Grants are only made for interstate or overseas competition.

Our fundraising events have included Bunnings BBQ's, running a drinks stand at the Blackmores Marathon or helping at a Cake stall or Seniors BBQ at Dunbar.

We require the athletes (not just the parents) to be involved in volunteering to teach them the importance of volunteering and so their efforts can directly contribute to any funds they may ultimately receive. It can also qualify at some schools for community volunteer work or towards Duke of Ed. We usually find the kids quite enjoy themselves. Chloe Davis is our Fundraising coordinator and if you'd like to bookmark a spot for your family then email Chloe at chloeemadavis@gmail.com

A few hours each season isn't a big ask and your time can really help to support our Club.

THE NSW ALL SCHOOL ATHLETICS CHAMPIONSHIPS 2022

At the 2022 NSW All Schools Athletics of the 2000 athletes who competed across the four days. Ryde Seniors had 46 athletes competing across track and field.

Maddison Duncombe (Riverside) was Ryde's first field athlete out on Saturday morning competing in the 16yrs discus throw. Maddie got her best throw out in round one for a distance of 27.66m to place 12th.

Emilia Webb (Hunters Hill high) was our first track athlete competing in a massive field of 67 athletes registered for the 13yrs 100m heats. Emilia ran a time of 13.98s to place 8th in her heat and 37th overall.

The 14yrs Boys 100m saw Ryde Seniors **Yahya Ali** (Ryde Secondary) and **James Woods** (Epping Boys) be joined by Ryde Little athlete, **Josh Smith (Kings)** in the heats.

Yahya (below) who had claimed the 100m title at the NSWCHSSA recently, won his heat and qualified for the final in a time of 11.71s.



James was 4th in his heat and 22nd overall in a new PB time of 12.56s. Josh stopped the clock at 12.17s to place 4th in his heat and 12th overall.

Owen Chandler (Epping Boys) was next on the track in a field of 55 in the Boys 100m heats. Owen ran in heat one and finished in a time of 12.43s to place 7th in his heat and 30th overall.



James Woods above had a fantastic meet, setting new PB's in all his track events. Below Owen in the 100m



Mikayla Duncombe (Riverside) has been a steady improver with the discus over the past few seasons. Mikayla improved over her four throws to land the discus in her final throw at 30.04m to give her 7th at State in the 13yrs Discus event.

A new member of Ryde Athletics, **Alexander Evans** (Arden) competed in his first of two events on Saturday morning, the 100m 12-14yrs Para AMB event. Alexander finished in a time of (T13) 17.68s (59.16%) to place 6th.

Nathan Barbara (Marist Eastwood) got his best put out in round three to finish with a best distance of 4.58m (36.52%) and claim bronze in the Boys 15-16yrs shot put AMB.



Brendan Mannasz (Epping Boys) had collected the silver medal at the CHSSA Championships in high jump recently with a height of 1.94m. At All Schools Brendan came home with a best height and new PB of 2.00m for gold in the 17yrs event.



Marist Eastwood thrower, **Andrew Kalos** was our next field competitor out at the 15yrs boys shot put. Andrew (below) placed 8th with a second round throw of 12.46m



The final of the boys 13yrs 100m event saw **Yahya Ali** just miss out on a medal by 1/100th of a second in a very fast final. Yahya's time was 11.70s

Benjamin Lawrence (Carlingford High) was one of 18 boys competing at the 13yrs javelin. In very wet weather Benjamin (below) was 14th at state with a best throw of 24.37m.



Owen Chandler was back for his final event, the 15yrs Boys high jump. Holiday plans had meant Owen didn't get to compete in his pet events, the long and triple jump. Owen managed a clearance in the wet weather of 1.55m to place 20th.

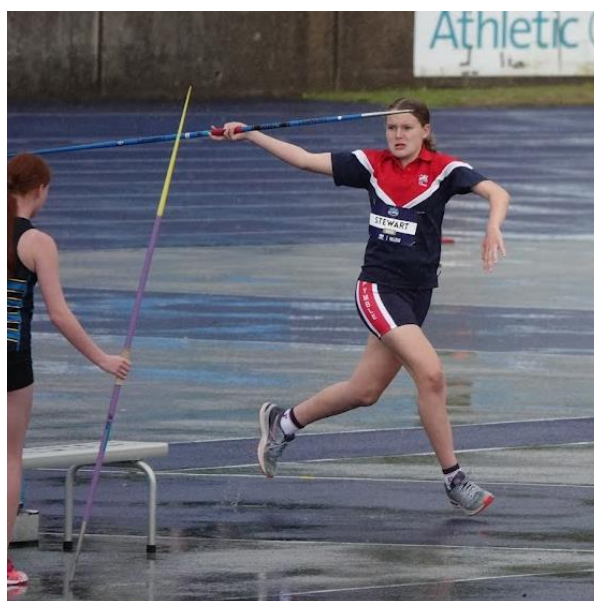
Timothy Forster (Barker) had an excellent meet recently at the CAS Championships finishing among the medals in sprints hurdles and long jump. Competing in the heats of the 17yrs boys 100m Timothy (below) placed 3rd in his heat and qualified for the final in a time of 11.35s.



Claudia Barlow (Hunters Hill High) and **Jessica Johnston** (Loreto Kirribilli) were two of the throwers registered in the 15yrs girls shot put. Claudia got her best shot put out in round two, a distance of 7.06m to place 16th. Jess, who had claimed the shot put title with a big throw of 13.03m at the NSWCCC Championships recently, proved that was no fluke when she again landed the shot put out over the 13m mark with a Ryde Best performance on record throw of 13.32m. Jess sat in second spot until the final round when a thrower just slipped past her and Jess finished with the bronze medal.



Eloise Stewart (Pymble), another new Ryde athlete, was competing across three throws events over the carnival and was out for her first event, the 12yrs girls javelin. Eloise (below) managed a distance of 16.92m on her first throw to place her 9th overall in NSW.



Jess Koussas (Ryde Secondary) had picked up a silver medal in javelin at the NSWCHSSA Championships so was in good form going into the 14yrs javelin event. Jess first throw got her a spot in the top eight where she finished 6th with her final throw of 30.15m



Jess Johnston pretty much went straight from shot put to javelin, down the other end of the field. Jess's four throws were all within a metre of each other and her best throw of 33.31m saw her finish in fourth spot.



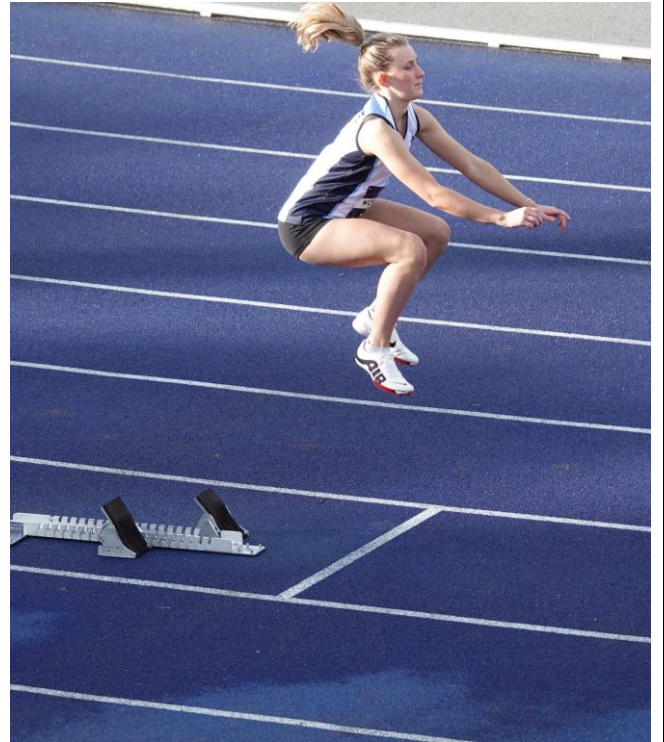
Aiden Wright (Ryde Secondary) and **James Woods** were both running in the 14yrs 400m heats as was Ryde Junior, **Josh Smith** (Kings). Aiden won his heat in 54.38s to secure a finals spot. James ran a two second PB to finish with a time of 56.56s in 4th spot in the same heat and place 14th overall. Josh Smith was second in his heat in a real fight to the line and also qualified for the final in a time of 53.37s.



Above James & below Josh



Ellie Van der Poorten (Ravenswood) and **Zara Pawsey** (Riverside) both ran in the heats of the 14yrs 400m. Zara was 6th in her heat in 67.21s Ellie was 7th in heat one in a time of 70.41s. The girls placed 18th and 20th overall.

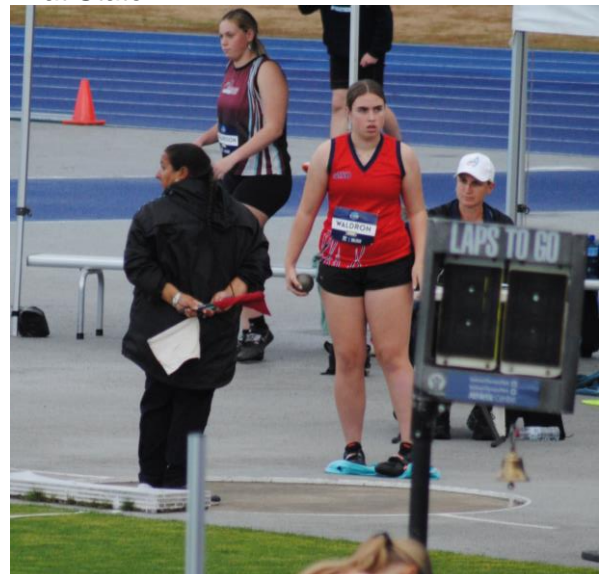


Above Aiden & Ruby & below Ellie & Zara



Ruby Worrell (Monte) was making her track return after injury and was looking to just see how things went. They seemed to go very well! Ruby did her usual speedy take off and was well out in front of the field along the back straight. Ruby eased into the final straight to finish first and qualify for the final of the 16yrs 400m in a time of 59.45s

Both **Waldrons, Caitlin and Lachlan** got to throw in the rain. Caitlin (Benies) competing in the 17yrs shot put was getting out some big throws that were sadly going out of sector. A safety standing throw saw Caitlin secure a finals spot and her fourth throw of 10.23m secured her 7th at State.



Caitlyn getting ready to throw

Lachlan (below) looked good from his warm ups on although his first throw in the 14yrs javelin was ruled a foul. Lachlan's second throw moved him straight to the silver medal spot, where he stayed for the event, improving his distance to 37.54m on the third round. This result earns Lachie a trip to Adelaide for the Australian All Schools.



Timothy Forster (below) was the last Ryde competitor on the first day and had a great run in the final of the 17yrs 100m powering across the line in a time of 11.36s for 8th at state.



Day two brought the promise of much better weather and our early competitors were out at the hurdles.

James Woods was out for his third event, the 14yrs 100m hurdles. James finished 8th in the final in a time of 17.39s.



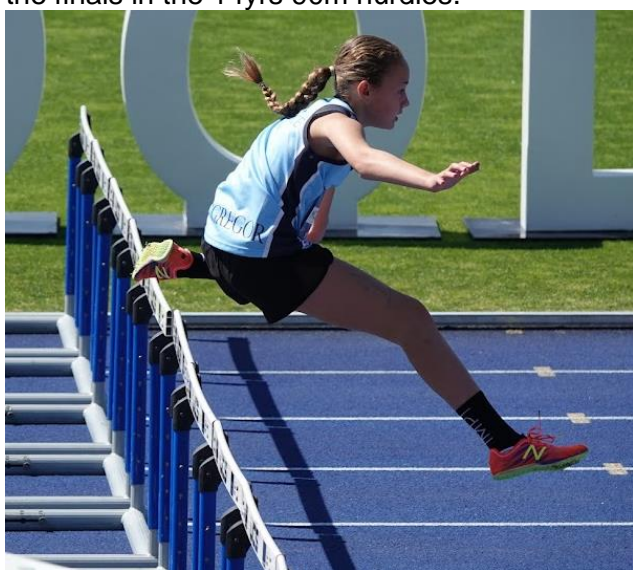
Daniel Cox (Epping Boys) was starting his All Schools program with the 13yrs 90m hurdle heats. Daniel ran a time of 14.46s to place third in his heat and secure a finals berth.



A great result for Lachlan. Silver 14yrs javelin



Zara Pawsey finished in 14.48s (under 2022 NQ time) , to place her third and earn her a spot in the finals in the 14yrs 90m hurdles.



Alexander Evans and **Nathan Barbara** both competed in the PARA discus, our first field competitors of the day. Alex got his best throw out in round 4 of 7.44m (13.88%) to finish 8th in the 12-14yrs event. Nathan's second round throw of 14.62m (56.06%) moved him to second place and the silver medal.

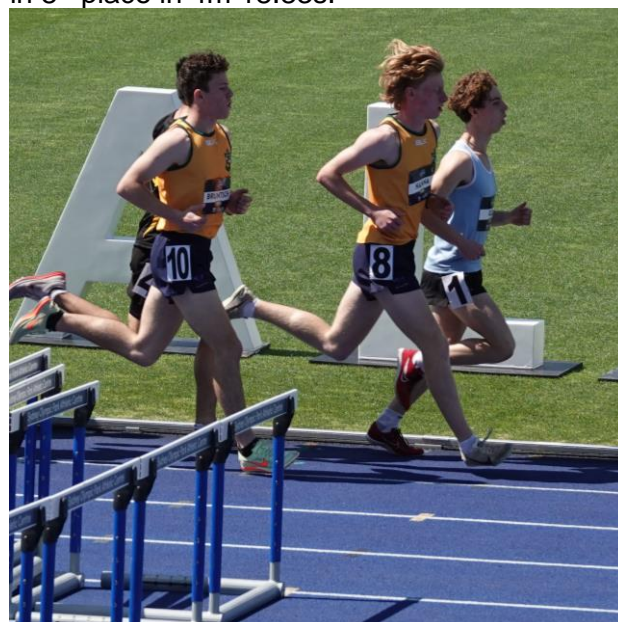
Chloe McGregor (at left) ran in the 12yrs 80m hurdles and finished 5th in her heat in a time of 16.75s to qualify for the finals. In the finals Chloe placed 8th in s time of 16.68s.

Zara Pawsey was back for the final of the 14yrs 90m hurdles and claimed 9th in state with her time of 14.66s.

Daniel Cox had to run between the 13yrs high jump and the finals of the 13yrs 90m hurdles. In high jump Daniel managed a clearance of 1.45m to place 5th and in the hurdles final Daniel was 7th in time of 14.16s.

Ambrose Feng (Epping) also competed in the 13yrs high jump and placed 9th at state with a clearance at 1.40m.

Adam Bruntsch & Ashton Hanna (both Epping) were running in their final All Schools competition and opened their campaign in the 19yrs 1500m. Adam kept in the front pack and crossed the line for silver in a time of 4m 05.34m and Ashton was in 8th place in 4m 18.83s.



Mikayla Kelleher(Riverside) opened her competition with the 17yrs 100m hurdles which began just before her long jump event. Mikayla cleared all the hurdles easily to finish 8th at state in a time of 16.81s. In the long jump Mikayla jumped really consistently to finish with a jump of 4.71m for 11th at State.

Sophie Kavanagh (Loreto Normanhurst) was competing in her final All Schools in the 19yrs long jump and was the defending champion. Sophie again came away with the title. After starting with a foul, Sophie then moved to first spot with her jump of 5.06m and improved on that to finish with a best jump of 5.28m.



Timothy Forster ran up an age in the 19yrs 110m hurdles so he could compete over the higher height hurdles, that he will have to compete at come January. Tim was clean and quick over the hurdles to take the State title in a time of 14.52s, two tenths of a second in front of his closest rival.

The final of the 14yrs Boys 400m was a sensational race with the All Schools record that had been set the previous year being broken. Our best placed finisher was **Aiden Wright**, just out of the medals in 4th place in a new personal best time and Ryde Best Performance on record of 52.42s. **Josh Smith** wasn't far behind in 5th place in 53.16s.

Maddison Duncombe was competing in the 16yrs javelin and unfortunately as can happen sometimes with field events wasn't able to land a legal throw.

Ruby Worrell (top right) was out in the finals of the 16yrs 400m and ran another well timed and well executed race to come home with the silver medal and a ticket to Adelaide for the Australian All Schools in a time of 57.16s.



Jack Baker(Marist) had run a sensation 400m at the NSWCCC to claim a new PB of 50.44s. He proved that was no fluke, when he ran close to that time to win the silver medal in a time of 50.61s in the 19yrs 400m and claim his first NSW All Schools medal.

Andrew Kalos (Marist) has been working hard on his javelin over the off season and it shows. At the 2022 NSW Juniors in February, Andrew threw 41.74m to place 6th at State. Competing in the 15yrs javelin, Andrew threw better with every throw and three of those were new PB's to finish with a final round throw of 45.86m just out of the medals in 4th spot.

Ella McGregor (Riverside) was having her first run of the meet in the big field in the 14yrs 1500m. Ella placed 11th in her timed final and 23rd overall in a time of 6m 01.71s.

Josh Smith and James Woods were joined by **Oliver Tsang** (Epping) at the 14yrs long jump. Josh finished the best of the jumpers. After a first round foul Josh landed jumps at 5.14m and 5.13m for 13th place. James improved with every jump and finished with 4.68m for 16th. Oliver also improved with every jump and his final jump of 4.85m placed him 15th at State.

Axel Bruntsch (Epping) and **Julian Smith** (Marist) were our final two runners of the day competing in the timed finals of the boys 1500m. Julian ran in the first timed final where he placed 4th in a new PB (by 11 seconds) time of 4m 41.81s. Axel stuck with the lead pack in his final and ran a strong even race to finish with his fastest lap in a time of 4m 28.23s and 4th fastest time in the State.



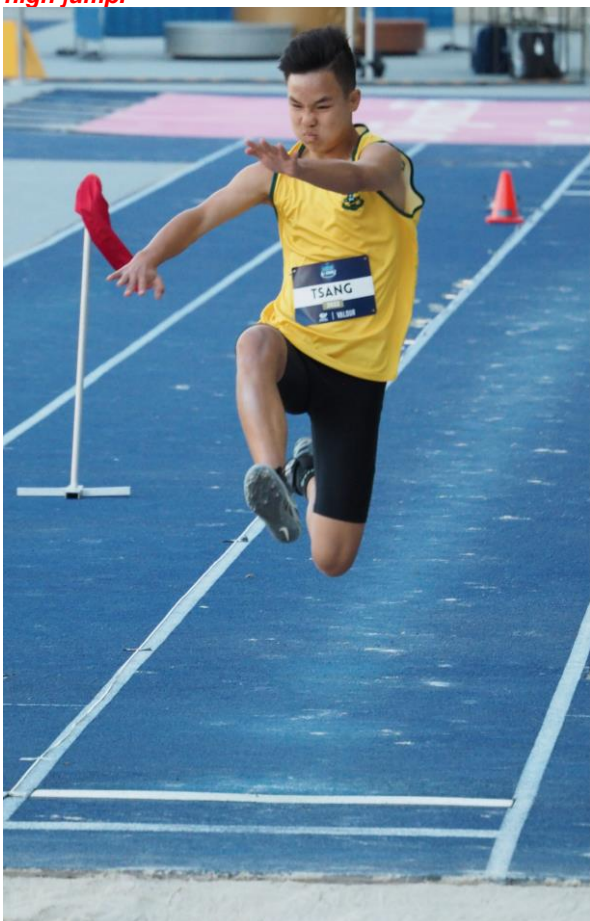
Day two medals winners included Adam 19yrs 1500m silver, Ruby 16yrs 400m silver, Timothy 19yrs 110m hurdles also wearing his silver medal from Monday in the 17yrs 200m & Nathan 15-16yrs PARA discus, silver.



At left Axel 4th in the 14yrs 1500m



Above Julian ran an 11 second PB in the 14yrs 1500m. Oliver placed 15th in the 14yrs long jump and 12th in the high jump.



Day three dawned with clear skies and we had four field competitors out for an early start.

Oliver Tsang was just off his PB in the 14yrs high jump when he finished with a best clearance of 1.50m for 12th place.

Claudia Barlow and Jess Johnston were in the 15yrs discus final. Claudia managed a second round best throw of 23.91m for 11th place, but was impacted by an injury that saw her head off to the doctor ahead of pole vault the following day.

Jess Johnston (below) moved into the silver medal spot with her first throw of 37.29m, managed two throws over 39m to finish with a season's best 39.76m and her ticket to Adelaide for the Australian All Schools Championships.



At the 12yrs shot put **Eloise Stewart** (below) improved on her last two throws to finish with 5.84m and 15th in the state.

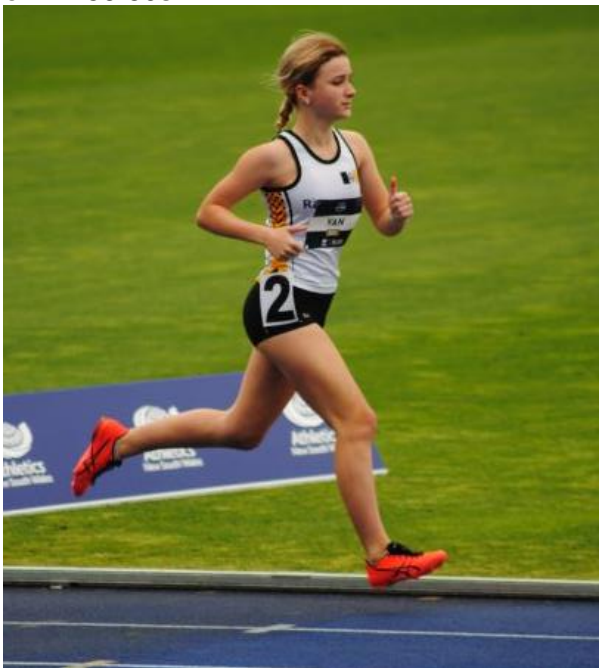


Luke Moscos (Epping) was looking to avenge his run at CHS and did an outstanding job of that in the heats of the 13yrs 800m. Luke sat in the front pack for the first 600m or so and then made his move and set off with the rest of the field in chase. Luke held his form all the way across the line to win the heat in a time of 2m 15.97s and qualify 5th fastest for the final.



Axel Bruntsch was out next and ran a beautifully calculated race to finish second in his heat just behind last year's state champion in a time of 2m 10.39s. Axel qualified third fastest for the final.

Ellie Van Der Poorten was running in the first of her two events for Monday, the heats of the 14yrs 800m. Ellie got a good start and kept with the pack for the first 400m and finished in 8th spot in a time of 2m 59.60s.



Mikayla Duncombe was back for her second throws event of the meet, the 13yrs shot put. Mikayla threw consistently and her best throw of 8.60m landed her 14th in the state.

Chloe McGregor was the first of our sprinters out on the track for the day, competing in the heats of the 12yrs 200m. Chloe got a good start and stopped the clock at 31.67s for 7th in her heat and 19th overall.

Emilia Webb was on next in the 13yrs 200m heats and placed 7th in heat 5 in a time of 30.11s.



The heats of the 14yrs 200m saw three Ryde boys out on the track, **Aiden Wright, Josh Smith and James Woods**.

James continued to set new PB's with a 1.5s PB in the first heat where he placed 6th in a time of 24.78s and 18th overall.



Aiden looked tense on the blocks but got off to a good start to finish second in his heat and qualify for the final in a time of 23.76s.

Josh was the clear winner of the final heat and went through to the final with a good time of 23.46s.

Caitlin Waldron was down the other end of the field competing in the 17yrs discus event. Caitlin improved with each throw, winning a place in the top eight final where her final throw of 29.80m secured her 8th in state.



Ellie Van Der Poorten was out for her second event, the 14yrs 200m heats. Ellie ran in heat 5 where she placed 8th in a time of 31.02s.



Timothy Forster was having a great meet, having won the 19yrs 110m hurdles in a PB and placing 7th in the final of 100m. Like Ruby before him, Tim was also second in the fastest heat finishing in a new PB time of 21.84s to qualify third fastest for the final.

Ruby Worrell was continuing on her comeback trail, a little sore after her 400m runs but keen to see how she could do in the heats of the 16yrs 200m. In the fastest of the three heats, Ruby was 2nd by 1/100th of a second to qualify 2nd fastest for the finals in a time of 25.40s.



Emilia Webb was one of our busiest athletes over the four days and competed in her second event of the day, the 13yrs high jump. Emilia got good clearances over her early heights to finish with a best clearance of 1.40m for 12th place in the state.

Jess Koussas's second round throw of 30.28m moved her into 8th spot, a spot she held onto through the rest of the meet in the 14yrs discus event in a large field of 24 throwers.

Annan and Arihant Yadav (Epping) were making their NSW All Schools debut competing in the boys 13yrs shot put event. Annan got the better of the finishes, with his second round throw of 9.35m for 16th. Arihant was 19th with his first round throw of 8.34m.



Above Arihant & below Annan at their first All Schools meet

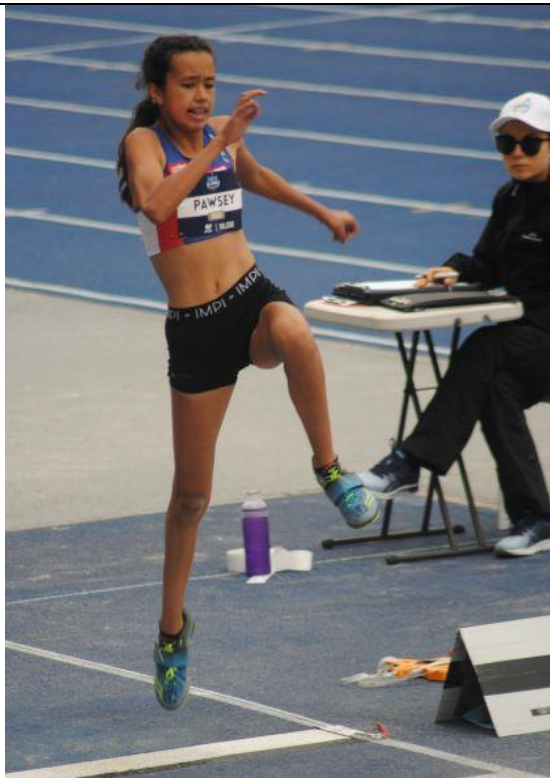


The 14yrs boys sprinters show a real depth of talent and the 200m final showed that. **Josh Smith** was to finish the better of the Ryde runners with a fourth place and a time of 23.39s. **Aiden Wright** was one spot behind in 5th in 23.82s.

Lachlan Waldron continued his excellent meet, which had earlier seen him secure a ticket to Adelaide with his silver medal winning performance in the javelin, with a PB throw in the 14yrs discus. After throws in the 36m range in the first two rounds, Lachie unleashed a 43.03m throw to move him from 11th to 7th and secure a final spot where he maintained his 7th in state spot.



Ashton Hanna's 19yrs 800m heats turned out to be a final and Ash took off with the front pack from the get go. At the bell Ash was 3rd but slipped back to 6th when the pace picked up again and finished with a time of 2m 04.54s.



Zara Pawsey's 14yrs long jump final had 43 starters on the list but thankfully only 35th showed up for what was probably the longest field event of the meet. In increasingly colder conditions Zara put out a consistent set of jumps, her third round leap of 4.76m securing her a spot in the final and 5th place overall at State which in a field that size, is an outstanding result.



Ruby Worrell had a great middle lane for the final of the 16yrs 200m so could keep an eye on all her main competition. Coming into the straight Ruby was sitting in clear third but as Ruby often does, she gritted her teeth and put the burners on to pick up the pace and cross the line second with a new

PB time of 24.91s.

Timothy Forster wasn't as lucky with his lane draw and was out wide in lane eight. Watched on by his very proud grandfather, Ross Forster in the stands, Tim ran a brilliant race gradually drawing further away from a tight pack in the straight to finish in second place in a time of 22.02s. This also secures Tim a spot on the NSW team for All Schools.



With the sprints over it was time for the 3000m finals. First out was **Ella McGregor** in final of the 14yrs 3000m . Ella ran fairly consistent laps with a bit of a surge in the final lap to place 14th in the State in a time of 12m 58.46s.

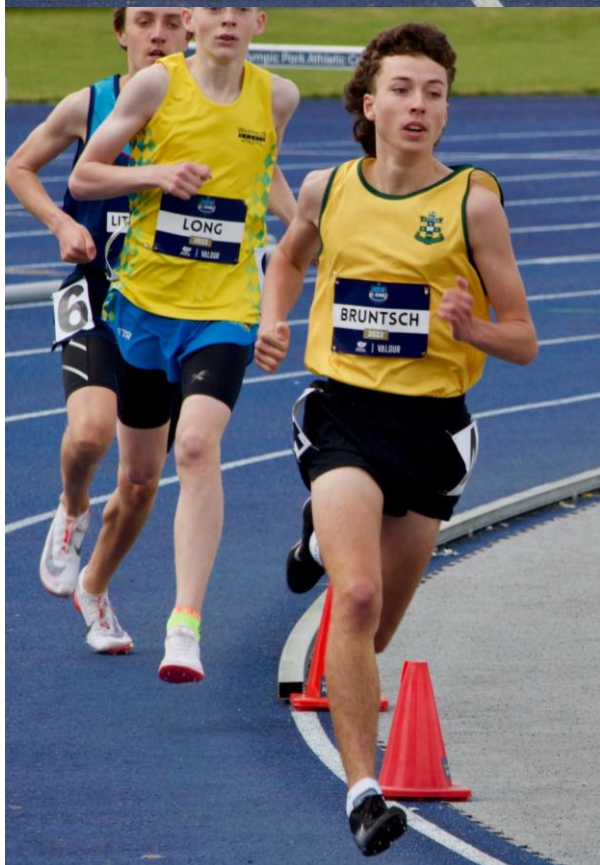
Julian Smith was again our last competitor of the day. Julian had run a time of 10m 49.14s at the NSW Juniors in February 2022. At these All Schools, Julian came out and ran a time of 10m 08.39s which must have left him very happy and placed him 13th in the state.

Day four was to feature the pole vault and steeplechase, events that Ryde athletes had a number of entries in.

The 800m finals saw **Luke Moscós** compete in his first big ANSW final in the 13yrs. In a very fast field Luke found himself boxed in in the first lap and fell off the lead group. Nonetheless, a result of 9th in the State (2m 29.99s) is a great start to the season.

Axel Brunsch followed Luke out and in the 14yrs boys Axel scored his second 4th place of the weekend in a new PB time of 2m 05.50s PB. In

a very fast paced race, Axel was chasing the third place athlete all the way up the final straight.

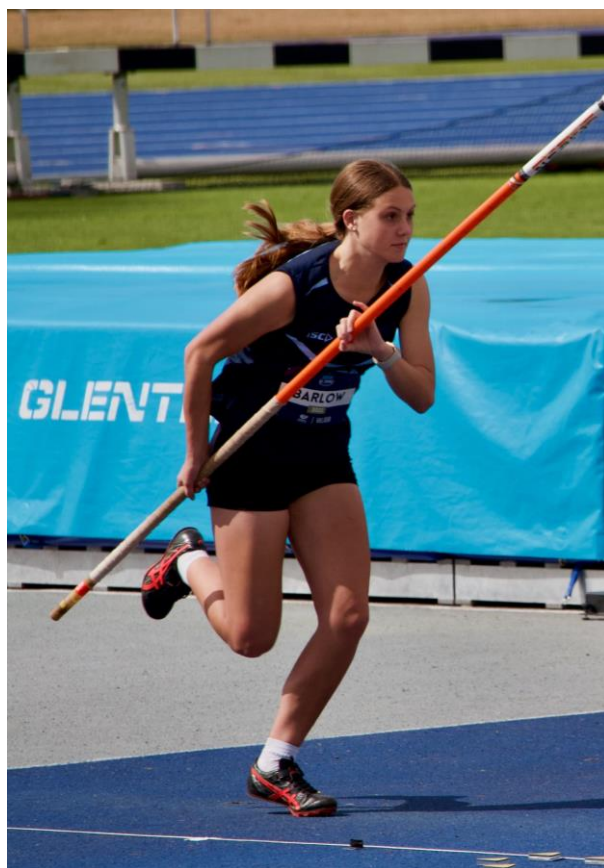
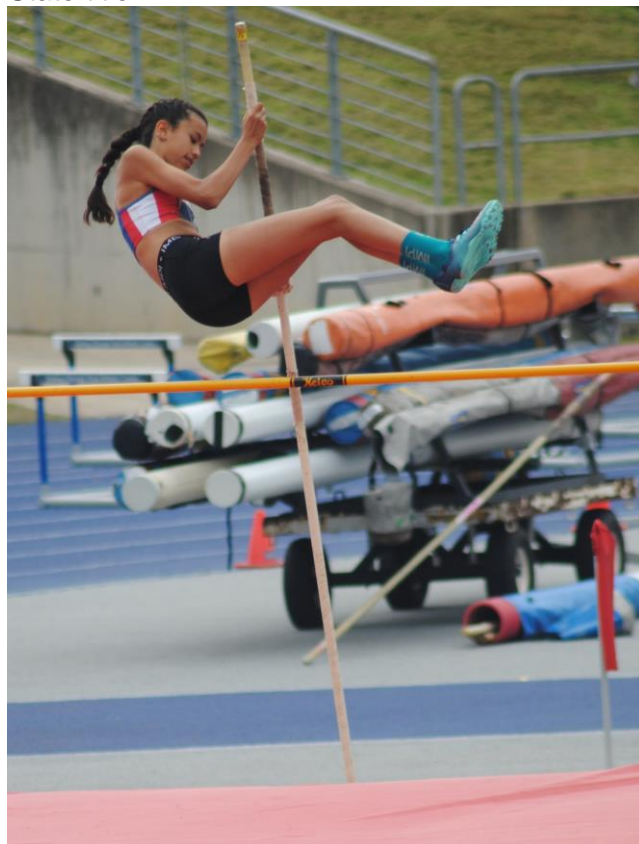


Zara Pawsey and **Claudia Barlow** were competing in the 14yrs and 15yrs Pole Vault respectively.

After a good start there was a nervous few moments when Zara had a clutch vault to clear 2.10m on her third attempt. After sailing over 2.20m Zara was unable to clear 2.30m and won

her first NSW All schools medal, a bronze.

Claudia Barlow hadn't been well the day before but looked good out at the Pole Vault and had some big first round clearances over a number of heights before also finishing with a clearance of 2.20m. This gave Claudia the gold medal and State title.



Rory Davison (Holy Cross) had missed his first event as he it clashed with his new sport, power lifting, where he won his first competition lifting a combined 575kg across three lifts! In the 17yrs Triple jump Rory's opening jump of 12.04m was his best and placed him 5th in NSW.

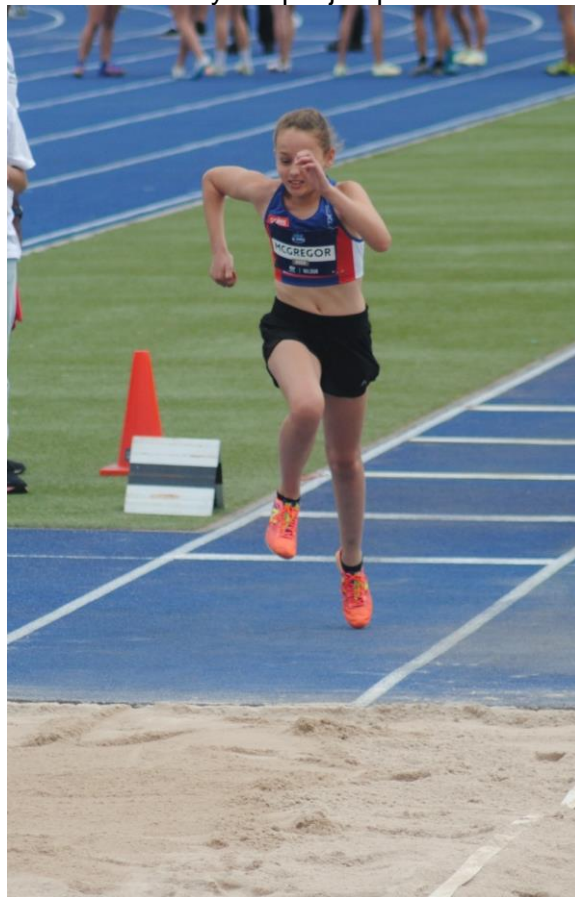


Caitlin Waldron was finishing her All Schools competition before heading back to hit the books for her HSC. In the 17yrs hammer throw Caitlin was 5th with a best throw of 29.86m.



Zara Pawsey had to dash between the Pole Vault and the 200m Hurdle timed finals. Running in the first timed final Zara finished 2nd in a time of 32.69s and then placed 8th overall in the State.

Chloe McGregor was to get another top ten result at state when she placed 6th with a jump of 8.09m in the 12yrs triple jump.



James Woods and **Daniel Cox** both ran in the 14yrs 200m hurdles timed finals, both chasing national qualifying times for 2023. Both boys ran in the first of the timed finals with James winning the race in a time of 30.20s just under the 2022 U16 national qualifying time. James placed 7th overall.



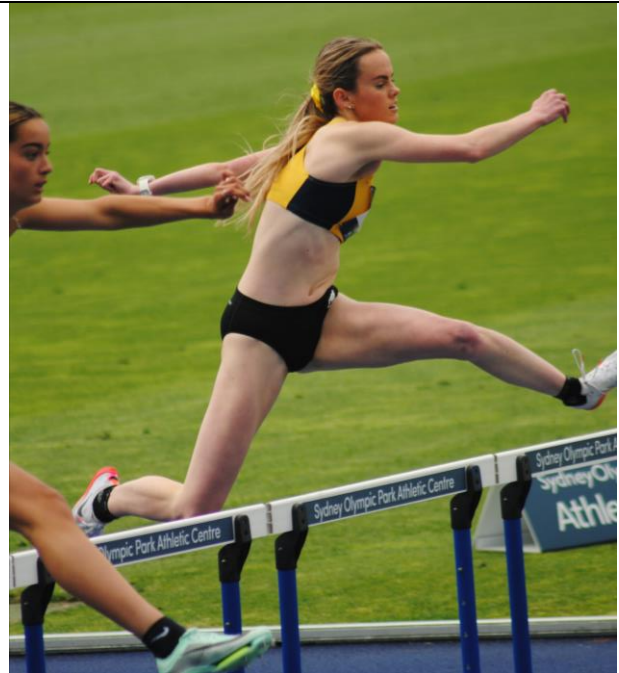


Daniel (above) was 4th in his race and 11th overall in a time of 31.64s which is just .1s off national qualifying time. With five months to get it, I'm sure you will.

Kaitlyn Martin (Hunters Hill) ran in the 16yrs 400m hurdles and ran under the 2022 national qualifying time when Kaitlyn (below) stopped the clock at 70.94 to place 5th in her race and 7th overall at state in the timed finals.

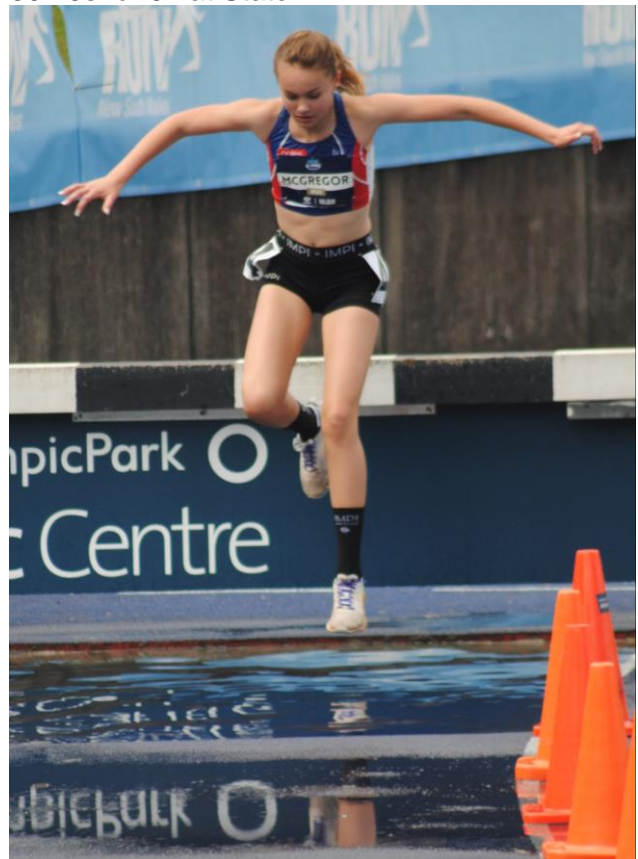


Arabella Price (Loreto Normo) had switched from the 3000m steeplechase to the 400m H, competing in the 19yrs+ age group. Arabella (above right was hurdling well and clearly in line



for bronze when she just clipped the final hurdle and lost her footing. Arabella said after the race that she can hardly wait to have another go! Ara finished 4th in a time of 76.72s.

Ella McGregor (below) was lining up for her first steeplechase competing in the 14yrs 2000m event. Whilst looking a bit tentative for the first part of the race, in terms of getting over the steeple, Ella slipped into a good rhythm and looked more confident as the race progressed. A good debut for Ella saw her finish in a time of 9m 30.15s for 9th at State.





Above Alicia, Georgia and Claudia at their steeplechase events.

Alicia Legatt (Riverside) ran her first steeple at All Schools last year and was back for another attempt. As with Ella, Alicia settled into a good pace, clearing all the steeples and water jump easily and placed 10th in 9m 23.42s.

Georgia Phillips (Pymble) and **Claudia Wilson** (Loreto Normo) were out next in the 16yrs steeplechase. Georgia was to be the winner of the event after comfortably moving into first place after the second lap. Georgia finished in a time of 7m 22.35s. Claudia also settled into a good rhythm and was easily clearing the steeples to finish 7th in 8m 46.05s.

Emilie Webb (below left) was at her last event, the 13yrs triple jump. Emilie jumped consistently with her jump of 9.73m securing her 12th at state.

Jess Johnston was at her final even too, the 15yrs hammer throw. All four of Jess's throws were further than she'd ever thrown before and her final throw of 42.06m, saw her place 4th.



Miah O'Shea (Marist Woolwich) was competing in the rain on the back of the track in the 15yrs triple jump. Miah just missed the final, placing 9th with her first round best jump of 9.56m.



Adam Bruntsch went out chasing the All Schools record for the 19yrs 3000m steeplechase, which was fairly close to his PB time. Adam was in the hunt for it for the most of the race, but didn't have any runner close to him to push him along and fell off the pace in the last lap or so to win the state title in a season's best time of 9m 48.98s. **Ashton Hanna (below)** picked up the bronze medal with his time of 10m 27.64s.



Back on the field **Daniel Cox** was showing that our Ryde boys can pole vault too! Daniel finished with a 2.00m clearance in the 13yrs event, a silver medal and a spot in the NSW team for the Australian All Schools.



Moses Wolfson (James Ruse) was our only walker of the carnival, competing in the 13yrs 3000m walk. Moses finished in 4th spot in a time of 22m 33.36s. S

Eloise Stewart finished her All Schools on a high when she won bronze in the 12yrs hammer throw. Eloise moved into the bronze medal spot with her first throw and improved on her distance in the second round to finish with a season's best of 19.90m.

Oliver Da Luz (Epping) was our final competitor in a very strong field in the 16yrs triple jump. Oliver jumped his way to 13th place with a jump of 11.96m.

All up a great four days for our Ryde athletes and a great way to start the season.

Don't forget to complete your registration with ANSW. A link was included in the email sent last Sunday morning. Thank you to our 40 athletes who have already registered.



Our Day 4 medallists from the top Adam (gold) and Ashton (bronze) 19yrs 3k steeple, Eloise (bronze) 12yrs hammer throw, Claudia (gold) 15yrs pole vault, Georgia (gold) 16yrs 2k steeplechase, Daniel (silver) 13yrs Pole Vault, Zara (bronze) 14yrs Pole Vault.

Thank you to our photographers in particular Ely, Nick & Jacqui Pawsey, Rodney Woods, Steve Barlow and anyone else who forward photos.