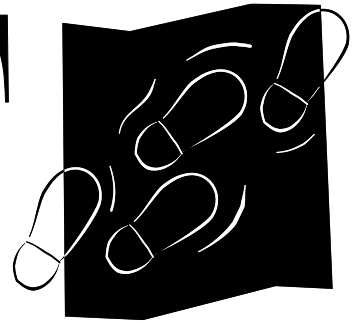




# FOOTPRINT



Senior Division Dec 2022 Aust All Schools

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## Congratulations to all our competitors at the Australian All Schools

After a three year absence due to Covid, the Australian All Schools Track and Field Championships were back and Ryde had eight of our athletes out there in the NSW colours and all eight put in outstanding performances.

Our medallists were

- Ruby Worrell, gold in the U18 4x400m mixed relay, silver in the U17 400m and 200m

- Brendan Mannasz – silver in the U18 high jump
- Georgia Phillips – bronze in the U17 2000m steeplechase.

New Ryde Best Performances on record were set by;

- Lachlan Waldron U15 javelin (Old record 38.84m, New Record 40.77m)
- Daniel Cox U14 Pole Vault (OR – 2.20m, NR 2.35m)
- Brendan Mannasz U18, U20 & Open High jump (OR 2.00m, NR 2.05m)
- Ruby Worrell U18 200m (OR 24.65s, NR 24.54s)

*Below Ruby crosses the line for silver in the U17 200m.*





## The Australian All Schools Track & Field Championships

The Australian All Schools Track and Field Championships were held in Adelaide from the 9<sup>th</sup> to the 11<sup>th</sup> December and Ryde had 8 athletes competing.

### Claudia Barlow – U16 Pole Vault

Claudia (below) was our first competitor out in the field in the U16W Pole Vault on the Friday morning.



After a settling second round clearance at 1.70m Claudia was to have clear rounds through to 2.25m where she was just short to finish with a best vault of 2.10m and 5<sup>th</sup> place in Australia. Claudia was the best placed NSW athlete.





## Ruby Worrell – U17 200m & 400m, U18 4x400m Mixed Relay

Ruby was to be our first and last track athlete out competing over the three days and was our busiest competitor with 5 track appearances over heats and finals.



Ruby hit an extra gear and sprinted past the two Victorians to cross the line in a new PB time and Ryde Best Performance on Record of 24.54s.

Ruby's first event on Friday was the heats of the U17 400m. Running in heat one, Ruby got off to her fast start to lead the field down the back straight. Turning into the final straight Ruby was in the top three and eased off towards the line in an automatic qualifying position of third and the third fastest overall time of 57.03s for the Sunday final.

On Saturday afternoon with the temperature soaring into the mid thirties, Ruby was to compete in the second heat of the U17 200m heats.

The livestream commentary was correct to call "Worrell as one to watch" as she was clearly ahead winning her heat in a time of 24.72s to be the second fastest qualifier for the final.

The final was run just two and a half hours later and running from lane six Ruby hit the straight in about 4<sup>th</sup> place. In Ruby's typical finishing fashion,



**Above silver for Ruby in the U17 200m and her second Ryde Best Performance in a week having set a new 400m best performance the week before. Both records had stood for over 20 years.**



Sunday morning Ruby had an early start in the final of the U17W 400m. Ruby was also chasing a good time to secure one of the two spots in the U18 4x 400m mixed relay to be held later that day. In the final, running blind out in lane 8, Ruby accelerated away from the field on the first bend and led the field down the back straight. Coming into the bend some of the other girls moved past Ruby so into the final straight Ruby was sitting about 4<sup>th</sup> or 5<sup>th</sup>. As she has done many times before, Ruby's sprint for home saw her move through the field to cross the line for silver in a time of 55.09s. This time confirmed Ruby's spot for the final event, the U18 4 x 400m mixed relay.

***Below Ruby wins her second silver of the meet in the U17 400m***



In the relay, Ruby ran the second leg and ran a good strong leg to keep the NSW in the top two as she handed off the baton. NSW was to finish clear winners with the gold in a time of 3m 31.13s.

As the relay was the last event of the meet, the Championship Trophy was presented straight after, and Ruby got to step in as the NSW stand in captain and accept the trophy on NSW's behalf. After having sat out most of last season with injury, this was a great end to an excellent comeback meet for Ruby.



***Above Ruby and team mates Gemma, Ivan and Benjamin, Australian Champions U18 4x400m mixed relay. Below Ruby accepts the Athletics Australia Championships Trophy on behalf of the NSW team.***





## Jessica Johnston – U16W Discus

Jess Johnston was Ryde's third competitor out on Friday competing in the afternoon in a talent packed field in the U16W discus event.

Jess got off to a great start with a first round throw of 41.64m to move her straight into second position.

With subsequent throws of 38.70m, 36.76m Jess was in third place going into the final round. In the final round another thrower moved pass Jess. Jess tried to respond with her final throw and managed a good throw of 40.02m to finish just out of the medals in 4<sup>th</sup> place in Australia.





## Tim Forster – U18 4x100m Relay and U18 200m

We are used to seeing Timothy out competing at nationals in the short hurdles in past seasons but Timothy's sprinting has over the past season seen him advance through the ranks in the 100m and 200m and so earned him a spot in the U18 4x 100m NSW relay team.

On the Friday evening, Timothy ran the third leg and took off with great speed to try to keep the NSW team in medal contention. In the home straight NSW looked still in the race for bronze and were just pipped by 0.09s to take 4<sup>th</sup> place in Australia.

Early Saturday afternoon with the heat building up to 35C Timothy running in lane two in heat two, hit the straight out of automatic qualifying spot but dug deep, came home fast and crossed the line in third in a time of 22.21s to automatically go through to the final only two and a half hours later.

The heat did impact Timothy and he was ill between the heats and final but fronted up to give it his best shot. Running wide out in lane 8 Timothy again showed his finishing strength coming home quickly in a time of 21.79s for 5<sup>th</sup> in Australia.



*Above Timothy came home 5<sup>th</sup> in Australia in the U18 200m. In March Timothy finished 11<sup>th</sup> at the Australian Juniors in the same event so a great improvement over the past nine months for Timothy.*





## **Lachlan Waldron – U15 Javelin Throw**

It seems that each time Lachlan goes out to compete in the javelin this season, he achieves a new personal best and nationals was to be no exception.

Lachie finished with the silver at 2022 NSW All Schools with a throw of 37.54m and then at NSW Relays he extended that to 38.43m just short of the Ryde Best Performance on record of 38.84m.

Throwing in very hot conditions into a big headwind on Saturday afternoon, Lachlan got his competition off to a confident start with his first round throw of 38.65m. Two of Lachlan's four throws were to be further than he'd thrown in any other meet and his best throw in round three of 40.77m was a new PB and new Ryde Best Performance on record by two metres.

Lachlan's full results were 38.84m, 36.71m, 40.77m and 39.85m. A good set of throws to place Lachlan 7<sup>th</sup> in Australia, 4 places up from his 11<sup>th</sup> place at the 2022 Australian Juniors.

**A thank you to all the parents who provided photos from Adelaide. Particular thanks to Steve Barlow for most of the sensational action shots included in this Footprint.**



## Georgia Phillips – U17W 2000m Steeplechase



Georgia was to be our final competitor on Saturday evening in the 2000m Steeplechase. Running a combined race with the U18 2000m steeplechase, Georgia moved herself to run with the front pack of around six runners and by the end of the first lap was in 5<sup>th</sup> position overall and hold down the bronze position for the U17 age group. Georgia was cleanly and easily over the steeples and looked good coming out of the water jumps.



As the laps passed, she maintained the bronze position and picked up her speed on the final lap to stop the clock at 7m 19.84s and set a new personal best time. Georgia had finished 7<sup>th</sup> at the Australian Juniors Steeplechase in March so this was a great improvement on her result there.





## Daniel Cox U14M Pole Vault

At just 13yrs of age, Daniel Cox was Ryde's youngest competitor at the Australian All Schools and his results showed that he could handle the high level of competition with great maturity.

At the NSW All Schools in September Daniel had snared the silver medal and a spot at the Australian All Schools with a vault of 2.10m. Over the past few months, Daniel had worked hard and improved on that to go in with a personal best vault of 2.20m.

In the competition at Adelaide, Daniel had clear rounds over 1.90m, 2.05m and 2.20m. After a first round failure at 2.35m Daniel found himself in new PB and new Best Performance by a Ryde athlete of 2.35m when he vaulted it on his second attempt.

Daniel couldn't quite clear the bar at 2.50m but finished 5<sup>th</sup> overall in Australia, a huge achievement for someone who has been vaulting for less than a year!



*Daniel at right, below preparing to run in and up the pole and over*





## Brendan Mannasz – U18M High Jump

It was a rare treat on any live athletics feed to see the whole of a field event but that was the case with the U18M High Jump and what an excellent competition it was.

Brendan Mannasz had not even been sure he would compete, after a soccer injury to his ankle in the fortnight before had led to pretty much no training going into nationals.

Brendan came in at the safe height of 1.80m and was cleanly over 1.80m, 1.85m, 1.89m, 1.93m and 1.96m on his first attempts. By 1.93m Brendan had a medal in the bag, the only thing to be determined among the remaining three jumpers was to be who would get which medal.

At 1.99m Brendan got over on his second attempt to move into having an attempt at a new PB height of 2.01m, which he easily cleared with his first attempt. 2.03m took three attempts to clear but it was apparent Brendan was in cracking form.

One of the jumpers had passed at 2.03m but when he was unable to clear 2.05m and Brendan got over 2.05m on his second attempt, Brendan's challenge was now for the gold medal. With three good attempts at 2.07m Brendan couldn't quite clear the bar and so the silver medal was his.

Brendan raised the Ryde Best Performance on Record for an U18, U20 and Open Athlete by 5cm to 2.05m. His jump was only 1cm off qualifying Brendan to compete at the Australian Open Mens Championships which is a huge achievement for a 17yr old.



*Above and at left Brendan was our final competitor of the weekend having to wait until Sunday afternoon to get out on the field. Brendan won silver in the U18 High Jump. In March Brendan was 4<sup>th</sup> at the Australian Juniors with a then PB clearance of 1.95m. A ten centimetre difference is incredible.*



## Track & Field Round up

Below is a summary of events that were run in the period before Australian All Schools.

### Hunter Throwers Club

At the Hunter Throwers Club meet held on the 24th November in Newcastle, Ryde was represented by Lachlan and Caitlin Waldron.

After a couple of fouls, Lachlan landed his best throw in the 5th round of discus out to 40.22m. In the shot put Lachlan's first throw of 10.12m was his best.

Caitlin had a really consistent set of six throws in the discus, with her 4th round throw of 32.38m her best. In the shot put Caitlin threw 9.36m.

### Round Six – Treloar Shield

Round six of the Treloar Shield was held at SOPAC on Saturday 26th November and Ryde athletes had an outstanding afternoon with a number of national qualifying times achieved by our runners.

**Ruby Worrell** (below) was testing her recovery after having to miss State Relays with an ankle injury.



In the 100m Ruby ran a PB time of 12.14s. This time is good enough to qualify Ruby for the Open Women's 100m – quite an achievement at just 16.

In the 200m, an event Ruby will contest at the Australian All Schools, Ruby again lowered her PB time to 24.80s, well under the NQ time for for the Open Women's 200m.

It has been terrific to see so many of our younger athletes in the U14 and below age groups come out and contest ANSW events this season, and much of that can be put down to the encouragement of Ryde coaches, Erica & Russell Cox.



**Calan Hahlos** (above) continued to improve on his times with a quick run of 12.84s in the 100m for 6th place in the U14 and 25.29s and 5th place in the 200m.

**Daniel Cox** was also competing in the U14 100m and finished in 13.97s for 17th overall.

**Mitchell Cox** at just 10 beat home some of the older athletes in the U14 100m and 200m where Mitch finished with times of 15.40s and 32.10s respectively for 22nd and 21st.

**Ben Prosenko** is another athlete who has been dropping his times this season. Ben competed in the U14 800m and placed 11th in a time of 2m 28.90s.

We hadn't seen **Yahya Ali** out at ANSW events since the NSW All Schools in September so were keen to see how Yahya was going, and he did not disappoint. Running in the U18 Men's 100m Yahya was the fastest 14yr old of the afternoon and placed 17<sup>th</sup> overall in a new PB time of 11.49s well under the national qualifying time for next year. In the 200m Yahya flew out of the blocks to easily



win his heat in another new PB, a NQ time and, a Ryde best performance on record for a 14yr old of 23.14s.

**Aiden Wright** was also competing in the U18 200m chasing the NQ time to add to the 400m qualifying time that he had already achieved. Aiden was 23<sup>rd</sup> overall in a time of 23.70s, just 0.06s outside the time.

**Timothy Forster** was having a final hit out before the Australian All Schools. Competing in the Open 100m and 200m Timothy had two good runs. Timothy placed 12<sup>th</sup> in the Open 200m in a time of 21.78s and was 31<sup>st</sup> in the 100m in 11.38s.

In the field we had **Zara and Elly Pawsey** and Daniel Cox, all competing in the Pole Vault. Both girls had good clean rounds until injury saw the end to their competitions. Elly set a new PB height of 2.10m. Zara who was so close to clearing the 2.40m height but ended up with 2.25m.

Daniel was having his final competition before competing in the Pole Vault at the Australian All Schools. Daniel got some good clearances to finish with a height of 2.10m

## The Albie Thomas Mile & Supporting Events

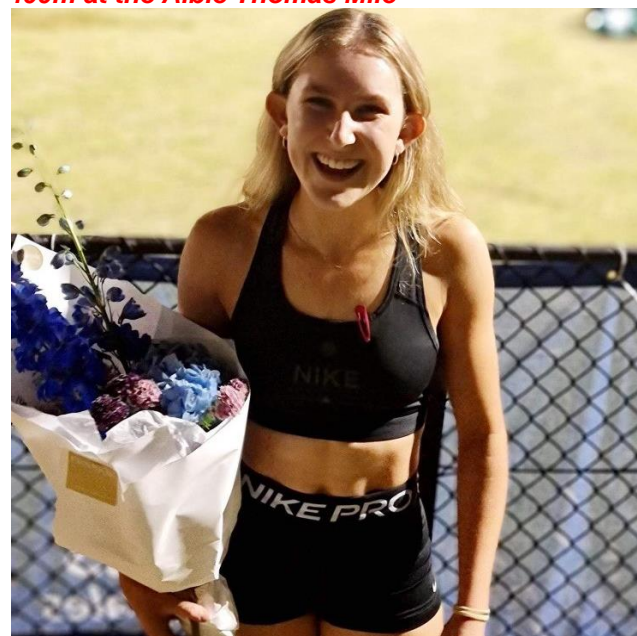
The Albie Thomas Mile and Supporting events was held at Bankstown on Saturday 3<sup>rd</sup> December and Ryde was represented by two athletes.

Making his debut for Ryde, and a fast one at the was **Noah Lopata**. Competing in the Open Mens 100m Noah finished 8<sup>th</sup> in his heat in a time of 11.94s.

**Ruby Worrell** was running her first 400m since All Schools and had qualified to run in the Open Womens A 400m A race. In a very talented field, Ruby got away very quickly and was with the lead back coming around the bend. The field tightened but Ruby had a final kick and was to cross the line in second place in a new personal best time and Open Women's qualifying time of 54.97s. This time is broke the 20 year old existing Ryde Best Performance on record for U18 and U20 400m. Ruby also picked up \$300 in prize money for her second place. It also moved Ruby in the Australian rankings to the fastest 16yr old in Australia as at 8<sup>th</sup> December.



*Above & below Ruby had some great success in the 400m at the Albie Thomas Mile*



## What's on this Summer?

Upcoming events are shown below. If you are chasing a particular even then refer also to the [event grid](#) on the ANSW website. Remember to check the [ANSW calendar](#) regularly as meets can sometimes be added in over the back of the season.

SUMMER SEASON 2022/23 POST-CHRISTMAS CALENDAR		
ILLAWONG HIGH VELOCITY	SATURDAY 7TH JANUARY	THE RIDGE, ILLAWONG
GOSFORD THROWERS CLUB	THURSDAY 12TH JANUARY	ADCOCK PARK
ILLAWARRA TRACK CHALLENGE	SATURDAY 14TH JANUARY	KERRYN MCCANN ATHLETIC CENTRE
NSW 50M & 1 MILE CHAMPS	SATURDAY 14TH JANUARY	KERRYN MCCANN ATHLETIC CENTRE
NSW COMBINED EVENTS CHAMPS	SATURDAY 14TH - SUNDAY 15TH JANUARY	AI5 TRACK, CANBERRA



NSW THROWERS CLUB	SUNDAY 15TH JANUARY	GREYSTANES	
NSW COUNTRY CHAMPS	FRIDAY 20TH - SUNDAY 22ND JANUARY	DUBBO ATHLETICS CENTRE	
WAYNE CRANDELL MEMORIAL	SATURDAY 21ST JANUARY	WYATT PARK, AUBURN	
SYDNEY PACIFIC POLE VAULT	SATURDAY 21ST JANUARY	NARRABEEN	
NSW MILERS	SATURDAY 21ST JANUARY	NARRABEEN	
HUNTER THROWERS CLUB	THURSDAY 26TH JANUARY	HUNTER SPORTS CENTRE	
CAMPBELLTOWN HIGH VELOCITY	SUNDAY 29TH JANUARY	CAMPBELLTOWN	
ACT CHAMPS	SATURDAY 28TH - SUNDAY 29TH JANUARY	AIS TRACK, CANBERRA	
NSW MILERS	THURSDAY 2ND FEBRUARY	THE CREST, BANKSTOWN	
NSW MASTERS CHAMPS	SATURDAY 4TH - SUNDAY 5TH FEBRUARY	CAMPBELLTOWN	
GOSFORD THROWERS CLUB	THURSDAY 9TH FEBRUARY	ADCOCK PARK	
NSW 5000M CHAMPS	SATURDAY 11TH FEBRUARY	SOPAC WARM-UP ARENA	
NSW THROWERS CLUB	SUNDAY 12TH FEBRUARY	SOPAC WARM-UP ARENA	
NSW MILERS	TUESDAY 14TH FEBRUARY	THE CREST, BANKSTOWN	
WORLD XC CHAMPS	FRIDAY 17TH - SUNDAY 19TH FEBRUARY	BATHURST	
CAMPBELLTOWN HIGH VELOCITY	SATURDAY 18TH FEBRUARY	CAMPBELLTOWN	
HUNTER THROWERS CLUB	THURSDAY 25RD FEBRUARY	HUNTER SPORTS CENTRE	

NSW JUNIOR CHAMPS	FRIDAY 24TH - SUNDAY 26TH FEBRUARY	SOPAC	
NSW OPEN & U23 CHAMPS	FRIDAY 3RD - SUNDAY 5TH MARCH	SOPAC	
GOSFORD THROWERS CLUB	THURSDAY 9TH MARCH	ADCOCK PARK	
NSW MILERS	THURSDAY 9TH MARCH	THE CREST, BANKSTOWN	
NATIONAL MASTERS CHAMPS	FRIDAY 10TH - MONDAY 15TH MARCH	SOPAC	
SYDNEY TRACK CLASSIC	SATURDAY 11TH MARCH	SOPAC	

NSW THROWERS CLUB	THURSDAY 23RD MARCH	GREYSTANES	
NSW MILERS	THURSDAY 23RD MARCH	THE CREST, BANKSTOWN	
CAMPBELLTOWN HIGH VELOCITY	SATURDAY 25TH MARCH	CAMPBELLTOWN	
SYDNEY PACIFIC POLE VAULT	SATURDAY 25TH MARCH	NARRABEEN	
AUS OPEN ATHLETICS CHAMPS	THURSDAY 30TH MARCH - SUNDAY 2ND APRIL	BRISBANE, QLD	
AUS JUNIOR ATHLETICS CHAMPS	THURSDAY 15TH APRIL - SUNDAY 16TH APRIL	BRISBANE, QLD	

NSW JUNIOR CHAMPS	FRIDAY 24TH - SUNDAY 26TH FEBRUARY	SOPAC	
NSW OPEN & U23 CHAMPS	FRIDAY 3RD - SUNDAY 5TH MARCH	SOPAC	
GOSFORD THROWERS CLUB	THURSDAY 9TH MARCH	ADCOCK PARK	
NSW MILERS	THURSDAY 9TH MARCH	THE CREST, BANKSTOWN	
NATIONAL MASTERS CHAMPS	FRIDAY 10TH - MONDAY 15TH MARCH	SOPAC	
SYDNEY TRACK CLASSIC	SATURDAY 11TH MARCH	SOPAC	

**Time for a rest and a few weeks off. Enjoy your Christmas break and see you all in the New Year. Photo below courtesy of Luke O'Shea (@theother12hours) Albie Thomas Mile**

