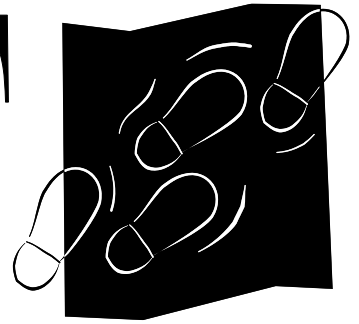




# FOOTPRINT



Senior Division State Relays Clubs Champs Nov 2022

RYDE ATHLETICS CENTRE INCORPORATED  
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## .A great weekend for Ryde at the Athletics NSW State Relays with a 10 medal haul.

With fields the biggest they have been in years – 805 teams competing, we knew we were in for some stiff competition at the State Relays.

Ryde had 22 teams competing over the weekend from U14's to 240yrs+. Ryde fielded its first Masters track team, since Masters were introduced to State Relays and the boys didn't disappoint winning silver in a thrilling finish in the 160yrs+ 4x400m.

Covid proved it is still hanging around causing a few last minute team changes and thanks to all the families and athletes who responded to those last minute call ups so that we would have a team of four to compete in the event.

In medals, Ryde finished the weekend with Silver medals to

160+M 4x400m – Jon, Steve, Puspesh K & Nick

U20M 4x800m – Luke, Nicholas, Oliver, Isaac

U18M 4x high jump – Brendan, Jaykay, Owen, Rory

U14M 4x long jump – Vili, Daniel, Leon, Moses

Open W long jump – Sophie, Zara, Kaitlyn, Mikayla

240yrs+ M 4 x javelin - Simon , Andrew, Robert, David

Bronze medals to

U18M 4 x long jump-Brendan, Oliver, Owen, Rory

U16M 4x400m – Owen C, Axel B, Isaac S, James W

U18W 4 x discus – Jessica J, Caitlin W, Jess K, Mikayla

U18M 4 x javelin – Andrew, Lachlan, Ben & Oliver

Full report on the weekend starts on page 13.

*Below Rory in the U18 Men's long jump. Photo ANSW*



## Competition Results - Treloar Shield Round One

We had a total of 8 athletes competing at the Treloar Shield Round 1 which was held at Homebush on Saturday, 8<sup>th</sup> October, in very wet and wild conditions.

**Daniel Cox** finished in 6<sup>th</sup> place in the U14 Boys 90m Hurdles event in a time of 14.85s. Daniel was 10<sup>th</sup> overall in the U18 200m in a time of 29.80s.

**Zara Pawsey** placed 3<sup>rd</sup> in the U18 Girls 90m Hurdles event with her time of 14.54s.

**Charlotte Nagle (below)** finished 6<sup>th</sup> in the U18 Girls 90m Hurdles in a time of 17.20s. In her 60m event Charlotte finished in 17<sup>th</sup> place overall with her time of 8.74s.



**Zara and Charli**, along with **Amelie Gomez-Niewolik and Mahli Jabre** ran a time of 53.93s to place 2<sup>nd</sup> in the U18 4x100m relay.

**Chloe McGregor** placed 8<sup>th</sup> in the U14 Girls 80m Hurdles with her time of 16.80s. In her 60m event Chloe filled 17<sup>th</sup> place in a time of 9.99s. Chloe claimed 15<sup>th</sup> place in her 200m event with her time of 33.28s. In Discus Chloe claimed 10<sup>th</sup> spot with her throw of 16.18m.

**Talia Chan** finished 13<sup>th</sup> in the U14 Girls 60m in a time of 9.24s. In her 200m event Talia placed 13<sup>th</sup> overall with her time of 32.41s. Talia claimed 12<sup>th</sup> in her Discus event with 15.50m.

**Chloe Yam** placed 15<sup>th</sup> overall in the U14 Girls 60m with her time of 9.66s. In her 200m, Chloe placed 16<sup>th</sup> overall with her time of 34.17s.

**Jessica Johnston** placed 3<sup>rd</sup> in the U18 Women's Shot Put with her throw of 12.54m. Jess threw 32.92m to place 5<sup>th</sup> in the U18 discus.

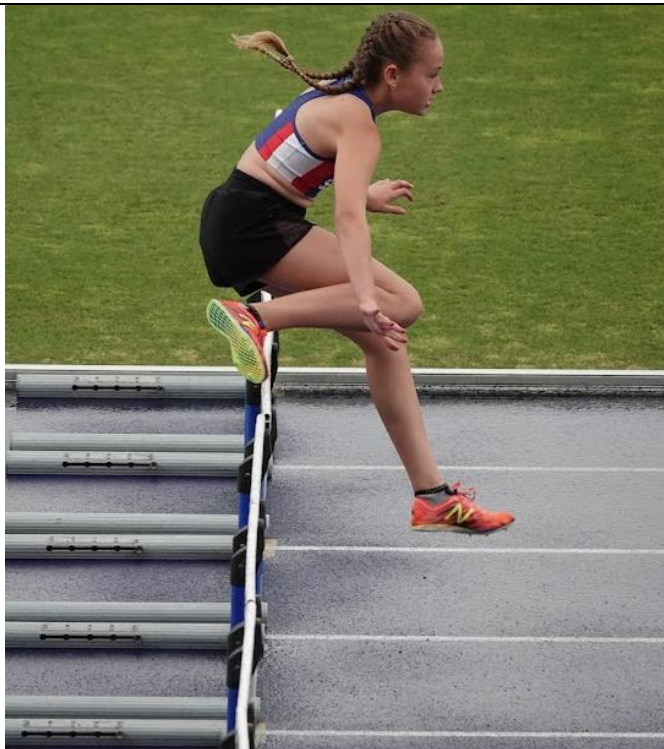
**Daniel Pulfer** won the U14 Boys Triple Jump event with his leap of 8.46m.

**Ashton Hanna** ran a time of 4m 19.53 to place 13<sup>th</sup> in the Open 1500m.



*Above Tahlia, below Danie & Mitchell, all making their ANSW debut. Bottom Daniel in the hurdles*





*Above Chloe & below Zara at the hurdles.*



### Treloar Shield Round Two

The 2<sup>nd</sup> Round of the Treloar Shield event was held at Bankstown on Saturday afternoon, 15<sup>th</sup> October and we had 8 athletes competing.

**Daniel Cox** won his heat (5<sup>th</sup> overall) in the U14 Boys 200m Hurdles event in a time of 32.36s. In his 100m heat Daniel finished 8<sup>th</sup> (14<sup>th</sup> overall) with his time of 14.36s.

**Zara Pawsey** placed 3<sup>rd</sup> in her heat (8<sup>th</sup> overall) of the U18 Girls 200m Hurdles in 33.04s. In her Long Jump Zara placed 10<sup>th</sup> with her leap of 4.81m.

**Georgia Phillips** finished in 7<sup>th</sup> place in the U18 Girls 3000m with her time of 11 mins 10.97s.

**Jess Johnston** placed 2<sup>nd</sup> in the U18 Girls Javelin event with her throw of 33.58m.

**Aiden Wright** (top right) finished 4<sup>th</sup> in his heat (40<sup>th</sup> overall) of the U18 Boys 100m in a time of

12.20s. In the U18 400m Aiden was 14<sup>th</sup> overall in a national qualifying time of 52.77s



**James Woods** (below) placed 7<sup>th</sup> in his heat (56<sup>th</sup> overall) of the Under 18 Boys 100m event with his new PB time of 12.55s.



**Jacqueline Pawsey** (below) making her ANSW debut, placed 10<sup>th</sup> in the Under 14 Girls Long Jump event with her leap of 3.91 m.



**Lachlan Waldron** finished in 5<sup>th</sup> place in the Under 18 Boys Javelin event with his throw of 36.64 m.

### Treloar Shield Round Three

We had a total of 16 athletes competing at the Treloar Shield Round 3 at Bankstown on Saturday, 22<sup>nd</sup> October.

**Calan Hahlos** had a very successful first ANSW meet, finishing with two new PB's. Calan finished in 6<sup>th</sup> place overall in the U14 Boys 100m with his time of 12.90s. In his 200m Calan placed 4<sup>th</sup> overall with his time of 26.16s.

**Daniel Cox** placed 13<sup>th</sup> overall in the U14 Boys 100m heats in a time of 13.50s. In his Pole Vault Daniel claimed 2<sup>nd</sup> place with his successful attempt at 2.20m.

**Mitchell Cox** finished in 21<sup>st</sup> place overall in the U14 Boys 100m heats in a time of 15.28s. In his 200m Mitchell finished in 17<sup>th</sup> place overall in 32.13s.

**Aiden Wright** placed 19<sup>th</sup> overall in the U18 Boys 200m heats in a time of 23.79s.

**Chloe Yam** finished in 19<sup>th</sup> place overall in the U14 Girls 800m with her time of 3 mins 16.13s.

**Axel Bruntsch** was 10<sup>th</sup> overall in the U18 Boys 800m heats with his time of 2 mins 08.01s.

**Eloise Stewart** finished 5<sup>th</sup> in the U14 Girls Hammer Throw with her throw of 21.71m.

**Jessica Johnston** finished 5<sup>th</sup> in the U18 Girls Hammer Throw with her throw of 40.51m.

**Claudia Barlow** placed 4<sup>th</sup> in the U18 Girls Pole Vault with her successful clearance at 2.20m.

**Zara Pawsey** finished equal 5<sup>th</sup> place in the U18 Girls Pole Vault with her clearance at 2.00m.

**Elysha Pawsey** placed 7<sup>th</sup> in the U18 Girls Pole Vault with a new PB clearance of 2.00m.

**Steven Barlow** won the 35-49 years Pole Vault with his clearance at 2.60m.

**Arabella Price** finished 4<sup>th</sup> in the Open Women's 400m Hurdles with her personal best time of 71.90s.

**Adam Bruntsch** placed 2<sup>nd</sup> in the Open Men's 3000m Steeplechase with his time of 9m 57.43s.

**Georgia Phillips** finished 6<sup>th</sup> in the U18 girls 2000m Steeplechase with her time of 7m 42.81s.

**Jon Baker** placed 2<sup>nd</sup> in the Masters 50+ 2000 m Steeplechase with his time of 8m 06.01s.

## Ryde Senior Club Championships Day 1

Ryde Seniors hold (weather permitting) two Senior Club Championship days each season. This is the only day at which Ryde Senior Athletes can break these Senior Club records. These records can be found in each year's Annual Report on the Ryde Athletics Website.

This year the first day of the Championships was held on Sunday 23<sup>rd</sup> October and eight new club records were set, four of those records were set by new Masters club members, **Nick Pawsey** and **David Teo** – a great start to their Ryde Athletics career.

*Below David on his way to setting a 100m record.*



### Ryde Senior Club Championships Day 1 Results 23<sup>rd</sup> October 2022

Age	Name	1500m	Hammer	Long jump	100m	400m	Discus
11	<b>Hannah</b>			4.47m	15.25s	76.31s	
11	<b>Jacqueline</b>			3.92m	15.37s	89.57s	14.68m
14	<b>Zara</b>		11.66m	4.44m	14.07s	75.26s	16.25m
15	<b>Jessica J</b>		<b>39.79m R</b>				<b>36.44m R</b>
16	<b>Elysha</b>				14.46s		16.30m
35+	<b>Lorna</b>		13.43m	3.43m	18.62s		15.44m
50+	<b>Lynette</b>		29.68m				27.67m
10	<b>Mitchell</b>			3.58m	15.91s	82.00s	10.19m
12	<b>Ben P</b>	5. 40.50s	10.78m			75.71s	
13	<b>Cameron</b>			4.37m	14.52s	66.33s	
14	<b>James</b>		10.84m	4.85m	12.60s	73.14s	17.85m
14	<b>Aiden</b>			5.45m	12.10s	56.62s	22.81m
14	<b>Oliver</b>		12.19m	4.70m	13.58s	75.09s	23.63m
15	<b>Owen</b>			4.86m	12.59s	64.24s	
18	<b>Ashton</b>	4. 40.89s	14.45m		12.03s	54.75s	
35+	<b>Ben</b>	7.14.88s	23.01m	3.53m	14.86s		14.61m
45+	<b>Nick</b>			<b>5.14m R</b>	<b>13.5s R</b>	64.86s	17.85m
55+	<b>David</b>	<b>6.50.81s R</b>	11.81m		<b>15.63s R</b>		19.23m
60+	<b>Simon</b>						27.35m
65+	<b>Robert</b>		<b>34.43m R</b>				<b>32.57m R</b>
65+	<b>Andrew</b>		28.24m				31.84m



*Above Nick jumped 5.14m to set a new record, Ben and Ben were out for the first event, the 1500m.*



*Above Mitchell, Cameron, Lorna and James. Cameron competed at the School Sports Australia Track & Field Championships in the 12yrs 100m the same weekend as State Relays and placed 7<sup>th</sup> in Australia and won gold as a member of the NSW 12yrs 4x100m team A great result Cameron. Below Ashton, Owen and Jacqueline.*





*Above Zara, Aiden & Oliver. Below Hannah, Nick, Owen and Elysha. Congratulations to Hannah who won silver in the 11yrs High Jump representing NSW at the School Sports Australia Track & Field Championships the weekend of ANSW State Relays.*



**Great Results at the Panorama Punish**

The Mount Panorama Punish is run over one lap of the Mount Panorama Motor racing circuit, but, unlike the car race, this one is run on foot and this

year the **Woodhouse** family made the race a family affair with **Chelsea, Mat, Nicholas and Benjamin** all running the 6.2 kilometre event which rises over 174m over the length of the race.



For those who watched the event on YouTube, it was hard to miss **Benjamin (below)** on the front line when the race started and whilst he gave away years to his competitors, he showed he earned that front line spot when he placed 9<sup>th</sup> overall, won his age group (12-14yrs) and finished in a time of 23m 59s.



**Nicholas** ( top right) was 5<sup>th</sup> in his age group (15-18yrs), 28<sup>th</sup> athlete across the line and finished in 26m 52s.



**Chelsea** was 7<sup>th</sup> in her age group (40-49yrs), the 38<sup>th</sup> place female across the line and finished in a time of 34m 41s to place 214<sup>th</sup> overall.



**Mat**, who is a new recruit to our growing band of Ryde Masters athletes, was 10<sup>th</sup> in his age group (40-49yrs), 55<sup>th</sup> overall and ran 28m 29s.







*Above congrats to Benjamin, 1<sup>st</sup> in the 12-14yrs Panorama Punish.*

## Hunter Throwers Club – Inaugural Meet

A new meet for our throwers to add to their list will be the Hunter Throwers Club this season. At their inaugural event on the 17<sup>th</sup> October, Ryde was represented by **Lachlan Waldron**.

Lachie had a strong meet finishing with a new PB of 43.00m (1kg) in the discus. In the javelin (700g) Lachie threw 37.47m on his final throw. Lachie also landed the 4kg shot put out at 10.21m

## The NSW Schools Challenge

The NSW Schools Challenge was held at SOPAC on the 16<sup>th</sup> October and three local high schools, all no doubt helped to organise by Ryde Athletics parents were in the mix.

The intermediate team from Hunters Hill High included **Emilia Webb** who placed 9<sup>th</sup> in the 100m (13.95s). In the high jump Emilia no heighted. **Claudia Barlow** placed 4<sup>th</sup> in the shot put with her best throw of 8.55m. In the javelin Claudia no distanced. **Kaitlyn Martin** was 4<sup>th</sup> in the 200m in 27.73s. Kaitlyn picked up a second place in the 400m in a time of 63.38s. Kaitlyn also ran in the 800m to finish 10<sup>th</sup> in 2m 46.31s. Kaitlyn's final event was as part of the sprint relay team who placed 2<sup>nd</sup> in 2m 32.55s.

The Hunters Hill intermediate team placed 5<sup>th</sup> overall.

**Aliana Moala** placed 11<sup>th</sup> in a time of 13.76s in the Riverside Girls Senior Team. Aliana along with **Alicia Leggatt, Maddison Duncombe and Elly Pawsey**, competed in the 1600m Sprint medley relay where the girls placed 7<sup>th</sup> in a time of 5m 11.32s.

**Maddison Duncombe** was 6<sup>th</sup> in the senior shot put with a throw of 9.56m and 4<sup>th</sup> in javelin with her throw of 27.07m. **Alicia Leggatt** place 11<sup>th</sup> in the 400m (69.08s) and was 13<sup>th</sup> in the 1500m in 5m 56.62s. **Elly Pawsey** was 11<sup>th</sup> in the 400m (73.65s). **Mikayla Kelleher** placed 7<sup>th</sup> in the long jump with her best jump of 4.75m.

The Riverside Girls Senior team placed 7<sup>th</sup> overall.

Competing in the Riverside girls Junior A team, **Zara Pawsey** was 6<sup>th</sup> in the 200m in a time of 27.95s. Zara placed 3<sup>rd</sup> in the long jump with a leap of 4.64m. Zara combined with Ryde athletes **Mahli Jabre and Charlotte Nagle** to place fifth in the 4 x 200m relay in a time of 1m 53.74s.

Mahli placed 14<sup>th</sup> in the Junior 100m in 14.02s and Charli was 15<sup>th</sup> in 14.06s. The Riverside team placed 8<sup>th</sup> overall.

In Riverside's second team, **Chloe McGregor** was 25<sup>th</sup> in the 100m in 15.08s. Chloe placed 17<sup>th</sup> in the 800m in 2m 49.95s and was a member of the 4x200m relay team that placed 11<sup>th</sup> in 2m 07.23s. Also in the relay was **Mikayla Duncombe** who placed 4<sup>th</sup> in the Junior shot put with 9.45m and was 8<sup>th</sup> with a 19.14m throw in the javelin. **Ella McGregor** competed in the Junior 800m and finished with a time of 2m 57.02s to place 22<sup>nd</sup>. At the end of the night the team placed 12<sup>th</sup> overall in the Juniors.

Epping Boys high entered a Junior team which ended the night in 6<sup>th</sup> place.

**James Woods** had a great night setting a new PB in the 100m of 12.36s to place 6<sup>th</sup> in the 100m. James was 4<sup>th</sup> in the 200m in a time 24.69s and was a member of the 4x200m relay team that included **Luke Moscos, Daniel Cox and Oliver Tsang** and also finished 4<sup>th</sup> in 1m 46.7s.

**Oliver Tsang** finished in 3<sup>rd</sup> place in the long jump with his leap of 4.99m and threw 8.99m in the shot put to place 6<sup>th</sup>. **Daniel Cox** threw the javelin

17.62m to place 7<sup>th</sup> and was 17<sup>th</sup> in the 100m in 17.31s. **Luke Moscos** was 9<sup>th</sup> in the 800m in 2m 23.07s.

Other Ryde Senior Athletes competing that night were

**Eloise Stewart** was a member of the Pymble Junior team that placed 9<sup>th</sup>. Eloise landed the javelin at 18.39m for 11th place.

**Ellie van der Poorten** was a member of the Ravenswood Junior team and placed 12<sup>th</sup> in the

200m in 30.07s and was 16<sup>th</sup> in the 800m in 2m 49.14s. Ellie also ran a leg of the 4x200m relay where her school placed 9<sup>th</sup>. Overall Ravenswood placed 11<sup>th</sup>.

**Georgia Phillips** was 4<sup>th</sup> in the senior 1500m in a time of 4m 59.79s. Georgia was also a member of the 1600m medley relay team that placed 2<sup>nd</sup>. Georgia's team overall finished the night in first place.



*Above Luke, Chloe & Georgia. Below James, Zara and Kaitlyn*





*Above Daniel, the Junior Epping Boys 4 x 200m team – Daniel, Oliver, James and Luke, Ella.*

## Athletics NSW 3000m State Championships

The State 3000m Championships were held at the newly re-opened ES Marks field on Saturday 29<sup>th</sup> October and Ryde had 3 runners on the start line.

**Georgia Phillips** ran in the Women’s D Race and place 6<sup>th</sup> in a time of 10m 46.18s just over a second off the national qualifying time. **Claudia Wilson** ran in the Women’s E race and placed 19<sup>th</sup> in a time of 12m 54.65s.

**Benjamin Woodhouse** (below) unfortunately got clipped competing in the Men’s F race and had to withdraw. Benjamin’s injury will see him out of athletics for at least the rest of the year and we wish Benjamin all the best for a speedy and full recovery. *Photo from @bikeracingsydney*



@bikeracingsydney

## NSW Throwers Club - three events, three national qualifiers

At the NSW Throwers Club Meet held on Sunday 30<sup>th</sup> October Ryde was represented by **Jess Johnston**.

Jess had a great morning and threw national qualifiers in all of her three events. In the hammer throw Jess threw 40.42m. In discus Jess threw 38.41m and in shot put Jess landed the 3kg shot out at 12.71m. An excellent competition for Jess.

## Treloar Shield Round Four

Round Four of the Treloar Shield was held at Campbelltown on Saturday 5<sup>th</sup> November and Ryde was represented by 5 athletes.

**Timothy Forster** had some great preparation for his run at the upcoming Australian All Schools when he won heat 2 of the Open Men’s 200m in a time of 22.01s. Tim finished 7<sup>th</sup> fastest overall. In his pet event, the 110m hurdles (99.1cm) Tim was the clear winner in a time of 14.53s. Both of these runs were under the national qualifying times.

**Ben Prosenko** ran a personal best time of 5m 07.89s to place 11<sup>th</sup> in the U14 1500m.

**Mikayla Kelleher** also ran herself into new personal best territory when she clipped 0.3sec off her best time for the 100m hurdles to finish with a time of 16.53s and 9<sup>th</sup> overall in the U18 event.

**Oliver Smith** and **Julian Smith** both competed in the Men’s U18 1500m event. Oliver came home in a time of 4m 20.78s, some 6 seconds faster than his time at the 2002 NSW All Schools to place 6<sup>th</sup> and Julian was 15<sup>th</sup> in 4m 45.92s, just outside his PB time.



*Above Mikayla in the 100m hurdles.*

## 2022 Pan Pacific Masters Games – Track & Field

The Pan Pacific Games were held on the Gold Coast from the 4<sup>th</sup> -13<sup>th</sup> November and Ryde was represented in the Track and Field by **Andrew Atkinson-Howatt** in the M65yrs+ age group.

In hammer, Andrew threw 27.12m to place 7<sup>th</sup>. In the shot put Andrew's fourth round throw of 8.81m secured him 4<sup>th</sup> spot, just behind former Ryde athlete Lajos Joni. In the discus Andrew was again just one spot off the medals when he threw 32.77m for fourth. In the weight throw event Andrew was 6<sup>th</sup> with his best throw of 10.08m.



Andrew won his pet event, the javelin throw with a second round best throw of 34.97m.

In the throws pentathlon Andrew picked up the bronze medal with 2853 points as follows

Hammer	- 27.12m	508 points
Discus	- 30.58m	575 points
Shot put	- 8.64m	591 points
Javelin	- 34.97m	657 points
Weight throw	10.08m	522 points.

Andrew's partner and long time Ryde volunteer, **Lynette Smith** was back competing after an injury lay off and finished with some great results as well; including silver in the 50yrs+ high jump (1.30m), bronze in the discus (28.12m) and silver in the javelin (28.28m).



*Above Andrew & Lynette, another successful meet*

## Treloar Shield Round Five

Round Four of the Treloar Shield was held at Illawong on Saturday 12<sup>th</sup> November and Ryde was represented by Georgia Phillips who finished 1<sup>st</sup> in the U18 3000m in a time of 10m 48.52s.

## The NSWPSSA Carnival – Three young Ryde athletes off to nationals

The NSW Primary Schools Sports Association Carnival was held at SOPAC from 19<sup>th</sup> -20<sup>th</sup> October and Ryde Senior athletes competing had some great results.

**Hannah Lambert** won the 11yrs high jump with an excellent clearance of 1.50m. In the 11yrs long jump, Hannah was just 1cm off bronze with her fourth placed leap of 4.56m.

**Owen Trihn** had a great meet running a very fast time of 26.05s in the heats of the 12-13yrs 200m. In the final Owen stopped the clock at 26.53s for silver.

**Cameron Leung** competed in the 12yrs 100m and placed just out of the medals in 4<sup>th</sup> place in a fast time of 12.97s.

All three athletes qualified to compete at the School Sports Australia Track and Field Championships which were held in Brisbane from the 19<sup>th</sup>-21<sup>st</sup> November. See p.24 of this Footprint to see their outstanding results.

## The ANSW State Relays

The NSW Athletics State Relays were held at Campbelltown on Saturday and Sunday 19<sup>th</sup>-20<sup>th</sup> November and Ryde had 22 teams competing.



First out of the blocks was our U16 Women's 4x100m teams. The girls (above) **Amelie Gomez-Niewolik, Mahli Jabre, Charli Nagle and Zara Pawsey**, had competed at the Little A state relays the weekend before in the U15's and had stopped the clock there at 52.72s. At the ANSW relays the girls got a new PB time of 52.60s to place third in their timed final and 9<sup>th</sup> overall.

Next out was the U16 Men's 4x100m team of **James Woods, Yahya Ali, Jaykay Rauqe and Owen Chandler**. James and Yahya had been part

of the U15 4 x 100m winning team the week before at State Relays. At the ANSW relays the boys ran a time that scorched their Little A time by over a second faster in 45.45s to place second in their timed final and 5<sup>th</sup> overall.



Above Amelie gets the baton to Charli and below Owen to Yahya



Our U20 4 x100m saw **Mikayla Kelleher** accept a late call up after injury removed Ruby Worrell from our teams for the weekend. The team of **Kaitlyn Martin, Mikayla, Sophie Kavanagh & Aliana Moala** placed 6<sup>th</sup> in the final in 51.40s.



Our U16 Men's 4 x 400m had seen so many possible start lists due to injury and covid that we were just thrilled to get four boys out there in the end. **Axel Bruntsch** (below) has always shown he can whip around the track on his first lap of an 800m and he again showed that here with a lap that would be under national qualifying time.



**Owen Chandler** (stepping up from his preferred 100m & 200m) and two of our athletes making their ANSW Relays debut, **Isaac Siebert** and **James Woods** all ran well under their best time at Ryde this season. The boys won the second of the two timed finals in a good time of 3m 45.50s to take the bronze medal.



The U18 men's 4x discus saw **Jaykay Rauqe** take team honours with the best throw of 33.99m in his second round. **Rory Davison** improved with each



*Above James & below Isaac. Isaac was making his Seniors debut and ran in every length of track relay over the weekend from 4x100m to 4x1500m – a total of 3000m for the club. Isaac picked up a silver and a bronze medal for his efforts, Well done Isaac.*



throw and finished with 32.54m. **Lachlan Waldron** who normally throws the 1kg weight and stepping up to the 1.5kg discus for the day, got his best throw of 27.61m out in round one. **Andrew Kalos**, after two net fouls went with a safety throw on his third round to land at 21.74m Overall the boys threw a total of 115.88m and placed 5<sup>th</sup> at State.

Our U18 Women's discus team saw **Jessica Johnston** end up on top of the leader board with best throw of the competition of 41.52m on her final throw, in a great warm up ahead of Australian All Schools in a few weeks' time. **Caitlin Waldron** started strong with a first round throw of 32.32m and **Jess Koussas** improved on her first two

rounds to finish with 30.88m. **Mikayla Kelleher** added 3.37m from her first to her last throw of 20.67m which was enough to push the team into the bronze medal position and a total throwing result of 125.39m.

The girls also competed in the U18 4 x shot put relay and finished 5<sup>th</sup> in the state with a total of

39.53m. **Jess Johnston** was again the best of the throwers with 12.11m. **Caitlin Waldron** threw her best throw in the opening round -10.72m. **Mikayla Kelleher** opened with 8.69m and **Jess Koussas** threw 8.01m on her final throw



*From top – U18W 4x discus team – Jaykay, Lachlan, Rory & Andrew. U18W 4x discus Mikayla, Caitlin, Jess K & Jess J. Owen in the U18 4x high jump. Owen competed in four track relays and two jumps over the weekend and came home with the biggest medal haul of two silver and a bronze medal.*

Our U14 team track teams – the U14 4x 100m mixed relay & U14M 4x100m teams, owe a big thanks to all the work **Russell Cox** has put in over the past few weeks to get teams organised and trained. With great runs and clean handovers from all the team members, in a nail biting finish, the team of **Daniel Cox, Calan Hahlos, Emilia Webb, and Olivia Sidhu (below)** finished out of the medals by just 0.24s to place 4<sup>th</sup> in a time of 52.49s in the U14 4x100m mixed relay.



*Below Daniel passes to Calan*



Our U16 team of **James Woods, Isaac Siebert, Zara Pawsey and Amelie Gomez-Niewolik** had good runs too finishing in 9<sup>th</sup> overall at State in a time of 50.49s.



*Above Isaac hands off to Zara*

Our final mixed relay team – the U20's saw **Aliana Moala** get a last minute replacement call up (and a big thanks to her mum Sonia for making two trips to Campbelltown in the same day). **Aliana, Sophie Kavanagh, Yahya Ali and Owen Chandler**, in his fourth event of the day, finished in 5<sup>th</sup> place in a time of 52.92s. Only Sophie at 18, is an actual U20 athlete with Yahya, Owen and Aliana being in the U15, U16 and U17 age groups respectively, so overall a terrific result for a very young team.



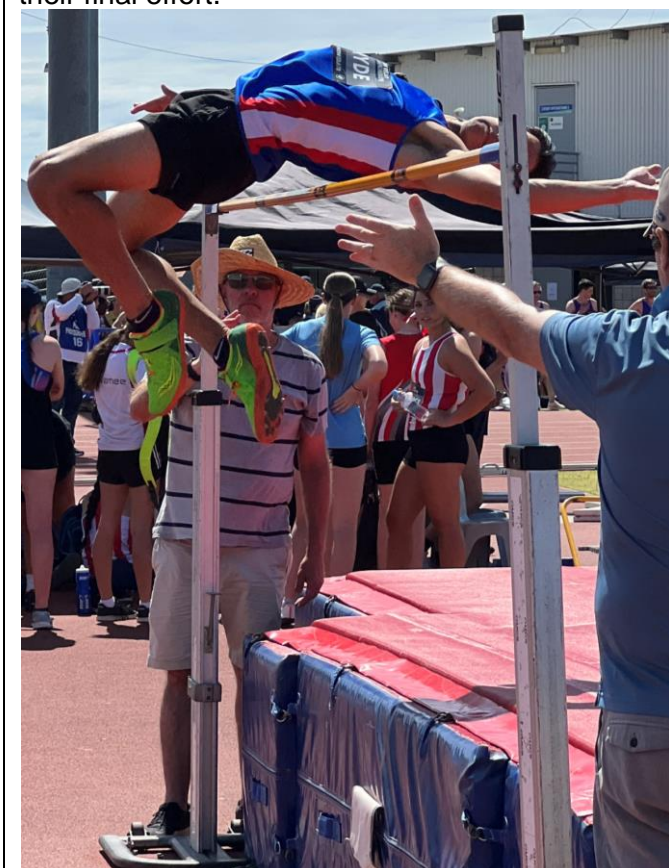
*Above Aliana leads out the mixed u20 4x100m*

The final track events of the day were the U16 4 x 1500m and the U20 4 x 1500m. In the U16 race the combination of **Axel Bruntsch, Luke Moscos, Julian Smith and Isaac Siebert** ran well to finish in 5<sup>th</sup> place in a time of 19m 27.71s. In the U20's the team of **Adam Bruntsch, Ash Hanna, Nicholas Woodhouse and Oliver Smith** saw a race to the line where the boys just finished, just over a second off bronze in a time of 18m 04.88s.





For much of the afternoon our U18M's high jump team of **Jaykay, Brendan, Owen and Rory** were out at the high jump stands with the competition running well over the three hour mark in what was a very big and elite field of 32 competitors. All the boys went through with fairly clean rounds until their final effort.



*Above Rory and at left top Jaykay and below left Brendan. Below the silver medallists in the U18 4x high jump Owen, Jaykay, Rory & Brendan*



Our team of **Owen Chandler (1.65m), Rory Davison (1.65m), Jaykay Rauqe (1.70m) and Brendan Mannasz (1.95m)** finished with the silver medal and a combined height of 6.95m.

At the end of day one we realised we wouldn't have enough competitors to fill both the U20 4x800m and the U16 4x 800m so we asked the boys who would like to come back the next day and **Luke Moscos, Nicholas Woodhouse, Oliver Smith and Isaac Siebert** put their hands up to combine as an U20 4 x 800m team.

At just 13yrs **Luke Moscos** was by far the youngest runner in the field but didn't let it get in the way of a good run as he along with **Nicholas Woodhouse, Oliver Smith and Isaac Siebert** ran good legs for the team to cross the line in a time of 9m 22.87s to take home the silver medal.



*Hey Dad we got second says Luke ! Below Oliver out on the track for his second middle distance relay. Top right Nicholas, Oliver, Luke and Isaac silver in the U20 4x800m. Congrats too to Nicho who was recently named NRC Little Athletics Club captain for the season. Well done.*



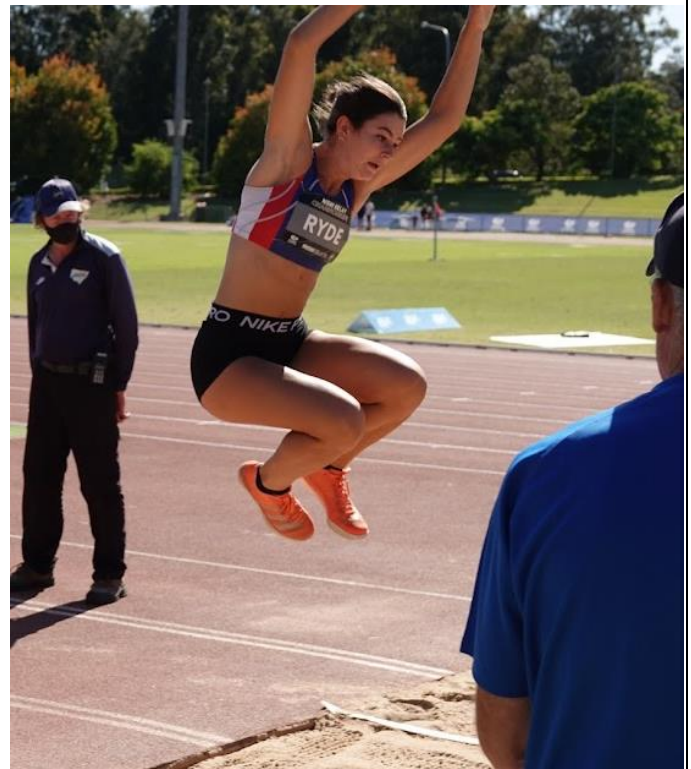
**Sophie Kavanagh** got the girls off to a great start with her first round leap, and 5<sup>th</sup> best jump overall, of 5.29m. **Zara Pawsey** who had stitches just last Monday after a pole vault injury, also got her best jump out in round one of 4.66m. **Kaitlyn Martin** and **Mikayla Kelleher** finished 1cm apart on 4.56m and 4.55m respectively. Overall, the girls jumped 19.06m to clinch the silver medal by more than 30cm.



Sunday morning was clear but very windy and we had concerns given our field events for the day were three long jump events and two javelin events.

As far as long jump went Ryde was to finish the morning with three medals from three starts which was an amazing result.

First up, and our first Opens team that we have entered in a number of years, the Opens Women's Long Jump team.



*Above Sophie led the team out to a great start*



*Above Luke, Nicholas and Isaac in the U20 4x800m. Below Kaitlyn, Mikayla & Zara on their way to an Open's medal*



*Above Vili registered the best jump in the U14 4 x long jump. Moses, Leon, Vili & Daniel silver U14 x long jump*



*Above the U14 4x100m Daniel, Calan, Vili & Leon. Daniel jumping for silver in the U14 4 x long jump.*

The U14 boys 4x long jump were also out early in the long jump pits and faced competition from seven other teams. **Vili Lewanavanua**, was the best jumper of the competition from round one on and improved in round three to finish with 5.21m. **Daniel Cox** nailed an excellent jump on his 2<sup>nd</sup> round of 4.53m and **Leon Danks** (4.35m) and **Moses Wolfson** (3.95m) also had their best jumps in the second round. The boys had a long, long wait for the official results and ended up with the silver medal and a total distance of 18.04m.

The U14 4x100m team of **Daniel Cox, Vili Lewanavanua, Leon Danks and Calan Hahlos** ran a scorching race to finish first in their heat and second fastest qualifier for the final in a time of 52.79s. In the final all the boys ran strong legs but, as can happen in relays the baton can sometimes be a challenge to pass cleanly and the boys finished 8<sup>th</sup> in a time of 57.55s. All four showed great sportsmanship in the face of their disappointment which was great to see.



*Above Leon hands the baton to Calan*

Back out in the field our U18M 4x long jump team was ready to go and three of our silver medal winning U18 high jumpers were back for another day. **Rory Davison** was our best jumper with a leap of 5.65m. **Brendan Mannasz** final jump was his best at 5.56m. **Owen Chandler** got off to a good start with 5.44m and **Oliver Tsang** rounded out the results with his second round jump of 4.68m. Overall the boys tallied 21.33m to collect the bronze medal.

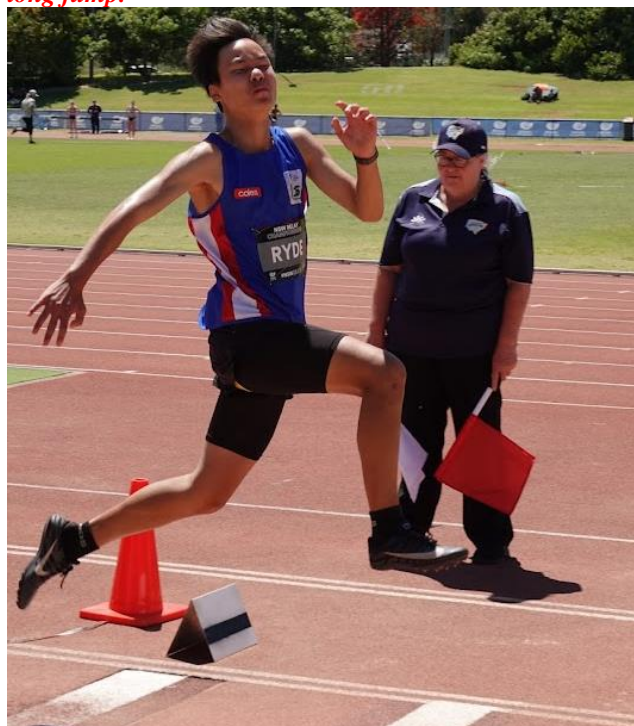


*Above the boys looked fairly relaxed out at U18 4 x long jump.*

**A big thank you to everyone who sent in photos, especially Nick, Zara & Jannet Pawsey who covered so many events as well as the Woods, Kalos, Davison and Cox families who contributed many as well. Keep up the great work, we have a great group of athletes out there to celebrate & your photos are always welcome.**



*Above bronze medallists in the U18 4 x long jump – Owen, Brendan, Rory & Oliver. Below Oliver and Owen in the U18 long jump.*



With a number of new Masters members this year it was time to see if we could get a Masters Track team out for the first time, possibly since ANSW Relays starting accepting Masters entries! Four of our members, **Jon Baker, Puspesh Kumar, Nick Pawsey and Mat Woodhouse** were a combination of sprinters and middle distance runners so had settled on the 160+ 4x400m as a middle ground. A hamstring injury to Mat Woodhouse on the Saturday, looked like it could sideline the team before they got to the track. Despite Mat's valiant offer to come and walk the final 400m so the team could get a run, **Steve Barlow** gamely stepped in to complete the team.

The team of **Steve, Jon, Puspesh and Nick** had an excellent race, including a great race to the finish line by Nick, where the boys secured the silver medal in a time of 4m 37.53s.

Here's hoping next year we can get a few more Ryde dad's and mates out on the track and get a few more sprint and middle distance Masters teams running in the Ryde colours.

Our last track event was the boys U16 4 x 200m event. The team of **Yahya Ali, Calan Hahlos, Isaac Siebert and Owen Chandler** placed 2<sup>nd</sup> in the second of the timed finals in a time of 1m 39.95s to place 6<sup>th</sup> overall at State.

The last two events of the afternoon were the Men's U18 and 240yrs+ javelin relays and the boys were throwing in really windy and hot conditions.

**Andrew Kalos** was Ryde's best in the U18's javelin, securing a new PB throw of 46.57m to finish the 3<sup>rd</sup> best thrower overall. **Lachlan Waldron**, who will compete in the 14yrs javelin at the upcoming Australian All Schools, threw 38.43s on his final round adding more distance to his silver medal winning throw at NSW All Schools. **Oliver Tsang** landed his first throw out at 24.82m. **Ben Lawrence** at just 13, had to step up a weight in implements and he managed that really well with an opening best throw of 27.34m. At the end of the competition the boys were awarded the bronze medal with a total distance of 137.16m.

In the Masters 240+ competition the boys finished in second place with the silver medal. Unfortunately, as their results were recorded on the back of the results sheet it seems that their individual results didn't make it into the system! The team of **Andrew Atkinson-Howatt, Robert Hanbury-Brown and Simon Bergfield** were, this year, joined by new team member **David Teo**.



*Above Lachlan Andrew Ben and Oliver, a bronze medal in the U18 4x javelin.*

**Got something to tell us? Have we missed some results? Please send any results and photos to [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) for future Footprint editions throughout the season.**



*Above Puspesh, Nick, Jon and Steve, silver medallists in the 160+ 4x400m . Top Right Zara, Kaitlyn & Mikayla (Sophie absent) silver medallists in the Open Women's 4 x long jump. At right Jess K, Jess J, Caitlin and Mikayla bronze medallists in the U18 4 x discus. Below our bronze medallists in the U18 javelin Andrew, Oliver, Lachie & Ben. At right – Zara and Nick Pawsey both silver medallists. I hope we can see some more of these photos in coming seasons as we get more of our parents and friends involved.*





*Who says athletics isn't fun? Our 240yrs+ silver medal winning 4 x javelin team of Andrew Atkinson-Howatt, David Teo, Simon Bergfield & Robert Hanbury Brown.*

## **Congratulations to our competitors at the School Sports Australia Track & Field Championships**

The School Sports Australia national 10-12yrs Track and Field Championships were held in Brisbane from the 17<sup>th</sup> -21<sup>st</sup> November and Ryde Seniors had three of our talented young 11 and 12yr old athletes competing there and all came home with medals.

**Owen Trinh** competed in the 12yrs 200m and placed 5<sup>th</sup> in his heat and 10<sup>th</sup> overall in Australia in a time of 26.26s. Owen picked up a silver medal as a member of the NSW 12yrs 800m sprint medley team who finished in 1m44.99s

In the 12yrs 100m heats **Cameron Leung** was 4<sup>th</sup> in a time of 12.73s and advanced to the finals. In the final Cameron improved on his heat time to finish in 12.66s and place 7<sup>th</sup> in Australia. Cameron was also a member of the NSW 12yrs x100m relay team who won the gold medal in a time of 49.36s.

**Hannah Lambert** (right) was competing in the 11yrs high jump event and had a terrific competition finishing just 2cm off what she had jumped at state (a Ryde Best Performance on Record of 1.50m).

Hannah's cleared a height of 1.48m to put her equal second with three other girls. On count back though Hannah moved into outright second and the silver medal.





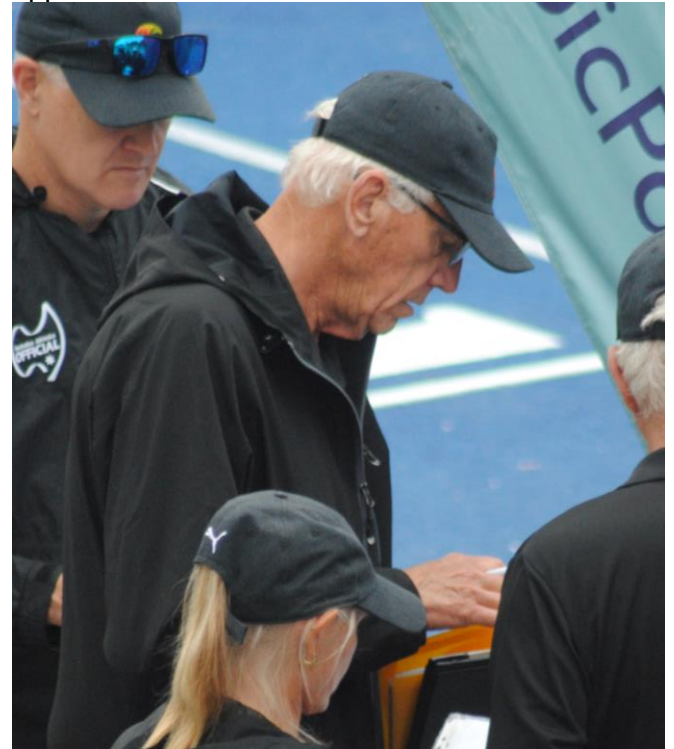


*Above & below Hannah on the podium & on the field*



**Congratulation to Barry Pecar – 44th World Cross Country Championships**  
 Congratulations to ANSW Official and Ryde Member, Barry Pecar on his appointment as the Chief Lap Scorer/Relay Takeover Judge for the

World Cross Country Championships to be held in Bathurst in 2023. The championships are the first World Athletics competition to be held in NSW for 27 years. Barry would be familiar to many of our athletes as he volunteers countless hours as ANSW and Athletics Australia events. We congratulate Barry on this prestigious appointment.



*Above Barry at the 2022 Australian Track & field Championships*

