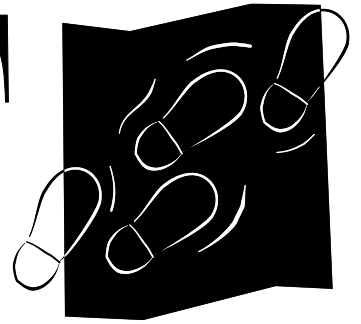




FOOTPRINT



Senior Division February 2023

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Outstanding results at ANSW Masters State Championships – 8 gold, 6 silver and 2 bronze

Injury meant we did not get all our Masters athletes out at Campbelltown but those who did make it did Ryde proud with lots of PB's along with 16 medals from 24 starts. A huge achievement.

We would love to see more of our mums and dads sign up and join as Masters and I have to say those that did this season had a great time and have now signed up to compete at the Australian Masters Championships to be held at SOPAC in March.

Highlights of the meet included four gold medals to **Mat Woodhouse** returning to the track and field after a long absence. Matt competed in the 45-49yrs age group, dead heating in spectacular

style for first in the 100m, winning the 110 hurdles, long jump and triple jump before an injury saw him pull out of his four remaining events on the Sunday. We wish Mat a speedy recovery ahead of nationals. First timer **Cam Smith** won silver in the 50-54yrs shot put after tying in third place in the discus and losing the bronze on countback to our own Ryde athlete **Steve Barlow**. **Steve** picked up the discus bronze as well as defending his Pole Vault state title. **Andrew Atkinson-Howatt** and **Robert Hanbury Brown** competing in the 65-69yrs throws events won two gold, four silver and a bronze between them. **Nick Pawsey** making his individual event debut, following a week of nursing an injury, delivered a clutch long jump in the penultimate round to get silver in the long jump behind Mat and then Nick went on to win the high jump. Club president, **Simon Bergfield** finished out of the medals but put out a consistent set of throws across the weekend

Below our Sunday morning competitors Robert, Andrew, Mat, Steve, Simon & Cameron. Absent is Nick who arrived for the last event of Sunday & picked up gold. Well done



ROSS FORSTER - RYDE 2023 CITIZEN OF THE YEAR



Congratulation to Ross Forster on his selection as the 2023 Ryde Council Citizen of the Year. The award, which is made as part of the Australia Day celebrations was presented at the NRRSL on Thursday 19th January. Ross was selected from a field of 12 finalists.

It was fitting recognition for everything that Ross has given to Ryde athletics over the past 44 years.

As we wrote in the submission

Ross has volunteered his time now for Ryde Athletics for forty-four years at Dunbar Oval, almost all year round, up to four times a week. In a time when many athletic coaches charge for coaching, Ross has always provided his services free of charge. At 82, he still coaches at Dunbar for three afternoons a week and volunteers at Dunbar every Saturday in summer for the Ryde Little Athletics competition. He has been a member of both the Ryde Seniors and Juniors Committee's. He joined the Ryde Seniors committee in 1998 as Secretary and is still a member of the Committee today some twenty-four uninterrupted years later in the roles of Registrar and Race Reporter. Ross was crucial in the setting up the fundraising that Ryde

Athletics undertakes to provide travel grants to our athletes when they represent NSW or Australia. This has contributed to many athletes making their NSW debut. For many years in the 1990's- 2000's Ross was also a high-level Official with Athletics NSW and worked as an official at the 1996 World Junior Track & Field Championships as well as the 2000 Sydney Olympics. Whenever Ryde Athletes are competing at State and National championships at Sydney Olympic Park Ross will be there, in Bay 10, overseeing their performances and cheering on our local Ryde athletes.



In local sporting clubs there are often individuals who are the iconic figures that work hard, work quietly, help maintain the integrity and history of a club and achieve results. For over four decades Ross Forster has been at the heart of Ryde Athletics. In his many Committee roles, he has supported and guided the club as well as being our longest serving and most successful Club coach. He has, no doubt, been a huge part of why Ryde Athletics continues to be a strong, growing and successful athletics centre. In training his athletes Ross doesn't just only produce good runners, his influence has seen him produce good young adults. His guidance



and counselling teach them that winning is not necessarily everything. We see this regularly at Ryde when those athletes now return as parents of younger little athletes and again seek out Ross for his counsel. As a coach Ross is highly respected across the wider NSW athletics community for his quiet demeanour, his burning commitment to Ryde athletes and his ability to turn an ordinary runner into the best athlete he or she can be. His work was recognised by Athletics NSW when he was named Community Coach of the year in 2016.



Congratulations to all our Athletes who were named in the Athletics Australia Rankings as at 31st December 2022

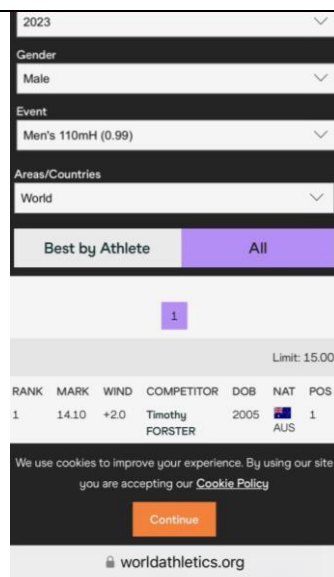
Name (age at end 2022)	Event	Age group	Aust Ranking	Result
Ruby Worrell, 16	400m	Open	26 th	54.97s
		U20	12 th	
		U18	8 th	
	200m	Open	63 rd	24.54s
		U20	31 st	
		U18	20 th	
Adam Bruntsch, 18	3k steeple	Open	28 th	9m 35.63s
		U20	6 th	
Sophie Kavanagh, 18	Long Jump	Open	40 th	5.78m
		U20	15 th	
Brendan Mannasz, 17	High Jump	Open	=22 nd	2.05m
		U20	=6 th	
		U18	=2 nd	
Timothy Forster, 17	200m	Open	118 th	21.78s
		U20	38 th	
		U18	9 th	
	110m H	U20 (99cm)	8 th	14.52s
	110m H	U18 (91cm)	11 th	14.45s
Georgia Phillips, 16	2k steeple	Open	33 rd	7m 19.84s
Jess Johnston, 15	Discus	Open	46 th	41.70m
		U20	25 th	
		U18	19 th	
		U16	8 th	
	Shot put	U16	15 th	13.32m
	Hammer	U16	16 th	42.06m
	Javelin	U16	25 th	36.34m
Andrew Kalos, 15	Javelin	U16	22 nd	45.86m
Zara Pawsey, 14	Pole Vault	U16	26 th (25)*	2.25m (2.32m) *
Claudia Barlow, 15	Pole Vault	U16	27 th	2.20m
Daniel Cox, 13	Pole Vault	U16	26 th	2.35m
		U14	5 th	2.20m
	200m H	U14	14 th	31.77s
	90m H	U14 (76.2cm)	26 th	13.95s

*Result missed by AA

One for the pool room

At the start of each year, Australian Athletes can often find themselves at the top of world rankings, given that it is a busy time of the athletics season here but no so much in the northern hemisphere.

One of our Ryde athletes, Timothy Forster starts the year with a No.1 World ranking in the 110m (99cm) hurdles after his sizzling run in Canberra at the ACT Championships. Well done, Tim, keep up the good work!



Around the Track update

At the **Hunters Throwers Club Meet** on the 22nd December Ryde was represented by **Lachlan** and **Caitlin Waldron**.

Lachlan got the 4kg shot put out to 10.90m on his fifth throw. In the Discus Lachlan threw 42.51m. In the javelin Lachlan landed on 38.85m on his round four throw. Caitlin was moving up a weight in the shot put and landed the 4kg out to 9.32m. In the discus Caitlin was just 3cm short of her PB with her best throw of 32.47m.

NSW Milers Meet Series III.

Axel Bruntsch was our sole representative at this meet on the 22nd December and showed that a 400m national qualifier might hopefully not be too far away when he stopped the clock at 55.01s.

Illawong High Velocity Meet

The new year kicked off with the Illawong High Velocity meet on the 7th January and Ryde had four sprinters competing in windy conditions.



James Woods (above) put in a PB performance running his first sub 12 second 100m in a time of 11.85s. **Noah Lopata** was only 1/100th second behind in 11.86s. **Timothy Forster** (above right) ran a PB of 11.00s in the 100m.

Aiden Wright was chasing a national qualifier in the 200m to add to his 400m NQ. In 3.9m wind,



Aiden stopped the clock at 23.32s to claim his second NQ. **James Woods** in his second run of the afternoon ran a time of 25.08s in the 200m.

2023 NSW Illawarra Track Challenge

At the 2023 NSW Illawarra Track Challenge, Ryde had 3 competitors.

James Woods ran a good 400m finishing in a time of 56.47s. In the 100m, James ran 12.08s. **Yahya Ali** competed in the heats of the U16M 60m State Championships. Yahya placed 13th overall in a time of 8.43s.

Georgia Phillips was having her first run of the new year in the women's 3000m event where Georgia finished in a time of 11m 07.46s.

At the **Cathy Freeman Shield Meet** held on the 14th January in Brisbane we were represented by **Timothy Forster**.

Running in a combined Opens/U20 110m hurdles event, Timothy's time dead heated with Olympic Bronze medallists Ash Maloney in a time of 14.84s. Quite an achievement for Tim!



Above Aiden secured the 200m National qualifying time at Illawong. Congrats too to Aiden on his Little Athletics Regional U15 400m record he set of 50.73s.

Mingara Regional Meet

At the Mingara Regional Meet held on the 14th January, **Daniel Cox** competed for the first time in the 100m hurdles. Daniel had a good clear run



over the higher hurdles finishing in a time of 16.48s, just outside the NQ time of 16.44s.



Above James at the Illawarra Track Challenge

Narabeen Pole Vault Competition

At the Narabeen Pole Vault Meet held on the 21st January Ryde had three vaulters competing.

Steve Barlow finished with a best vault of 2.80m, **Daniel Cox** with 2.00m and **Claudia Barlow** with 2.20m.

Campbelltown Sprints Meet

At the Campbelltown Sprints Meet held on Sunday 29th January, **Georgia Phillips** was Ryde's sole representative.

Georgia made her 400m H debut finishing in a time of 73.33s. This is just over a second off the national qualifying time. In the 2000m Steeplechase Georgia was first across the line in a time of 8m 31.43s.

Two golds for Ryde at the ACT Open and U20 Championships

At the ACT U20 Championships Ryde was represented by 2 athletes.

Sophie Kavanagh (below) produced a consistent set of jumps (5.47m, foul, 5.49m, 5.40m, 5.63m, 5.44m) in winning the U20 Women's Long Jump with her season's best leap of 5.63m.



Timothy Forster (below) won the U20 110m hurdles by over a second when he stopped the clock in a new PB and Ryde Best Performance on record time of 14.10s. In the U20 100m heats Tim was third in his heat in a new PB time of 10.88s, just missing out on the final by 1/100th of a second. In the heats of the 200m Tim was 2nd in his heat in a time of 22.07s. Unfortunately, an ankle problem saw Tim withdraw from the final.



At right, mates first, competitors second. Josh & James in Canberra.

In addition to the U20 and Open Championships, ACT Athletics also hosted some non-championship events and two of our senior athletes, **James Woods** and **Daniel Cox**, along with Ryde Little Athlete, **Josh Smith**, made the trip to get some further competition.

In the 100m H (84cm) **Daniel Cox** (below) finished just 0.04s off the NQ when he ran an equal PB time of 16.48s. In the 200m hurdles, Daniel was just outside his PB when he finished with 31.97s.



James Woods had a good weekend, finishing with three new PB times. In the 100m hurdles James ran over a one second PB to finish with 16.07s. In the 200m hurdles James was under the National qualifying time with a time of 30.01s. In the 100m James dipped under 12s for the second time finishing just off his PB with a time of 11.94s. In the 400m James again took a second off his PB time when he clocked 55.23s.



Josh Smith finished with a new PB and NQ time of 11.61s in the 100m. In the 200m Josh ran a fast time of 23.56s. In the 200m hurdles Josh took 2 seconds off his PB to finish in a NQ time of 29.50s.



Above James & Josh both had a successful weekend in Canberra

ANSW Masters State Championships

At the ANSW Masters State Championships held at Campbelltown the weekend of the 4-5th February, Ryde was represented by seven athletes.



Steve Barlow got things off to a golden start with an early Saturday morning win in the 50-54yrs Pole Vault. Steve had easy clearances to 2.70m and passed on 2.80m in the hope of getting a new PB but just couldn't quite clear the bar at 2.90m.

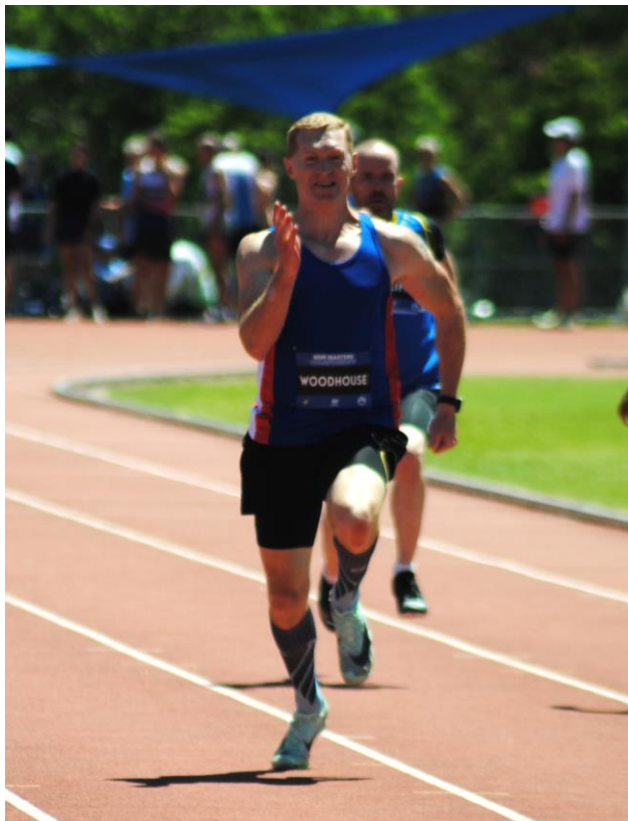


Robert Hanbury-Brown (below) also started the weekend with gold, winning the Mens 65-69yrs Hammer Throw. All Robert's throws put him in medal contention but it was his fifth round throw of 35.89m that sealed the gold medal.



We had hoped to see **Mat Woodhouse** debut with Ryde at the 2022 State Relays, but injury saw him withdraw from that, so we were pleased to see him out at Campbelltown where Mat had entered 8 events over the weekend.

In the heats of the 45-9yrs 100m Mat (below) made his presence felt with a sizzling run to qualify second fastest for the finals.



The final saw Mat absolutely fly out the blocks leaving the rest of the field in chase mode for the entire race. A spectacular plunge for the line saw Mat complete a body roll that would have earned him a 9.5 in a gymnastic beam event. The photo finish showed a dead heat in a time of 11.94s for Mat and Ryde's third gold medal of the morning.



2023 NSW Masters Championships		12 00
Men 100 Metre 45-49 Complete Results Final		
1	McMahon	UTN 11.94
1	Woodhouse	RYD 11.94
3	Diep	BNK 12.24
4	Turner	UTN 12.54
5	Mitchell	UTN 12.60
6	Newton	

In the Mens 45-49yrs long jump we had two representative, **Mat Woodhouse** and **Nick Pawsey** and competing at the same time in the 50-54yrs long jump was **Steve Barlow**.



Mat, Steve and Nick and yes Nick is holding a rake as at Masters you have to compete and help at the same time!

Steve Barlow started with his best jump of the morning of 3.91m which was to place him 5th.



Nick Pawsey got off to a tentative start, testing his injury, but gained confidence and well and truly secured the silver medal on his fifth jump of 4.93m.



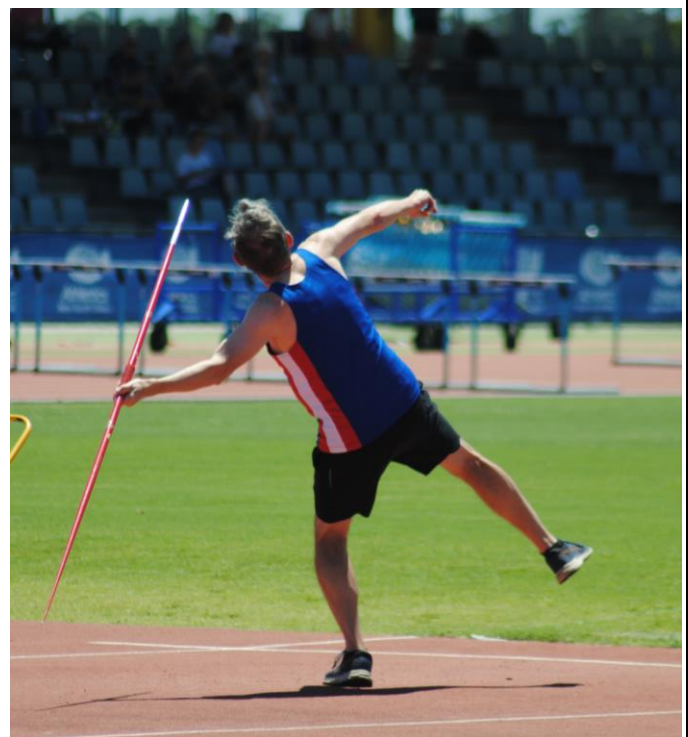
Mat Woodhouse's best jump was so good it was the best long jump by any male jumper in any age group over the weekend. All of Mat's jumps were over 5m with his second round 5.59m jump securing him his second gold of the morning.



Nick – silver in 45-49yrs long jump.

The afternoon kicked off with three of our javelin throwers out in the field.

Simon Bergfield (below) competing in the Men's 60-64yrs event got off a good set of throws finishing with a season's best of 27.82m and 5th in State.





In the 64-69yrs javelin, Robert (above) took the early lead and held it until the final round when Andrew (below) produced the winning throw of 31.92m to leave Robert with the silver and a best throw of 31.44m.



Mat Woodhouse was back out on the track in the 45-49yrs 110m hurdles. Running into 1.9m headwind Mat was clear of the first few hurdles but clipped a couple at the end of the race to win his third gold of the day in a time of 17.30s.



Above Andrew, Robert & Simon. Below Mat on his way to his third gold of the day.





Steve Barlow (above) was our final track competitor of the day in the timed finals of the 50-54yrs Men's 400m. Steve was third home in his timed final and 8th overall in a time of 70.63s.



Robert Hanbury Brown was our last competitor on the Saturday throwing the 9.8kg weight in the 65-69yrs event. Robert was in the silver medal spot all the way to finish with a second round best throw of 13.12m.

Day two started as a very busy morning for **Steven Barlow** as two of his field events, the 50-54yrs triple jump and discus were running at the same time.

Steve got a few quick jumps out at triple before making his way over to discus. In the triple jump Steve was remarkably consistent with three of his jumps measuring at 8.83m and his best jump in the final round of 8.90m placing him just out of the medals in fourth sport.



Above Steve on the hop

Over at the discus Steve was joined by **Cameron Smith** who had only registered as a Ryde Senior the weekend before.

As he did in triple jump, Steven again produced a consistent set of throws with his second round throw of 26.99m being his best. **Cam** got off to a good start also landing the discus at 26.99m but wasn't able to better that distance in his later throws.

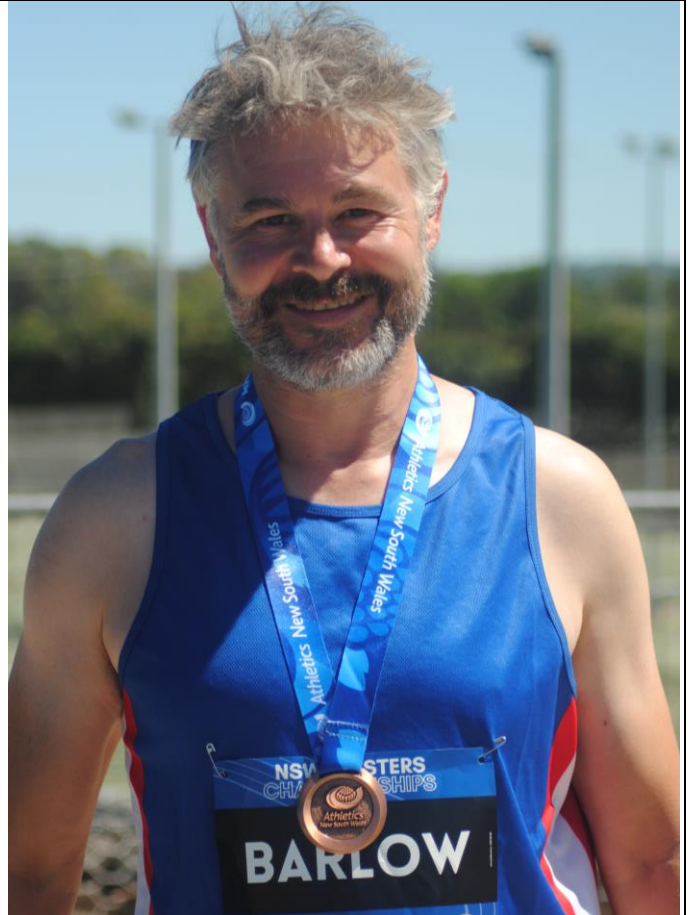


Cameron above makes his debut at ANSW Athletics and places 4th in discus

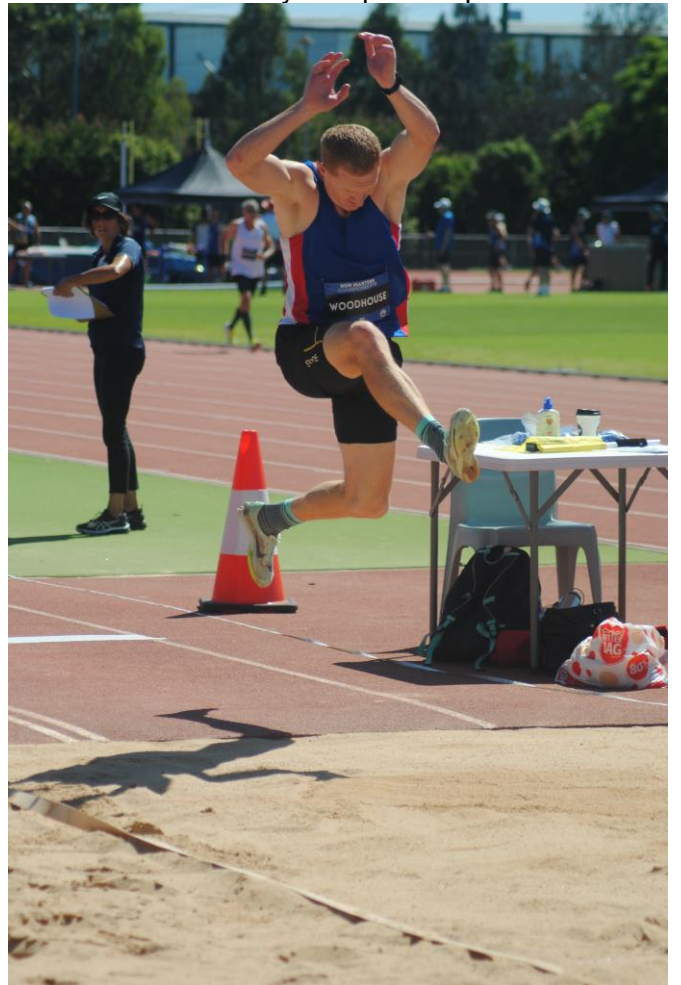
The boys were then tied for third position with 26.99m with Steve ultimately winning bronze on the countback and Cameron taking 4th spot.



Above Steve picks up his second medal on the Championships, a bronze in discus.



Mat Woodhouse (below) was back in the field this time in the 45-49yrs Triple Jump.



Mat got two terrific first jumps out of 11.81m and 11.55m but on a third jump Mat suffered an injury and had to withdraw from the event and the rest of the carnival. Mat did finish in the gold medal position, his fourth of the weekend. We wish Mat a speedy recovery and hope to see him at the Australian Masters if he is fit by then. Otherwise we look forward to seeing more of Mat next season as he clearly loved doing the events he competed in over the weekend.



Above Steve and below Cameron, winning his first ANSW Masters medal, silver.



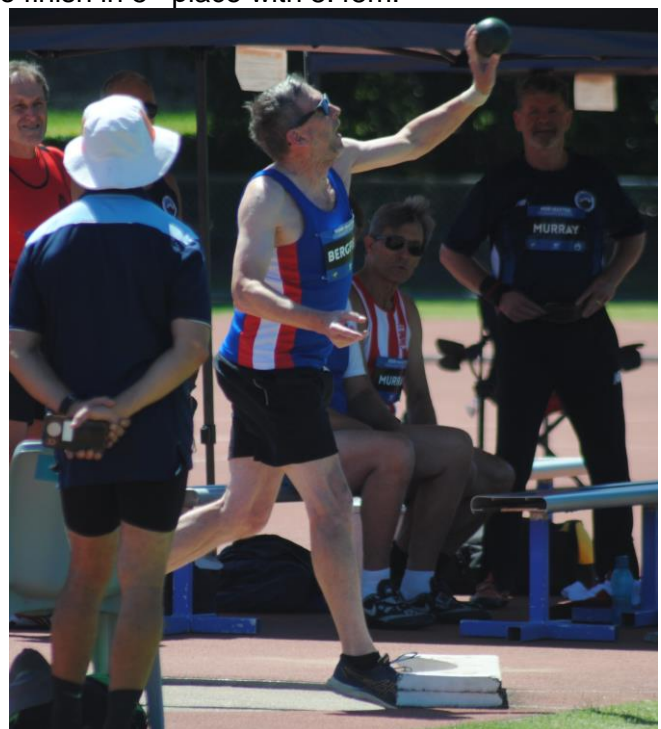
Cameron and Steve were back out on the field in their final event, the 6kg 50-54yrs shot put. Cam used all of his height to push the shot put out,

improving over each of his throws to a best throw of 9.01m and the silver medal. Steve again threw very consistently and nailed his best throw in round one of 6.98m for fourth place.

Simon and Robert followed Cam & Steve out to shot put, Simon competing in the 5kg 60-64yrs event and Robert in the 5kg 65-69yrs event. Robert (below) produced a final round best throw of 10.10m to move him from third to second place.



Simon (below) improved on just about every throw to finish in 5th place with 8.48m.





Silver to Cameron, 50-54yrs 6kg shot put

Andrew, Robert and Simon were back out after lunch in the 65-69yrs and 60-64yrs 1kg discus throw.



Above Andrew & below Simon



Robert was again to secure a silver medal, improving with every valid throw to finish with 33.81m. Andrew wasn't far behind, winning bronze with his second round best throw of 32.35m.



Simon delivered another consistent set of throws that saw him finish just out of the medals in 4th spot with a season's best throw of 27.98m.

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



Andrew, Robert & Simon in their new Ryde throwers hats!

Our last competitor of the day was in the last event of the day. **Nick Pawsey** competed in the 45-49yrs High Jump.

Nick (at right) had clear rounds over 1.25m, 1.45m and 1.50m to win the state title with his clearance at 1.50m.



Winners are grinners in the Pawsey house. Nick with his youngest daughter Jacqueline who produced a massive PB to finish 3rd at Regions in the U12 80m hurdles. We look forward to seeing Jacq starting her Ryde Seniors career at the upcoming ANSW Junior Championships.



As well as Mat, we wish all the best for a good recovery to those Masters athletes who missed State because of injury – to Sue, Shane & Jon we hope to see you back out on the track and in the field.

ENTRIES CLOSE THIS FRIDAY 10TH FEB AT NOON FOR THE ATHLETICS NSW JUNIORS

For any athlete wanting to represent NSW at the 2023 Australian Track & Field Championships later this year in Brisbane, you must enter the NSW Junior Track and Field Championships to be run at SOPAC from 24th-26th February*.

Even if you are not aiming for nationals but just want to challenge yourself or get some more competition in ahead of LANSW State titles or multi-event, then Juniors is the place to do it.

If you have never done ANSW events before then know that they run to a strict timetable so there isn't a lot of waiting around for your event to be called.

There is no pre qualifying for State you just [register on the ANSW website](#). You must be ANSW registered. If you are not sure if your athlete is ANSW registered then contact lbergfield@hotmail.com for more information.

***Some exceptions to this rule apply for already qualified athletes who are injured, competing at an alternative State level carnival or for other reasons as per ANSW website – but you MUST complete and lodge the [application for exemption](#). See ANSW Teams page for more info**

Ryde Senior Division Club Championships Day 2 Sunday 12th Feb



On Sunday, 12th February, the Senior's Division of the Ryde Athletics Centre will be holding Part 2 of the Centre Senior Championships at Dunbar Park and all athletes registered as a Senior with Ryde athletics are invited to participate. If you aren't registered as a Ryde Senior you are also welcome to come along and compete as a guest and try out the events as well.

Events to be run are 800m, Shot Put, 200m, Triple Jump, Javelin and 1500m walk.

Seniors covers all age groups from 11's right through to Opens, Veterans and Masters and many of our Little Athletes continue to compete for Ryde as senior athletes after their Little A days are over.

The first event will start at 9.15am. It is a relaxed morning where all the groups compete at the events at the same time and encourage each other on.

For further information about the day please email Ibergfield@hotmail.com

