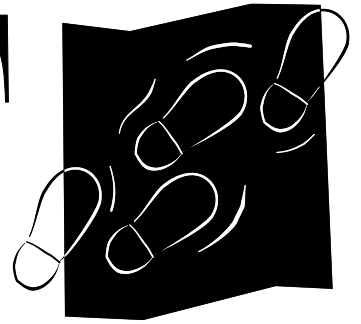




FOOTPRINT



Senior Division Feb '23 NSW Juniors

RYDE ATHLETICS CENTRE INCORPORATED
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www.ryde-athletics.org.au

The 2023 Athletics NSW Junior Track & Field Championships

It was a terrific three days for our Ryde athletes out at the 2023 Athletics NSW Juniors Track and Field Championships. Our athletes did Ryde proud, competing to the best of their ability and achieving some excellent results. A full report starts on page 7.

Congratulations to our medallists.

Gold medals to

Ratu Viliame Lewanavanua U15M high jump & Triple Jump

Adam Bruntsch U20M 3000m steeplechase

Aiden Wright U16M 400m

Alexander Evans U15M Para long jump & discus

Nathan Barbara U17M Para discus

Silver medals to

Timothy Forster U20M 110m hurdles

Alexander Evans U15M Para 100m

Jessica Johnston U17W discus & hammer

Rhys Chandler U15M 3000m walk

Daniel Cox U15M Pole vault

Ruby Worrell U18W 400m

Lachlan Waldron U16M Javelin

Bronze medals to

Jessica Johnston U17W javelin

Eloise Stewart U14W hammer

Sophie Kavanagh U20W long jump

Zara Pawsey U15W pole vault

Owen Trinh U14M 100m

Nathan Barbara U17M Para shot put

Maddison Duncombe U18W discus

Ratu Viliame Lewanavanua U15M long jump

Josh Smith U16M 200m

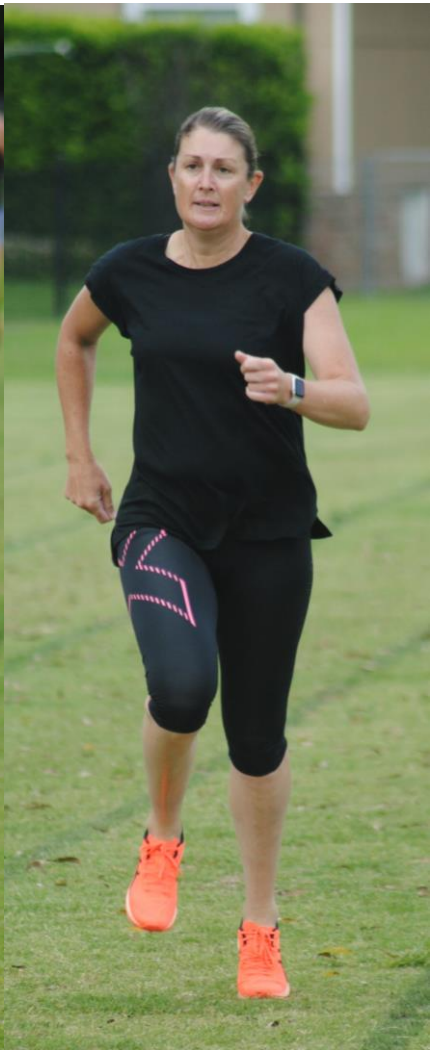


Ryde Senior Division Club Championships

Ryde Senior Club Championships Day 2 Results February 2023

| Age | Name | 800m | Shot put | Triple jump | 200m | Javelin | 1500m Walk |
|---------|-------------------|----------|----------|-------------|----------------|-----------------|------------|
| U15 | Mikayla D | - | 8.82m | 7.73m | - | 16.10m | |
| U18 | Maddison D | - | 10.46m | 8.95m | 29.9s | 24.86m | |
| U20 | Caitlin W | - | 9.19m | - | 39.0s | 21.44m | |
| U18 | Elysha P | 3m 30.5s | - | - | 29.4s | - | |
| Visitor | Janet L | 4m 19.6s | 6.60m | 6.95m | 40.5s | 17.55m | |
| Visitor | Lynette | - | | | - | 27.00m | |
| U14 | Matt L | - | 8.22m | - | 40.1s | 28.35m | |
| U15 | Ben L | - | 9.09m | 9.75m | 37.1s | 26.00m | |
| U16 | Lachlan W | - | 12.02m | - | 26.8s | 36.70m | |
| U17 | Andrew K | - | - | - | - | 44.02m | |
| U18 | Nicho W | - | 7.35m | - | 26.3s | 22.70m | |
| 45+ | Mat W | - | 10.18m | - | - | 36.50m | |
| 45+ | Nick P | 2m 52.3s | 7.43m | - | 26.6s R | 18.80m | |
| 50+ | Cam S | | 8.72m | | | | |
| 55+ | David T | 3m 01.5s | 8.59m | 8.76m | - | 24.53m | |
| 60+ | Simon B | - | 8.49m | - | - | 25.95m | |
| 65+ | Andrew AH | - | 8.92m | - | - | 32.78m R | |









Out on the track at the World Cross Country Championships

The Woodhouse family were lucky enough to have front row seats at Bathurst for the World Athletics Cross Country Championships held over the weekend of the 18th-19th February.

It was fantastic to watch such elite athletes competing on Australian soil and our Australian athletes rose to the occasion, with a bronze in the mixed relay the highlight for the local crowd.



For some of us watching at home we were robbed of the final ten minutes or so of the Men's event through a power outage. At Bathurst the fans were watching the race in gale force winds with lightning getting closer and closer. All the fans were evacuated as soon as the race finished.

The Woodhouse boys, **Nicholas and Benjamin** were lucky to get a few photos and autographed caps from some of their sporting heroes.

Thanks to Chelsea for all the photos.

At left Benjamin & Nicholas with Stewart McSweyn and above with Jess Hull. Stewart & Jess along with Ollie Hoare & Abbie Caldwell were bronze medallists in the Mixed relay.





Field & Track Round up

At the **NSW Milers III Meet** held on the 2nd February Ryde was represented by **Vili Lewanavanua** in the long jump and **Adam Bruntsch** in the Open 1500m A Race.

Vili leapt an impressive 5.31m with no wind assistance in the Open long jump. Adam was to finish 8th overall in the Open 1500m A Race with a time of 4m 06.50s.

At the Warm Up events held in conjunction with the **ANSW State 5000m Championships** Ryde was represented by 4 athletes.

Daniel Cox competed in the pole vault and achieved a national qualifying height and equal PB of 2.35m. Daniel then went on to also achieve a national qualifier in the 100m hurdles, a qualifying time that he had twice missed by 0.04secs! Daniel ran a time of 16.41s to come in 0.03s under the national qualifying time.

In the Open 800m we had three competitors on the track. **Adam Bruntsch** finished with the best time of the three, stopping the clock at 1m 57.55s for a season's best. **Ashton Hanna** went under two minutes for the second time when he ran 1m 59.79s. **Axel Bruntsch** ran a big personal best and an U16 national qualifying time when he finished in 2m 03.07s.

At the **NSW Throwers Club meet** held at SOPAC on Sunday 10th February Ryde was represented by 3 throwers.

Eloise Stewart added over 13 metres to her bronze medal winning throw from the 2022 NSW All Schools with her final round throw of 32.57m, well over the national qualifying mark for U14. A great result heading in to NSW Juniors.

Jess Johnston set a new Ryde best performance on record for the U18 hammer throw with her best throw of 42.38m. In the discus Jess's second round throw was her best landing at 40.45m. In the shot-put Jess threw 12.10m and in the javelin Jess landed four of her throws over the 35m mark with her best throw measured at 36.39m.

Lachlan Waldron had already competed down at Dunbar in the Senior Club Championships earlier in the day and threw at SOPAC in the shot put and javelin. Lachie's javelin pretty much improved with each throw and he finished with a best throw of 39.91m. In the shot-put Lachlan's final throw of 11.60m was his best.

At the **NSW Milers IV series** held at Bankstown on the 13 February we were represented by **Ben Prosenko** making his debut run in the U16 2000m steeplechase. Ben settled into a good pace to finish 6th with a time of 7m 42.66s for his first attempt at the event.

At the **Campbelltown High Velocity Meet** on the 19th February we were represented by 5 athletes.

Georgia Phillips was making an appearance in the Open Women's high jump and cleared the bar at 1.50m. In the U18 400m hurdles Georgia finished with a national qualifying time of 68.68s.

Kaitlyn Martin also competed in the U18 400m hurdles and was also under the national qualifying time when she stopped the clock at 70.58s

Ruby Worrell was competing in the Open Women's 100m and came home with the 18th fastest time of the afternoon, 12.54s.

Noah Lopata competed in both Open Men's Sprint events. In the 100m running into a -0.3m headwind Noah finished in a time of 12.16s. In the 200m Noah's time was 24.81s.

Daniel Cox competed in the U16 200m hurdles in a strong run down the straight came home with took over a second off his PB to finish with a time of 30.41s. and under the national qualifying time.

Congratulations to Adam Bruntsch – A Blue Award for Cross Country.

Adam Bruntsch's extensive school cross country career was recognised by the Sydney North Sports Association when he was presented with a Blue's award for Cross Country. *A **Sydney North Blue** is the highest award presented for sporting excellence within the Association. The recipient will have performed with distinction in their chosen sport and exhibited exemplary sportsmanship, leadership, team commitment and behaviour both on and off the sporting field. Adam certainly ticks all those boxes.*



What can you do for Ryde Seniors in 2023/24?

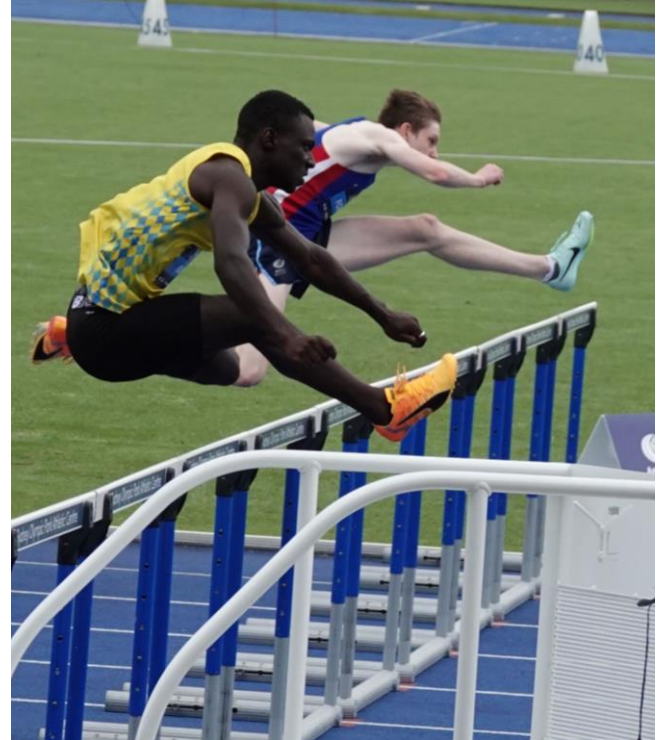
Although the season is still underway it is time to start thinking about what you could do to help Ryde Seniors in the 2023/24 season.

For the second season in a row we currently have no parents on our Committee who have children competing as Ryde Seniors. All the work is falling on other's shoulders. I know a number of our parents are active in helping with Little Athletics but Seniors needs assistance as well in dealing with enquiries, organising teams and trophies, running our member registrations, organising volunteer rosters or undertaking publicity. None of these jobs are huge but when they aren't shared around they can become a lot to do. It also means that knowledge isn't being shared around the club which can impact the longevity of the club. If you think you can provide some help in 2023/24 season drop me a line (lbergfield@hotmail.com) as to what you might be interested in doing.

The ANSW 2023 Junior Track & Field Championships

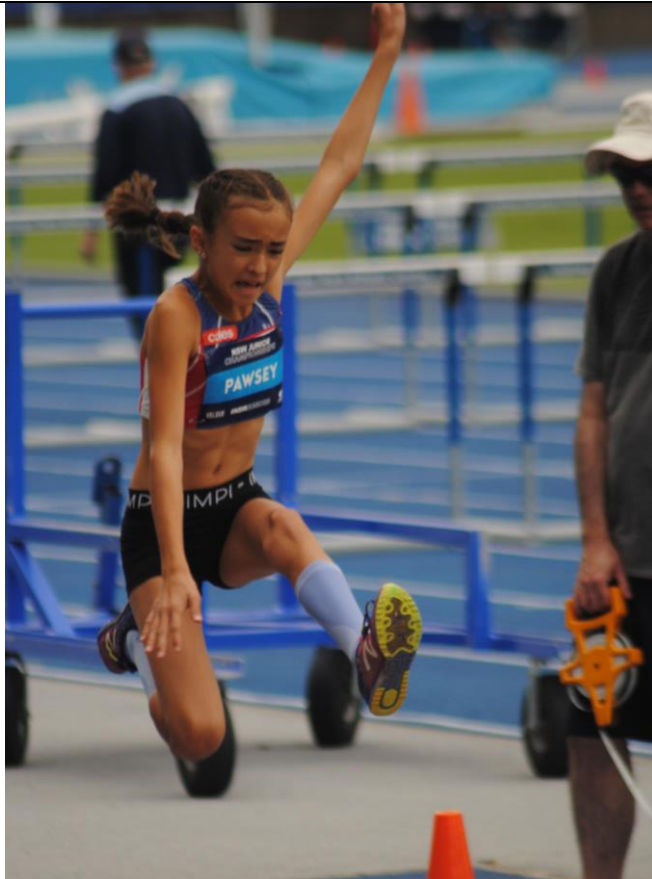
The 2023 Junior State Championships were held at SOPAC from the 25th-27th February and Ryde was represented by 43 athletes.

The 10.00am start time saw six of our athletes hit the track and field.



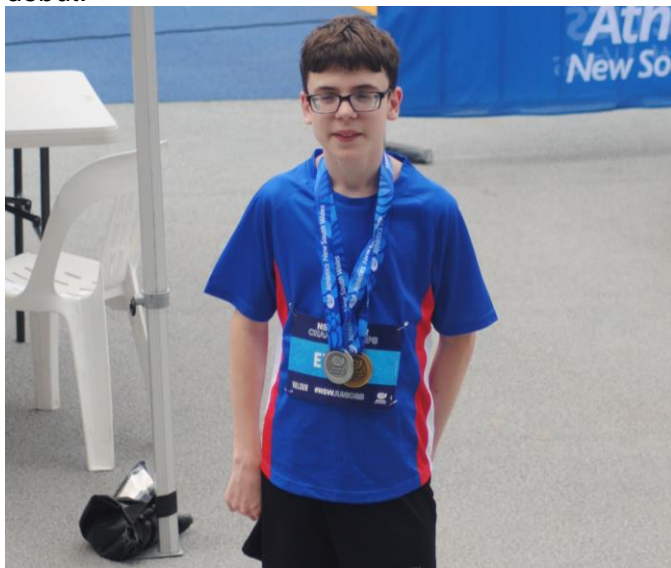
Timothy Forster (above) has been having an outstanding season and was to be in the very first track event of the carnival. Timothy was in his pet event the 110m hurdles and competing in the U20M event Timothy had a sensational run which saw him and the Australian Champion cross the line together. After a wait for the photo finish Timothy finished with a new Ryde Best Performance of Record and PB time of 14.06s just 0.03s off gold.





Jacqueline Pawsey was making her ANSW State carnival debut competing in the U13W Long Jump the first of four events she would contest over the carnival. Jacqueline jumped 3.90m to place 10th.

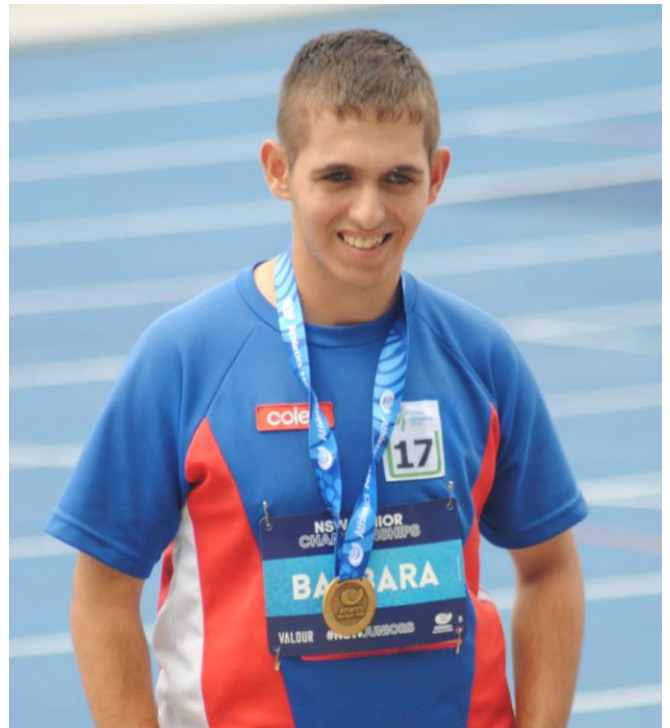
It was to be a golden morning for Ryde at the PARA discus. **Alexander Evans** and **Nathan Barbara** were competing in the U15M and U17M Para discus respectively. Wearing his Ryde colours for the first time **Alexander** started with the Gold winning throw of 11.12m (20.74%). A brilliant start at his Junior's debut.



Above Alexander with his gold medal from discus & his silver medal from the U15M Para 100m



Nathan (below) also started strongly with his best throw of 17.26m (66.18%) which not only won **Nathan** a Gold medal but also saw him set a new Australian record.



Jess Johnston and **Jess Koussas** were, respectively, competing in the U17W and U16W javelin throw. **Jess Johnston** was to contest all four throws event over the weekend. **Jess's** first throw of 32.92m put her straight into the bronze medal position. **Jess** improved on her distance to end up with 35.74m

and the bronze medal. This means Jess has now qualified for all four throws at the Australian Juniors.



Jess Koussas (below) also put herself into the bronze medal position with her first-round throw of 31.76m. In the final round Jess found herself pushed down fourth spot finishing just out of the medals.



Lewis Wong was making his first appearance as a Ryde Senior, and competed with Ryde Little A athlete and King's Senior, **Josh Smith**, in the U16M 100m hurdles final. Both boys hurdled well with Josh placing 6th in 15.12s and Lewis not far behind in 8th in 15.93s.



Above Jess bronze in the javelin. Below Josh & Lewis

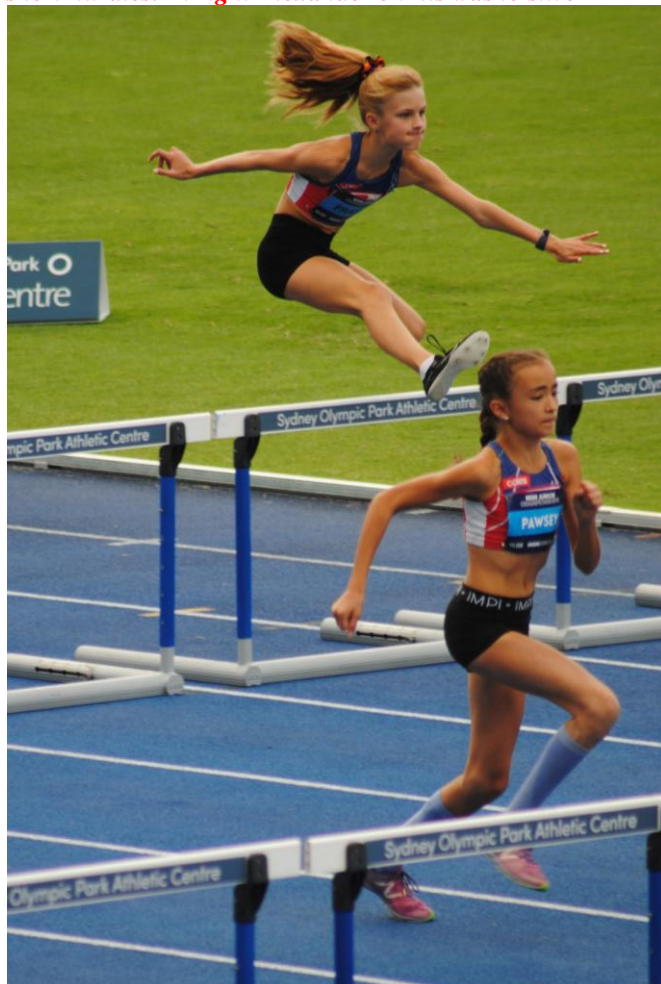


Daniel Cox was to be our busiest competitor of the weekend and was out for the first of five events he would contest over the three days, the U15M 100m hurdles heats. Having recently secured a national qualifying time for the event Daniel looked strong running down another competitor on the line to place 4th in his heat and qualify for the final in a new PB time of 15.80s.

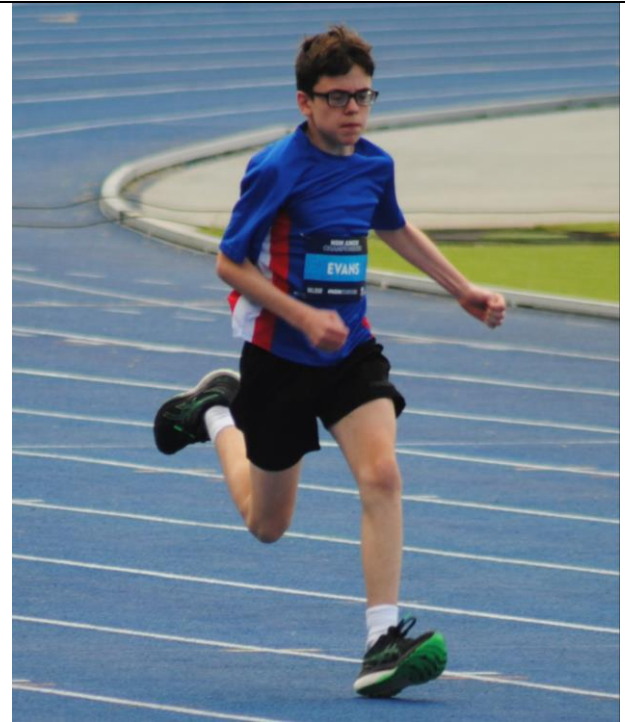
Jacqueline Pawsey competed in the U13W 80m hurdles and was joined by **Bella Fraser**. Both girls were jumping over higher hurdles than they compete in at Little Athletics and cleared them well. Jacq finished just out of the medals in 4th place in a time of 14.81s and Bella in her first Seniors event ever was 5th at State in as time of 16.48s



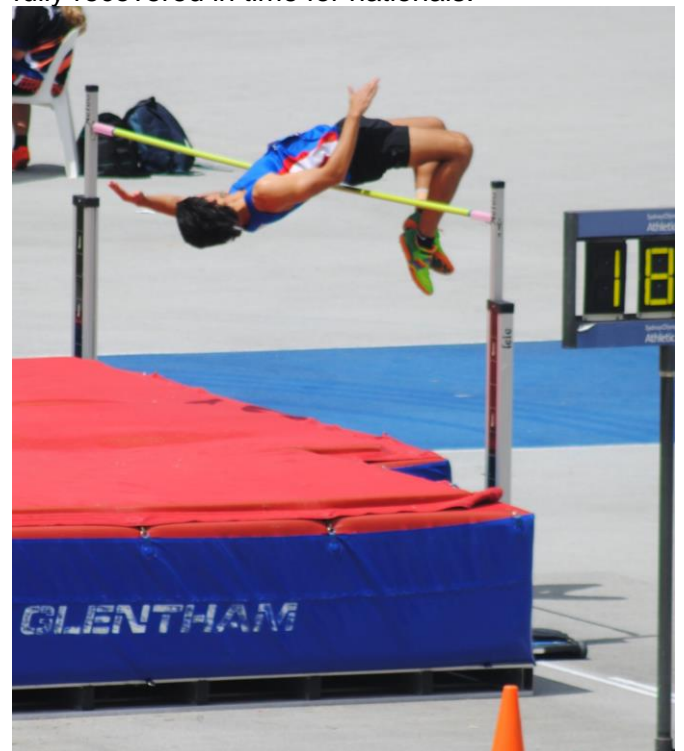
Above Daniel & below Jacqueline & Bella competed in the short hurdles. At right Alexander on his way to silver



Alexander Evans ran in his first track event, the U15M 100m PARA final. Alexander was fast and confident down the straight to finish in a time of 16.37s (63.90%) and take home the silver medal, his second of the day.



We had not seen **Brendan Mannasz** (below) in the field since he secured his silver medal and a new PB at the 2022 Australian All Schools Championships last December as he had been out from training and competition with an ankle injury. In the U20M high jump, Brendan was still in recovery mode, although he did get some good clearances over 1.80m and 1.85m to finish just off the medals in 4th place. We hope to see Brendan fully recovered in time for nationals.



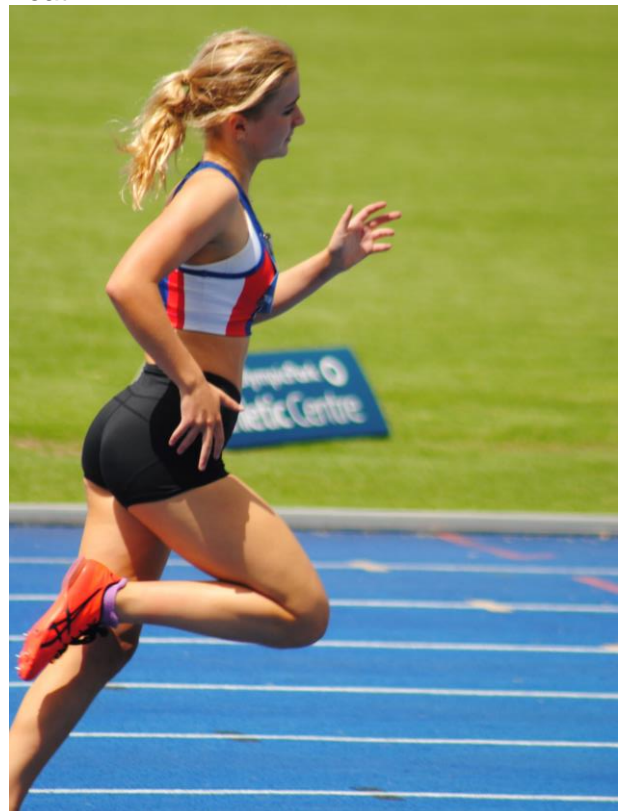


Chloe McGregor (above) was the first of our 400m runners contesting the U14W 400m. Chloe went out well and placed 6th in her heat in a time of 70.39s.

Jess Johnston (right and below) had recently set a new PB and Ryde best performance in hammer for an U18W (42.38m). Competing in the U17W, Jess made short work of that new record with her first throw of 45.31m moving her straight to the silver medal position. A final round massive throw of 47.15m saw Jess add nearly 5m to her PB distance and give her a second medal of the day, a silver.



Ellie van der Poorten (below) competed in the heats of the U16W 400m. Ellie got a good start and came home in a time of 70.72s to place 9th in her heat.



Two of Ryde's fastest boys were running in the heats of the U15M 400m.



James Woods (above) has been a big improver over the season and has cut seconds off his 400m times. In his heat James did that again with a gutsy run down the home straight securing him third place, a spot in the final and a national qualifying time and new PB of 53.68s.

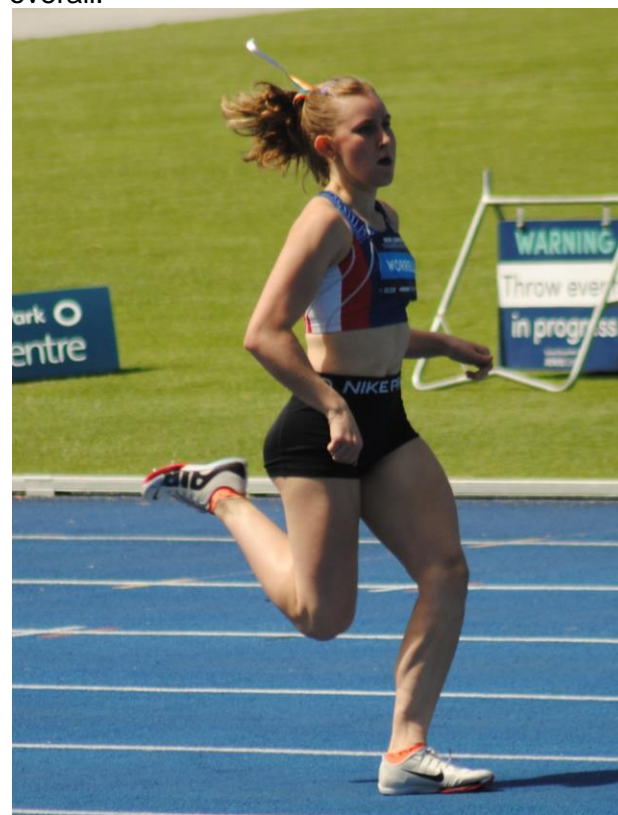


Aiden Wright (above) had set a new Regional record in the 400m (50.73s) in early February so was clearly in good form. In his heat Aiden took control of the race and cruised across the line the clear winner in a time of 53.18s to automatically qualify for the final.

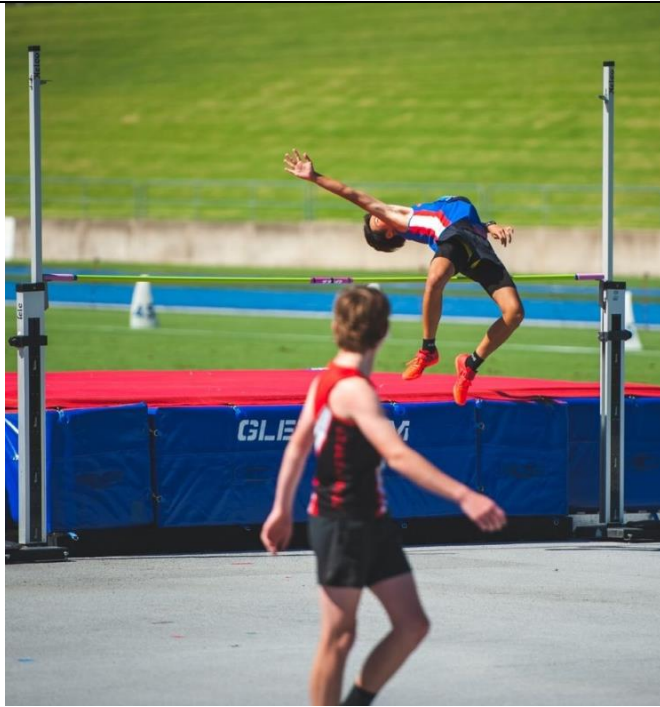
Isaac Siebert (top right) has been another big improver over this season. Isaac had been our busiest athlete at the ANSW State Relays when he ran every distance from 100m to 1500m over the



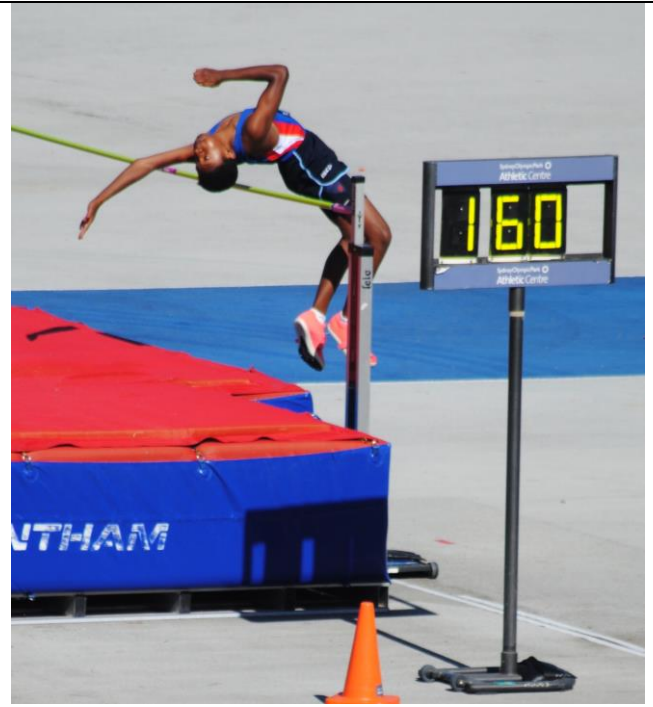
weekend. Running in the U17M 400m heats Isaac ran a time of 56.45s to place 6th in his heat and 17th overall.



Ruby Worrell (above) was running her first 400m for 2023 and in her heat of the U18W 400m Ruby as she usually does was well in control of the race by the back straight. Ruby eased down across the last 60m to win the heat and automatically qualify as the fastest qualifier in a time of 58.20s.



Oliver Tsang (above) was competing in the U16M high jump and was just skimming the bar on his attempts at 1.60m. Oliver finished with 1.55m and equal 11th at State.



Vili above at his first clearance of 1.60m and below with the gold medal U15M high jump.



Daniel Cox & Ratu Viliame Lewanavanua both competed in the U15M high jump.

Competing in the high jump last year, Vili had tied for first but been relegated to silver on a count back. Coming into the event at 1.60m, Vili had clear rounds all the way through to and including 1.75m to win the gold medal.

Daniel (above) had to run his hurdles final in the middle of the high jump. Daniel got easily over the bar at 1.40m but by the time he returned the bar had moved up to 1.55m. Daniel gave it his best shot but it was just a bit too far out of reach and he finished in 7th place.



Eloise Stewart was our final field competitor for Friday, competing in the U14W hammer event. Eloise had already secured herself a spot on the NSW team by finishing in the bronze position at the 2022 NSW All Schools. Recent competition at the NSW Throwers Club showed that Eloise had improved by more than 13m since All Schools. Eloise was able to repeat her recent good form, improving with each throw and finishing with the bronze a 32.75m.



Ben Prosenko (below) was making his ANSW State event debut and competed in a big field in the final of the U15M 3000m. Ben had a great race, breaking his PB time by over 22 secs to finish 14th at State in a time of 10m 53.60s



Julian Smith ran in the U16M 3000m final. Having won this event at Regionals in a time of 10m 16.64s Julian was able to improve on that by running his first sub 10 minutes 3000m in a time of 9m 59.39s to place 9th. An excellent result for Julian.

Georgia Phillips was competing in the U18W 3000m final where Georgia ran a time of 11m 07.90s to place 10th in state.

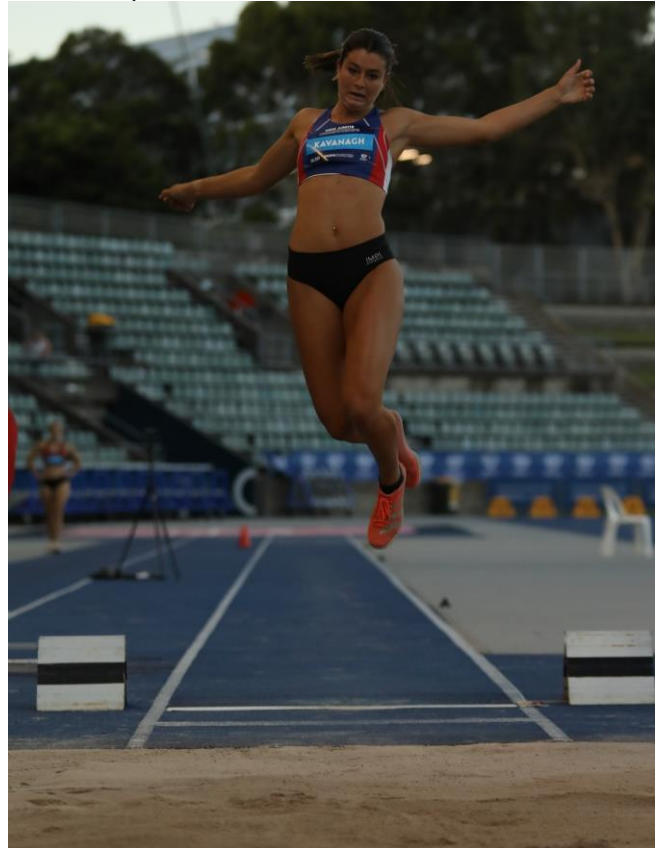


Photo above from Greg Griffiths (@g_griffis7) –

Sophie Kavanagh (above) had jumped well in Canberra at the ACT Championships where she finished with a gold medal in the U20W event. In her long jump Sophie jumped of 5.45m in the second round which won Sophie the bronze medal.



Day two started with three medals for Ryde in the first three events.



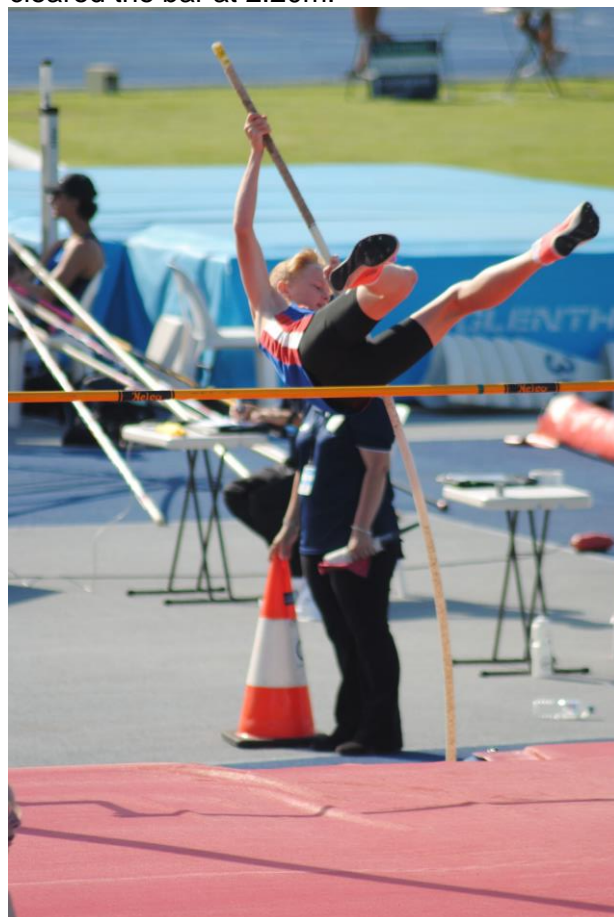
Rhys Chandler making his ANSW debut placed 2nd in the U14M 3000m walk. In a combined field for all the walkers from U13- U16 Rhys maintained a good pace across the race and finished in a time of 19m 08.59s and secured the silver medal.



Alexander Evans was competing in his favourite event, the U15M long jump PARA ambulant. Alex finished with his best jump of 2.66m (34.73%) to claim the gold medal, his third medal of the meet. Well done Alexander.



Daniel Cox had already secured his spot on the NSW team for nationals with qualifiers in the Pole Vault, 100m hurdles and 200m hurdles. In his third event of the meet, the U15M Pole Vault, Daniel was not quite able to manage his best height but was still good enough to claim the silver medal when he cleared the bar at 2.20m.





Two of our U17M athletes were out next, **Owen Chandler** competing in the triple jump and **Noah Lopata** in a big field for the heats of the U17 100m.

Owen had missed the high jump the day before due to illness so was not at his peak. Owen still managed to produce two 12m plus jumps, well over what he had jumped at Regions to finish in 7th place at State with a new PB of 12.34m.



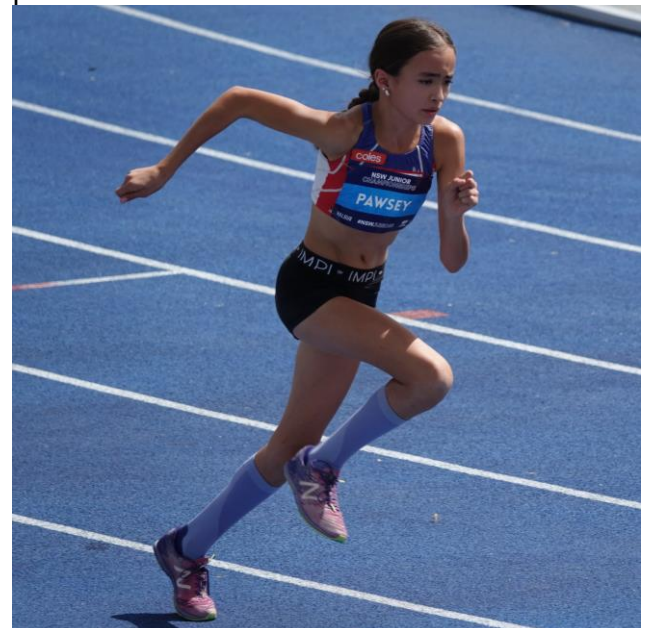
Noah has been running the 100m & 200m doubles at most of the ANSW meets across Sydney this season. In his heat Noah got a good start out of the

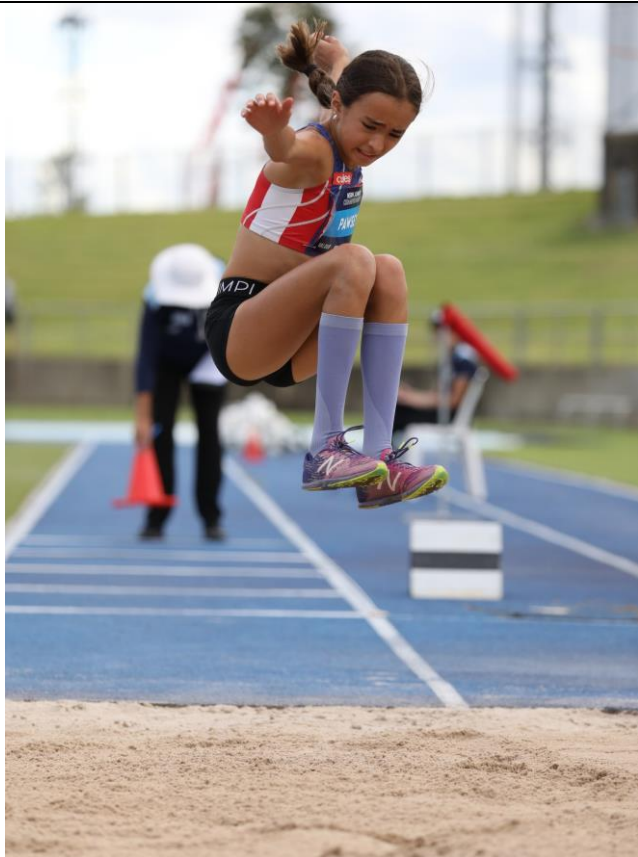
blocks and looked strong down the straight to place 6th in a time of 12.02s. Overall Noah was in 21st position at State.



We are more used to seeing **Maddison Duncombe** with a throwing implement in her hand but Maddie has cut her sprint times down this season so much that she made the final of the U17W 100m at the recent Region 5 Championships. Competing in heat two Maddie placed 7th in a new PB time of 13.17s to finish 12th overall.

Jacqueline Pawsey was to compete in two events within 40 minutes on Saturday morning, first in the U13W Triple Jump final and then the U13W 400m final. In her 400m final Jacq ran a time of 70.05s to place 8th.

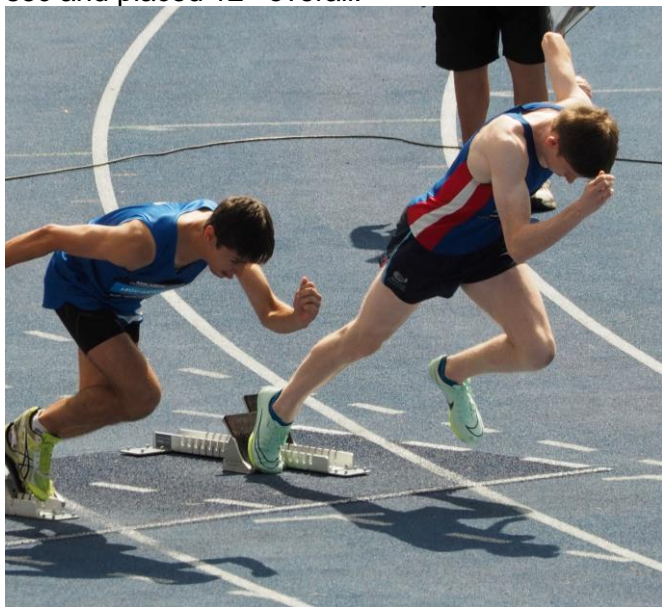




Above photo from @g_griffis7

In the Triple Jump Jacq's first round jump was her best, landing her at 9.31m and placing her 6th.

Timothy Forster was back for his second event competing in a field of 42 runners in the U20M 100m. Running in heat one Tim was second across the line in 11.13s. Tim was to miss the final by only 1/100th sec and placed 12th overall.



The U16M 400m finals saw **James Woods** and recent Region U15 400m record breaker, **Aiden Wright**, take to the track.

James had achieved the national qualifying time in the heats where he dropped his PB time from 55.07s



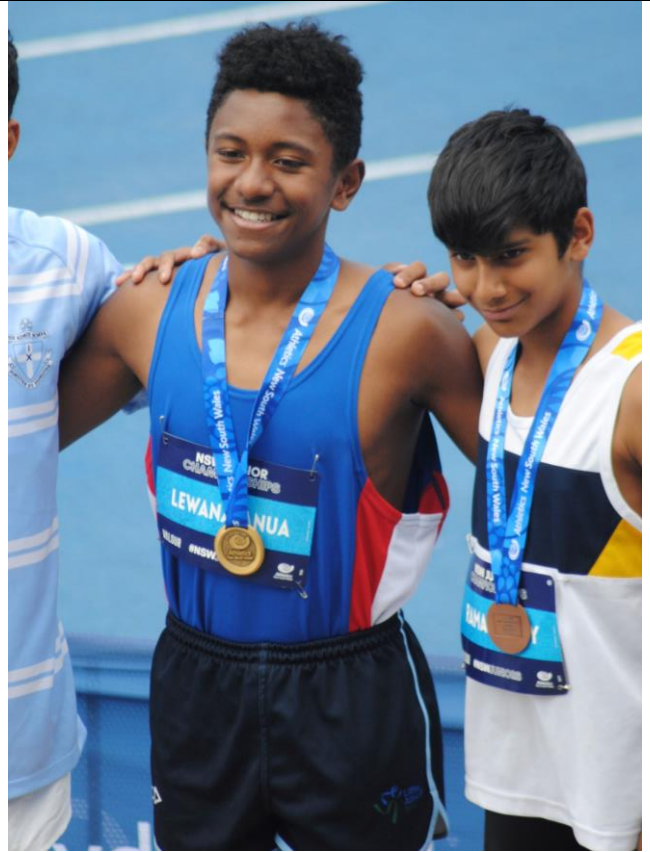
to 53.68s. Having qualified in 8th spot for the final and running in lane one James was in chase mode in the race, but by the 200m mark was starting to pass athletes and was still doing that when he crossed the line in 5th place in a new PB time of 53.01s. James had cut more than 2 secs off his 400m time in only three weeks, a fantastic result for him.



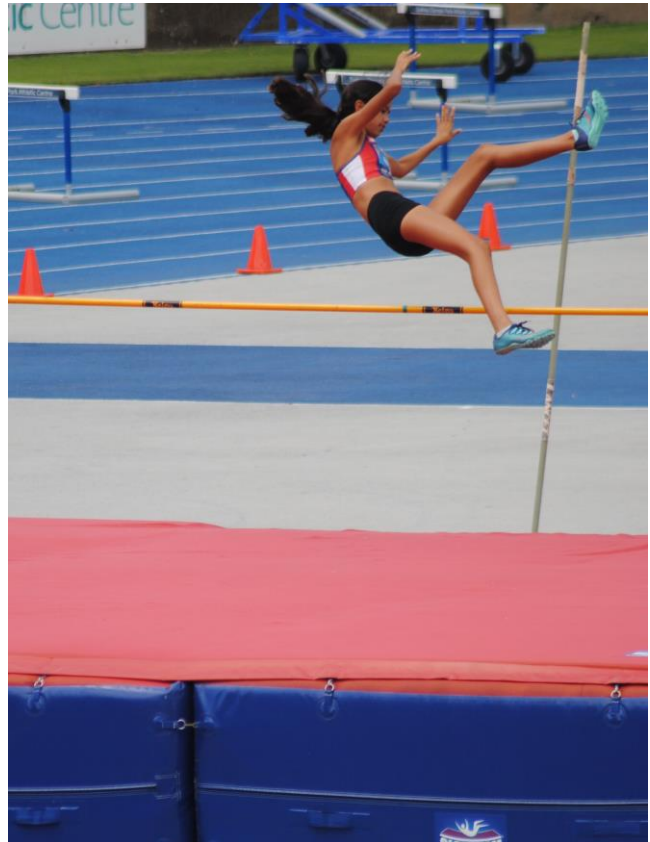
Aiden did not get off to the fastest start of the group but Coach Erica says his strength is in the back half of his 400m and he showed that with a superb display of strength and speed around the final bend and down the straight which saw him move to first spot and hold it across the line to finish in 50.74s just 1/100th sec off his PB. Aiden broke the Ryde Best Performance on record for 15yrs which had stood since the 1999/2000 season.



Vili Lewanavanua was back for his second jumps event, competing in the U15 Triple Jump. Going into the final round Vili was in the silver medal spot and he then produced his best jump, a leap of 12.33m to move him into the State title spot.



Zara and Elysha Pawsey were both competing in the Pole Vault this weekend.



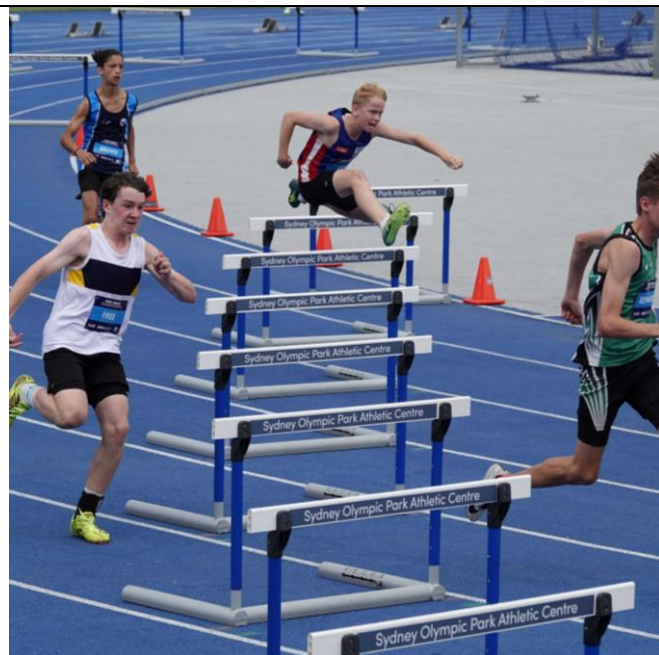
Zara had been slowly coming back from injury over the past few weeks and this was to be her first competition for some time. Competing in the U16W Pole Vault Zara cleared 2.20m to take home the bronze medal.

Elysha was competing in the U18W event also had some good early rounds to finish with a best effort of 2.00m and just out of the medals in 4th spot at State.



Ryde had two competitors in the timed finals of the 200m hurdles.

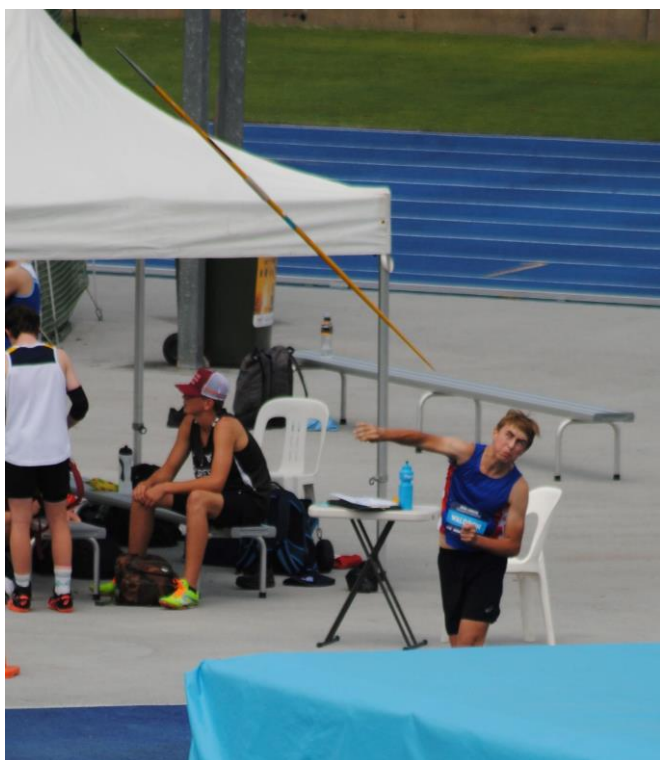
In the U15M event **Daniel Cox** got a strong run in with a good finish to place 2nd in his heat and 6th overall in a new PB time of 30.21s.



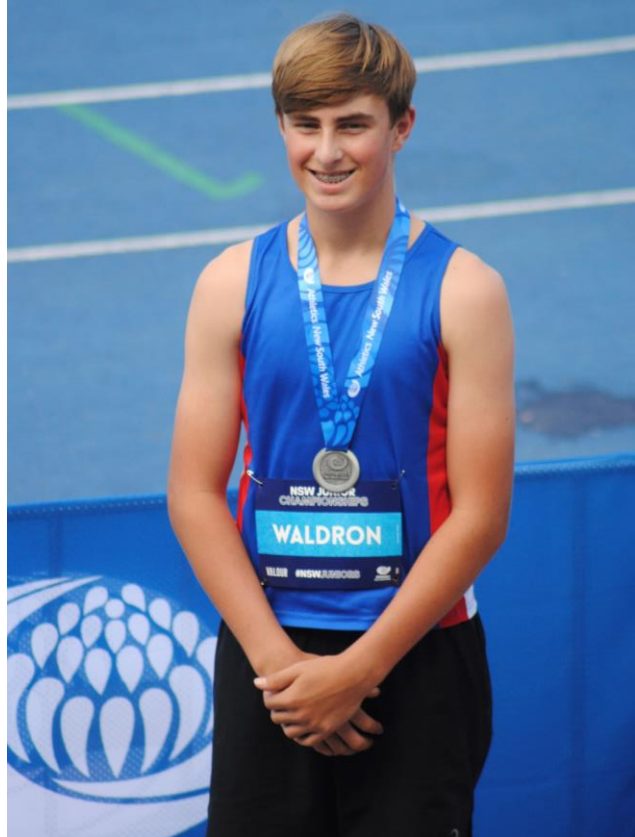
In the U16M event, **Lewis Wong** cleared the hurdles well to finish in a time 29.03s, over a second faster than his NSW All Schools time and placed 6th in the final.



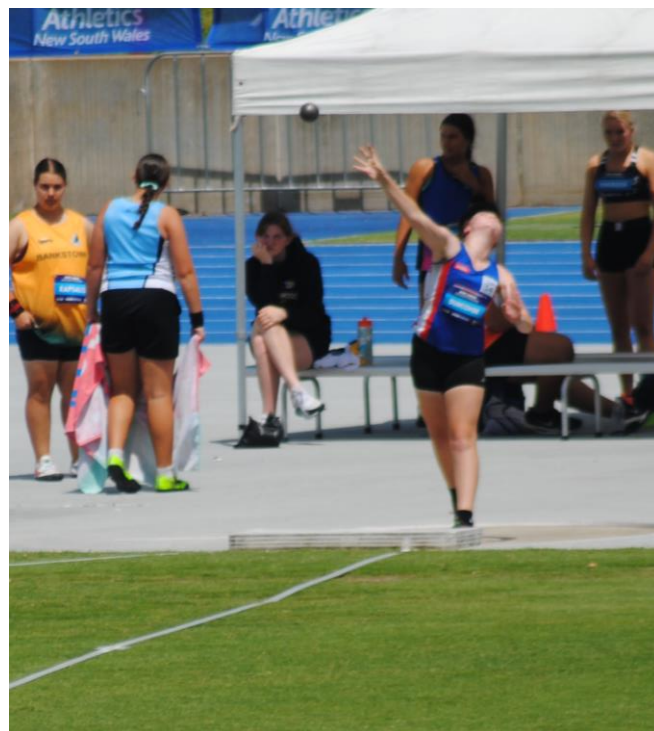
Lachlan Waldron had had a strong meet at the 2022 Australian All Schools and had been hitting some good distances in 2023 competing at a number of the thrower's events across Sydney and the central coast. In the U16M javelin Lachlan landed another new PB in the final round of 41.92 m to move him from third to second place overall.



Lachlan, a new PB and silver in the U16M javelin



Mikayla Duncombe represented Ryde in the U15W shot put final and demonstrated great consistency with only 14cm difference across her four throws. Her final round throw of 9.96m placed her 7th in State.



Owen Trinh started his season off with a bang when he qualified for the NSW team to compete at the School Sports Australia national primary schools championships. Running in heat two of the U14M 100m Owen got a strong start to cross the line in first place in his heat in a time of 12.44s to qualify for the final.





Emilia Webb ran in heat one of the U15W event. Emilia finished in a time of 13.93s to place ninth in her heat and 28th overall.

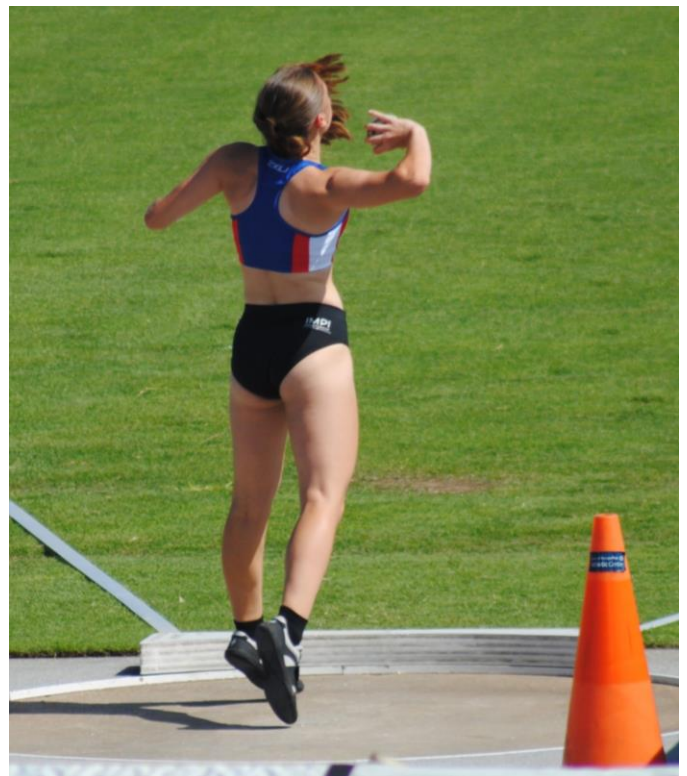
Daniel Cox, Vili Lewanavanua and Calan Hahlos competed in the heats of the U15M 100m.

Vili ran in heat one had a strong run that saw him finish in a time of 12.67s to place 6th in his heat and 23rd overall.

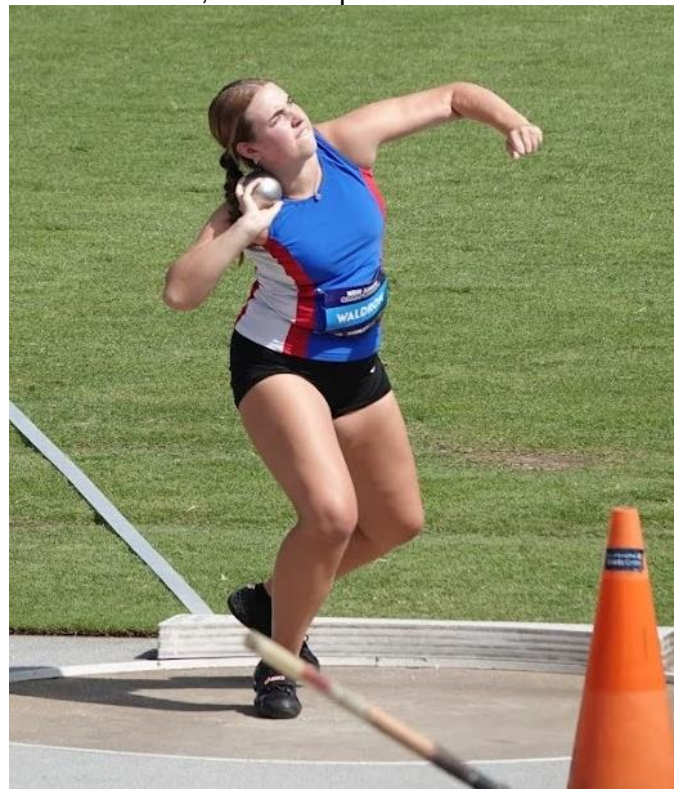
Calan (below) who was new to athletics this season got away well to get Ryde's best time of 12.56s to place 7th in his heat and 20th overall.



Daniel was in heat three and finished 11th in 13.34s and placed 33rd overall.



Maddison Duncombe (above) and **Caitlin Waldron** (below) were competing together in the shot put, Maddie in the U18W event and Caitlin moving up to the 4kg weight in the U20 event. Maddie has great speed across the circle and pushed the 3kg shot put out three times over 10 metres to finish 5th with 10.38m. Caitlin's best throw was in round 5, 9.64m to place 7th.



The field for the U16M 100m had three Ryde athletes vying for finals spots, **Yahya Ali**, **James Woods** and **Josh Smith**.



Yahya had been out of competition for a while with a hamstring injury so it was good to see him back on the track. Yahya placed 2nd in his heat in a time of 11.39s to qualify for the final. Running with him in the same heat was Josh Smith who placed 5th in a time of 11.72s to also qualify for the final.

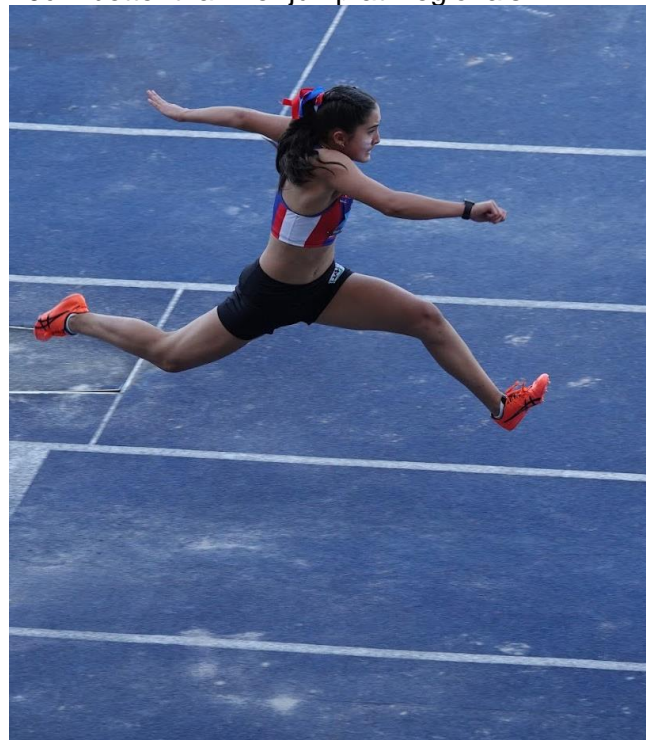


In **James Woods'** second run of the morning after a huge run in the 400m, he placed 6th in his heat and 19th overall in a time of 11.88s.



Jess Johnston was back in the field again throwing in the U17W shot put final. Jess improved across her four throws to finish with a final round throw of 11.63m to claim 5th spot.

Emilia Webb was in a big field of 18 jumpers at the U15W triple jump. Emilia was to finish 9th with a best jump of 10.20m in the opening round, almost 40cm better than her jump at Regionals.



Andrew Kalos competing in the U17 javelin Andrew finished with a best throw of 43.73m in round two to place 6th overall.

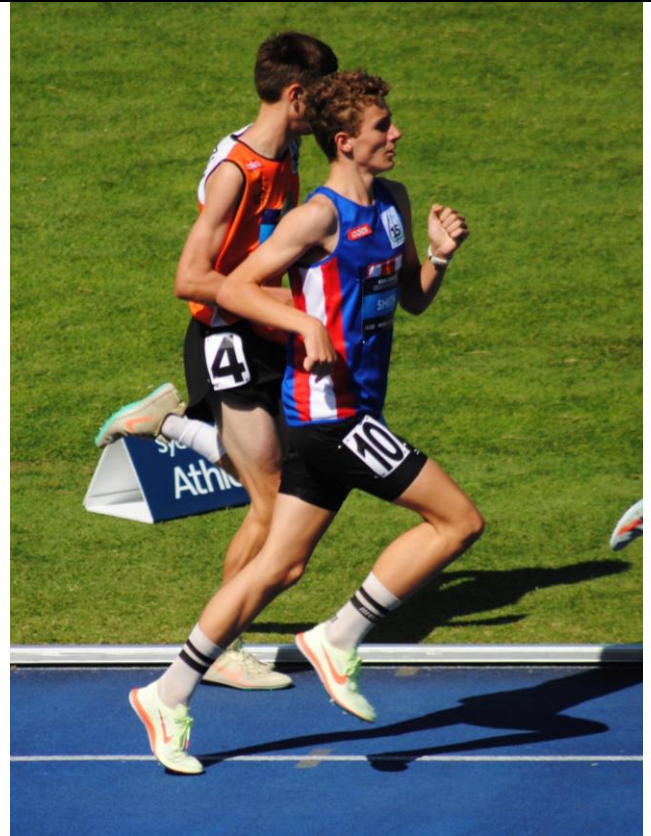
Competing in the U17M Para shot put, **Nathan Barbara's** third of 4.86m (38.76%) not only won Nathan the bronze medal but also secured his second Australian record of the weekend!



Above photo from @g_griffis7



Our middle-distance runners were in the finals of the 1500m and our first three runners were to showcase improved times from the start of the season. First off was **Julian Smith (top right)** in the U16M event. Another of our athletes who has shown strong improvement over the past couple of seasons, Julian was to finish 9th in place in a time of to 4m 35.26s. Julian's lap times were very consistent and he did lift on his final lap to come home with speed.



Isaac Siebert (below) had cut 12 seconds off his 1500m time between Little Athletics zone and region this season and was to further improve on that by five seconds when he finished in a time of 4m 36.75s to place 21st in the U17M event.

Oliver Smith cut ten seconds off the time he ran at the start of the season at the NSW All Schools to place 7th in a time of 4m 16.68s.





Oliver above & Adam & Ashton below



Ashton Hanna and **Adam Bruntsch** rounded out our middle-distance runners for the afternoon both competing in the U20M 1500m timed finals. Running in the first and fastest heat Adam was picking up a spot per lap to finish in a good time of 4m 00.23s to place 7th overall. Ashton led the second heat off for the first couple of laps and ended up with a time of 4m 18.43s and 20th overall.



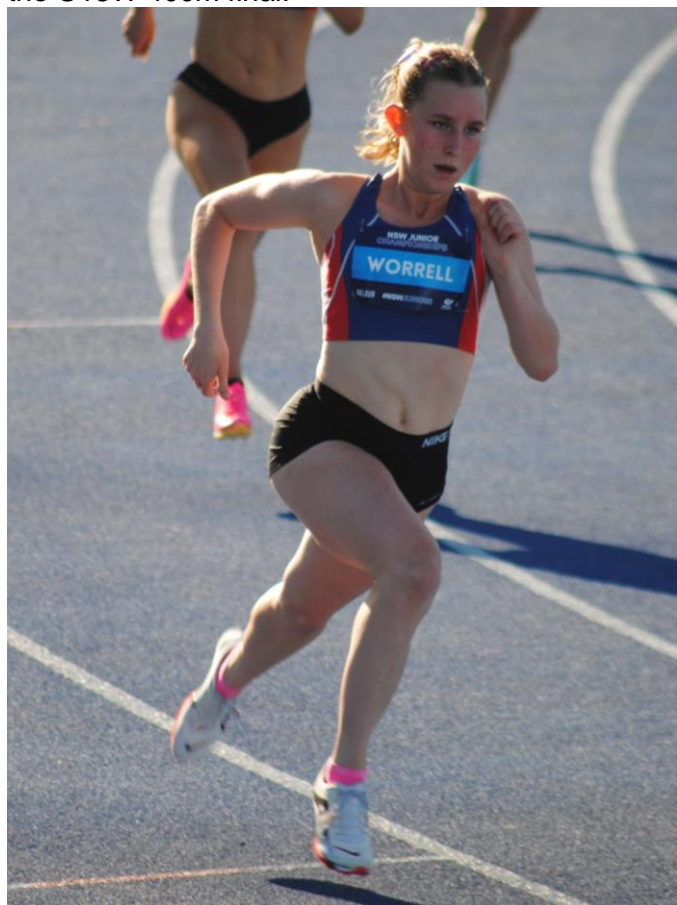
Owen Trinh hit the track for his first ANSW State final. Owen had an excellent run to finish in a fast time of 12.43s and win the bronze medal as well as run under the national qualifying time and claim a spot on his first ANSW team. Owen had already run the qualifying time for the 200m U14.



Yahya Ali and **Josh Smith** both ran strong races in the final of the U16M 100m. Yahya was unlucky to miss out on a medal, but showed that he is on the road to recovery with his hamstring. Josh was to place 10th in a time of 11.80s and Yahya 4th in 11.40s.



Ruby Worrell was our final competitor on Saturday in the U18W 400m final.



Running in lane seven Ruby was well in medal contention down the backstraight and turned into the final straight with the front few girls. Up the straight Ruby was in chase mode of the race leader and just ran out of track in the end to come home second

in 56.49s, just 7/100th sec off gold.



Day three of the championships always starts early with the Steeplechasers and we had six Ryde Steeplechasers on the start lists but injury to **Claudia Wilson** was to cut that list to five starters. We wish Claudia the best for a speedy recovery.

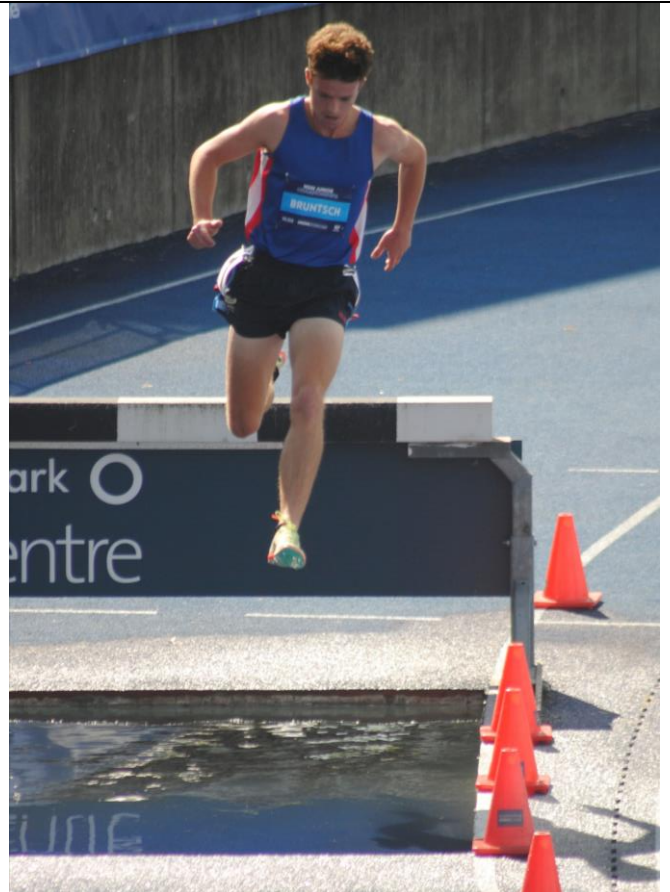
Georgia Phillips was our first competitor in hot and humid conditions in the U18W 2000m event. Georgia went out with the front group initially but eventually settled into the middle pack to finish in a time of 7m 47.66 and 4th place.





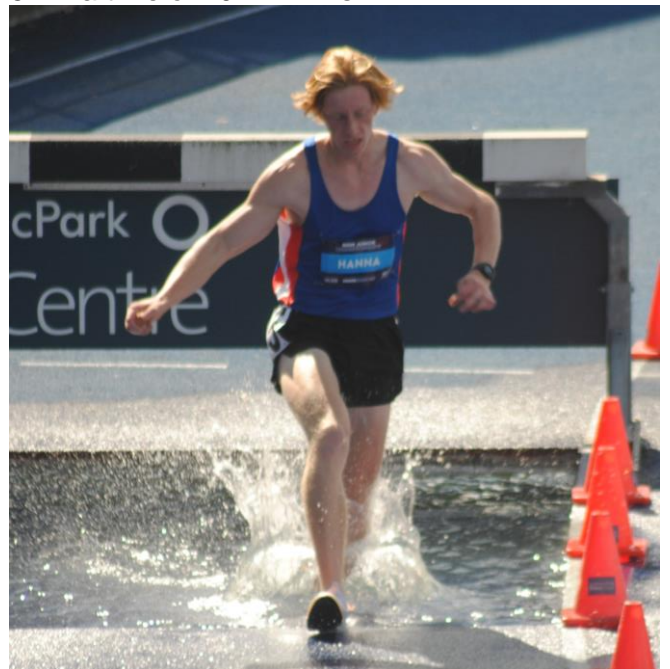
Ben Proszenko had only run his first steeplechase a couple of weeks ago and had really enjoyed it and was pleased when he was accepted as a late entry to the U15M 2000m event. Ben showed stamina to the end, hurdling every steeple, which is not easy to do, and finished in 9th place in 7m 48.62s.

Nicholas Woodhouse was only competing in the U18M 2000m steeplechase over the weekend. Nicholas ran consistent laps to finish in a time of 7m 32.26s to place 6th.



Adam Bruntsch & Ashton Hanna were our last two steeple competitors, in the U20M 3000m event. Both boys had already qualified to compete in the U20 steeplechase at the upcoming Australian Open and U20 Championships.

Adam has cemented steeplechase as his top event the past few seasons. Adam pretty much leads from the start, separating from the rest of the field quickly and widening that gap to over 15 seconds by the 1300m mark. Adam was to finish in a time of 9m 40.17s for the gold medal. Ashton was to place 5th in a time of 10m 24.41s.



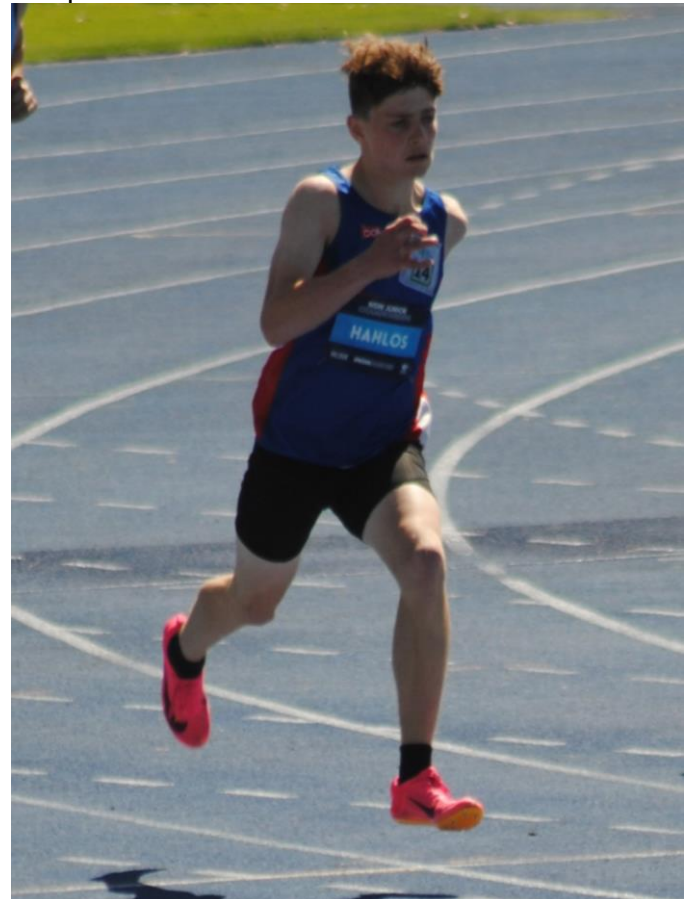


While we had plenty going on on the track in the morning session, Ryde also had two jumpers out in the field at 9.00am. First off was **Emilia Webb** in the U15 High jump. Emilia was to finish with a best clearance of 1.35m to place 10th.

Vili Lewanavanua was out at the U15M long jump for his final event of the meet when a round three jump of 5.55m was to seal third position for Vili and the bronze medal, his third medal of the meet. Well done, Vili!



With the Steeplechase events concluded it was time for the 200m heats to start and Ryde had six sprinters vying for finals spots. **Calan Hahlos** was our first runner in the U15M event. Calan ran a great bend and was to finish in a time of 25.51s to place 4th in heat and 16th overall in a big field of 27 competitors.



The trio of **Aiden Wright, Josh Smith and James Woods** competed in the U16M 200m heats. Josh and Aiden were to run in the same heat and Josh was to get the better result placing 2nd in the heat with a time of 23.51s with Aiden just behind in 3rd in 23.74s to both qualify for the final. James ran a time of 24.19s in heat two to place 11th overall.



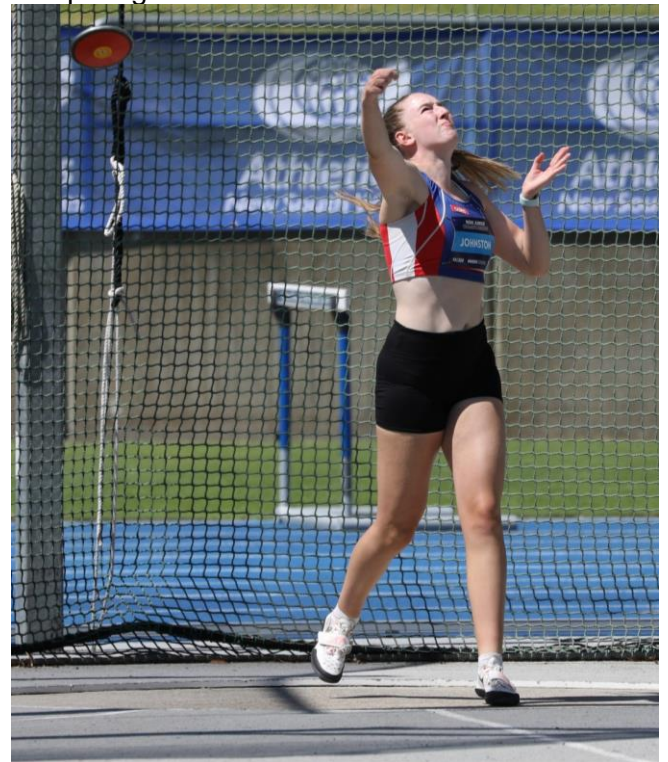
Above Aiden & below Josh through to the U16M 200m finals



Noah Lopata was back for his second sprint event and was running in the second heat of the U17M 200m. Noah finished 7th in a time of 24.79s.



Jessica Johnston U17W, **Maddison Duncombe** U18W and **Caitlin Waldron** U20W, were all competing at the discus at the same time.



Above photo from @g_griffis7

Jess did not get off to the best start but gathered herself and produced a throw of 40.36m in round three to move her from 5th to the silver medal.

All of Maddie's three legal throws were over 30m and her second-round throw of 33.59m moved her into the bronze medal position, a position she held onto for the remaining three rounds to claim her first ANSW State medal and first spot on the ANSW State Athletics team. Well done, Maddison.



Caitlin Waldron was our final thrower of the group and improved across the competition to finish in 5th place in the U20W with her final round throw of 30.95m.



As the day got hotter and hotter, **Owen Chandler** was our first competitor of the final afternoon of the Championships, in the U17M long jump. Owen struggled with his run up but still managed a best jump of 5.76m to place him 7th at State.



Mikayla Duncombe has been achieving some great results with discus this season including a second place at the recent Little A regionals. Mikayla started with her best throw of 30.02m to place 8th.



Josh Smith & Aiden Wright were to have a long wait before their final of the U16M 200m finals got underway. Josh got the better of the starts and came around the bend in the front group pushing himself

through to the line to claim bronze in 3rd place in a time of 22.95s. Aiden was flying down the straight to claim 5th spot in a new PB time of 23.30s.



Lachlan Waldron was to be our final field competitor of the carnival, in the U16M discus. Lachie's best throw was a new PB of 43.07m to place 7th in round two.

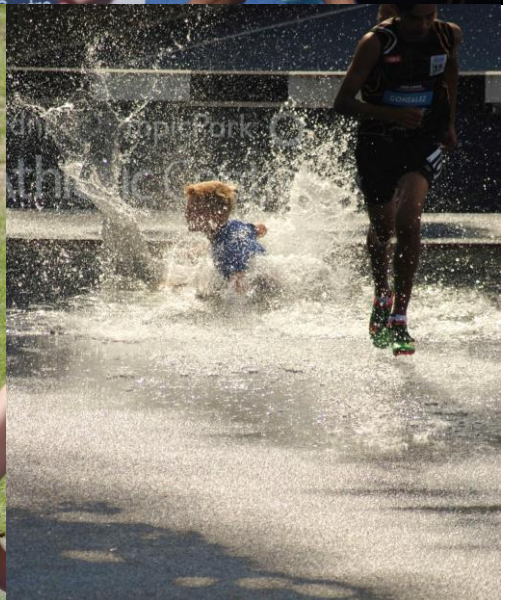
The final track events were the 800m timed finals. In a field of 18 athletes **Axel Bruntsch** competed in the first final of the U16M event. Axel had blown away his PB time in a run earlier in February with a new PB of 2m 03.07s. Axel was to do that again when he nudged the 2min mark with a run of 2m 00.83s. Axel's second lap was faster than the winner's and Axel was placed 5th. His new time is also an U17M national qualifier.

Isaac Siebert competed in his final of the U17M and was to place 6th when he finished in a time of 2m 09.15s and 14th overall.

Oliver Smith was to be the last Ryde athlete on the track for the 2023 Juniors representing Ryde in the U18M event and stopped the clock at 2m 04.47s to place third in his final and 10th overall.

All in all a great weekend for our Ryde athletes.







Thank you to Nick & Jannet Pawsey & Rodney Woods for contributing many of the wonderful photos inside this edition.

A date for your diary – our next Bunnings BBQ – 4th June 2023

It seems the Bunnings BBQ's are getting very popular as a Fundrasier and the earliest one we can secure at Bunnings, Gladesville is Sunday 4th June. If you would like to get your name down early for a spot at the BBQ please let Chloe Davis know at chloeemdavis@gmail.com. There are two hour shifts from 8am on. Athletes wishing to qualify for Ryde grant assistance to compete at interstate national competitons must assist at at least two of our Fundraisers over the season.