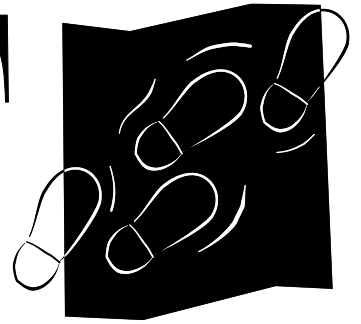




FOOTPRINT



Senior Division Aust Masters Mar 2023

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Congratulations to all our competitors at the Australian Masters Athletics Championships – ten athletes, twenty-seven events, three gold, three silver, eight bronze medals

We did not have a lot of athletes competing at the Australian Masters Athletics Championships, but those that did, did Ryde proud. Our ten Masters athletes competed across jumps, throws, sprints, hurdles, the steeplechase, middle-distance,

relays and pole vault and all without exception, will be back again, such was their positive experience.

One of our athletes had not competed at any ANSW events prior to nationals and left with two bronze medals! Six had never competed at nationals before. New personal bests were set, medals won, techniques discussed with athletes from other states, and a great collaborative atmosphere was present for the whole four days.

It would be great to get some more parents out there for next season. Come and give it a go, just like Simon, Shane, Nick, Mat, Jon, Andrew, Robert, Suzanne, Steve and Cameron did. You will never know unless you give it a go!

Below Nick Pawsey on his way to silver in the high jump



The Australian Masters Athletics Championships

The Australian Masters Athletics Championships were held at SOPAC from the 10th to 13th March and Ryde was represented by 10 athletes.



Our first competitor was **Shane da Silva** (above) competing in the heats of the Mens 50-54yrs 60m. Shane had joined Ryde Seniors after competing at the Ryde Multi event and injury from that event meant he had not actually competed in any ANSW events before hitting the track at nationals! Shane had a good run down the straight to place 4th in his heat and 9th overall in a time of 8.39s and qualify for the final.

Mat Woodhouse was next on the track in the 45-49yrs 400m hurdles, an event Mat used to run at junior and opens level. Mat got off to a good start but was trailing the lead athlete by about 10m down the back straight

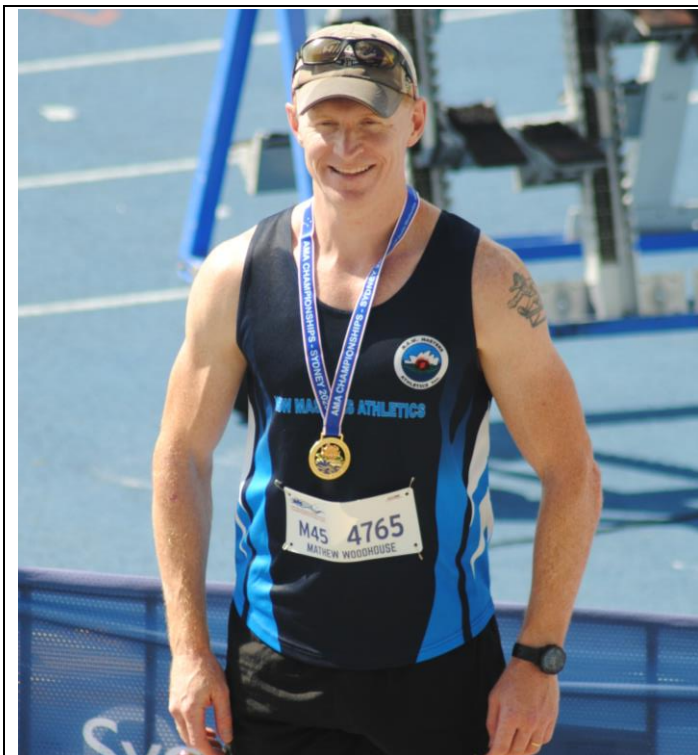
As the runners got to the 200m mark Mat was closing in and it looked that with about 150m to go Mat was getting even closer to the lead runner. In the home straight Mat powered away to take the gold medal and national title in a time of 60.68s.



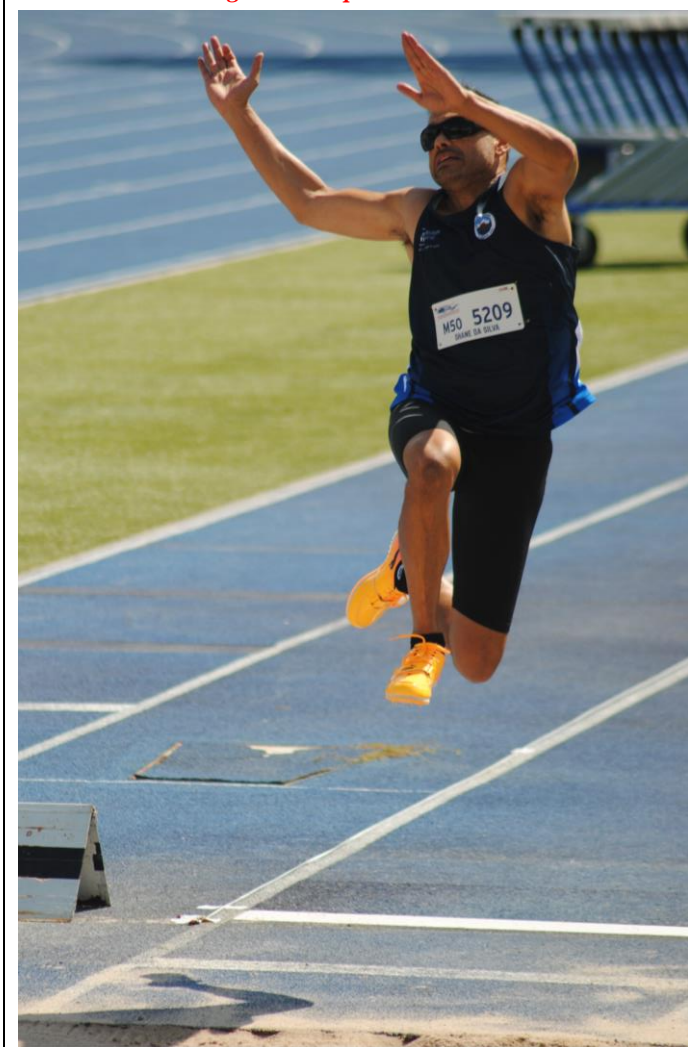
Above Mat over the first hurdle in the 400m H race. Below Mat left it all on the track in winning gold



Shane da Silva was out for his first field event jumping in the Men's 50-54yrs long jump. Shane started with three 4m plus jumps, his best jump being 4.61m which was to place Shane third in Australia and win the bronze medal. An excellent result for his first day at Masters Athletics for the season!



Above Gold for Mat. Below Shane jumping for the bronze medal and above right on the podium



Robert Hanbury-Brown was out for the first of his many events over the four days the 65-69yrs hammer throw. Robert's third round throw of 35.16m won him the silver medal.

Robert below won his first medal of the meet, a silver in the hammer throw





Cameron Smith was making his debut in the hammer throw, having tried it out down at Dunbar one morning! Competing in the 50-54yrs event, Cam got five of his six throws out in the field, which is an excellent start for a hammer thrower, and his best opening throw of 25.47m won Cameron the bronze medal.

Cam in the hammer circle and on the podium



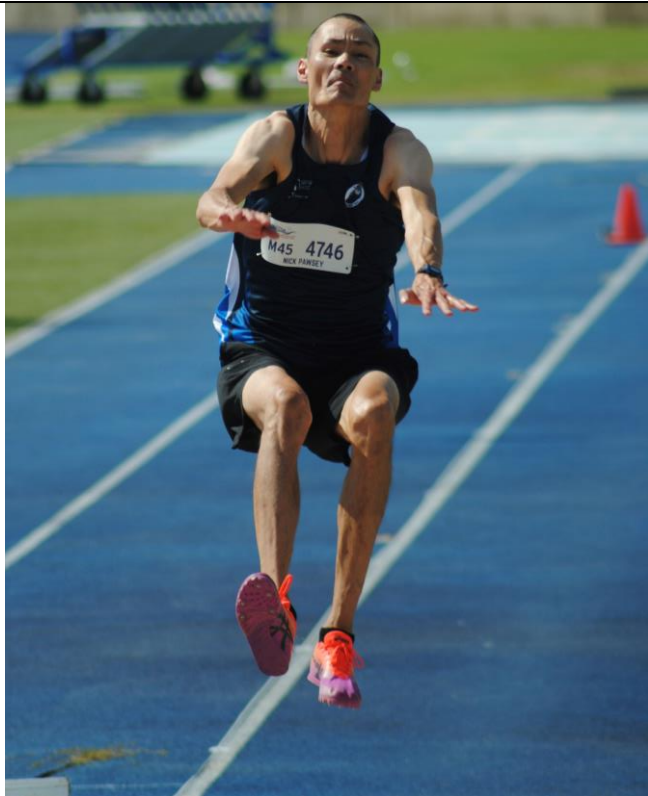
Simon Bergfield (top right) was out in the main arena in the 60-64yrs shot put. Simon's second round throw of 8.33m was to place him 10th overall.



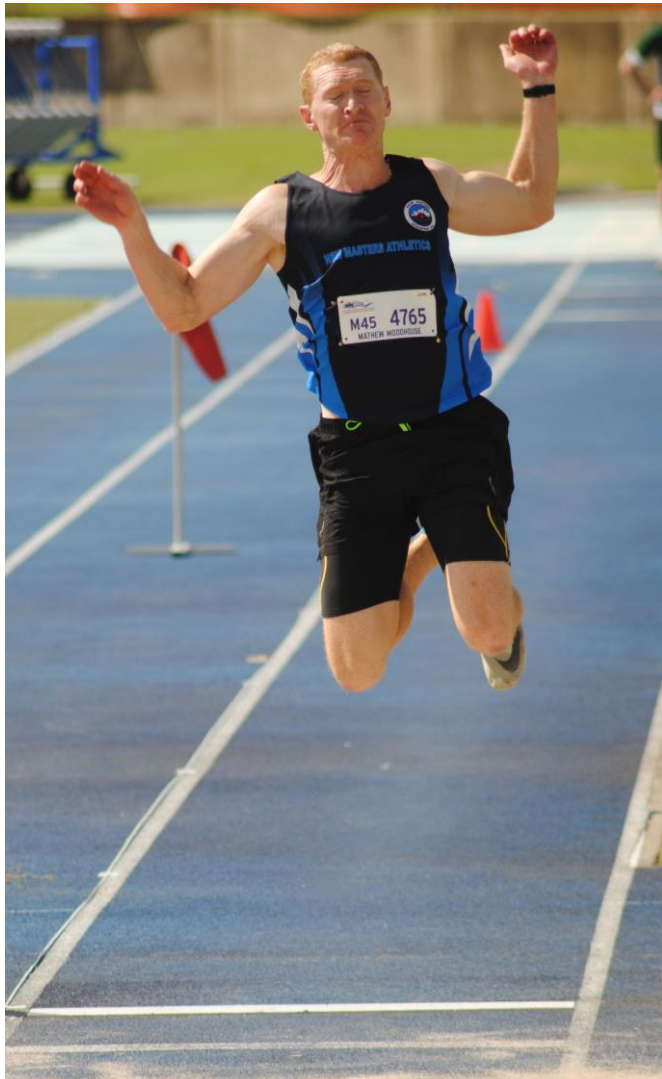
Mat Woodhouse (below) was back out on the track in the heats of the 45-49yrs 100m. Running in the second heat, Mat got a quick start out of the blocks to come home first in a new Ryde Best Performance on record (45-49yrs) of 11.77s and qualify fastest for the final.



Mat Woodhouse was joined by **Nick Pawsey** our fourth athlete to be making his Australian Masters debut, competing in the 45-49yrs long jump. Nick jumped a consistent set of jumps, with five of his six jumps over the five-metre mark, finishing with a new personal best on his final jump of 5.45m and 5th place in Australia.



Above a new PB for Nick in his first event. Below bronze for Mat.



Mat was, round by round moving between third and fourth spot. Going into the final round Mat was fourth, just 2cm off bronze. With a final big leap Mat moved himself into the bronze position with his final, and best jump of 5.81m.



Cameron Smith was in the main arena for the 50-54yrs shot put. Cam was to improve over his six throws to finish with a final best throw of 8.97m to place 4th.



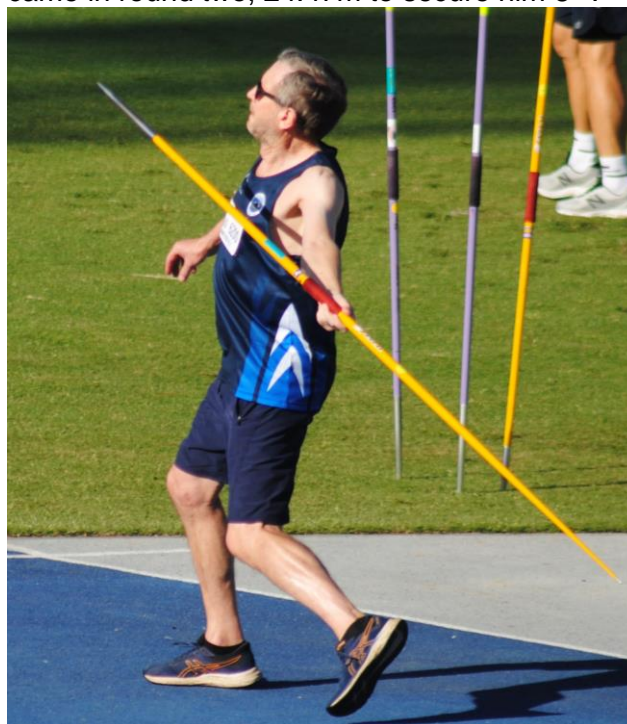
Robert Hanbury-Brown's age group, the 65-69yrs were also competing out at the same time as Cameron. Robert was to also finish with his best throw (9.95m) and was to also place fourth.

Mat Woodhouse was our last competitor on the first day and it was late afternoon when he ran in the final of the 45-49yrs 100m. Mat had a sensational run and there was a dip for the line between him and another NSW athlete with Mat coming away with silver in a time of 11.70s, again lowering the Ryde Best Performance on Record.



Not a bad haul! A great effort by Mat to finish with gold, silver and bronze on day one. Right, first on the field on day two, Simon at javelin. Below Shane on his way to high jump bronze.

Day two was to be the hottest of the meet and we had a few field athletes out early. **Simon Bergfield** was first out throwing the javelin in the 60-64yrs event. Simon's best throw came in round two, 24.47m to secure him 8th.



Nick Pawsey and **Shane da Silva** were competing in the men's 45-49yrs and 50-54yrs respectively in the high jump.

Shane da Silva carrying an injury from day one, did brilliantly in soaring over 1.45m to win his second bronze at his debut senior athletics meet! Shane had only missed one jump on his way to his final clearance.



Nick Pawsey was to finish just 5cm off a gold medal at his first nationals when he cleared the bar at 1.55m to take the silver. Nick had only missed one jump in his competition up to 1.55m.

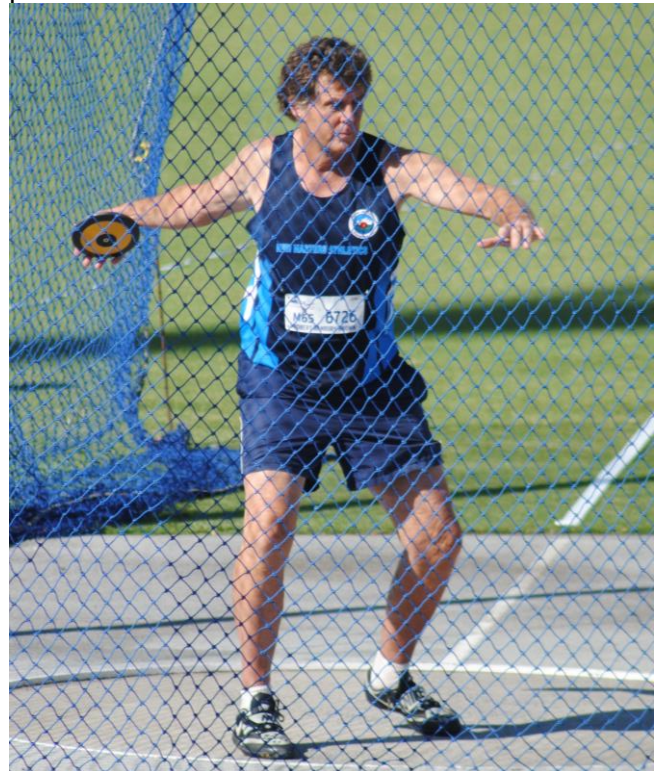


Shane bronze & Nick silver in high jump.

Competing in the discus cage beside our two high jumpers were **Robert Hanbury-Brown** and **Andrew Atkinson-Howatt** in the 65-69yrs discus.



Andrew was having trouble finding his rhythm, but did improve over his 6 throws to finish in 7th place with a best throw of 30.04m.



Robert was to pick up his second medal of the meet, this time a bronze. Robert moved into the bronze position on round one with his throw of 32.63m and retained that spot throughout but improved his distance with a fifth-round throw of 34.50m.

Below bronze for Robert in the discus



Simon Bergfield was out again in the middle of the day, this time for his final event, the 60-64yrs discus throw. Simon improved across the rounds with his final throw moving him up two spots to finish 8th in Australia with 26.72m.

Cameron Smith was our final discus thrower competing in the 50-54yrs. Cameron finished with a new PB distance of 27.72m to place 5th.



Above Simon 8th in discus. Below Andrew won silver in the 65-69yrs javelin. At right Robert placed 4th.



was not quite able to match him and finished with the silver medal. **Robert** improved three metres over his six throws to finish with his best throw in the final round of 32.68m just out of the medals in fourth spot.



Jon Baker had had virtually no preparation for his event due to a recent spate of injuries and it was a truly valiant effort that Jon put in in the hottest part of the afternoon in the 54-59yrs 3000m steeplechase. Jon also finished just out of the medals in 4th place in a time of 13m 22.03s, not far short of the Ryde Best Performance on Record. We wish Jon all the best for a strong recovery.

Mat Woodhouse was called up as a member of the NSW Masters 180yrs+ 4 x 100m relay team where he ran a strong second leg. The team came home with the gold medal and broke the 24 year old NSWMA State Record when they ran a time of 45.68s just 0.68s outside the national record.

We moved our attention to the warm up track to watch **Robert Hanbury-Brown** and **Andrew Atkinson-Howatt** compete in the 65-69yrs javelin throw as well as **Jon Baker** compete in the 55-59yrs 3000m steeplechase. **Andrew** held the lead through the first four rounds and was in front by over two metres from his third round and best throw, of 34.90m. In round five though another thrower moved in front and despite two final good throws, Andrew





Above Andrew & his partner Lynette. We look forward to seeing Lynette competing at the next Australian Masters in Hobart. Below Jon at the water jump.



Mid Saturday afternoon we heard the good news that **Mat Woodhouse** had qualified to compete in the Masters Champion of Champions 100m event to be run as part of the Sydney Track Classic later that night. This event saw the top eight 100m runners from all the Masters 100m compete in a handicap race. Running off the back handicap of 9.1m and giving as much as 10m away to some of the runners,



Mat got away smartly and was passing athletes all the way down to the straight until he crossed the line in 3rd place in a time of 10.70s. Injury in the run meant this was the last time we were to see Mat over the Championships but to finish with a gold, silver and two bronze medals was an outstanding result.



Above the athletes get the full media treatment. Below Mat on the podium for the fourth time.



Sunday morning it was an early bird start for our sole female representative, **Suzanne Gore**. Injury meant we had not seen a lot of Sue out competing this season. Sue had moved up from the long walks to try her hand at the 5000m this season, no easy challenge. Despite running the last three laps with a stitch, Sue finished in a new Ryde Best Performance on record time of 25m 11.16s to place 5th in Australia in the 60-64yrs event. Sue now holds 15 Ryde Best Performances on record!



Sue Gore – about to run 12.5 laps of the stadium. Well done Sue. Lets hope we have some more female Ryde athletes joining you next season. Below Robert bronze in the weight throw..



Robert Hanbury-Brown was our only field competitor on the Sunday and had a good six

rounds of competition that only saw a difference of 75cm between his best and worst throws in the 65-69yrs (9.08kg) weight throw. Robert was to finish 3rd with a best throw of 14.85m.



Steven Barlow had to wait for the final day of the championships to get his NSW Masters kit on and head out to the 50-54yrs Pole Vault. For the first time in the championships there was a bit of rain about on the Monday but that did not deter Steve who finished with a new PB of 2.90m along with the gold medal.



Robert Hanbury-Brown was to be our final competitor for the four days, competing in the 65-69yrs throws pentathlon.

Robert placed 3rd with a total point score of 3035.

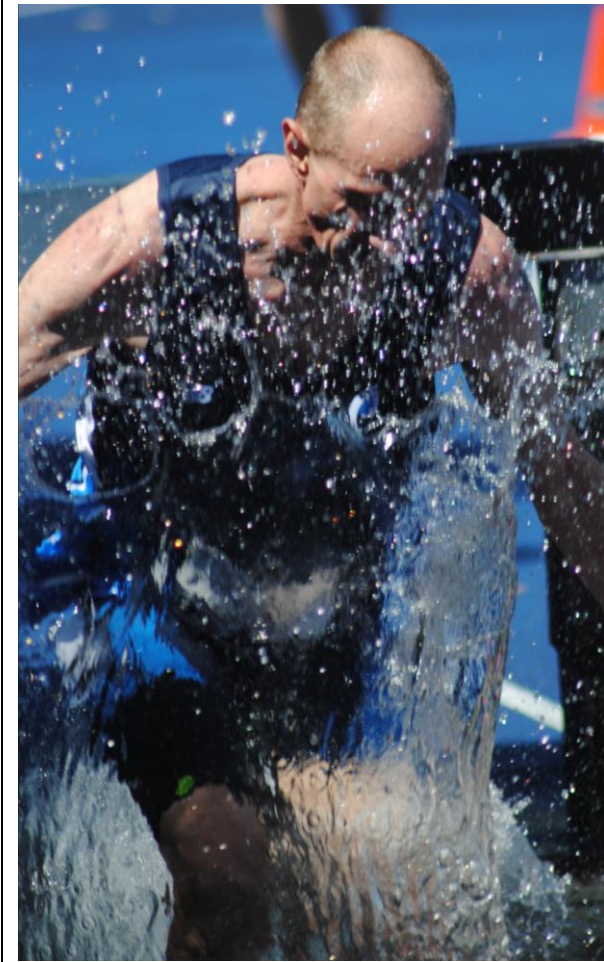
points. His individual results were

Shot put	Hammer	Discus	Javelin	Weight
6.49m	36.26m	32.60m	28.59m	13.20m
645	648	554	492	696

We would love to see more of our parents join Ryde seniors. All that the athletes that competed at nationals did was sign up and give it a go over the season. Why not you? We know we have lots of talent amongst our parents so why not bring it out on the track and field and show your kids what you can do? Enquiries to join Ryde seniors to Ibergfield@hotmail.com.







Around the Track Wrap up

At the **Athletics NSW Open and U23**

Championships Ryde was represented by 3 athletes whose excellent results shows they are in good form with nationals coming up soon.

Adam Bruntsch competed in the heats of the Open 1500m and ran a personal best time when he raced under 4 minutes for the first time. Adam finished 8th in his heat and 22nd overall in a time of 3m 59.51s.

Sophie Kavanagh had a good meet out in a hugely talented field in the Open Women's Long Jump. Sophie's season's best opening jump of 5.76m was just 2cm off her PB and saw Sophie place 7th in the final. Former Ryde athlete **Alyssa Lowe** set a huge new PB in the final round to win bronze and set a new Sydney University club record of 6.38m.

Jessica Johnston competed in the open women's discus throw where her first round throw of 41.54m put her in 9th place.

At the **NSW Milers Meet** held at Bankstown on the 9th March Ryde had two young athletes competing. **Ben Proszenko** placed 11th in the U16 2000m Steeplechase in a new PB time of 7m 34.42s. **Axel Bruntsch** ran in the Open B Race where he finished in a fast time of 2m 02.27s.

At the **NSW Masters State Throws Pentathlon** **Robert Hanbury-Brown** was to claim the silver medal with a total score of 3123 points. Robert's individual results were;

Shot put	Hammer	Discus	Javelin	Weight
9.77m	36.11m	33.09m	29.17m	13.93m
668	635	564	505	741



The Sydney Track Classic

The Sydney Track Classic held on Saturday 11th March at SOPAC and was a brilliant night of world class competition. Some of our Ryde Athletes were able to soak up the atmosphere from out on the track when they competed in the Schools Relay event.

Competing in the Boys Relays was the team from Ryde Secondary College that included two of our star sprinters, **Yahya Ali** and **Aiden Wright**. Running the two last legs of the relay the boys did a great job in securing their team the 3rd place in the event in a time of 44.35s.



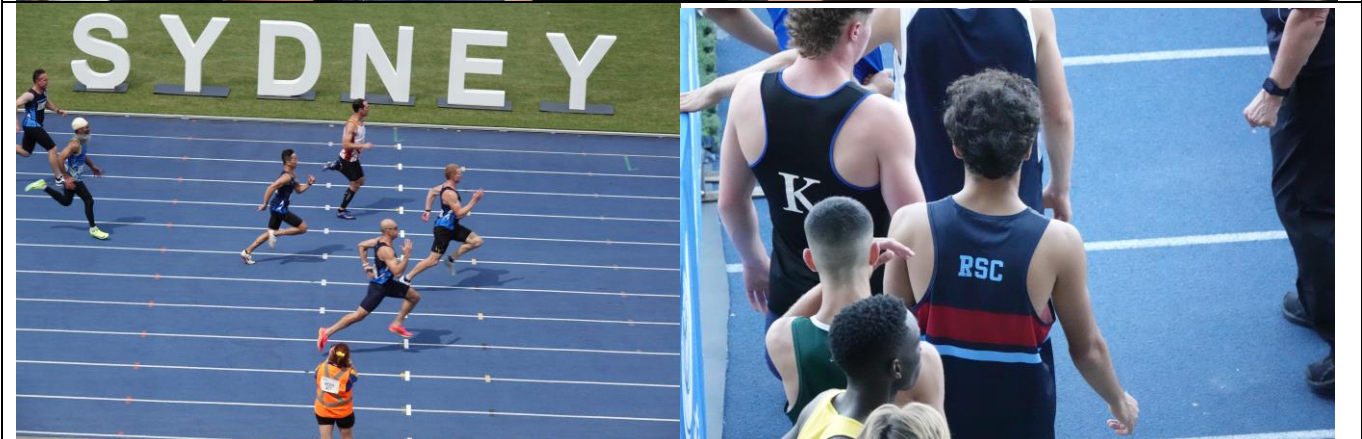
Aiden & Yahya with their Ryde teammates make a good combination

Two teams from Riverside Girls competed in the girls relay teams and all the members were Ryde Athletes.

Riverside's "A" team was **Mahli Jabre, Zara Pawsey, Charli Nagle and Ruby Collins**. In Riverside's B team, the runners were **Chloe McGregor, Jacqueline Pawsey, Mataya Jabre and Ella McGregor**.

Both teams did their school and club proud being the only non-private school or specialist sports high school in the event. The A team placed 5th in 53.24s and the B team were in 8th place in 57.37s.

Not only did the athletes have great runs but they got to see some wonderful performances that night and some even managed to get photos with some real superstars. The photos that follow were taken by **Elysha Pawsey** and I think she does as a good a job as any of the professional athletes wearing the "media" vests out on the field. Keep it up Elysha!









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 competitors must assist at at least two of our Fundraisers over the season.

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.