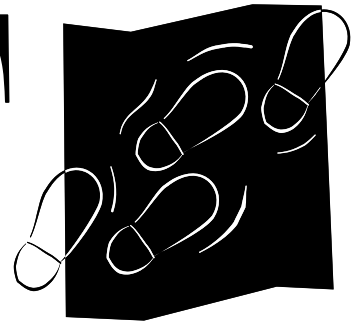




FOOTPRINT



Senior Division Nationals Apr 2023

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Congratulations to all our NSW Representatives

The Australian Open & U20 Track and Field Championships & the Australian U13-U20 Junior Track and Field Championships bring an end to our season and what a strong finish our Ryde Athletes had.

Ryde Athletics Centre had 8 athletes making their debut in an Athletics NSW team – **Zara Pawsey, Alexander Evans, Eloise Stewart, James Woods, Mikayla Duncombe, Maddison Duncombe, Rhys Chandler and Ratu Viliame Lewanavanua** and we congratulate them and the other Ryde athletes who represented Ryde Athletics Centre & ANSW at the Championships – **Adam Bruntsch, Timothy Forster, Sophie Kavanagh, Brendan Mannasz, Axel Bruntsch,**

Jessica Johnston, Ruby Worrell, Georgia Phillips, Aiden Wright, Yahya Ali, Claudia Barlow, Daniel Cox, Lachlan Waldron & Joshua Smith.

Well done and a big thank you to their parents for supporting them through training, competition and the nerves that surround seeing your child compete out in the national arena.

Special mention to our medallists;

Australian U17W Discus champion & gold medallist– **Jessica Johnston**

Australian U15B Triple Jump silver medallist - **Ratu Viliame Lewanavanua**

Australian U15B Para Discus silver medallists – **Alexander Evans**

Australian U16M 4 x 200m Relay silver medallist – **Aiden Wright and Josh Smith**



Back row; Eloise Stewart, Benjamin Woodhouse, Aiden Wright, Lachlan Waldron, Jessica Johnston, Timothy Forster, Adam Bruntsch, Yahya Ali, James Woods, Axel Bruntsch, Claudia Barlow. Front Row Maddison Duncombe, Daniel Cox, Rhys Chandler, Zara Pawsey, Alexander Evans, Ruby Worrell, Kaitlyn Martin, Mikayla Duncombe, Owen Trinh and Sophie Kavanagh. Absent Brendan Mannasz, Georgia Phillips, Ratu Viliame Lewanavanua. Across the group these Ryde senior athletes were to compete or qualify variously at the Australian Cross Country Championships, the Australian All Schools Track & Field Championships, School Sports Australia Championships, the Australian Open & U20 Australian Track & Field Championships and the Australian U13-U18 Junior Track and Field Championships.

The 100th Australian Open & U20 Track & Field Championships

The 100th Australian Open & U20 Track & Field Championships were held in Brisbane from the 30th March to the 2nd April and Ryde was represented by four athletes competing in the U20 events.



Adam Bruntsch (above & below) raced in the U20 3000m steeplechase. Adam gamely took the lead for the first few laps and made the field run him down. At the finish line Adam was to place 5th in Australia in a time of 9m 41.71s.



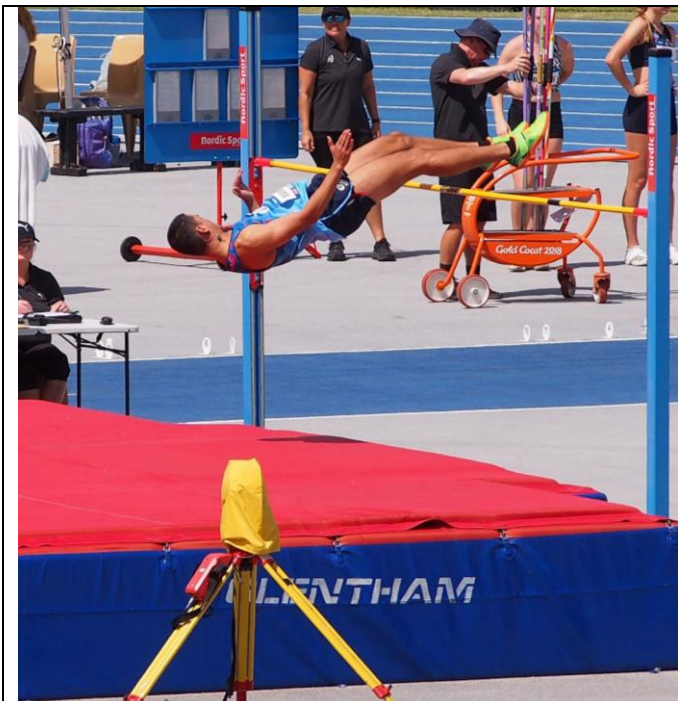
Timothy Forster won his heat of the U20 110m hurdles in an excellent time of 14.14s to qualify for the final. In the final Timothy was to finish just 1/100th of a second off the bronze medal when he placed 4th in a time of 14.31s.



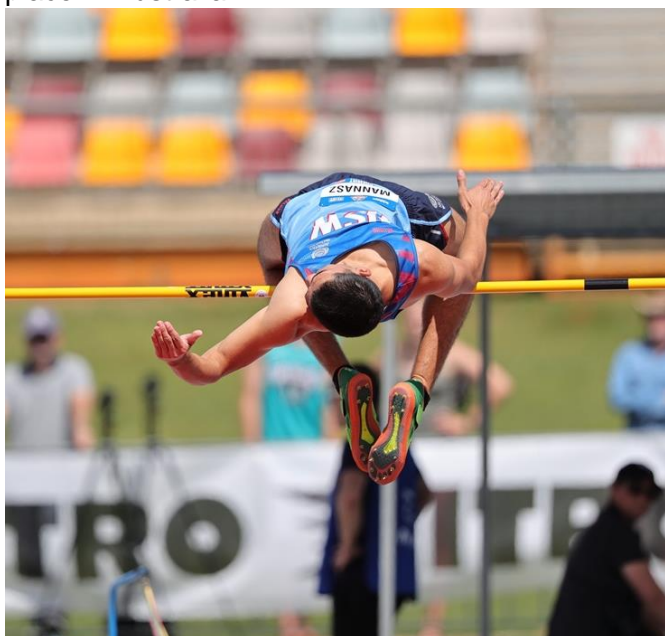
Above Timothy & his proud grandfather, Ross.

Sophie Kavanagh had an excellent meet in the U20 Long Jump and finished just out of the medals in 4th place with a leap of 5.71m. Sophie jumped consistently and all six jumps were legal.





Brendan Mannasz (above & below) competed in the U20 High Jump and was cleanly over 1.85m, 1.90m and 1.95m on his first attempt but was unable to clear 2.00m. Brendan finished in 10th place in Australia.



Two of Ryde's former athletes were to feature on the podium in the Open division. **Aly Lowe**, who was the youngest competitor in the event, landed a big PB jump to win the silver medal in the Women's Open Long Jump (6.45m). **Georgia Winkcup** also brought home a silver medal in the Open Women's 3000m Steeplechase. Well done to all.

Secretary role 2023/24, can you help?

With the AGM & Presentation Day approaching we are looking for new members for our Committee, including and most importantly a new Secretary as our current Secretary will be stepping down.

Over the off season we will be working towards combining with the Junior Committee into one Ryde Athletics Committee that will equally represent the needs of both our Little Athletes and our Athletes. However we will still need to have Committee meetings until then and require an executive committee.

Our Committee meets once a month for 40-60min and only meets, at most eight times a year. As well as minute taking, the Secretary has a role in lodging the Annual accreditation to ANSW, which is pretty much the same form each year.

If you have spare time and are interested and want to have a say in how Ryde Athletics comes together as one committee then please contact me.

What other roles do we need to fill? Other roles we'd like to share more include

- Trophy and Presentation Day organiser
- Help with work on changes to the Constitution/ Club committee for merger
- Deal with membership enquiries
- Team organiser for Club & State Relay Championships
- Guest edit a Footprint (or take on the role full time or share with another)
- Be responsible for sending Facebook updates for ANSW/AA events
- Maintain the Ryde Athletes Best Performance on Record & Club Championship Day Records

For the second season in a row we currently have no parents on our Committee who have children competing as Ryde Seniors. Let's not make that three seasons.

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.

Australian Junior (Under 13 to Under 18) Track & Field Championships (including Under 15 and Under 17 Para and Under 15 to Under 18 Combined Events)

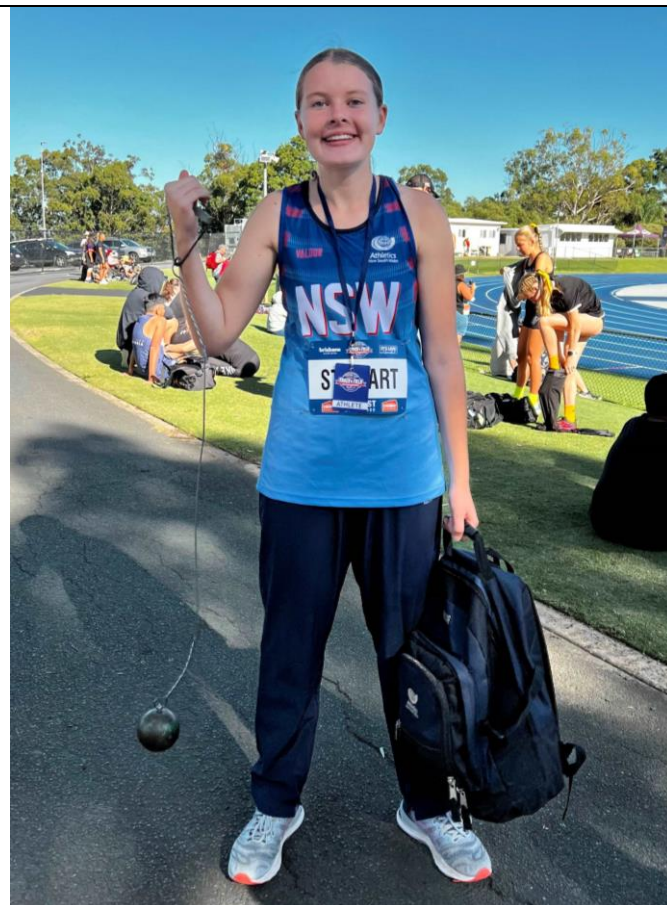
The Australian Junior (Under 13 to Under 18) Track & Field Championships (including Under 15 and Under 17 Para and Under 15 to Under 18 Combined Events) were held in Brisbane from the 13th-16th April and Ryde Athletics Centre was represented by 18 athletes.

Daniel Cox was to be our first competitor, out for the first of his three events at these Championships, the first round of the U15M 200m Hurdles. Battling a nasty chest infection, Daniel finished 9th in his heat in a time of 31.81s to place 24th overall.



Eloise Stewart, who has added metres and metres to her PB in the hammer throw this season, was our first field contestant. Making her nationals debut, Eloise had four very consistent throws, all over 30m. Eloise was holding down the bronze medal spot until the final round when another thrower bettered her. Eloise finished in 4th spot with a distance of 31.67m.

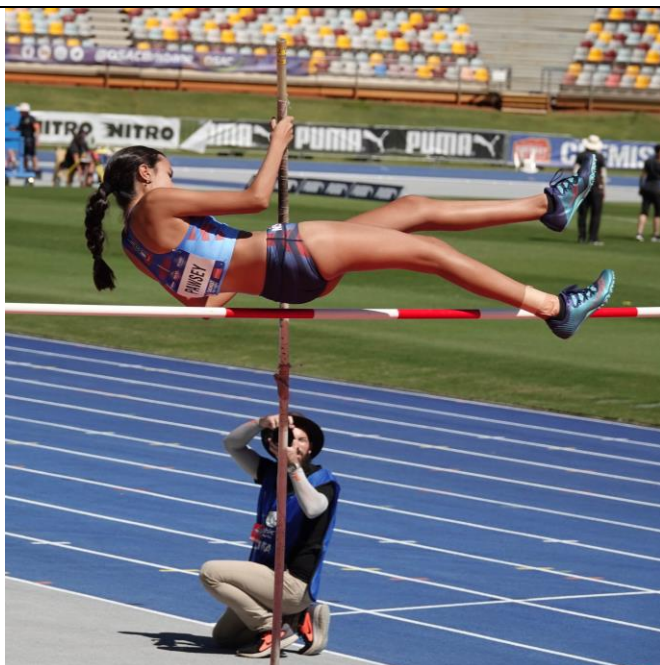
Following on from his two bronze medals at the NSW Little Athletics Championships, and PB's in both events there, **Axel Bruntsch** was taking some good form into the first round of the U16M 800m. With 27 athletes on the start list, final spots were going to be fiercely fought for. In swirling windy conditions Axel took the bell in 4th spot at 59.40s and came home in 62.34s for his final lap for a time of 2m 01.74s for fifth in his heat and eleventh overall in Australia.



Above Eloise & below Axel.

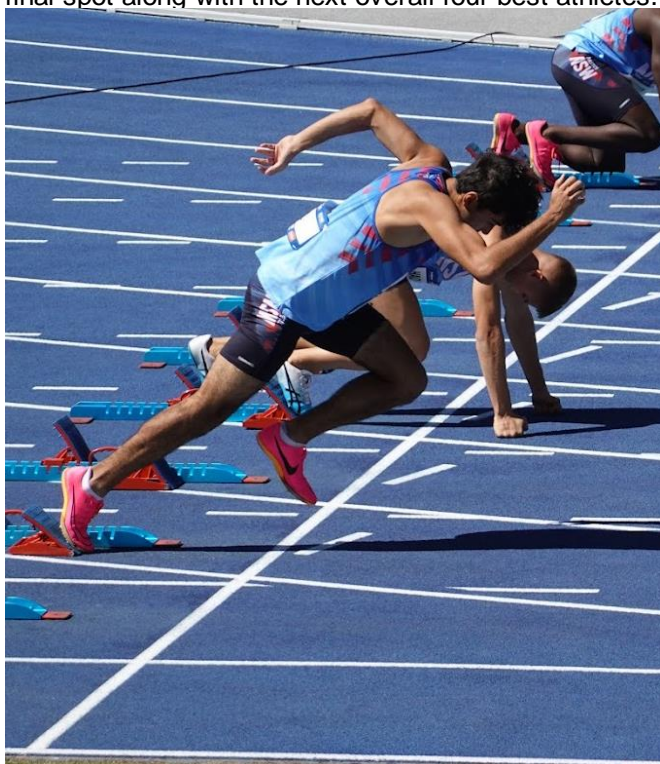


Zara Pawsey was also making her nationals debut. Zara's first event was the U16W Pole Vault. Unfortunately, in training the week before, Zara had return the same ankle ligament that saw her sit out much of the back half of the season. With clearance to have a go from her physio Zara did compete and cleared 2.00m to finish in 12th place in Australia. Zara had to scratch from her hurdles event however. We wish Zara a full recovery.



Zara making her national's debut in the U16@ Pole Vault.

Our sprinters kicked off the afternoon with **Yahya Ali** and **Josh Smith** out in the heats of the U16M 100m. With a field of 35, only the first in each heat was guaranteed a final spot along with the next overall four best athletes.



Unfortunately for Yahya (above), who was running in heat two, he had to pull up with about 20m to go with a pulled hamstring. A photo from the race showed that Yahya was well in the mix just as the injury hit. As a result, Yahya was clocked at 23.31s and placed 34th overall. Yahya also had to withdraw from the 200m heats. We wish Yahya the best to get back to full fitness over the off season.

Josh placed 8th in a time of 11.65s in heat three to place 25th overall.



Above James, Daniel, Zara, Aiden & Josh out at the track

Rhys Chandler (below) was our third Ryde athlete to make his nationals debut, competing in the U14 3000m race walk. Rhys's lap times were consistent and he tucked into 5th spot and maintained that over the race. Rhys was to slash a massive 78 seconds from his time at NSW Juniors to place 5th in Australia in a time of 17m 50.62s.

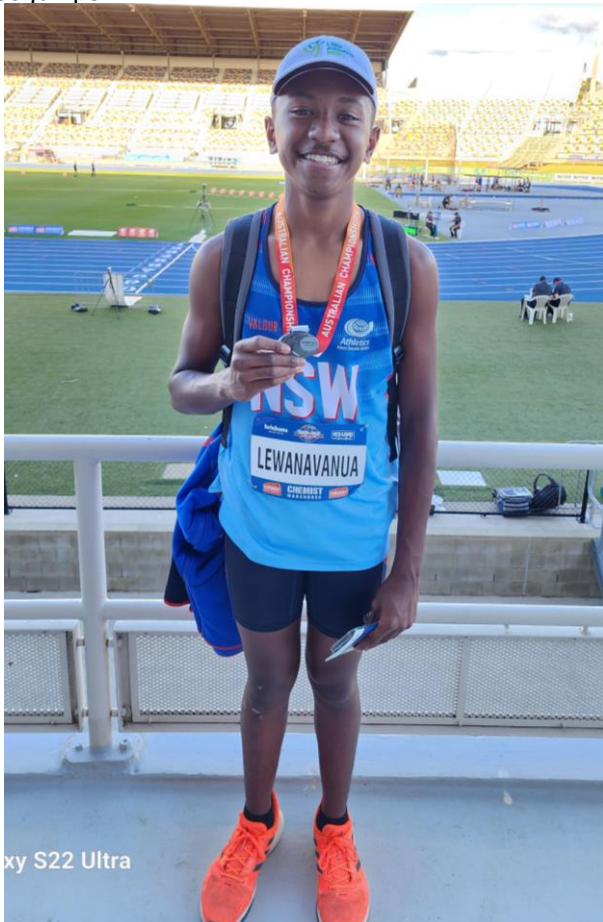


Daniel Cox's second event was the final of the U15M Pole Vault. Daniel's best clearance was at the height of 2.10m and he placed 10th.



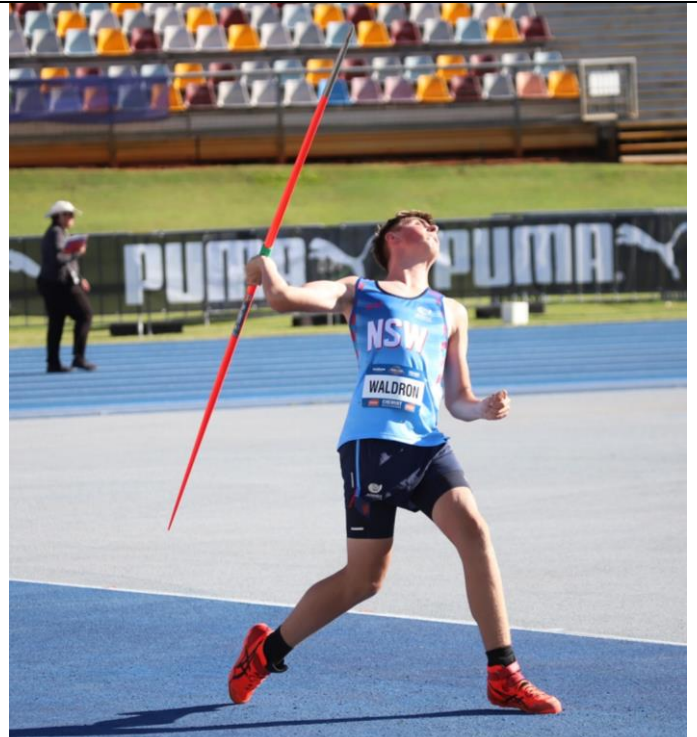
Above Daniel at Pole Vault & Below Vili wins silver

Ratu Viliame Lewanavanua went into the Australian final of the U15M Triple Jump as the NSW U15M Champion. Vili was the most consistent performer in the event with every one of his four jumps registering over 12m. Vili's opening jump of 12.39m saw him move straight into second position, where he stayed through the four rounds for Ryde's first medal of the meet, a silver. Vili was just short of his PB of 12.41m, an excellent start in the first of his three jumps



xy S22 Ultra

events.



Lachlan Waldron (above) was our second thrower out on day one, competing in the U16M javelin event. Lachlan went into the competition seeded 10th, so would need a good throw to get him up into a top eight spot to make the final round. Lachie delivered on that, in what were not ideal throwing conditions, with a second round PB throw of 42.06m. Lachie was to finish in 8th spot in Australia. At the 2022 Juniors, Lachlan had finished 11th and thrown 32.05m. A ten-metre improvement over twelve months was an excellent result.



James Woods national debut in the U16M 400m heats

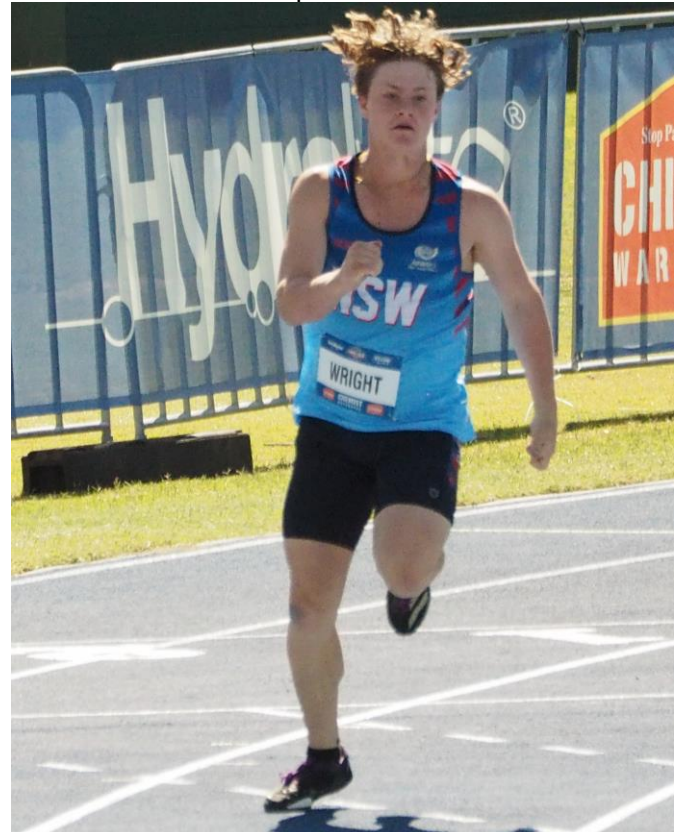


The final track event of day one for our Ryde athletes was the first round of the U16M 400m and Ryde had two talented athletes in the heats.

Aiden Wright (above) went in as the NSW Champion. Running in heat three Aiden was to cross the line in 2nd place in a time of 52.46s to automatically qualify for the final on Saturday.

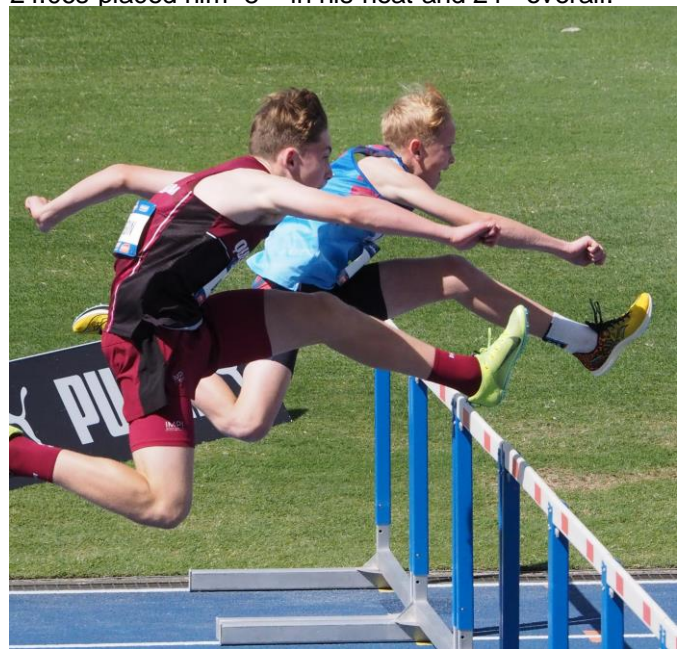


James Woods was making his national debut after a season that had seen him cut seconds off his PB's in all sprint and hurdles event. James had run national qualifying times for the 200m hurdles and the 400m but decided to concentrate on the 400m, given the timetable. James ran in heat one where he placed 6th and was just outside his PB with a time of 53.15s to place 13th in Australia.



Day two saw **Josh Smith** and **Aiden Wright** out early for the 200m heats.

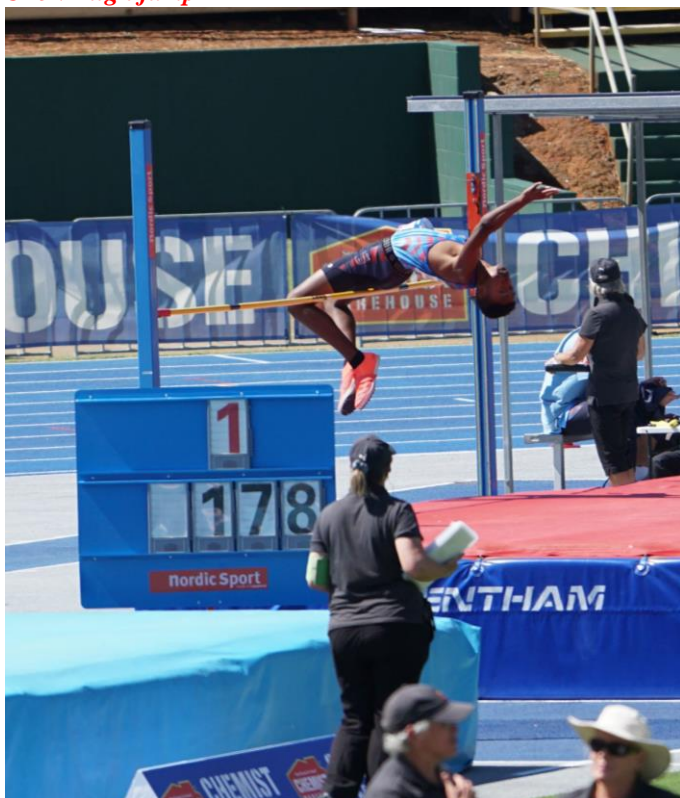
Josh went into the competition as the NSW Juniors bronze medallist and ran 23.06s to place fourth in heat one and secure himself a spot in the final later that day. Aiden was in heat two running out wide in lane eight. Aiden's time of 24.06s placed him 8th in his heat and 24th overall.



Above Daniel in the 100m hurdles heats



Above Josh through to the 200m finals & Below Vili 5th in the U15M high jump



Daniel Cox was out for his third and final event of the meet, the U15M 100m hurdles heats and we got to watch Daniel on the live feed. Daniel ran a time of 16.33s to place 7th in his heat and finish 16th in Australia.

Vili Lewanavanua was out for the second of his three jump events, the U15 high jump, an event he was State Champion in at both ANSW Juniors and NSW little Athletics. Vili maintained his standing as NSW's best jumper when he finished not far off his PB with a best clearance of 1.75m for 5th in Australia.

Mikayla Duncombe (below) threw her national qualifying throw of 34.04m just three days before the cut-off date for national qualifying, to join his sister, Maddison, in both making their ANSW representative debut. In her first Australian Championships, Mikayla threw 30.72m with her round three throw to secure her 8th place in Australia in the U15W discus.



Alexander Evans was opening his national's competition competing in the U17M Para Long Jump. Alexander had won the U15M Para NSW title but had to compete up an age group at nationals. Alexander was to finish in 6th place with his round two best jump of 2.95m (38.51%).

Vili Lewanavanua was backing up from the high jump in the morning to compete in the U15M long jump in the afternoon. Vili's best jump of 5.44m came in round two and was to place him 8th overall. Vili finished the Championships with three top eight places in Australia which is an outstanding result.



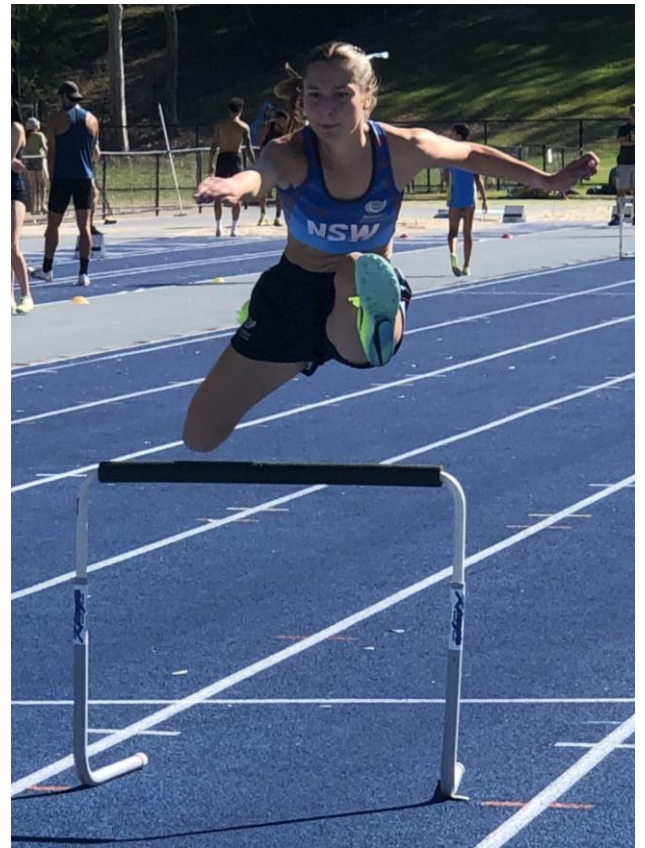
Above Vili had a great meet finishing with a silver medal and two other top eight spots in Australia in the three jumps events. Below Ruby & Josh before their events.



Josh Smith ran in the final of the U16M 200m event. Running in lane three Josh got off to a good start and was holding his place around the bend. The straight run home saw the leaders take off and Josh was to finish 7th in Australia in a time of 23.42s

Ruby Worrell had a long wait during the day to make her appearance in round one of the U18W 400m. Poor timetabling meant that despite qualifying for the 100m, 200m and 400m Ruby opted just to run her pet event, the 400m. Ruby made quick work of the 400m, leading down the back straight into the 200m and then again lifting into the final 50m to finish in a time of 56.77s to place 3rd in her heat and automatically qualify for the final.

Day three and it was **Georgia Phillips** who kicked things off for Ryde Athletics. A regular qualifier at nationals for middle distance and the steeplechase, Georgia was making her first appearance at nationals in the 400m hurdles event. Racing in heat two of the U18W event, Georgia finished in a time of 67.29s to place 4th in her heat and qualify for the final on Sunday.



Above Georgia gets some hurdles practice in on the warm up track

Maddison Duncombe was getting her first taste of nationals, competing in the U18W discus throw in a big field. Maddie's second round throw of 28.51m was her best throw and placed her 17th overall.



Above Maddie was 17th in the U18W discus throw

Jess Johnston was starting in her pet event, the U17W discus. A netball ankle injury the week before resulted in Jess being in a moon boot until the day before the Championships and it was not clear whether Jess would be able to compete at all. With an early morning physio session, instructions to take it easy and loads of strapping Jess went on to become the Australian U17 Champion with her second-round throw of 41.31m. Jess was to withdraw from her other three throws event as a result of the injury and we wish Jess the best for a full recovery.

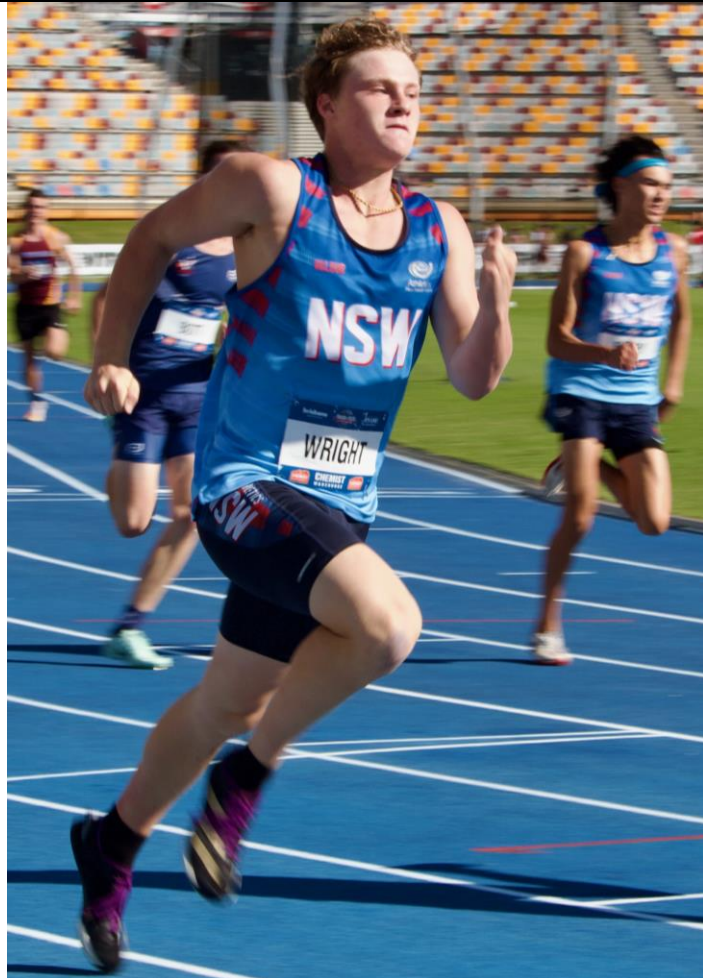


At right how good is this? Silver for Alexander in the U15M Para discus with his coach & Ryde athlete, Lachlan Waldron. A great result boys.

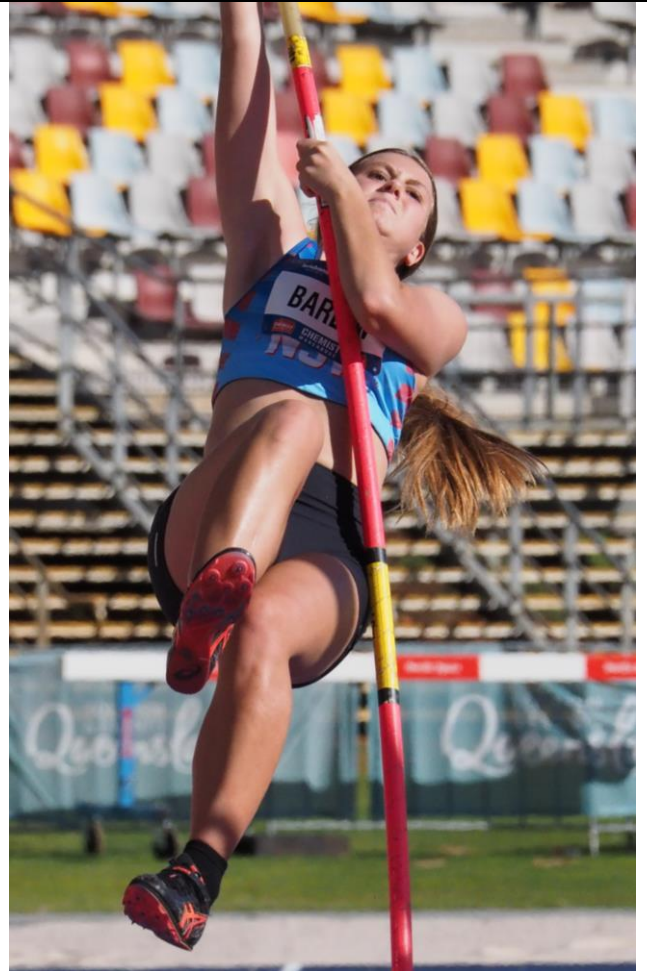


Alexander Evans contested the U15M discus Para Ambulant. Alexander, who has been getting coaching from **Lachlan Waldron**, started with a foul but soon got his throws out in the sector with his third throw of 11.76m (21.93%) landing Alexander the silver medal. It was great that Lachie was there to support him during the competition.

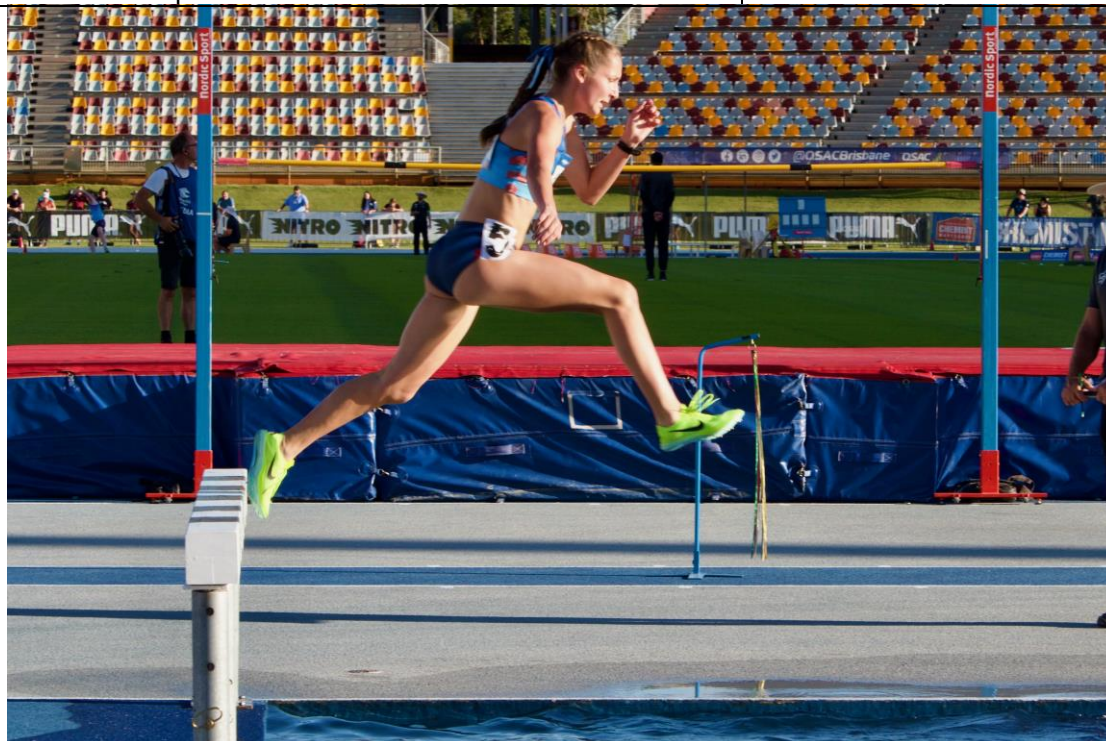




Aiden Wright (above) went out quickly in the final of the U16M 400m finals. At the 200m mark the field started bunching together and down the straight Aiden was clearly giving it his all in what proved to be a very fast final. Aiden finished in 7th place with a time of 52.39s.



We got to see a few of **Claudia Barlow's** vaults on the livestream and she looked very happy to clear a new PB height of 2.40m. In the U17W Pole Vault, Claudia finished in 5th spot, six spots higher than where she placed in 2022.



Georgia Phillips (left) had to jostle with 16 other steeplechasers in the final of the U17W 2000m steeplechase. In Georgia's race a lead group of six athletes took off quickly and Georgia settled into chase mode behind them. By the 800m mark Georgia was in 7th place overall (and 6th placed Australian athlete) and in a sprint to the line was able to maintain that spot across the finish line in a time of 7m 26.77s.

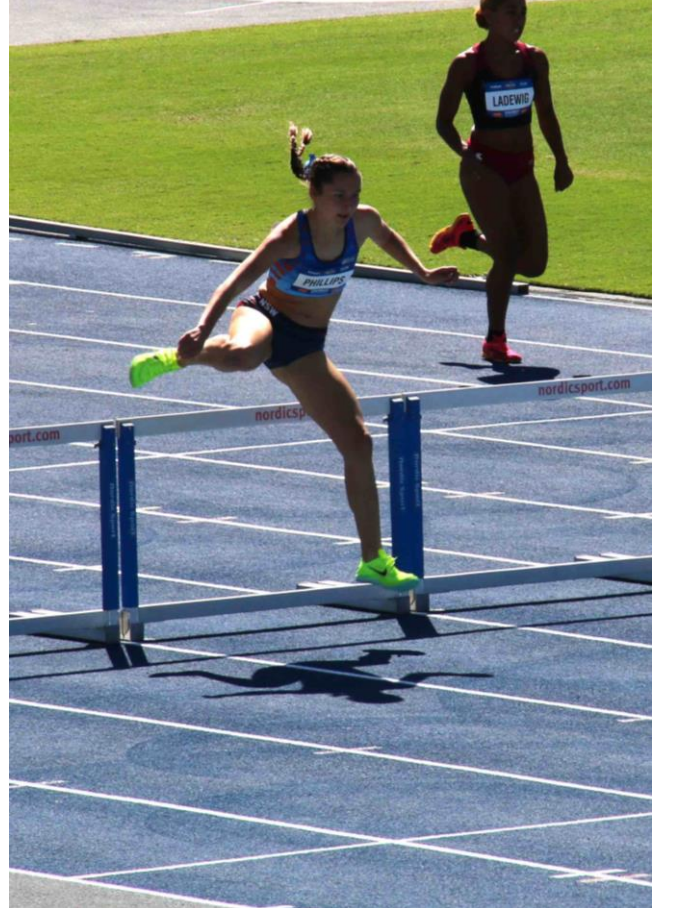
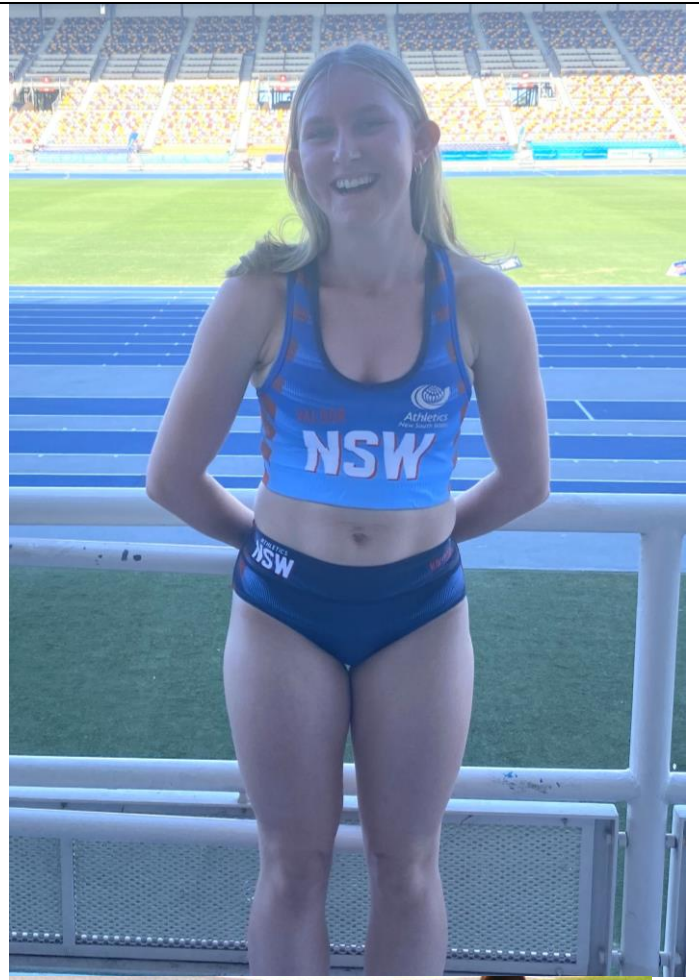


It was great to see **Aiden Wright** and **Josh Smith** listed in the NSW U16M 4x200m relay team. Running in lane three Aiden took the baton for the third leg and seemed to be gaining on the Victorian down the back straight where he handed the baton to Josh for the final leg. Josh brought the team home ahead of a fast-finishing Queensland to win the silver medal in a time of 1m 30.95s.

The final day of the Championships started with **Ruby Worrell** (top right) on the track for Ryde in the final of the U18W 400m. Racing from lane nine in a fast-finishing race, Ruby placed 8th in Australia in a time of 57.65s

Georgia Phillips (right) was competing in her first long hurdles final, the U18W 400m hurdles. Running from lane three Georgia came home in a time 68.08s to cross the line 7th overall and finish as the 6th placed Australian competitor.

Alexander Evans had won silver at NSW Juniors in the U15M PARA 100m and was taking that good form into the U15M 100m Para event. From a standing start Alexander soon accelerated down the straight to finish in a time of 15.73s (66.49%) to place 4th on adjusted results.





nordic Sport











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in Queensland australia



RYDE SENIORS FUNDRAISING FOR 2023/24

Each season we have several Fundraising events to help meet the Division's costs such as our entry fees for State Relays, ANSW Affiliation, trophies as well as to help make grants to our athletes when they are selected in NSW or Australian teams to compete interstate or overseas. In the last few seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, Australian All Schools Cross Country Championships and the Oceania Athletics Championships.

In the 2022/23 season (with the assistance of Ryde Little Athletics) we provided a record amount of over \$9000 to our representative athletes.

Thank you to parents and athletes who have already signed up for our first Fundraiser of the 2023/24 season, the Bunnings BBQ at Gladesville on Sunday 4th June.

There are a few simple rules for Ryde Senior athletes to being eligible for a grant

- The **athlete and at least one member** of the family help at least two of our fundraisers over the season. If an athlete qualifies for more than one National championship then we appreciate them helping at one extra for each extra championship.
- The athlete should be willing to participate for Ryde in Senior events such as Club Championships, Club Nitro, Senior Relays or Cross-Country relays over the season.
- Athletes must turn between 12-19yrs in the year of the competition.
- Grants are only made for interstate or overseas competition.

Our fundraising events have included Bunnings BBQ's, running a drinks stand at the Blackmores Marathon or helping at a Cake stall or Seniors BBQ at Dunbar.

We require the athletes (not just the parents) to be involved in volunteering to teach them the importance of volunteering and so their efforts can directly contribute to any funds they may ultimately receive. It can also qualify at some schools for community volunteer work or towards Duke of Ed. We usually find the kids quite enjoy themselves. Chloe Davis is our Fundraising coordinator and if you would like to bookmark a spot for your family then email Chloe at chloeemadavis@gmail.com

A few hours each season isn't a big ask and your time can really help to support our Club.

We still need to fill some spots for the Bunnings BBQ – 4th June 2023

We still have some spots to fill on the roster so contact Chloe Davis know at chloeemadavis@gmail.com if you can help

3 spots from 10am-12.00pm
6 spots from 12-2.00pm
2 spots from 2.00pm-4.00pm

If you can't help on the day we are also looking for a family to take on the onion slicing. 20kg of onion (sliced outdoors for no tears!) takes about 80min for two people to slice and bag and will count towards volunteering for State representation and is a good option if you can't volunteer on the Sunday or, if you are helping on the day, if you want to get two lots of volunteering out of the way early in the season. Again contact Chloe if you can fill this role.



WINTER 2023 NSW CHAMPIONSHIP CALENDAR

NSW MOUNTAIN RUNNING CHAMPS	SUNDAY 26TH MARCH	ORANGE	
ST GEORGE CLASSIC (FEAT. NSW NOVICE CHAMPS)	SATURDAY 22ND APRIL	SCARBOROUGH PARK	
SYDNEY 10 (FEAT. NSW 10KM ROAD CHAMPS)	SUNDAY 7TH MAY	SYDNEY OLYMPIC PARK	
NSW SHORT WALKS CHAMPS	SUNDAY 21ST MAY	THE ARMORY, SYDNEY OLYMPIC PARK	
NSW CROSS COUNTRY RELAYS	SATURDAY 3RD JUNE	UPJOHN PARK, RYDALMERE	
NSW CROSS COUNTRY CHAMPS	SATURDAY 17TH JUNE	'WILLANDRA', NOWRA	
NSW TEAM WALKS CHAMPS	SUNDAY 25TH JUNE	THE ARMORY, SYDNEY OLYMPIC PARK	
NSW SHORT COURSE CROSS COUNTRY CHAMPS	SATURDAY 8TH JULY	WEST DAPTO CROSS COUNTRY COURSE	
NSW ROAD RELAY CHAMPS	SUNDAY 6TH AUGUST	THE CREST, BASS HILL	
NSW LONG WALKS CHAMPS	SUNDAY 20TH AUGUST	CHIPPING NORTON	
SYDNEY HALF (FEAT. NSW HALF MARATHON CHAMPS)	SUNDAY 27TH AUGUST OR SUNDAY 3RD SEPTEMBER	SYDNEY OLYMPIC PARK	
SYDNEY MARATHON (FEAT. NSW MARATHON CHAMPS)	SUNDAY 17TH SEPTEMBER	SYDNEY	

The Winter NSW Championship Calendar is subject to change. This calendar will be complimented with a club calendar ("bronze tier") with weekly club XC and Road events, which will be published following the conclusion of the Summer 2022/23 Season.

Stay fit over winter with the ANSW Winter Competitions

A reminder that your Summer membership (Dual Reg, U20 or Open) also covers you for Winter competition so you can enter any of the ANSW events being run. Look out too for the West Met Cross Country Facebook page for local Saturday competition. If you are not yet a member you can join Ryde as an ANSW Winter Member for \$155. For more information on Winter Competition go to the [ANSW Calendar](#) and for more information on winter membership or to join as a winter member go to the [ANSW membership page](#).

Around the Track

Gosford Throwers Club

Mikayla Duncombe competed at the Gosford Throwers Club on the 9th March and had an excellent meet. In the discus Mikayla threw a new PB competition throw and national qualifying throw of 34.07m to claim a spot on the NSW team for nationals. In the shot put, Mikayla was equally impressive getting out a 10.76m throw in round two.

Little Athletics NSW State Championships

Congratulations to all the Ryde Seniors who competed at the Little Athletics NSW State Championships on the weekend of the 18th-19th March. Special mention to the medallists from that weekend.

Representing Ryde Little Athletics

- **Nathan Barbara** silver in both the U15-17B multi-class discus and shot put.
- **Axel Bruntsch** bronze in both the U15B 800m and 1500m
- **Rhys Chandler** bronze in the U13B 1500m walk.
- **MiaRose Everson** bronze in the U12 1500m walk
- **Jessica Johnston** bronze in U17G shot put and silver in discus.

Representing North Rocks Carlingford Little Athletics

- **Alexander Evans** silver in the U 13-14B Multi Class discus and bronze in the shot put
- **Hannah Lambert** gold in both the U13G high jump and triple jump
- **Matthew Lawrence** bronze in the U13B javelin
- **Ratu Viliame Lewanavanua** gold in the U14B high jump and bronze in triple jump
- **Lachlan Waldron** silver in the U15B javelin

Extra round of applause to **Alexander Evans** and **Ratu Viliame Lewanavanua** who have been selected to compete at the Coles Australian Little Athletics Championships in April in Melbourne. Alexander was selected to compete in the 100m and 200m in the Australian Teams Championships and Vili in the Australian Junior Athletics Championships.

Bankstown Milers VI

At the Bankstown Milers Meet held on the 23rd March, Ryde was represented by **Georgia Phillips** and **Benjamin Prosenko**.

Georgia had a sensational run in the Open 400m hurdles slashing her PB race time by nearly three seconds to finish in a time of 65.76s. In the Men's 1500m D Race Benjamin continued to cut his times down as he has down at ANSW meets over the season, to better his seed time by ten seconds and finish in a time of 4m 57.61s.

Narabeen Pole Vault Invitational

At the Narabeen Pole Vault International held at Narabeen on the 25th March Ryde was represented by five athletes.

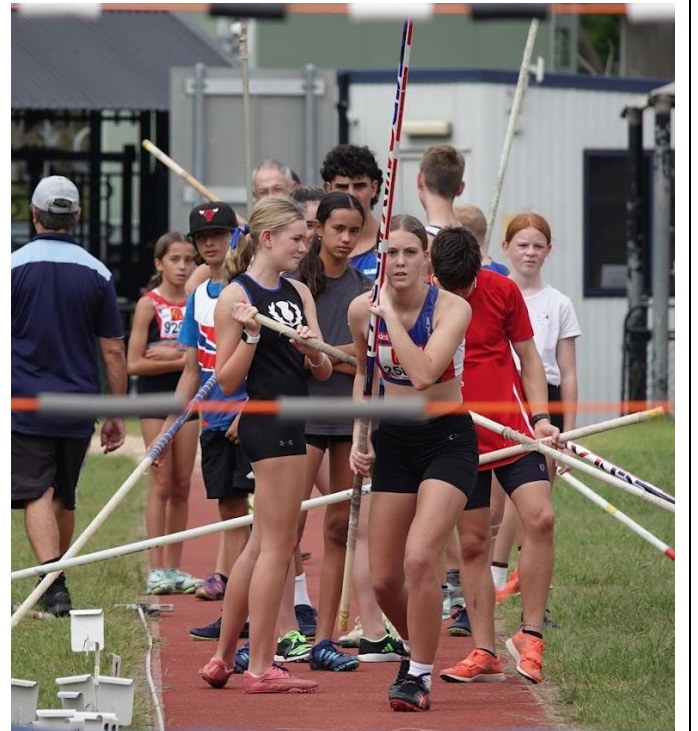
Making her pole vault competition debut,

Jacqueline Pawsey (below) cleared 1.80m.

Jacqueline goes into the Ryde Records with a Best Performance on Record for a 12yrs girl. Well done!



Claudia Barlow finished with a clearance of 2.00m.





Zara Pawsey & Daniel Cox both cleared 2.20m and **Steve Barlow** finished with a clearance of 2.80m.



Campbelltown High Velocity Meet
Ruby Worrell represented Ryde at the Campbelltown High Velocity Meet held on the 25th March and in the 200m event Ruby ran a time of 25.07s.

Wayne Crandell Memorial Meet
Ryde had three throwers competing at the Wayne Crandell Memorial Meet held on the 25th March at Wests Athletics Club Track Wyatt Park.



Above Lachie, Andrew & Jess at the Wayne Crandell Memorial Meet.

Andrew Atkinson-Howatt competed in the Open Javelin and had two 34m plus throws, his best being 34.83m in the opening round. **Lachlan Waldron** was not far off his PB with his javelin throw of 41.20m In the discus, Lachie threw 42.22m.

Jess Johnston started strongly with a 40.64m throw which was to be her best throw in a group of very consistent throws in the Open Discus.

NSW Little Athletics Combined Carnival
Congratulations to Ryde Masters Athlete, **Mat Woodhouse** on his win in the inaugural Open Men's Multi Event at the NSW Little Athletics Combined Carnival that was held in Dubbo from the 5th-6th of March.

Not to be outdone, **Chelsea Woodhouse**, representing North Rocks Carlingford Social Athletics took out the top place for the Masters Women's event! What a great duo and hope to see Chelsea out in the red, white and blue at ANSW Masters next season!

Amongst our younger athletes competing over the weekend, representing Ryde, **Rhys Chandler** finished 8th in the U13B. Representing NRC, **Matthew Lawrence** was 19th in the U13B, **Hannah**

Lambert was 5th in the U12G, **Benjamin Lawrence** 14th in the U14B, **Lachie Waldron** 6th in the U15B & **Nicholas Woodhouse** 21st in the U17B.



Above congrats to Mat and Chelsea.

Jess Johnston – Ryde Sports Star of the Month

Jessica Johnston was recognised by the Ryde Sports Foundation as a Sports Star of the Month at a presentation at the Ryde Eastwood Leagues Club on the 17th March.

Each year Ryde Seniors nominate one athlete based on performances over the previous twelve months. The award recognised Jess's performances over 2022 the highlight of which was a silver medal at the 2022 Australian Juniors Championships as well as a 13 medal haul over ANSW, ACT and Little Athletics State Championships.



The monthly presentations only resumed recently after a hiatus due to Covid and it was great to see **Jim Hull** (above) back behind the microphone interviewing the three monthly winners who were recognise that night. Jess was a great ambassador for the club and we look forward to the Annual

Presentation night in August where the Sports Star of the Year and the winner of the Encouragement Award will be announced.

We thank **the Ryde Sports Foundation**, Club Six (Ryde-Eastwood Leagues, North Ryde RSL, Gladesville Sporties, North Ryde Golf Club Gladesville RSL and Community Club & Club Ryde) and the TWT for the wonderful and enthusiastic support that they provide to our local sports men and women. Over the past decade they have recognised many of our talented athletes including **Ruby Worrell, Alyssa Lowe & Georgia Winkcup** to name a few.



Above Jess with Rob Wilkins (Chair of the Ryde Sports Foundation) and other monthly winners, Tim Brown - Padel Tennis, Kyle Shaw - NWSF football and Ryde Mayor Sarkis Yedelian.

Save the date – Ryde Athletics Centre AGM & Annual Presentation Day. 21st May 2023

The Annual AGM & Presentation Day will be held at the Kent Street Public School in Marsfield and should kick off with the Little Athletics Presentation at 2pm followed by the AGM at 3pm and then our Athletics Presentation starting at approximately 3.10pm

Hope to see you there.