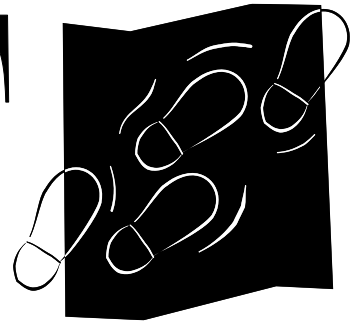




# FOOTPRINT



Senior Division May 2023

RYDE ATHLETICS CENTRE INCORPORATED  
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[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

## **Congratulations to all our winners at the 2022/2023 Presentation Day**

Another season over and celebrated, this time at Kent Street Public School. There were so many wonderful results to be recognised during the afternoon. Congratulations to our trophy and medal winners and to all our competitors over the 2022/23 season.

Congratulations also to our new Club Captains **Andrew Kalos** and **Georgia Phillips** who not only compete for the Club but under Russell & Erica Cox's tutelage, have become cub coaches.

We welcome and thank our three new members to our Senior committee, **Christine Phillips** (Registrar), **Rodney Woods** (Secretary) and **Russell Cox** (General Committee member).

There is still plenty of work to share around and in this Footprint, you will find some **job descriptions of some roles we would still like to fill**. If you are not helping us yet then you are letting others pull your weight so, please consider putting your hand up for one of these roles to help keep Seniors running.

**Full report starts on page 6**



**Major trophy winners, from both our senior & junior division, winners of our National Competitor medals and special guests including Ryde Sports Foundation representatives Robyn Churchill & Jim Hull and Ryde Alderman Roy Maggio. Thanks also to our guest presenters, life member Coral Read, Ross Forster and Jim Hull. Special mention to Betty Moore who runs a wonderful afternoon and brings so much knowledge and passion to the presentation.**



## Around the Track

The Sydney 10 (featuring the NSW Road Championships & 5km Championship & Fun Run) was held out at SOPAC on Sunday 7<sup>th</sup> May and Ryde was represented by six athletes.

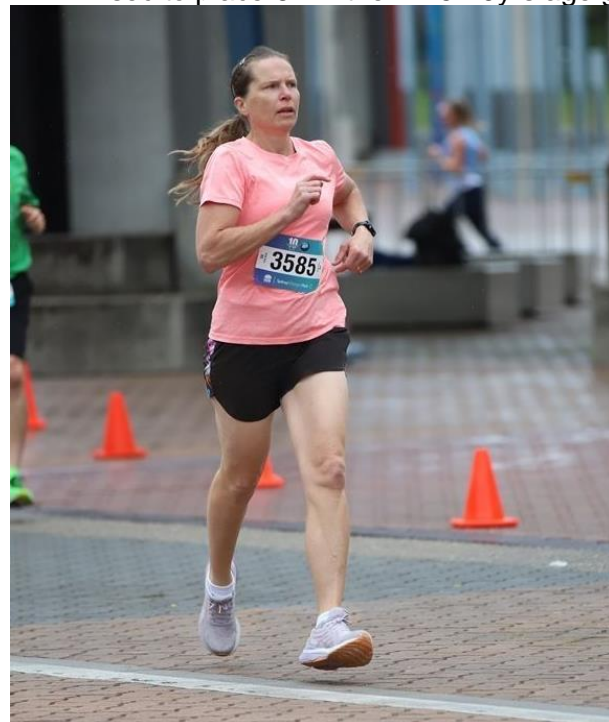
**Isaac Siebert** (below) competed in the 10km Road Championships and crossed the line in a time of 37m 31s. Isaac was 21<sup>st</sup> in the U20M age group.



**Nicholas Woodhouse** (bottom left) also competed in the 10km event and finished in 40m 54s to place 31<sup>st</sup> in the U20M age group.



**Georgia Phillips** (above) placed 13<sup>th</sup> in the U18W age group in the 5km Championship event in a time of 20m 07s. **Christine Phillips** (above) was making her return as a Ryde Masters athlete and competed in the 5km fun run where she finished in a time of 24m 22sec to place 6<sup>th</sup> in the W45-49yrs age group.



Brothers **Oliver** and **Julian Smith** both competed in the 5km Championship event. Oliver was 19<sup>th</sup> in the U18 division in a time of 17m 08sec. Younger brother Julian, finished in 18m 11s placing 21<sup>st</sup> in the U16 division.





*Top left, Oliver Smith, middle left Nicholas Woodhouse, Bottom Christine & Georgia Phillips. Above Julian Smith & below Isaac Siebert. Well done to all*





## Ultra-Trail Australia 11km run

On the 10<sup>th</sup> May **Isaac Siebert** took on the challenge of an Ultra-Trail 11km race held in the Blue Mountains. Traversing up and down mountain paths starting at Scenic World continuing on Cliff Drive and then around to Narrow Neck, the race then returns via the Golden Stairs and Federal Pass. Along the way the runners climb up and down 1155m in elevation.

This is the third time that Isaac has competed this arduous event.

Still aged only 15, Isaac finished the race in a time of 72m 02s, just 15sec off bronze and 16sec off silver in the U18M event. A great result for a very tough race.



## Athletics NSW State Short Walks

The ANSW Short Walks were held at the Armory, SOPAC on Sunday 21<sup>st</sup> May and Ryde was represented by two athletes competing in the U14M 2000m walk. **Mitchell McCarthy** making his debut as a Ryde senior, had a great start to seniors, mowing down the walker who was in 3<sup>rd</sup> place with about 20m to go in a strong finish to take the bronze medal by one second in 10m 58s. **Rhys Chandler** crossed the line in 12m 21s to place 7<sup>th</sup> in the State.



*Top left Isaac on the trail. Bottom left, Mitchell in his first ANSW walk. Above top, Rhys out on the walk. Above, a great result to Mitchell who has just turned 12, a bronze in the U14M.*



## The Australian University Games

The Australian University Games were held on the Gold Coast from the 19<sup>th</sup>-21<sup>st</sup> April and two Ryde Senior athletes were competing, representing their universities.

**Adam Bruntsch** (below) won the silver in the Open Men's 3000m Steeplechase in a five second PB time of 9m 30.87s. Adam also placed 15<sup>th</sup> in the Open Men's 1500m (4m 01.81s).

**Caitlin Waldron** threw 8.44m to place 17<sup>th</sup> in the Open Women's Shot Put. Caitlin was again 17<sup>th</sup> in the Open Women's Discus (30.71m) and threw 23.94m to place 18<sup>th</sup> in the Open Women's Javelin (23.94m).

Other former Ryde athletes spotted on the podium were;

**Alyssa Lowe** who won the Open Women's Long Jump with an Australian University Games NEW RECORD (6.36m) and won gold along with **Eliza da Silva** in the Open 4x100m Relay with an Australian University Games NEW RECORD (46.02s).

**Helen Pretorius** who won the Open Women's 400m (54.60s) and was second in the Open Women's 4x400m (3m 59.44s)

**Sophie Gocher** who was third in the Open Women's 3000m Steeplechase ( 11m 22.77s).



## Thrower's Alert – Winter events for you

UTS Norths will be running four throws pentathlon events over the off season offering **javelin, shot put, discus, hammer and the weight throw**, down at Rotary Field, Chatswood.

A throws pentathlon is an event where points are ascribed across each event much like a decathlon. There is however no requirement that you compete in all events, if you are just after some particular throws competition.

### Saturday 27 May 2023 PROGRAM OF EVENTS

- 11.00pm - Hammer Throw,
- 12.00pm - Shot Put Throw
- 12.45pm - Discus Throw
- 1.45pm - Javelin Throw
- 2.30pm - Weight Throw

Entry for the afternoon is \$20 and you must register before the event. No registration on the day will be taken. Further details and [registration link here](#).

Other Dates for **Winter Series Throws Pentathlon** are Sunday 25 June 2023, Saturday 22 July 2023, Saturday 19 August 2023.

## Winter Walks are on too

The first of the ANSW Winter walks was held on Saturday 20<sup>th</sup> May & it was great to see Mitchell McCarthy get Ryde off to a podium finish, but there are still more events to come.

On Sunday 25<sup>th</sup> June at the Armory the [ANSW Team Walks Relay](#) will be held. If you are interested in being in a Ryde team then please email [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com). The U12 & U14 team members each walk a 3km leg.

**NSW Long Walks** will be held on Sunday 20<sup>th</sup> August at Chipping. Details to be posted on the ANSW Calendar page in due course

## ***Ryde Senior Athletics Presentation Day***

### **The E. Godfrey Trophy for Most Outstanding Under 14 Athlete - Eloise Stewart**

Eloise's first season at Ryde has seen her place 3<sup>rd</sup> at both the NSW All Schools and the NSW Juniors in the Hammer throw adding a good thirteen metres to her PB along the way. At the Australian Juniors Eloise finished just out of the medals in 4<sup>th</sup> place.



***Above Eloise with special guest from the Ryde Sports Foundation, Jim Hull***

### **The Jean Hill Memorial Trophy for Most Outstanding Walker - Rhys Chandler.**

There has been quite a revival of walks within our Junior Division under coach Mel Chandler. One of the most successful of these has been Rhys. At the 2023 NSW Juniors Rhys finished with the silver medal in the U14M 3000m walk. At nationals Rhys was 5<sup>th</sup> in Australia and cut his PB time by 78 seconds.

### **The E. Godfrey Trophy for Most Outstanding Under 16 Field - Ratu Viliame Lewanavanua**

In his first season with Ryde Seniors, Vili has certainly delivered. Joining just in time for the NSW State Relays, Vili anchored the U14 4 x long jump team to a silver medal and was the best jumper in the whole competition. At the



NSW Juniors Championships Vili won both the U15M high and triple jump and was a bronze medallist in the long jump.

At the Australian Track & Field Championships Vili won silver in the U15M triple jump and placed 5<sup>th</sup> in high jump and 8<sup>th</sup> in long jump. An extraordinary effort to place in the top eight in all three jumps at national level.



***Above Rhys won the walks trophy & Vili was most outstanding field athlete in the U16's.***



### **Burke Family Trophy for Most Outstanding Under 20 Track - Timothy Forster**

Timothy has had another sensational season. He has run national qualifying times in the 100m, 200m and the 110m hurdles and again set a new Ryde Best Performance on Record for hurdles. He was the NSW All Schools Champion in the 18yrs 110m hurdles and placed 2<sup>nd</sup> in the 200m. At the 2023 NSW Juniors Timothy was second in the 110m hurdles.

At the Australian All Schools Tim placed 5<sup>th</sup> in the U18M 200m. At the Australian Championships Timothy missed a medal by 1/100<sup>th</sup> of a second when he placed 4<sup>th</sup> in the final of the U20 110m hurdles.



### **The Waterford-Wade Memorial Trophy for Cross Country - Adam Bruntsch**

Adam wins this award for his silver team medal at the 2022 Australian Cross Country Championships as well as being our highest placed individual competitor when he placed 16<sup>th</sup> in Australia in the U20 8000m event. Leading up to that Adam had placed 2<sup>nd</sup> in Combined High Schools and 5<sup>th</sup> overall at the NSW All Schools Cross Country Championships.

Adam's Cross Country performances across his high school career were recognised with the awarding of a Sydney North Blue which is the highest award presented for sporting excellence within the Association.

Adam has also had an excellent season on the track winning the 3000m Steeplechase at both the NSW All Schools and NSW Juniors. At the Australian Track & Field Championships Adam placed 5<sup>th</sup> in the U20 3000m steeplechase. In his last meet of the season, The Australian University Games, Adam produced a five second PB to win the silver medal in the Open Men's 3000m steeplechase.



*At left, Timothy was presented with his trophy by his proud grandfather. Above Adam was represented with his trophy by his long time coach, Ross.*

### **The Cramp-Mitchell Trophy for Most Outstanding Under 16 Track Athlete - Aiden Wright**

In our U16 age group we have six athletes who qualified for national events this season so to win is quite an honour. Aiden Wright started his season with a fourth and fifth at the NSW All Schools in the 400m and 200m respectively and a new Ryde Best Performance on record for the 200m. At the NSW Juniors Aiden ran a new Ryde Best Performance on record to win the

U16M 400m as well as pick up a fifth spot in the 200m. In Brisbane at the Australian Championships Aiden was 7<sup>th</sup> in the 400m final. Aiden was then picked to run the third leg of the U16 4x200m NSW relay team and the team was to come home with the silver medal.



*Above Aiden also picked up the Sprints Trophy in the Little A Division Awards so a big afternoon for him. We missed Ros Mitchell from our afternoon presentation who usually presents her Cramp-Mitchell Trophy, We hope to see you back again next year Ros. Above right Georgia made three NSW Athletics teams in the season and won the middle distance trophy for her efforts.*

**The G. C. Spitteler Memorial Trophy for Middle Distance- Georgia Phillips.**

2023/24 Club Captain, Georgia is our only athlete this season to qualify for all three national championships and has proved herself to be a more than able cross-country runner, hurdler and steeplechaser. Georgia wins this trophy for her 3<sup>rd</sup> place at the Australian All Schools in the 16yrs 2000m Steeplechase.

Georgia's medal count this season along with the national bronze also included a gold at the NSW All Schools in Steeplechase. At the Australian Juniors Georgia was the seventh athlete across the line in both the U18 Steeplechase and 400m Hurdles.



**The Michael Atterton Memorial Trophy for Most Outstanding Female Athlete, the Mrs F. Downing Trophy for Most Outstanding Field Athlete and the W S Shield Trophy for Most Outstanding Under 18 Field - Jessica Johnston**

Jess started this season with silver in discus, bronze in shot put and a 4<sup>th</sup> in javelin and hammer at the NSW All Schools, Competing at the 2022 Australian All Schools Championships, Jess finished just out of the medals in 4<sup>th</sup> place in the U16 discus. At the 2023 NSW Junior Championships Jess won silver in both the discus and hammer and a bronze medal in Javelin. Jess was all set to compete in all four throws events at the Australian Junior Championships until a rolled ankle in netball saw her in a boot just days before. Nevertheless, Jess with Physio clearance competed in just the discus where she came home with the gold medal and as the U17 Australian Champion.

Jess set new best performance on record for 15yrs shot put and hammer and for U18 hammer. Jess was also a member of our U18 women's throws teams at State Relays who picked up a bronze medal in the discus.





*Above and below Life member Coral Read was to present three trophies each to thrower, Jess Johnston and sprinter, Ruby Worrell at the Presentation Day. Among Ruby's haul was the Hellyer-Read Sprint Achievement Award, an award named after and donated by Coral and a trophy that Coral always takes a particularly keen interest in seeing who wins each season.*



**The Kendall Smith Memorial Trophy for Most Outstanding Male Athlete and the trophy for the Most Outstanding Veteran Track Athlete - Mat Woodhouse.**

We are familiar at seeing Mat's sons Benjamin & Nicholas up on the stage but this season Mat was to make his return to the track and field wearing the Ryde colours and what a return it was.

At the NSW Masters Championships Mat was on a streak of gold medals winning the 45-49yrs 100m, 110m hurdles, long jump and triple jump before injury forced his withdrawal. At the Australian Masters Championships again running in the 45-49yrs group Mat ran a beautifully paced 400m hurdles to win the title. He followed that up with silver in the 100m where he set a new Ryde Best Performance on record and then leapt to bronze in the long jump. He was selected in the NSW 180yrs+ 4 x100m team and the team set a new NSW Masters record and won the national title. Mat's final appearance was to be in the Champion of Champions 100m event run as part of the Sydney track classic where he placed third.

He also represented Ryde at the Little Athletics NSW State Multi event Championships where he won the masters multi event.

We hope to see Mat out next season in our relay teams as well. We are just not sure which ones given the breadth of his talent! A great return season.

**The Betty Moore Trophy for Best Club Athlete - Lachlan Waldron.**

While a very talented athlete himself, Lachlan is winning this trophy for his coaching and mentoring of Alexander Evans this season. Lachie has taken on the role from his father, Ben Waldron and since then Alexander's confidence and results have continued to improve resulting in him winning silver in the discus at the Australian Juniors with a throw 50% further than what he threw at NSW All Schools.

Lachlan and Ben have been regulars on the Ryde BBQ's since Lachlan and his sister Caitlin joined the club. Lachie is a great team player too, happy to put his hand up for any of our team events.

Lachlan also received a National Competitor medal for javelin. Lachlan won silver at both the NSW All Schools



and NSW Juniors this season in javelin. He competed at both the Australian All School and Australian Juniors this season placing 7<sup>th</sup> and 8<sup>th</sup> respectively. Lachlan was a member of the bronze medal winning U18M javelin relay team, set a new Ryde Best Performance on Record for Javelin and has improved his PB by over ten metres this season.



*Above Seniors' President Simon Bergfield presents Mat Woodhouse with two trophies in his first season at Ryde including best Male Athlete. Betty Moore was pleased to see another hurdler up on the stage!*

*Below, as a long-time coach, Betty Moore had some words of advice to Lachlan who was recognised for his coaching & volunteer duties as Best Club Athlete.*



### **Award for Outstanding Performance - Alexander Evans**

Alexander won this award for his national silver medal performance in the U15 PARA Discus at the Australian Junior Championships. In his first season at Ryde, Alexander has competed in everything from Cross Country to sprints, throws and jumps. At the NSW All Schools Alexander competing in the 12-14yrs PARA events placed 6<sup>th</sup> in the 100m and 8<sup>th</sup> in the discus. Five months later, Alexander well and truly improved on those results when he won gold in both the U15 PARA discus and long jump as well as a silver medal in the 100m. At the Australian Track & Field Championships as well as his silver medal in the discus, Alexander placed 4<sup>th</sup> in the U15 PARA 100m and 6<sup>th</sup> in the PARA long jump. Over the season Alexander had cut his 100m time by nearly two seconds and improved his discus by over 4 metres. A great start to his senior's career.

*Below Coach Lachlan presented Alexander with his trophy.*





### **The Most Outstanding Veteran Field Athlete – Steven Barlow**

This trophy usually sees an annual tussle between two of our state title winning throws athletes, although this season we had some new contenders when a record ten Ryde Masters Athletes signed up for Australian Masters Championships. Among those ten athletes, in the field they won one gold, three silver and six bronze medals so picking a winner became very challenging.

In the end we went with our gold medal winning and Australia Title holder, Steven Barlow who won the Mens 50-54yrs Pole Vault in a new PB vault of 2.90m .

Steven had also won the NSW Masters title in Pole Vault as well as picking up a bronze medal in the discus and was a member of the silver medal winning men's 4x400m 160yrs + relay team.

### **The Ian Pereira Memorial Trophy Relay and the trophy this year goes to our Men's Vet 160yrs+ 4x400m Relay team – Steven Barlow, Puspesh Kumar, Jon Baker & Nick Pawsey.**

This year we had six teams win silver at the ANSW State Relays and we decided to separate them by comparing their results to the state records.



*Above Andrew presents a trophy to Steve that he has won many times himself – Best Veteran in the Field*



*Above Puspesh, Steve & Nick collected the Trophy for best relay team from Andrew . Missing was teammate Jon Baker to whom we wish a speedy recovery. Puspesh had had a busy morning competing in and completing a 21km run in the Runaway Sydney Half Marathon. Puspesh ran a time of 1hr 35min 40s to place 899<sup>th</sup> out of 8851 runners. Well done Puspesh.*



Even then the results proved to be extremely close but coming out on top was the first Masters Track Relay team Ryde has entered in years. This was a team that almost did not compete due to injury of one of their runners the day before. However, Steve Barlow was to put his hat in the ring and the rest is history.

Hopefully next season we can see even more Masters athletes and teams out in the Ryde colours.

## Ryde National Competitor Medal Winners

Being selected in an Athletics NSW team to compete at national level is a huge achievement. Ryde Seniors award a medal acknowledging that the Ryde Athlete was a national competitor and name the discipline in which they competed. The medal is awarded to all our athletes who compete at national level except for those athletes who are receiving a glass trophy, in which case, for completeness of their achievements, it is engraved on the trophy.

Perpetual trophy winners already recognised here in Footprint, received their National Competitor medal when they received their perpetual trophy. Our other National Competitor medal winners are detailed below.



### National Competitor Medal winner, Cross-Country – Benjamin Woodhouse

Benjamin represented NSW at the Australian Cross-Country Championships in Adelaide where he placed 24<sup>th</sup> overall in the U15M 4000m event. Benjamin had been the silver medallist at the NSW All Schools Cross-country as well as picking up the

bronze medal at the Athletics NSW Cross Country Championships.

Benjamin is a fun run enthusiast competing in events from the Sydney 10km run to the Panorama Punish, which is a foot race around the Mount Panorama race track where Benji won the 12-14yrs age group.

Injury meant we did not see Benjamin out on the track this season but we are looking forward to seeing him fit and well out again this cross-country season.



### National Competitor Medal winner, Middle Distance – Axel Bruntsch

**Axel Bruntsch** had been flying this season and when he cut through the two-minute barrier for the 800m at State Little Athletics we had our fingers crossed for nationals. Sadly, a heavy cold that saw Axel sidelined the days before and during Nationals impacted his performance which was still an impressive 11<sup>th</sup> in Australia in what was still a terrific time of 2m 01.74s.

Axel took close to 10 seconds off his 800m time this season and around 17 seconds off his 1500m time. He was 4<sup>th</sup> at NSW All Schools in both the 800m and 1500m and 5<sup>th</sup> in the 800m at NSW Juniors. At the ANSW State Relays Axel ran a brilliant leg of the 400m to help bring the U16 4x400m home to a bronze medal.





*Above Axel & below Mikayla and Maddison, National Competitor Medal winners*

**National Competitor Medal winner, Discus – Maddison Duncombe & Mikayla Duncombe**



**Mikayla and Maddison Duncombe** are Ryde's latest set of siblings to represent Ryde at Nationals.

**Maddison** qualified for the Australian Junior Track & Field Championships after winning the bronze medal at the NSW Juniors U18 discus. At nationals Maddie placed 17<sup>th</sup> in the discus.

**Mikayla** waited until 3 days before the cut off for qualifying performances before producing a big PB throw of 34.04m to get added to the NSW team. In her first nationals' appearance Mikayla finished 8<sup>th</sup> in Australia in the U15 discus.

**National Competitor Medal winner, Pole Vault – Claudia Barlow**

Claudia was to finish the season on a high when she vaulted a new PB of 2.40m to place 5<sup>th</sup> at the 2023 Australia Juniors, six spots higher than in 2022.

Claudia started her season with gold at the NSW All Schools following that up with 5<sup>th</sup> at the Australian All Schools. At the NSW Juniors Claudia again was the State Champion winning the U17W event.



*Above proud dad, Steve Barlow presented Claudia with her National Competitor medal.*

**National Competitor Medal Winner, Pole Vault & Hurdles - Daniel Cox and Zara Pawsey.**

This season **Daniel Cox** represented Ryde at both the Australian All Schools and the Australian Juniors Track & Field Championships.

At the Australian All Schools Daniel placed 5<sup>th</sup> in the U14M Pole Vault in a new Ryde Best Performance on record of 2.35m. At the Australian Juniors Daniel was 10<sup>th</sup> in the U15 Pole Vault. Daniel also placed 16<sup>th</sup> in the 100m hurdles and 24<sup>th</sup> in the 200m hurdles.

At State level Daniel was the silver medallist at both the NSW All Schools and the NSW Juniors in Pole Vault. Daniel was also a member of the silver medal winning U14 4x long jump relay team at State Relays.





*Above another proud dad moment for one of our Masters athletes. Nick Pawsey presents daughter Zara and, Daniel Cox, with their national competitor medal.*

**Zara Pawsey** had a terrific start to the season before a recurring ankle injury impacted the back half. Nevertheless, Zara was to make the most of it including her debut performance in the NSW team at the 2023 Australian Juniors where she placed 12<sup>th</sup> in the U16 Pole Vault. Her start on the short hurdles at nationals was not to be as a result of the injury.

At just 14, Zara was the youngest member of Ryde's silver medal winning Open 4x long jump team at state relays. Zara was to win her first individual state medal at the NSW All Schools when she won bronze in the 14yrs Pole Vault and repeated the bronze medal performance at NSW Juniors.

### **National Competitor Medal, Sprints – James Woods**

Watching the improvement in James' performance over this season has been one of the highlights. It has been a great example of you never know what will happen until you give it a 100% go. If we were to have a most improved athlete award James would up there in contention.

Over the season James has sliced 5.5 seconds off his 400m time and over 2 seconds off his 200m time as well as setting new PB's in the 100m, 200m hurdles and 100m hurdles. At the Australian Juniors James decided to concentrate on just the U16M 400m and was to place 13<sup>th</sup> in Australia.



*Above James, another of our athletes to make an outstanding debut at nationals this season.*



*Above Simon presents Ross with a new umbrella, in Ryde colours of course, as a thank you*



Some of our trophy winners were not able to make the afternoon.

### **The Davies Family Trophy for Most Outstanding Under 20 Field Athlete - Brendan Mannasz**

Brendan wins this award for his silver medal performance at the Australian All Schools where he cleared a new PB height of 2.05m to take home the silver medal.

Brendan set new Ryde Best Performances on record this season in the U18 & U20 high jump.

Brendan was also a member of our U18M High jump relay team that won silver and our U18M Long jump relay team that finished with bronze at the ANSW Relay Championships.

### **National Competitor Medal, Sprints – Yahya Ali**

**Yahya** was to start the season with some dazzling times but as can happen to a sprinter, recurring hamstring issues saw Yahya not be able to always perform at his peak.

Nevertheless, at the CHS Championships Yahya ran a faster 100m than any 14yr old Ryde boy had as well as picking up this season the 14yrs Best performance on record for 200m.

At the NSW All Schools Yahya was just 1/100<sup>th</sup> second off the bronze medal in the 100m. At NSW Juniors again placed 4<sup>th</sup> in the 100m.

Having qualified for both the 100m and 200m at the Australian Junior Championships Yahya was flying down the track in his 100m heat when his hamstring injury struck again and he had to pull up and also withdraw from the 200m.

We hope that next season will see him back running injury free.

### **National Competitor Medal, Long Jump – Sophie Kavanagh**

Sophie was another of our outstanding jumpers for the season and finished just out of the medals at the Australian Open & U20 Championships when she placed 4<sup>th</sup> in the U20W long jump.

At the 2022 NSW All Schools Sophie defended her title when she was the 18yrs long jump champion and at the NSW Juniors Championships finished with a bronze medal. At the ACT Championships Sophie was the U20 long jump Champion.

In team's events, Sophie captained the Ryde Open Women's 4x long jump team to a silver medal at the ANSW State Relays, Ryde's first Open Relay medal in more than a decade.

## **Thank you, thank you, thank you**

A presentation afternoon does take a lot of work and involve a lot of people and it is time to thank them.

First, to the **Pawsey** family, who were rightly recognised in the Junior Division Awards for their massive contribution to the club, when they were awarded the Julie Reynolds Spirit of Ryde trophy. Thank you turning a USB of photos into such great graphics & shots that ran behind each athlete as they received their award. Seeing them in action, and reliving their highlights, certainly makes the afternoon more memorable.

**Betty Moore** – Club Patron and Legend. There is no one better to be the anchor for our afternoon. We can sit back and know that it is in trusted hands. Every year we learn something new about the club that comes from Betty's vault of knowledge built up over more than five decades of contribution to our club.

**Coral Read** – Life member, Presenter and Benefactor. If we could bottle Coral's enthusiasm and love for Ryde athletics we'd be on a winning formula. Every year Coral bounces into our Presentation Day and brings such positivity and interest in what has happened over the past twelve months. An avid reader of both the Footprint and the Annual Report, as with Betty, Coral teaches us new things about Ryde Athletics each time we meet. The history of our club extends far back before the start of Little Athletics and as Betty and Coral both attest, was home to many Olympians and Commonwealth Games representatives over those early years.

Our friends from the **Ryde Sports Foundation, Jim Hull, Kim Clayton, Robyn Churchill & Anthony Stavrinis**. It was terrific to have so many members come along from the Foundation which in truth, is a massive cheer squad for all things sport in Ryde. These volunteers give freely of their time to come and be part of recognising young sports men and women across Ryde and we greatly value their partnership with Ryde Athletics. The Foundation's monthly sports awards and Annual Presentation dinner along with the fundraising they do for our Olympic team is outstanding community-based support. We thank The Weekly Times and Club Six for the support they give to the Foundation's work and to all our local sports stars.

**Alderman Roy Maggio** – Thank you for coming along today and cheering and for your long personal support via Council. We appreciate the support that Ryde Council has given us over the years especially as our Junior Division has grown to be the 6<sup>th</sup> biggest Little Athletics Club in NSW. We have grown in numbers by 83% since our last major building additions at the club in the early 2000's and are hoping we can count on your support to best leverage any future council funding into much needed Clubhouse, training, and storage updates.



## ANSW Cross Country Season is back & there are lots of events you can enter

School Cross Country season is well underway and there are plenty of ANSW events that are also on offer – some of these offer pathways to compete at the Australian Cross Country Championships. All of the events below can be found on the [ANSW calendar](#). For all events, except West Met, you will need to enter online at ANSW.

First **West Met Cross Country** is back offering 2km, 4km, 6km & 8km runs on a Saturday afternoon from 2pm. Saturday 27<sup>th</sup> May the race will be at Upjohn Park Rydalmere. On Saturday 10<sup>th</sup> June at Eric Primrose Reserve, 86 John St, Rydalmere. On Saturday 24<sup>th</sup> June it will be at Bella Vista Farm Park, Elizabeth Macarthur Drive, Bella Vista. Further West Met Races will be added to the ANSW Calendar. Entries are taken on the day.

On Saturday 3<sup>rd</sup> June ANSW will hold the **ANSW Cross Country Relays** also at Upjohn Park. I have emailed members to see if you are interested in being in a team and if you haven't responded then please do so. As well as team relays individual entries are also allowed.

The **NSW Cross Country Championships** will be held at Tapitallee on Saturday 17<sup>th</sup> June and are open to all ANSW members. This race is one way of qualifying for the Australian Cross Country Championships.

The **NSW Short Course Cross Country Championships** will be held at Dapto on the 8<sup>th</sup> July.

The **NSW Road Relays** will be starting at the Crest, Bass Hill on Sunday 6<sup>th</sup> August. Ryde will look at entering teams for this event so if interested please let [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) know.

## It is time for some new helpers. Here are the roles

We need more parents (or older athletes) to step forward and help undertake some of the tasks that are required to keep Seniors going. I know many of you help out at Little A's on a Saturday, I help there too, but that isn't a reason to stop you also helping the Seniors part of the Club.

Below are some role descriptions that we are looking to fill. If fear of having to attend long committee meetings is holding you back, none of

these would require you to join the Committee, unless you really wanted to.

There would be support over the season for you as you learn the role. None of them is rocket science but it is only fair that we start to share responsibility & knowledge beyond people who no longer have children representing the club.

## Role Vacancy – Senior Records Keeper

Starting the 2023/2024 season we will simplify how we maintain our Senior Club records and are looking for someone to take on the role.

This role would only require undertaking action three times a season.

We have two sets of records that can only be set by **Ryde Senior Registered athletes**. Both sets of records are included each year in the Annual Report.

Those records are;

- **Best Performance on Record** which can be set at any ANSW, AA or AA affiliated body or at international competition.
- **Ryde Club Records** – these can only be set at the two Championships days we run at Dunbar each season usually in November and February.

For Best Performance on record, the role would involve sending an email at the season end asking athlete members to check whether they have broken/equalled a record and request that they provide a link or copy of that record breaking result.

For Ryde Club Records, the role would involve checking the result sheets at the end of these two competitions.

You would be responsible for updating the relevant records and ensuring the new records are included in the Annual Report.

Putting the emphasis on members to check the records themselves and to also provide proof of that new record will reduce the work required to complete this role and bring us into line with other senior clubs/divisions.

If you are currently not helping Ryde Seniors and would like to undertake this role, please contact me at [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com). This is not a Committee role so you will not be required to attend Committee meetings.



## **Role Vacancy – Trophy Co-ordinator**

Our Senior trophy criteria and trophy choices have been bedded in over the past few seasons. This role only really requires actions around April-May each season. We have around 20 perpetual trophies and we also award medals to athletes who compete at national level.

The role involves;

- Drawing up the short list (top two-three athletes/teams) for each category for discussion and agreement with a trophy sub-committee.
- Be responsible for collecting Perpetual trophies back from previous winners, providing the trophy list, placing, and collecting order and checking accuracy of all trophies and medals.
- Provide a short description as to the season performances of each athlete who is being presented with a trophy that can be used on Presentation Day (This information is available from Footprints)
- Set up trophies on Presentation Day.

If you are currently not helping Ryde Seniors and would like to undertake this role, please contact me at lbergfield@hotmail.com. This is not a Committee role so you will not be required to attend Committee meetings.

## **Role Vacancy – Track & Field State Teams Organiser**

Each Season we try to enter as many teams as we can to the ANSW State Relays that occur each November. The role would also require coordination of the Club Championships team if ANSW where to reintroduce this event in 2023/24. This role would only require attention prior to these events.

The role involves;

- Emailing members to find out athlete availability/interest.
- Checking athletes' performances over the season to date in order to rank them for team membership.
- Collating responses and with assistance of a selection group/partner work out membership of teams.
- Email selected members to confirm their place.
- Enter the Ryde teams onto the ANSW site.
- Advise athletes/parents of final timetable, check in requirements etc.
- Organise a parent roster for any duties Ryde is allocate.

If you are currently not helping Ryde Seniors and would like to undertake this role, please contact me at lbergfield@hotmail.com. This is not a Committee role so you will not be required to attend Committee meetings.

## **Role Vacancy – Cross Country & Team Walks Organiser**

In the winter season there is some interest in our athletes running in some of the cross-country relay and team walks events. That occur in June-July each year. This role would only require attention in the month or so prior to these events.

The role involves;

- Emailing members to find out athlete availability/interest.
- Checking athletes' performances over the season to date in order to rank them for team membership.
- Collating responses and with assistance of a selection group/partner work out membership of teams.
- Email selected members to confirm their place.
- Enter the Ryde teams onto the ANSW site.
- Advise athletes/parents of final timetable, check in requirements etc.

If you are currently not helping Ryde Seniors and would like to undertake this role, please contact me at lbergfield@hotmail.com. This is not a Committee role so you will not be required to attend Committee meetings.

## **Seniors President Address 2023**

I am going to keep my speech short today as what we are here to do is celebrate the achievement of our Ryde Seniors athletes.

Our medal count at State and national level continued to improve again this season. At a State level across all state championship events Ryde athletes won 21 gold, 29 silver and 20 bronze medals. At national level we won an incredible 5 gold, 11 silver and 9 bronze medals across the Australian Track and Field and Australian Masters Championships. Amongst our younger athletes we had 24 qualify for the NSW team, eight for the first time.

Our overall membership numbers went up quite a bit too this season and it was great to see so many new faces out competing across ANSW competitions. I would like to focus a little on our Masters Athletes



because as a Club it would be terrific to see this group grow more. This season we entered our first Masters Track Relay team at the ANSW Relays and they won a silver medal. At the Australian Masters Championships, we had ten Ryde competitors compete across twenty-nine events and they won three gold, three silver and eight bronze medals. Of our ten athletes six had never competed at nationals before. Most of them are just Ryde Little Athletics dads and mums. Masters athletics starts at age 30 and is a wonderful way to challenge yourself, reconnect with your childhood athletics and get involved in a sport that your children are involved with as well.

I do want to thank my committee for the work that they have done. Ross, Suze, John, Andrew, Chloe, Pete and Louise, I appreciate all that you do. Thank you.

Concerningly though we continue to be a committee not representative of our members.

By that I mean from all the families whose children do Senior athletics none have sat on our committee. The work of keeping the Senior Division going should be more fairly represented by those families who are getting benefit out of being part of Ryde Seniors.

Today we have seen two parents take on the roles of Secretary and Registrar and another parent join as a general committee member and I am grateful for them doing that. We still need more parents, older or Masters athletes to step forward and help. Some of these roles do not require you to come to committee meetings if that has been holding you back and are detailed in this Newsletter. We need you to help shape what you think Ryde Seniors should be, especially as we move towards a future merger with our Junior Division into one true club.

**Simon Bergfield**  
**Senior Division President**  
**Ryde Athletics Centre**

### **Your Senior Division Committee for 2023-2024 – still time to sign up!**

|                        |                                  |
|------------------------|----------------------------------|
| President              | Simon Bergfield                  |
| Vice-President         | Andrew Atkinson-Howatt           |
| Secretary              | Rodney Woods                     |
| Treasurer              | Peter Davis                      |
| Registrar              | Christine Phillips               |
| Race Secretary         | Ross Forster                     |
| Publicity              | Louise Bergfield                 |
| Fundraising            | Chloe Davis                      |
| ANSW Delegate          | Andrew Atkinson-Howatt           |
| ANSW Delegate          | Simon Bergfield                  |
| ANSW Co-Delegates      | Betty Moore                      |
| Northern Zone Delegate | Andrew Atkinson-Howatt           |
| Coaching Convener      | Ross Forster                     |
| Committee Member       | Russell Cox                      |
| Club Captains          | Andrew Kalos<br>Georgia Phillips |

We are always interested in getting new Committee members so please think about giving something back to the Club. We only meet 8 times a year. So please think about how you can give back to the Club.

## **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 4<sup>th</sup> 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 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](mailto: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 – 4<sup>th</sup> June 2023**

**We still have some spots to fill on the roster so contact** Chloe Davis know at [chloeemadavis@gmail.com](mailto:chloeemadavis@gmail.com) if you can help

2 spots from 10am-12.00pm

2 spots from 12-2.00pm

2 spots from 2.00pm-4.00pm





# WINTER 2023 NSW CHAMPIONSHIP CALENDAR

|  |  |                                 |  |
|--|--|---------------------------------|--|
| 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 Championship 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 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](#). Keep checking the ANSW calendar over winter as new events can be added.