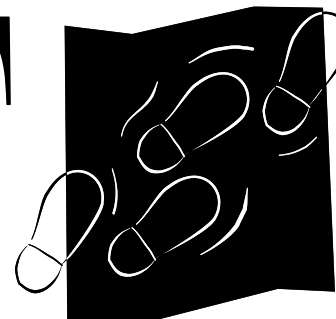




FOOTPRINT



Senior Division School Rep season, All Schools Primary Challenge 2023

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

NSW All Schools 16-19yrs & the Primary School Challenge

There is no doubt the athletics season is off and running. Representative high school athletics culminates in the NSW All Schools each year. In a new format the 16-19yrs competed over the weekend of the 23rd-25th September along with a new cohort of athletes competing in the 10-13yrs Primary School Challenge. This proved a great opportunity for a lot of younger Ryde athletes to get out and experience competition at State level so early in the season, and for a number, for the very first time.

There were some great results out there including three dual medallists –

Nathan Barbara- gold in both the 15-16yrs PARA discus & shot put (and F61 national records in both).

Timothy Forster- gold in the 19yrs 110m hurdles with a beautifully executed run that sees him take the No.1 ranking in Australia for U20 hurdles as well as a silver in the 19yrs 200m in a time fast enough to qualify him for the Australian Men's Open 200m, and Tim is still only 17.

Jack Spencer – silver in the 11yrs 100m and shot put isn't a combination you often see, but Jack achieved that with some great running and throwing over the carnival. Full results start page 17 (yes a packed edition this time!) Thank you to the parents who provided photos, particular Stephen Barlow for some great action photos inside.

Below Tim well ahead of the field in the 110m Hurdle final



Registration information 2023/24

What is Ryde Seniors?

Ryde Seniors is part of the Ryde Athletics Centre and is affiliated with Athletics NSW (ANSW). We have existed for over 70yrs in various forms.

We provide membership to all ages right through to our Masters athletes.

What does it cost to join Seniors?

- **ANSW Youth (ages 8-12yrs) \$40***
- **ANSW Juniors (13-16yrs) \$40***
- **ANSW Juniors (17-19yrs) \$140**
- **ANSW Open Age (including Masters) athletes \$190**

Ages are as 31st December 2023

*If your child is not registered as a Ryde Little Athlete there will be an additional \$50 club membership fee added to the above fee to ensure they are a financial member of the Ryde club & eligible for relay teams, trophies, and grants.

We recommend that any athletes under 11yrs who are thinking about joining, speak to their coach to discuss whether it would be a good way to supplement their Little Athletics. Over that age, Ryde Seniors believe ANSW offers some great events to challenge athletes to achieve their best.

What events can I compete in?

There are loads of events that you can compete in over the season. ANSW offers events most Saturdays or weekends and there are sometimes mid-week competitions including;

- **Allcomers competitions & Treloar Shield** are open to all Athletics NSW registered athletes.
- **Specialised meets** that may be for middle distance events, throws, jumps or pole vault meets.
- **State Championships** including **NSW Juniors & NSW Opens, the State Combined Championships** and, the **NSW All Schools Championships**.

The ANSW State Relays (18-19 November) are a great competition to get together with other members from Ryde Seniors and form teams. We select our teams on ability not age and so get a great mix of athletes to enter as many teams as we can.

Where can I find more information on what events are being offered?

You can check the ANSW Calendar - (<https://www.nswathletics.org.au/events/list/>)

on their website.

Ryde Seniors will also keep you up to date on what is offered via email, Facebook updates & our newsletter, Footprint.

ANSW competition lets you choose the events you want to compete in. At many ANSW meets you will compete in seeded events so you will always be challenged. ANSW events provide the gateway to competing at our national championships.

What about Opens and Masters Athletes?

As well as offering membership to Little Athletes, Ryde Seniors is a way for parents to join athletics. Open membership is available from age 20 and for Open athletes aged over 30, competition via master's championships is also offered via State and National Championships as well as at ANSW Relays and during winter, in Cross Country events.

The NSW Masters Championships usually held in February saw ten Ryde Masters take to the track and field in 2023, many competing for the first time. They came home with 8 gold, 6 silver and 2 bronze medals.

Masters' competition is based on 5 yr. age groups - e.g., 30-34yrs, 55-59yrs so you compete against people of similar age.

The Australian Master Championships is a fantastic opportunity to pit yourself against athletes from around the country, in what is a friendly, encouraging atmosphere. In 2023, our Ryde Masters came home with 16 medals. Seven of those athletes had never competed at National masters before.

Ryde Social Athletics will also continue this season as well with athletes registering with ANSW as Community Athletes for \$50 for the season. As ANSW members Social Athletes will also be able to compete to break records at the Ryde Senior Club Championships. If they decide to upgrade their membership to a full Masters athlete, the \$50 already paid will be credited against the upgrade.

Ryde Senior Club Championships - held twice a year and the only day that Senior Club records can be broken. Our first Championships day is Sunday 15th October

READY, SET, GO! HAVE YOU JOINED RYDE SENIORS YET? THE CALENDAR IS UP. LOADS OF EVENTS FOR YOU TO DO OVER SUMMER. TIME TO TURBO CHARGE YOUR SEASON

SEPTEMBER

- 23-25 NSW ALL SCHOOLS CHAMPIONSHIPS 16-19YRS SOPAC
- 23-25 NSW PRIMARY SCHOOL CHALLENGE 10-13YRS SOPAC

OCTOBER

- 4 ONLINE REGISTRATION OPENS FOR RYDE SENIORS WHO WERE REGISTERED IN 2022/23 SEASON
- 6-8 NSW ALL SCHOOLS CHAMPIONSHIPS 12-15YRS SOPAC
- 14 ANSW TRELOAR SHIELD ROUND 1 SOPAC
- 15 RYDE SENIORS CLUB CHAMPIONSHIPS DAY 1, DUNBAR PARK 9.15AM START
- 21 TRELOAR SHIELD ROUND 2 & STATE 10000M BANKSTOWN
- 23 ANSW SCHOOLS CHALLENGE (HIGH SCHOOL TEAMS) SOPAC WARM UP TRACK
- 25-26 NSWPSA TRACK & FIELD CHAMPIONSHIPS - SOPAC
- 28 ANSW TRELOAR SHIELD ROUND 3 - CAMPBELLTOWN

NOVEMBER

- 4 ANSW 3000M STATE CHAMPIONSHIPS ES MARKS
- 11 ANSW TRELOAR SHIELD ROUND 4 MINGARA
- 18-19 ANSW STATE RELAYS – (SELECTED RYDE SENIOR MEMBERS FROM U10 UP) SOPAC
- 23-27 SCHOOL SPORTS AUSTRALIA (PRIMARY SCHOOL) CHAMPIONSHIPS) – 10-12YRS) LAUNCESTON
- 25 ANSW TRELOAR SHIELD ROUND 5 & 10000M WALKS CHAMPIONSHIPS SOPAC

DECEMBER

- 2 ANSW TRELOAR SHIELD ROUND 6 - SOPAC
- 8-10 AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS PERTH
- 16 ANSW TRELOAR SHIELD FINAL - SOPAC
- 23 ALBIE THOMAS MILE - BANKSTOWN

JANUARY

- 27-28 COMBINED CHAMPIONSHIPS - SOPAC

FEBRUARY

- 10 5000M STATE CHAMPIONSHIP -SOPAC
- 17-18 ANSW SYDNEY NORTH REGIONAL CARNIVAL U8-U12 ATHLETES BANKSTOWN (NOTE THIS IS NOT THE LITTLE ATHLETICS REGIONAL CARNIVAL)

MARCH

- 2-3 ANSW MASTERS STATE CHAMPIONSHIP -VENUE TBC
- 7-10 JUNIORS STATE CHAMPIONSHIPS (12-19YRS) - SOPAC
- 14-17 ANSW OPEN CHAMPIONSHIPS -SOPAC
- 14-17 ANSW YOUTH CHAMPIONSHIPS - SOPAC

29-1 APR

- AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS - HOBART

APRIL

- 11-19 ATHLETICS AUSTRALIA CHAMPIONSHIPS (TIMETABLE TBC - OPEN AND UNDER 20 AGE GROUPS WILL BE HELD OVER THE FIRST FOUR DAYS, WITH THE JUNIOR AGE GROUPS HELD OVER THE LAST 5 DAYS.) ADELAIDE

ANSW WILL ADD MORE EVENTS DURING THE SEASON THE FULL DETAILS OF WHICH YOU CAN FIND ON THEIR WEBSITE .

Want to know more about Ryde Seniors?



Want to register with Ryde Seniors?
Registration for existing ANSW members opens 4th October and is open now for new members



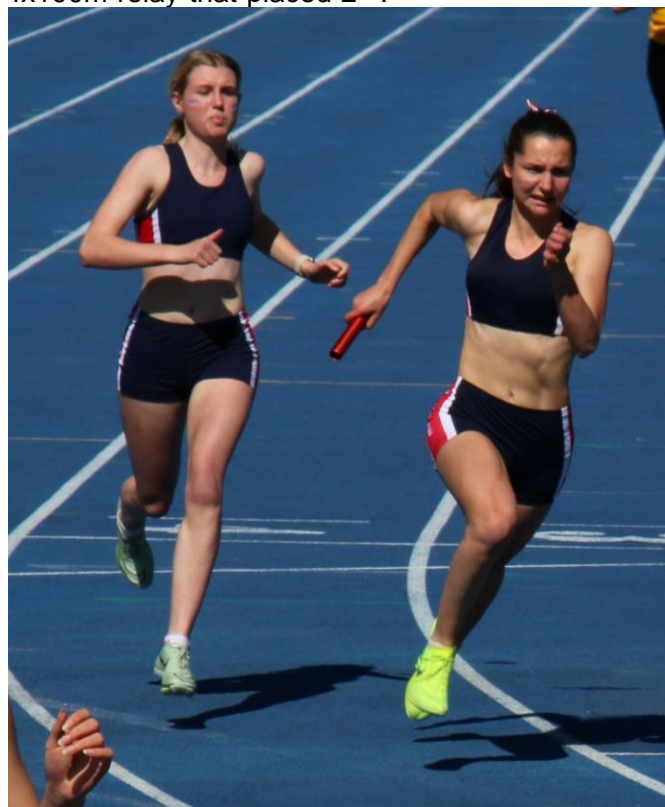
Want more information on the ANSW events?



IGSA Athletics Carnival



At the IGSA Athletics Carnival held at SOPAC on Friday 25th August Ryde athlete **Georgia Phillips** was representing **Pymble Ladies College**. Georgia placed 5th in the U17 high jump (1.45m), 2nd in the long jump (5.14m) 5th in the 100m hurdles (17.34s) and was a member of Pymble's senior 4x100m relay that placed 2nd.



Sydney Catholic Schools Championships

The Sydney Catholic Schools Championships was held at SOPAC on Friday 1st September 10 Ryde Seniors were competing for their schools.

Rory Davidson (Holy Cross College) was 2nd in the 16yrs+ Triple jump with a leap of 12.36m. Rory picked up silver medals in both the 17yrs+ shot put (13.95m) and long jump (6.17m). Rory was 4th in discus with 33.55m.

Jope Rauqe (Holy Cross College) was another busy athlete. Jope won the 16yrs long jump (5.70m) and was 2nd in the high jump (1.75m) His relay team set a new record in winning the 4x100m event in a time of 46.31s. a throw of 28.08m in the discus saw Jope take home the silver and in the 16yrs+ Triple jump Jope jumped 11.51m for 8th spot. In the 100m Jope placed 11th (12.41s).



Above Rory & Jope with the trophy the Holy Cross Boys won at the Conference event leading into the Sydney Catholic Schools Championships.

Isaac Siebert (Holy Cross College) was one of three runners in the 16yrs 800m to break the old record. Isaac finished in a good time of 2m 06.78s.

Andrew Kalos (Marist College Eastwood) won the 16yrs javelin with a throw of 45.35m. In the 16yrs+ triple jump Andrew placed 6th with a leap of 11.66m. Andrew's relay team was 4th in 42.71s.

Nathan Barbara (Marist College Eastwood) won the PARA Discus 16yrs+ with his throw of 16.95m (64.99%). Nathan was second in the PARA shot put with his throw of 5.17m (41.23%).



Well done to Nathan gold and silver in the throws

Amelie Gomez-Niewolik (Marist Sisters Woolwich) was 2nd in the 15yrs 100m (13.68s) and 4th in the long jump with her best jump of 4.59m. Amelie's 4x100m relay team placed 3rd (53.64s).

Christopher Moala was another busy Holy Cross athlete. Chris jumped 5.54m in the 15yrs long jump to set a record as well as winning the 12-15yrs triple jump with a leap of 12.50m. Chris cleared 1.65m to claim 2nd in the high jump and was 4th in shot put with a throw of 9.72m. Chirs's Holy Cross 4x100m relay team won their event in a record time of 43.70s. In the 100m Chris place 9th in 12.37s.

Julian Smith (Marist College Eastwood) placed 3rd in the 15yrs 1500m in a time of 4m 38.51s. In the 800m Julian was 4th (2m 16.69s).

Lachlan Waldron (Marist College Eastwood) won both the 15yrs javelin (40.50m) and the discus (44.09m). In his 200m event Lachie was 7th in a time of 26.47s/ Lachlan's 4x100m relay team was 4th in 48.45s.



Five first places for Miah! Well done

Miah O'Shea (Marist Sisters Woolwich) had an excellent meet winning five events across the day. Miah set a record with her leap of 5.25m in the 16yrs long jump and her 4x 100m relay team also set a record time of 52.42s. In the triple jump Miah landed at 11.00m. Miah ran 13.64s to win the 16yrs 100m and backed that up with another win in the 1500m in a time of 5m 41.26s. In her 200m Miah finished 4th in a time of 29.11s.

Sydney Half Marathon & 10km Fun Run

Puspesh Puspesh, one of our Masters athletes, competed in the Sydney Half Marathon at Sydney Olympic Park on Sunday 3rd September. Puspesh finished in a personal best chip time of 1hr 34m 51s to place 230th overall and 63rd in the 40-49yrs age group.

Nicholas and Chelsea Woodhouse competed in the 10km fun run event, running together with Nicholas finishing 103rd in 58m .04s and Cheslea in 104th spot in the same time.



Want to test yourself against Ryde Seniors Club Records? Then sign up and join Ryde Seniors for the 2023/24 season and come and compete at Day 1 of our Ryde Senior Club Championships on Sunday 15th October commencing 9.15am, Dunbar Park.

The morning isn't just for kids. Adults who sign up for Ryde Social Athletics or register as a Ryde Open or Masters athlete by the 15th October will be eligible to break club records. If any parents would like instead to come along and trial, you are welcome to compete as a visitor but please note there is no insurance coverage for unregistered competitors.

Girls	100m	400m	1500m	Hammer	Long Jump	Discus
U12	13.9s	71.6s	5.20.7s	15.54m	4.51m	23.45m
U13	13.4s	64.5s	5.29.6s	27.73m	4.66m	33.14m
U14	13.1s	62.2s	5.14.5s	36.27m	4.65m	26.44m
U15	12.8s	61.5s	5.08.0s	22.82m	5.10m	31.73m
U16	12.3s	60.0s	4.55.4s	39.79m	5.53m	36.44m
U18	12.1s	59.4s	4.42.0s	38.34m	5.93m	39.35m
Boys	100m	400m	1500m	Hammer	Long Jump	Discus
U12	13.7s	62.4s	5.00.9s	16.27m	4.74m	26.16m
U13	13.2s	63.4s	4.41.6s	22.90m	4.91m	33.13m
U14	12.2s	57.2s	4.43.0s	23.39m	5.26m	33.25m
U15	11.9s	55.5s	4.39.6	27.20m	5.57m	41.23m
U16	11.4s	55.6s	4.27.3s	29.92m	6.16m	43.66m
U18	11.0s	53.3s	4.17.4s	36.78m	6.38m	34.19m

Ryde Senior Club Championships is held twice a year for Ryde Athletes who have registered with Athletics NSW as a Ryde Senior Athlete. Ryde Little Athletes can register as a Ryde Senior for \$40 and compete not only at Ryde Club Championships but at Athletics NSW events all over Sydney during summer. Look in your Ryde Little A Registration Pack for more details .



Full Senior Club Records including U20 to Masters and the records for the events held on day 2 of the Club Champs can be found in the Annual report - access it via the QR code to the right.

Association of Independent Co-Educational Schools (AICES) Track & Field Championships

The AICES Championships were held at SOPAC on Tuesday 5th September and three Ryde Senior athletes were competing all representing Arden College.

Nicholas Woodhouse ran a time of 25.28s to place 13th in the 17yrs 200m. Nicholas completed his 800m in 5th place in 2m 11.75s.

Benjamin Woodhouse ran an AICES record time of 4m 17.94s to easily win the 15yrs 1500m. In the 15-16yrs 3000m Benjamin was just pipped for 1st in a time of 9m 10.96s.

Alexander Evans won the PARA 12-19yrs long jump with a leap of 3.24m. In the shot-put Alexander's put of 5.61m again saw him finish first and claim the AICES record for PARA shot. In the discus Alexander threw 11.62m for another 1st place. In the 12-19yrs PARA 100m event, Alexander claimed his second AICES record of the meet when he was first across the line in 15.93s. Alexander claimed 3rd spot in the PARA 200m in a time of 36.53s.

The NSWCHSSA Track & Field Championships.

The NSW Combined High Schools Sports Association 2023 Track and Field Championships were held at SOPAC from 6th-8th September 26 Ryde athletes represented their schools.

Zara Pawsey (Riverside Girls) had a very busy three days. In the 12-15yrs 200m Hurdle heats Zara ran a time of 32.70s to be the 5th fastest heat runner. In the 90m hurdle heats Zara was third in her heat in a time of 13.59s to qualify for the final. In the wet and rainy final Zara was cleanly over all the hurdles to finish 5th at CHS with a time of 14.51s.

Charli Nagle (Riverside) competed in the heats of the 12-15yrs 200m hurdles, Charli ran a time of 35.16s to miss the final by just one spot and place 9th overall. In the heats of the 15yrs 90m hurdles where she place 5th in her heat and 11th overall in a time of 15.87s.

Zara and Charli were both members of the Riverside Girls 15yrs 4x 100m relay team with Zara running the second leg and Charli bringing the team home. In the heats the girls clocked a time of

52.82s to win their heat. In the final Charli battled all the way down the straight to keep the team in medal contention which she did when she crossed the line for bronze in a time of 53.08s.



Above Charli & Zara members of the Riverside 15yrs 4x100m team that finished with the bronze medal.

In the Women's pentathlon, **Zara Pawsey, Maddison Duncombe and Charli Nagle** all competed. Going into the final event, the 800m, Zara Pawsey was sitting in the silver medal position some 200 points behind the leader. Zara's strong 800m leg however catapulted her to the lead and she took home the CHS State title. Charli finished in 4th place and Maddison, who was carrying a heavy cold going into the competition, placed 9th. Their results and points are shown below

	200m	HJ	LJ	SP	800m	Total
Zara	27.12	1.49m	4.83m	7.12m	2m 39.35	1 st
	702	610	514	343	580	2749
Charli	28.73	248	4.08m	8.70m	2m 53.36s	4 th
	574	512	326	445	429	2286
Maddison	28.56	1.13m	4.46m	10.64m	DNF	9 th
	587	248	418	571	0	1824

Maddison also competed in the 17yrs+ discus event where she managed a best throw of 27.93m for 9th place.

Maddie was also a member of the Riverside Girls 17yrs+ 4 x 100m relay team which was all Ryde girls. **Mikayla Kelleher** led the girls off handing over to **Aliana Moala** to run the back straight. **Elysha Pawsey** ran the second bend before handing off to **Maddison Duncombe** for the final straight run. In the heats, the girls were third across the line to automatically qualify for the final in a time of 52.31s. In the final the girls were 6th home in 52.83s.

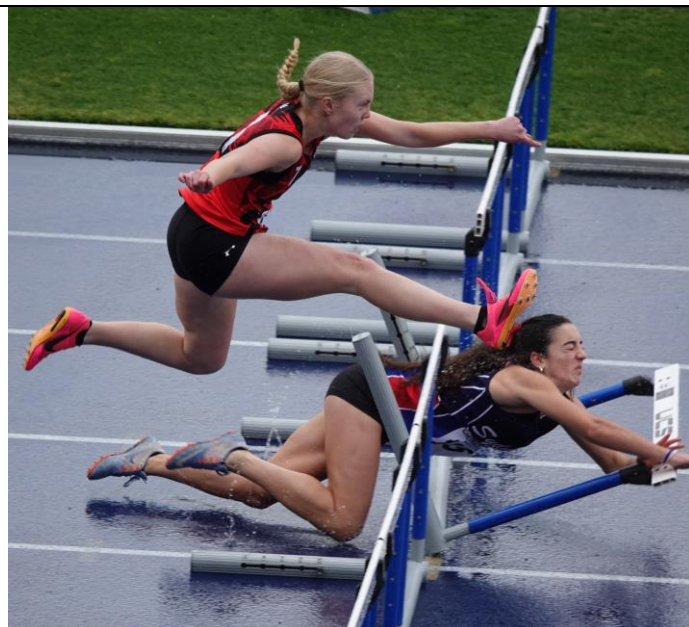


Zara, Maddison and Charli out on the track and in the field



Above Riverside Senior Relay team was all Ryde, Aliana, Elysha, Maddison & Mikayla. We hope to see you all back again this season competing as Ryde Seniors

Mikayla Kelleher (below & top right) had a great run in the heats of the 17yrs+ 100m hurdles running close to her persona best time to finish 2nd in her heat and qualify for the final in a time of 16.73s. In much different conditions on Friday morning, Mikayla's training paid off when she hurdled cleanly and smartly on a wet track and wasn't distracted by the hurdler beside her hitting the track, to finish in an even faster time of 16.71s to take home the silver medal.



Aliana Moala competed in the 17yrs+ triple jump final where her best jump of 10.63m placed her 7th.

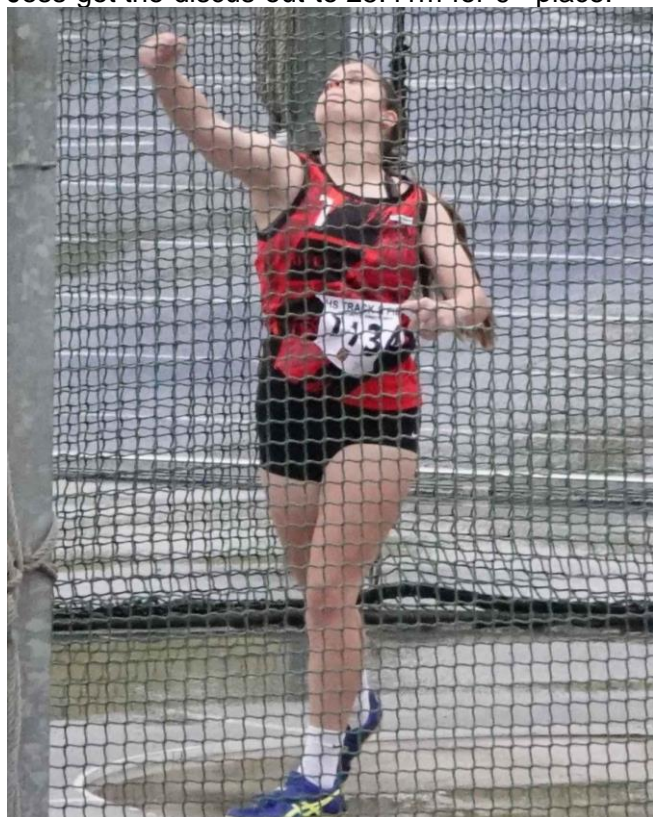


Lewis Wong (above) (Carlingford) competed in the heats of the 12-15yrs 200m H and comfortably made it through to the final when he won his heat in 27.66s. In the final Lewis took the race out hard and it was neck and neck round the bend and into the straight where Lewis pulled away slightly only to be caught just before the line to take home the silver medal in 26.39s. In the 100m hurdle heats Lewis again ran strongly to secure his second final's spot of the meet. On a very wet Friday morning, after officials held the race for some time, Lewis finally got on the track and was cleanly over the hurdles for 5th place in CHS and a time of 14.73s.

Isabella Barbara, below (Cheltenham) competed in the 16yrs shot put and made the top 8 with her throw of 10.71m.



Jessica Koussas (below) (Ryde Secondary) competed in three events over the three days. In the 15yrs high jump Jess cleared 1.45m for 6th place. In the javelin Jess threw 31.98m to take home 4th spot. In a wet discus circle on the Friday Jess got the discus out to 25.41m for 9th place.



Axel Bruntsch (below) (EBHS) was third across the line in his heat of the 15yrs 800m (2m 04.72s) to automatically qualify for the final. In the final Axel was slightly faster in 2m 04.02 to place 5th.



Matthew Lawrence (Carlingford) was another athlete to take home the CHS title when he added 3m to his distance from Regionals when he landed the javelin out at 32.08m in the 12-13yrs javelin throw event.

Kaitlyn Martin's (HHH) competition didn't get off to the best start when she discovered she had been accidentally left off the start lists for the 17-19yrs 400m H and was then listed on the board in a different heat to what she was told to run in. Kaitlyn collected herself enough though to hurdle through to the final of the 17yrs in as time of 75.13s. In the final Kaitlyn cut 2.5sec off that time to finish in 72.87s and take 6th place.

In the 17-19yrs 400m heats Kaitlyn was third across the line in heat one to automatically qualify for the final in a time of 63.70s. In the final Kaitlyn again cut her time, to finish in 62.49s and 5th place.

Lucas Low had run a huge PB in the Sydney North Carnival in qualifying for the 16yrs 400m. Lucas continued to kick his season off smartly when he placed 5th in his heat in another new PB time to finish 10th overall in CHS with a time of 54.39s.



Above Kaitlyn and below Lucas both had great runs in the 400m. Jacqueline out in the high jump at right

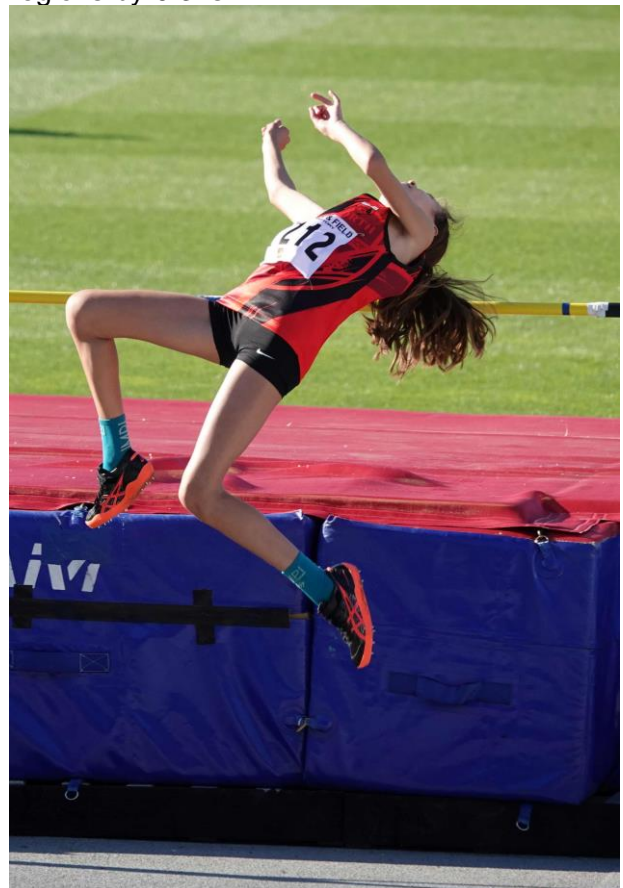


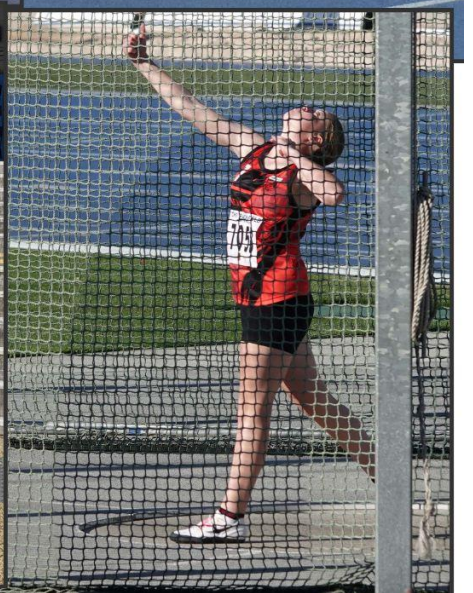
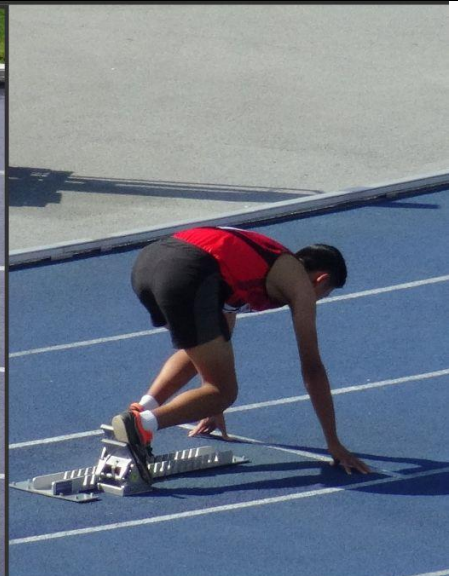
Daniel Cox (EBHS) had a great run in the heats of the 14yrs 100m hurdles when he clocked a 2024 national qualifying time of 15.36s to qualify for the final. In the finals on a wet and rainy track Daniel finished in 6th place in 16.11s.

James Woods (EBHS) ran in heat 2 of the 15yrs 400m and crossed the line second to automatically qualify for the final in a time of 53.51s In the final James took off and made the group chase him down, holding the lead until around the 200m mark. In the straight, James looked strong and was able to cross the line in the silver medal spot in a near PB time of 52.71s.

Aiden Wright (Ryde Secondary) won his heat of the 15yrs 200m in a national qualifying time of 22.94s. In the final Aiden passed runners in the final 60m to pass the post in the silver medal position in a time of 23.12s . Aiden skipped the 400m heats to rest his injured knee ahead of the 16yrs 4x100m relay events on the Friday. In the relay heats his team easily qualified for the final as second fastest in a time of 45.93s. In the final of the 16yrs 4x100m Aiden ran a brilliant fourth leg to keep the Ryde Secondary boys in the lead from a late charge from Sydney High and bring home the State title in 44.99s.

Jacqueline Pawsey (Riverside) added 4cm to her result from Sydney North when she cleared 1.43m in the 13yrs high jump to finish with the third best height. On count back Jacqueline was relegated to 4th spot. In the straight final of the 12yrs 80m Jacqueline ran cleanly and quickly over the hurdles to move herself into the bronze medal position by the line in a time of 14.61s to lower her time from regions by 0.32s.





Daniel, Aiden, Lucas, James, Calan, Mikayla, Owen, Mikayla & James



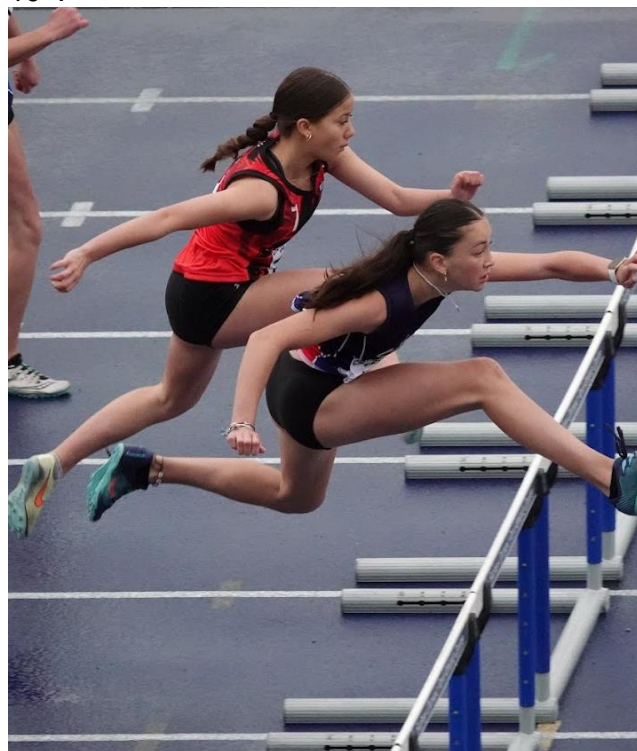
Hannah Lambert (Muirfield) was another busy athlete. Hannah won the 12yrs girls high jump in a national qualifying height of 1.58m. In the long jump Hannah was again the gold medallist with a leap of 4.87m. In the 12-15yrs triple jump, Hannah did well to place 6th with 10.14m. In the final of the 12yrs 80m hurdles Hannah improved on her time at regions when she stopped the clock at 15.03s for 5th place. In the 100m heats Hannah ran a time of 13.90s to qualify for the Friday final where after a busy two days, she was a DNS.

Mikayla Duncombe (Riverside) threw very well in the 14yrs discus event to collect the bronze medal with a strong throw of 30.37m. In the shot-put Mikayla threw 10.54m to place 7th at CHS.

Owen Trinh (Sydney Boys High) qualified for the final of the 13yrs 100m when he ran a PB time of 11.91s in the heats. In the final Owen did not get the quickest start but was flying down the last 40m slowly moving through the field. At the finish only 2/100th of a second separated 2nd and 4th with Owen claiming the bronze in a time of 11.95s.

Benjamin Lawrence (Carlingford) was unlucky not to be able to cleanly land any of his javelin throws in the 14yrs boys' event and finished with a No Mark.

Emelia Webb (Hunters Hill High) competed in the 14yrs high jump where 7 girls finished on the same height of 1.45m. On count back Emelia was placed 10th.



April Bateman (Cheltenham) was second in her heat of the 13yrs 80m hurdles in a time of 13.63s. In the final April had a terrific race moving through the field and challenging for the gold right up to the dip at the line, where April was pipped by just 0.03s to take the silver in 13.55s.

Moses Wolfson (James Ruse) was our only walker in the carnival and Moses finished the 12-15yrs 1500m in 9m 07.9s for 7th place.

Calan Hahlos (Hunters Hill High) ran a terrific race in the heats in the 14yrs 400m. Calan won his heat by over 5m as well as running a National Qualifying time for 2024 of 54.03s. In the final on Friday Calan was Ryde's last competitor out on the track and Calan kept his head around the bend and into the straight to keep his form and run home with the bronze medal in a time of 54.79s.

Brendan Mannasz (EBHS) was our final field competitor of the meet and finished it in style for Ryde when he took out the 17yrs+ high jump. Brendan was to clear 1.94m on his first attempt which was to give him the gold on countback with the other Sydney North athlete. Brendan's attempts at 1.97m looked good.



The Combined Associated Schools Track & Field Championships

The CAS Championships were held at SOPAC on the 14th September and Ryde Athlete, **Timothy Forster** did an outstanding job in representing Barker College in the competition.

In his pet event, the 110m Hurdles Tim competed in the Open Championships event and not only won the event but set a new record time of 14.03s (wind 2m). This was a new PB for Tim as well as ranking as the equal fastest time for an U20M in Australia for that event this year. It is also an astonishing 3.21sec under the national qualifying time.

In the Open Long Jump Tim, (top right) was again the winner with a best distance of 6.69m. In the Open 200m Tim again ran a national qualifying time for U20M when he placed second in a time of 21.71s.

In the 100m Open race Tim was to place third in 11.07s and was a member of the Barker College Open 4x100m team that finished in 43.52s.

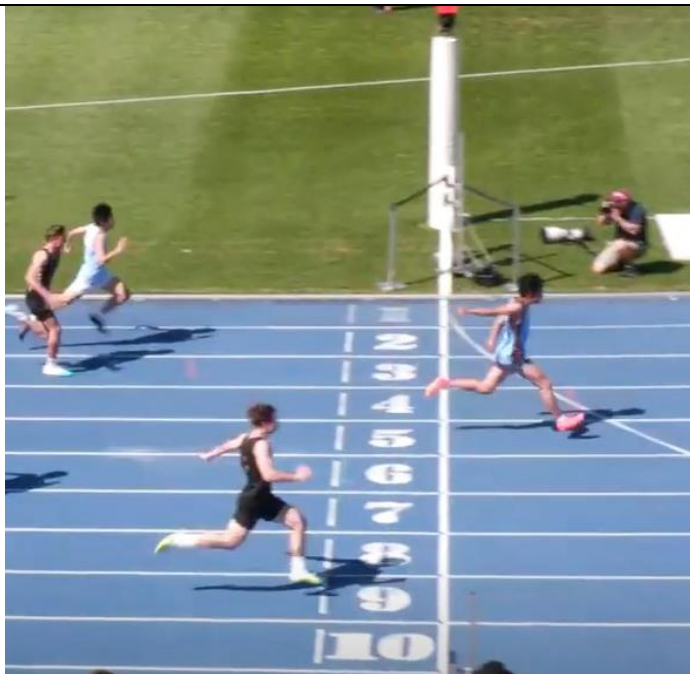
127th AAGPS Championships

At the AAGPS Athletics Championships held at SOPAC on Saturday 16th September four Ryde Athletes were competing for their schools.



Owen Trinh (Sydney Boys) had an excellent meet winning both the 100m and 200m championships race for the U13 age group. In the 100m Owen also became the fastest U13 runner in the 127 years that the GPS carnival has been held, by taking the record in a new personal best and national qualifying time of 11.81s. In the 200m Owen again won by a large margin when he crossed the line in 24.39s. Owen was also a member of the Sydney High 4x100m U13 team that finished second in a time of 49.09s.





Above Owen crosses the line with Cameron in third spot

Josh Smith (below) (Kings) was 3rd in the U17yrs 200m Championship event in a new PB and National qualifying time of 22.41s. In the U16yrs 100m Josh placed 2nd in another PB time of 11.43s. Josh was also a member of the 4x100m and 4x400m Kings team.



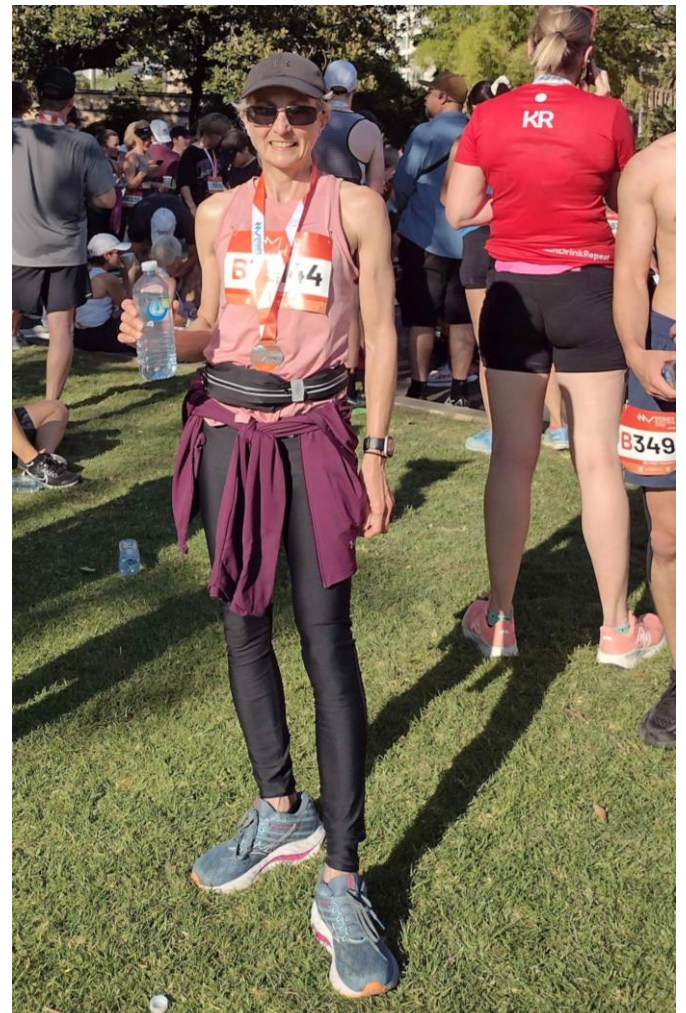
Owen Smith (Sydney Boys) ran both the U13 800m and 1500 Championship events. In the 800m Owen ran a time of 2m 21.95s to place 8th. In the 1500m Owen ran a time of 4m 57.70s to place 6th.

Cameron Leung (Kings) also competed in the U13yrs 100m and 200m championships races. In the 200m Cameron finished in a time of 25.15s for third spot and was again third across the line in the 100m in a time of 12.30s. Cameron was a member of the Kings winning 4x100m U13 relay team in a time of 47.62s.

2023 Sydney Marathon

The 2023 Sydney Marathon was held around the city of Sydney on Sunday 17th September in extremely hot conditions and two of Ryde's Masters athletes were competing.

Sue Gore (below) finished the half marathon in a time of 2hrs 01.29s and in the marathon, **Puspesh Puspesh** ran a 22-minute PB to finish in 3hrs 22.05s.





Above Puspesh – a 22 minute PB in oppressive heat was an excellent result. Below Alexander ended NSW CIS with an impressive array of medals. Right - Georgia gold in long jump



The CIS Track and Field Championships

The Combined Independent School Championships were held at SOPAC on the 19th September and two Ryde athletes, **Alexander Evans** and **Georgia Phillips** both finished amongst the medals.

Georgia easily won the 17yrs long jump with her best jump of 5.26m. Good preparation ahead of the NSW All Schools.



Alexander won the Para 12-15yrs 100m in a new record (and national qualifying time) of 15.41s (67.88%). In the Para 200m Alexander placed third again in a record breaking and national qualifying time – 32.96s (63.87%). In the Para Long jump it was another gold for Alexander with a leap of 3.36m (43.86%). In his throws events, Alexander placed second in the shot put with 4.68m (28.43%) and in discus he was 4th with a throw of 12.34m (23.02%).



Ryde current and former athletes amongst the winners at Holy Cross Sports Awards night

Holy Cross College held their Sporting Awards night in mid September and many of the major awards were taken out by current and former Ryde Athletics boys.

Jeremy McCarthy – Most Iconic Sporting Moment (as goalie in the winning Football Grand Final)
JK Rauqe – Top Try Scorer in Rugby League
Riley Turkel – The Athletes Cup for Consistent Performance throughout his entire High School years
Rory Davison – Senior Athlete of the Year

Well done to all the boys and we will claim it as a testament to the sportsmanship they have learned through many years of Athletics!



The NSW All Schools Championships 16-19yrs

The NSW All Schools Championships 16-19yrs were held from 23rd-25th September at SOPAC.

Two of our long jumpers, **Miah O'Shea (Marist Sisters)** and **Georgia Phillips (Pymble)** were out early competing in the 16yrs and 17yrs long jump events respectively.

After showing some outstanding form at the Sydney Catholic Schools Championships, **Miah** making her NSW All Schools debut and jumped very consistently hitting 4.98m on two of her jumps to finish in 8th spot in NSW, a great result for her first All Schools in a highly talented field.

We are more used to seeing **Georgia Phillips** jumping over steeplechases or running mid distance, but some good form competing over long jump recently saw Georgia sign up for the long jump. Georgia got off to a great start landing a 5.19m jump to put her in the silver medal

position from round one before the Australian Champion landed a valid jump in round two that saw Georgia move to bronze, a position she held through the next three rounds and improving her result with a 5.20m jump in round three to secure her the bronze medal and a spot at the Australian Junior Championships in 2024 for the U20 long jump.

Zara Pawsey and **Charli Nagle** (both Riverside) who both had excellent results at the recent CHS were running up an age in the 16yrs 100m hurdles, pushing for a qualifying time for next year's nationals. Running in the same heat, Zara finished in a national qualifying time of 15.90s to place 3rd in her heat and qualify for the final. Charli stopped the clock at 17.38s for 7th in the heat and 14th overall. In the final Zara placed 8th in a time of 15.55s.

Owen Chandler (EBHS) was to compete in two jumps event over the three days. In his first event the 16yrs long jump Owen's was another consistent jumper, starting with 5.62m and finishing with 5.68m to place 14th.

Andrew Kalos (Marist) has been working hard at javelin over the off season and managed a best throw of 44.35m in the final round to finish just out of the medals and place 4th in the 16yrs boys javelin event.

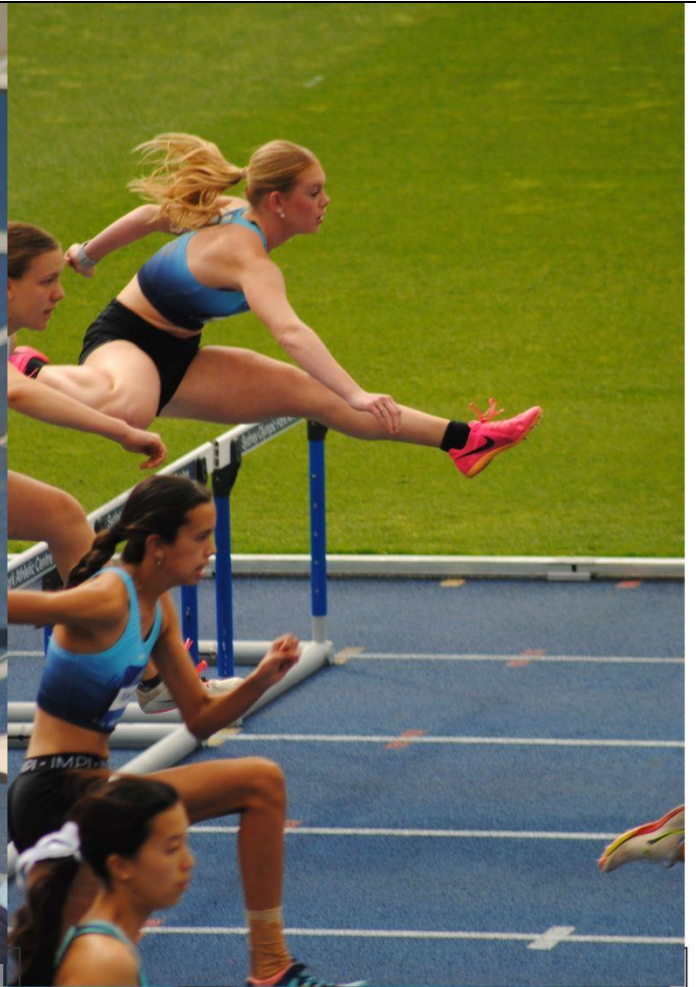
Timothy Forster (Barker) was our next athlete out on the track in the final of the 19yrs 110m hurdles. Tim had had a terrific CAS Championships claiming the 110m Open hurdles record in an equal best U20 2023 Australian time of 14.03s as well as winning the Open Long jump and claiming 2nd in the Open 200m and 3rd in the Open 100m.

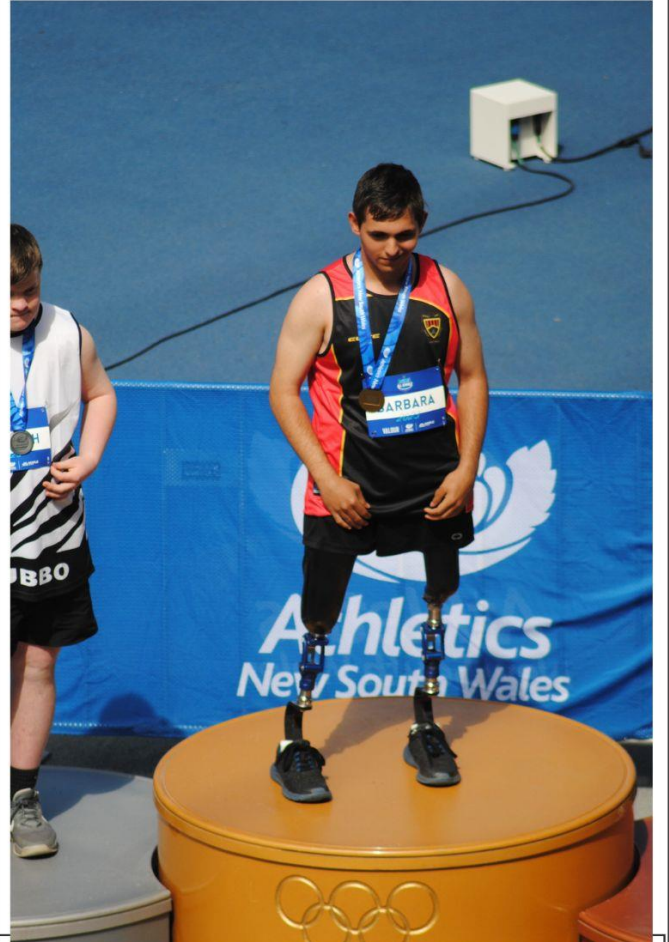
In the race of the day, Tim took the race out hard from the start and just blew the field away. His technique was spot on and he whipped over the hurdles and just powered away. Tim not only broke 14s for the first time but went straight past 13.90s to land a time of 13.88s (1.9m wind) and win the race by an incredible 0.41s. Tim now has the fastest time registered by an U20 athlete in 2023 for the event by 0.15sec.

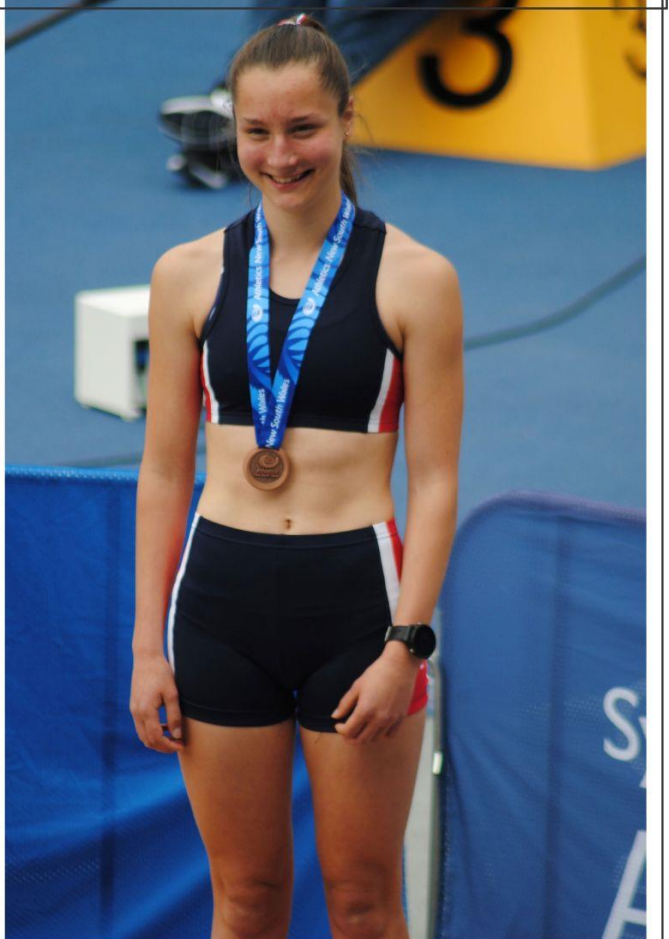
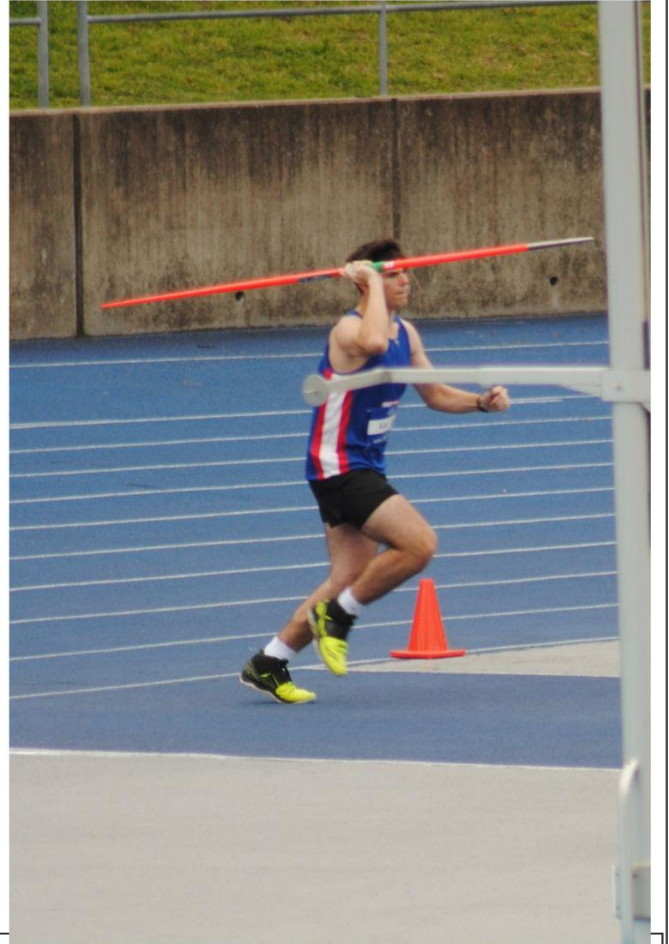
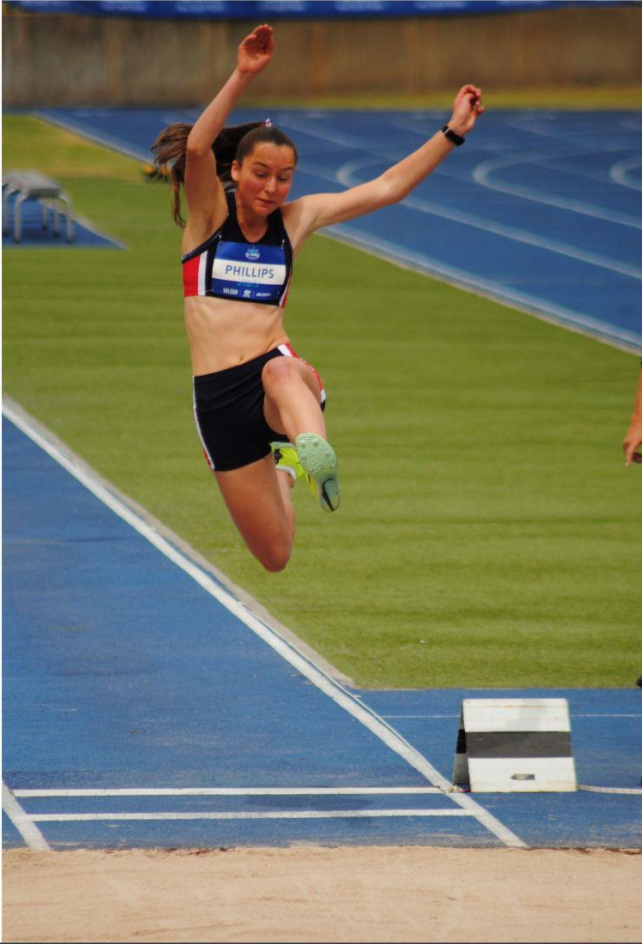
Ryde had two runners listed in the heats of the 16yrs 1500m. **Max Mayhew** (St Leos) returned to Ryde after a season off and ran consistent laps to place 30th overall in a time of 5m 14.93sec. **Isaac Siebert** (Holy Cross) set a new personal best time of 4m 31.84, including coming home with his fastest lap.

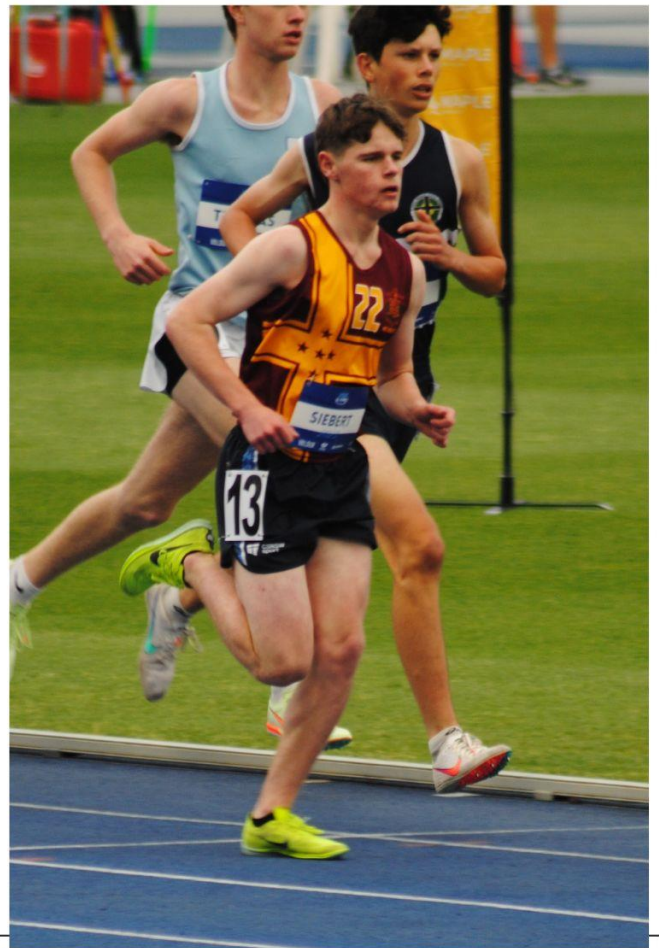
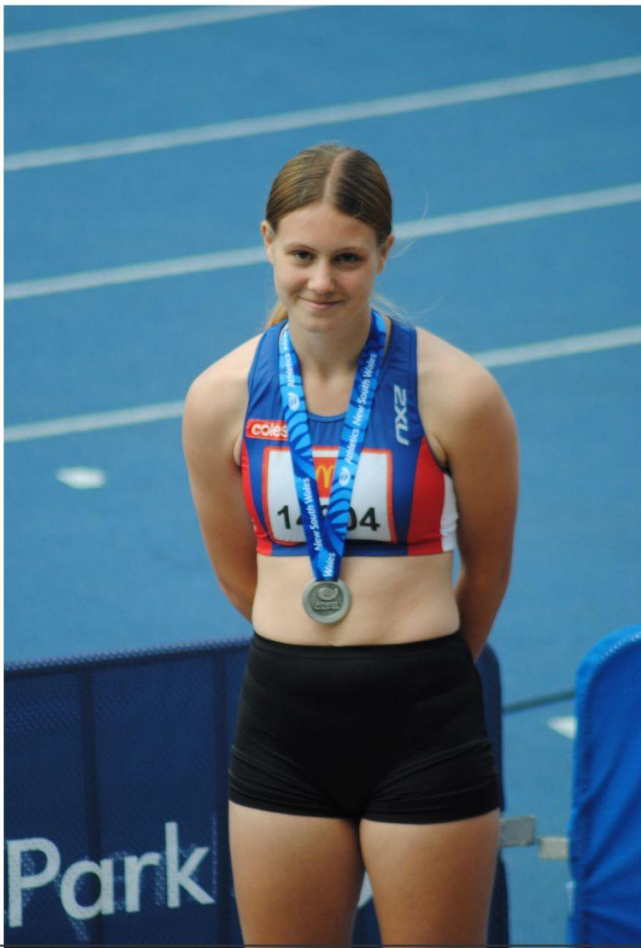
Nathan Barbara (Marist Eastwood) was contesting the 15-16yrs PARA shot put and set a new Australian record for F61 when he got his best throw out in round one to take the gold medal and finish with a distance of 5.25m (60.07%).

Claudia Barlow (Riverside) kicked off day 2 with a silver medal in the 16yrs pole vault. Claudia got good clearances over 1.80m and 2.30m with 2.50m eluding her.







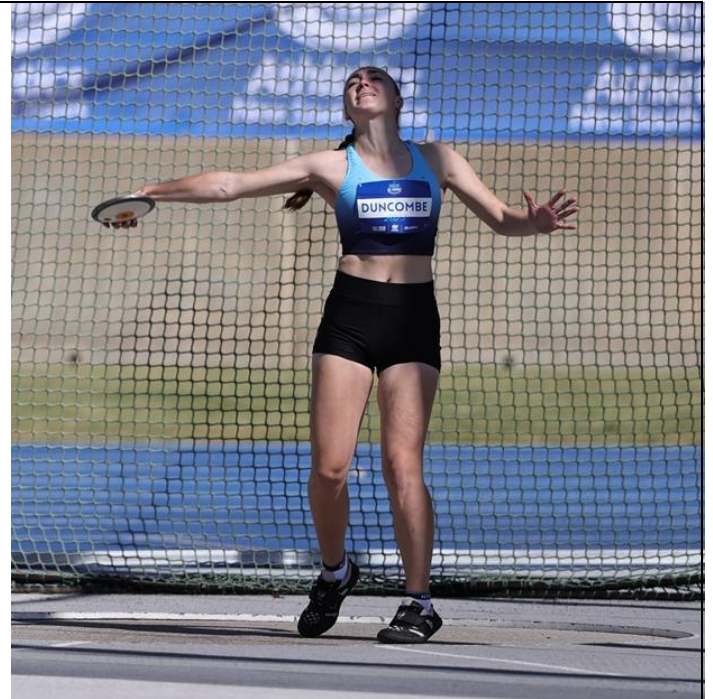


Maddison Duncombe (Riverside) started her championships running in the heats of the 17yrs 100m. Maddison ran in heat two and finished 6th with a time of 13.60s place 12th overall.

Timothy Forster (below) was out again, this time competing in the 19yrs 100m heats. Tim was to win his heat in a new personal best time on 10.97s to automatically qualify for the final. In a very fast final, Tim executed a good race to place 5th in a time of 11.06s.



Claudia Barlow's Pole Vault just finished up in time for her to move onto the 16yrs discus. Claudia's best throw came in round one for a distance of 20.53m to finish 9th.

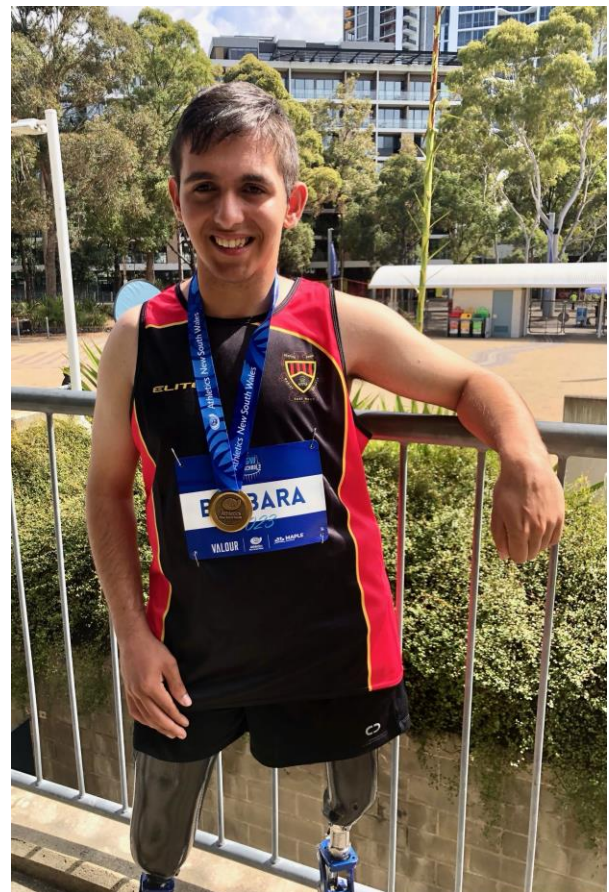


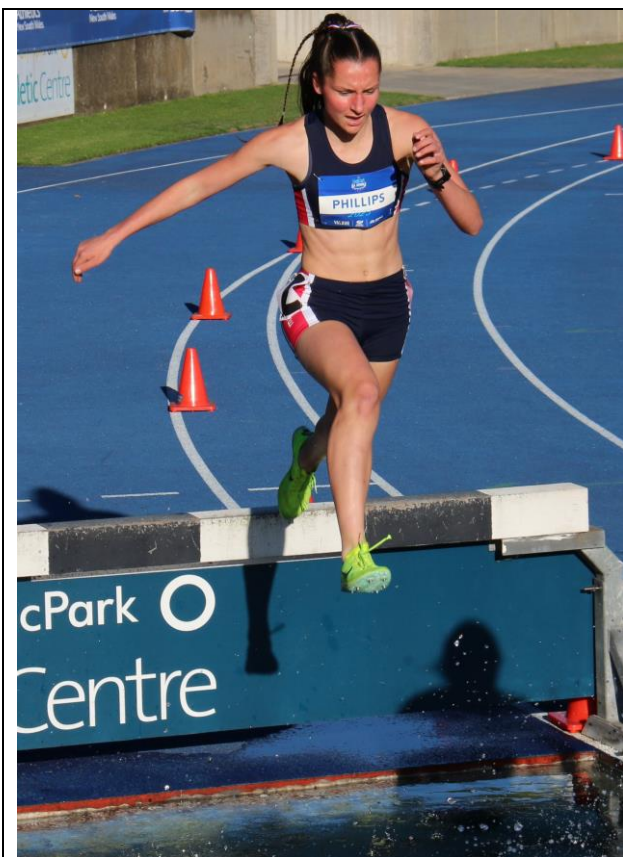
Above picture of Maddison courtesy of Fred Etter

Two more of our throwers were to follow the 16yrs discus with **Maddison Duncombe** competing in the 17yrs discus and **Nathan Barbara** out for the 15-16yrs PARA discus

Maddie's best throw was in round two was 29.82m to place 10th in State.

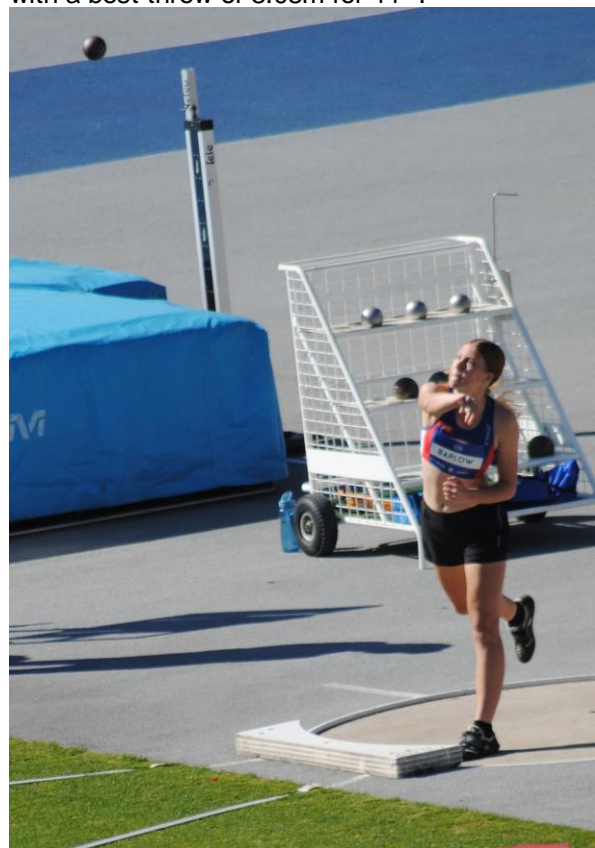
Nathan (below) finished with the gold medal, his second F61 Australian record of the weekend and a distance of 17.59m (64.29%) from his second-round throw.





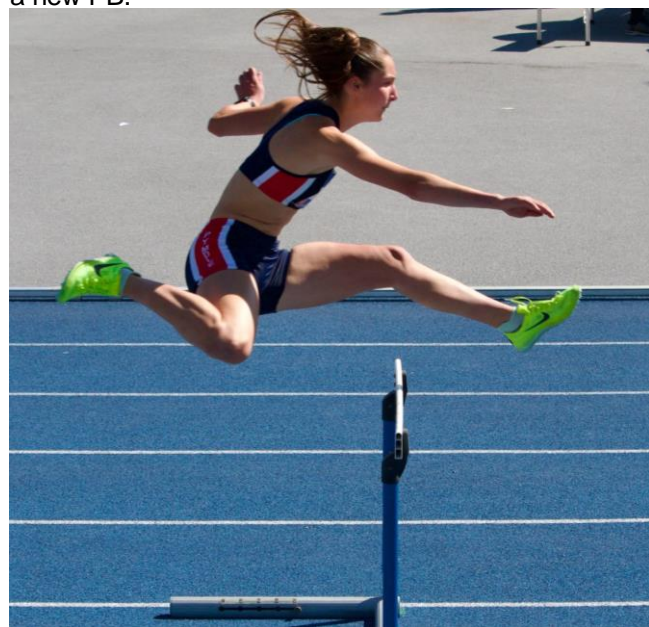
The afternoon finished off with the steeplechase events with **Georgia Phillips** competing in the 17yrs 2000m steeplechase events. In what was Georgia's last Steeplechase race, after deciding to concentrate more on the 400m hurdles, she was to place 5th in the State in 7m 38.24s.

The final morning saw **Claudia Barlow** compete in the 16yrs shot put. Claudia's improved each throw to finish with a best throw of 8.08m for 11th.



Josh Smith (Kings) was another Ryde athlete competing up an age group with a focus on the new year where his hurdle distance would change. In the 16yrs 400m hurdles timed final Josh did what he came to do, which was to run a national qualifying time for 2024 of 61.72s to place 11th overall.

Georgia Phillips followed Josh in the 17yrs 400m Hurdles. Having competed in the event at the 2023 Australian Juniors. Georgia continued to show good form in finishing 5th in 67.72s, also a national qualifying time and a new PB.



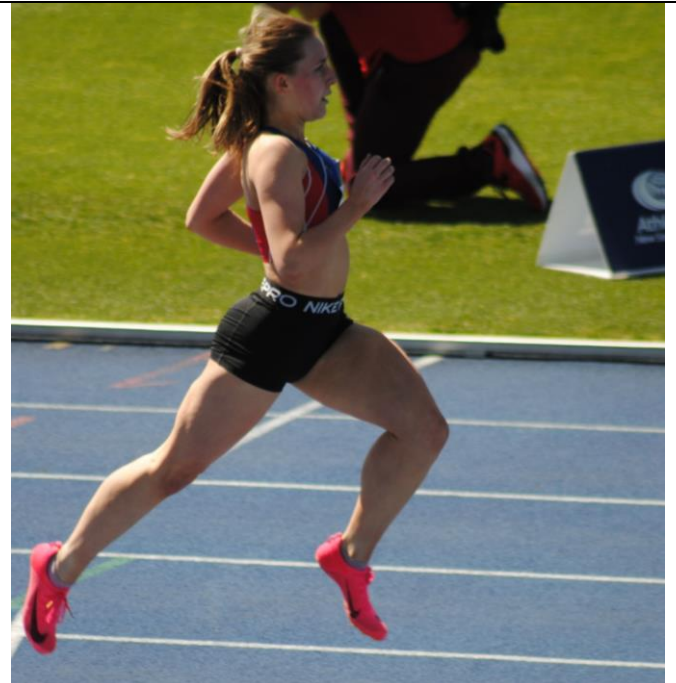
Charli Nagle also competed up an age group in the 16yrs 400m hurdles timed finals and had a great debut when she finished in a time of 72.66s to place 7th and be the third hurdler to run under the NQ time.

Maddison Duncombe was to finish her NSW All Schools competition in the 17yrs shot put. Maddie putted the shot out to 9.46m to place 9th.

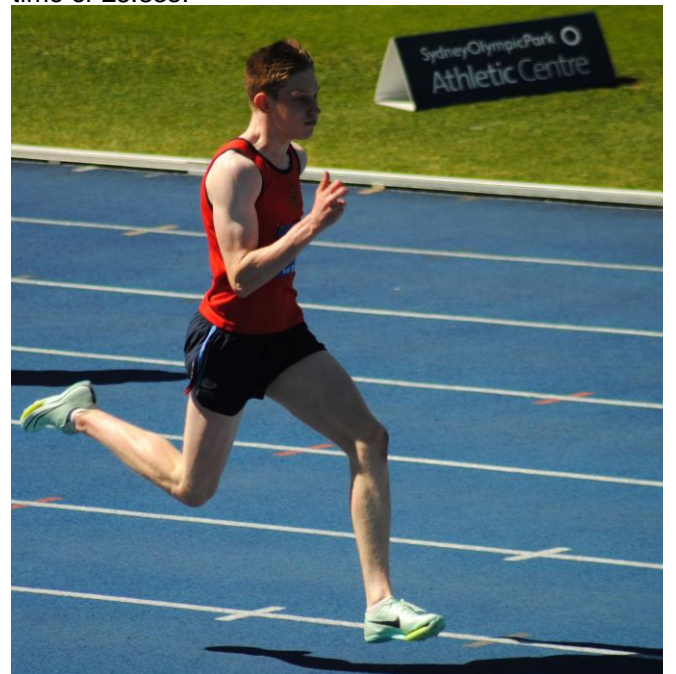
Our final field competitor in the All Schools 16-19yrs was **Owen Chandler** competing in the 16yrs Triple Jump. Owen improved with every jump and made it through to the final with a jump of 12.20m for 8th spot. In the final round Owen pulled out a 30cm PB to move himself to 6th in an extremely talented field and finish with 12.57m.



Above Charli, Below Maddison & Owen- right Ruby & Tim



A head cold saw **Ruby Worrell** withdraw from the 100m heats on Sunday and rest up in the hope of getting out a good run in the heats of the 17yrs 200m. Ruby ran a great bend leg into the straight to place second in her heat and progress to the final with a time of 25.85s. In the final Ruby was to finish just out of the medals in a national qualifying time of 25.33s.



Timothy Forster competed in the heats of the 19yrs 200m. Having run a NQ time two weeks ago at the CAS Championships, Tim brought that good form with him and was untroubled in his heat to jog across the line in first place in 22.30s to qualify second fastest for the final. In the final Timothy fought all the way to line to finish with the silver medal in a NQ time for Open men's and a new Ryde Best Performance on record for U20 time of 21.46s. Tim was to finish his final All Schools Championships with a gold and silver medal and an Australian No.1 Ranking for U20 Men's 110m hurdles. An athlete to certainly keep our eye on.



2023 NSW Primary Schools Challenge

The inaugural NSW Primary Schools Challenge was held in conjunction with the 16-19yrs NSW All Schools at SOPAC from the 23rd- September.

Harlen Danks (below) (North Ryde) was first out in the field competing in the 11yrs high jump. Harlen had finished just out of the medals at the LANSW Primary event so was in good form. In his first ANSW event Harlen cleared 1.35m to again just finish out of the medals when he placed 4th.

The first track runners were **John Stewart** (Nth Ryde) and **Jack Le Fevre** (Boronia Park) competing in, respectively the 10 and 11yrs 1500m. John was to place 10th in the state in a time of 5m 40.51s.

Jack went out with the lead group in the second of the timed finals and stuck with them for most of the race to place 4th in his race and finish with a big PB of 5m 07.74s. and 13th overall.

Ten of Ryde's best younger sprinters were to compete over the 200m heats. First out was **Talia Oppedisano** (Boronia Park) and **Charlotte Fraser** (Eastwood Heights) in the 10yrs heats.

Talia competed in heat one and came home 5th in her heat in a time of 34.54s to place 15th overall. Charlotte was 18th overall in a time of 35.67s.

Ali Lombardo (Gladesville) and **Sienna Thompson** (Boronia Park) both made their ANSW debuts on the start line for the 11yrs 200m heats. Ali raced in heat three and stopped the clock 32.01s to place fifth in her heat and 16th overall raced in heat two. Sienna also placed 5th in her heat and 15th overall in a time of 31.59s.

We had so many entries in the 11yrs 200m boys heats we could have almost run our own race. **Mitchell Cox** (Truscott St), **Raffael Oppedisano**, **Louis Baddeley** and **Jack Le Fevre** (all Boronia Park) were on the start lists.

Mitchell was to finish with the best time of the boys, running 30.03s to place 13th overall. Louis was not far behind in 15th place in a time of 30.63s, with Raffael just one spot behind in 30.93s. Jack was unfortunately DQ'd.

The last of the primary 200m saw **Bella Fraser** and **MiaRose Everson** (both Eastwood Heights) racing in the 12/13yrs girls event. Bella finished 6th in her heat in a time of 30.34s to place 11th overall. MiaRose, who had a busy morning at Ryde athletics where she broke the Walks record, finished 13th overall in 31.33s.

Eight of our athletes were to contest long jump finals over the afternoon. First out were the 10 girls with **Charlotte Fraser** and **Talia Oppedisano** competing. Charlotte landed two jumps at 3.27m to finish 9th overall with Talia improving with every jump to finish with 2.90m to place 12th.

In the 11yrs boys event we had four competitors jumping. **Dan Pulfer** just missed the podium with his best jump of 4.22m in round two to place 4th. **Jack Le Fevre's** opening jump of 4.02m secured him 6th spot. **Mitchell Cox** only landed one legal jump but it scored him 10th spot at state with 3.76m and **Raffael Oppedisano** also hit his best jump on round one of 3.73m for 11th.

Our final two jumpers were **MiaRose Everson** and **Bella Fraser** in the 12/13yrs long jump event. Bella improved with each jump to land out at 4.10m for 7th place with her final jump. MiaRose opened with her best jump of 3.92m for 10th to round out Day one for Ryde.

Day two was to start with our middle-distance competitors, **Jack Le Fevre (11yrs)**, **MiaRose Everson** and **Lachlan Inman** (Meadowbank) (12/13yrs) lining up for the 800m timed finals.

MiaRose ran in the final starting wide in lane 9 and by the 200m mark was settled into the middle of the pack in a fast-paced race. At the bell MiaRose was in 8th place but managed a good run up the straight to finish 7th in the state in a time of 2m 40.59s. **Lachlan** also ran a PB time when he crossed the line in 2m 46.03s to claim 16th spot.

Jack led his heat out and took it out with a quick pace and took the bell at 72.71s. Jack continued to hold the lead to about the 600m mark and was to place 2nd in his heat and 16th overall in a new PB time of 2m 37.80s.

Bella Fraser was our first field athlete competing in 12/13yrs Discus. Bella had a couple of good warm ups but as can happen in throws, she just caught the side of the cage on her first two competition attempts. In her final throw Bella managed 20.19m to place her 9th.

Jack Spencer (Boronia Park) has only joined Ryde this season but has already set a new record in the U12B shot put. Jack was joined by **Charlie Shiel** (Truscott St) and **Harlen Danks** in the 11yrs discus competition.

Charlie had picked up a bronze medal at the recent 2023 LANSW Primary Schools event so was in good form. With some more good throwing again, Charlie held the bronze medal spot until almost the competition of the event when he just pipped into 4th spot. Charlie had thrown very consistently improving with each throw to finish with 27.93m.



200m runners, Louis, Mitch, Raffael, Jack, Ali, Bella, MiaRose, Charlotte & Talia



Jack, Harlen, Charlie, Dan Jack, Raf, Mitch, Bella & MiaRose



Harlen, Charlie, Jack, John, Jack, Lachlan, Harlen, MiaRose, Dan, Raf, Mitch & Jack

Jack's two legal throws were also consistent with his best throw in round three of 25.46m placing him 6th. Harlen was also consistent with his throws finishing 10th with a best throw of 20.74s.

Bella Fraser was out in the field again this time in the 12/13yrs high jump where she placed 6th when she cleared the high jump bar on her second attempt at 1.35m.

The 100m heats kicked off mid Sunday afternoon starting with **Talia Oppedisano** and **Charlotte Fraser** competing in their second sprint event of the Championships, the 10yrs 100m heats. Both girls ran in heat two and Charlotte finished in 16.31s for 14th place overall and Talia in 16.55s for 16th overall.

Sienna Thompson ran in heat one, the fastest of the 11yr 100m heats. Sienna ran a time of 15.43s to place 7th in her heat and 13th overall. Sienna's final event for the weekend was the 11yrs high jump where unfortunately Sienna was unable to clear her opening height.

In the 11yrs heats of the 100m, **Mitchell Cox, Raffael Oppedisano, Dan Pulfer, Jack Spencer** and **Louis Baddeley** were on the start lines.

Mitchell was our first runner out in heat one placing 6th in a time of 14.79s. Louis and Raffael were in the next heat finishing 8th and 9th respectively in times of 14.74s and 14.91s. The final heat saw Jack Spencer secure an automatic spot in the final when he placed 2nd in the heat (13.34s) and Dan finished just two spots behind in 4th in a time of 15.24s.

Bella Fraser was our last sprinter out in the first heat of the 12/13yrs 100m where she crossed the line 5th in a time of 14.91s to pick up a qualifying spot for the final. In the 12/13yrs final Bella running in lane one crossed the line in a time of 15.31s for 9th spot.

In his final, **Jack Spencer** ran a strong race moving out into the lead group and holding a strong run right across the line. The results took a while to get up, and when they did Jack had finished in a dead heat for the silver medal in a faster time of 13.17s. Given the National Qualifying time for U13 in 2024 is 13.04s, it is likely Jack will be challenging that over the next few months.

On the final day **Jack Spencer** and **Charlie Shiel** both contested the final of the 11yrs shot put. Jack got a big throw out in round two of 11.67m to claim the silver medal. Charlie's best throw also came in round two and was 9.52m to place him 9th.

Our final track competitor was **Lachlan Inman** in the 12/13yrs 400m timed finals. Lachlan ran a huge PB to cross the line in a time of 69.85s to place him 8th.

We hope to see all the athletes who competed over the three days at Primary School Challenge sign up and join Ryde as a Ryde Senior for the coming season. See page 3 of this newsletter for a QR code to join up.

