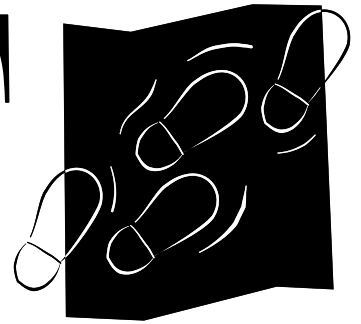




# FOOTPRINT



Senior Division September 2023

RYDE ATHLETICS CENTRE INCORPORATED  
PO Box 3658 Marsfield 2122

[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

## Welcome, & welcome back for a new season

This is the first edition for the 2023/24 season of our Footprint newsletter, which covers the events our Ryde Senior Athletes compete in from winter in Cross Country, across the school representative season and the Athletics season. Lots inside to catch up and lots of information on the season ahead.

### ANSW Competition Calendar 2023

#### September

- 6-8 CHSSA Track & Field Championships. SOPAC
- 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 Seniors Club Championships Day, Dunbar Park 9.15am start
- 21 Treloar Shield Round 2 & State 10000m Venue TBC
- 25-26 NSWPSA Track & Field Championships (Primary School Students) - SOPAC
- 28 ANSW Treloar Shield Round 3 Venue TBC

#### November

- 4 ANSW 3000m State Championships ES Marks
- 14 ANSW Treloar Shield Round 4 Venue TBC
- 18-19 ANSW State Relays - (selected ANSW members from U10 up SOPAC
- 23-27 School Sports Australia (Primary School) Track & Field Championships) - 10-12yrs) Selected students only) Northern Athletics Centre, 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

Remember that new events will be added during the season so check the on line ANSW calendar throughout the season.



## Jessica Johnston – Ryde Sports Star of the Year

The Ryde Sports Foundation Annual Dinner and Award night was a terrific night for Ryde Athletics when Ryde athlete and Australia U17W Discus Champion, Jess Johnston won the big award of the night, the 2023 Sports Star of the Year award.



*Jess was presented with her award by Rob Wilkinson, Chair of the Ryde Sports Foundation & Deputy Ryde Mayor Shweta Deshpande. Jess's win was the first time a Ryde Athlete had won the major award of the night since Amy Winters won it in 2003/04.*

Also recognised on the night with the Ryde Sports Foundation, Contribution to Sport Award was club legend, life member and coach, Ross Forster.



*Above Simon presents Ross with his award that Simon had collected on Ross's behalf on the night. Ross was coaching at a Schools' meet that night, and we know, Ross's athletes always come first.*

Ross's award read "Volunteer coach for over 40 years. Acknowledged, respected, and honoured by his peers. Assisted many hundreds of young aspiring athletes to unlock their potential and to enhance their talents to achieve their goals."



*Above Jess with proud grandparents Shane & Karen McSpeerin, mum Danielle & uncle Luke McSpeerin. Below Ryde Athletics had connections with three other nominees on the night including former Juniors Championships Officer Jim Tzakos (Dragon boating), Andrew Phillips (Cycling) and Nicholas Platonov (Judo).*



*Four members of the Ryde Seniors Committee were there to cheer Jess along including Registrar, Chris Phillips, President Simon Bergfield, Vice President Andrew Atkinson Howatt & Publicity, Louise Bergfield. Chris, Simon Andrew and Jess are pictured above along with Andrew's partner Lynette Smith.*



## 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 31<sup>st</sup> 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.

- **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 15<sup>th</sup> October.

### 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.



# REGISTRATIONS NOW OPEN FOR NEW MEMBERS

Ryde Senior Athletics

IF YOU ARE JOINING FOR THE FIRST TIME OR DIDN'T COMPETE LAST SEASON, NEW MEMBERSHIPS FOR THE 2023/24 SEASON ARE NOW OPEN. USE THE QR CODE BELOW TO REGISTER WITH RYDE SENIOR ATHLETICS AND GET YOUR SEASON UNDERWAY.

TURBO CHARGE YOUR SEASON

IF YOU WERE A DUAL REGISTERED OR ANSW ATHLETE LAST SEASON, YOUR CURRENT MEMBERSHIP WILL EXPIRE ON 30TH SEPTEMBER AND YOU WILL BE ABLE TO RE-REGISTER FROM 4TH OCTOBER 2023. WE HOPE TO SEE YOU BACK AGAIN IN THE NEW SEASON IN THE RYDE RED, WHITE & BLUE.





## The Australian Cross Country Championships

Over winter many of our middle distance runners continue their running, off track in cross country, and there are lots of results on the following pages as to how many of our runners went at various schools and ANSW championship events.

The culmination of the Cross Country season is the Australian Cross Country Championships which were held in the Stromlo Forrest, ACT on the 26<sup>th</sup> August. Ryde Athletes, **Adam Bruntsch** and **Benjamin Woodhouse** were both selected in NSW teams to run at this event.



Adam competing in the 8000m U20M event placed 25<sup>th</sup> in Australia in a time of 26min 41sec.



Benjamin competed in the 4000m U16M event and was 23<sup>rd</sup> past the post in a time of 13 min 15secs.

Both boys battled the rough and tumble of cross country running with Adam spiked and Benji taking a fall but both continued undeterred. Well done!







## NSW All Schools & Primary School Challenge entries now open

The NSW All Schools Track & Field Championships is one of the biggest carnivals of the year and is open to all high school student.

The Primary School Challenge is a new event open to 10-13yr old primary school students. Entry fee for the Primary School Challenge is \$27.50 per event.

For NSW All Schools the entry fee is \$37.50 per event for ANSW members (eg Ryde Dual registered athletes) or \$50 if you aren't an ANSW member. Anyone registered with ANSW for the 2022/23 or 2023/24 season can access the discount entry fee. Please make sure you log in as a member to get the discount. If you weren't registered in 2022/23 then register now for the new season to access the discount using the QR code on top right.

The Championships will be run at SOPAC over two weekends:  
 For 16-19yrs & the Primary School Challenge 23rd-25th September (entries close 8th September)  
 For 12-15yrs 6th-8th October (entries close 22nd September)

Ryde Athletics usually has a good turnout at this carnival and everyone enjoys the challenge of racing against the best from across NSW, so why not sign up and give it a go? For more information or to register, click on the QR code.



QR Code above to register with Ryde & below for more information and entry links for All Schools & the Primary Challenge.





## Winter competition results

### Athletics NSW Cross Country Relays

The Athletics NSW Cross Country Relays were held at Upjohn Park on Saturday 3<sup>rd</sup> June and Ryde Seniors had four teams competing, including our first ever Masters Cross Country team.

Our U16 Boys 4x3km team saw **Axel Bruntsch** get the boys off to a good start with a time 10m 22s. of Making his Ryde Seniors debut, **Owen Smith** was one of the youngest in the U16 event at just 12yrs of age and kept the boys in the hunt with a leg of 11m 53s. Great to see **Benjamin Woodhouse** back out running, and Benji ran the third leg and was the fastest third leg runner with a time of 10m 27s. **Luke Moscos** brought the team home in a time of 11m 46s for 5<sup>th</sup> place overall in 44m 30s



*Above Owen, Benjamin, Luke & Axel & below Nicholas, Isaac, Keir & Adam.*



Our U20 team was led off by **Adam Bruntsch** whose time of 9m 31s was the team's best. **Keir Barnes** was also making his Ryde Seniors debut. A talented 400m/800m runner, Keir was stretching out

to the longer distance and stopped the clock at 11m 34s. **Isaac Siebert** took over and finished in 10m 55s with **Nicholas Woodhouse** bringing the team home in 11m 19s for 9<sup>th</sup> place at State for 43m 20s overall.

Illness and injury meant we had to shuffle our Women's team around and made the decision to run an Open Women's team to give all those who were interested, a run. Our women's open team saw another two of our new Seniors recruits, **Christine Phillips** and **Tinarra Wickey** out in the Ryde colours.

**Georgia Phillips** led off the Open Women's team 4x4km team in a time of 16m 47s. Georgia passed the baton to her mum, **Christine** who finished in 20m 10s, followed by **Zara Pawsey** in 20m 24s and **Tinarra** in 21m 13s for 13<sup>th</sup> overall in a time of 1hr 18m 36s.



*Above Christine, Tinarra, Georgia & Zara. Below Jon, Nick, David & Puspesh*



Our first Masters Cross Country team really enjoyed the runs, once they had rested up a bit, with the boys all keen to have another go next year.



In the 40yrs+ 4x 4km event, **Jon Baker** led off with a time of 18m 57s. **David Teo**, running his first track leg for Ryde, handed over the baton on in a time of 19m 54s to **Puspesh Puspesh** who was to run our fastest leg, a time of 17m 12s and Nick Pawsey brought the team home in a time of 18m 14s for 1hr 14m 18s overall and 7<sup>th</sup> place.



*Top Axel, Owen & Benjamin. Bottom row Luke, Adam & Isaac*

## **Save the date ANSW State Relays 18<sup>th</sup>-19<sup>th</sup> November SOPAC**

One of the best carnivals of the ANSW calendar is the ANSW State Relays. Unlike Little A relays, ages can be mixed and we look at ability, not age to enter the best teams we can. If you are interested in competing in jumps, throws, sprints or middle distance then please keep the weekend free as we will be in touch to organise teams & please when we do start organising teams respond to the emails either "Yes" or "No" promptly, so we can get on with organising, speaking of which...

**Would anyone like to organise the State Relays teams or part of the teams?**

Let me know at [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) if you have some time and interest in helping Seniors.





*Top Keir, Nicholas, Georgia, Christine, Zara & Tinarra.*



Congratulations too to Ryde runner **Sue Gore** (pictured second from right) who ran as part of the NSW 60yrs+ relay team and finished with the gold medal. Sue's time was 20m 27s.





*Above Jon, David, Puspesh & below Nick*



## Athletics NSW Cross Country Championships

The NSW Cross Country Championships were held at Tapitallee on 17<sup>th</sup> June and Ryde had 5 runners out on the course.

**Georgia Phillips** placed 11<sup>th</sup> in the U18W 4000m event in a time of 16m 19s. In the U16M 4000m, **Benjamin Woodhouse** placed 10<sup>th</sup> in 13m 48s and **Julian Smith** was 21<sup>st</sup> in 14m 56s. **Adam Bruntsch** took on the 8000m U20 run and placed 10<sup>th</sup> in a time of 27m 21s. **Christine Phillips** rounded out our runners with a 1<sup>st</sup> place in the 50-54yrsW 6000m in a time of 29m 57s.

## Mitchell wins his second ANSW medal at the Team Walks Championships

Whilst Ryde couldn't quite get enough members to compete as a team at the ANSW Team Walks, **Mitchell McCarthy** continues to show some excellent form in his first season as a Senior athlete.

Mitchell competed in the U14M 3km event and came home with the bronze medal in a time of 17min 13s. We look forward to seeing Mitchell out on the track this season chasing the national qualifier for the track 3000m walk.





*Above Adam Benjamin, Georgia & Christine at the NSW Cross Country State Championships*



*Above well done Mitchell. Can't wait to see what time you'll do on a tartan track*

## **ANSW Short Course State Cross Country**

The ANSW Short Course Cross Country was held at Dapto on the 8<sup>th</sup> July and Ryde was represented by five athletes.

**Oliver Smith** competed in the U18M 4000m event and placed 15<sup>th</sup> in a time of 14m 06s.

In the U15M 3000m **Ben Prosenko** (below) came home in a time of 11m 52s for 26<sup>th</sup> place. **Axel Bruntsch** was 17<sup>th</sup> in the U16M 3000m event in 10m 11s. Not far behind in 21<sup>st</sup> spot was **Julian Smith** in a time of 10m 32s. In the U20M 6000m **Adam Bruntsch** had a good finish to place 9<sup>th</sup> in the State in a time of 19m 36s.







*Above Adam & Axel at the track and below Julian on the start line*



## NSW All Schools Cross Country

The NSW All Schools Cross Country was held at Eastern Creek on the 21<sup>st</sup> July. Representing their schools and school representative pathway were seven Ryde Senior Athletes. Most of these athletes have competed in up to three qualifying events to make it through to this elite level, in what is one of

the biggest cross country state carnivals in Australia.

**Benjamin Woodhouse** placed 6<sup>th</sup> in the 15yrs Boys 4000m in a time of 13m 24.7s. Ben's result has qualified him for the NSW All Schools team to compete at the Australian All Schools Cross Country Championships in late August in the ACT.

Ben had had some interesting training sessions getting ready for All Schools whilst holidaying overseas including running along the base of the Eiffel Tower, around St James Park, alongside Lake Geneva and canal side in Wales. Sounds like the preparation worked out well!



**Owen Smith** competed at his first high school state cross country championships and placed 56<sup>th</sup> in the 13yrs 3000m in a time of 12m 31.6s.

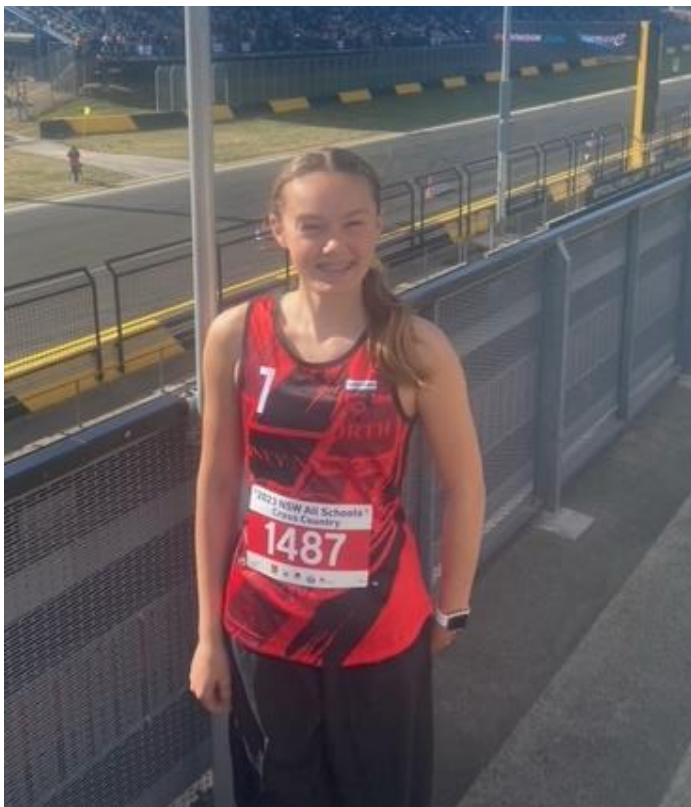
Brothers **Julian and Oliver Smith** had both again qualified for All Schools and Julian was to place 33<sup>rd</sup> in the 15yrs 4000m in 14m 43.4s. Oliver placed 21<sup>st</sup> place in the 17yrs 6000m in 22m 14.6s.

**Isaac Siebert** was 41<sup>st</sup> in the 16yrs 6000m in a time of 23m 00.05s.

Amongst our female athletes, **Georgia Phillips** placed 22<sup>nd</sup> in the 17yrs 4000m (16m 50.6s) and **Ella McGregor** came home 40<sup>th</sup> in the state in a time of 18m 48.0s in the 15yrs girls 4000m.

Well done to all our athletes.





*Well done Ella and Georgia*



## The Sydney North Athletics Carnival

The Sydney North Athletics Carnival was held at Mingara on the 24th -25th July. There were 30 Ryde Senior athletes competing over the two days.

### Brendan Mannasz 17-19yrs

12 <sup>th</sup>	100m	12.30s
1 <sup>st</sup>	High jump	1.90m

### Kaitlyn Martin 17-19yrs

2 <sup>rd</sup>	400mH	72.57s
5 <sup>th</sup>	100m	13.85s
6 <sup>th</sup>	Long jump	4.28m
3 <sup>rd</sup>	200m	27.94s
3 <sup>rd</sup>	4x100m relay	55.52s
1 <sup>st</sup>	400m	65.53s



*Above Kaitlyn had two busy days*

### Elysha Pawsey 17-19yrs

9 <sup>th</sup>	200m	30.90s
1 <sup>st</sup>	4x 100m relay	52.88s

### Aliana Moala 17-19yrs

2 <sup>nd</sup>	Triple jump	10.12m
1 <sup>st</sup>	4x 100m relay	52.88s

### Maddison Duncombe 17-19yrs

6 <sup>th</sup>	Shot put	9.79m
6 <sup>th</sup>	100m	13.91s
	Long jump	
2 <sup>nd</sup>	Discus	26.51m
3 <sup>rd</sup>	Outdoor Pentathlon 12-19yrs	2057 points
1 <sup>st</sup>	4x100m relay	52.88s
5 <sup>th</sup>	Javelin	26.84m





*Above Aliana, Mikayla, Maddison & Elysha through to State after Riverside won the the 17-19yrs 4x100m relay. All Ryde girls!! Below Mikayla 1st in the 100m H. At right James & Axel both had strong meets.*

**Mikayla Kelleher 17-19yrs**

1 <sup>st</sup>	100m H	17.49s
5 <sup>th</sup>	Long Jump	4.35
1 <sup>st</sup>	4x100m relay	52.88s
4 <sup>th</sup>	Triple Jump	9.43m

**Claudia Barlow 16yrs**

9 <sup>th</sup>	Shot put	7.96m
5 <sup>th</sup>	Discus	24.53m
4 <sup>th</sup>	Outdoor Pentathlon 12-19yrs	2019 points
8 <sup>th</sup>	javelin	17.85m

**Isabella Barbara 16yrs**

2 <sup>nd</sup>	Shot put	10.70m
6 <sup>th</sup>	Discus	23.24m





**Lucas Low 16yrs**

2 <sup>nd</sup>	400m	54.53s
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**Owen Chandler 16yrs**

3 <sup>rd</sup>	Triple jump	11.84m
6 <sup>th</sup>	200m	24.90s

**James Woods 15yrs**

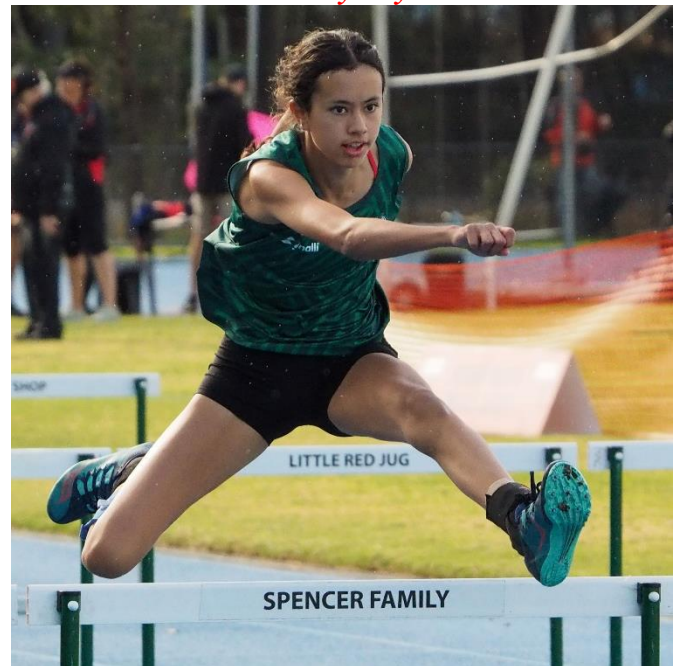
3 <sup>rd</sup>	100m	11.90s
4 <sup>th</sup>	200m	23.91s
3 <sup>rd</sup>	400m	52.58s
3 <sup>rd</sup>	4x100m relay	48.37s

**Axel Bruntsch 15yrs**

1 <sup>st</sup>	800m	2m04.42s
1 <sup>st</sup>	1500m	4m16.39s

*Oliver in Triple Jump***Zara Pawsey 15yrs**

1 <sup>st</sup>	90mH	14.42s
3 <sup>rd</sup>	100m	13.80s
4 <sup>th</sup>	800m	2.44.46
1 <sup>st</sup>	200m H 12-15yrs	32.29s
1 <sup>st</sup>	Outdoor Pentathlon 12-19yrs	2541 points Rec
7 <sup>th</sup>	200m	28.65s
1 <sup>st</sup>	4x100m relay	53.57s

*Aiden & Zara both broke Sydney North records.***Charli Nagle 15yrs****Age Champion 15yrs**

2 <sup>nd</sup>	90mH	14.67s
4 <sup>th</sup>	100m	13.85s
9 <sup>th</sup>	400m	79.01s
2 <sup>nd</sup>	200m H 12-15yrs	33.12s
2 <sup>nd</sup>	Outdoor Pentathlon 12-19yrs	2192
4 <sup>th</sup>	Shot put	8.57m
6 <sup>th</sup>	High jump	1.40m
8 <sup>th</sup>	200m	28.85s
1 <sup>st</sup>	4x100m relay	53.57s

**Aiden Wright 15yrs**

4 <sup>th</sup>	100m	11.94s
1 <sup>st</sup>	200m	23.41s
1 <sup>st</sup>	4x100m relay 16yrs	46.29s
2 <sup>nd</sup>	400m	51.39sR





*Above Congratulation Charli - 15yrs Age Champion*

<b>Lewis Wong 15yrs</b>		
2 <sup>nd</sup>	100m H	15.13s
3 <sup>rd</sup>	200m H 12-15yrs	28.42s
4 <sup>th</sup>	Triple Jump	11.49m

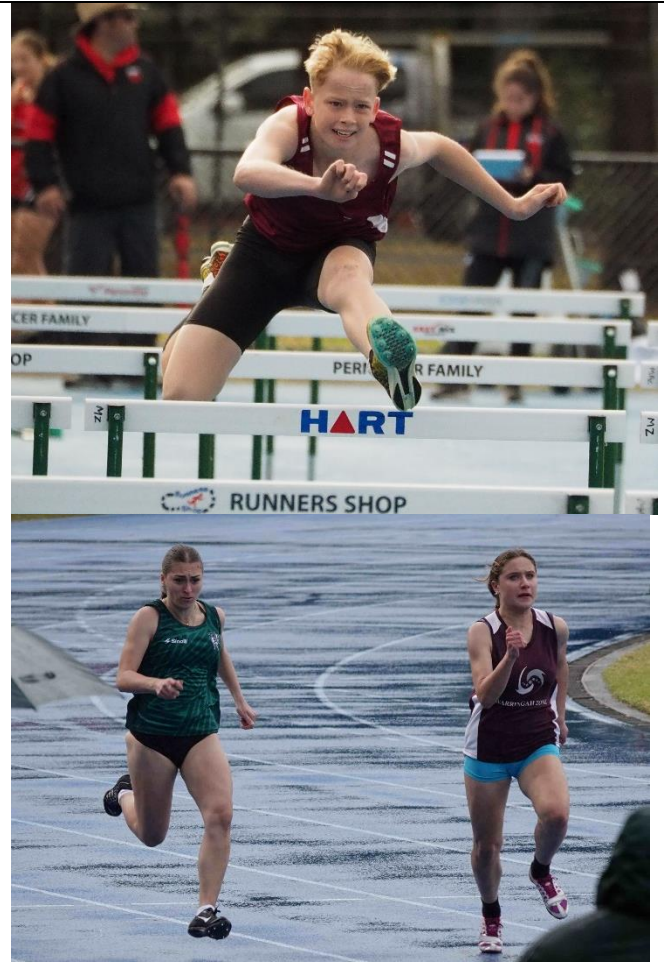
<b>Mahli Jabre 15yrs</b>		
1 <sup>st</sup>	4x100m relay	53.57s

<b>Jess Koussas 15yrs</b>		
2 <sup>nd</sup>	High jump	1.50m
1 <sup>st</sup>	Discus	29.38m
9 <sup>th</sup>	Shot put	7.40m
1 <sup>st</sup>	Javelin	31.06m

<b>Calan Hahlos 14yrs</b>		
5 <sup>th</sup>	200m	25.05s
8 <sup>th</sup>	100m	12.80s
2 <sup>nd</sup>	400m 12-14yrs	55.68

<b>Oliver Tsang 15yrs</b>		
7 <sup>th</sup>	Long jump	5.12m
6 <sup>th</sup>	Triple jump 12-15yrs	11.22m

<b>Emilia Webb 14yrs</b>		
4 <sup>th</sup>	Long jump	4.54m
1 <sup>st</sup>	High jump	1.41m
2 <sup>nd</sup>	Triple jump 12-15yrs	10.46s



*Daniel & Maddison.*

<b>Daniel Cox 14yrs</b>		
2 <sup>nd</sup>	100m H	17.84s
5 <sup>th</sup>	200m H 12-15yrs	32.35s

<b>Leon Danks 14yrs</b>		
5 <sup>th</sup>	High jump	1.50m
9 <sup>th</sup>	discus	25.57m

<b>Benjamin Lawrence 14yrs</b>		
1 <sup>st</sup>	Javelin	34.01m

<b>Brendan Kim 14yrs</b>		
4 <sup>th</sup>	Javelin	32.74m

<b>Luke Moscos 14yrs</b>		
6 <sup>th</sup>	800m	2m24.78s

<b>Matthew Lawrence 13yrs</b>		
2 <sup>nd</sup>	Javelin 12-13yrs	28.99m

<b>Jacqueline Pawsey 12yrs</b>		
2 <sup>nd</sup>	80mH	14.93s
5 <sup>th</sup>	100m	14.90s
7 <sup>th</sup>	800m	3m 02.33
3 <sup>rd</sup>	200m	29.88s
3 <sup>rd</sup>	Long jump	4.10m
1 <sup>st</sup>	High jump	1.39m





*Above Isabella & Jacqueline in the pouring rain in the 12yrs 100m*



*Above Maddison, Claudia & Charli running the 800m in the Pentathlon*

<b>Isabella Koussas 12yrs</b>		
3 <sup>rd</sup>	Shot put	7.15m
7 <sup>th</sup>	100m	15.32s
8 <sup>th</sup>	High jump	1.20
4 <sup>th</sup>	Long jump	3.97m
<b>Liam Martin 12yrs</b>		
3 <sup>rd</sup>	Long jump	4.20m

### **Diamond League Holiday**

My dream European holiday would include following the Diamond League around a few of the cities there, it always looks spectacular. The **Woodhouse** family,



family, **Chelsea, Mat, Nicholas and Benjamin** were lucky enough to not only attend the Lausanne meet but to meet some of the world's most outstanding athletes including our own King of King Island Stewy McSweyn, World Champion (5000m) & silver medallist (1500m) - Jakob Ingebrigsten, Olympic & World silver medallist in the 800m - Keely Hodgkinson, dual Gold World Medallist (400m H and 4x400m W) – Femke Bol and the Oceania record holder for the 800m – Catriona Bisset. Plenty of inspiration for the new season!





## Alyssa and Georgia take on the World – at the World Uni Games in Chengdu

Two former Ryde Senior Athletes were selected in the Australian team that competed at the World University Games in Chengdu, China in August,



**Alyssa Lowe** made it through the preliminary rounds of the long jump with a leap of 6.15m to secure her a spot in the final. In the final Aly again got a jump of 6.15m out to secure her 8<sup>th</sup> place. An outstanding result at such as major world athletics meet.

**Georgia Winkcup** ran an excellent race on the final of the 3000m Steeplechase to keep herself in the front pack for the whole race. Georgia finished in a time of 9m 51.22s to secure the bronze medal.



## Sydney Half Marathon & 10km Fun Run

**Puspesh Puspesh** from our Masters runners, competed in the Sydney Half Marathon out at Sydney Olympic Park on Sunday 3<sup>rd</sup> September. Puspesh finished in a time of 1hr 35m 13s to place 230<sup>th</sup> overall and 63<sup>rd</sup> in the 40-49yrs age group.

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

### *In our next edition*

Too many results for this issue so Sydney Catholic Schools, CHSSA, AICES, NSWCCC Carnival results and more will be in our next Footprint.

Please send photos and details from representative carnivals your athletes are competing in so we can share with the rest of our members. Email [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com)

### 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
Membership Enquiries	Christine Bruntsch
Club Records	Eric Lewanavanua Steve Barlow
Trophies	Gareth Chandler
Club Captains	Andrew Kalos Georgia Phillips

**We are still looking for a teams organiser for State relays let us know if you can help [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) – can be more than one person.**





**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.**

<b>Girls</b>	<b>100m</b>	<b>400m</b>	<b>1500m</b>	<b>Hammer</b>	<b>Long Jump</b>	<b>Discus</b>
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
<b>Boys</b>	<b>100m</b>	<b>400m</b>	<b>1500m</b>	<b>Hammer</b>	<b>Long Jump</b>	<b>Discus</b>
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.*

