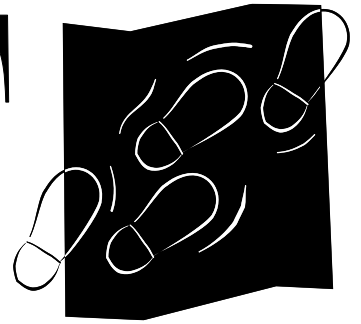




FOOTPRINT



ANSW Relays November 2023

RYDE ATHLETICS CENTRE INCORPORATED

www.ryde-athletics.org.au

Over the weekend we had many of our Ryde Senior athletes competing out at Sydney Olympic Park in the Athletics NSW State Relays. We entered a record 32 teams and were competing in many events for the first time.

Notable performances over the weekend included

- Our 240yrs+ 4x Javelin Team reclaiming not only their State title but also the State Relays record for the event (Andrew, Robert, Mat & Simon)
- Our U12's bagging three gold and one bronze medal over the weekend in the first time U12

relays have been offered (Jack, Mitch, Louis, Jack, Daniel, Alex, LilyEve, Charlotte, Harlen, Charlie and Zachery)

- Our first Masters 4x100m teams finished 2nd and 6th (Simon, Nick, Puspesh, Vijay, Revathi, Kristy, Lynette & Bron) pictured below.
- Our U16 Boys winning the 4x1500m and claiming the silver in the 4x800m (Axel, Benjamin, Julian & Luke).

All up Ryde won eight Gold, five silver and five bronze medal. Those medals were spread across every age group Ryde contested showing a depth of talent across our athletes.





Athletics is for parents too. Ryde Social Athletics, why not join? First competition Saturday 25th November

Want to do more on a Saturday morning than just help out and watch the kids compete? Want to restart your athletes career? Then joining Ryde as a Community athlete will give you opportunities to get back out in the field and on the track.

Joining as a Ryde Community Athletes gives you access to;

- Competing at the Saturday morning Ryde Social Athletics - an eight week program with two events held on Saturdays including track, jumps and throws for a registration fee of \$50.
- Compete & break senior club records at the Ryde Senior Club Championships held twice yearly.
- Personal Accident Insurance.
- If you change your mind and want to compete more than just Saturday mornings, you can upgrade your membership to Masters. If you do, your \$50 membership will be used as a credit for your upgrade.
- Access to track coaching from Ryde Seniors' coach.
- News updates from ANSW and Seniors Footprint newsletters keeping you informed throughout the season.
- Ready to register? Go to <https://www.revolutionise.com.au/rydeathletics/registration/> or click on the QR code. Select "new member" and then "Community Athlete"
- Want more information? Check the Social Athletics page on our website. For registration enquiries please contact Chris at christine@geneville.com.au and for membership enquiries Chris at christinebruntsch@iinet.net.au

Ready to join? Then click on the QR code to register with Ryde Seniors



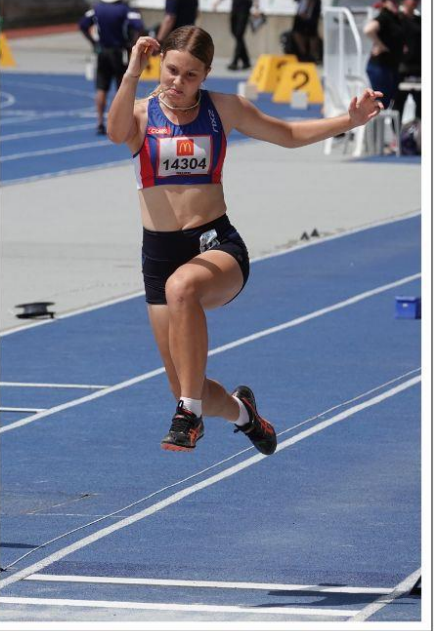


NSW Little Athletics State Relays 2023



Congratulations to all our Ryde Seniors who competed over the weekend of 11th-12th November at the Little A NSW State Relays

NSW Little Athletics State Relays 2023



Athletics NSW Treloar Shield, SOPAC, Round 5

Saturday 25th November, Entries Close Wednesday 22nd November at noon.

Link below to more information about Treloar 5 and registration



Draft Timetable

Event

12.00pm	Sprint Hurdles
12.00pm	High Jump 1.45m start
12.15pm	Discus > 40.00m
12.15pm	Pole Vault 3.20m start
12.15pm	Triple Jump 11m and 13m board
1.00pm	Discus Throw Women Open, 35+, 50+ 100m
1.10 pm	
2.00pm	High Jump (Men) 1.15m start
2.00pm	Triple Jump Women 7m & 9m boards
2.20pm	Pole Vault 2.50m start
2.25pm	Discus Throw Men Open, 35+, 50+
3.10pm	2x200m Relay
4.00pm	400m
4.15pm	Triple Jump Men 7m & 9m boards
4.15pm	Discus Throw Men Para U18, U15, U12
4.20pm	Pole Vault 1.80m start
5.25pm	Discus Women Para, U12, U15, U18
5.40pm	1500m
7.00pm	10000m Walk Championships

Alex is signed up, why not you too?



*Our competitors at Treloar Shield
Round 4 from top Georgia, Zara,
Mitch, Jess & Jacqueline*

Race Report

Treloar Shield Round Four Mingara

The fourth round of the Treloar Shield was held at Mingara on Saturday 11th November and Ryde was represented by 5 athletes.

Zara Pawsey ran in heat 2 of the U18W 100m and finished 4th in her heat and 9th overall in a time of 13.32s. In the 200m Zara was to place 11th overall in a best time of 26.91s. In the 400m hurdles Zara again ran a new personal best time and, another NQ time of 70.57s. This time is good enough for Zara to qualify for the U17, U18 & U20 400m hurdles at nationals in 2024.

Jacqueline Pawsey was 3rd in her heat and 8th overall in the U15W 100m in a PB time of 14.09s. In the 200m Jacqueline ran another PB time of 28.85s to place 5th.

Georgia Phillips was 4th in the Open long jump with her third-round best jump of 4.82m. In the U18 400m hurdles, Georgia placed 6th in a time of 72.74s.

Jessica Johnston won both the U18W discus throw and shot-put throw. In discus Jess's second round throw was 41.35m and in the shot-put Jess threw 11.75m.

Our final competitor of the afternoon was **Mitchell McCarthy** in the U15M 3000m walk. In still high temperatures and with a hot wind blowing, Mitch battled through to finish just outside the PB time he had set in much better conditions two weekends ago. A great effort from Mitch to persevere and finish in a time of 16m 43.70s for second place.

NSW Milers No.2 at Bankstown

The NSW Milers Race series No.2 was held at Bankstown on the 14th November and Ryde was represented by six of our middle-distance runners.

After missing All Schools through injury **Benjamin Woodhouse** was back on the track and making a real impact. Leading his heat from the start, Ben had extended his lead to 50m at the time he took the bell and by the time he crossed the line that lead was over 100m given his fast final lap of just under 66sec. Benjamin had run a new seven second PB of 4m 09.40s.

Isaac Siebert took to the front of his heat of the Open Men's 800m and held that to the bell. In the second lap Isaac looked strong and came home



An equal & a new PB for Nicholas & Benjamin Woodhouse at Bankstown

with good speed to finish in a time of 2m 04.63s for 4th in his heat and 11th overall.

Elizabeth Rebbechi was to finish just outside her PB time on the 1500m when she ran 5m 45.13s to place 14th overall in the Open Women's 1500m.

Georgia Phillips ran a strong and tactical race in the heat 2 of the Open Women's 800m. Sticking at the front from the get go Georgia was in second place at the bell and around the back straight. When a third runner shot through for the lead, Georgia gave chase and hit the front with about 180m to go and then accelerated away from the field to stop the clock at 2m 21.14s to win her heat and place 9th overall.

Consistent lap times and a quick last lap saw **Nicholas Woodhouse** run in PB territory in the Men's Open 1500m when he ran an equal PB time of 4m 45.60s to place 5th in his heat and 18th overall.

Benjamin Prosenko scored the biggest PB improvement of the night when he finished with a 25 second PB in the Mens Open 2000m steeplechase. Ben's new PB time was 7m 09.79s and saw him place 11th overall.

The Athletics NSW State Relay

The ANSW State Relays were held at SOPAC from 17th-19th November and Ryde was represented by a record 32 teams.

This report is organised by the age groups that our athletes competed in. For many of them though they were competing up age groups across the weekend. The great thing about Ryde athletes is no one flinches or complains about the idea of competing up against older athletes. They just get on and do the job, which is terrific to see and a great life lesson that you can never learn too early. We had so many last minute call ups and not one Ryde athlete said no. Great TeamRyde spirit.

The U12 Age group

The U12 age group was introduced for the first time at these Relays and our first team out was competing in the U12 4x200m Mixed relay.

Alexander Economides, LilyEve Everson, Charlotte Fraser and Mitch Cox. LilyEve headed off the team passing to Charlotte and then Mitch and Alexander flew down the home straight to finish fourth across the line in a time 2m 10.01s. The team were moved up to the bronze medal following the disqualification of one of the other teams.

Our first U12 field team was the U12M 4 x long jump. **Daniel Pulfer**, back from injury had the best jump of the competition (4.12m). **Mitchell Cox's** third attempt was 3.70m . **Jack Le Fevre** hit the sand at 3.94m and **Louis Baddeley** best jump was 3.69m. The boys recorded a total of 15.45m to claim the Gold medal.

On day two the U12's first event was the 4x100m , an event the boys had finished 2nd at the Little A championships in. The boys were absolutely clinical in their runs and exchanges. **Zachery Leung** got the boys off to a good start with **Jack Spencer** firing down the back straight passing off to **Mitchell Cox** with **Louis Baddeley** bringing the team home. The boys took the gold by over two seconds and finished in 53.72s, just outside the time they had run the weekend before.

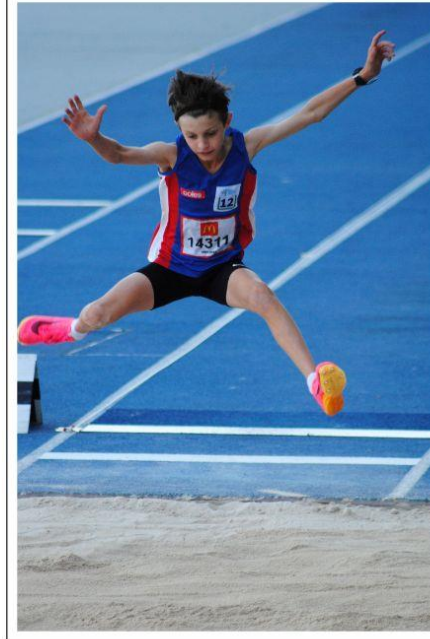
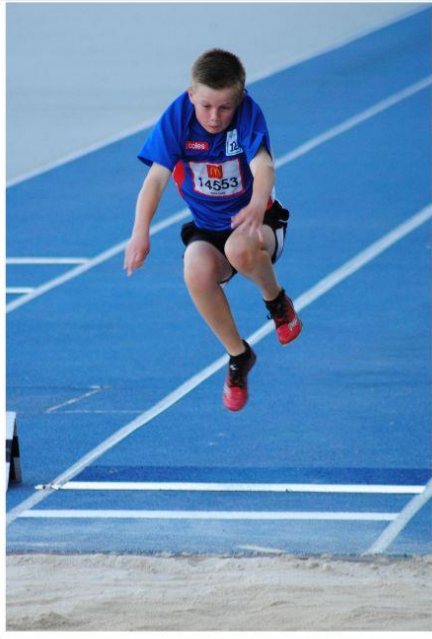
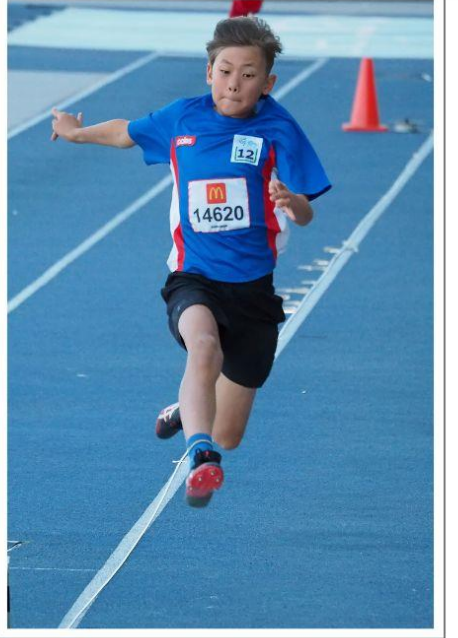
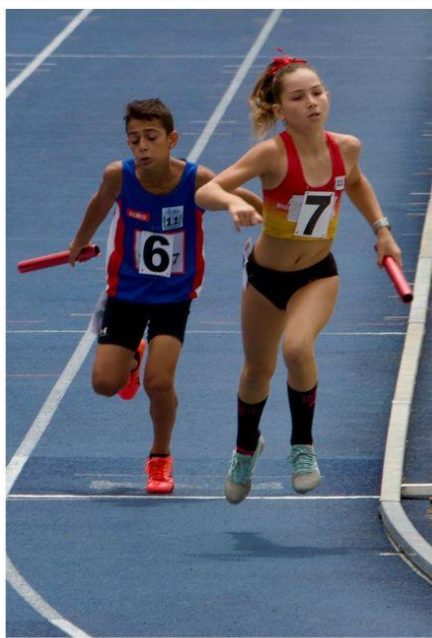
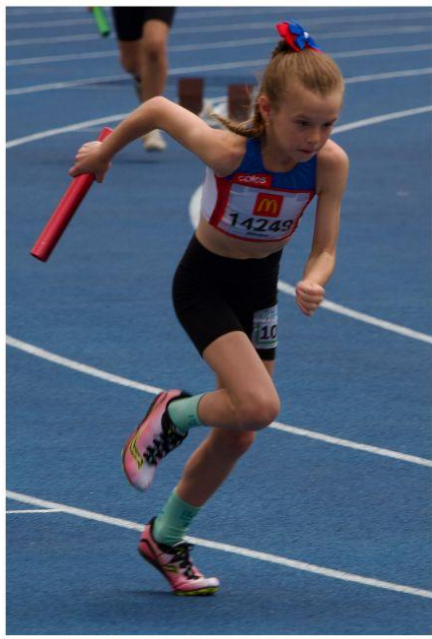
The U12's final event was the Boys shot put. **Jack Spencer** had the longest throw of the competition (10.92m) with **Charlie Shiel** just behind him in PB territory on 10.26m. **Harlen Danks** threw 7.80m

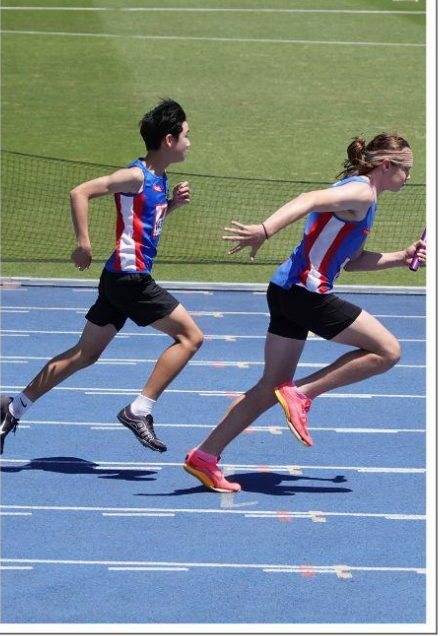
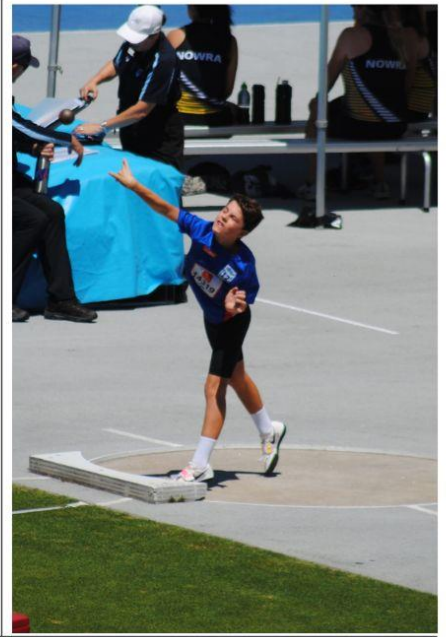
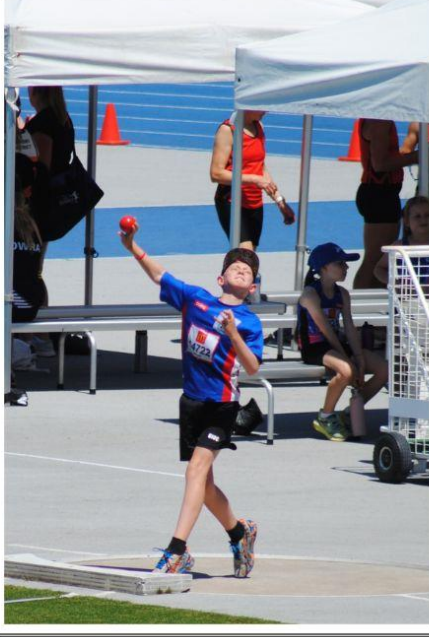
and **Mitch Cox** 7.05m to give the boys a total of 36.13m and clinch their third title of the weekend.



Above U12 4x100m State title winners Jack, Louis, Mitch & Zachery with coach Russell Cox. A huge thank you to both Erica and Russell Cox for the outstanding work they did to drill many of our relay teams for the State Little A Championships and for ANSW Relays. Not a dropped baton or a lane run out of over the whole weekend. Below Gold for the U12 shot putters Jack, Harlen, Charlie & Mitch







The U14 Age group

Saturday morning and first out on the track were our U14 Men's 4x1500m walkers. Just a couple of weekends ago three of the members – **MiaRose Everson, Mitch McCarthy & Rhys Chandler** had all set new Ryde Little A Walks records on the same morning. In the relay they were joined by **Charlie Shiel**.

Rhys got the team off to a good start (split 7m 51s) and handed off to Mitch McCarthy (split 8m 12s) who was followed by Charlie Shiel (9m 43s) with MiaRose (8m 14s) bringing the team home for a combined time of 34m 02.78s. The team had crossed the line third but as always in walks, it has to be done correctly and another team was DQ'd raising the team to the silver medal podium position. No one in the team had received a red card during the relay.

Our U14 4x100m Women's team again showed the hard work that our coaches put in to teaching our athletes excellent baton passing. The team of **Bella Fraser & Jacqueline Pawsey (below) , Beatrix Cheung** and **MiaRose Everson** ran a strong clean race and finished in a time of 55.87s for 8th place. All our girls were only 12, so young enough to compete in this race again next year.

Hannah Lambert, Bella Fraser, Jacqueline Pawsey and **MiaRose Everson** competed in the final U14 event of the weekend, the U14W long jump. As all our girls are only aged 12 they did extremely well to finish just one spot out of the medals in 4th place. Hannah (4.44m) Jacqueline (4.39m) Bella (4.21m) and MiaRose (3.95m) jumped a combined distance of 16.99m.



The U16 Age group

Friday night saw our middle-distance runners out competing in the 4x1500m. In the U16 event the team was **Axel Bruntsch, Benjamin Woodhouse, Julian Smith and Luke Moscos**. The boys had a great run with the lead extended over each runner so that by the time a not too well Luke was handed the baton at the final change, the boys had secured a lead of around 300m. When Luke crossed the line for the Gold medal the team had finished in a time of 17m 53.06s.

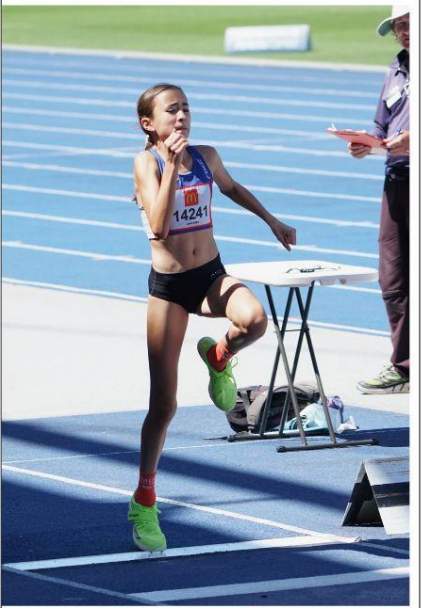
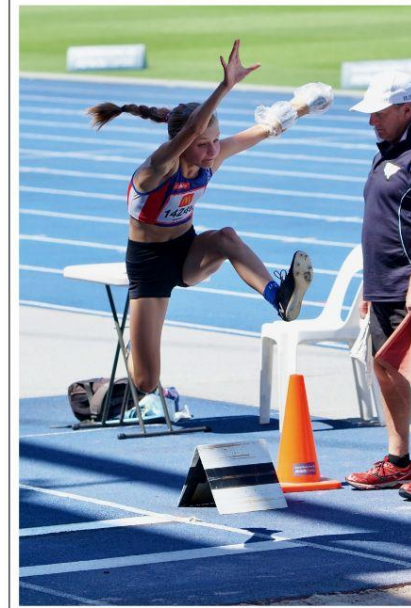
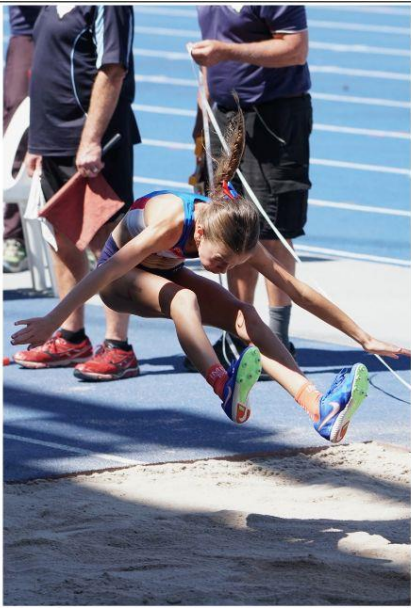
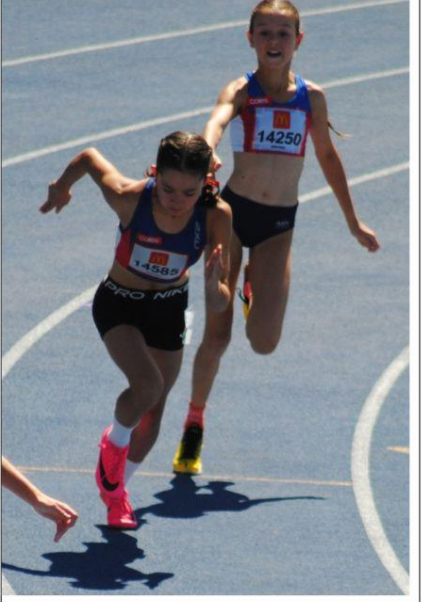
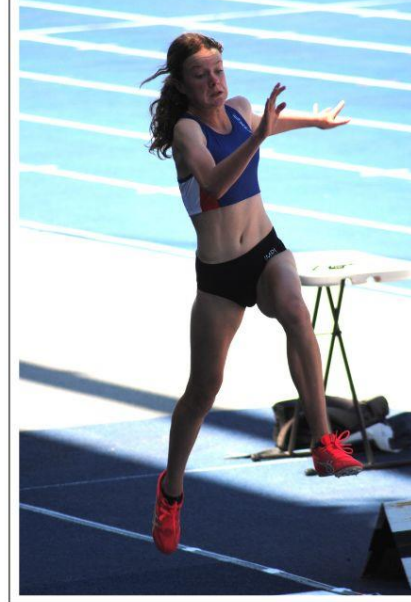
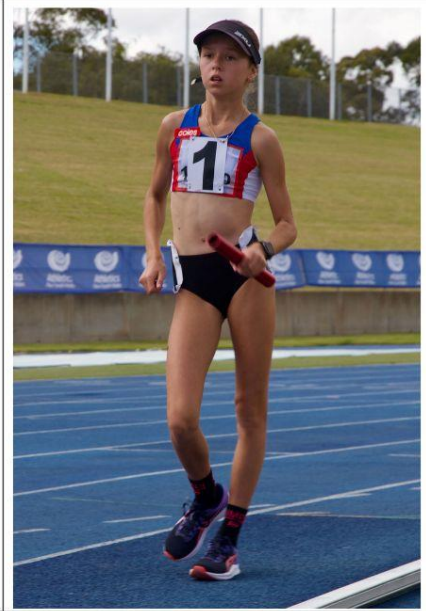
Calan Hahlos, Daniel Cox, Yap Jun Min, Alex Ruhfus ran in the timed finals of the U16 4x100m on Saturday morning. The boys are aged 14,14,13 and 14 respectively so were giving age and strength away to other teams but absolutely proved their strength when they finished 3rd in their heat and 5th overall ahead of seven other teams in a time of 47.24s. Alex was running for the first time in the Ryde colours and his run down the final straight shows he is in great form ahead of him contesting the U15 100m at the Australian All Schools in Perth. Good luck Alex.

Our U16 runners were out for their second sprint relay of the weekend in the 4x100m mixed timed finals. **Zara Pawsey, Amelia Gomez-Neiwolik , Calan Hahlos and Daniel Cox** finished in a time of 49.36s to place 5th in their heat and 8th overall in the state.

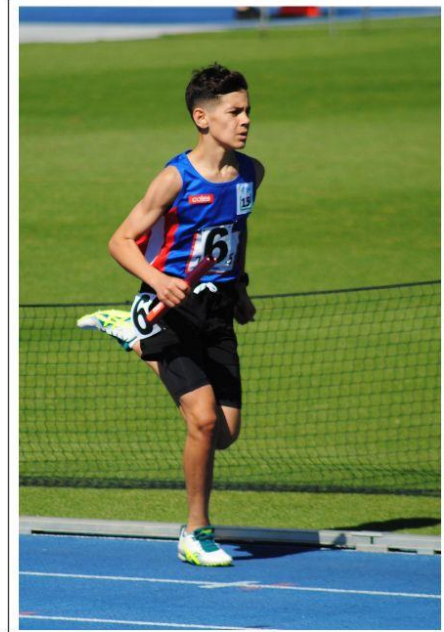
On Sunday morning our U16 middle distance team of **Axel Bruntsch, Benjamin Woodhouse, Luke Moscos and Julian Smith** were back for their final event the 4x800m relay. Leading off Axel set a blistering pace handing the baton on with a big lead in just under two minutes to Julian. In a very talented field, Julian ran well and the team was placed 2nd when Julian handed the baton onto Luke who held the second place for the team before handing onto Benjamin for his third middle distance relay leg of the carnival. Benji gained some ground and ran a 2m 02s final leg to finish in a time of 8m 33.82s.

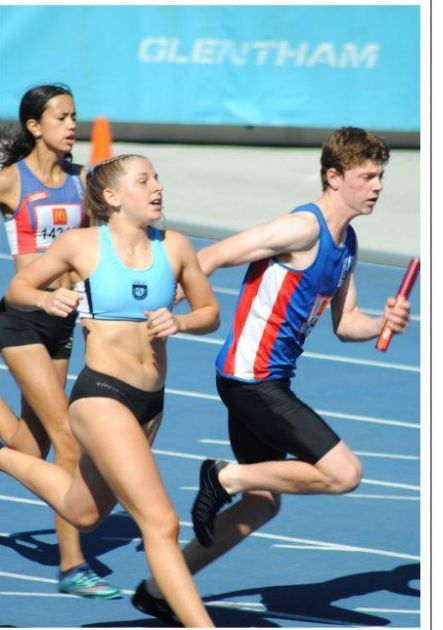
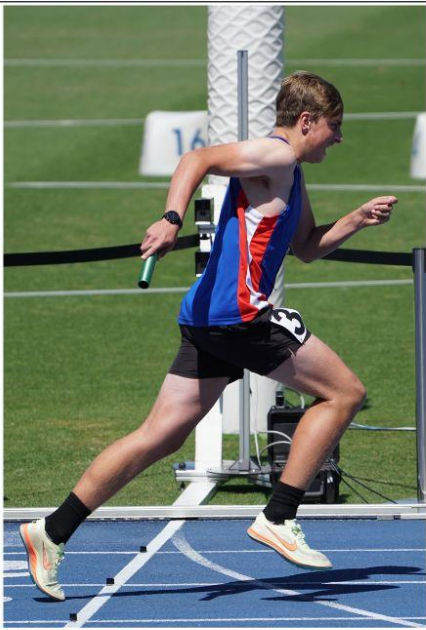
On the final afternoon we had two teams running in the U16M 4x200m. In the first heat our team was **Brendan Kim, William Perry, Lachlan Waldron, and Lewis Wong**. Brendan passed on the baton to William at change one. William through injury, had not run for three weeks but absolutely flew through his 200m so much so the commentator had something to say about it! (William, let's see you out at Treloar this weekend in the sprints please!). Lachlan kept the pace going and then Lewis brought the team home for third place in their heat and just out of the medals in 4th place overall in a time of 1m 40.93s.

In the second heat we had the team of, **Jun Min Yap, Oliver Tsang, Calan Hahlos and Daniel Cox**. Jun Min had some shoe issues which saw him lose one of his shoes at about the 100m mark but he kept going to hand onto Oliver who ran a good back 200m before Daniel brought the baton around to Calan to finish the race in a time of 1m 44.54 for 4th in the heat and 6th overall.









U18 Age group

Our first U18 team out for the weekend was our U18W 4x shot put on Saturday afternoon. **Mikayla and Maddison Duncombe** were competing in their first ANSW Relays along with **Jess Johnston** and **Isabella Barbara**, who was making a welcome return to Relays after a couple of years absence. Isabella and Jess (along with gun javelin thrower Jess Koussas) had combined the weekend before to win the State title in the U17G throws relay at the Little A state relays and were to make it two state titles over two weekends when the girls also finished with Gold in the 4x shot put event. An ecstatic Isabella had held up one finger to the crowd shortly after the competition ended but it took another ten or so minutes for the officials to recheck the results and leave Ryde with the Gold medal. The team had been incredibly consistent from round one when Jess landed a 12m throw and the other three girls all pitched the shot put around 10m. After three round Jess was the longest thrower of the competition with a throw of 12.34m, Maddie Duncombe threw 10.36m, Isabella Barbara 10.02m and Mikayla Duncombe 9.96m for a total of 42.68m. Well done girls that is the first Women's ANSW State title in throws that Ryde has won in a long time!

Next event out in the field was to see our big men fly in the U18m 4x high jump. The team consisted of **Vili Lewanavanua, Owen Chandler, Oliver Tsang, and Lachlan Waldron** all of who are young enough to compete at least next year in the same event. **Vili, at just 14yrs** had a best clearance of 1.75m, while **Owen** soared over a PB of 1.70m. **Oliver's** best clearance was 1.60m and **Lachie** cleared an equal PB of 1.55m to give the team a total of 6.60m to place 6th.

Our first U18 team out on Sunday was the U18 4 x javelin team out in windy conditions. Again, all our boys are young enough to contest this event for at least another season. Senior Club Captain, **Andrew Kahlos** managed a best throw of 44.67m to finish with the 5th best throw overall. **Brendan Kim** was backing up from his Silver medal at All Schools in the 14yrs javelin to land a distance of 35.02m after one of his big throws hit the wind and fell flat. **Lachlan Waldron** added 38.20m to the team effort and **Oliver Tsang** backed up with a throw of 25.89m on the last round. Overall, the boys had thrown 143.78m to finish just one spot out of the medals in 4th place.

Vili Lewanavanua, Owen Chandler, and Oliver Tsang who had competed in the U18 4x high jump team were joined by **Lewis Wong** making his Relays field debut for Ryde in the U18 4x long jump. Again, our boys were giving away years to some of the opposition being aged 14, 16, 16 and 15 respectively.

Owen was out in PB territory with his best jump of 5.83m which saw him finish 9th overall. Vili landed a good jump of 5.74m. Oliver was to jump 4.89m and Lewis landed his best jump at 5.36m to give the team a combined distance of 21.82m for 5th place overall.

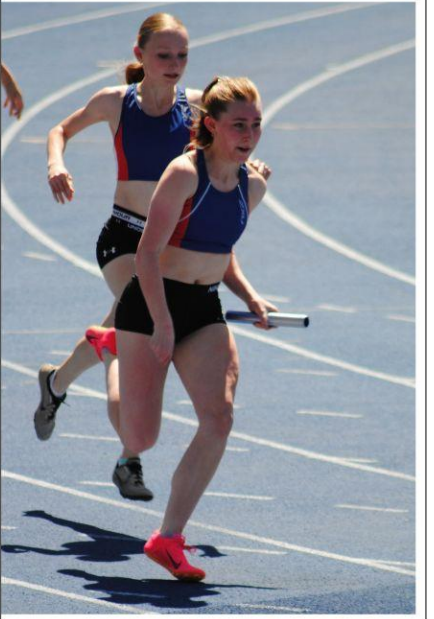
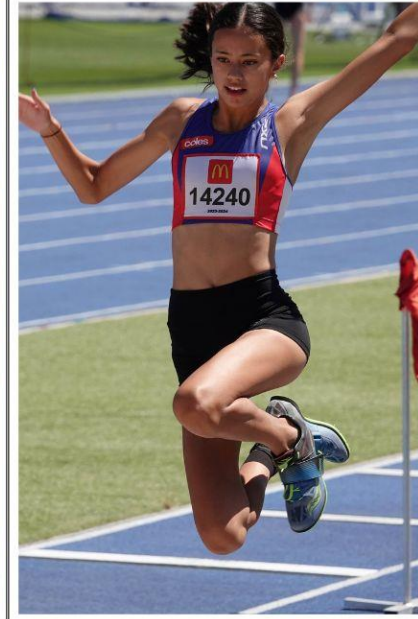
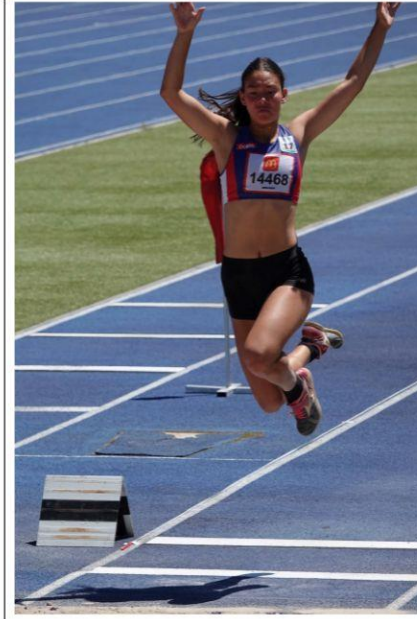
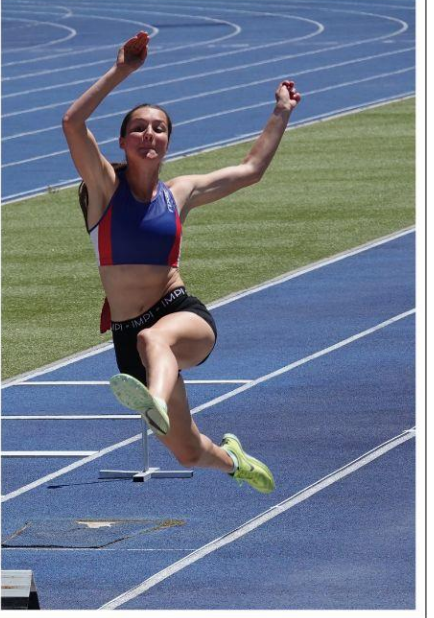
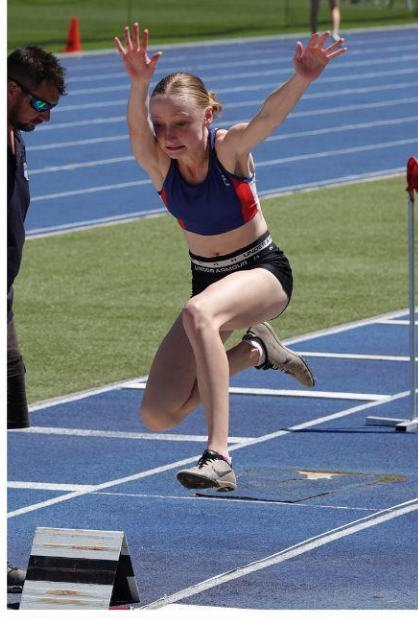
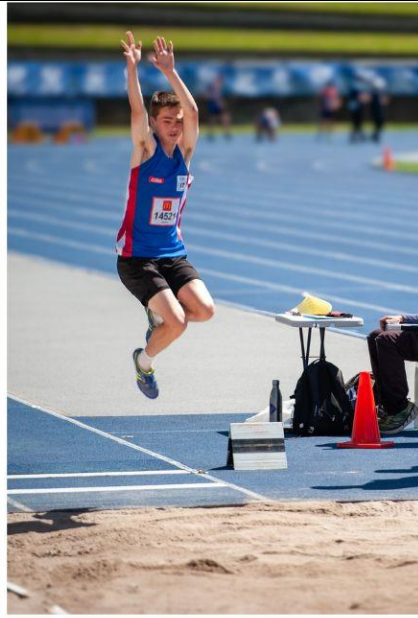
Meanwhile out on the track on Sunday morning our girls were running in the U18 4x100m. **Zara Pawsey, Ruby Worrell, Amelia Gomez-Neiwolik and Kaitlyn Martin** were warming up for their run in the U20 4x200m later in the day and were to finish the 4x100m in a time of 49.73s for 5th in the fastest heat to place 6th overall in the state.

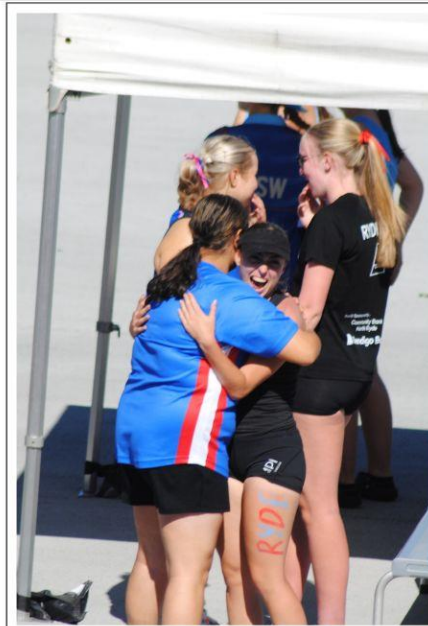
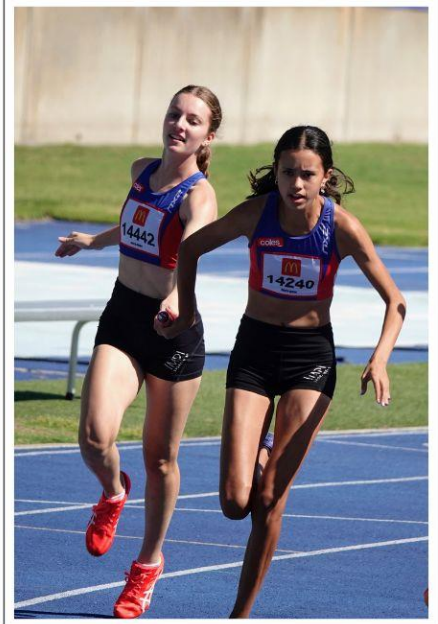
Our last U18 team competed in the U18W 4 x long jump. Two of our jumpers, **Kaitlyn Martin & Georgia Phillips** had already won bronze earlier in the morning in the Open women's Long jump so were well and truly warmed up. They were to be joined by **Zara Pawsey and Miah O'Shea**, who after a great school season of jumps, was making her ANSW State Relays debut.

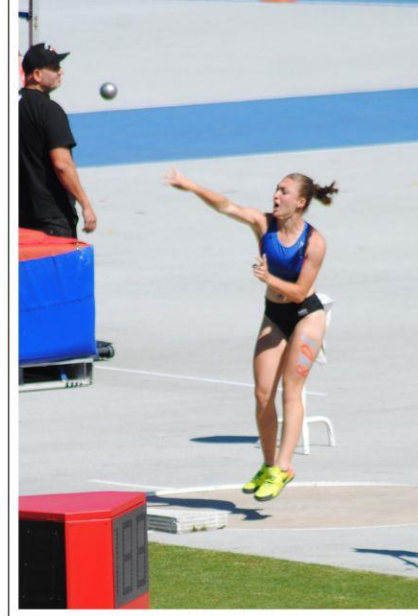
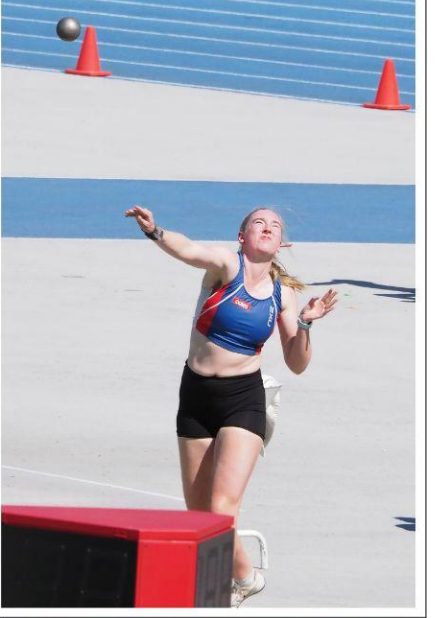
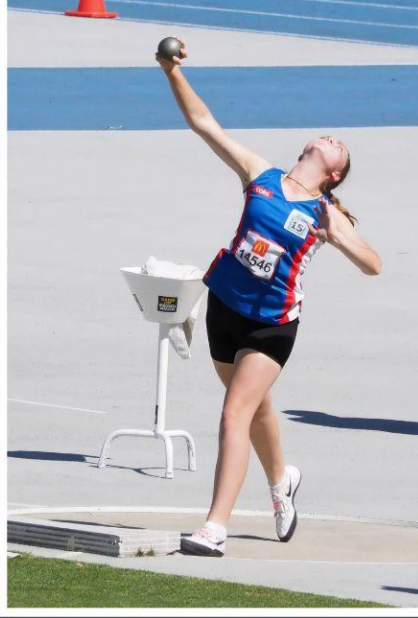
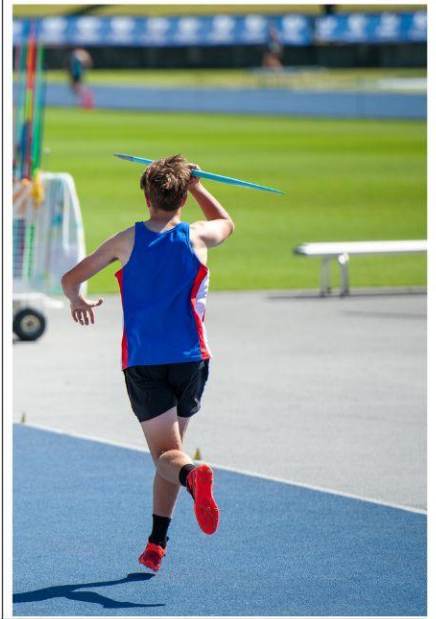
In a field of 44 jumpers our girls proved to be incredibly consistent and finished with all four jumpers in the top 15 results. Georgia, who will contest the U18 long jump at the Australian All Schools after receiving a late call up to the team, jumped 5.17m for the 5th best jump. Miah at just 16, was not far behind with 5.13m. Kaitlyn hit the sand at 4.94m and our youngest jumper, Zara at 15 landed 4.84m. Combined the girls result was 20.08m an excellent result and a silver medal.

A BIG THANK YOU TO ALL OUR PHOTOGRAPHERS FROM THE WEEKEND

If you have got this far, you would have to admit there are some great photos from the weekend. A big thank you to **Nick Pawsey, Elysha Pawsey, Steven Barlow, Rodney Woods, Eric Tsang & Chelsea Woodhouse** who all helped by supplying photos for this newsletter.







Our U20 Athletes

On Friday night our first U20 team of the weekend competed in the 4x1500m event. The team of **Isaac Siebert, Nicholas Woodhouse**, and debut ANSW Relay runners **Julian McMillian and Ben Prosenko** were all well under the age but pulled together to get a good result in finishing in a time of 19m 19.12s for 5th in State.

In the U20 4x100m women's event it was a "getting the band back together" moment for three of our graduating Riverside girls high school relay team. **Maddison Duncombe, Mikayla Kelleher & Elysha Pawsey** were joined by **Kaitlyn Martin**. The girls had a good run placing 6th in the final in a time of 52.37s.

Isaac Siebert, Nicholas Woodhouse, Julian McMillian had run in the 4x1500m on the opening night and were joined by **Benjamin Woodhouse** for the U20 4x800m final. Running in a combined U18/U20 event, Benji got the boys off to a great start when he handed the baton off with the team in second place overall. Nicholas kept a good momentum before handing off to Julian. Isaac passed a couple of runners in his leg and the boys were 5th across the line in the combined race in a time of 8m 35.36s. The boy's time was good enough to have given them bronze in both the U18 event as well as their U20 event (below right) . A great result.

The last sprint event of Sunday afternoon saw **Zara Pawsey , Amelia Gomez-Neiwolik, Ruby Worrell & Kaitlyn Martin** (at right) compete in the final of the U20W 4x200m. Amelia got the girls off to an excellent start and passed the baton to Zara who just like her dad Nick the day before in the 4x400m, absolutely took off around the bend and up the straight in an outstanding leg. Kaitlyn brought the girls down the back straight to pass over to Ruby for the final leg gaining on second with the girls crossing for the bronze medal in a time of 1m 44.26s.

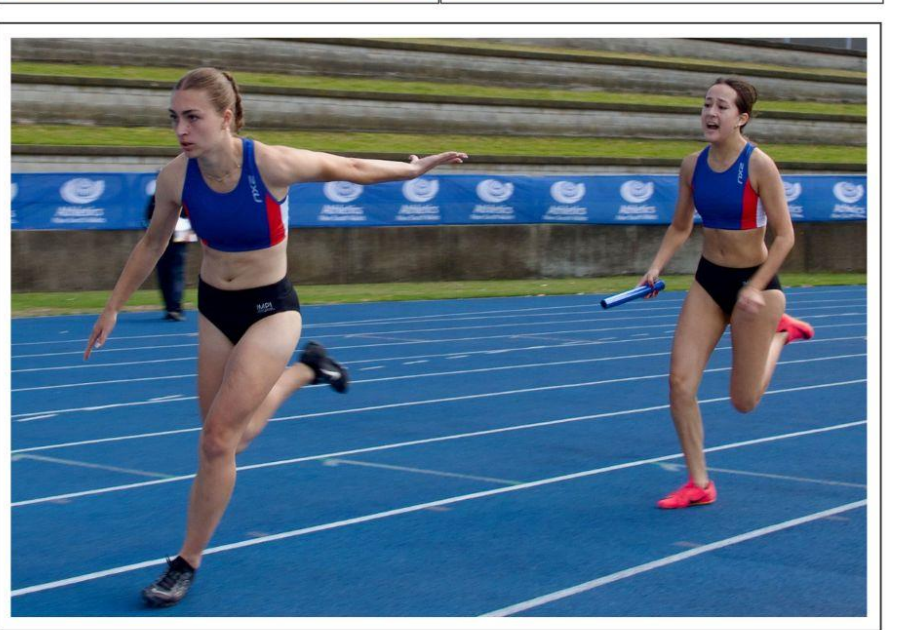
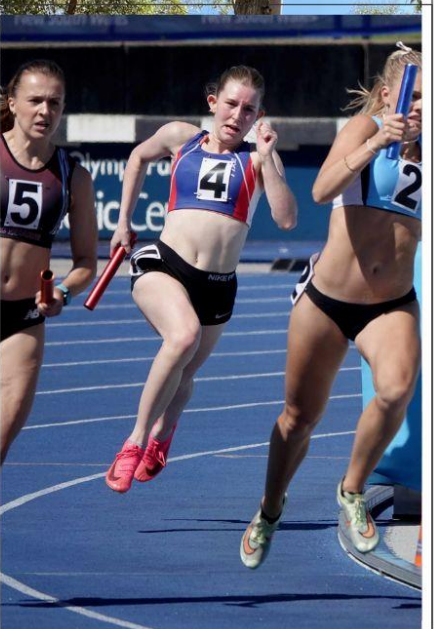
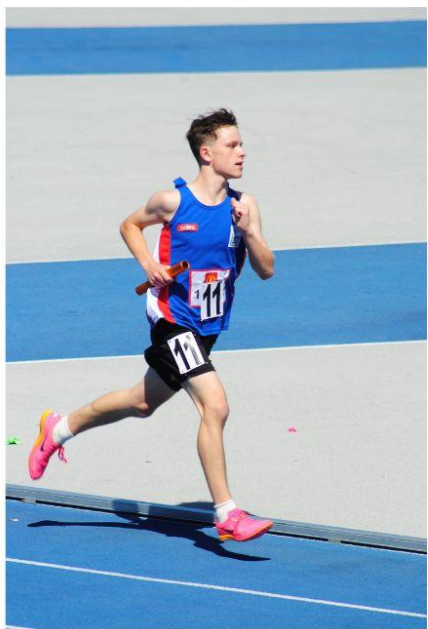
Opens Teams

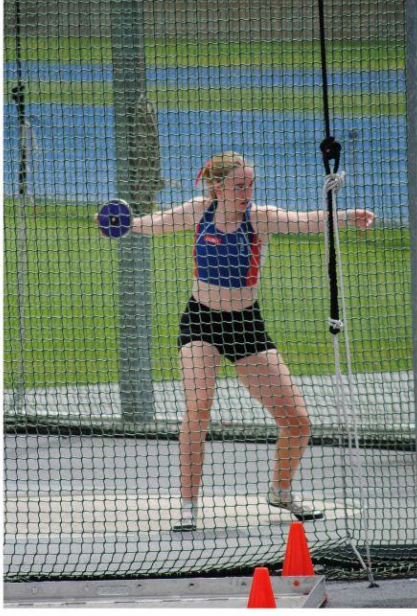
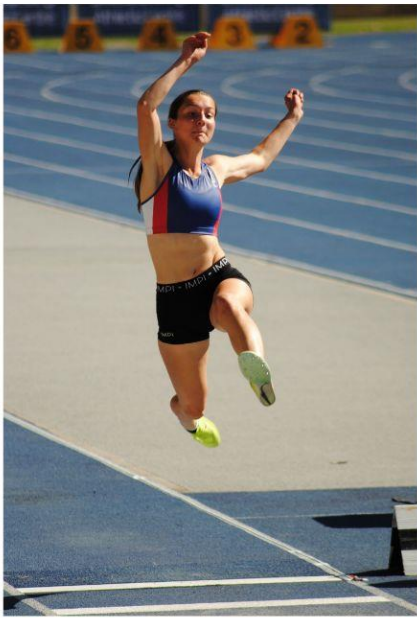
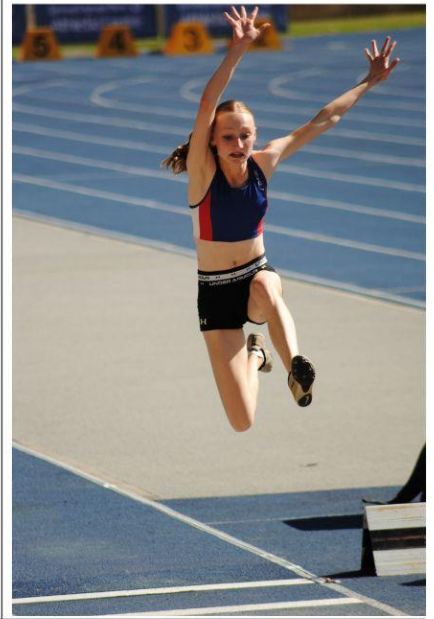
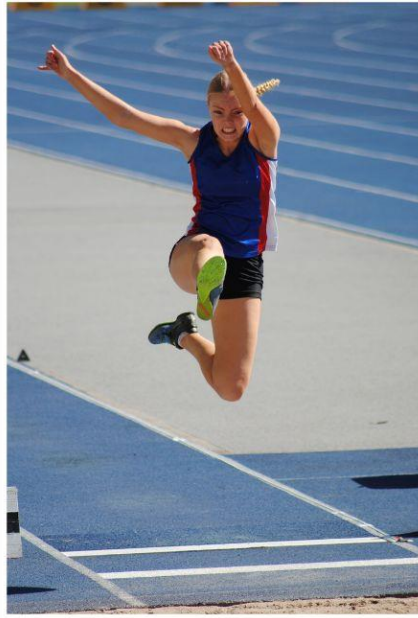
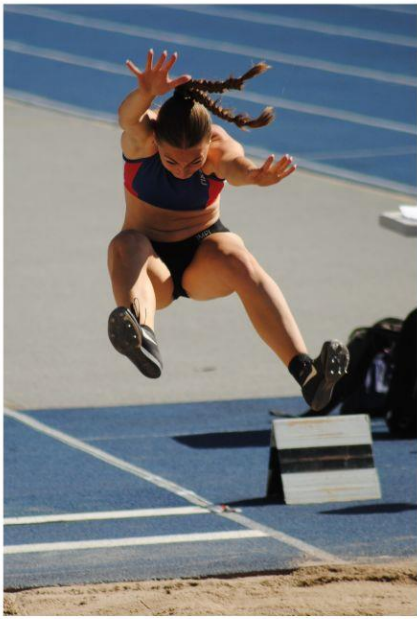
Disappointingly ANSW decided to drop the U18M and U18W discus from the program this year which was a shame as we had a gun U18W team ready to throw. Instead, the women stepped up to compete in the Open discus event which had a massive field of 52 throwers. **Maddison Duncombe** was thrilled with a season's best throw of 31.12m. **Mikayla Duncombe** won family bragging rights (just) with her 31.25m throw.

Caitlin Waldron threw 30.96m and an in-form **Jess Johnston** at just 16, beat many more highly fancied and experience throwers when she threw the second biggest throw of the competition in the first round, landing the discus at 43.66m. All together the girls finished 4th with a total distance of 136.99m, an outstanding result in a very competitive Opens event with a relatively young team.

As we had quite a few talented female long jumpers at Ryde, we decided to enter both an Opens and an U18 team on the Sunday morning to give the girls more opportunities to compete. The Opens team was to finish with the bronze with **Georgia Phillips** jumping 5.15m, **Kaitlyn Martin** 5.00m, **Maddison Duncombe** 4.55m and **Mikayla Kelleher** 4.52m for a total of 19.87m.







Masters Teams

We are used to seeing our Masters throws teams out at Relays and last year they were joined by a silver medal winning 4x400m Masters track team. This year we were to field seven teams in total and hit several first in terms of our first women's field and track teams and our first mixed medley team. Our Masters Men's shot team competing in the 200+ age group was carrying some injuries but performed well. **Mat Woodhouse** got the best result with a throw of 10.44m **Steven Barlow**, still battling a hamstring issue contributed a handy 8.41m to the total. **Simon Bergfield** threw 8.64m **Andrew Atkinson-Howatt**, a last-minute call up to replace an injured David Teo, threw 7.76m. The boys totalled 35.25m for the bronze medal.

Our first Ryde Women's Masters field team were all new to Ryde this year and jumped at the opportunity to compete over the weekend, throwing the shot put in the 160+ event. **Lynette Smith**, long time super Ryde volunteer and new Ryde athlete, landed the shot put at 7.87m. **Bronwen Morgan** threw 6.37m **Kristy Morgan** was our best thrower with 7.91m and **Revathi Krishnan** added **6.14m** to give Ryde a total of 28.29m and leave them 2m clear of third, in the silver medal position. A great result for our first time Ryde competitors!

Last year our first track Masters team won silver in the 160+ 4x400m and the boys were keen to have another crack this year. Competing up now in the 200+ age group, **David Teo** led the team off well (running just his 3rd 400m since high school) before handing the baton off to **Nick Pawsey**. Nick's training sessions with Jon Baker's squad were clearly paying off as he absolutely flew around the final bend and steamed up the straight to hand over a commanding lead to **Puspesh Puspesh**. Puspesh held the lead around his lap before passing off to **Mat Woodhouse** who was to extend the lead even further with the boys coming home in a rip-roaring time of 4m 10.89s, four second clear of second to take the gold medal. This was a huge improvement over the time Ryde ran the previous year of 4m 37.53s.

Andrew Atkinson-Howatt had been saying since the 2022 relays that Ryde had to win back the State record in the 240+ 4x javelin that they had lost in that year's competition. So, the pressure was on. **Mat Woodhouse**, who had pulled his calf muscle running the final leg of the 4x400m the day before was to be limited to a small run up but even

so was able to land the longest throw of the competition – 34.90m. Andrew was 2nd overall with 33.16m, **Robert Hanbury-Brown** third longest thrower with 30.42m and **Simon Bergfield** threw 24.90m for six longest throw. Overall, the boys threw 123.38m to clearly claim first spot and reclaim their State record.

Our first 4x100m teams were to run straight after each other on early Sunday afternoon. In the men's 160+ 4x100m **Simon Bergfield** started the team before passing the baton to **Nick Pawsey** who flew down the back straight to pass off to **Vijay Sai**, who was having his first run in the Ryde colours, for a quick sprint around the bend and onto **Puspesh Puspesh** who had to jump a falling athlete in the final straight to cross the line in a time of 56.24s for silver.

Our silver medal winning 160+ women's shot-put team was returning to have a crack at the 4x100m and had set themselves the goal of finishing under 60 seconds. **Revathi Krishnan** got the girls off to a great start before passing on the baton to **Kristy Gibson** for a good run down the back straight. **Lynette Smith** took the team around the bend and **Bron Morgan** brought the team across the line in a time of 59.51s for 6th place.

Our final team was another first, a mixed medley team. It was great too to see **Sue Gore**, a long time Ryde Masters athlete run a relay team in the Ryde colours for the first time. Competing in the 160+ Mixed Medley, Sue led the team off running a 1200m leg before handing over to **Nick Pawsey** for his third run of the weekend, the 400m leg. **Chris Phillips** had run in our Open Women's Cross-Country team in winter and at SOPAC brought the team around for two more laps before handing onto **David Teo** for the final 1600. The team finished with the gold medal in a time of 15m 27.67s.

Ryde Seniors hosting the BBQ at Dunbar this Saturday

Just a reminder that Seniors will be running the BBQ at Ryde this Saturday to help raise funds for our athlete travel grants. If you can come along and help that would be terrific. If you can't help then please purchase from the BBQ or from the Cake Stall we will also be running that morning.

If you can help on the day or by baking for us please email lbergfield@hotmail.com.

