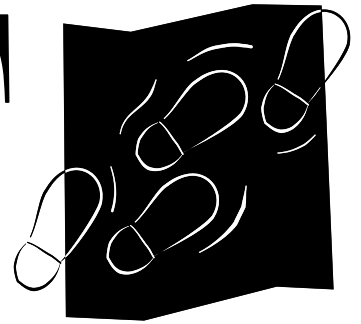




FOOTPRINT



Senior Division November 2023

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

We are up and running

With the NSW All Schools competitions completed the season is well under way and our athletes from U10's up to our Masters are getting out on the track and in the field.

Special mention to our athletes who competed in the U12 Age group at the first Treloar Shield. The combined age group finished second overall and the boys absolutely blew away the competition finishing well in front of the second placed Club. It was great to see so many of our athletes who had

debuted at the NSW Primary School Challenge return to take on regular Saturday afternoon competition.

We look forward to seeing our teams compete at the upcoming ANSW State Relays over the weekend of 18-19th November.

Below – from our U12 age group back row Jack Spencer & front row Jack Le Fevre, Louis Baddeley & Mitchell Cox all secured PB runs at the first Treloar Shield.





Ryde Senior Athletics, not just for kids!

We would love to see more parents sign up and join Ryde Seniors. There is plenty of competition on across Sydney most weekends and even some week nights. Track events are seeded so you will run against people of similar ability and be able to challenge yourself to improve your times. There are plenty of field events on offer as well. The choice is yours to do as many or few events as you wish.

At the 2023 ANSW Relays to be held from 17-19th November Ryde will be field 7 Masters teams in events from 4x100m to shot put and javelin, 4x400m and a middle distance relay team. That could be you next year!

If your kids are doing Ryde Seniors then you can both be competing at the same competitions, rather than sitting on the side.

We have a track coach who can work with you to help improve your fitness and set some targets for the season.

For athletes aged 30 and over, Masters athletics offers its own state and national championships and last year our Ryde athletes were well among the medals across the track and in the field. Our masters field teams in cross country, track relays and throw relays and working with others in a team is a great way to get back into athletics. Ask any of our masters members and they will tell you how much they enjoyed their season and to sign up, give it a go.

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 below to register with Ryde Seniors

Race Report

Treloar Shield Round One

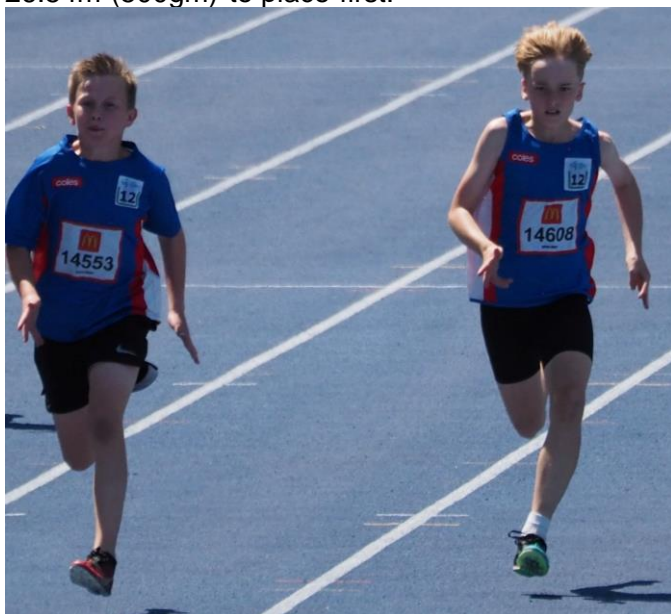
Treloar Shield Round One was held at SOPAC on Saturday 14th October and Ryde was represented by 24 athletes.

Our U12 age group was particularly strong and took out the Boys U12 Point score for the afternoon.



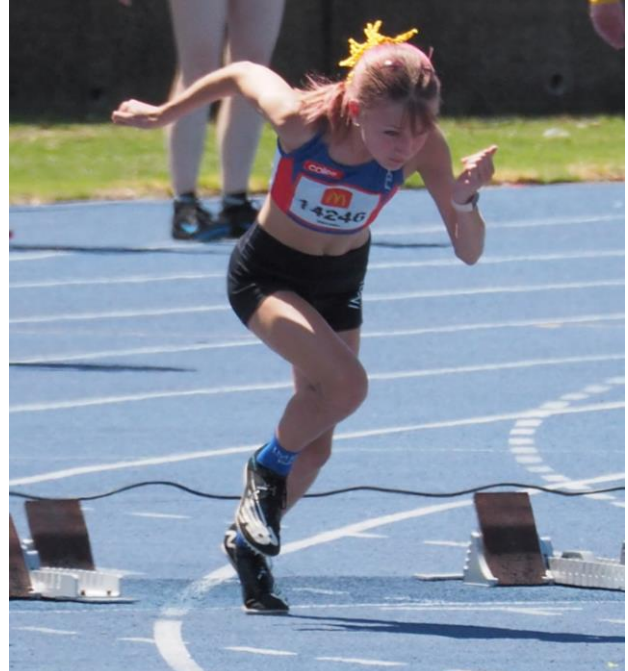
Above Jack & Zachery & below Louis & Mitch in the 100m

Jack Spencer was to be the overall winner of the U12 100m in a national qualifying time of 13.00s. **Zachery Leung** was in 2nd place in 13.17s, **Louis Baddeley** was 5th in 14.41s, **Mitchell Cox** placed 6th in 14.67s and our youngest competitor, **Archer Griffiths** placed 8th in 15.99s. Archer also competed in the U12 discus where he threw 26.54m (500gm) to place first.

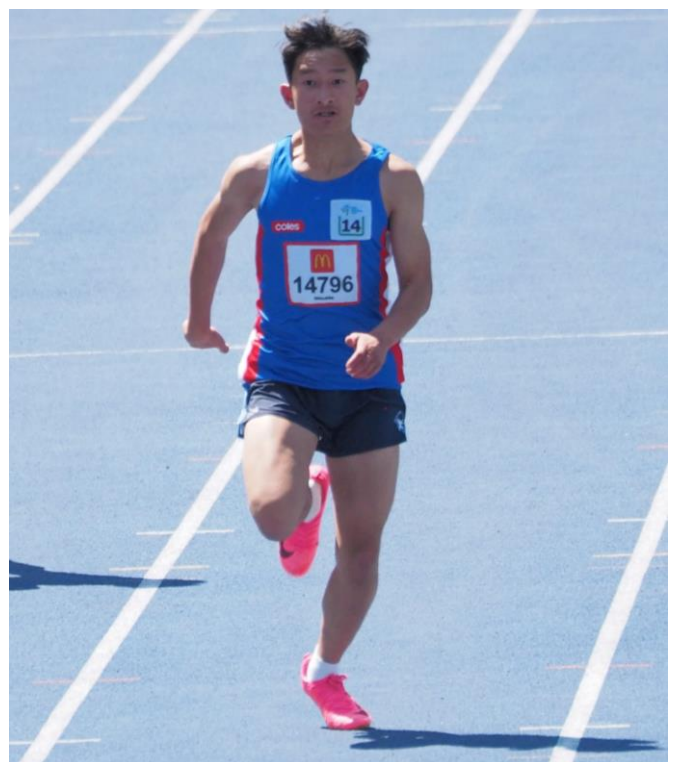


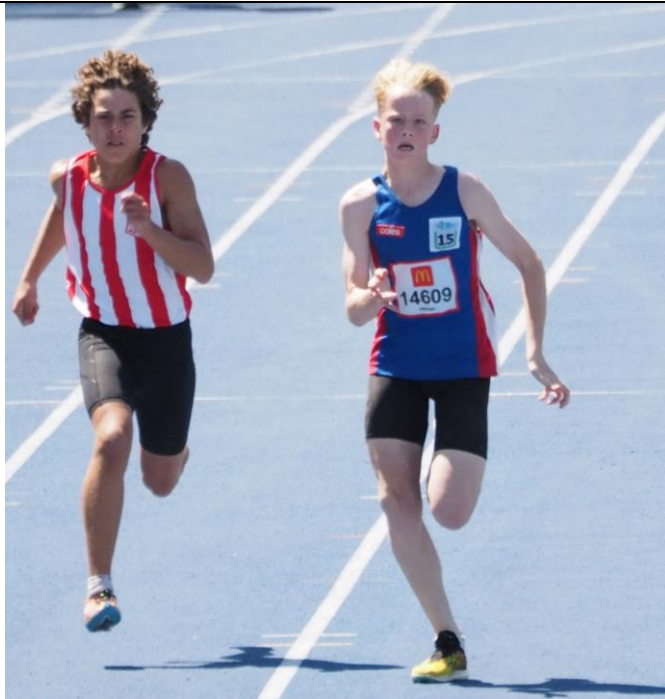
Jack Le Fevre was to place 2nd overall in the 12yrs 400m in a time of 66.09s with **Zachery Leung** 4th in 71.07s

In the 4x200m relay the team of **Jack Spencer, Mitchell Cox, Jack Le Fevre & Louis Baddeley** were the winners in a time of 2m.00.54s.

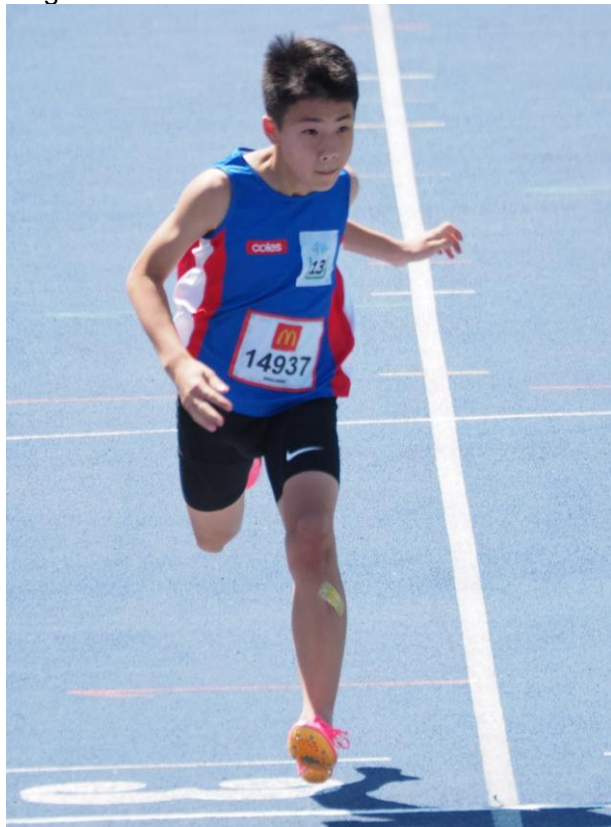


Bella Fraser (above) had a good run in the U15 girls 100m finishing in a time of 14.70s to place 18th overall. Our U15 boys competing in the 100m saw **Owen Trinh** (below) took out 2nd place overall in a time of 11.87s.



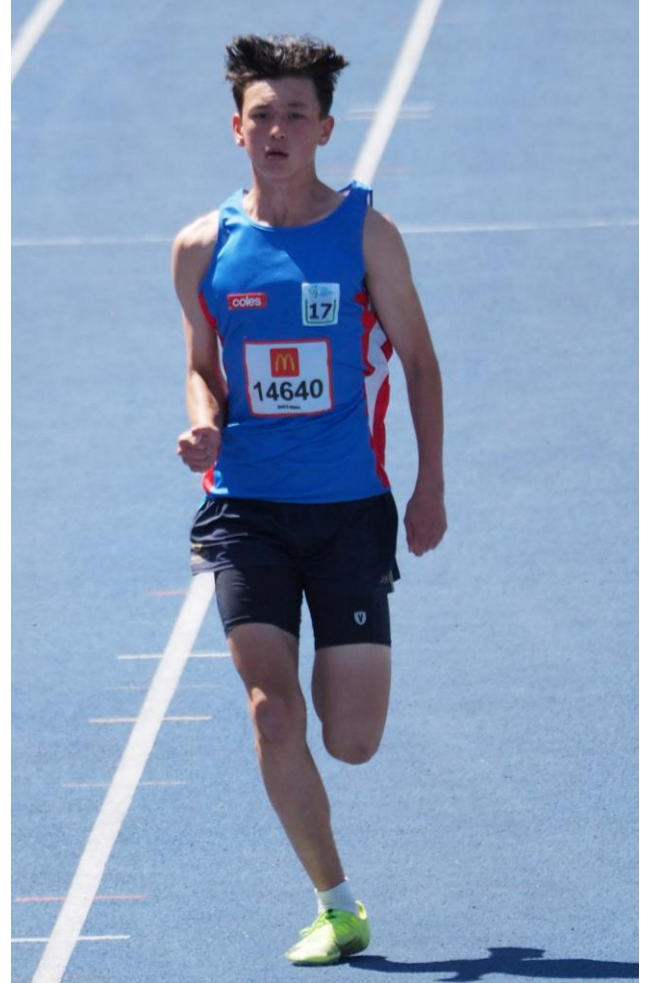


Daniel Cox (above) was 9th home in 12.82s and **Jun Min Yap** (below) finished in 13.25s to place 13th. Daniel was to place 4th in the U15 Pole Vault with a vault of 2.40m equal to the national qualifying height.



Jacqueline Pawsey had to compete as an U15 to enter the high jump and finished in 8th place with 1.40m. **Alexander Evans** was to compete in the Para discus and got a huge four metre PB throw of 19.22m out in round two to take home first place.

Our athletes competing in the U18 division had a good afternoon as well. **Amelie Gomez-Niewolik** had a strong run in the U18 100m when she finished in a time of 12.89s to place 10th overall. **Charli Nagle** was to record a time of 14.36s for 21st overall. **James Woods** (below) ran a good time of 11.52s in the 100m to place 10th overall.



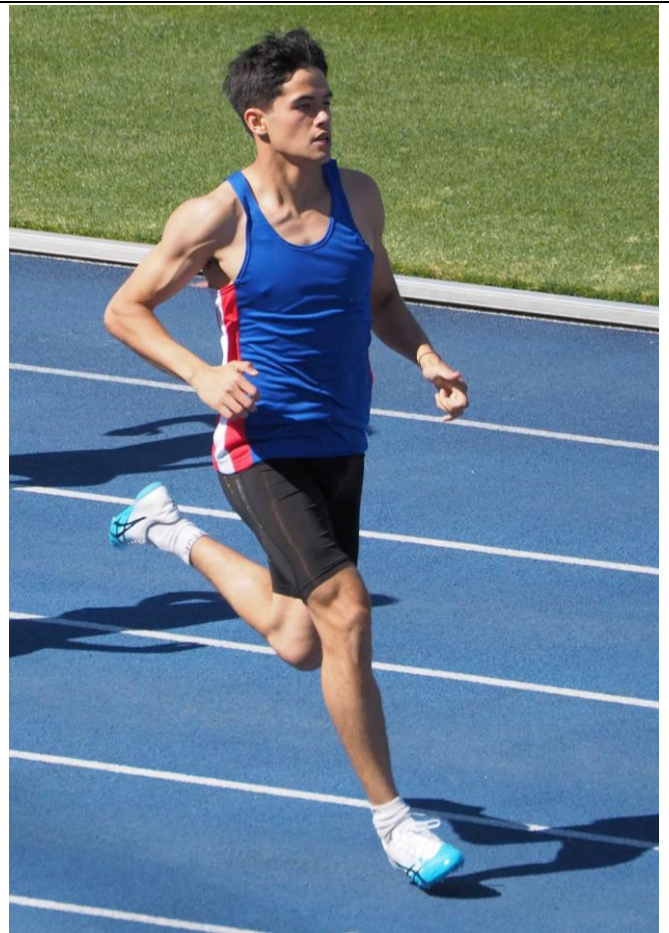
In the discus **Jessica Johnston** set a new Ryde Best Performance for U18, U20 and Opens when she launched a massive throw of 45.80m with her first round throw. This throw is good enough to qualify Jess for the Australian Open Women's Discus in 2024.

In the 200m hurdles **Daniel Cox** again ran under the national qualifying time when he finished 1st in a time of 29.14s. **Zara Pawsey** competed in her first 400m hurdle event and ran a national qualifying time of 71.33s to place 4th. **Charli Nagle**, who had run the NQ time at All Schools, was to place 6th in 78.67s. In the flat 400m, **Kaitlin Martin** ran 63.69s to finish 6th overall.



Above Kaitlyn & below Ruby & at right Keir all ran in the 400m

Ruby Worrell placed 9th in the Open 400m in a time of 60.56s. **Keir Sauhata Barnes** came so close to breaking the 50 second barrier when he finished 10th overall in the 400m in a time of 50.24s.



Making their Ryde Athletics debuts in the Open Women's 1500m were two members of Jon Baker's training squad, **Elizabeth Rebbechi** and **Stella Sevilla Chinchilla (below)**. Elizabeth placed 13th overall in 5m 56.42s and Stella was close behind in 14th place in 6m.00.15s. Their coach, **Jon** also ran in the 1500m, finishing 8th in the 50yrs+ age group in 5m 54.70s.



Nick Pawsey had a great run in the 35-49yrs 400m finishing in a PB time of 59.58s for 3rd place. Nick also competed in the high jump where he finished 2nd with his clearance of 1.60m which was a new PB.



Fundraising for our representative athletes.

Each season we have a number of Fundraising events to help meet the Division's costs such as our entry fees for State Relays, ANSW Affiliation, trophies as well as to help make grants to our athletes when they are selected in NSW or Australian teams to compete interstate or overseas.

In the last few seasons we have donated to athletes who qualified for the Australian All Schools Athletics, the Pacific Games, the Australian Junior Multi Event Championships, Australian All Schools Cross Country Championships and the Oceania Athletics Championships. Thank you to parents and athletes who have already volunteered at our events this season. A big thank you to our Junior Division (Ryde Little Athletics) who also contribute to each and every representative athlete.

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

- The athlete and at least one member of the family help out at at least two of our fundraisers over the year. If an athlete qualifies for more than one National championship then we appreciate them helping at one extra for each extra championship. (ie for funding to Australian All schools and to Australian Track and Field Championships you would need to help at 3 fundraisers).
- The athlete should be willing to participate for Ryde in Senior events such as Club Championships, Club Nitro, Senior Relays or Cross-Country relays over the season.
- Athletes must turn between 12-19yrs in the year of the competition.
- Grants are only made for interstate or overseas competition.

Our fundraising events include Bunnings BBQ's, or cooking for or helping at a Cake stall or Seniors BBQ at Dunbar. We require the athletes (not just the parents) to be involved in volunteering to teach the athletes the importance of volunteering and so their efforts can directly contribute to any funds they may ultimately receive. It can also qualify at some schools for community volunteer work or towards Duke of Ed. We usually find the kids quite enjoy themselves. Chloe Davis is our Fundraising coordinator and if you'd like to bookmark a spot for your family then email Chloe at chloemadavis@gmail.com A few hours each season isn't a big ask and your time can really help to support our Club.

You don't have to be a representative athlete to help. Anyone who wants to give us a hand is welcome.

Book your spot on our upcoming Volunteer Days

- 20th January Bunnings BBQ Gladesville Bunnings
- 18th February Bunnings BBQ Gladesville Bunnings



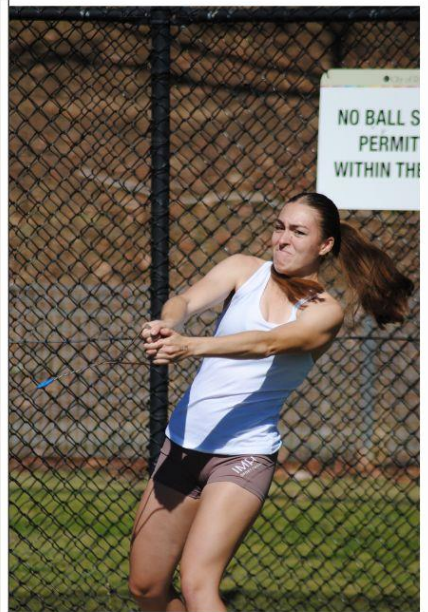
Ryde Senior Club Championship Day 1 Season 2023/2024

The Ryde Senior Club Championships Day 1 for the 2023/24 season was held on Sunday 15th October and there were 30 competitors. Numerous records were broken and new ones also established on the day. It was a fun relaxed morning with everyone competing together and encouraging each other. Thank you to the parents who helped out on the day and a special thank you to **Gavin Murray** who brought along a Theodolite to make the discus and hammer throw measuring easier. Gavin, you just now need to sign up as a Ryde member!

Name	Age	1500m	Hammer throw	Long jump	100m	Discus	400m
Robert Hanbury-Brown	65+		35.31 R			28.27	
Andrew Atkinson-Howatt	65+		26.71			31.17	
Simon Bergfield	60+		13.86	3.48	16.14 R	26.95	
David Teo	55+	5:48.14 R		4.24 R		19.96	1:07.85
Jon Baker	55+	5:46.50 R					
Lynette Smith	50+		27.03 R		17.62	25.48	
Nick Pawsey	45+			4.97	12.82 R		1:00.68
Vijay Sai	35+				14.59	12.00	1:12.88
Kristy Gibson	40+			3.04 R	17.10 R	15.45 R	1:47.82
Bronwen Morgan	35+			4.11 R	14.68	15.59 R	
Gavin Murray	Visitor					39.96	
Janet Lawrence	Visitor		13.04		17.68	16.26	
Caitlin Waldron	U20		19.62		16.95	30.06	
Maddison Duncombe	U18		11.78	4.44	13.44	26.84	1:24.59
Jess Johnston	U18		47.48 R			40.17 R	
Andrew Kalos	U17		21.67	5.45	12.27	25.76	
Isaac Siebert	U17	4:56.10			12.38		58.45
Zara Pawsey	U16			4.58	13.14		1:06.80
Ellie Van der Poorten	U16				14.49		1:10.20
Lachlan Waldron	U16		26.94		13.92	45.79 R	1:08.96
James Woods	U16		12.07	4.94	11.44		53.77R
Benjamin Lawrence	U15		16.31		15.83	23.31	1:19.60
Daniel Cox	U15		8.65	5.11	13.10		
Mikayla Duncombe	U15			4.16	14.19	29.57	
Eloise Stewart	U14		35.70				
Matthew Lawrence	U14		14.10		16.46	20.97	
Jacqueline Pawsey	U13			4.28	14.40		1:14.60
Jack Spencer	U12		18.07 R	4.19	13.75	28.59 R	
Mitchell Cox	U12		9.17	4.03	15.61	19.76	1:10.37
Archer Griffiths	U10			3.65	16.31	23.77	

Ryde Senior Club Championship Day 2 Season 2023/2024 - date for your diary.

Day Two of the Club Championships will be held on Sunday 4th February 2024. The events that will be contested there are the 800m, 200m, shot put, 1500m walk, triple jump, high jump & javelin. Remember this is the only day the club records can be broken. Our club records can be found in the back of the Ryde Athletics Centre 2022/23 Annual Report ([Ryde LAC \(ryde-athletics.org.au\)](http://ryde-athletics.org.au))



Jon, David, Isaac, Jess, Robert, Eloise, Andrew, Andrew & Maddie



Mitch, Daniel, James, Ben, Jack, Archer, Ben, David, Ellie



Kristy, Lachlan, Caitlin, Jack, Nick, Lynette, Andrew, Robert, Andrew



Bron, Zara, Vijay, Maddie, Jess, Simon, Archer, Matthew, James



Bron, Archer, David, Jess, Eloise, Kristy, Mikayla, Zara, Jacqueline

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 - but you have to register first!

NOVEMBER

- 11 TRELOAR SHIELD ROUND FOUR - MINGARA
- 14 NSW MILERS & SUPPORTING EVENTS - THE CREST, BANKSTOWN
- 17-19 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
- 9 UTS NORTH - ALLCOMERS SERIES ROTARY FIELD
- 8-10 AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS PERTH
- 13 NSW MILERS & SUPPORTING EVENTS, THE CREST, BANKSTOWN
- 16 ANSW TRELOAR SHIELD FINAL - SOPAC
- 16-17 ACT COMBINED EVENT CHAMPIONSHIPS, WODEN -
- 23 ALBIE THOMAS MILE - BANKSTOWN

JANUARY

- 20 **BUNNINGS FUNDRAISING BBQ - GLADESVILLE**
- 26-28 ACT OPEN & U20 ATHLETICS CHAMPIONSHIPS, AIS CANBERRA
- 27-18 COMBINED CHAMPIONSHIPS - SOPAC

FEBRUARY

- 4 **RYDE SENIOR CLUB CHAMPIONSHIPS DAY 2 - 915AM DUNBAR PARK**
- 10 5000M STATE CHAMPIONSHIP -SOPAC
- 16-18 ACT JUNIOR ATHLETICS CHAMPIONSHIPS. AIS CANBERRA
- 17-18 ANSW SYDNEY NORTH REGIONAL CARNIVAL U8-U12 ATHLETES BANKSTOWN (NOTE THIS IS NOT THE LITTLE ATHLETICS REGIONAL CARNIVAL)
- 18 **BUNNINGS FUNDRAISING BBQ - GLADESVILLE**

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
- 23 SYDNEY TRACK CLASSIC - ES MARKS
- 29-1 APR AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS - HOBART

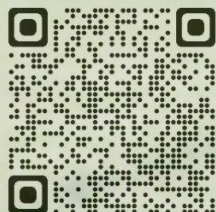
APRIL

- 11-19 ATHLETICS AUSTRALIA CHAMPIONSHIPS (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

For registration enquiries please contact Chris at christine@geneville.com.au and for membership enquiries Chris at christinebruntsch@inet.net.au

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 is now open*



Want more information on the ANSW events?



Treloar Shield Round Two

Round Two of the Treloar Shield was held at Bankstown on Saturday 21st October and Ryde was represented by 11 athletes.

In the U12 events, **Mitchell Cox** was 2nd in the 200m in a time of 30.01s. **Archer Griffiths** placed 5th in the U13 long jump with a leap of 3.71m and was 5th in the shot put with his put of 6.93m.

Jacqueline Pawsey competed in the U15 80m hurdles and placed 3rd in 14.27s. In his first 90m hurdle race, **Mitchell Cox** (below) was 2nd in the U15 90m hurdles in a time of 16.80s. **Daniel Cox** placed 8th in the 200m in a time of 26.16s.



In the U18 events, **Daniel Cox** (below) was 4th in the 100m hurdles in a time of 15.44s. **Isaac Siebert** ran a good race in the 800m to finish 8th in a time of 2m 08.80s.



In the Open's, running her first 800m of the season was **Elizabeth Rebbечи** who finished in a time of 2m 46.80 for 11th place.

Having signed up the week before, and having set new records in the 35yrs+ division for long jump and discus, **Bronwen Morgan (below)** was wearing the Ryde colours for the first time. Competing in her first hurdles event since her teens, Bron had a good clean race to place 2nd in the Women's 35-49yrs 90m hurdles in 17.53s. Bron placed 3rd in the long jump with her best leap of 3.80m and in the javelin Bron threw 13.68m for 6th place.



Stella Sevilla Chinchilla ran her first 3000m and was to finish 10th in a time of 14m 10.92s. **Ben Prosenko** (above) ran in the Open men's 3000m and finished in 10m 51.97s to place 25th

Lachlan Waldron and **Jess Johnston** both competed in the U18 shot put and javelin events. Lachie was 3rd in both the javelin with 41.03m and in the shot put where he threw 12.10m. Jess set a new Ryde Best Performance on Record for U18 shot put with her throw of 13.17m which claimed her second place and a spot at nationals. In the javelin Jess was third with her throw of 35.58m.

The NSW Primary Schools Sport Association Championships

The NSW Primary Schools Sport Association Championships were held at SOPAC from the 25-26th October and seven of our youngest athletes were out on the track and in the field.

MiaRose Everson (below) competed in the 12-13yrs 800m and place 4th in her heat and 15th place overall in a time of 2m39.23s, a faster time than MiaRose's seed time.



Jack Spencer (top right) was 2nd in his heat in a time just outside his personal best of 13.04s to advance to the semifinals. In his semi-final Jack was again 2nd in a time of 13.63s to advance to the final. In the final Jack crossed the line again in second place to secure the silver medal in a time of 13.64s. In the 11yrs shot put Jack finished with a best throw of 11.15m to place 7th. Jack's second place in the 100m qualifies him for the 2023 School Sports Australia Championships to be held in Launceston in December.

We had two talented high jumpers make the State event. In the 11yrs high jump, **Harlen Danks** cleared 1.35m to take equal 16th spot. In the 12-13yrs high jump **Bronte Nagle** finished with a clearance of 1.25m for 32nd place.



In the relays there were four Ryde boys in the Boronia Park Primary School team 11-13yrs 4 x 100m team – **Raff Oppedisano**, **Jack Spencer**, **Louis Baddeley** and **Jack Le Fevre**. The boys finished 3rd in heat 5 in a time of 55.45s to advance to the semi-finals. In the semi-finals the boys placed 17th overall in a time of 56.48s. Given all our boys are only aged 11yrs, this was a great result as they will all be eligible to contest the same event next year.

Treloar Shield Round Three

Treloar Shield Round three was held at Campbelltown on Saturday 28th October and 8 Ryde athletes competed.

After picking up two State medals in road walks in his first Seniors winter season, **Mitchell McCarthy** had been waiting for a 3000m walk to appear on the ANSW calendar so he could have a crack at the U14 national qualifying time of 17m 30s for the 2024 Australian Track & Field Championships. Mitch went way under that time, and indeed achieved both the U14 and U15 qualifying times when he finished with a time of 16m 42.34s, less than one second off Ryde's Best performance on record for 12yr olds. Mitch was 2nd overall in the U15 event.

Georgia Phillips ran a time of 63.67s to secure 9th place in the U18 400m. In the 1500m Georgia finished first in a time of 5m 21.96s.



Top MiaRose, middle Boronia Park Relay team – Jack Le Fevre, Louis Baddeley, Raff Oppenedisano. Bottom Harlen Danks



Above Congratulations to Mitch on achieving his first National Qualifier.

Jessica Johnston was the winner of the u18 hammer throw with her final round throw of 46.60m.

Three of Ryde's Masters athletes were competing over the afternoon and **Revathi Krishnan** was making her Ryde debut. A very talented long and triple jumper, Rev's second round jump of 10.12m secured her first place in the 35-49yrs triple jump.

David Teo ran his first Treloar 400m and finished in 65.36s for 5th place in the men's 50yrs+ event. David also competed in the high jump where his clearance of 1.35m placed him 1st.

Nick Pawsey ran a PB in his 400m when he finished in 59.47s for 2nd place in the 35-49yrs event.

Keir Sauhata Barnes again ran close to the 50s barrier when he placed 5th in the Open 400m in 50.27s.

Elizabeth Rebbechi cut almost 13 seconds from the time she had run at Round One of Treloar when she ran a time of 5m 43.70s to place 6th in the Open Women's 1500m.

High Velocity Meet – Illawong

A High Velocity Meet was held at the Barden Ridge Track at Illawong on the 6th November and Ryde was represented by 6 athletes.

Timothy Forster was hitting the track for the first time since his sensational runs at the NSW All Schools. In the 110m hurdles (99cm) Tim placed 1st in a time of 12.41s. In the Open Men's 100m Timothy was 25th overall in a time of 11.11s.

James Woods had already had a busy morning at Dunbar that included breaking the Little A U17 200m record (NR 23.28s). In the Open Men's 100m James finished in 11.77s to place 77th overall. In the Open Men's 200m James placed 54th overall in 23.75s.

Daniel Cox competed first in the Mens 100m hurdles (84cm) where he placed 6th overall in 15.78s. In the Open 100m Daniel was 124th overall in 13.28s. In the Open 200m Daniel stopped the clock at 26.78s to place 88th overall.

Mitchell Cox was having his second run at the Mens 90m hurdles (76cm) and placed 4th in a time of 17.65s. In the Open Men's 100m Mitch ran 14.93s to place 130th.

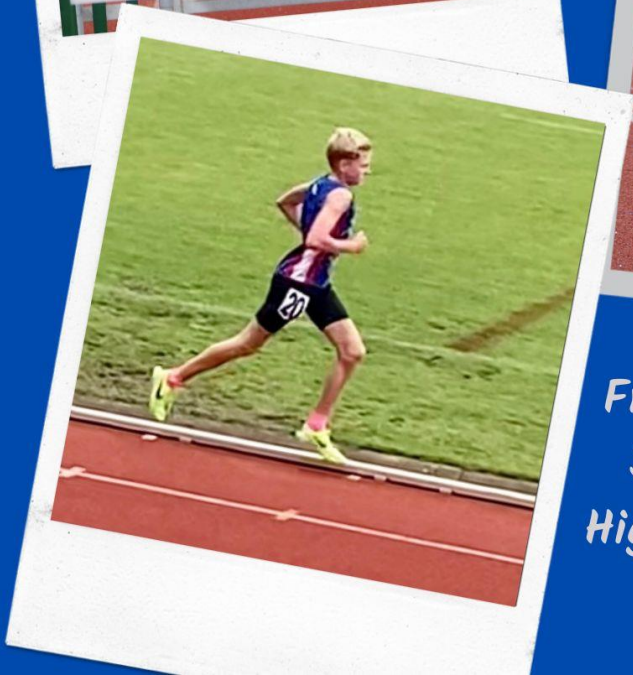
Jacqueline Pawsey placed 5th in the Open Womens 90m hurdles (76cm) in 14.42s. **Zara Pawsey** finished in a time of 15.55s to take home 6th place in the Open Womens 100m hurdles (76cm).

State 3000m and Supporting events

The ANSW State 3000m Championships and supporting events were held on Saturday 6th November at ES Marks Field, Kensington and Ryde was represented by two athletes.

Axel Bruntsch had a great run in heat B of the 800m taking the lead from the start and despite the odd mid race challenge, pulling away to win by quite a margin in a time of 2.00.00m. Axel went out in 58.77s and came home in 61.23s.

Benjamin Prosenko ran in the J Race of the Mens 3000m and was to finish with a 14 second PB in a time of 10m 31.83s to place 17th in his race. Ben settled into a fairly even pace with his final lap being his second fastest showing he still had something in the tank to bring him across the line.



From the top left Zara, Daniel, Jacqueline & Mitchell at the High Velocity Meet. At left, Ben at the State 3000m