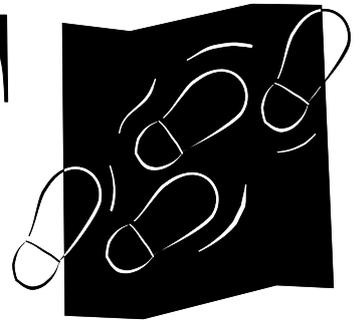




FOOTPRINT



Senior Division Dec 2023

RYDE ATHLETICS CENTRE INCORPORATED
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www.ryde-athletics.org.au

Ryde Athletics U18 Team win the Treloar Shield & U12 Team place third

What a great way to finish the first half of the season!

With two teams competing out at the Treloar Shield final in temperatures hovering in the high 30C's we saw some real Ryde spirit with everyone turning up and giving it their best shot on the day. It was an exciting day with real time live results keeping the crowd and the athletes wondering right to the end as to how the final order would finish.

The Treloar Shield final was the culmination of six weeks of competition where a running point score was kept to determine who were the top five clubs across Sydney & beyond that would contest the

final. Ryde qualified third in both divisions.

At the Treloar final, a mixture of track and field events as well as relays saw place points awarded for results and with many of our competitors competing up age groups, Ryde put in a stellar performance. Full details inside.

Also, inside a write up on some great performances at the Australian All Schools. Special mention to our medallists, Eloise Stewart, silver in the U14W hammer throw and Alex Ruhfus bronze in the U16 4x100m. Full details and photos inside.

Below some of our successful Treloar U18 and U12 athletes who stayed for presentation.



**Lots on offer in the school holidays - silver level ANSW events.
Here are three to start with. Go to the ANSW calendar to see more .**

Athletics NSW High Velocity Meet 23rd December Campbelltown

Draft Event

Timetable

- 11.30am 100m Women**
- 11.30am Javelin Men**
- 12.15pm 100m Men**
- 1.00pm Javelin Women**
- 1.20pm 400m Hurdles**
- 2.00pm 200m Women**
- 2.15pm Triple Jump Women 7m & 9m boards &
then following is the 11m & 13m board**
- 2.30pm 200m Men**
- 3.15pm 400m**

NSW Milers Meet Bankstown 23rd December

**Events to be offered 800m, 1500m, Steeplechase,
5000m
no timetable up yet**

Athletics NSW High Velocity Meet 6th January Illawong

Draft Event

Timetable

- 2.00pm High Jump 1.60m start**
- 2.00pm Shot put**
- 2.00pm Triple Jump 7m & 9m**
- 2.00pm Sprint hurdles**
- 3.15pm 100m**
- 3.30pm Shot put 10m+**
- 3.30pm Triple Jump 11m & 13m Boards**
- 3.30pm High jump 1.20m start**
- 4.45pm 200m**

Link below to more information about the event and registration. Entries close Tues 19th December 10pm



Link below to more information about the the Milers meet & rego



Link below to more information about the the Illawong meet & rego



Results wrap up

NSW Throwers Club

The NSW Throwers Club held a competition at Greystanes on the 5th November and Ryde was represented by **Eloise Stewart** who managed a big new personal best throw of 36.22m. At just 13, this throw is good enough to qualify Eloise for the U18's at nationals.

Treloar Shield Round Five SOPAC

Treloar Shield Round 5 was held at SOPAC on 25th November and Ryde was represented by its biggest group of attendees at the Treloar so far this season when 24 athletes competed.

Madeleine Lynch had a good run in the U12W 100m to place 3rd overall in a time of 15.11s.

Mitchell Cox also started the afternoon at the U12M 100m where he ran a time of 14.87s for 4th. In the discus, after two opening fouls, Mitch threw 22.65m in the final round to again place 4th.

Archer Griffiths was 5th in the U12M 100m in 15.97s and managed three legal throws in the U12M discus, his best throw of 25.74m coming in round 2 to place 3rd.

Bella Fraser placed 18th in the U15W 100m in a time of 14.51s. Bella's final round jump of 9.68m saw her place 8th in the U15W Triple Jump.

Timothy Forster had a great run in the 100m Open Men's event placing 8th overall in a time of 10.97s. In the Open 110m hurdles (99cm) Tim was first across the line in 14.10s.

Ryde had three contestants in the U18W 100m. **Zara Pawsey** was to place 15th overall in 13.08s. **Maddison Duncombe** was 16th in 13.20s and **Elysha Pawsey** 21st in a time of 14.91s. Zara also contested the Pole Vault where she cleared 2.55m on her second attempt for an equal PB vault. Maddison continued her good discus form from ANSW State Relays when she had a strong third round throw of 30.91m to place her 5th overall in the U18W discus.

Bronwen Morgan was busy on the track and field in the 35-49yrs W division. In the 100m Bron was 6th in 14.54s. In the 100m hurdles Bron crossed the line in 17.39s and in the discus throw Bron's first round throw of 14.18m earned her 5th spot.

Vili Lewanavanua was competing in his first Treloar meet of the season and ran placed 12th in the U15M 100m in 12.24s. In the high jump Vili was 3rd with his third-round clearance of 1.65m. Vili got a good set of jumps out in the Triple Jump to place first with his leap of 11.81m.

Daniel Cox landed in PB territory with his vault of 2.40m to place 2nd in the U15M Pole Vault. Daniel ran a time of 12.72s for 18th spot in the U15M 100m.

Aiden Wright had a good run in the U18M 100m placing 18th in a time of 11.59s.

Nick Pawsey and **Vijay Sai**, both members of the silver medal winning Men's 4x100m relay team from the State Relays competed in the 35-49yrs 100m event. Nick ran a time of 12.93s to place 5th overall and Vijay 14.82s for 16th place. In the 400m Nick placed 2nd in 59.02s and in the high jump Nick cleared 1.55m for 1st place. Vijay was 8th in the 400m in 71.37s.

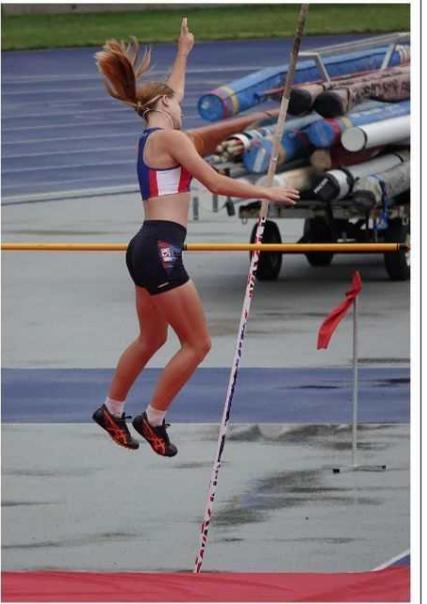
Jacqueline Pawsey was 4th across the line in the U15W 80m hurdles in a time of 15.09s. In the 400m Jacqueline placed 13th in 72.54. In triple Jump Jacqueline got four consistent jumps out with her final round leap of 9.88m her best for 7th place.

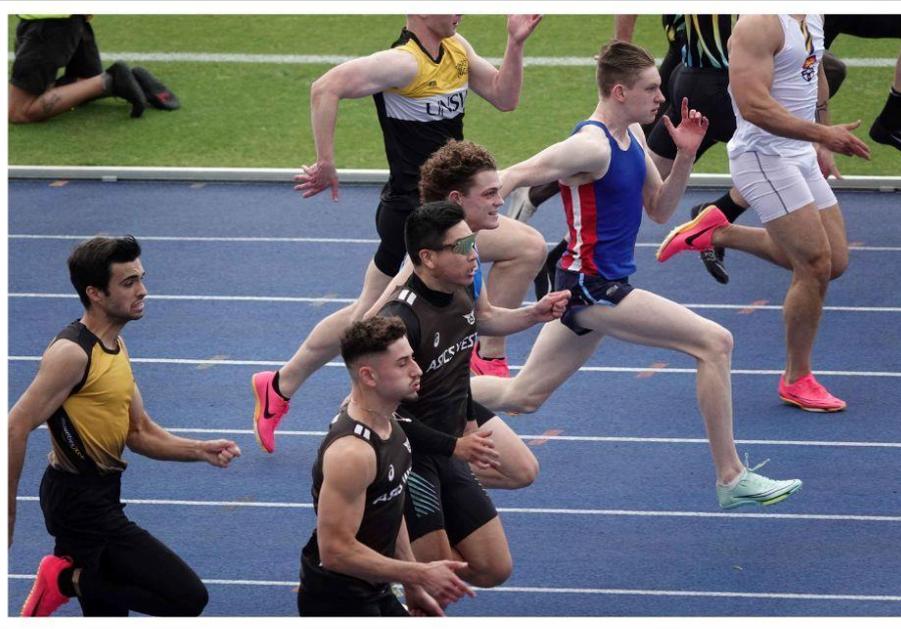
In what was to be a preview of what **Georgia Phillips** would run in the Treloar Shield final, she competed in the U18 400m and 1500m. Georgia's time of 5m 01.58s in the 1500m placed her 1st. In the 400m Georgia was 10th in 63.96s.

Elizabeth Rebbechi ran a time of 5m35.09s to place 11th in the Open Women's 1500m. **Benjamin Woodhouse** had his first Treloar run, placing first in the U18M 1500m in a time of 4m 07.54s. Jessica Johnston struggled to get a valid throw out in the wet weather, but still finished with a throw of 35.24m for 2nd place in the U18W discus event.

The **Barlow family** were to make discus a real family event when Steven, Claudia and Nancy threw together. **Nancy** who was making her ASNW debut, placed 4th in the U12W discus with her final round throw of 16.33m. **Steven's** second round throw of 29.06m placed him 4th in the 50+M division. **Claudia** placed 7th with her best throw of 23.92m. Claudia was to finish her afternoon on a massive high, literally, when she cleared a new personal best height of 2.70m for 1st place in the U18W Pole Vault.

Photos on the next three pages from Treloar Five. Thank you to the Pawsey family for these great shots.







Mikayla Duncombe was our 9th discus thrower of the afternoon when she placed 5th in the U15W event with her best throw of 27.64m. **Lachlan Waldron**, also threw in the discus event and was 3rd overall in the U18M with his only legal throw of 37.08m.

Owen Chandler had a very solid round of jumping in the U18M Triple Jump and finished with a best jump of 12.10m for 6th place.

Our relay teams finished off a strong afternoon for Ryde with the U12M team of **Mitch** and **Archer** winning the event in 66.41s. **Bella** and **Jacqueline** placed 2nd in the U15 2x200m (60.61s).

In the U18M event **Lewis Wong** and **William Perry** combined to place 3rd in 48.71s and **Aiden Wright** and **Daniel Cox** were 7th in 50.45s.

At the end of competition, our U18 team placed first in points to move them to 4th place on the Treloar Shield points table. Our U12 team was 4th to keep them in 3rd place. Our 35-49yrs were 4th to stay in 6th place and our U15 group were 7th for the afternoon and 9th overall.

The School Sports Australia Track and Field Championships

The School Sports Australia Track and Field Championships were held in Launceston from 24th-26th November and two of Ryde's athletes were competing there in the NSW team.

Finn Wilson competed in the 11yrs Combined event and was to finish just 1 point off the bronze medal. Finn's individual results were - 1st in the 100m 13.41s (312 points) , 4th in the long jump 4.64m (277 points), 1st in the shot put 11.58m (364 points) 12th in the 800m 2m 51.47s (247 points) for a total of 1200 points and 4th place in Australia.

In the 11yrs 100m heats **Jack Spencer** was third across the line in his heat in a time of 13.06s to qualify for the final. Running into a 2.3m headwind in the final Jack was to be first across the line to claim the national title in a time of 13.11s. Jack was also a member of the 11yrs 4x100m NSW relay team who won the silver medal in a time of 52.56s.

Treloar Shield Round Six SOPAC

The final round of the Treloar Shield was held at SOPAC on Saturday 2nd December. With most of our athletes competing at the Little A zone carnival over the weekend Ryde's chances of earning more points towards gaining a final's spot was limited.

A call out to our older juniors to come and score some points saw many of them answer the call.

Club Captain **Andrew Kalos**, who had thrown a massive big PB on the Friday night of zone to win the U17 Javelin (48.67m), competed and won the U18M shot put (13.34m) and the U18M javelin (43.53m) to get Ryde off to a good start.

Club Captain **Georgia Phillips** won the U18 800m (2m 22.78s) and long jump (5.11m) and was 5th in the U18 2000m steeplechase (7m30.50s).

Ruby Worrell was not far off her PB when she ran 25.71s to place 5th in the U18 200m. Ruby combined with **Maddison Duncombe (below)** to win the U18W 2x100m relay in a time of 24.91s. Maddison placed 6th (9.34m) in the U18W Shot put & was 4th in the long jump (4.22m)

Ben Prosenko added to the points haul when he raced in the U18M 2000m steeplechase to finish 8th in 7m 32.34s.

Jessica Johnston raced across from her zone competition so she could win the U18W shot put (11.54m) and take home 5th place in the U18W hammer throw (42.57m).

Between the six U18 athletes they earned enough points to see Ryde finish on top of the table for the afternoon and move them to third spot overall and secure a spot in the Treloar Shield final. Thank you also to the **Woods, Pawsey and Cox** who had registered their athletes but were not able to get away from Zone in time.

Bronwen Morgan adds to her program each week and at Treloar Six Bron competed across 5 events.

In the 35-49yrs Women's events. In the 100m Bron placed 6th (14.57s), in the 200m Bron was 9th (34.95s) and in the long jump, Bron placed 3rd (3.96m). Bron placed 7th in javelin (14.71m) & 6th in shot put (6.24m)

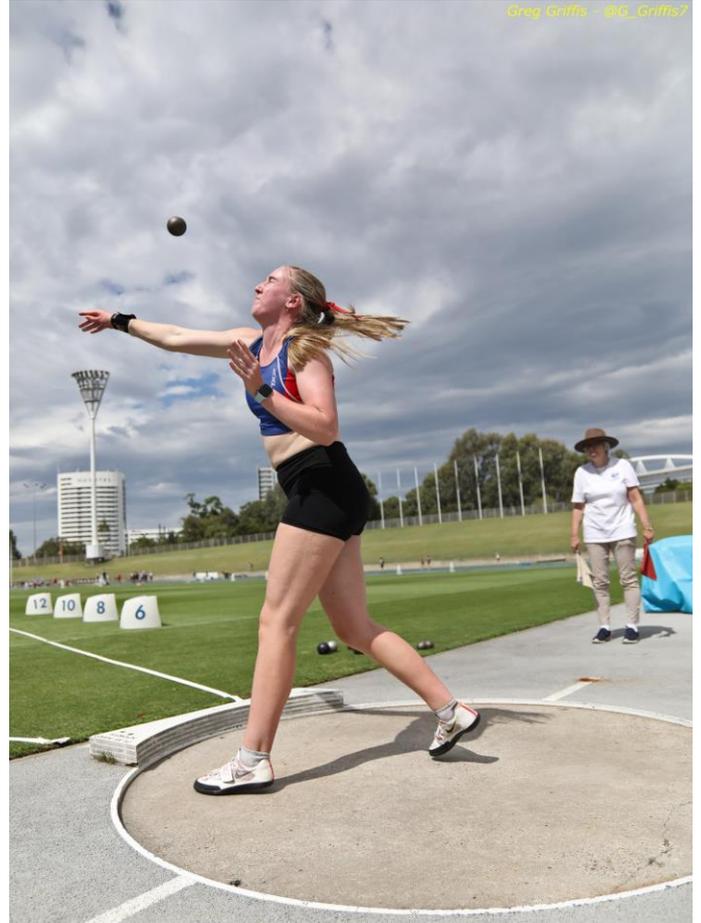


Greg Griffis - @G_Griffis7

Andrew Atkinson-Howatt threw 33.50m to place 3rd in the men's 50yrs+ javelin and threw 8.06m for 6th in the shot put. **Lynette Smith** competed in all three throws in the 50yrs+ placing 2nd in the javelin (24.16m), 2nd in the hammer throw (27.25m) and 3rd in the shot put (8.74m).

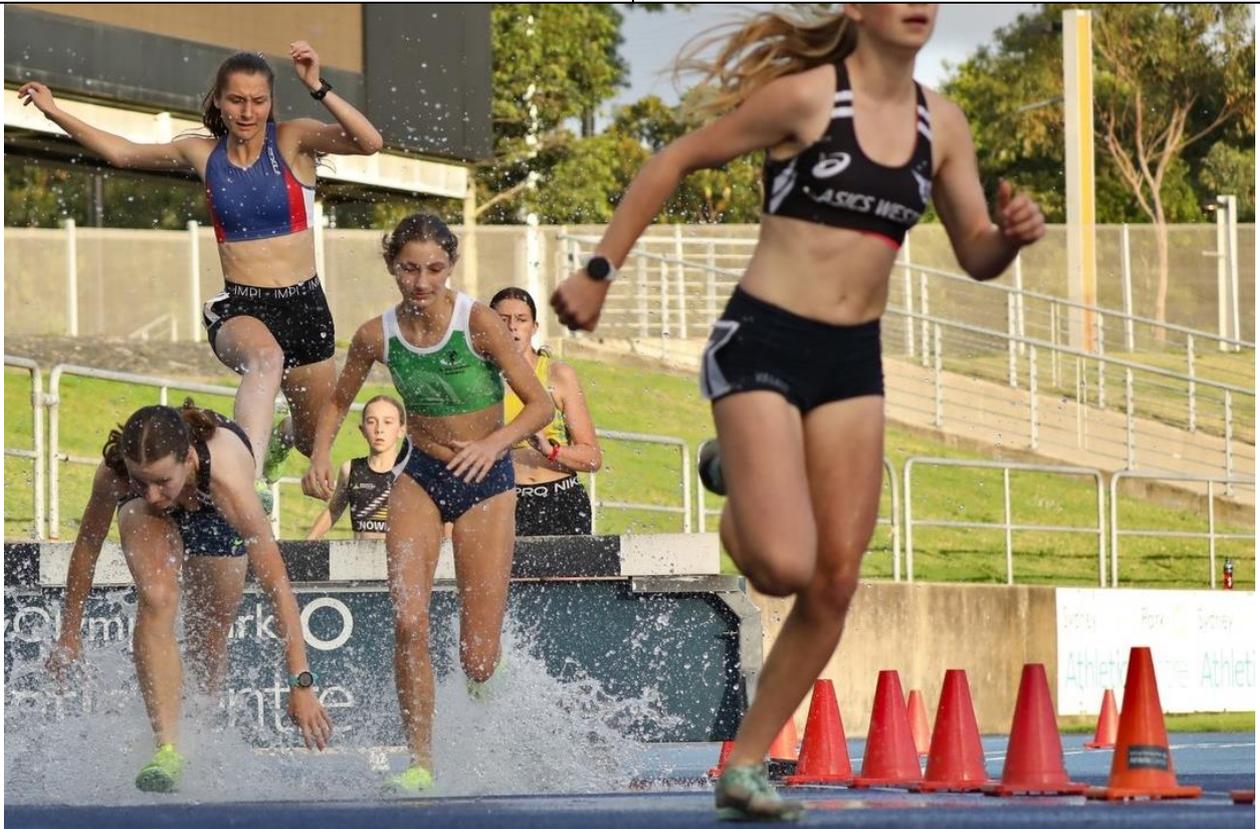
Our U12 team, who did not have any competitors on the final day were still able to hold onto to their third spot on the ladder and will join the U18 team

In the Treloar Shield Final on the 16th December at SOPAC.



Greg Griffis - @G_Griffis7

All photos on this page Greg Griffis - @G_Griffis7



Plan ahead for the New Year - plenty still on offer and more will be added. Check the Athletics NSW calendar regularly for updates

DECEMBER

- 23 NSW MILERS BANKSTOWN
- 23 CAMPBELLTOWN HIGH VELOCITY MEET

JANUARY

- 6 ILLAWONG HIGH VELOCITY MEET
- 13 ILLAWARRA TRACK CHALLENGE INCLUDING STATE 60M CHAMPIONSHIPS, KERRY N MCCANN ATHLETIC CENTRE
- 18 NSW MILERS, BANKSTOWN
- 20 **BUNNINGS FUNDRAISING BBO - GLADESVILLE**
- 26-28 ACT OPEN & U20 ATHLETICS CHAMPIONSHIPS, AIS CANBERRA
- 27-28 COMBINED CHAMPIONSHIPS - SOPAC

FEBRUARY

- 1 NSW MILERS BANKSTOWN
- 4 **RYDE SENIOR CLUB CHAMPIONSHIPS DAY 2 - 915AM DUNBAR PARK**
- 10 5000M STATE CHAMPIONSHIP -SOPAC
- 10 ILLAWONG HIGH VELOCITY MEET
- 10 ACT JUNIOR ATHLETICS CHAMPIONSHIPS. AIS CANBERRA
- 11 NSW THROWERS MEET SOPAC
- 16-18 ANSW SYDNEY NORTH REGIONAL CARNIVAL U8-U12 ATHLETES BANKSTOWN (NOTE THIS IS NOT THE LITTLE)
- 17-18 ATHLETICS REGIONAL CARNIVAL
- 18 **BUNNINGS FUNDRAISING BBO - GLADESVILLE**
- 22 HUNTERS THROWERS CLUB
- 22 NSW MILERS
- 24 CAMPBELLTOWN HIGH VELOCITY MEET
- 24 NARABEEN POLE VAULT

MARCH

- 2-3 ANSW MASTERS STATE CHAMPIONSHIP -VENUE TBC
- 7 BLACKTOWN HIGH VELOCITY MEET
- 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
- 28 THE ALBIE THOMAS MILE, BANKSTOWN
- 30 HIGH VELOCITY MEET, CAMPBELLTOWN
- 29-1 APR AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS - HOBART

APRIL

- 4 BLACKTOWN HIGH VELOCITY MEET
- 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

Want to know more about Ryde Seniors?



Want to register with Ryde Seniors? *Registration is now open*



Want more information on the ANSW events?



The 2023 Australian All Schools Track & Field Championships



Joshua Smith U16 200m

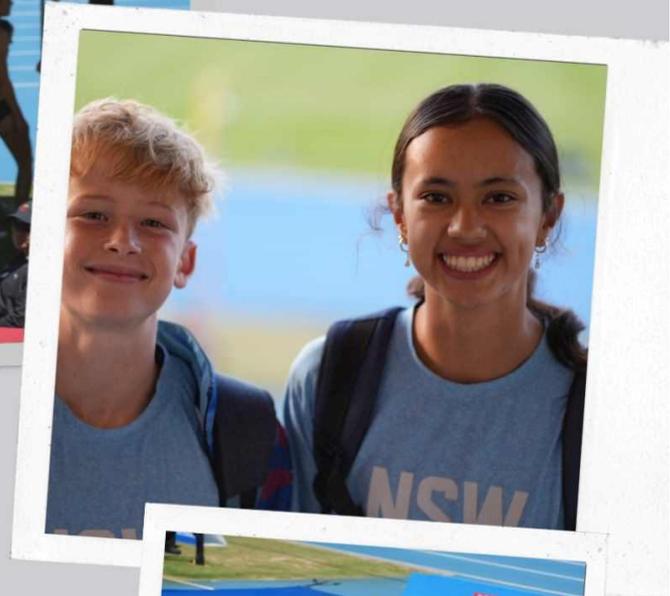
Josh had not had the best preparation for All Schools, having had his wrist in a cast for some weeks prior to All Schools certainly impacted what training and prerace competition Josh was able to do.

With his ankle heavily strapped as well, and still wearing a light weight cast on his arm, Josh gave it a good Ryde go. He was to place 6th in his heat and 12th overall in a time of 23.56s.

Whilst Josh might not have finished among the medals, his NSW uniform finished up on the podium! Some of you may have seen the post on Athletics NSW Facebook where a mum hadn't realised the NSW Cross Country uniform and NSW Athletics uniforms were different and her son was under threat of not even being able to compete, for her not having brought the right uniform.

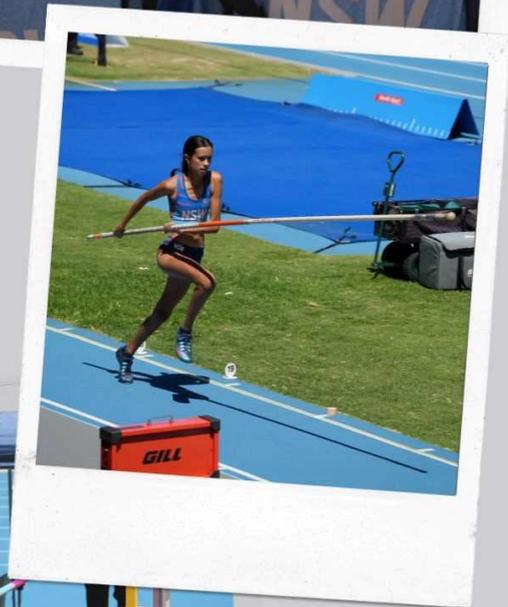
In no surprise to those who know Josh & his mum Jo, Josh's uniform was quickly loaned out and Jack Conroy went on to win the silver medal in the U20 Para 800m.

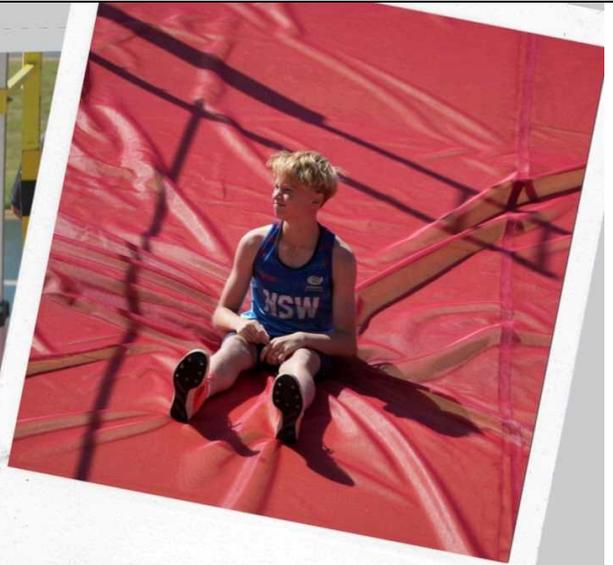




Zara Pawsey U16 Pole Vault

Competing in her first Australian All Schools Championships, Zara got off to a strong start with good clearances over her first three heights of 2.25m, 2.40m and 2.55m to equal her PB height. Despite coming very close Zara wasn't able to clear 2.65m and finished in 7th place in Australia and an equal personal best clearance.





Daniel Cox UIS Pole Vault

At the 2022 Australia All Schools Daniel had jumped a new personal best jump of 2.35m and a year on Daniel's final clearance of 2.55m saw him in new PB territory as well as having added 20cm to his best clearance over the past twelve months. With a couple of gallant attempts at 2.70m, Daniel was forced to pull out with heel pain. Overall Daniel placed 6th in Australia.





Eloise Stewart U14 Hammer Throw

Eloise had been showing consistently improving form over the year and after her fourth place at the Australian Junior Championships she was keen to move up the rankings. Eloise's opening throw of 36.23m put her straight into the bronze position where she was still sitting when she took her final fourth round throw. A huge new personal best throw of 38.74m saw Eloise take the lead ahead of the final two throwers. On the very final throw, the leader for the first three rounds put out another big throw to see Eloise finish with the silver medal.



**Eloise with her coach
Lawrie Barclay**



Alex Ruhfus U15 100m and U16 4x100m Relay

Brendan Kim U15 Javelin

Two more athletes making their Australian All Schools debut were Alex Ruhfus competing in the sprints and relays and Brendan Kim in the javelin.

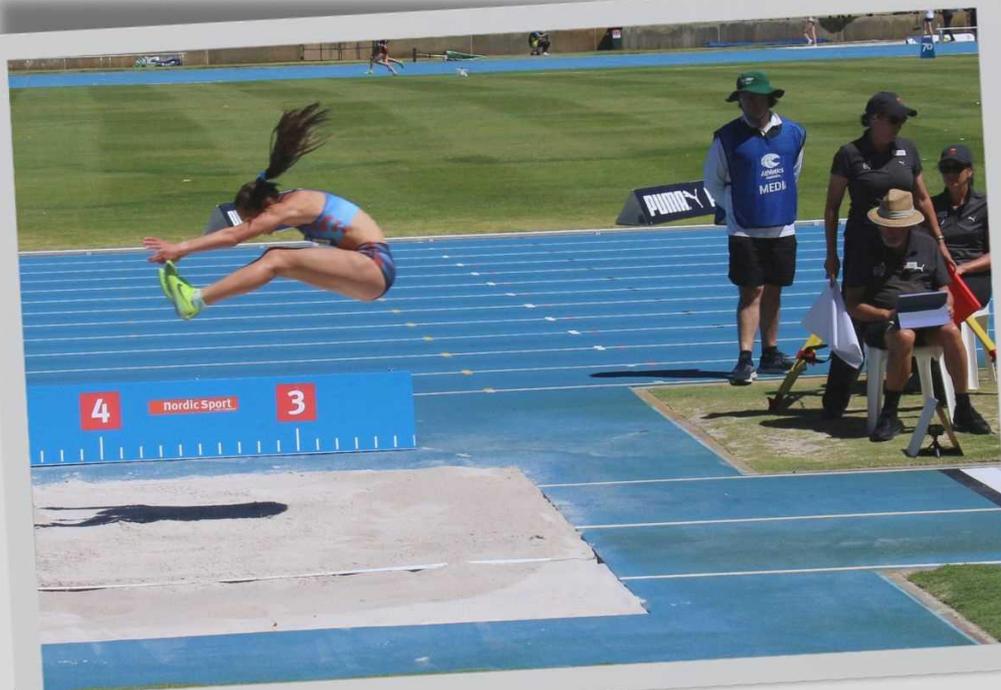
Alex was quick out of the blocks in his heat to finish as the fastest qualifier in a new Ryde Best Performance on record time for a 14yr old of 11.39s. In a very close fought final, with just 0.10s separating 1st and 4th Alex placed 4th in 11.55s. Alex's performance saw him selected in the U16 4x100m relay where the NSW team took home the bronze medal in a 43.14s.

Brendan Kim improved over 3m during his competition to finish with a best throw of 35.94m from round two. Brendan placed 11th in Australia.



Georgia Phillips U18 Long Jump

Georgia Phillips had won a bronze medal at the 2022 Australian All Schools in steeplechase and was showing her versatility when she qualified this year for the long jump. Competing in the U18W long jump final, Georgia's best jumps came in round two and four at 5.06m to place Georgia 7th in Australia.

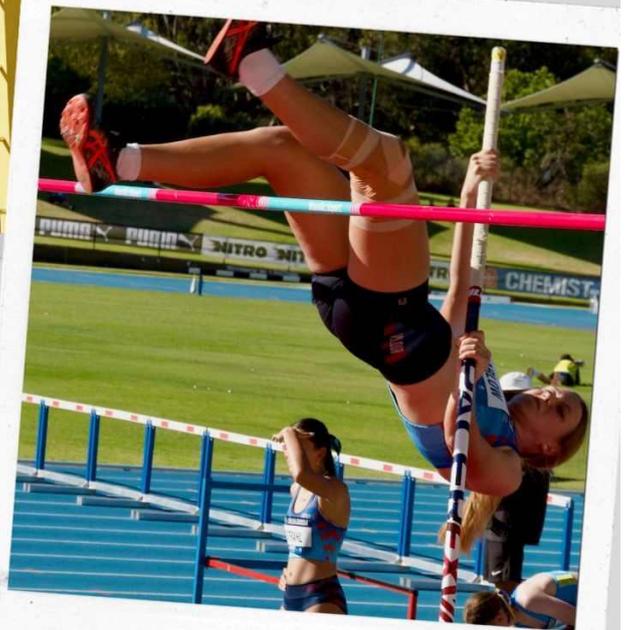




Claudia Barlow U17 Pole Vault

Claudia had been in great form of late, clearing a new personal best height of 2.70m achieved at Treloar Shield 5.

With heavy strapping from an MCL injury from OzTag, Claudia was over 2.40m and 2.55m easily and just clipped the bar at 2.75m to claim equal 5th spot. Claudia had improved on her 2022 All Schools result by 45cm.



Thank you to Pawsey, Cox, Barlow, Phillips, Stewart & Smith families for the All Schools photos

The NSW Milers

The NSW Milers event was held on the 13th December and Ryde was represented by **Nicholas** and **Benjamin Woodhouse**.

Nicholas ran an almost identical time to the previous Milers Meet when he recorded a time of 4m 45.65s to place 12th in heat one. Running in heat two and chasing a national qualifying time of 4m 06.0s, Benjamin was 12th across the line in a new PB and NQ time of 4m 02.97s.

The Treloar Shield Final

The Treloar Shield Final was contested in very hot conditions at SOPAC on Saturday 16th December. After six preliminary rounds of Treloar Shield competition the five Top clubs in NSW were selected to compete in the final. Ryde had qualified for the final in the U12 and U18 Division and 39 Ryde athletes were to compete in those two teams.

U12 Team

Our U12 sprinters and long jumpers were out early for the very first events of the morning. Our U12 boys got things off to a winning start when **Zachery Leung** (12.92s), **Finn Wilson** (13.22s) and **Archer Griffiths** (15.74s) finished 1st, 2nd, and 10th in the U12M 100m. Zachery's time is a 2024 U13 National qualifying time. **Finn** and **Zachery** were both also competing in the U12 long jump, where Finn's second round jump of 4.26m saw him place second and, Zachery's finished in 7th place with final round jump of 3.91m.

Representing Ryde in the U12 girls 100m were **Madeleine Lynch** (15.24s), **Claire Wang** (15.96s) and **Charlotte Fraser** (16.86s) who placed 7th, 8th, and 13th overall. In the U12W long jump, Charlotte's opening jump of 3.42m saw her place 9th and **LilyEve Everson** improved on every jump to finish 10th with 3.15m.

The U12M high jump was soon underway and **Charlie Shiel** and **Flynn Cox-Gallagher** were both safely over the opening height. Both boys were to clear 1.25m, which Charlie finishing in second place and Flynn, in his first ANSW event ever, in third place. Our two female high jumpers were also making their ANSW debut at the Treloar Final. **Kira Ekers** was our best placed female jumper after clearing 1.05m on the first round to claim 5th spot with **Claire Wang** picking up equal

ninth spot with her second-round clearance of 1.05m. **Kira** also finished as the best placed Ryde athlete in the U12W 400m in her time of 78.01s for 9th place, followed by **LilyEve** Everson in 12th place (82.08s) and **Pippa Wang** in 13th spot in a time of 84.62s. for her first ANSW event.

Mitchell Cox and **Lucas Bolt** both ran in the first heat of the U12M 400m with **Jack Le Fevre** running in heat two. **Mitchell** placed 8th overall in a time of 74.56s with **Lucas** one spot behind in 77.87s. **Jack** absolutely took off in heat two, leading nearly all the way to chase down the best time from the first heat and finish as the overall fastest U12 400m runner in a time of 65.07s.

Our sprinters were back out for the U12M 2x100m event. **Zachery Leung** ran a great first leg to pass the baton off to **Louis Baddeley** who absolutely powered down the straight to give the team their third win of the day (27.48s). In the U12W 2x100m **Madeleine Lynch** and **Claire Wang** combined to finish in a time of 30.98s for 5th place.

As the heat kicked up a notch the 1500m events started. **Jack Le Fevre** came home with a fast final lap to place 4th overall in a time of 5m 17.78s. **Flynn Cox-Gallagher** ran good consistent times over his race to place 6th in 5m 26.68s and **Lucas Bolt** was just one spot behind in 7th place in a time of 5m 41.89s.

Our U12W team ran their 1500m whilst "the Macarena" was being played across the stadium. No one says that you should not have fun when you are running and **Kira Ekers** kept the crowd entertained by doing the dance moves whilst keeping up a good pace to place 4th overall in 6m 08.56s. **Skye Spiden** ran well to place 6th in 6m 16.07s and **Pippa Wang** was 9th in 6m 45.76s.

Charlie Shiel and **Finn Wilson** were showing their versatility after their strong results in the jumps by moving on to shot put. Finn's only legal throw was a good one, measuring at 10.66m just one centimetre off first spot. **Charlie** improved with his three throws to finish with a distance of 10.41m for 4th place.

The final event for the U12's was the Mixed 4x200m relay. **Charlotte Fraser** led the team off before handing off to **Madeleine Lynch** who took chase right around the home straight before handing the baton to **Mitch Cox**. Mitch took a quick trip around the back straight before **Louis Baddeley** again absolutely proved what a terrific relay runner he is with a powerhouse run down the home straight chasing down the competition to

finish in 3rd place in a time of 2m 06.88s.

Overall, the U12 team were to finish with 378 points, just one point off second place for a podium finish in the first ever U12 Athletics NSW Treloar Final. A huge achievement for **Finn Wilson, Charlotte Fraser, LilyEve Everson, Zachery Leung, Archer Griffiths, Mitchell Cox, Charlie Shiel, Madeleine Lynch, Claire Wang, Pippa Wang, Flynn Cox-Gallagher, Kira Ekers, Skye Spiden, Jack Le Fevre, Lucas Bolt and Louis Baddeley.**

U18 Team

Our shot putters were the first U18 competitors out in the field. **Jess Johnston** had already broken the Ryde Little A discus record that morning (again) and so was in some pretty top form and led the competition from her very first throw to improve her winning margin with a final round throw of 13.56m, nearly a metre over the 2024 NQ distance for an U18 athlete. **Maddison Duncombe** had stepped in for her injured sister Mikayla and made the most of the opportunity when she broke the 11m mark not once but twice. Maddie finished with a best throw and new PB of 11.52m for fourth place.

In the U18M event, **Lachlan Waldron** started with a good throw of 10.97m to gain 4th spot. **Brendan Kim**, had to throw up a weight given he is only 14, and did a great job and threw consistently to finish with 8.67m for 7th place.

Jess, Lachlan and Brendan had to go straight to the javelin event which had already got underway and were joined by **Jess Koussas** to make up the four athletes. **Jess Johnston** was to get the U18's second win of the morning with her third round throw of 34.92m. **Jess Koussas** got good distance but was unable to register a legal throw. **Lachlan** improved over the competition to pick up 3rd place with 39.76m and **Brendan Kim** finished with his final round best throw of 36.41m for 5th spot.

On the track **James Woods** looked strong in his heat of the 100m to finish in a time of 11.55s for 4th place overall. **Owen Chandler** was to record a PB time when he finished 4th in his heat and 7th overall in 11.91s and **Owen Trinh**, still working his way back to 100% from injury, looked good finishing in 12th spot in 12.28s.

Ruby Worrell was to place best amongst the Ryde U18W 100m runners, finishing with the second fastest time of 12.58s. **Amelie Gomez-Niewolik** earned 5th place points with a run of

13.07s and **Maddie Duncombe**, doing a quick sprint from the shot put, finished 8th in 13.51s.

In the U18M 400m **Aiden Wright** ran a strong race to place 3rd overall in another 2024 U18 NQ time of 50.50s. **James Woods** was just one spot behind winning the second heat, in 51.42s. **Kaitlyn Martin** was to be the fastest of our three runners in the U18W 400m when she placed 4th in 61.68s. **Geogia Phillips** was 7th in 62.94s and **Zara Pawsey** 8th in 63.56s.

Owen Chandler and **Vili Lewanavanua** were to team up in both the U18M long jump and high jump. Owen started with his best jump 5.70m to place fourth overall. Vili managed to get one legal jump in in the second round and that was a good distance of 5.58m for 5th place.

Miah O'Shea does not get out and compete at ANSW events very often but when she does, she always puts in a star turn for Ryde. In the U18 long jump Miah beat home a couple of NSW representatives to place 1st with her final round jump of 5.26m. **Kaitlyn Martin's** 4.75m best jump earned her third place and some great points for Ryde.

Back on the track it was time for the U18 2x100m relays. In the boy's event **Owen Trinh** was to hand off to **Lewis Wong** who flew down the final straight in a tussle with three other teams for the minor placings. The boys were to finish in a time of 23.72s for 5th place.

Ruby Worrell and **Amelie Gomez-Niewolik** proved to be a strong team in the U18W 2x100m with Ruby racing down the straight with UTS in a very close finishing race. Ryde was to pick up second place in a time of 24.90s.

In searingly hot conditions, the U18M 1500m was absolutely dominated by the Ryde athletes with **Axel Bruntsch** and **Benjamin Woodhouse** setting the pace and separating from the rest of the field to have a two-man duel with the lead chopping and changing over the three and a half laps. Axel was to cross the line first in a time of 4m 10.57s with Benjamin just behind in 4m 13.17s. Isaac Siebert kept up with the front of the chase pack to come home in 6th place in 4m 24.88s.

In the U18W event **Georgia Phillips** led through the first 700m and was finish in 4th place in 5m 24 51s. The youngest of the Ryde U18 team, **MiaRose Everson** at just shy of 12yrs and 2 months, earned Ryde some more valuable place

points with her 6th place in the 1500m in a time of 5m 37.65s.

The final field events of the day were the U18 men's and women's high jump.

Both our competitors in the U18W event are aged only 12 and did a terrific job. **Jacqueline Pawsey** had been subbed in at the last minute cleared 1.40m to place 8th overall. **Hannah Lambert** cleared 1.60m (a new PB) and a 2024 U14 and U15 NQ height to place 3rd.

In the Men's competition **Owen Chandler** had clear rounds through to 1.65m which he cleared on the second attempt to share 4th place. **Vili Lewanavanua** came in at 1.65m and with clearances over both 1.75m and 1.80m was to finish with a PB and the competition lead. At just 14yrs of age this is a great result for Vili.

With the lead for the U18 Treloar Shield teetering between Ryde and UTS we needed to ensure there were no problems with the final relay of the afternoon, the U18 4x200m mixed relay. James Woods, Amelie Gomez-Niewolik, Zara Pawsey and Aiden Wright brought the team home in a time of 1m 40.25s to take 3rd place.

At the end of the afternoon the U18 Ryde team of **Jessica Johnston, Maddison Duncombe, Lachlan Waldron, Brendan Kim, James Woods, Owen Trinh, Lewis Wong, Owen Chandler, Ruby Worrell, Amelie Gomez-Niewolik, Zara Pawsey, Aiden Wright, Jessica Koussas, Kaitlyn Martin, Georgia Phillips, Miah O'Shea, MiaRose Everson, Axel Bruntsch, Benjamin Woodhouse, Isaac Siebert, Vili Lewanavanua, Hannah Lambert, Jacqueline Pawsey** were declared the U18 Treloar Shield Team winners.

Thank you to

- Our wonderful families that help with providing photos – Lots of the ones in the following pages were taken by Elly Pawsey and contributions also from Rodney Woods, Cara Everson, Louise Bergfield & Rita Kim.
- To the people who helped fill our volunteer roles - Simon Bergfield, Ester Duncombe, Stacey Gershberg, Rodney Woods, Jannet Pawsey, Anja Niewolik & Chelsea Woodhouse & to all the ANSW volunteer officials.

At right Kira combining the Macarena & the 1500m!

- **Russell Cox** for his great work in recruiting and organising the U12 team. It was terrific to see so many young athletes rising to the challenge and going out and doing their best for Ryde.

I hope that lots of our new U12 members will take advantage of their ANSW membership and come out and compete at ANSW events across the back half of the season. For those aged U8-U12 there is an Athletics NSW regional carnival (not to be confused with the Little A regions) that will be run over the weekend of the 17th-18th February at Bankstown. There is no qualifying for this event you just register on line at ANSW. [Follow this link](#) to more information on the ANSW website.

I will be taking a break from Ryde Athletics for a few weeks. So no more emails etc from me for a while.

You will find plenty of information of the ANSW website for all the events that will be offered over the period up to Christmas and into the New year.

I hope you all have a good Christmas break.

Do not forget our Bunnings BBQ coming up on the 20th January and 18th February. Contact Chloe Davis at chloeemadavis@gmail.com if you can help. Remember our fundraisers are to help our athletes when they compete interstate or overseas representing NSW or Australia.

