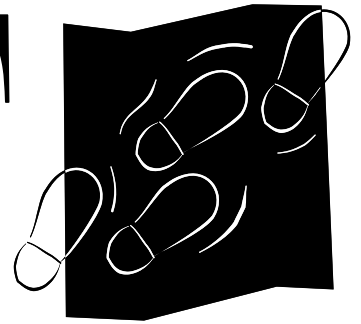




FOOTPRINT



Senior Division January 2024

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Welcome back for the second half of the season

Hoping you've all had a good holiday break and welcome back for the second half of the season with lots of events still on offer.

Some of our athletes have kept busy with competition right through January. Five of them winning State level medals over that period. Congratulations to **Jessica Johnston, 16**, who competed in discus at the ACT U20 & Open Championships. With PB performances of

47.27m to win the U20 event, Jess then threw 47.96m to win silver in the Open Women's discus.

At the 60m State Championships **Bron Morgan** placed 2nd in the 30-39yrs event and **Mitchell Cox** was 3rd in the U14M.

Over the weekend at the ANSW State Combined Event Championships **Maddison Duncombe** came home with a silver medal in the U20W event and **Archer Griffiths** finished just one point off gold when he won the silver in the U11M Triathlon.

Lots more results and info inside.



At Ryde we believe that athletics is for all. For all ages, all abilities, all year round. The Barlow family are one of our families who are living proof of that. Steve is an Australian masters pole vault champion and also competes as a social athlete and acts as Nancy's age manager at Dunbar. Claudia is our Junior Division club captain and state representative in Pole Vault. Competing late last year at Treloar Round 5 was Claudia, Nancy & Steve. Nancy was making her debut that day and at nine is one of our youngest athletes. All three Barlows competed together that day in discus.

Vale Coral Read (nee Hellyer) Ryde Life Member since 1982

Coral Hellyer joined Ryde Women's Amateur Athletics Club as an athlete at the age of 14 just 8 years after the club started. She competed from 1955-1960 at which point she left to marry Graham Read. Coral returned to Ryde when her daughters Sharon and Nicole started competing in 1971. Coral herself made a comeback for a while as a Vet athlete but was also incredibly active in the background. From the period 1972 to 1989 Coral continuously filled roles including coach, recorder, Treasurer, member of the executive, President (1978-79, 1985-87), Vice President, Secretary, Race Reporter and Official. Coral was made a Club Life member in 1982 along with her daughter Sharon Dewar.

Whilst Coral officially retired from athletics in 1989 her interest continued for decades beyond and she was such an enthusiastic participant at our AGM and Presentation afternoon. Coral was also a generous benefactor to Seniors wanting to ensure that our Ryde athletes could keep on aiming and achieving at the highest levels. She was an avid reader of Footprint and would often write a note back to say how impressed she was with Ryde's performances.

Coral passed away on Australia Day. Her Ryde Athletics family extend our sympathy to Sharon & Rodney, Peter, Nicole & David and Coral's grandchildren, Lachlan & Gloria and Mitchell & Phoebe.

Coral's funeral will be held on Friday 2nd February 2024 at 3.30pm in the East Chapel at Northern Suburbs Memorial Gardens and Crematorium, 199 Delhi Road, North Ryde

Our Presentation day will be a little less bright without Coral there.



Ready to get back into competition? Lots on offer from ANSW - Metro comps only

NSW Milers Meet Bankstown

1st February

800m, 1500m, 3000m walk, 5000m walk, javelin. Timetable published after entries finalised. Register at ANSW

Illawong High Velocity Meet

10th February

100m, 200m, sprint hurdles, high jump, long jump, shot put. No timetable up yet. Register at ANSW

SOPAC State 5000m & Allcomers Meet 10th February

400m, 800m, pole vault, triple jump, javelin, 5000m. Draft timetable & registration at ANSW

NSW Throwers Club SOPAC WUT 11th February

Shot put, discus, hammer throw. Entries are limited. Register at ANSW

ANSW Regional Champs & Allcomers - Sydney North @ Bankstown 17th February

ANSW Regions are for athletes born 2012-2017. Maximum of 3 events + relay. Events offered depend on age group and are 60m, 100m, 200m, 400, 500m, 800m, 1500m, discus, shot put, javelin, long jump, high jump, triple jump.

All comers events (ie all ages) will be offered the same day but check the calendar for what those events are as there is currently a discrepancy between the timetabled events and the events you can register for.

NSW Milers Meet Bankstown 22nd February

Events currently offered 800m & 1500m. Check ANSW website to see if more events are added closer to the date. Timetable published after entries finalised. Register at ANSW

Campbelltown High Velocity Meet 24th February

100m, 200m, 200m/400m hurdles, high jump, discus, steeplechase. No timetable up yet. Register at ANSW

Narabeen Pole Vault Meet 24th February

Pole Vault. Register at ANSW

Congratulations to all our Athletes who were named in the Athletics Australia Rankings as at 31st December 2023

Athletics Australia regularly publish Athlete Rankings. Below are the Ryde Junior Athletes who made those rankings in 2023 – adjusted for a few oversights and errors that AA made.

Name and age at end 2023	Event	Age group	Aust Athlete Ranking *	Result
Timothy Forster, 18	110m H	U20 (99cm)	1 st	13.88s
	200m	Open	58 th	21.46s
		U20	14 th	
Adam Bruntsch, 19	3k steeple	Open	27 th	9m 30.87s
		U20	5 th	
Ruby Worrell, 17	400m	Open	71 st	56.49s
		U20	31 st	
		U18	17 th	
Georgia Phillips, 17	2k steeple	U18	41 st	7m 26.77s
	400m H	U20	30 th	65.76s
		U18	19 th	
Jess Johnston, 16	Discus	Open	23 rd	45.80m
		U20	14 th	
		U18	9 th	
Josh Smith, 15	200m	U16	6 th	22.23s
James Woods, 15	200m	U16	18 th	22.70s
	400m	U16	14 th	50.98s
Aiden Wright, 15	400m	U16	9 th	50.50s
Aiden Wright & Josh Smith (NSW team)	4x200m	U16	2 nd	1m 30.95s
Josh Smith, 15 Kings school teams	4x400m	U16	1 st	
	4x100m	U16	4 th	
Axel Bruntsch, 15	800m	U16	20 th	1m 59.37s
Benjamin Woodhouse, 15	800m	U16	19 th	1m 59.31s
	1500m	U16	7 th	4m 02.97s
Axel Bruntsch, Luke Moscos, Julian Smith, Benjamin Woodhouse (Ryde team)	4x1500m	U16	2 nd	17m 53.06s
Axel Bruntsch, Luke Moscos, Julian Smith, Benjamin Woodhouse (Ryde team)	4x800m	U16	3 rd ++	8m 33.82s
Lewis Wong, 15	200m H	U16	7 th	25.92s
Vili Lewanavanua	High Jump	U16	=21 st ++	1.80m
Zara Pawsey, 15	Pole Vault	U16	=20 th	2.55m
Alex Ruhfus, 14 (NSW team)	4x100m	U16	4 th	43.14s
Owen Trinh, 13	100m	U14	12 th	11.81s
	200m	U14	18 th	24.32s
Owen Trinh, 13 (Sydney Boys High Team)	4x100m	U14	7 th	49.09s
Eloise Stewart, 13	Hammer	U14	3 rd	38.74m
Matthew Lawrence, 13	Javelin	U14	26 th	34.26m
Rhys Chandler, 13	3000m Walk	U14	18 th	17m 15.42s
Mitchell McCarthy, 12	3000m Walk	U16	26 th	16m 42.34s
		U14	14 th ++	
	3000m Road Walk	U14	5 th ++	17m 13s
Hannah Lambert, 12	High jump	U14	=8 th +	1.60m
	Triple Jump	U14	22 nd	10.44m

*Where athletes have had multiple results listed (only for Opens) I have not counted them.

+Correction to AA rankings (ie AA didn't have the best result)

++Addition to AA rankings (ie AA overlooked it)

Ryde Senior Division Club Championships Day 2 Sunday 4th February, Dunbar Park 915am start.

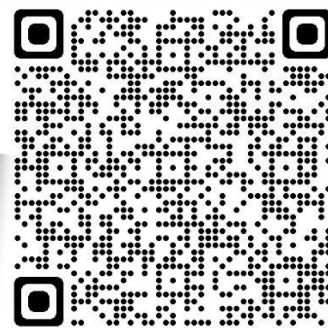
**All Ryde Seniors and Social Athletes
are welcome to compete.**

Ryde Senior Club Championships is held twice a year for Ryde Athletes who have registered with Athletics NSW as a Ryde Senior or Social Athlete. Club Championships are a social event where all athletes regardless of age, compete together and move between events across the morning.

The events to be contested on Sunday 4th February are 800m, shot put, 200m, triple jump, high jump, javelin & 1500m walk.

The morning will start at 9.15am sharp with both the 800m and the shot put. Please turn up by 9.00am to register your attendance and warm up for your first event.

Club Championships are the only day on which the old Ryde Club Records can be broken. Full Senior Club Records (as at May 2023) can be found in the last Annual report - access it via the QR code below.



Please note that with high temperatures predicted this weekend we may look at altering the order of events and/or starting at an earlier time. Please check your email early Sunday for any further notifications.

Around the track & field

NSW Milers

At the NSW Milers held at Bankstown on the 23rd December Ryde had four athletes competing.

Benjamin Woodhouse ran a great race taking the lead at about the 600m mark and holding his form nicely across the line for a 2.5sec PB and National Qualifying time of 1m 59.31s. This result gave Ben the rank of 19th for 2023 in the U16 800m.

Nicholas Woodhouse was also to slash his PB time, by 4.5sec when he finished 3rd in his heat after setting the pace for the first 700m of the race. Nicholas's time was 2m 07.50.



Above Nicholas and Benjamin, happy with new PB runs from the night

Stella Sevilla Chinchilla also set a new PB running under the 6m mark for the first time when she finished in a time of 5m 52.45s.

Adam Bruntsch was having his first run of the season and it was also to prove an excellent run when he finished in a time of 3m 57.88s, taking two seconds off his personal best.

High Velocity Meet Campbelltown

Ten Ryde athletes competed at the final meet of the year at Campbelltown on the 23rd December.

Zara Pawsey ran close to her PB time for the 100m when she finished in 13.13s. In the 400m hurdles Zara was home in a time of 71.94s.

Three of our 12yr old girls competed in the 100m, **Jacqueline Pawsey** finished in a new PB of 14.00s, **Bella Fraser** in 14.36s and **MiaRose Everson** in 14.39s. In their 200m event Bella finished in a time of 29.14 and MiaRose in 29.79s. MiaRose & Bella's times in both the 100m and 200m were new PB's. In the 400m MiaRose finished in a time of 68.89s.

In the field Jacqueline finished with an excellent PB leap of 10.29m in the triple jump. Bella landed 4 legal jumps, each a bit better than the last, to finish with 9.58m and MiaRose finished with 8.60m. MiaRose finished a busy afternoon with some javelin, where she set a new PB adding four metres between her first and last throw and of 18.98m.

Charlotte Fraser finished the 100m in 15.84s, almost a second faster than the previous weekend for a new PB, and in the 200m Charlotte ran 33.96s. In the triple Jump Charlotte's final round jump of 7.88m was her best.

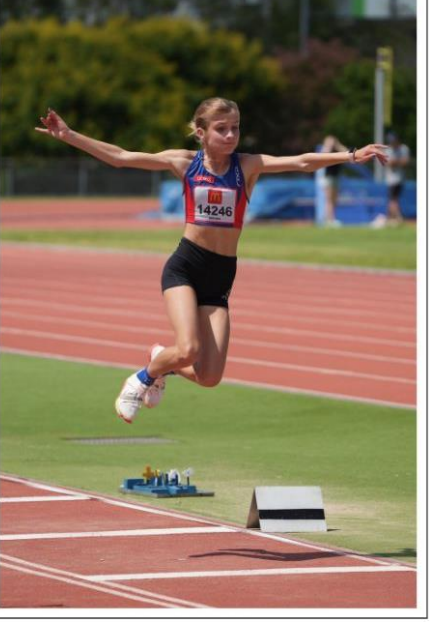
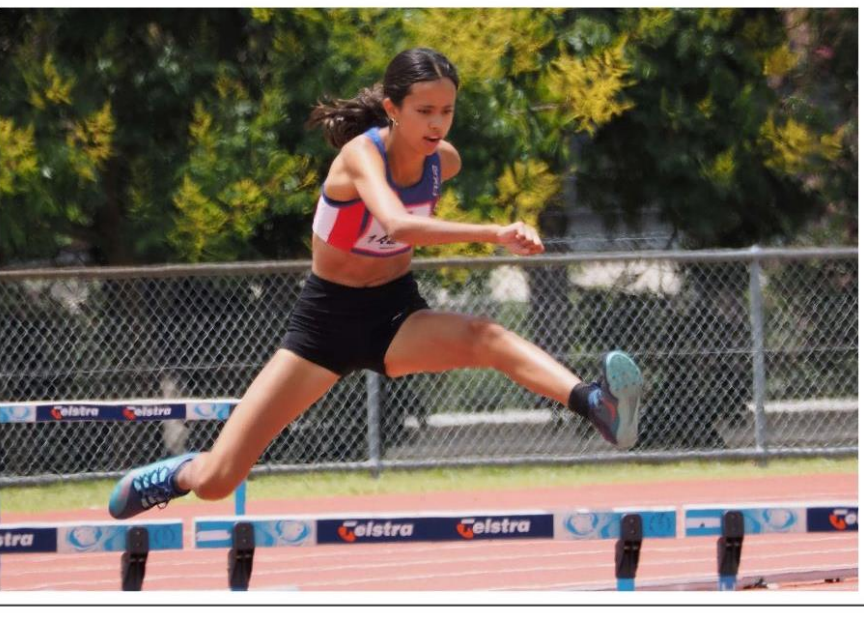
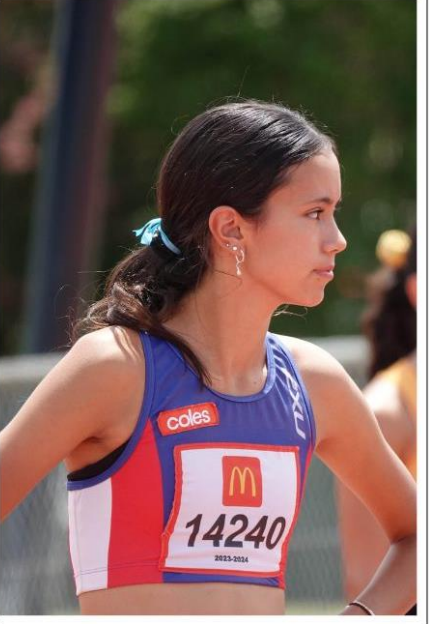
At just 9yrs, **LilyEve Everson** was our youngest competitor of the afternoon. In the 100m LilyEve was across the line in 16.08m and 33.55s for the 200m. In the 400m LilyEve finished in a time of 80.38s, cutting two seconds from her run the previous weekend.

Aiden Wright continued his good form from the Treloar final when he finished in 11.59s in 100m. **Vili Lewanavanua** finished in 12.35s and in the triple jump was close to his PB when he leapt 12.32m which is a national qualifier.

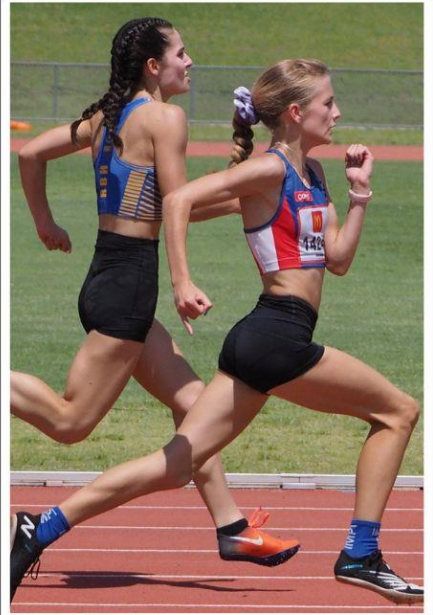
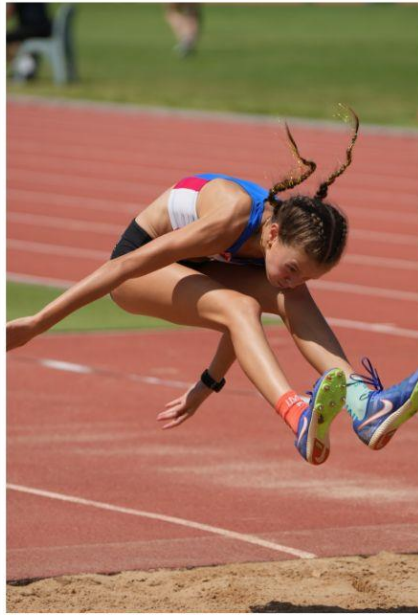
Daniel and **Mitchell Cox** both did the sprint double with Daniel recording times of 12.79s and 25.99s (PB) and Mitch 14.86s and 31.05s. Both Daniel & Mitch's results for the 200m were PB's.

James Woods had his eye on a national qualifying time for the 200m to add to his 400m qualifier and made easy work of that when he ran a new PB time of 22.70s to not only record an U17 qualifier but also an U18 qualifying time. James' time was the 18th fastest 200m run by an U16 male in Australia in 2023 – great way to wrap up the year!

Photos from Campbelltown on the next 3 pages Nick Pawsey & Rodney Woods



Vili, Jacqueline, Mitchell, Daniel James, Zara, Zara, Bella



Aidan, Vili, Charlotte, Mia, Bella, Lily, Charlotte, Bella, Mia, Lily, Charlotte

High Velocity Meet Illawong

At the High Velocity Meet at Illawong on the 6th January Ryde was represented by the **Cox, Everson & Fraser** families.

Daniel and **Mitchell** both competed in the 100m with Daniel finishing in 13.36 and Mitch in 15.04s. Daniel's time in the 100m hurdles was 15.59s.

Bella Fraser was the fastest of our 100m runners finishing in a time of 14.79s. **Mia Rose Everson** recorded 15.05s, **Charlotte Fraser** 16.72s and **LilyEve** 16.86s. In the 200m, MiaRose was first Ryde girl across the line in 30.53s, Bella in 30.80s, LilyEve 34.32s and Charlotte in 34.51s.

In the 80m hurdles Bella was across the line in 15.83s and MiaRose in 16.68s. MiaRose also contested the shot put where she managed a distance of 5.56m on her second round throw (3kg). LilyEve started and finished with the same distance, 5.51m with the 2kg shot put.

In the Triple Jump, Bella leapt to 9.57m, MiaRose 8.43m and Charlotte started with her best jump of 7.48m in a consistent round of four jumps.

The Illawarra Track Challenge & State 60m & Mile Championships

At the Illawarra Track Challenge and State 60m and Mile Championships held on the 13th January, Ryde was represented by 6 athletes.

Competing in the 60m event **Ruby Worrell** ran a time of 7.93s to qualify 6th fastest for the final. In the 100m Ruby ran a time of 12.48s just 0.04s off the national qualifying time.

James Woods ran a time of 7.25s to place 13th overall in the Men's U18 60m event. In the 400m James ran another PB and NQ time of 50.78s. This time is a qualifier for both the U17 and U18 400m.

Mitchell Cox was to take home the bronze in the U14M 60m in a time of 9.18s. In his 100m event Mitch finished in 14.94s.

Daniel Cox competed in the U16M 60m and finished 6th in the state in 8.00s. In the 100m Daniel ran a time of 12.64s.

Bronwen Morgan finished in the silver medal position in the 30-39yrs women's 60m event in 8.97s.

Jess Johnston was our only competitor throwing the hammer 46.76m, just over 10m past the U18 national qualifying distance.

Photos on the following page from Rodney Woods

NSW Throwers Club

At the NSW Throwers Club Meet held on the 14th January Ryde was represented by **Jess Johnston** and **Eloise Stewart**.

Ellie's best throw in the hammer registered 36.01m, well over the 28.50m national qualifying mark for her age. Jess threw national qualifiers in all three of her throwing events when she threw 43.48m in hammer, 39.80m in discus and 13.31m in shot put.

NSW Milers

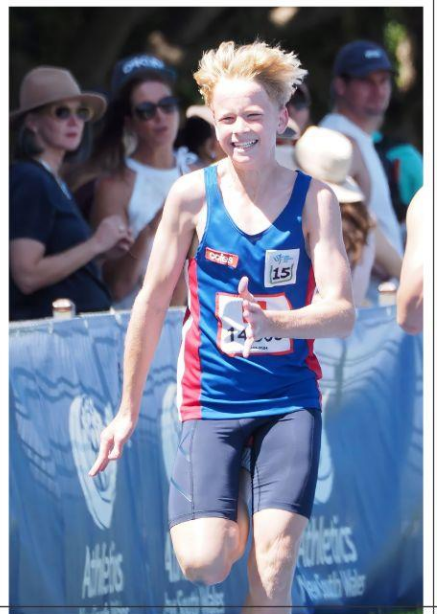
At the NSW Milers meet held at Bankstown on the 18th January Ryde had four of our middle distance runners out on the track.

In the 3000m event, **Benjamin Woodhouse (below)** came home in a time of 9m 20.98s with **Isaac Siebert** not far behind in 9m 35.84s. In the 800m **Julian McMillan** gave a great chase in the second lap to finish in 2m10.19s, some 4 seconds faster than his zone time in December. In the 1500m **Nicholas Woodhouse** continued to slash his PB when he took almost ten seconds off his best to finish in 4m 36.93s.





**Illawarra
Track
Challenge,
Bron, Mitch,
James,
Daniel &
Ruby**





Above Isaac & below Nicholas at the Milers



Narabeen All comers Pole Vault

At the Narabeen All Comers Pole Vault held on the 20th January Ryde had three athletes competing.

Steve Barlow finished with a best height of 2.45m. **Claudia Barlow** and **Daniel Cox** were unable to clear their opening heights.

ACT U20 and Open Track and Field Championships

At the ACT U20 & Open Championships Ryde was represented by 5 athletes.

Axel Bruntsch got Ryde's performances off to a great start when he clocked a four second PB in the U20M 1500m. Axel crossed the line in 6th place in a time of 4m 06.84s.

Adam Bruntsch competed in the Open Men's 1500m and finished just over the four minute mark in a time of 4m 01.24s to place 33rd overall.

Jessica Johnston had an outstanding meet adding nearly three metres to her personal best. In the U20 Discus Jess was leader from her first throw (45.72m) and finished with 47.27m. In the Open event Jess collected the silver medal with her final round throw of 47.96m, a new Ryde Best performance on record for U18, U20 and Open women.



Vijay Sai competed in the Open Men's 400m and 800m, the first time he had contested these events this season. With a seed time of 71.1s for the 400m Vijay went under that when he clocked 69.07s and bettered his seed time of 3m0.0s for the 800m by almost ten seconds when he finished in 2m 50.99s.

Jon Baker competed in the Open 3000m steeplechase where he placed 4th in a time of 14m 01.63s. Given the average age of the three men that beat Jon was around 23, it was an excellent result.



Athletics NSW Combined Event Championships and Allcomers Meet

At this meet held at SOPAC from the 27th-28th January Ryde was represented by 20 athletes.

In the Open Men's 100m Ryde had five starters. **James Woods** took the honours with the fastest time of 11.68s. **Aiden Wright** recorded 11.78s, **Hong Jai Lee** a fast 11.93s, **Owen Trinh** 12.30s and **Mitchell Cox** 15.40s.

Owen ran the sprint double finishing the 200m in a time of 25.24 and **Nick Pawsey** also competed in the 200m finishing in a good time of 26.20s. **Ruby Worrell** swept round the bend in a time of 26.14s in the Women's Open 200m.

Having qualified to compete at the 2024 Australian Juniors via placing 2nd at the 2023 NSW All Schools in the 200m hurdles, **Lewis Wong** was having his first go at the 400m hurdles, as he had aged out of the 400m hurdles. Lewis left no one wondering whether he could step up to the distance when he finished in an excellent time of 58.91s – fast enough to be both an U17 and U18 national qualifying time.

Georgia Phillips again ran a national qualifying time in the 400m hurdles when she finished in a time of 67.05s. Georgia ran her first 3000m Steeplechase on the Sunday and finished in a time of 12m 24.63s, some 31 seconds under the national qualifying time.

Ben Prozsenko was having his first run of the year in the 2000m steeplechase and finished in a time of 7m 54.75s.

Mia Rose Everson ran her first 2000m steeplechase on Sunday morning. At just 12, MiaRose is too young to run the event at Nationals this year, but proved she will be up to the task as she cleared all the steeples comfortably and ran a good even race to finish in a time of 9m 27.30s. A couple of hours later Mia was back on the track in the Open Women's 1500m where she finished in a time of 5m 42.22s. **Elizabeth Rebbechi** was not far off her personal best time when she finished the 1500m in 5m 38.91s.

Jacqueline Pawsey was the third Pawsey family member to compete over the weekend and Jacqueline ran a time of 14.63s in the 80m hurdles.

In the U20W heptathlon **Maddison Duncombe** came home with the silver medal and a spot on the NSW team.

100m H		Shot put		Long jump		200m	
19.29s	364	8.85m	454	4.53m	436	27.84	643
Javelin		High jump		800m		Total	
27.13	422	1.27	379	3.06.25	309	3007	

In the U18W heptathlon **Zara Pawsey** finished some 545 points over the national qualifier to add heptathlon (for both U17 & U18) to the 100m and 400m hurdles and Pole Vault that Zara had already qualified for at nationals.

100m H		Shot put		Long jump		200m	
15.82	736	6.71m	316	4.67m	472	26.93	718
Javelin		High jump		800m		Total	
19.87m	2.86	1.51m	632	2.38.96	585	3745	

Also competing in the U18W heptathlon was **Charlotte Nagle**. Clashing Touch Football commitments however saw Charlotte only able to compete in events on day one.

100m H		Shot put		High jump	
17.42	550	8.30m	419	1.36m	470

Competing in the U16M heptathlon, **Daniel Cox** is another hurdler/ pole vaulter who can add the heptathlon to his national program after finishing in 3rd place in the 15yrs age group and 4th overall in the U16M event. With strong cheers for Daniel over his final, and least favoured event, the 1500m, Daniel finished with 3119 points

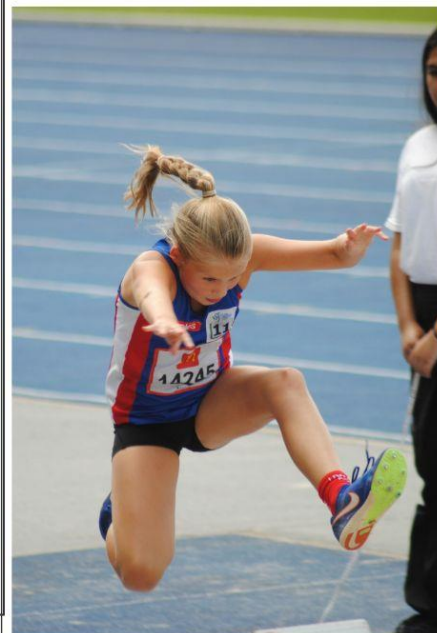
100m H		Shot put		Long jump		200m	
15.03s	846	8.47m	394	5.05m	392	25.89s	533
Javelin		High jump		1500m		Total	
25.26m	233	1.55m	426	5.52.64	295	3119	

Competing in the U11M triathlon was **Archer Griffiths**. Archers placed second just one point off the gold medal -

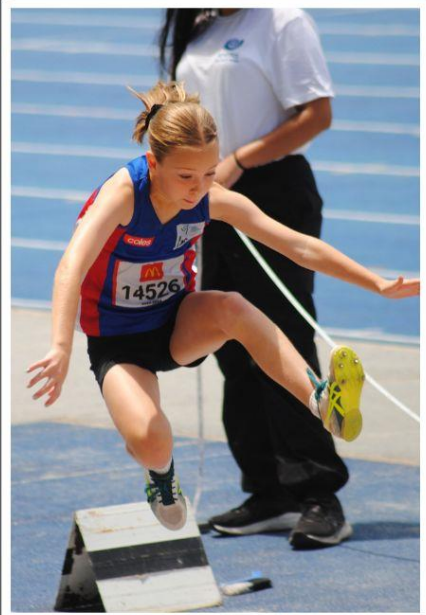
Long Jump		Shot put		200m		Total	
3.80m	205	7.85m	227	35.02s	157	589	

Placing 5th in the U12M triathlon was **Mitchell Cox** .

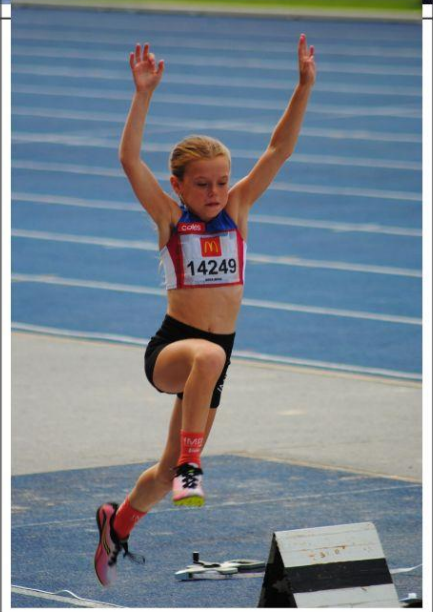
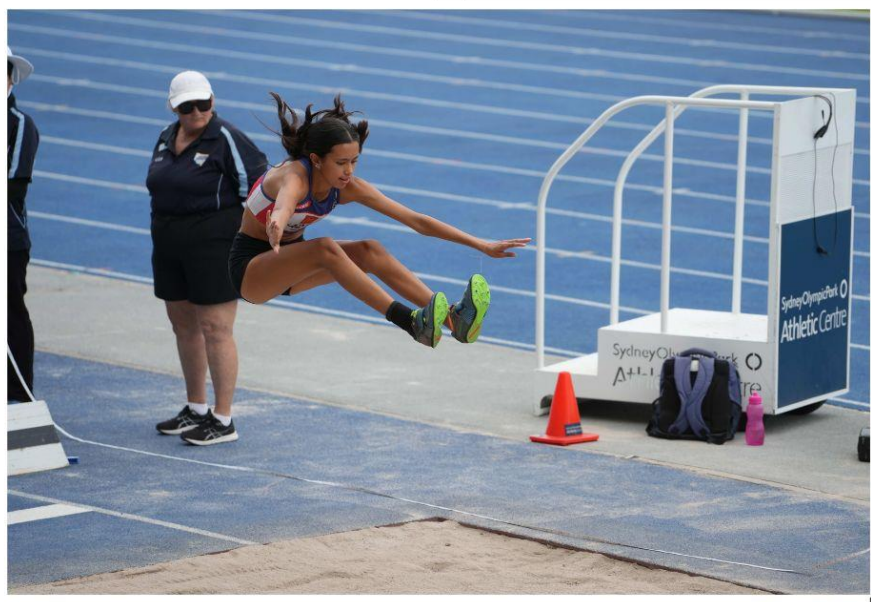
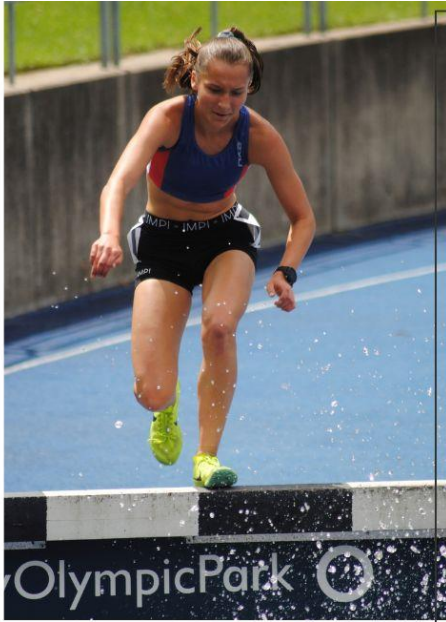
Long Jump		Shot put		200m		Total	
4.03m	224	7.54m	216	30.01s	277	717	



Above Daniel, Zara, Ben, Charlotte, Archer, Zara, Charlotte



Above Jacqueline, Owen, Nick, Mitch, Mia, Maddison, Daniel & Madeleine



Above Georgia, Mitch, Zara, Lily, Elizabeth, Mia, Maddison



Above Mia, Lily, Archer, Lewis, Daniel, Madeleine, Mitch, Elizabeth

Competing in the U11W triathlon were **LilyEve Everson, Charlotte Fraser and Madeleine Lynch**

	LJ	SP	200m	Total	
Madeleine	3.42m	4.01m	32.50s	478	=4 th
	174	90	214		
Lily	3.16m	5.83m	34.42s	478	=4 th
	154	154	170		
Charlotte	3.22m	5.38m	35.17s	451	7 th
	159	138	154		

Bunnings BBQ Gladesville 18th February. Can you help?

We'll be running the BBQ again at Bunnings on Sunday 18th February.

If you can help please note

- We need two volunteers from each family and we need both to turn up. Please find a replacement relative or family friend if there is an issue with one of your helpers. Please don't just turn up short on the day as other families then have to stay longer and cover the shortage.
- Please double check your roster and ensure you come at the right time.

A big thank you to the **Worrell** and **Stewart** families who pulled double shifts on the January BBQ.

If you can help please contact Chloe Davis on chloeemadavis@gmail.com

Why do we fundraise?

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.

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

- The athlete and at least one member of the family help out at least two of our fundraisers over the season. If an athlete qualifies for more than one National championship then we expect them to help at one extra for each extra championship.
- 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 have included Bunnings BBQ's, running a drinks stand at the Blackmores Marathon 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 them 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 chloeemadavis@gmail.com A few hours each season isn't a big ask and your time can really help to support our Club.