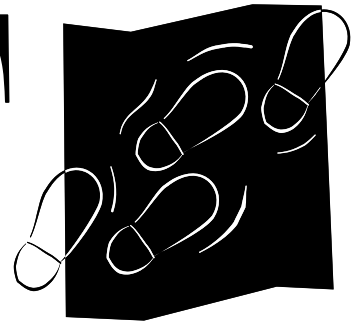




FOOTPRINT



Senior Division NSW Juniors Mar 2024

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

What a great weekend for all our Ryde competitors Six gold, fourteen silver and twelve bronze medals

It was a big three days out at SOPAC with 52 of our 12-19yr old athletes competing in well over 100 different events. It was great to see many achieve personal bests during the carnival, as well as many earning national qualifiers, Ryde best Performances on record and, in Nathan Barbara's case a new Australian record for the F61 class in shot put.

We congratulate all our athletes especially our medallists for some outstanding performance

Gold medals to

Hannah Lambert U14 Triple Jump & High Jump
Vili Lewanavanua U16 Triple Jump
Alexander Song U14 Triple Jump
Alex Ruhfus U16 100m final
Zara Pawsey U17 Pole Vault

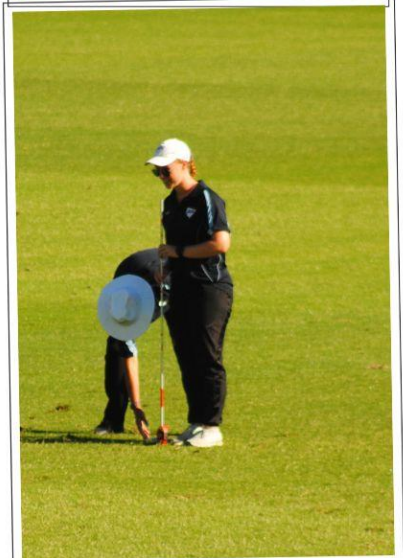
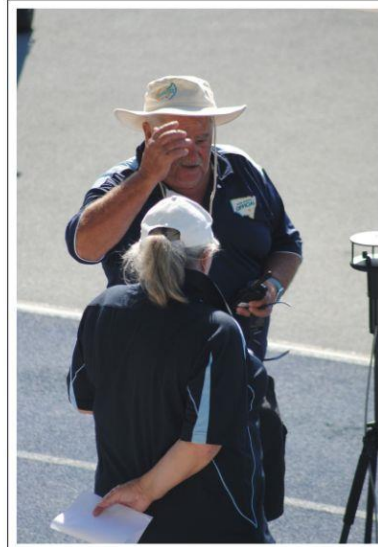
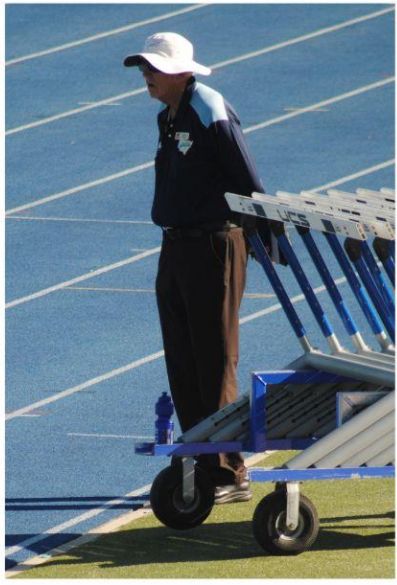
Silver medals to

Daniel Cox U16 Pole Vault
Rhys Chandler U15 3000m Race walk
MiaRose Everson U14 3000m Race walk
Nathan Barbara U20 PARA shot put (new national record F61) & discus
Jessica Johnston, U18 hammer & discus
Alexander Song, U14 long jump
Timothy Forster, U20 110m H final
Eloise Stewart, U15 hammer
Vili Lewanavanua U16 Long Jump
Claudia Barlow U18 Pole Vault
Lewis Wong U17 400m H
Joshua Smith U17 200m

Bronze medals to

Axel Bruntsch U17 1500m final & 800m final
Lachlan Waldron U17 Javelin
Brian Kim U14 Triple Jump
Jacqueline Pawsey U14 long jump & triple jump
Alexander Evans U17 Para discus, long jump & 200m
Jessica Johnston U18 javelin
Lewis Wong U17 100m H
Charlotte Nagle U18 400m H





A big thank you to all the ANSW Officials, including our own Barry Pecar, who volunteer their time over the season and especially over the three days of Juniors.

THE 2024 ATHLETICS NSW JUNIOR TRACK AND FIELD CHAMPIONSHIP

At the 2024 Athletics NSW Junior Track & Field Championships held at SOPAC from the 8th-10th March Ryde was represented by a record 52 athletes.

Starting Ryde off on a high were **Alexander Evans** and **Nathan Barbara** competing respectively, in the U17 and U20 PARA discus.

Nathan (F61) was finding the circle a bit slippery but managed two legal throws with his last throw of 12.98m (47.44%) securing him the silver medal. Alexander (F13) improved two metres from his first to last throw to land the discus out to 13.73m (25.61%) to collect the bronze medal.

Emilia Webb was jumping in the U16W long jump and had a good best jump of 4.82m to secure 8th place in the state.

Lewis Wong was our first hurdler competing in the U17M 110m event. Hurdling the new height of 91.4cm for the first time, Lewis made easy work of it to finish in a national qualifying time of 15.55s in 3rd place in his heat to qualify as 5th fastest for the final. In the final Lewis cut his time down to 15.09s to cross the line fourth, but was to pick up the bronze medal as the third NSW competitor over the line.

Daniel Cox had been injured and off training for a few weeks so was saving himself for the Pole Vault when he crossed the line in the U16M 100m hurdles in fifth place in his heat and eleventh overall in time of 15.49s.

Charlotte Nagle crossed the line in 6th place and 12th overall in the U17W 100m hurdles in a time of 16.88s, a good warm up for her main event, the 400m hurdles on Sunday.

Claire Wang, aged 11 was our youngest female competitor over the weekend and competed in the U14W javelin on Friday. Claire added more than four metres to her first throw to place 9th in the state with 15.22m.

Lachlan Waldron was competing in the first of four throws event and took home 4th place in the U17M hammer throw with his second-round best throw of 23.24m.

Alexander Evans was back powering down the straight in a time of 15.39s (67.97%) to take home 5th place in the U17 PARA 100m.

Mitch McCarthy had other sporting commitments that meant he could not run in the event he had qualified for at nationals, the U14 3000m walk, so Mitch ran in the U14 400m heats instead. Mitch finished in a time of 78.50s to place 15th.

Ellie van der Poorten competed in the heats of the U17W 400m and finished in a time of 67.67s for 15th place.

James Woods, Aiden Wright, and Josh Smith were all contesting the U17M 400m heats. All three were automatic qualifiers for the final after all finished in the top three in their heat. Aiden ran a time of 51.15s, Josh, 51.84s and James 51.00s. In the fast-finishing final on Saturday afternoon, it was James who was finish the best of the group with a new personal best time of 50.50s for 5th place with Josh finishing 6th in 51.30s and Aiden 8th in 52.70s.

Jessica Johnston got her meet off to a great start when she threw a two metre PB to land a new U18 Ryde Best performance on record with a massive opening throw of 49.95m. Jess held the lead in the competition through to round five and was to finish with the silver medal.

Caitlin Waldron was competing in the U20 hammer throw so throwing the heavier 4kg hammer. Caitlins best throw was also in round one, a throw of 20.12m to place 9th in the state.

Kaitlyn Martin was to compete in the U20 long jump and 400m but a partial dislocation of her knee in training earlier that week saw her scratched. We wish Kaitlyn a full recovery.

Georgia Phillips was also on the start list for the U20 400m and ran well to finish 4th in her heat in a time of 61.46s to qualify for the final in 9th place. In the final on Saturday afternoon, improved to 7th place and cut her time to 61.35s.

Ratu Viliame Lewanavanua competed in the first of his three jump events, the U16M high jump. Vili was to finish just out of the medals in 4th place with his best clearance of 1.75m.

Alexander Londregan was making his debut for Ryde competing in the U15M high jump. Alex had good clearances over his first three heights but was just scrapping the bar at 1.60m to finish with an equal PB height of 1.55m in 5th place in NSW.

Alexander Song only joined Ryde the week before Juniors, after some excellent performances at Little A Region five. Competing in the U14 long jump, Alexander moved straight into the bronze spot with his opening jump of 5.25m and then improved on that with his third and fourth round national qualifying jumps of 5.42m and 5.47m to land himself the silver medal and a spot on the NSW team for nationals.

The U20M 110m hurdles was to be a must watch event of the weekend, with two of the athletes, including Ryde's own **Timothy Forster** chasing World U20 110m hurdle selection. A quicker start was to see Rashid Kabba get the line honours over Tim with Tim coming home in another World U20 qualifying time of 14.16s for silver.

Caitlin Waldron was back for the second of her four throws events, the U20W javelin where Caitie's second round throw of 22.32s saw her place 9th.

Bella Fraser and Jacqueline Pawsey had both been keen competitors at the Treloar and High Velocity meets over the season, and were making their ANSW Juniors debut in the U14W long jump. Bella improved 25cm over the competition to place 7th in the State with 4.30m.

Jacqueline leapt to 5th spot on her first jump of 4.49m and stayed there until the final round when she pulled out a big PB jump of 4.88m to claim the bronze medal and her spot on the NSW team for Adelaide.

Both girls had to stop mid competition to go and compete in the U14W hurdles final where clear over the hurdles and finishing 9th in a time of 14.13s and Bella in 10th spot with a time of 14.69s.

Mitchell Cox at just 11, was the youngest of our male athletes competing over the Championships and was to finish in 7th place in the U14M 90m hurdles in a time of 17.52s.

Eloise Stewart's opening throw of 34.58m in the U15W hammer throw moved her straight into the silver medal position. Eloise was to improve on that result over the competition to finish with 38.23m on the final round.

Jess Johnston and Jess Koussas were down the scoreboard end of the field competing in the U18W and U17W javelin event. Jess Johnston's opening throw of 35.54m put her into the silver medal spot but was edged down to bronze in round two. Strong throwing kept Jess in that spot for the remainder of the competition with two more 35m plus throws including her best of 35.76m in round three.

The U17W javelin was a strong competition and Jess Koussas managed three 30m plus throws finishing with her best throw of 32.53m for 7th in state.

The final events of day one was the 3000m with Ryde represented by four athletes.

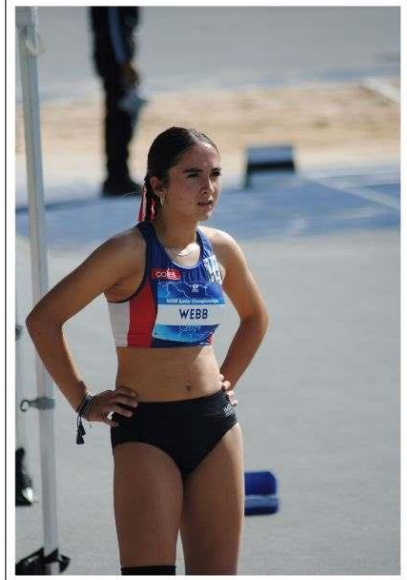
First out in the U16 event was **Ben Prosenko**. Ben is battling so health issues so was not able to compete at his best but still wanted to get out and give it a go. Ben placed 18th in a big field in a time of 10m 59.85s.

MiaRose Everson aged 12, was competing up an age group in the U15W 3000m where she kept up a fairly even pace over the laps to finish in 12th place in a time of 12m 05.21s.

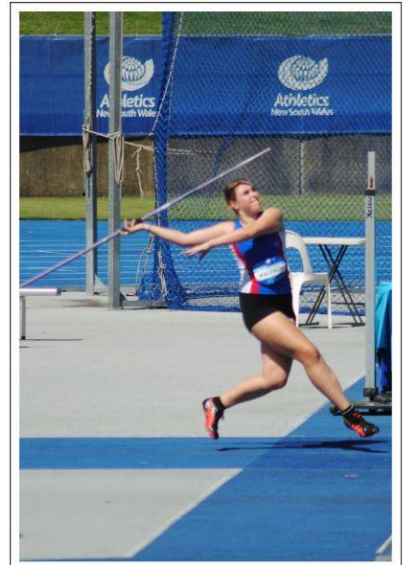
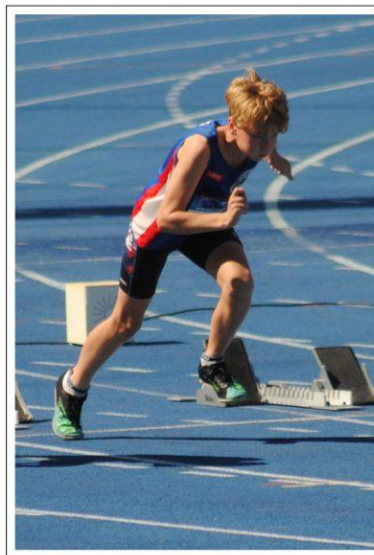
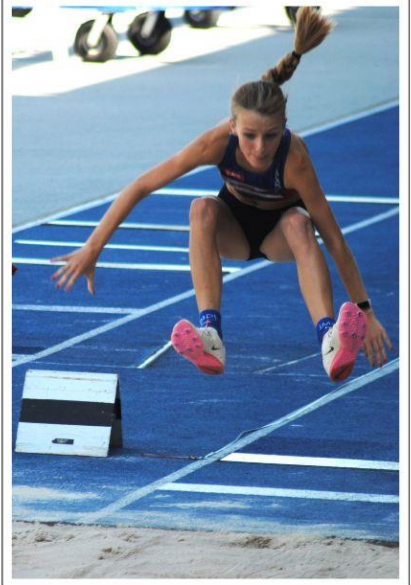
Ryde had two competitors in the A final of the U17M 3000m.

Benjamin Woodhouse was chasing a 3000m national qualifier to add to his 800m and 1500m qualifiers and headed out in the front pack for much of the race on his way to achieving that with a new personal best time, crossing the line in 6th place in a time of 8m 56. 40s.

Julian Smith finished in 11th spot in a time of 9m 37.06s some 22 seconds faster than his time the previous year, so a great 12-month improvement.



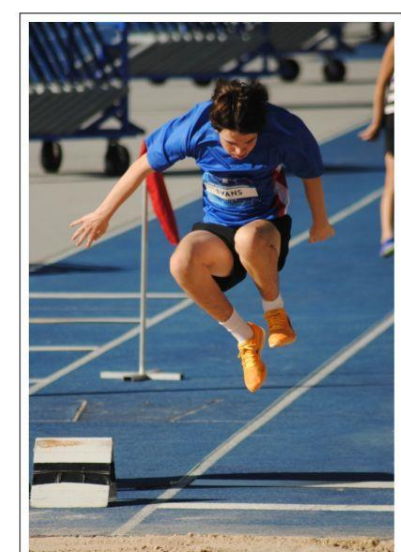
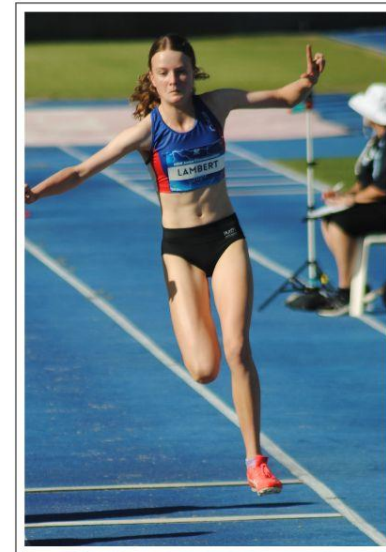
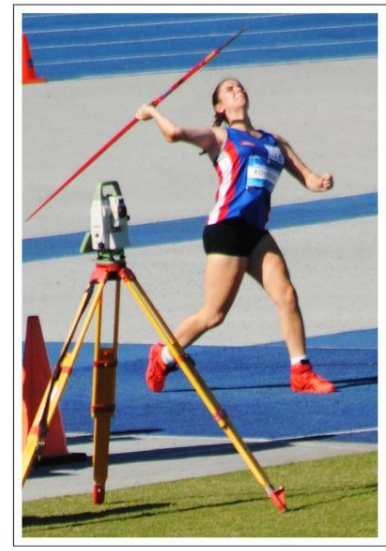
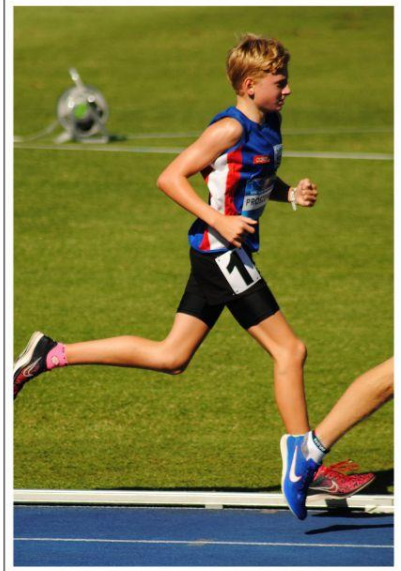
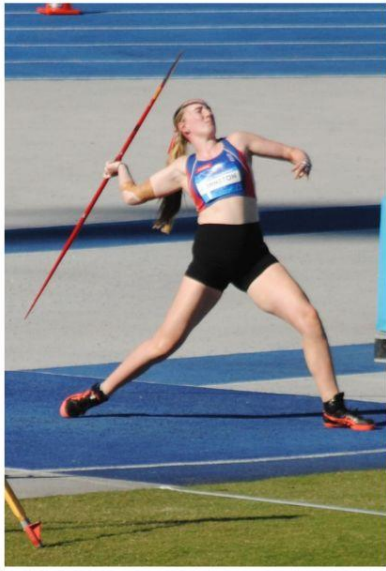
Day 1 Alex, Nathan, Emilia, Lewis, Daniel, Claire, Timothy, Charli



Day 1 Vili, Alex, Bella, Jacqueline, Mitch, Eloise, Alex L, Caitlin



Day 1 Lachlan, Mitch, Ellie, josh, Aiden, James, Jess, Caitlin, Georgia



**Day 1 Jess J, MiaRose, Ben P, Ben W, Jess K, Julian
Day 2 Hannah, Jacqueline, Alexander E**

Day Two kicked off well for Ryde, with our first five competitors all finishing with medals in their events.

At the U14W Triple Jump, **Hannah Lambert** moved straight into the gold medal spot with her first jump of 10.66m, and improved on that with every jump to finish with the state title and 10.98m. This is a new Ryde Best Performance on Record for 13yr olds.

Jacqueline Pawsey had placed 6th in the U13W triple jump at the 2023 Juniors with a best jump of 9.31m. Jacqueline's opening jump of 10.30m put her straight into medal contention and she was to improve on that with a huge new PB jump of 10.51m to claim her second medal of the meet and give Ryde a double podium result.

Alexander Evans competed in the U17 PARA long jump and improved 36cm over his four jumps to finish with 3.56m (46.48%) to take home the bronze medal.

Rhys Chandler had finished with the silver last year in a time of 19min 08.59s. In 2024 in the U15M event Rhys was again to secure the silver medal with a much quicker time of 16min 26.42s to set a new Ryde Best Performance on Record as well as being an U15 and U16 national qualifying time.

MiaRose Everson was competing in only her second 3000m walks competition in the U14W event where she chasing the national qualifying time of 17min 30seconds. In a combined race with U14-U16 competitors, the crowd lost track of where MiaRose was placed but just to make sure, heading into her final lap the Ryde cheer squad and coach Mel Chandler, increased the volume to try and bring MiaRose home under the qualifying time. It worked as Mia's final lap was her third fastest lap and she was to cross the line in 16min 14.92s. This was a new 13yrs Ryde Best Performance on record time as well as being a national qualifying time for the U14, U15 and U16 age groups. MiaRose had crossed the line 6th in the group but was the silver medallist in her age group.

Yahya Ali was out for only his second competition run of the season, in the big heats of the U17M 100m. Yahya was third across the line in his heat in a time of 11.35s to secure a finals spot. In a very fast final, Yahya was 10th in a time of 11.47s.

Emelia Webb was to finish just out of the medals in the U16W triple jump, opening with a 10.23m jump and improving on that with a third round 10.47m for fourth place.

Lachlan Waldron was out in his favourite event, the U17M javelin throw where he had been a medallist for the past few years. Lachie's opening throw of 42.15m had him on the podium straight away. An improvement to 45.05m was to secure that spot and Lachlan finished with the bronze medal and a spot on the NSW team for nationals.

Jessica Johnston's opening throw of 13.32m in the U18W shot put was to be her best and in a quality field of throwers was to finish just out of the medals in 4th spot.

Maddison Duncombe and **Caitlin Waldron** were throwing the 4kg shot put in the U20W's event. Caitlin and Maddison both opened with what where to be their best throws of the series, being 9.91m and 9.81m respectively. Caitlin finished in 6th place and Maddison in 7th.

Maddison then moved onto the U20W 100m final where she was joined by **Ruby Worrell**.

Maddison was to place 15th overall in a time of 13.27s. Ruby was 4th in her heat in a time of 12.58s to qualify for the final. In the final Ruby was to place 8th in a time of 12.67s.

Alexander Song was back for his second jumps event, the U14M triple jump where he was joined by **Brian Kim**. Both boys moved into the medals with their opening jumps – 10.86m for Alex and 9.79m for Brian. With the boys both getting the whole crowd to clap them down the runway on the final round, Alex was to finish with his first ANSW state title with 11.18m and Brian in third place with 10.05m on his final jump. This was the same placings that our U14W triple jumpers, Hannah and Jacqueline had finished in.

Amelie Gomez-Niewolik had been off school ill during the week, but still managed a 7th place at State in the U17W triple jump with her leap of 10.17m.

Matthew Lawrence opened well at the U15M javelin throw with his first throw of 31.44m putting him into fourth spot. Matthew improved on his distance in the second round with 31.60m but unfortunately his final two throws were fouls and he finished in 5th spot.

Lachlan Waldron, buoyed by his javelin medal, finished just out of the medals in the U17M shot put with his best throw in round three of 12.41m placing him 4th.

Andrew Kalos unfortunately got stuck in a traffic jam and so missed the warm up throws in the U18M javelin event. Andrew did get a strong opening throw out of 47.01m but was unable to improve on that over the next five rounds to finish in 6th place.

Vili Lewanavanua and **Brendan Kim** were our next competitors in the triple jump. Vili was straight onto the podium with his first jump of 12.68m and improved on that in his final round with a leap of 12.83m to win the competition by 41cm. Brendan also improved over the competition and moved himself into 4th spot with his best jump of 11.50m.

In the 200m hurdles, **Jacqueline Pawsey** was competing up an age in the U15W event. Jacqueline ran a new PB time of 32.45s to place 5th in the final.

Claire Wang was throwing up a weight (the 1kg) in the U14W discus. Claire's best throw came in round two, 16.06m to place her 11th at State.

Daniel Cox and **Brendan Kim** competed in the U16M javelin. In a very strong field Brendan managed two 38m throws to finish with a best distance of 38.15m for 7th place. Daniel, who was competing in the javelin to get experience ahead of doing the Combined event at nationals, improved over the competition to finish with 29.46m for 10th place.

Four of our boys were out next in the heats of the U14 to U16 100m.

Jun Min Yap was well under the U14M NQ time of 12.84s when he placed 4th in his heat in a time of 12.57s to qualify for the final. In the final, Jun Min was very quick out of the blocks and came home in a time of 12.88s for 6th in the state.

Owen Trinh and **Cameron Leung** were both to make the finals of the U15M 100m. Owen was 3rd in his heat in a time of 11.98s and Cameron was 5th in 12.12s.

In the final Owen was to finish in a time of 12.09s for 6th place and Cameron was 9th in 12.22s.

Alex Ruhfus won his heat of the U16M 100m and went into the final with the second fastest qualifying time of 11.36s. In the final, Alex did not get the fastest start in the field and was in chase mode down the straight, gaining with each stride to cross the line just 0.01s in front of second to take the State title in a time of 11.12s. So fast was Alex, his time is a NQ time for U16, U17 and U18. Alex's time of 11.12s, is a new 15yrs Ryde Best Performance on Record breaking the old record of 11.18s which was held by John Pearce, more famous now as a former member of Justice Crew and the current Purple Wiggle!

Mikayla Duncombe had not had the best part of the season, with injury seeing her sit out for some time with her foot in a boot. In the U16W shot put, Mikayla improved with each of her four throws to finish with 10.32m for 8th place.

Miah O'Shea competed in the U18W Triple Jump and jumped the equal fourth place best jump of 10.66m but was moved to fifth place on count back.

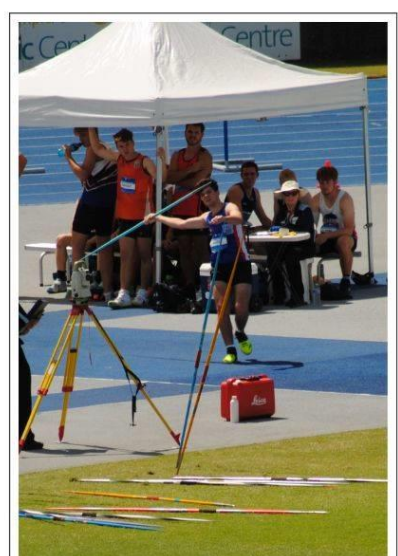
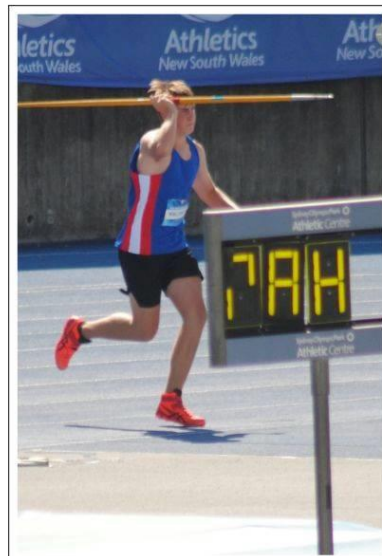
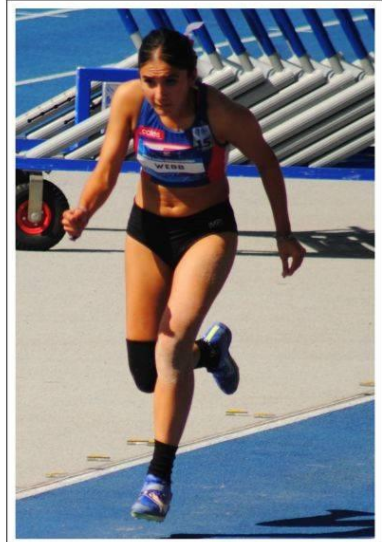
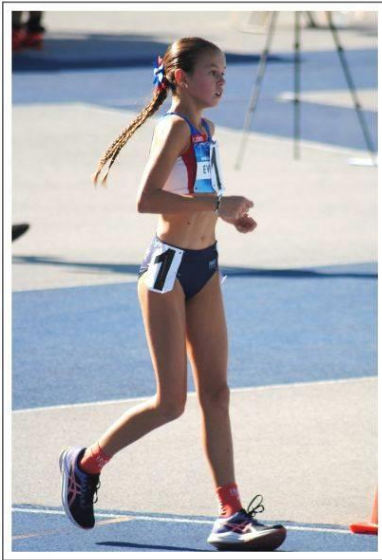
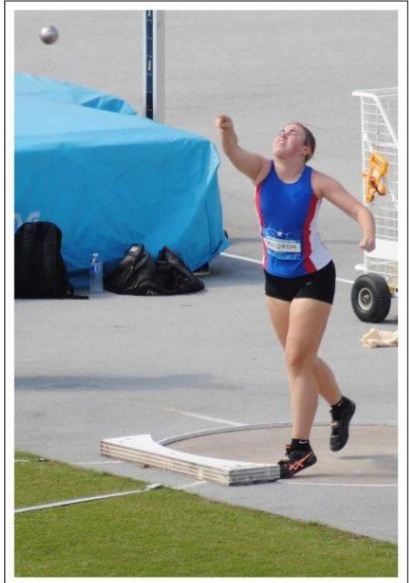
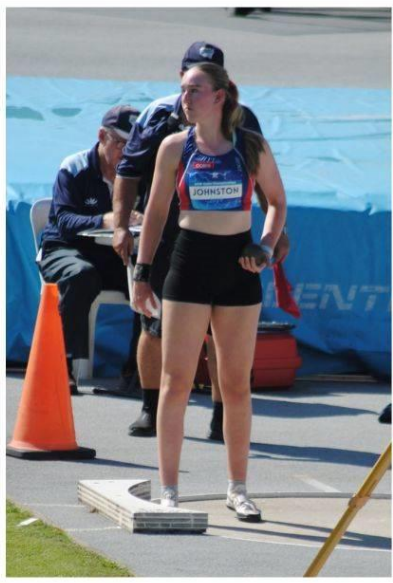
Owen Chandler was our final jumper of the day competing in a very talented group of jumpers in the U18 triple jump event. Owen improved over his first four legal jumps but unfortunately finished with two fouls to see him place 7th with a best jump of 12.16m.

Mitchell Cox was throwing up a weight when he competed in the U14M discus throw. Mitch improved with every throw, adding four metres to his opening throw to place 18th with 15.47m.

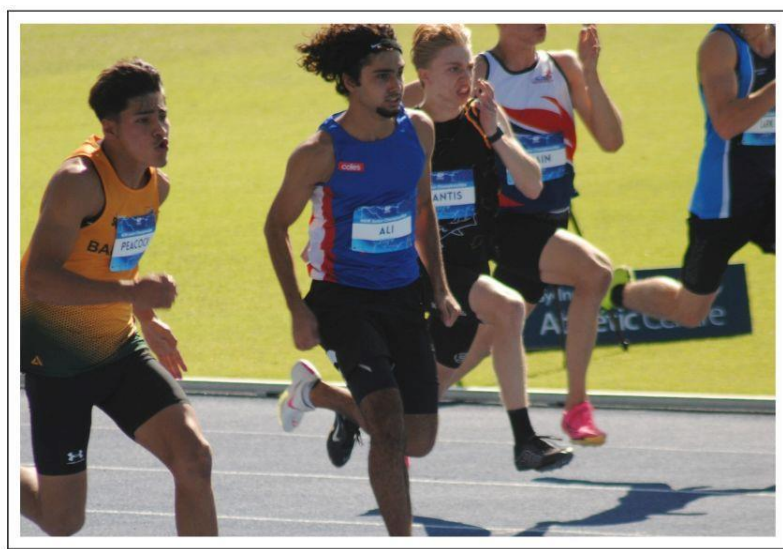
We had four of our middle-distance runners out next in the timed finals for the U17M and U20M 1500m.

Axel Bruntsch, Benjamin Woodhouse, and Julian Smith all ran in the A heat of the U17M event.

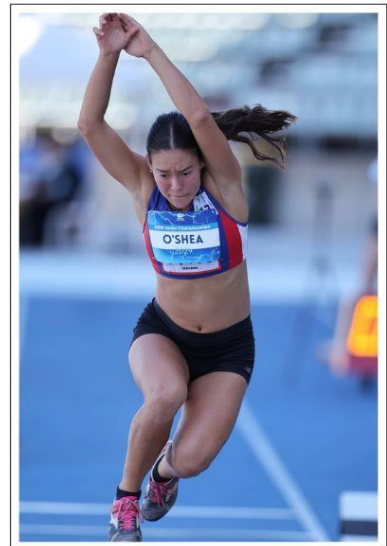
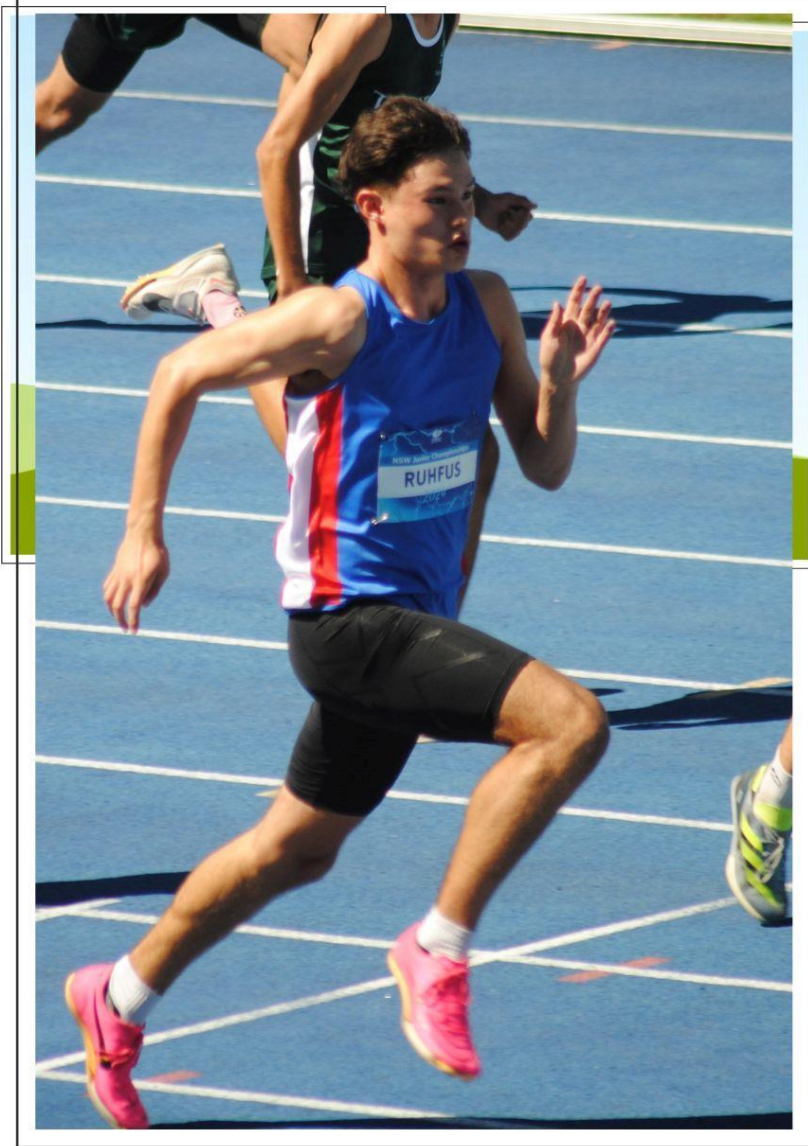
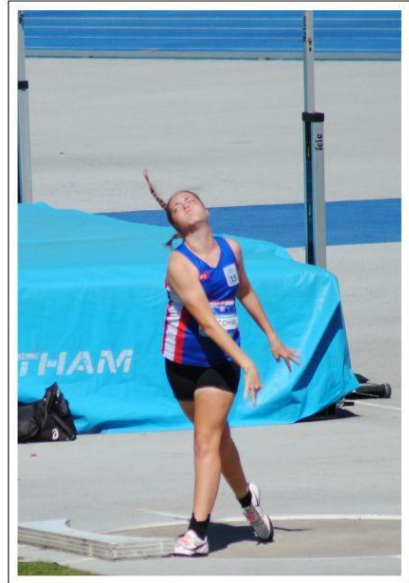
Axel was to place third. He went out with the front pack and with 600m to go, the top three had put a gap of 10m over the follow group. At the bell the three took off with Axel moving into second with 300m to go. In a sprint to the line Axel was just overtaken in the final 60m. Axel's lap times dropped by two seconds for each lap, coming home in a final lap of 62.76s to claim the bronze medal and a new PB time, an U17 & U18 national qualifying time of 3m 59.91s.



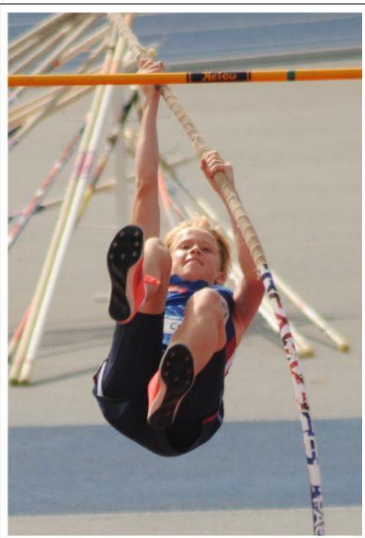
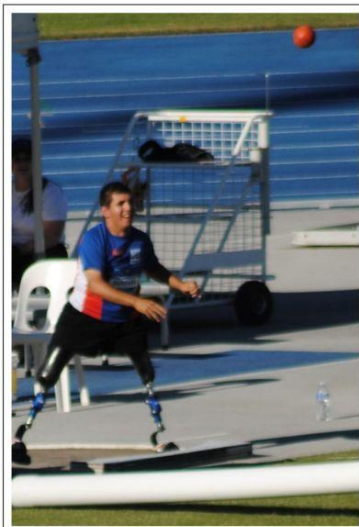
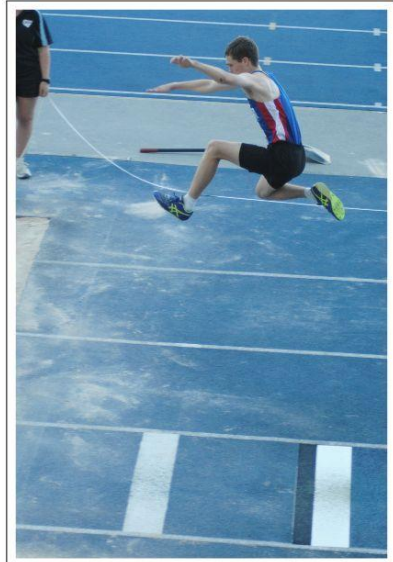
Day 2 Jess J, Maddison, Caitlin, MiaRose, Owen, Emilia, Rhys, Lachlan, Andrew K



Day 2 Claire, Daniel, Jacqueline, Daniel, Jun Min, Yahya



Day 2 Brendan, Mikayla, Alex R, Miah, Julian



Day 2 J Benjamin W, Axel, Owen C, Owen S, Nathan Day 3 Ben P, Daniel, Alex E, Calan H

Benjamin Woodhouse was to run his second U17 national qualifying time when he finished in a time of 4m 05.84. Coming into the final 200m Benjamin was in 6th place but overtook two runners coming into the straight to place 4th.

Julian Smith improved over his time at the 2023 Juniors when he finished in 4m 33.91s to claim 17th place.

Oliver Smith was our last track competitor on day 2 in the timed finals of the U20M 1500m. Oliver was home in a time of 4m 16.76s for 16th at State.

Out on the field our final two competitors, were our first two competitors from day one, **Nathan Barbara and Alexander Evans**, this time competing in the U20 PARA and U17 PARA shot put.

Nathan was to finish with the silver medal and a new national record for Para Class F61 with 4.97m (56.86%). Alexander threw 4.96m (30.13%) to place 5th in the U17 group.

On the final day **Ben Prosenko** was to run his fastest SOPAC steeplechase when he competed in the U16M 2000m steeplechase, placing 12th in a time of 7m 18.17s, some 30 seconds faster than his time in the same event at 2023 Juniors.

Lachlan Waldron was competing in massive field combining three age groups at the discus cage. In his U17M event, Lachlan unfortunately opened with two fouls before getting his third throw out to 33.47m for 9th place.

Daniel Cox competed in the U16M Pole Vault and cleared 2.50m to finish as the second placed NSW athlete, on a count back, and secured the silver medal.

Jun Min Yap was 4th across the line in 26.11s in the U14M 200m heats to qualify for the final. In the final Jun Min ran 26.23s to place 7th in the State.

Calan Hahlos was running in the 200m heats of the U16M rather than his pet event, the 400m as he had been away on a school camp. Calan came home in 24.34s to place 16th overall.

Owen Trinh won his heat of the U15M 200m in a time of 24.72s to automatically qualify for the final.

Alexander Evans was back on the track in the U17 PARA 200m. Running a time of 32.07s (65.64%), Alexander picked up his third bronze medal of the meet.

Cameron Leung was second in his heat in 24.93s to also qualify for the final. In the final both boys ran faster times. Owen was finishing fast and ran a time of 24.55s for 4th place with Cameron one spot behind in 5th in 24.68s.

Vili Lewanavanua needed two rounds to get on the board in the U16M long jump, but when he did, he was straight into 2nd place with a jump of 5.84m. In the final round Vili leapt out to within 2cm of the lead with an excellent 6.11m to take home the silver medal, his second medal of the meet.

Our medallists from the U14W triple jump, **Hannah Lambert and Jacqueline Pawsey** were both competing in the U14W high jump. Jacqueline was to finish at the height of 1.45m for 8th place. Hannah had clear rounds through to 1.55m where she then took two jumps to clear both 1.55m and 1.60m to tie for first place and her second title of the Championships.

James Woods, Joshua Smith, and Aiden Wright were out in the heats of the U17M 200m. Josh won his heat and went through as third fastest qualifier in a time of 22.45s. James was second in his heat to also qualify for the final in a time of 22.61s. Aiden was fourth in his heat and 11th overall in a time of 22.93s.

In the final, **Josh Smith** flew down the straight to take home the silver medal in an U18 NQ time of 22.11s. **James Woods** was home in 5th place in 22.68s, his second personal best time of the weekend and an U18M NQ time.

Our U18W and U20W were out at discus. **Jess Johnston** was to get the best result with a good set of six throws, all good enough for silver, with her final throw of 46.00m being her best.

Claudia Barlow threw consistently with a best throw of 24.24m in round 5 to place 8th. In the U20W event, **Caitlin Waldron** made it through to the top eight but was unable to improve on her third-round best throw of 29.38m to place 8th. **Maddison Duncombe** was in 9th with her second-round throw of 24.33m.

Ruby Worrell flew out of the blocks in her heat of the U20W 200m to qualify for the final in a time of 25.81s. Heat and an injury niggle made Ruby decide to opt out of the final.

As we moved to the final afternoon of the competition, **Lewis Wong** from the U17M, was out to run only his second 400mH event. Running in the fastest of the two timed final, Lewis was clearly round the track finishing in a new PB time of 57.43s for the silver medal. Lewis's time was both an U17 & U18 national qualifier.

Georgia Phillips was competing in the U20W 400m hurdles and was clean over all the hurdles to finish just outside her season best in a time of 68.86s for 4th placed NSW athlete and 5th across the line.

Charlotte Nagle had achieved the national qualifying standard for the U17 event at the 2023 All Schools and at the 2024 NSW Juniors was to add the U18 qualifier to her achievements, along with a new personal best time and a bronze medal when she crossed the line third in the U17W 400m hurdles in a time of 71.40s.

Down at the scoreboard end our female pole vaulters were out in the field,

Claudia Barlow was to clear her first three heights and finish with a best clearance of 2.50m to take home the silver medal.

Zara Pawsey had last year won the bronze medal clearing 2.20m as she was recovering from injury. This year Zara started 20cm above last year's clearance and was over 2.40m to 2.70m with all clear rounds. Zara had added 10cm to her personal best, won the gold medal for the first time in Pole Vault and landed herself an U18 national qualifier as well.

Mikayla Duncombe was our final thrower of the weekend and Mikayla was steadily improving over the competition to add nearly three metres to her opening throw and finish with 32.12m for 7th place.

Owen Chandler and **Emilia Webb** were our final jumpers of the weekend – Owen competing in the U18M long jump and Emilia in the U16W high jump. Owen moved himself into 8th spot on his third jump of 5.92m to land him three extra jumps. Whilst his fifth was close to his best, he remained in 8th place at the end of the competition.

Emilia's best clearance was 1.45m which was to place her 6th in the U16W group.

The final events of the afternoon were the 800m timed finals and Ryde had six athletes competing across the age groups.

MiaRose Everson was to place 10th in the final of the U14W 800m coming across the line for the final time in 2m 36.98s.

Brian Kim ran in the first of three timed finals in the U14M 800m. With 200m to go Brian put on a huge surge to bring him around into third place and then in the final run to the line found some inside space to whip past and cross the line in second place in his heat in a time of 2m 23.44s for 18th place overall.

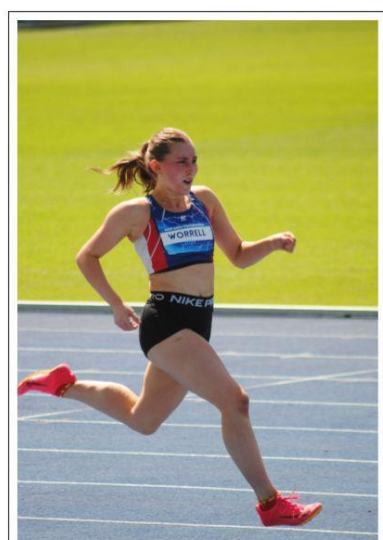
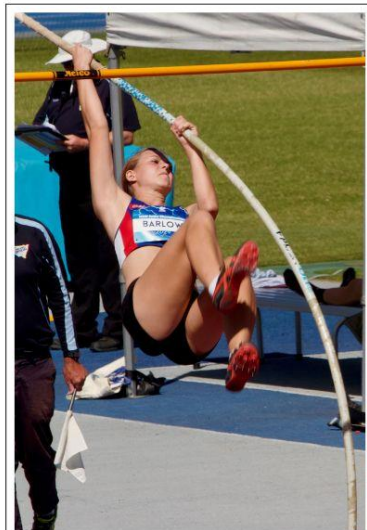
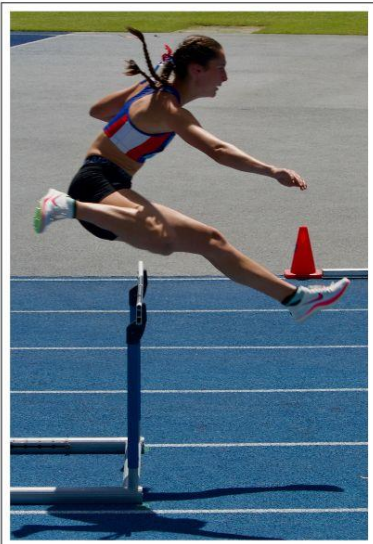
In the third of the timed finals for the U17M **Axel Bruntsch** was out with the lead pack on the first lap although running on the inside seemed to be hampering his run. On the bell he was still third and as the field hit the back straight, they bunched up again with Axel getting boxed in. Axel had to fall back to about 7th to try to find a way out, which he did with about 200m to go. Axel tore around the final 200m to put himself back in medal position with three boys fighting it out for 2nd-4th spot. Axel was to cross the line in 1m 57.09s for his second bronze medal of the weekend.

At the 2023 NSW Juniors, **Isaac Siebert** had placed 14th in a time of 2m 09.15s. This year competing in the U20M event Isaac had qualified to run in the fastest of the two timed finals. Coming home with a negative split, Isaac was to cross the line in 6th place in a near PB time of 2m 02.74s, a great improvement in the 12 months.

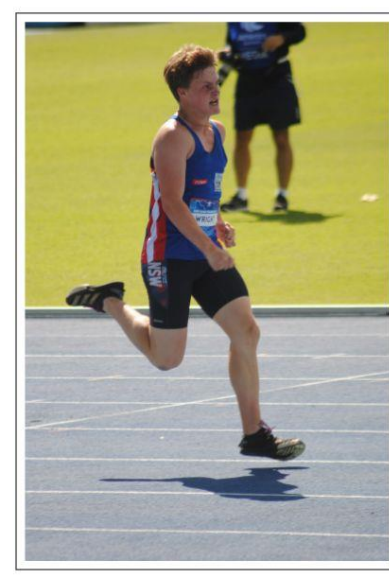
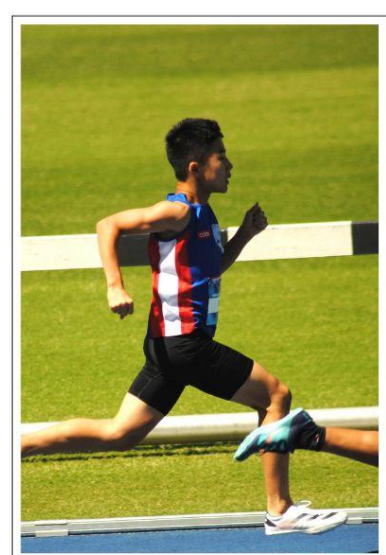
In her final event for the weekend **Georgia Phillips** was 9th across the finish line in the U20W 800m in a time of 2m 23.65s.

Oliver Smith was to wrap up the Championships for Ryde when he crossed the line second in the first of the timed finals of the U20M 800m in a time of 2m 01.30s to place him 14th overall in the field.

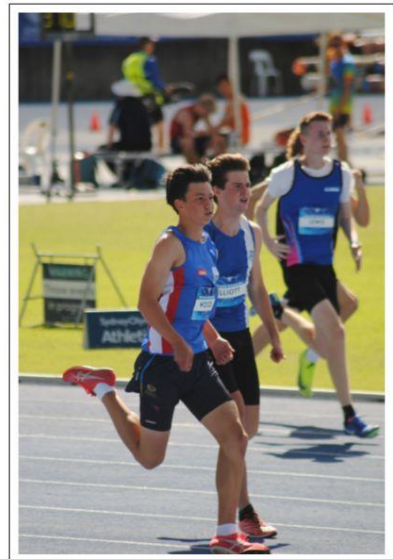
A wonderful three days for our Ryde athletes.



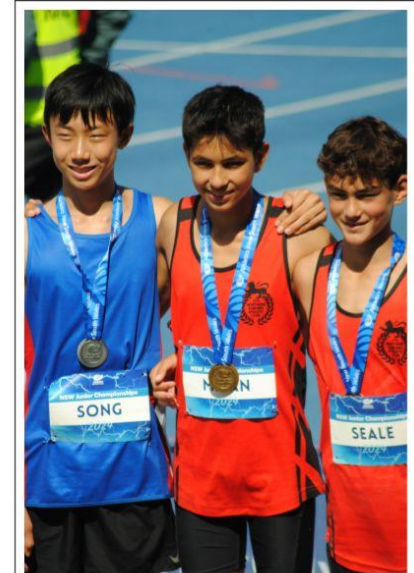
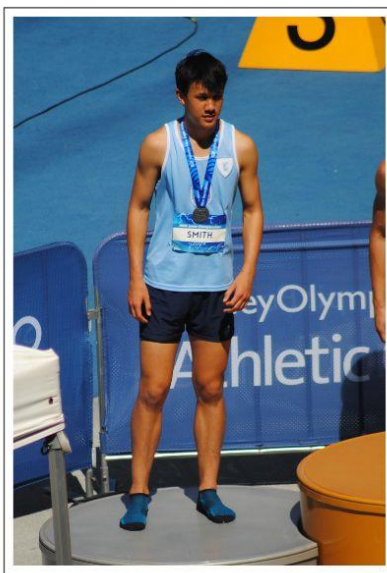
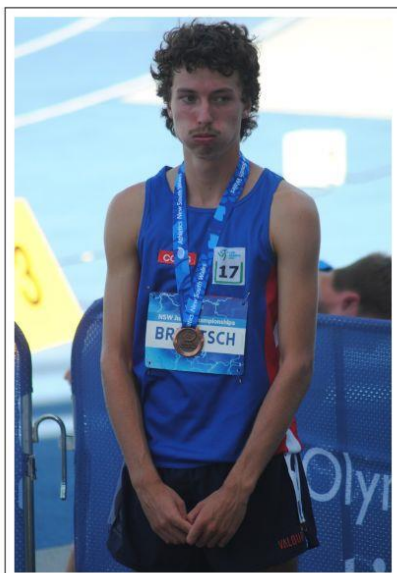
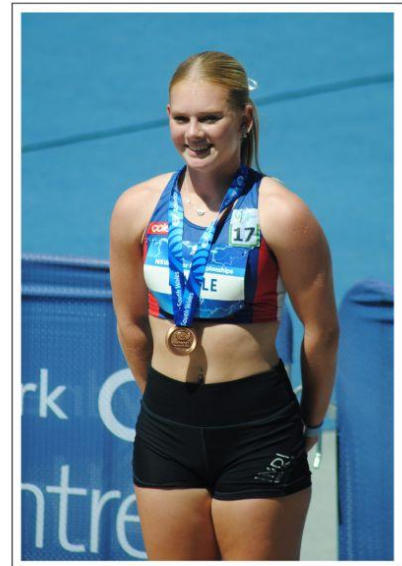
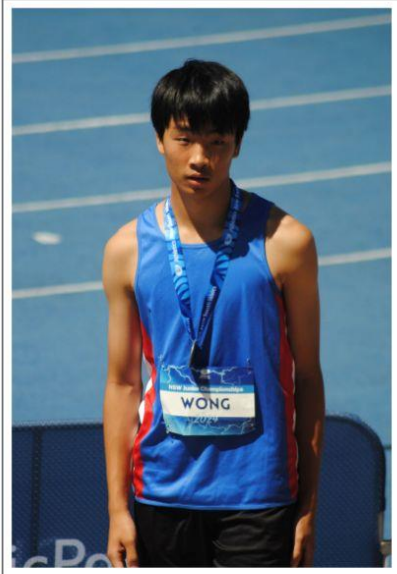
Day 3 Caitlin, Claudia, Maddison, Georgia, Josh & James, Claudia, Jess J, Zara, Ruby



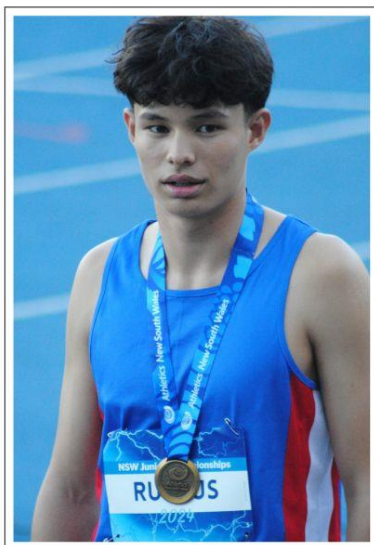
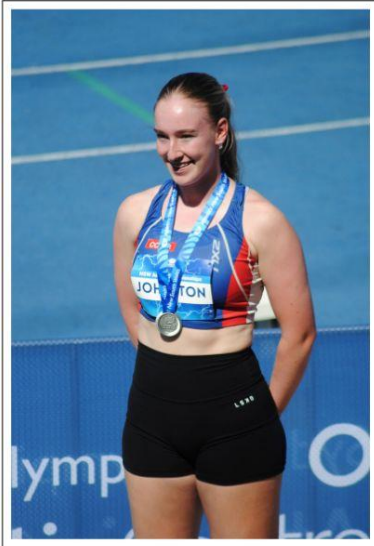
**Day 3 Vili, Owen C, Owen T, Lewis W, Jun Min,
Lachlan. Aiden. Cameron. Charlotte**



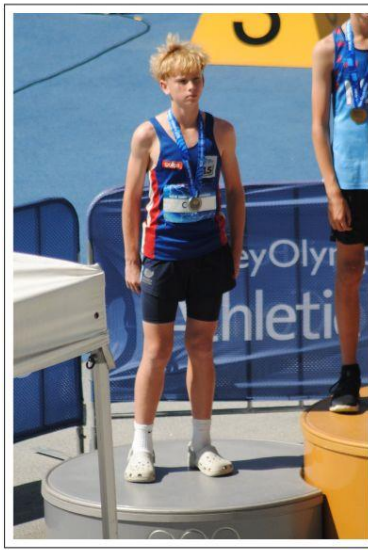
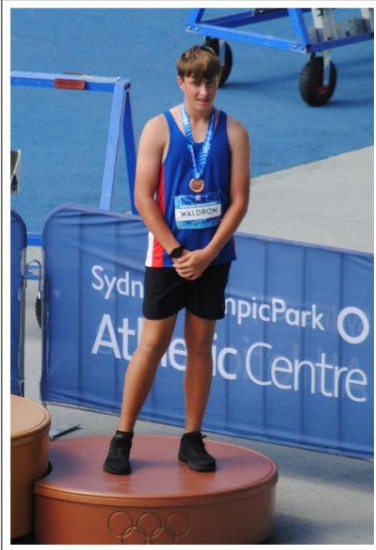
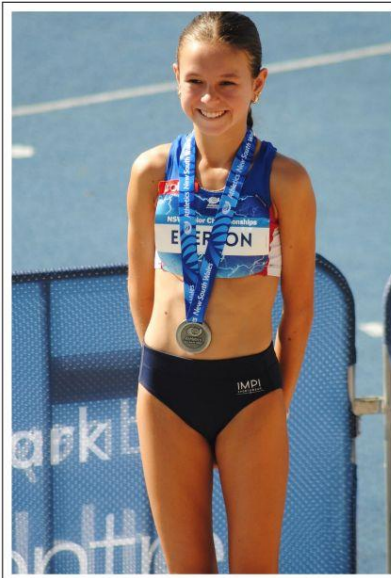
Day 3 Jacqueline, Hannah, MiaRose, Axel, Isaac, Mikayla, Brian, James



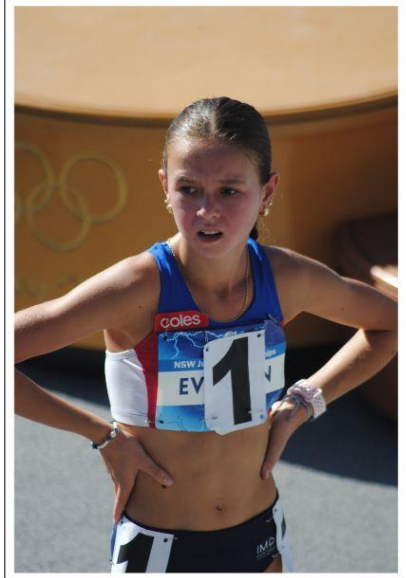
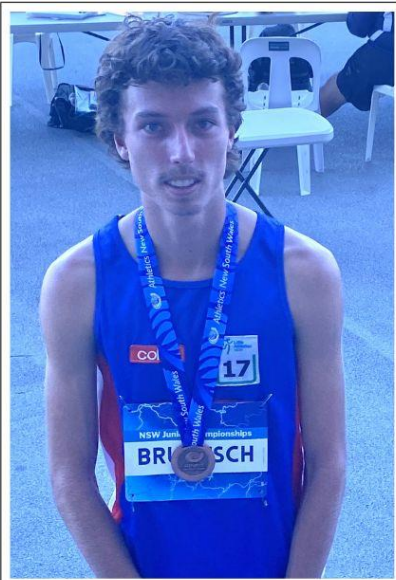
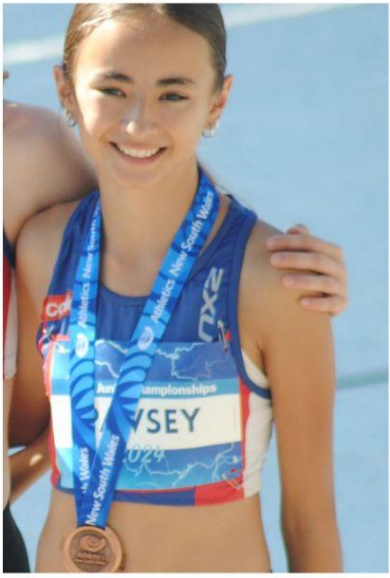
Claudia, Zara, Vili, Brendan, Jess, Charli, Axel, josh, Alex S



**Alexander E, Nathan, Timothy, Jess, Eloise, Alexander E, Alex R,
Hannah & Jacqueline, Alex S & Brian**



Rhys, MiaRose, Nathan, Lachlan, Hannah, Vili, Jess, Daniel, Alexander S



Jacqueline, Axel, MiaRose, Alex S, Caitlin, Benjamin & Axel & Vili