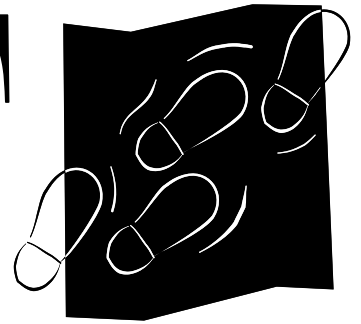




FOOTPRINT



Senior Division March 2024 Open & Youth

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

NSW Opens & Youth Championships

The last of the Athletics NSW State Championships wrapped up on the weekend with the combined Opens and Youth (U8-U12) Championships. A full report inside.

Congratulations to our medallists from the weekend;

Gold Medallist

Jack Spencer U12M 200m

Silver Medallists

Jack Spencer U12 100m

Adam Bruntsch U23 3000m steeplechase

Silver Medallists

Zachery Leung U12 200m

LilyEve Everson U10 1100m walk

Daniel Pulfer U12 Triple Jump

Josh Ekers U8 200m & 500m

Finn Wilson U12 discus

Archer Griffiths U10 discus

Bronze medallists

Adam Bruntsch Open 3000m steeplechase

Charlie Shiel U12 1500m walk

Mitchell Cox U12 90m hurdles

Zachery Leung U12 100m

Josh Ekers U8 long jump

Below Zachery & Jack U12 200m final.



What can you do for Ryde Seniors in 2024/25?

Although the season is still underway it is time to start thinking about what you could do to help Ryde Seniors in the 2024/25 season. As is traditional all the roles are declared vacant at our AGM and you are all asked to consider standing for committee in 2024/25.

We still do not have many parents of Senior athletes on our committee, so it would be good to see some more parents step up and take on some roles.

Any athletes aged 18 or over are also welcome to join the committee or take on some of these roles.

I know many parents are active in helping with Little Athletics but Seniors needs assistance as well in dealing with enquiries, organising teams and trophies, running our member registrations, organising volunteer rosters, communicating on upcoming events or undertaking publicity. None of these jobs are huge but when they aren't shared around they can become a lot to do. It also means that knowledge isn't being shared around the club which can impact the longevity of the club. If you think you can provide some help in 2024/25 season drop me a line (lbergfield@hotmail.com) as to what you might be interested in doing.

Our Committee meets once a month for 40-60min and only meets, at most eight times a year. If you have some time and are interested and want to have a say in the future of Ryde Athletics then please contact me.

Apart from our standard executive roles being declared vacant, we'd also like to share more including

- Trophy and Presentation Day organiser
- Help with work on changes to the Constitution/ Club committee for merger
- Deal with membership enquiries
- Registration day information desk & pre season publicity
- Run some Dunbar based fundraising (eg Cakes stall, occasional BBQ etc)
- Team organiser for one or more of the Club, Cross Country, Treloar & State Relay Championships
- Guest edit a Footprint (or take on the role full time or share with another). The new ANSW results system and Canva make this job a lot quicker than it was and a new approach could be good.
- Be responsible for our Social media ie sending Facebook updates for ANSW/AA events .

If you are committee phobic but still want to help with any of the above, that is ok, not all work is committee based. You can still help without having to attending meetings.

We can only continue if families who are part of the Club support it, with more than words.

If you think you can provide some help in 2024/25 season drop me a line (lbergfield@hotmail.com) as to what you might be interested in doing. Our AGM is expected to be held on Sunday 19th May. Venue TBC as well. Formal invites will follow.

NSW Masters State Throws Pentathlon

At the NSW Masters throws pentathlon we were represented by **Lynette Smith** and **Steven Barlow** who won silver and gold respectively. Their results and point scores were

	Hammer		Shot put		Discus	
Lynette	28.38m	468	8.36m	495	25.92m	530
Steven	22.43m	287	8.22m	455	28.03	430
	Javelin		Weight throw		Total	Place
Lynette	25.55m	521	9.01m	439	2453	2 nd
Steven	21.36m	247	10.05m	453	1872	1 st

The Athletics NSW Open Track & Field Championships

The Athletics NSW Open Track & Field Championships were held at SOPAC from 14th-17th March and Ryde was represented by seven athletes.

On the opening night, **Elizabeth Rebbечи** competed in heat three of the Open Women's 1500m and further improved on her personal best time when she finished in a time of 5m 21.44s. to place 22nd in the State. The fastest qualifier for the final, was former Ryde Junior & Senior, **Georgia Winkcup** who was to go onto win the final on the Saturday night in an excellent time of 4m 19.64s.

Adam Bruntsch ran in heat two of the Open Men 1500m, crossing the line 5th in his heat in a national qualifying and personal best time of 4m 54.84s to qualify for the final on Saturday. In the final on Saturday night Adam kept a bit in reserve, knowing he had the 3000m steeplechase the next day, but still ran close to his PB when he finished 11th in 3m 55.61s.

Georgia Phillips competed in the heats of the Open Women 400m hurdles and ran a time of 67.40s, close to her season's best to place 5th in her heat and 14th overall.

Yahya Ali and Timothy Forster both ran in the heats of the Open Men 100m. Running into a 3.1m headwind, Yahya finished in a time of 11.77s for 70th place overall. Timothy fared better with the windy conditions (-1.3m) and was to run a time of 11.30s for 36th place overall.

Jessica Johnston competed in the Open Women Discus throw event and did not quite find her usual rhythm finishing in a big field in 10th place with her best throw of 39.45m.

Isaac Siebert was our final competitor on the Friday night in the heats of the 800m. Isaac was to run himself a new personal best time of 2m 01.22s for 26th place overall.

On the final day of the championships, we had two competitors both contesting the 3000m steeplechase.

Elizabeth Rebbечи ran her first 3000m steeplechase and finished in an excellent time of 12m 47.82s for a first attempt. This time was just 2.82s off the U23 national qualifier. Elizabeth placed 8th overall in the Open women's event.

Adam Bruntsch was back chasing the U23 national qualifying time of 9m 30s having finished less than a second off it at his previous attempt. Adam went out with the front pack and looked strong and relaxed the whole race. On the bell Adam was in second place but the 1500m final the night before, probably took its toll as Adam eased back slightly in his final lap to take home the Open's bronze medal as well as the U23 silver medal and a national qualifying time, new Ryde Best Performance on Record time of 9m 18.61s, breaking the record that had stood for over 20 years.

The Queensland Track and Field Championships

At the Queensland Track and Field Championships, held on the weekend of the 16th-17th March, Ryde was represented by **Timothy Forster** (below).

Competing in the U20 110m hurdles finals and running into a 1.3m headwind, Timothy won the silver medal and had his best post injury run of 13.98s, another World Junior Qualifying time.



The Athletics NSW Youth Championships

The Athletics NSW Youth Championships were held at SOPAC from the 16th-17th March and Ryde had 14 athletes in the age groups U8-U12 competing.

LilyEve Everson got Ryde off to a great start when just as her sister MiaRose, had done the weekend before, finished with the silver medal in the walks event LilyEve finished the U10W's 1100m event in an eight second personal best time of 5m 41.25s.

Charlie Shiel was also to finish among the walks medals when he crossed the line in the U12M 1500m walk in a time of 8m 45.21s for bronze. Charlie came home in his fastest lap.

Daniel Pulfer was improving with his jumps in the U12M long jump to finish with his final round best jump of 4.66m to place 5th in the state.

Josh Ekers was one of our youngest competitors, too young to be eligible for the Little A NSW Championships but Josh was certainly to make the most of his weekend at NSW Youth Championships. In his first event, the U8M long jump Josh jumped himself into the bronze medal pot with his final round leap of 3.14m.

LilyEve Everson ran from the podium to the 400m starts for the U10W where she placed 2nd in her heat and 8th overall in a time of 81.72s.

Jack Le Fevre ran a time of 67.34s to place third in his heat and tenth overall in the U12M 400m.

Joey Baddeley was the first of our 100m runners. Joes competing in the U9M straight final placed 9th in a time of 17.26s.

Archer Griffiths had three events in two hours on Saturday afternoon. In the U10M 100m heats Archer ran a time of 15.14s to be the fastest nonautomatic qualifier for the final. In the final, Archer ran 15.66s for 8th place in the state. In the U10M discus, Archer only needed one legal throw to win himself the silver medal, which he did with his excellent second round throw of 30.80m. Archers other three throws were all big, but just outside the sector. Archer's final event on Saturday was the U10M long jump. With every jump, Archer was moving up in the results with his final jump of 3.95cm placing him in 4th, just 2cm off the bronze medal. A great afternoon for Archer.

Josh Ekers was contesting his first track event, the U8M 500m. With 250m to go, Josh was in pack of about three and increased his pace to try and move away, but the pack went as well. Coming around the final bend though Josh moved himself into second but the challenges continued right up the straight with Josh surging again and again to shake the challengers off and win the silver medal in a time of 1m 42.42s.

Nancy Barlow was to open with her competition best throw of 16.51m in the U10W discus event and placed 10th.

Madeleine Lynch contested the heats of the U11W 100m. Running into a strong 2.5m headwind, Madeleine finished in a time of 15.28s to place 15th overall.

The U12M 100m heats were to feature three of our sprinters, **Jack Spencer, Zachery Leung** and **Louis Baddeley**.

A fast-finishing Louis stopped the clock at 14.18s for 17th overall. Jack Spencer won his heat and ran both an U13 and U14 national qualifier in 12.73s. Zachery Leung ran the fastest heat time (12.55s) to also run an U13 and U14 national qualifier.

In the final, held under lights later that night, in a very tight finish, Jack was to claim the silver in 12.89s and Zach the bronze in 12.91s.

Also competing under lights, were **Mitchell Cox, Finn Wilson** and **Charlie Shiel** in the U12M discus event.

Mitch started with his best throw of 21.27m but wasn't able to build on that and finished 15th overall.

Charlie was improving over his rounds to finish 8th overall with 26.93m. Finn started with a strong throw of 36.52m to put him in the gold medal position for the first round, moving to silver in round two and staying there for the competition and improving his result with his final round throw of 36.76m.

On a wet Sunday morning, **Mitchell Cox** headed out to the U12M 90m hurdles and earned himself a spot on the NSW team when he easily cleared all the hurdles for the bronze medal and a new PB time of 16.65s, almost a second faster than his time the previous weekend at the NSW Juniors.

Daniel Pulfer opened strongly at the U12M triple jump with his leap of 9.61m putting Daniel into second place. His final round jump of 9.65m secured that medal and a second place in state.

The 200m heats were next on the track with **Joey Baddeley** running a time of 36.16s for 12th place overall in the U9M event.

Four of our U12 boys were out in the 200m heats. **Mitchell Cox**, in heat one, ran a time of 30.25s to place 18th overall. Heat two saw **Zachery Leung** place second just 0.01s behind the winner in an U13 national qualifying time of 26.60s. **Jack Spencer** was the winner of the final heat in an U13 national qualifying time of 26.61s and **Louis Baddeley** ran a big PB when he finished 28.89s for 15th overall.

In the final, Zachery flew out of the blocks. Running side my side, the Ryde boys left the field behind in the straight and it became a two man race with Jack finishing with the gold in a new 12yrs Ryde Best performance on record time of 25.97s and Zachery in the silver spot with 26.21s.

Archer Griffiths was back for his final event, the U10M shot put. Archer improved over his first three throws and was to place 6th with a best throw of 7.83m.

Josh Ekers was back for his third event and was to make it three medals from three starts when he ran a very strong U8 200m to finish with the silver medal in a time of 33.72s.

Charlie Shiel and **Finn Wilson** were out for the second throws event, the U12M shot put (3kg) . Finn was able to get a big throw out in round three of 10.22m to secure him a final's spot and an extra throw but was not able to add to his distance, finishing just out of the medals in 4th place. Charlie's best throw was in round two (7.87m) which saw Charlie finish in 13th place.

Joey Baddeley was to be our final Youth Championships contestant when he placed 7th with his best opening round throw of 5.22m to place 7th at state in the U9M shot put.

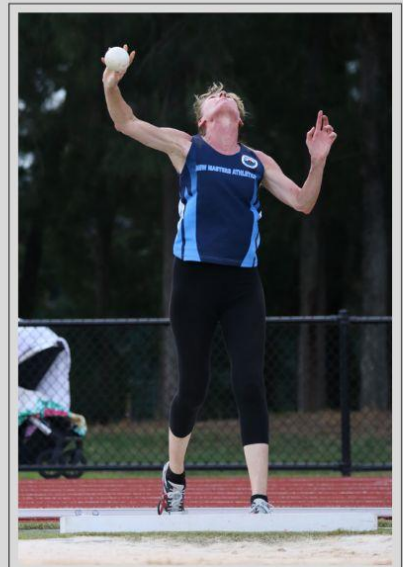
ANSW Upcoming Competitions

There are still more competitions listed on the ANSW website – although a number of them don't contain too many details at this point. If you are keen to keep competing then check there regularly. They include

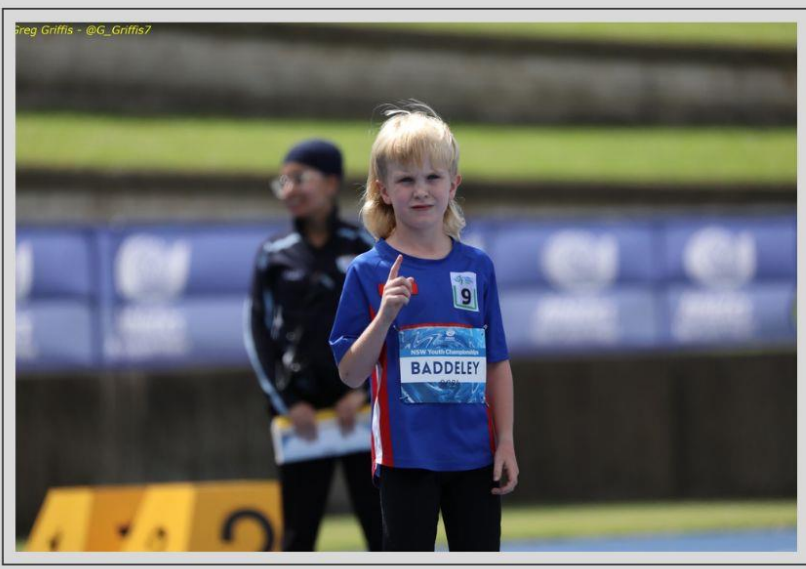
- **Wayne Crandell Memorial Meet** 24th March at Wyatt Park Auburn. This event is a Permit meet for javelin. Entries close 22nd March.
- **2024 Albie Thomas Mile**, 28th March Bankstown. Events to be run are Men's 400m Hurdles, Women's 400m Hurdles, Graded Mile Races, Graded 800m Races, B Mile Races, B 800m Races, Women's 3,000m Steeplechase, Men's 5,000m, 800m A Races & the Australian Championship Mile Races. This meet is an Australian level permit meet and part of the Intercontinental Tour. Entries close 24th March.
- **Hunter Throwers Club**, Glendale on 28th March 6-9pm. Discus, shot put and javelin. Permit meet.
- **Campbelltown High Velocity Meet** 30th March. Permit meet. Proposed events are 100m, 200m, 1500m, 400m. entries close 29th March.
- **Blacktown High Velocity Meet**, 4th April. Permit meet but no events listed yet.
- **Narabeen Pole Vault** 6th April more information to come.

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Best of luck to our Masters athletes, **Nick Pawsey, Jon Baker, Simon Bergfield, Lynette Smith, Andrew Atkinson-Howatt, Steven Barlow, Revathi Krishnan, Shane Da Silva & Mat Woodhouse** who will be contesting the Australian Masters Track & Field Championships in Hobart from the 29th March- 1st April. We look forward to some great results and a fun four days of competition.



2024 NSW Masters Throws Pentathlon. Gold to Steven & Silver to Lynette . Action photos courtesy @G_Griffis7



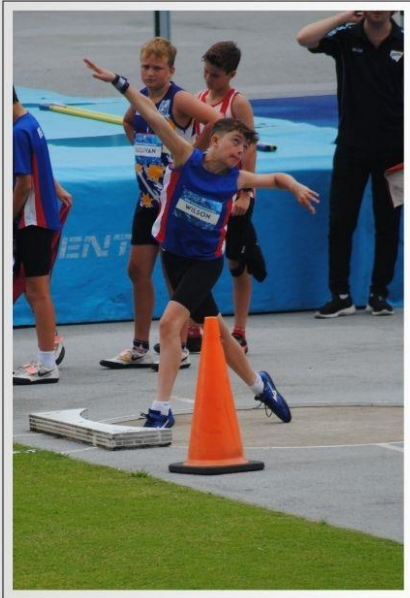
LilyEve, Nancy, Archer, Charlie & Joey (both photos courtesy of @G_Griffis7), Zach & Jack (U12 100m), Josh (U8 500m & U8 long jump)



Medallists Mitchell (90mH), Daniel (TJ), Josh (200m) Zach & Jack (200m) Adams medals, Finn (Discus), Adam (Steeplechase) LilyEve (1100m walk)



Day 2 Daniel, Mitch, Joey, Zachry, Mitchell, Louis, Jack, Louis & Jack



Joey (left) got to meet his fellow mullet wearing hero Rohan Browning on Sunday. Joey asked him for his autograph and Rohan was very nice and signed his hoodie after complementing Joey's mullet 😊. Joey declared it was the best day of his life, so far!

Day 2 Archer, Josh, Finn, Charlie, Zach, Jack, Adam & Joey