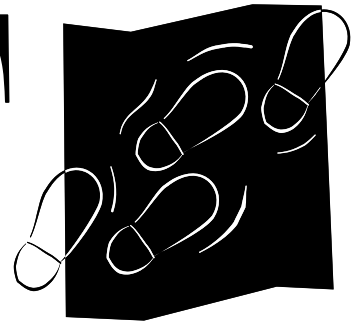




FOOTPRINT



Senior Division March 2024

RYDE ATHLETICS CENTRE INCORPORATED
PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

The Athletics NSW Masters Championships – two Australian Masters records, eight gold, eleven silver, seven bronze medals and eleven new Ryde Best Performances on record.

Ryde had a great weekend out at SOPAC at the Masters Championships with 10 of our athletes competing across sprints, middle distance, hurdles, steeplechase, jumps and throws. See page 11 for a full report.

Special mention to **Mat Woodhouse** below who produced two brilliant hurdle runs in the 100m and 400m hurdles to break the existing Australian & NSW Masters records in both. Mat's individual medal haul from the weekend was three gold and five silver medals.

Our other State Champions were **Nick Pawsey** 45-49yrs high jump and 400m, **David Teo** 60-65yrs high jump, **Jon Baker** 55-59yrs 3000m steeplechase and **Steven Barlow** 50-54yrs Pole Vault.

Next stop for many of our Masters is the Australian Masters Championships in Hobart over Easter.



Mathew Woodhouse ran a new Australian Masters 50-54yrs 100m hurdles record of 14.72s, on his 50th birthday.

Results Wrap Up

Ryde Seniors Club Championships Day 2

In extremely hot conditions Day 2 of the Ryde Club Championships were held at Dunbar with a large crowd of 33 competitors in attendance. The results are as below

| Age | | Shot put | 800m | 1500mW | 200m | High jump | Triple Jump | Javelin |
|---------|--------------|----------|----------|-------------------|-----------------|----------------|-----------------|-----------------|
| 65+ | Robert H B | 8.91m | | | | | | 25.87m |
| 65+ | Andrew A H | 7.94m | | | | | | 32.15m |
| 60+ | Simon B | 8.36m | | | | | | 26.23m |
| 50+ | Steve B | 8.01m | | | | | | 19.57m |
| 50+ | Jon B | | 2m 48.8s | | | | | |
| 50+ | Lynette | 8.99m | | | 37.0s R | | | 28.24m R |
| 40+ | Matt W | | | | 24.4s R | 1.60m R | 10.60m R | |
| 40+ | Nick P | | | | 26.5s | 1.40m | | 21.65m |
| 30+ | Sam G | 7.95m | | | | | | |
| 30+ | Bron M | 6.28m | | | 32.8s | 1.15m | 7.89m | 15.01m |
| 30+ | Vijay S | 5.83m | 2m 54.6s | | 30.8s | | | 15.40m |
| U20 | Maddison | 8.73m | | | 31.0s | 1.30m | 8.59m | 25.72m |
| U18 | Jess J | 12.75m | | | 29.2s | | | |
| U18 | Lachlan W | 11.47m | | | 26.6s | | 10.19m | 41.97m |
| U18 | Andrew K | 11.23m | | | | 1.45m | 11.09m | 43.70m |
| U18 | Zara P | 6.83m | | | 27.9s | 1.45m | | 17.31m |
| U18 | Amelie | 7.31m | | | 27.5s | | 10.21m | 22.83m |
| U18 | James W | | | | 23.0s =R | | | |
| U18 | Owen C | | | | | 1.65m | 12.15m | |
| U16 | Benjamin L | 8.38m | | | 32.2s | 1.45m | 9.55m | 31.30m |
| U16 | Mikayla | 10.39m | | | | | | |
| U16 | Daniel C | | | | | 1.45m | | 26.12m |
| U15 | Matthew L | 8.21m | | 11m 54.8s | 33.6s | 1.30m | 8.83m | 26.07m |
| U15 | Rhys C | | | 7m 55.4s R | | | | |
| U15 | Owen T | | | | 25.0s | | | |
| U14 | Jun Min | 7.54m | | | 27.10s | | | |
| U14 | Lachlan I | | 2m 55.3s | | | | | |
| U14 | Jacqueline P | 6.48m | 2m 59.3s | | 30.6s | 1.40m | 9.88m | 15.88m |
| U13 | Charlie S | 10.57m | | 10m 39.5s | | 1.15m | | |
| U13 | Mitchell C | 7.28m | | | | 1.10m | 8.83m | 13.30m |
| U11 | Archer G | 8.16m | | | | 1.05m | | |
| Visitor | Zdenka | 6.13m | | | | | | 16.52m |
| Visitor | Jannet L | | | 11m 54.8s | 42.3s | | 6.06m | 17.10m |

*There is no U17 age group for these records (a bit like little A doesn't have u16 records)

R indicates new Ryde Club Championship record.

NSW Milers Race VI

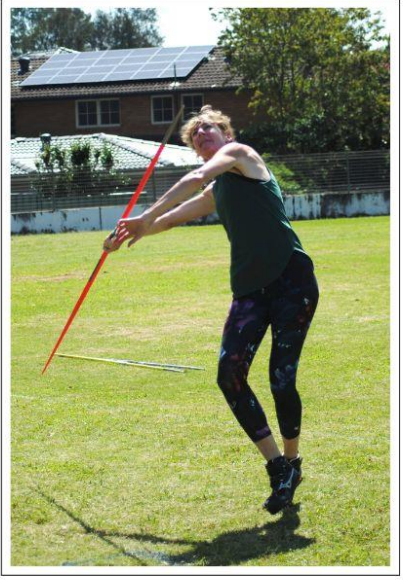
At the NSW Milers Races held at Bankstown on the 1st February Ryde was represented by five athletes.

Axel Bruntsch competed in the fastest heat of the night and blew away his PB time by almost 3 seconds when he ran an U17 & U18 national qualifying time of 1m 56.11s.

Isaac Siebert was also to cut his PB by seconds when he clocked a time of 2m 02.19s for the 800m.

Nicholas Woodhouse was just outside his PB when he finished in 2m 08.99s.

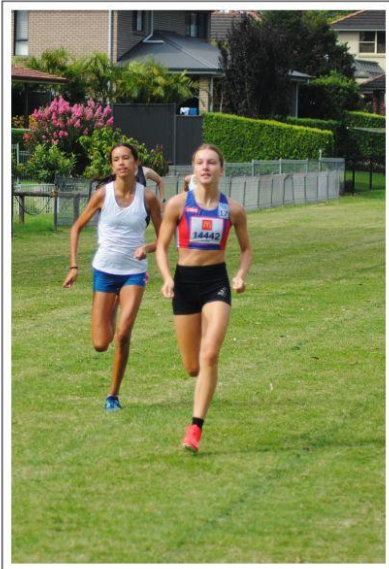
Ben Prosenko and **Elizabeth Rebbeci** contested the 1500m where Ben finished in a time of 5m 12.07s and Elizabeth also ran a personal best time when she finished in 5m 34.55s.



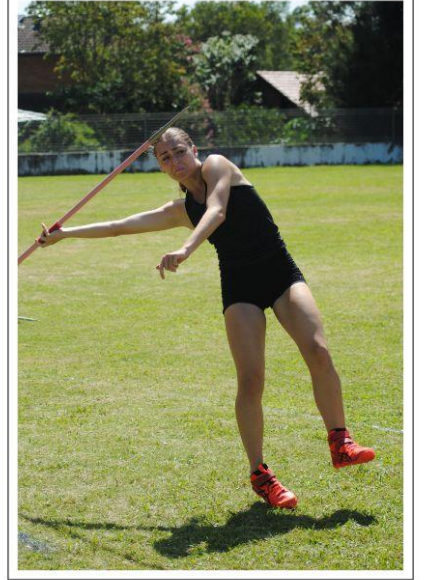
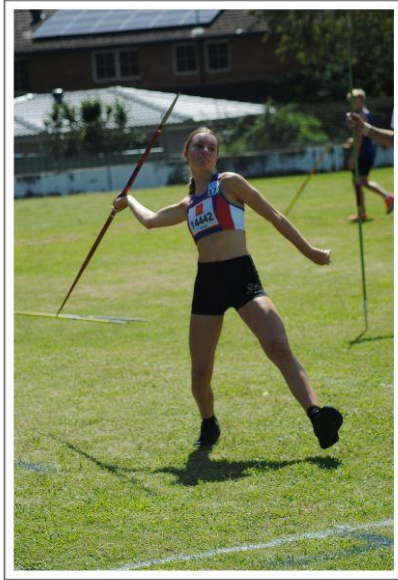
Club Champs - Andrew, Hugo, Matthew, Bron, Daniel, Andrew, Vijay, Jon, Jacqueline & Lachlan, Lynette.



Club Champs - Ben, Vijay, Lachlan, Jun Min, Lachlan, Ross & Charlie, Jess, Mikayla, Jacqueline, Zara & Amelie, Matthew & Janet



Club Champs - Rhys, Jess, James, Zara & Amelie, Mitchell, Jacqueline, Maddison, Steven, Owen



Club Champs - Mat, Lachlan, Vijay, Bron, Jon, Zara, Amelie, Nick & Maddison

NSW 5000m State Championships & supporting events

At the NSW State 5000m Championships held at SOPAC on the 10th February Ryde was represented by **Adam Bruntsch & Georgia Phillips**.

Georgia had a good afternoon finishing the 400m in a time of 62.27s and the 800m in 2m 34.83s.

Adam Bruntsch was running his first 5000m for the season and competed in final race of the night, the Open A Race. Adam finished 20th overall in a U23 NQ time of 15m 14.36s.

High Velocity Meet Illawong

At the High Velocity Meet at Illawong **Noah Lopata** was Ryde's sole athlete competing in the Open men's 100m. Competing in heat 11 of the afternoon Noah ran a time of 12.15s.

NSW Throwers Club

At the NSW Throwers Club meet held at SOPAC Warm up track on the 11th February **Eloise Stewart's** first round throw of 34.50m was her best for the day. **Jessica Johnston** also got her best throw out in round one of 46.20m. Jess's throw was the best by any women in the competition, beating two former international junior discus throwers.

2024 ANSW Regional Championships Sydney North & Allcomers meet

At the inaugural ANSW Regional Championships for Sydney North held at Bankstown on the 17th February, there were 10 athletes out in the Ryde colours. This new event is aimed at U7-U12 athletes with the first two athletes in the age groups U8-U12 progressing to the new Youth State Championships to be held in March.

Our youngest athletes, **Hugo Griffiths** and **Joshua Ekers** were out first competing in the U7B & U8B long jump. Hugo leapt out to 2.02m for first and Joshua also finished 1st with his second round leap of 2.91m. Hugo also took home 1st place in the U7B 60m in a time of 12.47s and Joshua 1st place in the U8B 200m in 37.33s. Joshua rounded out his day with a silver medal in the U8B 500m in a time of 1m 50.57s.

Archer Griffiths was to finish with three gold medals from three starts winning the U10B long jump (3.81m), discus (24.34m) and shot put (8.03m).

In the U12B discus it was to be a hat trick for Ryde with **Finn Wilson's** third round throw of 33.40m being the best in competition. **Charlie Shiel** was second with 30.24m and **Mitchell Cox** picking up bronze (18.24m). **Finn & Charlie** also contested the U12B 3kg shot put with Finn again taking top honours with his throw of 9.49m and Charlie's first round throw of 8.18m earning him another silver medal.

Our U12B also clean swept the 100m with **Jack Spencer** running another NQ time (12.89s) to take gold, **Finn Wilson** silver in 13.54s, **Louis Baddeley** bronze, in a personal best time of 13.99s and **Mitch Cox** 4th in 15.20s. In the U12B 200m, **Jack Spencer** was again the winner in 27.64s with **Louis Baddeley** picking up silver in a PB time of 29.75s.

Louis's younger brother **Joey Baddeley** was to run PB's in his two track events to place 3rd in the U8B 100m (17.58s), 4th in the 200m (37.18s) and his 5.01m shot put throw secured him the silver medal.

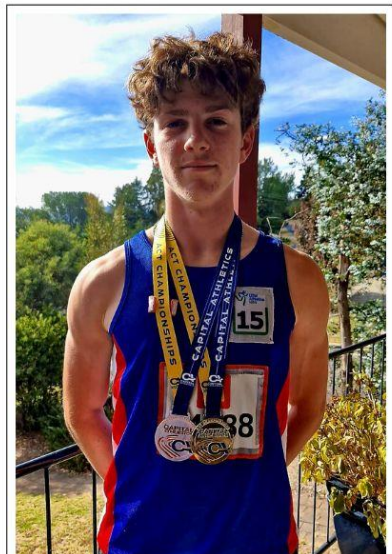
LilyEve Everson was our only female competitor at Regions and was to come home with a gold medal in the U10G shot put (5.36m), a silver in the 200m (36.27s) and another silver in the 400m (83.60s). **Daniel Pulfer** competed in both the U12B long jump and triple jump and was to better his results from the recent Little A region. Daniel won both events with his second round long jump of 4.53m and in triple jump, Daniel improved on every jump to finish with 9.89m.

Competing for Ryde in the All-comers events, **Mat Woodhouse** broke a 29yr old Ryde best performance on record for the 40-49yrs 200m with a time of 24.69s.

MiaRose Everson improved on her three legal throws to finish with 15.27m in the Open Women Javelin.

In very hot conditions, by the middle of the afternoon, in the final events for Ryde we had four promising young walkers competing in the 3000m, two of them competing in their first 3000m event.

Rhys Chandler finished in a time of 17m 19.42s. **MiaRose Everson** competing in her first 3000m showed loads of promise when she crossed the line in 18m 05.01s. **Mitchell McCarthy** was unfortunately unable to finish in the hot conditions and **Charlie Shiel** was disqualified.



Jack, Charlie, Louis, Archer, Joey & Hugo - U12 Discus Charlie, Mitch & Finn - Brothers Louis & Joey - LilyEve & Archer - 3k walkers Charlie, MiaRose & Rhys - MiaRose - MiaRose & Rhys - Lachlan ACT Champs multi medallist, - Calan ACT Champs multi medallist.

ACT U14-U18 Championships

Lachlan Waldron made the trip to Canberra to compete in all four throws events and long jump, at the ACT U14-U18 Championships held from 16-18th February.

Lachlan smashed his personal best distance in the javelin when he won the 16yrs javelin with a throw of 47.18m. In the discus Lachlan was 3rd with a distance of 37.43m. There was another bronze for Lachie in the 16yrs shot put with his best throw of 11.68m. In the long jump Lachlan placed 5th with 5.10m and in the hammer throw Lachlan threw 23.84m to win his second gold medal.

Calan Hahlos was the winner of the 15yrs 400m in a NQ time of 53.81s. In the 200m Calan finished in third place in a good time of 24.08s.

2024 ANSW Regional Championships Sydney East & Allcomers

On Sunday 18th November 10 of our athletes went to compete in the All comers events that were running alongside the Sydney East Regional Championships.

Mat Woodhouse was to claim his second Ryde Best Performance on Record for 40-49yrs for the weekend, when he finished the 400m in a fast 54.43s.

Keir Sauhata Barnes, running his first Australian race of the season finished the 400m in 50.70s.

Nick Pawsey was under the minute mark with a 59.40s and **Vijay Sai** finished with in 68.53s.

Jacqueline Pawsey ran her first ANSW 200m hurdles and opened with a time of 36.23s.

Georgia Phillips was over the hurdles in the 400m event in a time of 74.27s.

Out on the field **Nancy Barlow** was taking part in the U10 Regional events. In the discus Nancy threw 13.98m in the opening round to place 7th. In the long jump Nancy was 7th with a leap of 2.57m.

Claudia Barlow competed in the shot put to finish with a distance of 7.70m. **Steve Barlow** warmed up to an 8.54m throw in round three in his shot-put competition.

At Triple Jump **Jacqueline Pawsey** finished with a best jump in round two of 10.13m and **Bella Fraser** was closing in on the ten-metre mark when she finished with a PB jump of 9.70m.

NSW Milers Meet VII

At the NSW Milers Meet No. VII held at Bankstown on Thursday 22nd February Ryde had six middle distance runners competing.

Competing in the same heat (Heat D) of the men's Open 800m **Keir Sauhata Barnes** and **Oliver Smith** both got off to a good start with Keir taking the bell in third spot with Oliver just behind him. Oliver was to run the second fastest final lap of the field to ease pass Keir and land himself an excellent new PB time of 2m 01.96s. Keir was 4th in 2m 02.20s.

Nicholas Woodhouse competed in Heat F of the Men's 1500m and was to cross the line with a new personal best time of 4m 35.66s. Brother **Benjamin** competed in Heat C where he placed 10th just outside his personal best with another NQ time of 4m 04.84s.

Elizabeth Rebbечи ran her first 1500m in October 2023 where she recorded a time of 5m 56.42s. Running in Heat C of the Open Women 1500m Elizabeth placed 10th in a new PB time of 5m 28.83s, a huge improvement over the five months.

Our final runner of the night was **Adam Bruntsch** competing in the Heat B of the Mens Open 1500m. Adam was to finish just 0.19s off the national qualifying time for U23's when he stopped the clock at 3m 55.19s for a new personal best time.

Narabeen Pole Vault Meet

At the Narrabeen Pole Vault Meet held on Saturday 24th February Ryde had 3 competitors.

Zara Pawsey was to launch herself to a new personal best height of 2.60m. **Steve Barlow** was also to clear 2.60m. **Claudia Barlow** was unable to clear the bar at this meet.

High Velocity Meet Campbelltown

At the High Velocity Meet at Campbelltown on Saturday 24th February we had three competitors out on the track.

It was good to see **Yahya Ali** on the start lists for the 100m for his first race of the season. Yahya was to finish in a time of 11.77s.

Also competing in the 100m was **Mat Woodhouse** who finished in a time of 12.03s. Mat also competed in the 400m H where he finished in the fast time of 6'1.18s showing some fine form to be taking into the ANSW State Masters Championships the following weekend.

Ben Prosenko ran a near PB time of 7m 22.68s in the 2000m steeplechase.

Congratulations to two of our coaches

We have some terrific coaches at Ryde from our long time coach **Ross Forster**, and now two of our coaches have recently added to their coaching credentials.

Jon Baker over the Christmas break completed L2 of the Lydiard training course. This course is based on the coaching methods and knowledge of New Zealand coach Arthur Lydiard who coached his athletes to six Olympic medals and has been lauded as one of the most outstanding coaches of all time. This adds to Jon's existing coaching accreditation of Level 1 Youth Coach, Level 2 Development Coach, Level 2 Recreational Running Coach, World Athletics Coach, Introduction Strength and Conditioning Coach, Level 3 Performance Coach.

Since commencing coaching for Ryde earlier last year Jon has built up quite a band of U20, Open and Masters athletes in his squad. A number of Jon's squad were in action over the weekend at the NSW Masters Championships and all would attribute some of their success and their improvement over the season, to Jon's coaching.

Jon's contact details are 01417430352 and jonbaker254@gmail.com.

Erica Cox's overseas coaching experience has been recognised by Athletics Australia who have awarded her Level 2 coaching accreditation with AA and subsequently ANSW.

Erica and husband Russell have been behind a huge upgrading and upskilling of the coaching base at Dunbar Park over the past 18 months, catering mainly towards our younger competitors, but happy to coach older athletes as well.

Erica and Russell have also been developing the coaching skills of many of our talented older Juniors as well as helping them gain accreditation through training courses. Russell and Erica's background in the fitness industry as well as having been very active elite sports people themselves gives them a great base from which to offer a variety of coaching services.

Erica can be contacted on 0410393793 and Russell on 0419433781.

Adam Bruntsch competes at the Canberra Track Classic

At the Canberra Track Classic, part of the World Athletics 2024 Continental Tour, **Adam Bruntsch** was selected to compete in the Men's Open 3000m Steeplechase alongside Olympians and international athletes.



Adam, the youngest in the field and a silver medalist last year at the 2023 Australian University Games, ran a season's best time of 9m 45.20s to place 9th in the event. We look forward to seeing Adam out on the track in Sydney soon at the NSW Open Championships.



The ANSW Master Championships

At the NSW Masters Track and Field Championships held at SOPAC from the 2nd-3rd March, Ryde was represented by 10 Masters athletes.

First out on the field were **Robert-Hanbury Brown** competing in the 65-69yrs hammer throw and **Steven Barlow** who, was trailing from one end of the field to the other, as he competed in the 50-54yrs Pole Vault and Hammer throw simultaneously.

Robert was to finish with his best throw, 34.36m to claim the silver medal. Steven, with his ankle heavily strapped still managed a throw of 18.57m for bronze and was the State Champion in the Pole Vault with his clearance of 2.40m.

Bronwen Morgan was to be our sole female representative after injury, a clash with the Little A combined event and a case of chicken pox, resulted in a number of our other female masters being unavailable to compete. Bronwen had three events on day one and her first event was the 35-39yrs long jump. Bron had set herself the goal of clearing 4m and she did just that her second round jump of 4.06m for 5th place.

Vijay Sai, was another athlete making his Masters debut, competing in the 35-39yrs Mens 100m where Vijay finished in a time of 14.72s to place 6th.

Matthew Woodhouse was celebrating his 50th birthday on Day One, moving him into a new age group for the Championships. Mat ran a strong race in the 50-54yrs 100m battling all the way down the track in a challenge for the title. Mat finished just 0.09s off the gold for his first medal of the met, a silver medal in a time of 12.12s, a new Ryde Best Performance on record.

In a quality field of ten runners in the 100m, **Bronwen Morgan** finished mid field in 5th place in a good time of 14.60s.

Steven Barlow and **Simon Bergfield** were out next at the long jump pits competing in the Mens 50-54yrs and 60-64yrs events respectively. Steven's only legal jump saw him take 4th place with 3.78m. Simon was to pick up a long jump bronze medal with his second round jump of 3.61m and a new Ryde Best Performance on record for 60-64yrs. Simon was a very consistent jumper with only 5cm between his four jumps.

The race of the day was on next with **Mat Woodhouse** taking on his first 100m hurdles, having dropped from the 110m distance with his move into the 50-54yrs age group. Mat ran a terrific, fast race crossing the line in a new Australian Masters 50-54yrs record time of 14.72s almost 6 seconds in front of the second place getter. Mat earned high praise for his hurdling style and speed from **Betty Moore**, our Ryde Club Patron and former World record holder for the 80m hurdles who was race calling on Saturday and did an outstanding job.

Mat's time also broke the Ryde Best performance on record for his age group, a record that had stood since the 1993/1994 season.

Bronwen Morgan was competing in the 35-39yrs 100m hurdles, Bron's first time over the 84cm height. Bron set a new Ryde Best Performance on record for 35-39yrs when she won the bronze medal in a time of 20.67s.

The start of the 400m events coincided with the rain starting to fall at SOPAC after a warm morning of competition.

Vijay Sai placed 4th in the 35-39yrs 400m in a new personal best time of 65.44s, taking nearly three seconds off the time he'd run in mid February.

Nick Pawsey had a goal of running under 59 seconds and achieved that when he finished 1st in State in the 45-49yrs 400m final in a new PB time of 58.24. Nick hit the lead at the 100m mark and at the final turn and had a good ten metres on the field.

Mat Woodhouse ran in the second of the timed finals of the 50-54yrs 400m and as with Nick, was in the lead by around the 100m mark and ten metres in front hitting the straight, a lead he had extended to about twenty metres by the time Mat eased across the line in a new Ryde Best Performance on Record time of 56.26s. This was to give Mat the silver medal as the earlier timed final was just 0.22s faster.

Our final 400m runner of the afternoon was **David Teo** in the 60-64yrs event. With his thigh heavily strapped, David moved himself into second place along the back straight, and managed to hold off a challenge down the final straight to secure the silver medal on his individual Master's event debut and set a Ryde Best Performance on record for 60-64yrs of 63.90s.

In the field, three of our javelin throwers were competing. In the 65-69yrs **Andrew Atkinson-Howatt** threw four 31 metre throws finishing with his best throw of 31.55m for the silver medal. **Robert Hanbury-Brown** improved over the competition to finish with 30.14m for the bronze medal. In the 60-64yrs **Simon Bergfield** started with his best throw of 26.13m for 7th place.

Jon Baker had been ill all week and certainly didn't look the best in the stands but once he got out on the track in the 55-59yrs 3000m steeplechase, he clicked into gear and was to finish with the gold medal in a time of 14min 06.84s.

Our last competitor of the day was also our first, **Steven Barlow**, in the 50-54yr weight throw. Steven threw 3 fouls with the 11.34kg weight before going for a safety throw in the final round, which was to land him the silver medal with a distance of 8.76m.

Day two and our jumpers and throwers were out early on the track. In the 50-54yrs high jump, **Mat Woodhouse** was having trouble getting his run up right but still managed a clearance of 1.40m for the silver medal. **Nicholas Pawsey** had an excellent competition in the 45-49yrs age group. Nick was the winner of the gold medal and had clear rounds all the way through from 1.40m to 1.65m to equal his PB and equal the Ryde Best Performance on Record. Nick's attempts at 1.70m were very close to clearances. Nick was the winner in his event by a huge 35cm.

Steven Barlow was back in the throws circle, competing in the 50-54yrs discus where his second round throw of 30.09m was to win him silver.

Simon Bergfield competing in the 60-64yrs shot put improved on every throw to finish with a distance of 8.21m for 9th place.

Steve and **Mat Woodhouse** then moved onto the 50-54yrs Triple Jump. Mat's second round leap of 11.36m was to be another Ryde Best Performance on record and secured him his second title of the weekend. Steve finished with the bronze with his first round jump of 8.37m.

Bronwen Morgan and **Mat Woodhouse** were Ryde's competitors in the 60m sprints. In a tight field for third to fifth place Bron ran under her goal time of 9sec to finish 5th in a time of 8.90s.

The 50-54yrs 60m was to be a close event with a fast finishing Mat just running out of track to place second in a time of 7.54m just 0.08s off the gold.

Mat Woodhouse was quickly back out on the track in the 50-54yrs 400m hurdles. Running from lane three, Mat was about 15m in front by the end of the back straight and extended that lead so much that when he had cleared his final hurdle, the next athlete was almost 70 metres behind. Mat was to set his second Australian Masters record of the weekend in a time of 59.28s, also breaking a 20-year-old Ryde Best Performance on record.

Simon Bergfield and **Andrew Atkinson-Howatt** were competing in the 60-64yrs and 65-69yrs discus. Simon's best throw just hit the sector line so he had to be content with a result of 25.42m for 9th place. Andrew was to finish with the silver medal although at the time we go to print the full results have not been published.

Steven Barlow was to finish his weekend in the 50-54yrs shot put with his final round best throw of 8.34m for 4th place.

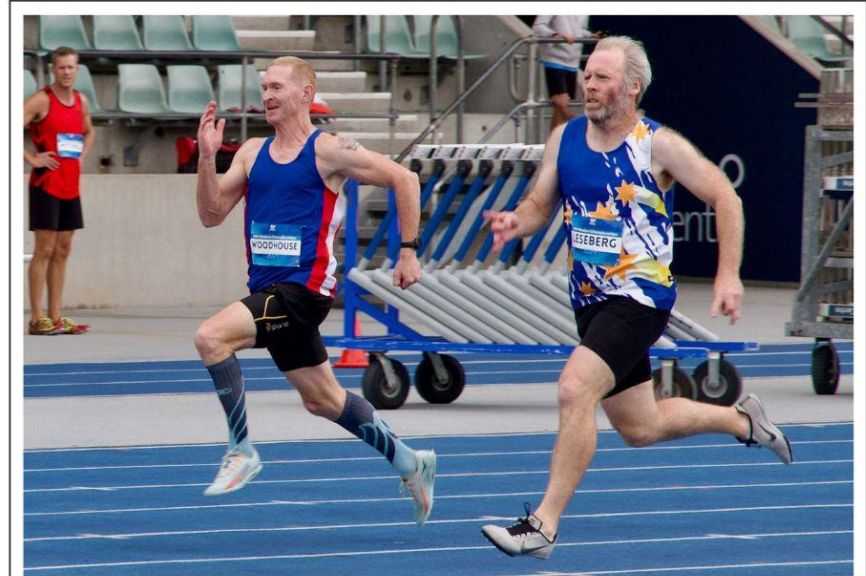
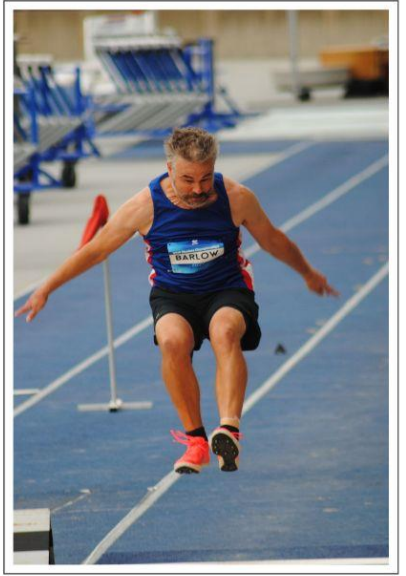
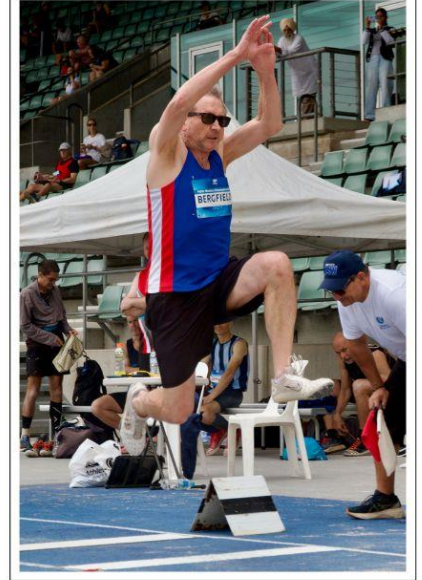
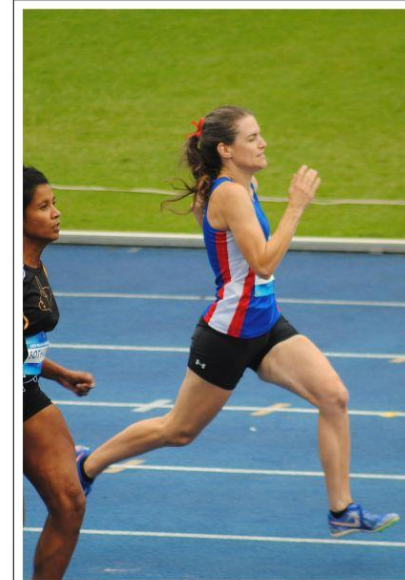
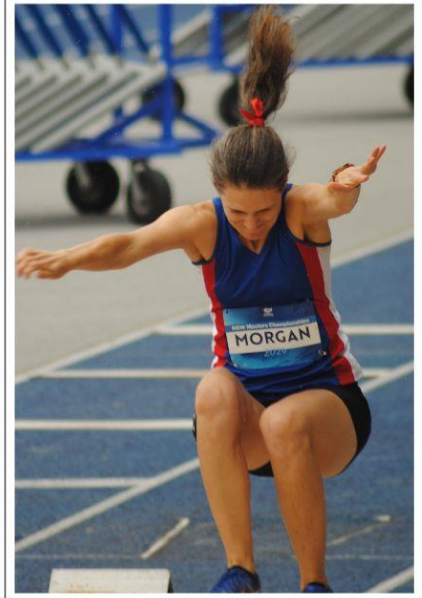
David Teo had been a very good high school high jumper with a PB then of 1.78m to his name. In a great display of clean jumping, David quickly moved from his opening height of 1.25m through to 1.50m, finishing 25cm ahead of second place in the 60-64yr event. With David securing the Ryde best performance on record for 60-64yrs, we hope to see David competing at the Australian Masters in 2025.

We had four athletes competing in the 200m finals.

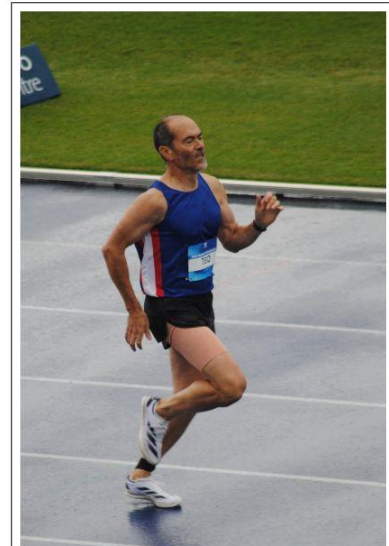
Mat Woodhouse was to set yet another new Ryde Best Performance on record when he finished in a time of 23.98s for the silver medal in the 50-54yrs event. **Nick Pawsey** finished in 8th place in the 45-49yrs in a time of 25.98s. **Bron Morgan** ran a new personal best time of 31.43s when she placed 6th in the 35-39yrs 200m.

Vijay Sai was to run an 800m less than 30 minutes before his 200m final which was the last track event of the day for Ryde. In the 35-39yrs 800m Vijay was to smash his personal best time by around 10 seconds when he finished in the bronze medal spot in a time of 2m 42.97s. Vijay then won his second bronze of the afternoon when he was third across the line in a PB time of 29.13s.

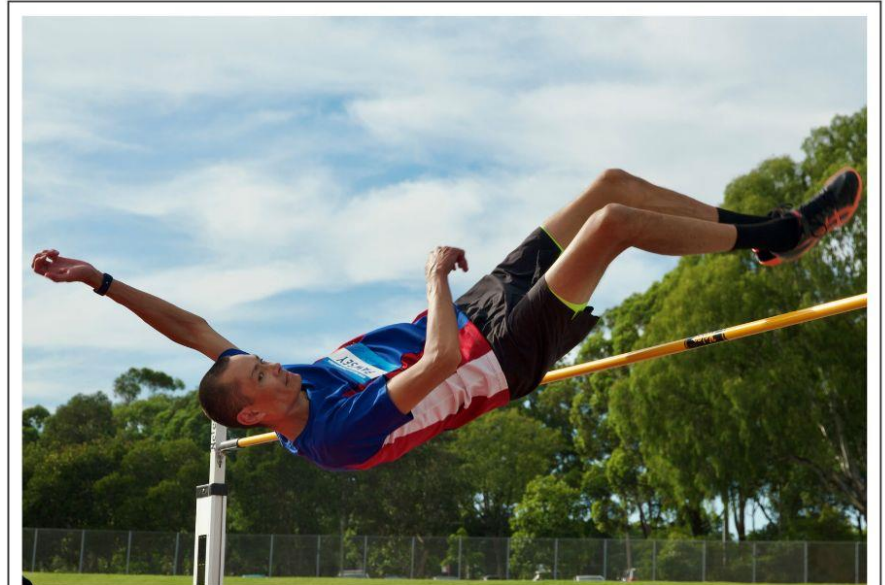
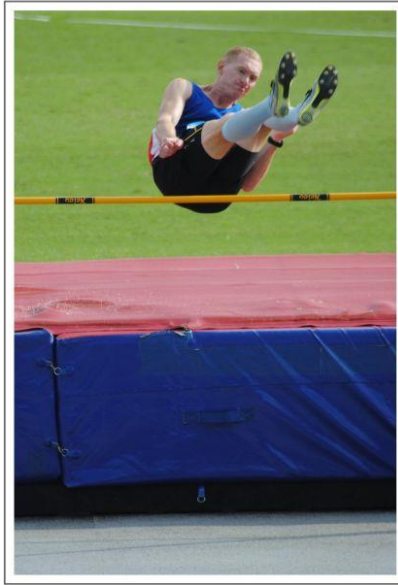
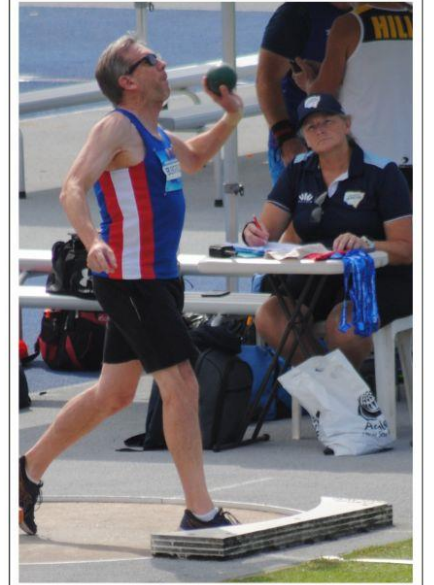
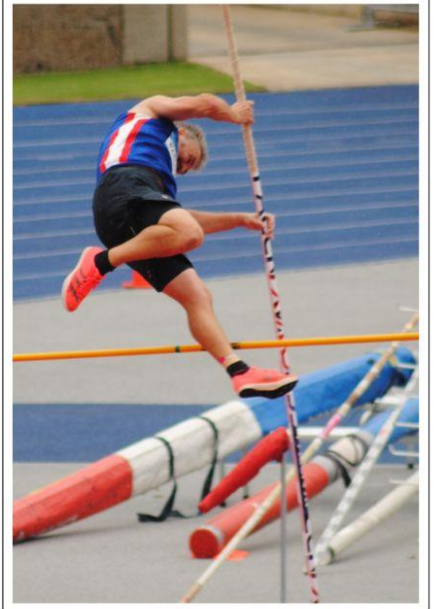
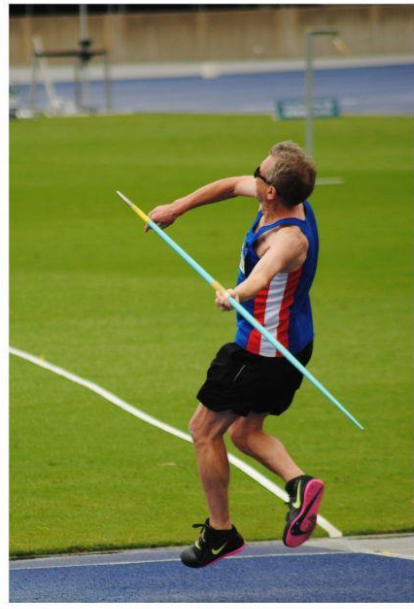
In a fantastic weekend for Ryde, every one of our athletes finished with a medal, there were two Australian Records, eleven new Ryde Best Performances on Record, eight gold medals, eleven silver and seven bronze medals.



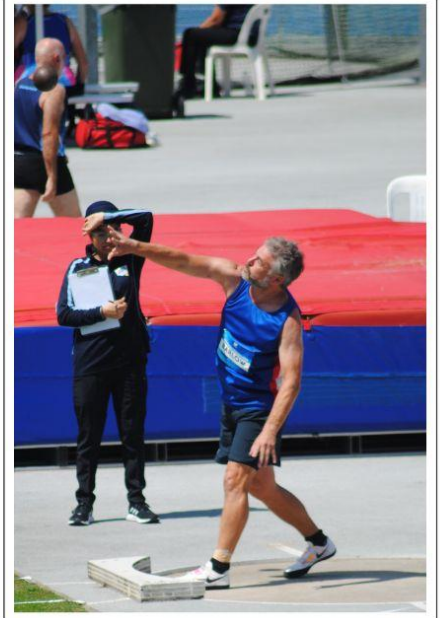
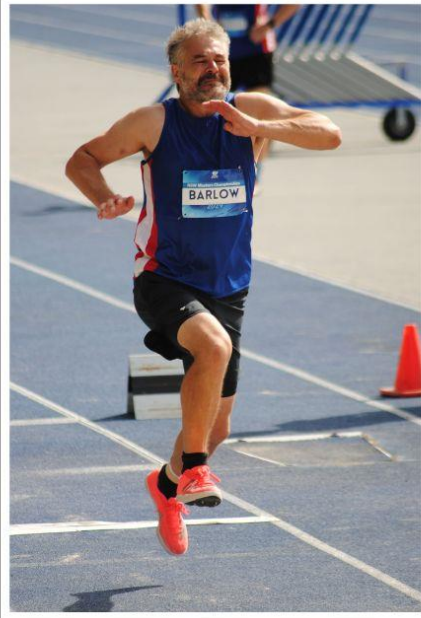
NSW Masters, Robert, Steven, Bron, Vijay, Bron, Simon, Steven, Mat
photos from NSW Masters - Steven Barlow & Louise Bergfield



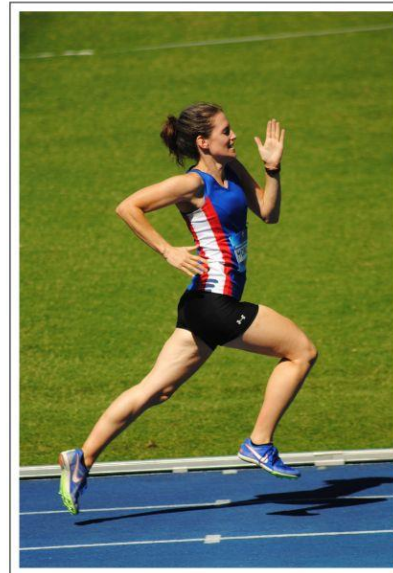
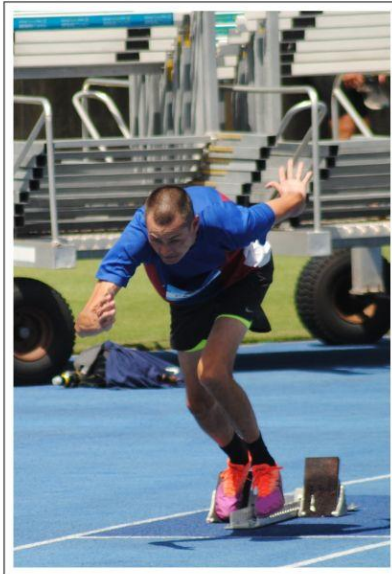
NSW Masters, Bron, Vijay, Nick, Mat, David, Andrew, Mat, Simon



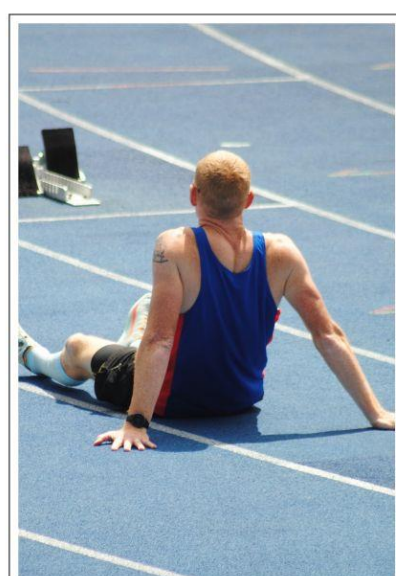
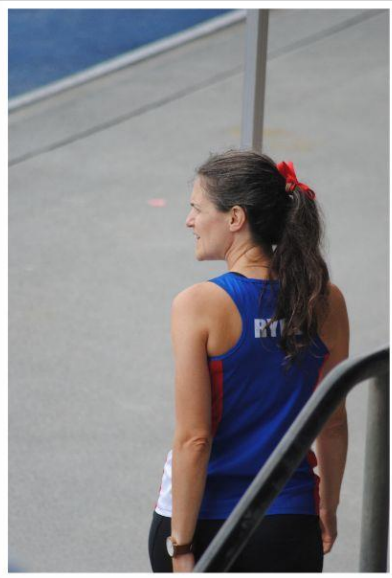
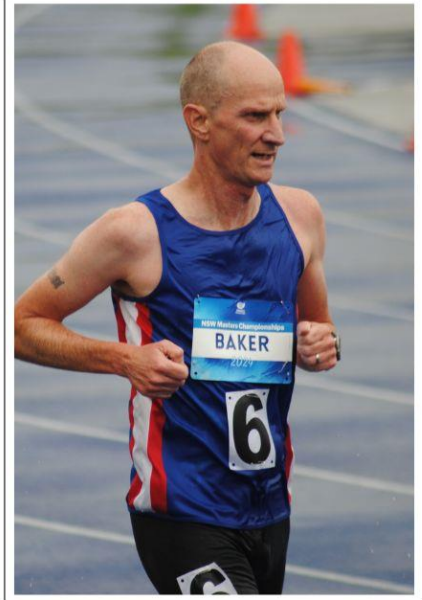
NSW Masters, Simon, Jon, Steven, Robert, Steven, Simon, Mat, Nick



NSW Masters, Steven, Mat, Steve, Simon, David, Mat, Bron



NSW Masters, Mat, Andrew, Vijay, Mat, The boyd, Nick, Bron & Vijay



NSW Masters, Mat, Steven, Mat, Nick, David, Jon, Bron, Andrew, Kevin & Robert. Robert & Gavin. Mat. Nick