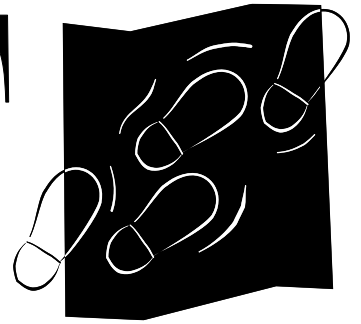




FOOTPRINT



Senior Division April 2024 Aust Champs

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

What a great nine day for #TeamRyde @2024 Nationals

With possibly the biggest group of athletes we have sent to nationals, it was a very busy nine days for our **thirty four** athletes.

In a great sign for the future of the club we had fifteen athletes making their first appearance at the Australian Athletics Championships.

These were -

Jack Spencer, Brendan Kim, Brian Kim, Lewis Wong, Owen Trinh, Charlotte Nagle, Alex Ruhfus, Alex Song, MiaRose Everson, Mitchell McCarthy, Mitchell Cox, Calan Hahlos, Hannah Lambert, Zachery Leung and Jacqueline Pawsey.

Special mention to our medallists from the 101st Edition of the Australian Athletics Championships;

Gold medal – **Hannah Lambert** U14W triple jump, **Vili Lewanavanua** U16M high jump

Silver medal – **Jessica Johnston** U18W discus, **Nathan Barbara** U20M PARA discus and shot put, **Alex Ruhfus** U16M 4x100m relay.

Bronze medal – **Timothy Forster** U20M 110m hurdles, **Vili Lewanavanua** U16M Triple Jump, **Alexander Song** U14M Triple Jump, **Benjamin Woodhouse** U17M 1500m, **Hannah Lambert** U14W High Jump, **Zachery Leung** U13M 100m, **Rhys Chandler** U15M 3000m walk.

A full report with lots of photos inside.



Ryde Athletics Centre 2024 NSW Athletics Team members

Above Back Row Nathan Barbara, Vili Lewanavanua, James Woods, Jack Spencer, Joshus Smith, Jess Johnston, Timothy Forster, Lewis Wong, Lachlan Waldron, Benjamin Woodhouse, Brendan Kim
Sitting Owen Trinh, Rhys Chandler, Claudia Barlow, Charlotte Nagle, Daniel Cox, Zara Pawsey, Georgia Phillips, Axel Brunsch, Alex Ruhfus Front Alexander Song, Alexander Evans, MiaRose Everson, Jacqueline Pawsey, Mitchell McCarthy, Mitchell Cox Absent; Hannah Lambert, Eloise Stewart, Calan Hahlos, Jess Koussas, Maddison Duncombe, Brian Kim, Adam Brunsch, Zachery Leung.

Around the Track and Field

Puspesh conquers Canberra Marathon

Puspesh Puspesh was our sole representative at the Canberra Marathon run on Sunday 7th April running around the streets of our capital. Puspesh completed the Marathon in a time of 3hrs 38m 04s to be the 496th athlete to cross the line.

Well done Puspesh.



The 101st Edition of the Australian Athletics Championships

At the 101st Edition of the Australian Athletics Championships Ryde was represented by 34 athletes.

Our first competitor of the championships was **Maddison Duncombe** competing in the U20W heptathlon. Maddison's results over the two-day event were;

100m H	Shot put	Long jump	200m
18.83s 406	9.16m 475	4.60m 454	28.89s 562
Javelin	High jump	800m	Total
26.16m 404	1.24m 350	3.03.22 336	2987

Maddie improved on her results from the NSW Combined Event in the 100m hurdles, shot put and long jump and finished just 20 points off her PB. Maddie placed 15th overall and was the 14th placed Australian.

Nathan Barbara (F61) competed in the U20M PARA shot put. Throwing the 6kg shot put Nathan's throws were very consistent with his third-round throw of 4.99m (57.09%) being his best. Nathan placed third overall but secured the silver medal as the second placed Australian in the field. Nathan also broke his own Australian record for class F61.

Adam Bruntsch had moved up to Open's competition and found himself competing in the first round of the very competitive Open 1500m. Running in heat two Adam ran a new personal best time of 3m 54.59s to place 11th in his heat and 32nd overall.

Jess Johnston had a heavy nationals program contesting all the U18W throws events as well as the Open Women Discus. A netball injury had seen Jess turn up to our Ryde team photo in a boot so it was great to see her out in the field for the qualification round of the Open Discus.

Jess got a good throw of 46.22m out in round one to move into 9th spot – the top ten go through to the final. With a nervous wait through the following two rounds and not improving on her first throw, Jess was to make her name onto the Open final's list for day four.

In the final, Jess started with a foul but followed it up with 46.26m and then 47.76m – to move her into sixth place and guarantee her three more throws as the field was cut again to eight competitors. In the final three throws Jess was not able to improve her distance but did finish 7th in Australia at just 16yrs of age which is quite an achievement.

Timothy Forster started his campaign on Day 2 in the heats of the U20M 110m hurdles. A number of the boys in the field, including Tim, had secured World Junior hurdle qualifiers so the field was packed with talent. In his heat Tim came out fast but connected with the first two hurdles. Drawing on all his experience, Tim steadied himself to end up second across the line in an automatic qualifying position in a time of 14.80s.

In the final, despite what seemed to be lane interference from the athlete beside him, Tim still managed to safely get across the line in third place to claim his first national medal, the bronze in a time of 14.19s.

Nathan Barbara's final event was the U20M PARA discus. Throwing the 1.5kg discus, Nathan added more than a metre to his result at NSW Juniors to finish with a best third round throw and new PB of 13.90m (50.88%) for his second silver medal of the Championships along with his second Australian Record for F61.

Georgia Phillips opted to focus on just the 400m hurdles and the long jump despite also qualifying in the 3000m steeplechase. In her 400m hurdles Georgia was unlucky to miss out on a finals spot when she placed 6th in her heat and 9th placed Australian athlete in a time of 66.12s. Competing in the last field event of the night on day four, in a very big field in the U20W long jump, Georgia got her best jump of 5.14m out in the third round to place 19th overall and 18th in Australia.

Adam Bruntsch went out hard with the front group in the Open Men's 3000m steeplechase and stuck with that lead group of six for most of the race. Adam was to smash his personal best time by six seconds to finish 6th in Australia in 9m 12.20s. In comparison, Adam had run 9m 41.71s in the U20M Steeplechase at the 2023 Australian Championships, so an excellent time.

Daniel Cox had qualified for four events at nationals, including the heptathlon, meaning he had to skip the Pole Vault due to those two events clashing and ultimately had to pull out of the 200m hurdles as well. Injuries over the six weeks leading up to nationals had impacted his training so to achieve PBs in both the high jump and javelin over the two-day heptathlon was a big accomplishment. Daniel finished as the 9th placed Australian and his full results were;

100m H		Shot put		Long jump		200m	
15.75s	761	7.81m	355	5.14m	409	26.80s	463
Javelin		High jump		1500m		Total	
31.45m	320	1.59m	457	5.44.64	330	3095	

Jess Johnston threw well in the U18W hammer throw to land two of her four throws over the 48m mark. Jess's best throw came in round four for 48.43m for 7th overall and 6th in Australia.

Benjamin Woodhouse and **Axel Bruntsch** both ran in the second heat of the U17M 800m which featured quite a bit of argy bargy down the first back straight.

Both boys got out well and at different times during the race, each led for a while and clearly gave it everything they could. Axel was just pipped out of the second-place automatic qualifying spot not far from the finish line to place 3rd in the heat and 11th overall in a time of 1m 57.19s with Benjamin just one spot behind him in 4th over the line and 14th overall in Australia in 1m 58.39s.

Owen Trinh got out of the blocks well and flew down the straight in the U15M 100m heats to place 6th in his heat and 13th overall in Australia in a fast time of 12.08s.

In his heat of the U17M 400m hurdles **Lewis Wong** was out of the blocks and overtaking runners around the bend and leading by about the middle of the back straight. A couple of hurdle taps as he came around the final bend and into the straight slowed Lewis down, but he won his heat by nearly a second (57.65s) to automatically qualify for the final with the fourth fastest time.

Unsteadiness on the blocks in **Alex Ruhfus's** heat of the U16M 100m saw the boys called back for a restart with the commentator noting that based on the little they saw Alex would be one to watch. As it was Alex eased across the line in second place, keeping some pace in reserve for the final, to qualify through in a time of 11.35s.

In a very fast final Alex got away well and was to cross the line 5th fastest 15yr old in Australia in a time of 11.22s.

Charlotte Nagle was one of our athletes making their national debut. Competing in the heats of the U17W 400m hurdles Charlotte got out quickly and was hurdling beautifully down the back straight and into the bend. Charli was to come home in more than a two second PB time of 69.25s for 6th in her heat and 9th overall to qualify for the final.

Alexander Evans (F13) had four events on his program and the first was the U17M PARA long jump. Alexander jumped very consistently with only seven centimetres difference between his four jumps, his best jump of 3.55m (46.34%) coming in round three. Alex placed 8th in Australia.

Our last runner of the day, making his nationals debut was **Calan Hahlos**. Calan ran strongly and was close to his PB time when he crossed the line in a time of 54.40s for 17th place overall.

Day Six started with **Jack Spencer** and **Zachery Leung** running in the same heat of the U13M 200m. Both boys got away well and were chasing three very fast Western Australia down the straight and gaining. Jack finished 4th in a time of 26.22s with Zachery in 5th spot in 26.61. The boys were the two fastest non automatic qualifiers so were both through to the final.

Later that afternoon in the final both boys again challenged strongly for places with Jack finishing 5th in Australia in 26.31s and Zachery one spot behind in 26.72. Both of Jack's runs were under the U14M national qualifying time.

Lewis Wong was contesting his first Australian Athletics finals, the U17M 400m hurdles. Lewis worked hard around the track to finish in a time of 58.56s for 9th in Australia.

Charlotte Nagle also competed in her first Australian Athletics final and was also competing in the 400m hurdles event – the U17W in Charli's case. Charlotte got cleanly around the track but was ultimately DQ'd (TR 22.6.1). With her two second PB in the heats putting her more than three seconds under the NQ for U18W I am sure we will see more of Charlotte.

Vili Lewanavanua was one of two Ryde jumpers who qualified to compete in all three jumps events at nationals and Vili got off to a good start in the U16M Long jump where he jumped consistently and improved over all three of his jumps to land out in the third round at 6.00m exactly for 11th in Australia.

James Woods and **Josh Smith** lined up in heats of the U17M 200m. Josh went out in heat three and was surging towards the line where he crossed in 6th place in 23.34s. Running in heat 4 James placed 5th in his heat in a time of 23.38s. Josh placed 17th and James 18th overall.

After a busy two days in the heptathlon and carrying a worsening hip injury, **Daniel Cox** was out hurdling in the U16M 100m hurdle heats. Daniel finished in a time of 15.48s to place 27th overall.

Brothers **Brendan** and **Brian Kim** had both qualified for the Australian Championships in the Javelin and on day six it was Brendan out competing in the U16M event. Brendan added almost two metres from his first to third throw finishing with 41.06m and 11th place in Australia.

The afternoon also saw our two Pole Vaulters **Claudia Barlow** (U18W) and **Zara Pawsey** (U17W) take to the field.

Zara had missed State Little Athletics and training over recent weeks with a stress reaction in her navicular, so had cut her nationals program back to just two events (and ultimately, just the Pole Vault). In Pole Vault, Zara attempted a new PB height of 2.80m but could not quite get there and finished with 2.60m and 15th place in Australia. Following Pole Vault, Zara opted to scratch from the 100m hurdles. We wish Zara a speedy and full recovery.

Claudia was cleanly over 2.40m on her opening vault but could not improve on that with her next three attempts to finish equal 6th in Australia.

Jess Johnston was our final field competitor on day six competing over on the warm up track in the U18W discus. The event had its own problems with the field lights not working as the final continued into darkness! Jess was third overall and second placed Australian from her first throw of 44.06m but moved herself into outright second place with her final throw of 47.25m to take the silver medal and secure herself a spot in the Australian Oceania team for June 2024.

Alex Ruhfus's great heat and final run in the U16M 100m had earned him a spot on the U16m 4x100m relay team. Running the final leg Alex brought the NSW team with his usual speed to cross the line for the silver medal in 43.19s.

Day Seven was to be Ryde's biggest day with seventeen athletes competing. Kicking off the day were **Brian Kim** and **Alexander Song** both making their nationals debut in the U14M triple jump.

At NSW Juniors Alex had won the event with Brian placing third. Brian improved with each of his jumps to finish with 11th place in Australia with 9.94m.

Alex started well and at the end of round three was sitting in fifth spot with a best jump of 10.94m. With a 2.3m wind behind him, Alex catapulted himself into the bronze medal spot with 11.35m and then had the nervous wait while the other jumpers completed their fourth round.

Oddly enough the two boys that had been 3rd and 4th on 10.95m, both jumped 11.20m in the final round leaving Alexander in the bronze spot. An excellent result for Alex & Brian at their first Athletics Australia championships.

James Woods and Josh Smith competed in the U17M 400m heats.

Running in heat one Josh was in contention around the final bend and ended up 5th across the line in his heat and 12th overall in a time of 51.79s.

Last year, James made his nationals debut in the 400m and placed 13th overall in a time of 53.15s. Running in the final heat, James took off fast and was flying down the back straight before a bit of a speed check near the 200m, but then took off again in the straight to confidently cross the line in second place, automatically through to the final in a time of 50.58s.

Competing in the U15W hammer throw **Eloise Stewart** was able to improve over the competition and finished with her best throw in round four of 36.62m for fifth in Australia. This was just under five metres further than Eloise threw at 2023 nationals.

Hannah Lambert and **Jacqueline Pawsey** had finished 1st and 3rd at the NSW Juniors and both girls brought their A game to nationals, jumping a number of PB's across the four rounds at their first Australian Athletics Championships.

Jacqueline jumped beautifully and moved her PB to 10.53m and then 10.61m to claim 6th spot in Australia. Hannah was sitting in the silver medal position from the first round with her opening jump of 10.87m and in round three moved one centimetre off the lead with her 11.18 PB jump. In the final round with a good tail wind behind her, Hannah unleashed a monster jump of 11.51m to take the lead and hold on to it to claim gold. This was such a good jump it is a NQ for every age group apart from Open women!

Lewis Wong was not the fastest out of the blocks in his heat of the U17M 110m hurdles but he sure made up for it with some fast hurdling to cross the line second in his heat in a time of 15.44s to automatically qualify for the final.

In the final Lewis chopped almost half a second from his heat time to finish in 14.87s and 5th in Australia giving him two top ten results in hurdles across the Championships as well as finishing seconds under the NQ for U18 for both the 110m and 400m hurdles for 2025. An excellent result for his first national carnival.

Alexander Evans had a good run in his heat of the U17M PARA 100m blitzing the time he ran at the NSW Juniors by 0.38s to stop the clock at 15.01s (69.68%) and place 10th in Australia.

Next out on the track were **Jack Spencer** and **Zachery Leung** in the heats of the U13M 100m.

Running in heat one Zach was second across the line in 12.96s to take an automatic qualifying spot through to the final. Jack joined Zach in the final after finishing 4th in his heat in a time of 12.83s. In the final running into a 2m headwind, it was a very close event, with Zachery dipping for the line to claim the bronze medal by 0.01s in 12.87s and Jack not far behind in 6th place in 13.04s

Jess Johnston threw to her best in a hugely competitive field in the U18W shot put and with her final throw equalled her Ryde Best Performance on record of 13.56m to place 5th in Australia.

Mitchell McCarthy and **MiaRose Everson** made their nationals debut in the 3000m U14 walk. The girls and boys event were held at the same time and Mitch & MiaRose walked most of the event within a few metres of each other. MiaRose who crossed the line well under her PB time was unfortunately DQ'd as can happen with the walks.

Mitchell set a new Ryde Best Performance on record for 13yrs when he crossed the line in 15m 54.86s for 8th in Australia.

Both Mitch & MiaRose have walked well under the NQ time for their age groups for 2025 so we hope to see them back again next year.

Vili Lewanavanua owned the afternoon of day seven with some awesome high jumping, interaction with the crowd and his dad Eric, his winning smile and a wonderful TV interview. In a big field of 16 jumpers it was hard to keep track of who was placing where, as jumpers chose to pass different rounds to try and increase their overall spot. Vili however, pretty much jumped everything, in fact over the session he had 15 jumps. By the time the bar had got to 1.88m there were only six jumpers left and three, including Vili cleared it. Vili was in the bronze position as he had taken the most attempts. With a laser like focus and with the crowd clapping for him, Vili was the only athlete to then clear the 1.91m height for the Australian title, a new PB height, new Ryde Best Performance on record and an U17 & U18 NQ tucked away for next year.

Alexander Evans competing in the U17M PARA discus (1.5kg) started with two fouls but settled into a better rhythm and threw 16.92m and then finished with a PB 18.67m (34.82%). This was the third biggest throw for the competition but after percentage adjustments Alex was just pipped into 4th place.

Brian Kim was out for his second event of the day, the U14M javelin. Brian improved on each of his throws to finish with 30.47m on round four and claim 8th place in Australia.

Rhys Chandler was our last competitor of the day in the U15M 3000m walk. In cooling, windy conditions Rhys crossed the line for the bronze medal just outside PB territory with his time of 16.35.27s.

Hannah Lambert was our first athlete out on a much quieter day eight competing in the U14W High jump. Hannah jumped well and had secured the bronze medal with only three athletes left who had cleared the height of 1.58m. Hannah then also cleared 1.62m just 1cm off her PB to take home the bronze medal.

James Woods, by making the finals of the U17M 400m, had already improved on his 13th placing last year. Running in windy conditions James had a good race and was to move up the results list when he placed 7th in Australia in 51.38s.

Benjamin Woodhouse had the biggest program of our Junior middle distance runners opting to run all three middle distance events. In the final of the U17M 3000m Benjamin stuck with the front pack of about ten runners who surged and slowed for quite a few laps. Benjamin finished in a new Personal Best time of 8m 51.39s for 9th place.

The final day and **Hannah Lambert** and **Jacqueline Pawsey** were out at the U14W Long jump. Both girls were in the top eight from their very first jump so were able to secure an extra round four jump. Both were on 4.74m going into the final round with Jacqueline able to improve on that to 4.82m to claim 7th in Australia with Hannah one spot behind in 8th. The two girls had had a terrific first Australian Championships across their jumps events.

Jess Johnston was out for her fifth and final event, the U18W Javelin. Jess improved over the three rounds to finish with her best round three throw of 35.72m for 11th.

At the AICES Carnival at the start of this season, **Alexander Evans** ran 36.53s for the 200m. In his final run of the season, in the finals of the U17M PARA 200m Alexander ran into PB territory with his time of 31.53s (66.76%) to place 8th in Australia.

Lachlan Waldron improved over the U17M javelin competition to finish not far short of his personal best when he landed the javelin out at 46.03m on his third throw for 8th in Australia.

The second timed final of the U17M 1500m featured **Benjamin Woodhouse** and **Axel Bruntsch**. Having seen the first timed final finish in a time of 4m 01.57s the group knew that a sub four minute time would be required for medals.

At the 300m mark both boys were running side by side near the front of the pack. At 700m they were sitting in 3rd and 5th spot and by the time they came past for the bell Ben was second and Axel third. The final lap was a quick one and it was Ben who was able to maintain the better pace and come home with a bronze medal in the time of 3min 58.58s, his first time under four minutes and his second PB of the championships. Axel was not far behind finishing 6th across the line and 7th overall in 4m 01.58s.

Mitchell Cox had to wait until the final day of the Championships to get out on the track. Mitch had run a time of 16.65s at the NSW Youth Championships to qualify. Mitch wiped that time away with a good clear run over the hurdles to finish 4th in Australia in 16.22s on debut.

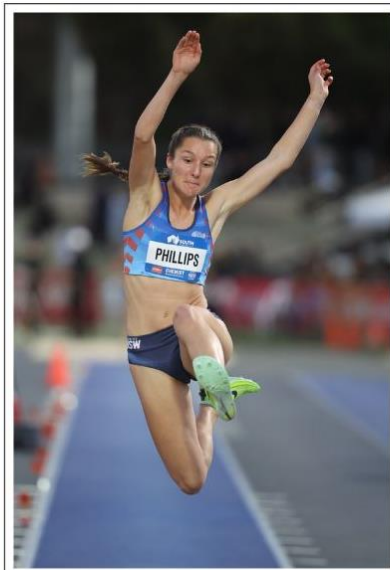
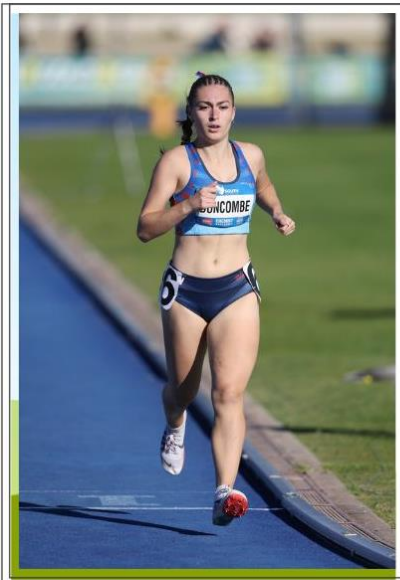
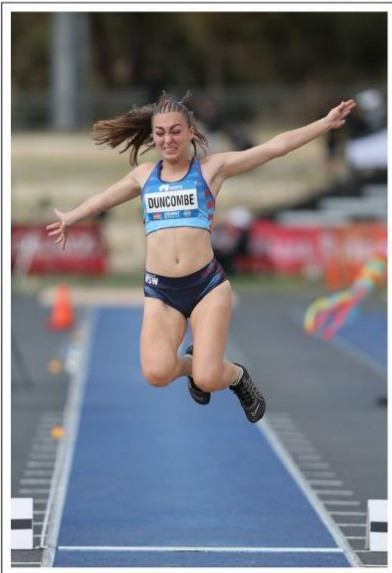
Vili Lewanavanua was not quite getting near his best in the first two rounds of the U16M Triple Jump and was sitting in 11th spot going into round three. Vili lifted with the crowd, and improved from 12.08m to 12.69m to move into 5th spot, ensuring a fourth jump. Vili then pulled out a 13.22m jump to move himself into gold with four jumpers to come. In an absolutely thrilling final round, over those next four jumps the lead was to change two more times with Vili finishing with the bronze medal. An outstanding championship for Vili.

Alex Song was our final jumper for the championships competing in the U14M long jump. Alex moved himself into 6th spot in round three to qualify for a top eight extra jump. Alex's jump in the fourth round was the best 4th round jump overall – 5.40m, which moved him to 4th spot just one centimetre off bronze. A bronze and a fourth place for his first national meet is an excellent result.

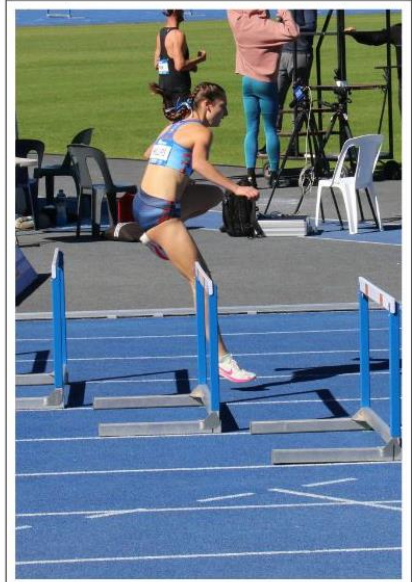
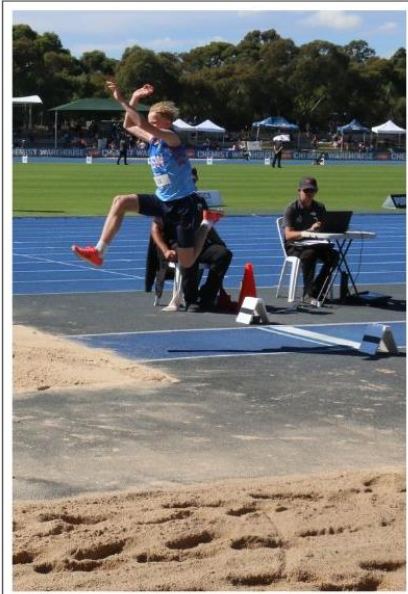
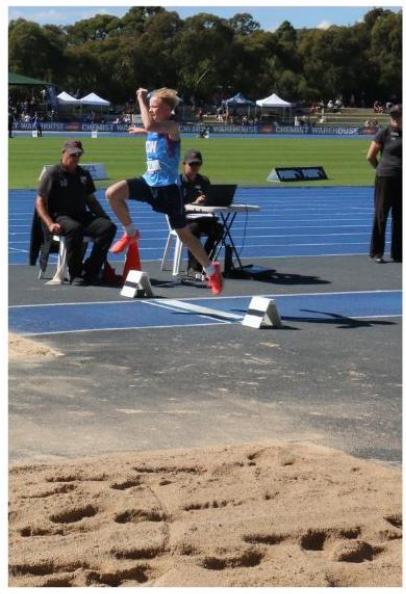
Jess Koussas was our last competitor of the meet in the U17W javelin. Jess's second round throw of 32.93m was her best and placed her 14th in Australia.

Over the nine days Ryde Athletes won two gold, four silver and seven bronze medals.

*Thank you to our photographers, particularly **Nick & Jacqueline Pawsey, Rodney Woods & Chris Phillips** for some fabulous shots. We also acknowledge ANSW Facebook for having some great photos including some from Fred Etner & Dave Tarbotton that we have included in this Footprint.*



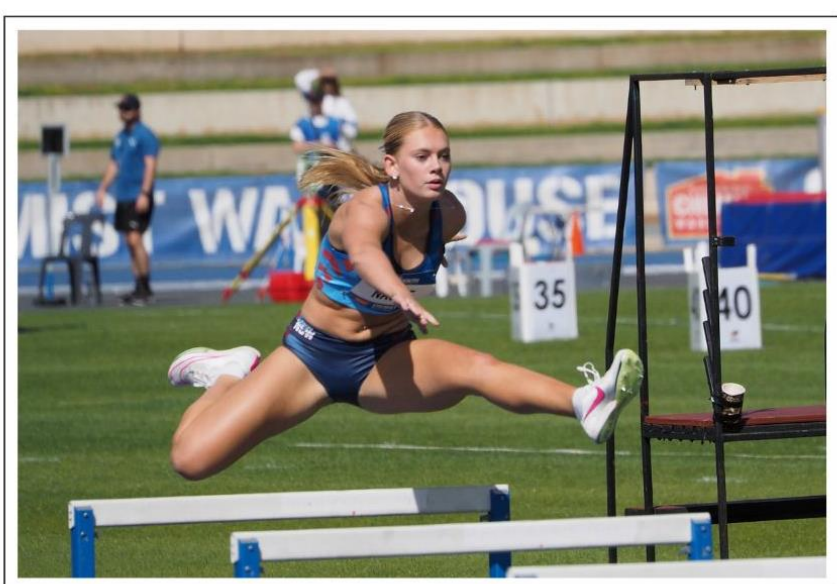
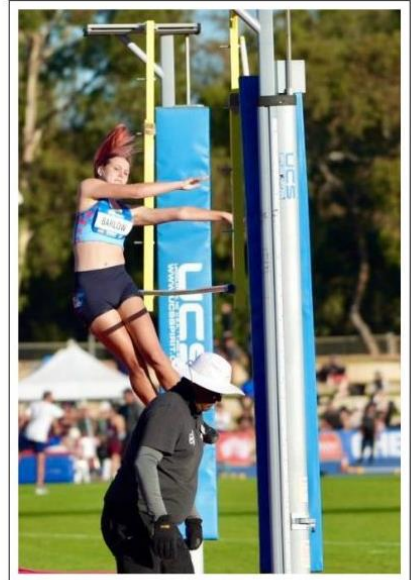
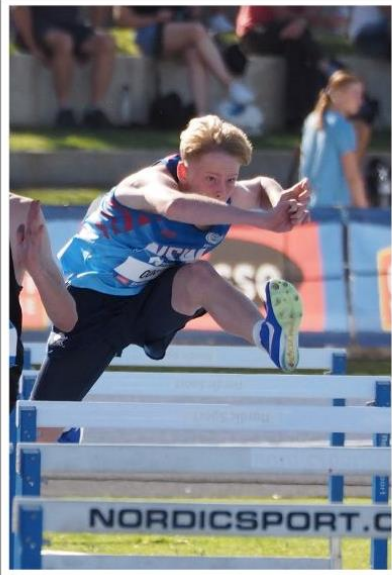
Nathan (SP medal), Adam (1500m heat) Maddison (200m & LJ hept) Tim (110m heat), Maddison (800m hep) Georgia (LJ) Adam, Axel & Tim.



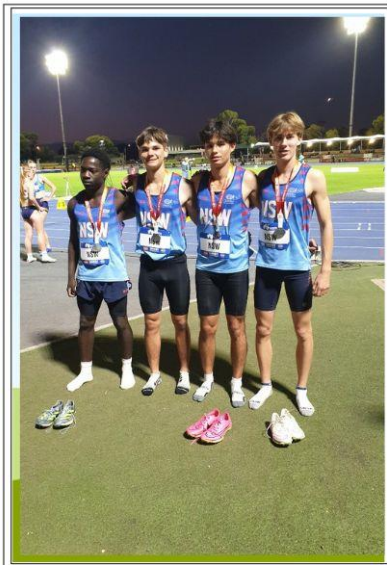
Daniel (LJ Hep) Jess (Open Discus) Georgia (400m h) Georgia, Axel & Benjamin (800m heats)



Daniel (1500m), Alex R (100m heat) Lewis (400m H heat) Axel, Alex E (LJ), Charli (400m H heat), Owen T (100m heat) Axel & Ben (800m heat)



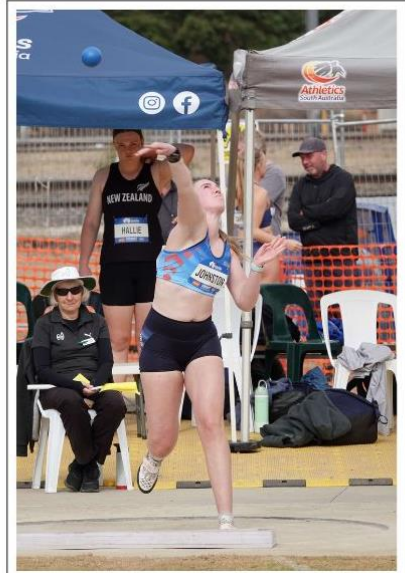
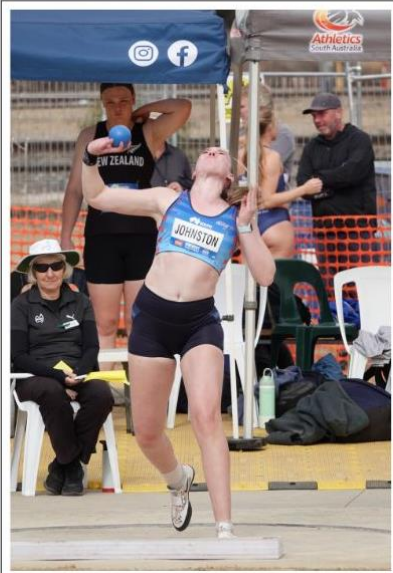
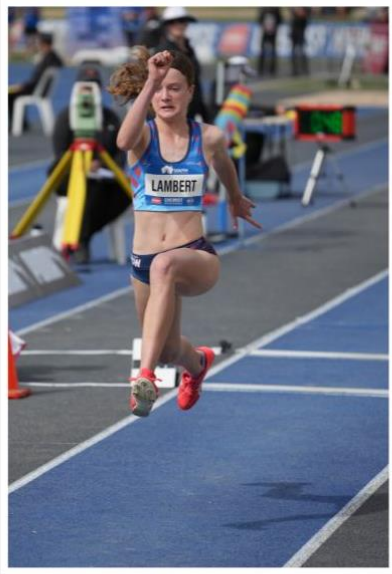
**Daniel (100m H heat) Vili (LJ), James (200m heat), Jack & Zach (100m final)
Josh (200m heat), Claudia (PV), Jess (discus medal), Charli (400m H final)**



Jack (100m heat) Zara (PV) Jess (discus) Lewis (400m H final) Alex (4x100m relay silver) Alex (4x100m relay)



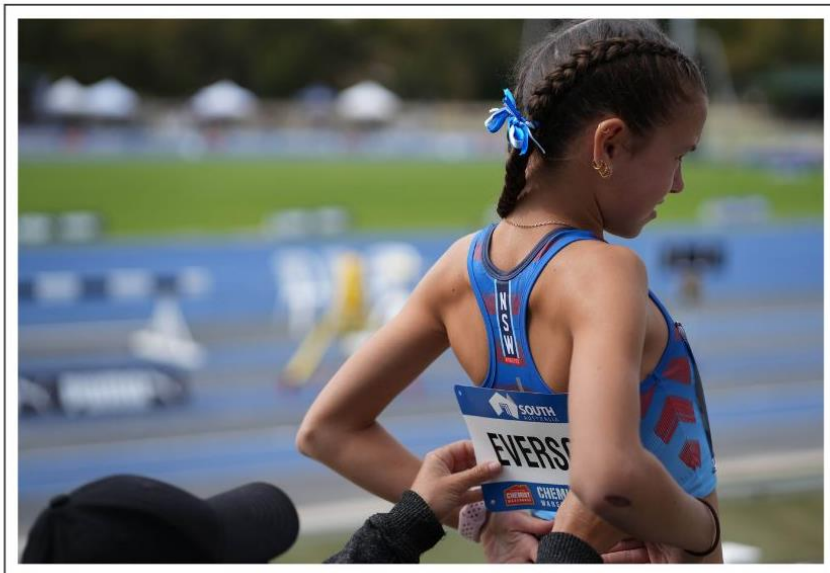
**Zach (bronze and in 100m final) Vili (over 1.91m and gold medal)
Eloise (hammer throw)**



**Hannah & Jacqueline (TJ) Hannah TJ gold, Jess (shot put) Alex (TJ bronze) ,
Jack (100m final)**



James & Josh (400m heats), Coaches Erica & Russell with Zach, Lewis 110m hurdle final, TV stars Eric & Vili, Alexander (100m) Mitchell & MiaRose (3000m w



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2024 Australian Junior Champs: Day 3 Review

WEDNESDAY On day three in Adelaide at the 2024 Australian Junior Championships little-known NSW high jumper, Ratu Viliame Lewanavanua captivated the crowd, while another NSW high jumper Izzy Louise-Roe, added to her medal haul. NSW athletes also dominated the sprint hurdles.

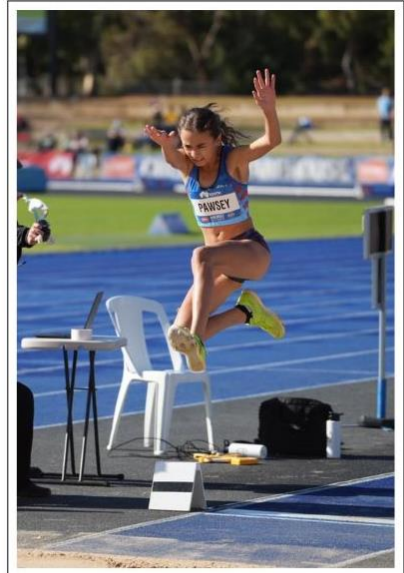
- Ratu Viliame Lewanavanua – a crowd favourite
- Hurdlers star
- Macleay Kesby progresses to National title
- A tough day for Daniel Okerenyang

Article
<https://www.nswathletics.org.au/news/2024-australian-junior-champs-day-3-review>

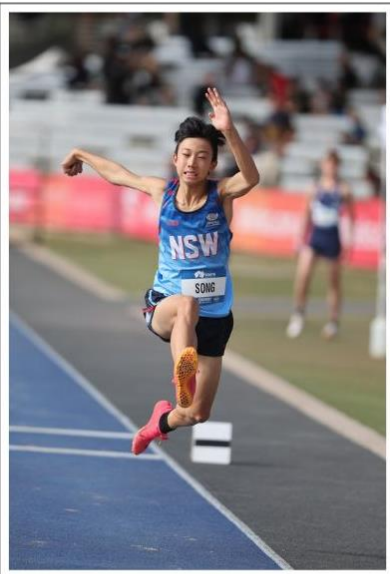
📷 David Tarbotton



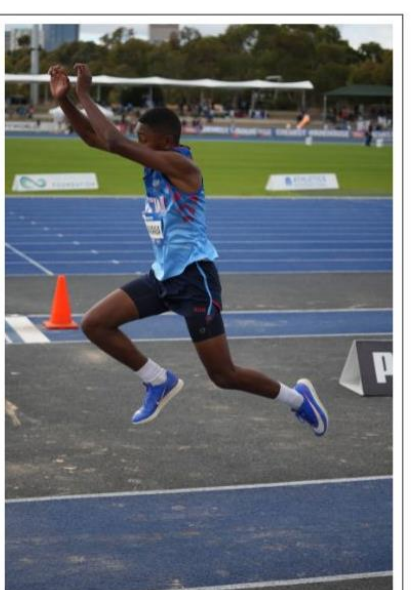
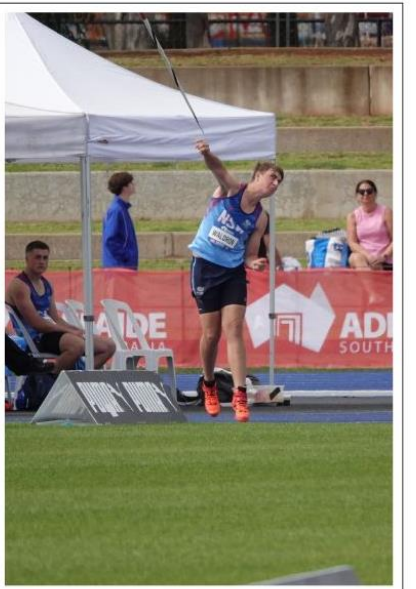
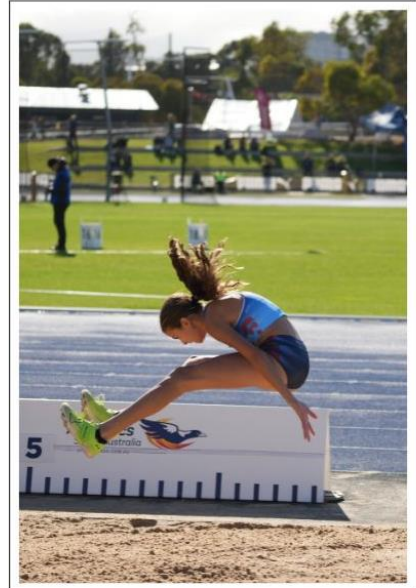
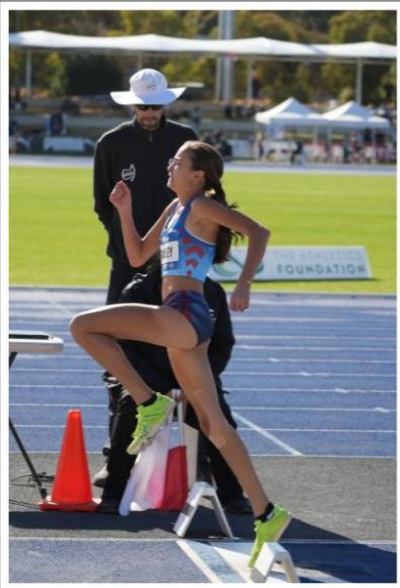
Rhys (bronze 3000m walk) Vili (celebrates HJ) Mitch & MiaRose, MiaRose, ANSW Facebook(catches up to what we already knew!) MiaRose & Jacqueline, Lewis (110m hurdle final)



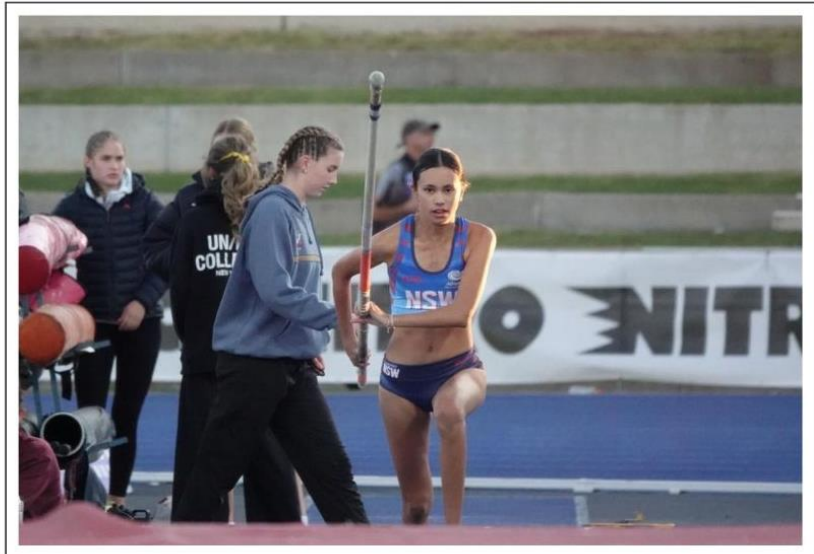
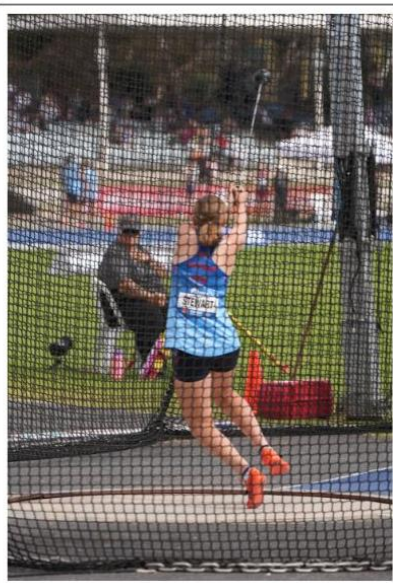
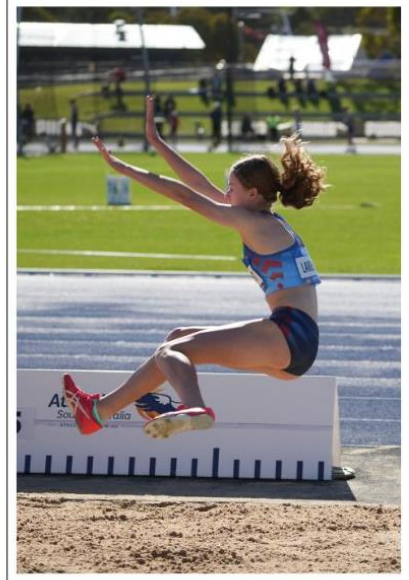
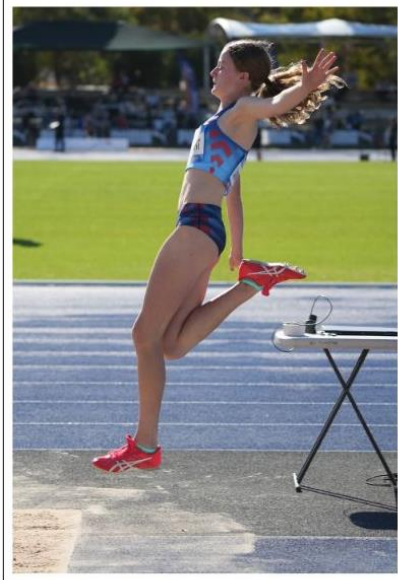
James (400m final) Hannah (HJ bronze) Benjamin (3000m) Hannah (LJ), Vili (TJ) Jacqueline (LJ), Axel & Benji (1500m final)



Benji (Bronze 1500m) Mitchell (90m H)), Benji & Chelsea, Alex & Vili (Triple Jump bronze medallists), Mitch (90m Hurdles) Alex (TJ) Alex E (LJ), Rhys (3000m walk)



Jacqueline (LJ), Lachlan (javelin) Vili (Triple Jump)



Hannah (LJ) Axel & Ben (1500m) Mitch (3000m walk) Eloise (hammer) Zara (PV)



Off track, Jacqueline (TJ), Vili (LJ) Daniel (hep) James (400m) Bruntsch & Phillips families.