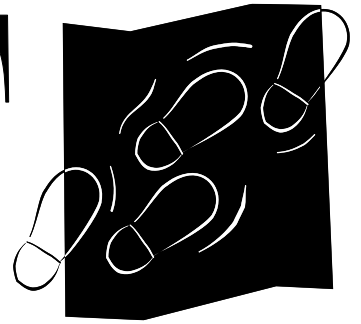




# FOOTPRINT



Senior Division April 2024

RYDE ATHLETICS CENTRE INCORPORATED  
PO Box 3658 Marsfield 2122

[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

**Our Masters do Ryde proud at the 2024 Australian Masters Athletics Championships – Five gold, four silver and three bronze medals**

Our Ryde Masters who made the trip to Tasmania for the Australian Masters Championships showed that #TeamRydeSpirit knows no age barriers.

Our Masters competed across all throws and jumps events, sprints, hurdles middle distance and steeplechase over the four days of competition and without exception had some great results, a wonderful time and lots of fun

We may have been a small group but we were vocal in our support and hope to see more of our Ryde mums, dads and club friends take up membership so we can have an even bigger group for the 2025 Championships in Adelaide. Mark your diaries now for the 18<sup>th</sup> to 21<sup>st</sup> April 2025.

*Below Lynette, Andrew, Simon & Steven*



## Reminder Ryde Team photo for the Australian Open & Junior Championships this Sunday 7<sup>th</sup> April at 9.40am Dunbar Park

A reminder to our athletes who have been selected in the NSW team for the 2024 Open & Junior Australian Athletics Championships that we will be having a Ryde team photo this Sunday morning. Please be there by 9.40am sharp in your NSW athletics uniform.

### Senior Division Trophy return – this Sunday at 9.40am at Dunbar

Any athletes who still have their perpetual trophy from the 2022/23 presentation day should return their trophy this Sunday at 9.40am at Dunbar. If you cannot make that time please contact me at [lbergfield@hotmail.com](mailto:lbergfield@hotmail.com) to arrange a different return time.

## Ryde Race Report

### Albie Thomas Mile

At the Albie Thomas Mile held at Bankstown on the 28<sup>th</sup> March **Adam Bruntsch** (below) competed in the Men 1 Mile Open B race and finished 8<sup>th</sup> in the race in an U23 national qualifying time of 4m 13.94s.



## Campbelltown High Velocity Meet

Yayha Ali and Noah Lopata both ran in the heats of the 100m at the Campbelltown High Velocity event held on the 30<sup>th</sup> March. Yahya finished in a time of 11.71s and Noah in an equal season's best time of 12.15s.

## The 2024 Australian Masters Athletics Championships

At the 2024 Australian Masters Athletics Championships held in Hobart from the 29<sup>th</sup> March to the 1<sup>st</sup> April, Ryde was represented by eight of our Masters athletes.

First out in the field was **Simon Bergfield** competing in the M60-64yrs shot put. Simon was to finish 6<sup>th</sup> with his second-round throw of 8.13m being his best of the morning.

**Nick Pawsey** was our first track athlete out in the final of the M45-49yrs 100m. Nick finished in a new personal best time of 12.74s for 6<sup>th</sup> in Australia.

**Steven Barlow** was also opening his four days with the shot put, competing in the M50-54yrs event. Steven's third round throw of 9.10m was to see him finish as the 7<sup>th</sup> placed Australian.

The mid-afternoon session saw the Ryde cheer squad move to the mountain end to **watch Lynette Smith, Nick Pawsey and Mat Woodhouse** compete.

**Lynette Smith** was representing Ryde for the first time at nationals and started with her pet event, the javelin, competing in the W50-54yrs. Lynette moved into the silver spot with her second-round throw and Ryde Best Performance on record for 50-54yrs of 29.61m.

While Lynette was throwing, **Nick** was warming up beside her for the 45-49yrs high jump. Nick had only taken up high jump last season and had finished with a silver medal at the 2023 Australian Masters Championships with a height of 1.55m. Competing in a combined competition with athletes from M30-M49 Nick came in at 1.40m for a safety jump, easily clearing the bar and then sitting out until the competition moved up to the 1.49m where again he was easily over the bar.

The bar was moving up in 3cm increments and Nick was cleanly over the next seven heights including a new PB and new Ryde Best Performance on record height of 1.70m.

Nick's 1.70m jump was the highest jump by any athlete competing at the Masters over the championships and earned him his first Australian Masters title.

**Mat Woodhouse** had scratched from the 100m heats and the high jump to give himself the best shot at breaking the new Australian Masters record of 59.28s in the 400m Hurdles that he had set at the NSW Masters Championships.

The race was Mat's all the way and he hurdled cleanly all around the track to finish in a new Australian Masters record, Ryde Best Performance on record and PB record (for age) of 58.85s for Ryde's second Australian title of the day.

**Steven Barlow** has not been throwing the hammer for too long so was pleased to get a throw of 26.61m out in round 3 to see him finish 5<sup>th</sup> overall and 4<sup>th</sup> placed Australian in the final of the M50-54yrs hammer throw.

**Revathi Krishnan** also debuting for Ryde at nationals, was our final competitor on day one and had brought the whole family to Tassie to cheer her along. Rev competed in the W35-39yrs long jump and jumped consistently getting all six jumps out with no fouls and a 4<sup>th</sup> round jump of 4.45m for 5<sup>th</sup> place.

Day Two and **Lynette Smith** was out bright and early in field of 14 for the W50-54yrs shot put. Lynette's second round throw of 8.85m saw her qualify for the top eight and get three further throws. Lynette was not able to improve on that mark and finished 8<sup>th</sup> overall and 7<sup>th</sup> placed Australian athlete.

**Simon Bergfield** was competing in the M60-64yrs discus and coming to terms with throwing in a portable discus cage. Simon's third round throw of 27.37m saw him move into 6<sup>th</sup> place and secure a final's spot. Simon did not improve on that throw and was pipped into 7<sup>th</sup> place in the final round.

**Mat Woodhouse** raced in heat two of the M50-54yrs 200m and finished with bragging rights after pipping the current Australian Masters Champion at the post in a time of 26.64s. Despite carrying an upper calf injury from the morning run, in a very close finish in the final, Mat was second in a time of 24.25s.

Mat was also to run in the NSW team in the M180+ 4x100m relay team. Running the long back straight, Mat had a sensational run putting the NSW team in a great spot from the final 200m. At the line Queensland just pipped NSW by 0.10s for NSW to come home in 47.39s and the silver medal.

**Andrew Atkinson-Howatt** was next out in the portable discus cage throwing in the M65-69yrs event. Andrew's third round throw of 28.70m secured him a final's spot and he was to finish 4<sup>th</sup> overall and, as the third placed Australian, a bronze medal.

Out in the main arena **Steven Barlow** was also throwing discus competing in the M50-54yrs event. Steven got a cracking third round throw of 32.16m to move him up to finish 6<sup>th</sup> place overall and 5<sup>th</sup> placed Australian in the field.

**Lynette Smith** threw in the W50-54yrs discus and opened with what was to be her best throw, 26.96m. This was enough to see Lynette finish just out of the medals in 4<sup>th</sup> place.

**Simon Bergfield** was jumping in the M60-64yrs long jump and improved on every jump adding 68cm over his six jumps to finish with a final round best jump of 3.67m and 6<sup>th</sup> place overall and 5<sup>th</sup> placed Australian.

Simon then moved to on to his final event, the M60-64yrs javelin where he was to place 6<sup>th</sup> with a distance of 24.31m.

**Andrew Atkinson-Howatt** was our final thrower on day two competing in the 65-69yrs javelin and was to set a new Ryde Best Performance on record of 35.85m in winning the gold medal as the first placed Australian in the competition.

Easter Sunday saw Andrew out early competing in the throws pentathlon. His results across the throws events were;

Hammer		Shot put		Discus	
25.96m	431	8.10m	533	28.44m	467
Javelin		Weight throw		Total	
32.40m	577	8.79m	426	2434	

Andrew finished fourth overall and collected his third medal of the Championships, a bronze as the third placed Australian in the field.

**Steven Barlow** was competing in the M50-54yrs Pole Vault defending his title from last year. Steven had had a couple of practice sessions over the prior two days getting used to the borrowed poles that many of the competitors were using for the competition.

With a good showing of Ryde supporters **Steven** was able to defend his title with clear vaults over 2.40m and 2.60m to take another Gold medal home for the Ryde team.



**Nick Pawsey** was back on the track competing in the final of the M45-49yrs 400m. Nick was to run just outside his personal best time when he finished 5<sup>th</sup> in 59.38s. Nick's run was good enough to see him selected to also run in the NSW M180+ 4x400m relay team. As first runner, Nick gave the team an excellent start, but they were to finish just out of the medals in fourth spot in a time of 3m 55.67s.

**Mat Woodhouse** was back his final event, the M50-54yrs 100m hurdles. Although he clipped a couple of the hurdles along the way, Mat was to break his Australian Masters record set at the NSW titles and the Ryde Best Performance on record when he stopped the clock at 14.60s for his second Australian Title of the Championships.

On the final day we had four Ryde competitors to cheer on.

**Jon Baker** had withdrawn from the 800m and 1500m to give himself maximum time to recover from injury and so focused on his hardest and last event, the M55-59yrs 3000m steeplechase. Jon started tentatively and picked up the pace as he moved through the laps and was to finish a gutsy run in a time of 14m 53.23s for the bronze medal.

**Revathi Krishnan** had long jumped on the afternoon of day one and was to be one of the last of the triple jump competitions on Day Four competing in the W35-39yrs event.

Rev got off to a great start with a jump of 10.03m putting her in the silver position. Rev improved on that with a new personal best jump of 10.20m for the silver medal, just 2cm short of the Ryde best performance on record.

**Lynette Smith** competed in the W50-54yrs throws pentathlon and Lynette's results were

Hammer		Shot put		Discus	
23.38m	367	9.49m	579	26.29m	539
Javelin		Weight throw		Total	
22.69m	452	9.09m	444	2381	

Lynette finished 5<sup>th</sup> overall and 4<sup>th</sup> in Australia. Lynette's hammer and overall pentathlon result, were new Ryde Best performance on record for W50-54yrs.

**Steven Barlow** competed in the M50-54yrs outdoor pentathlon. With the Ryde crowd cheering him around the track for the final event, the 1500m, Steve was to place 7<sup>th</sup> overall and 6<sup>th</sup> in Australia. Steven's results were;

Long Jump		200m		Javelin	
3.86m	333	30.79s	422	25.44m	317
Discus		1500m		Total	
29.96m	468	7m14.92s	169	1709	

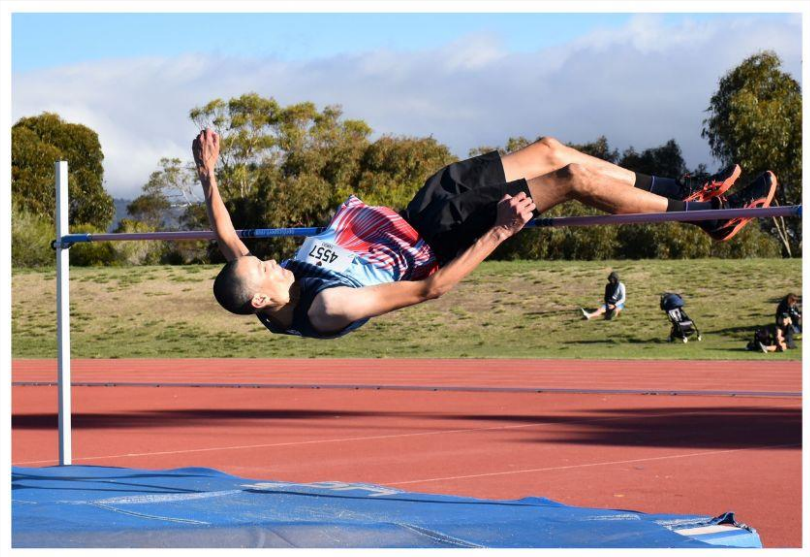
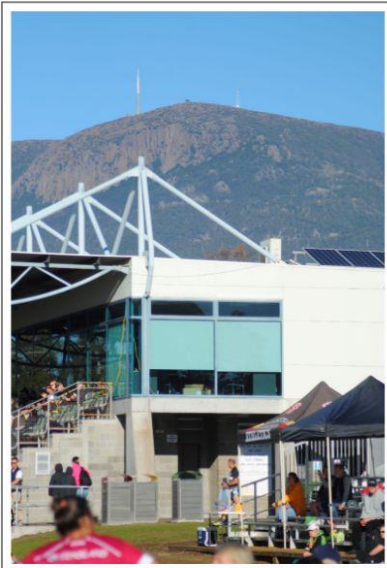
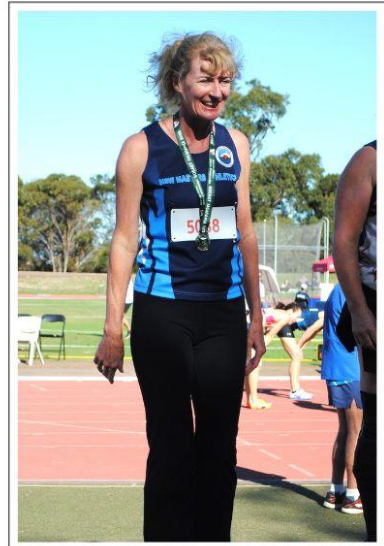
It was a great four days of athletics, banter, sportsmanship, and great Ryde spirit. The 2025 Australian Masters Championship will be held in Adelaide from the 18<sup>th</sup> to 21<sup>st</sup> April. Fingers crossed we get a bigger Ryde team there.

*Below Team dinner in Hobart.*



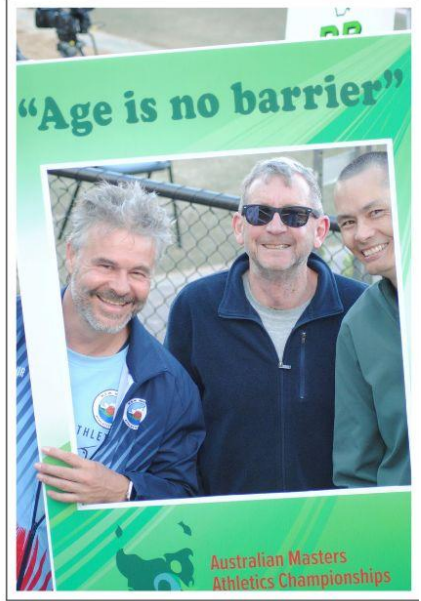
*The pictures on the following pages are from Louise Bergfield, Nick Pawsey and the many official photographers covering the event on behalf of the Australian Masters Association. Thank you all for your efforts.*





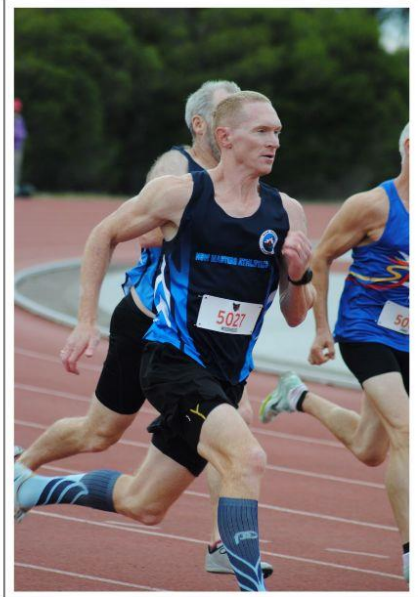
**Day 1 Simon, Steven, Lynette, Lynette, Nick, Mt Wellington over the stadium, Nick**





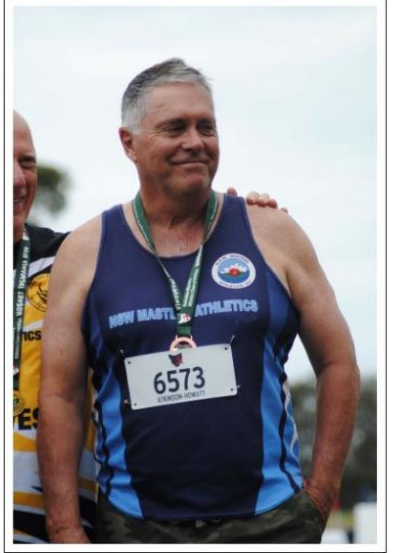
Day 1 Mat, Mat, Steven, Simon & Nick. Steven, Rev, Nick & Mat





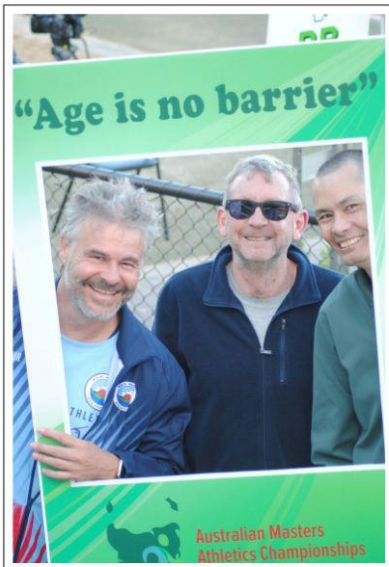
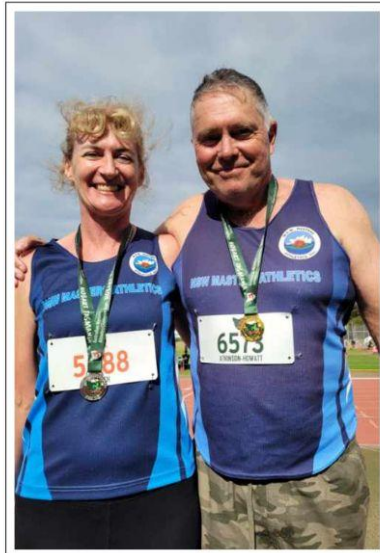
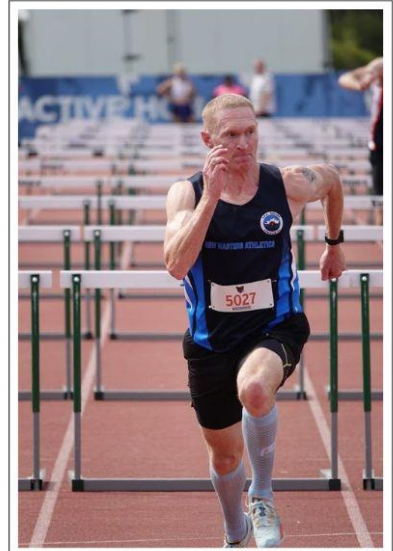
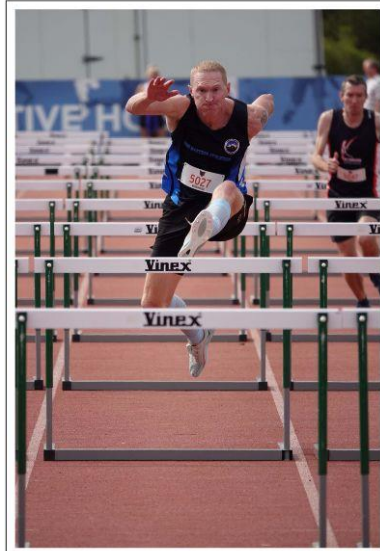
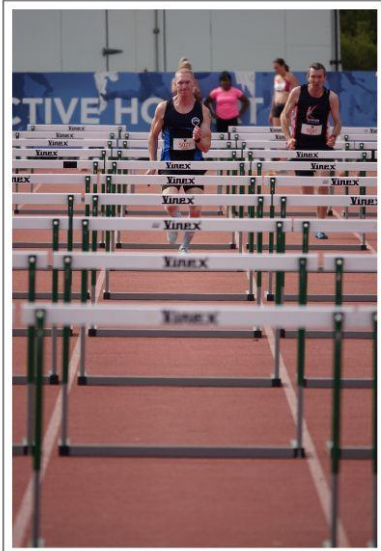
Day 1 Nick, Day 2 Simon, Mat, Andrew, Mat, Lynette, Andrew





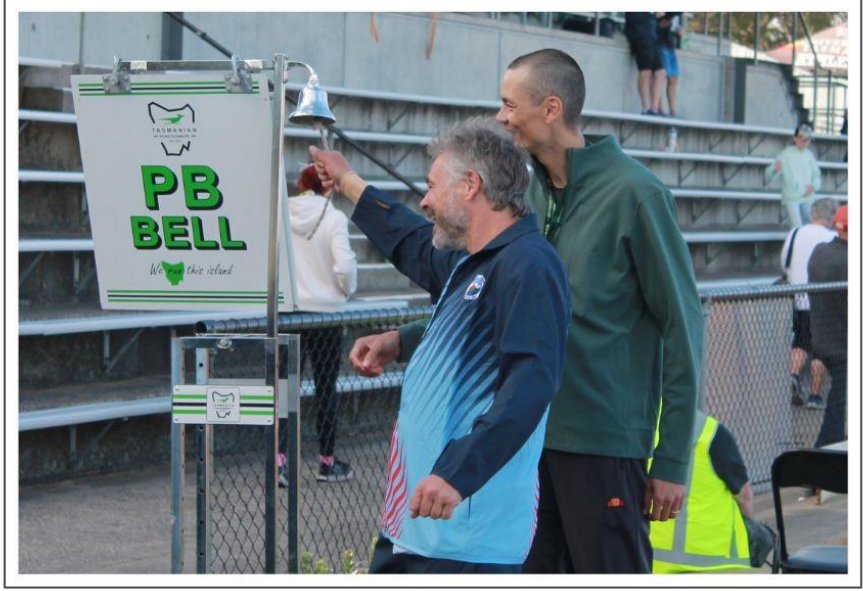
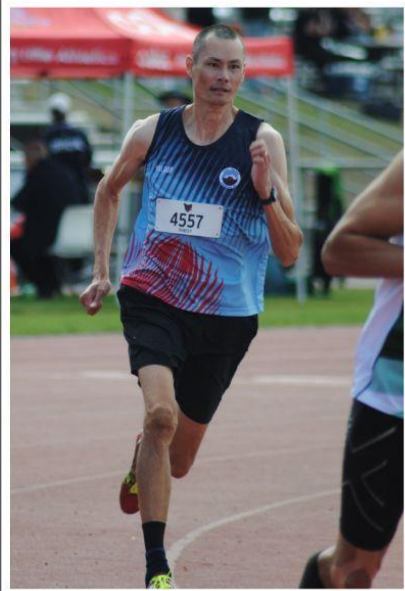
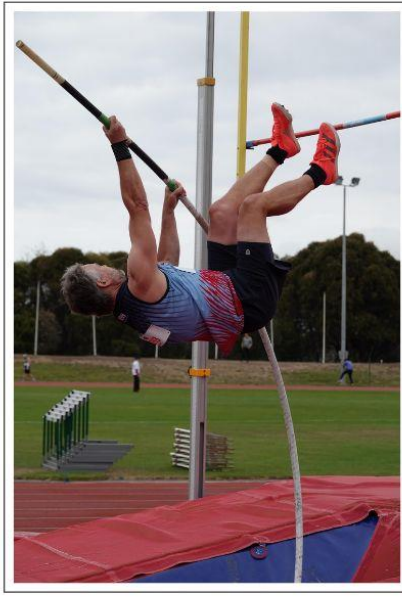
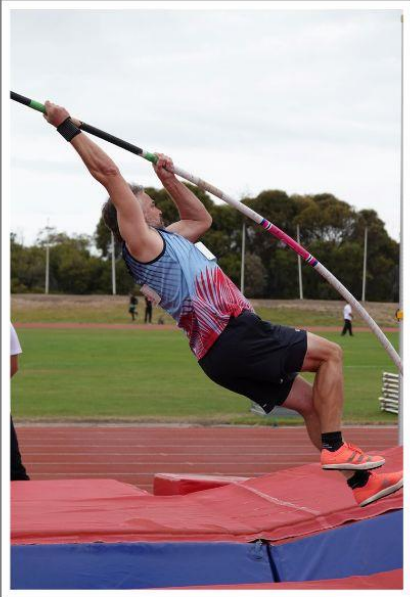
Day 2 Simon, Lynette, Andrew, Steven, Andrew, Jon, Mat, Steven, Andrew Lynette, Simon





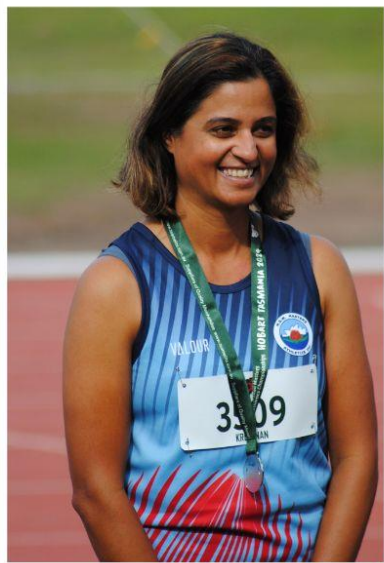
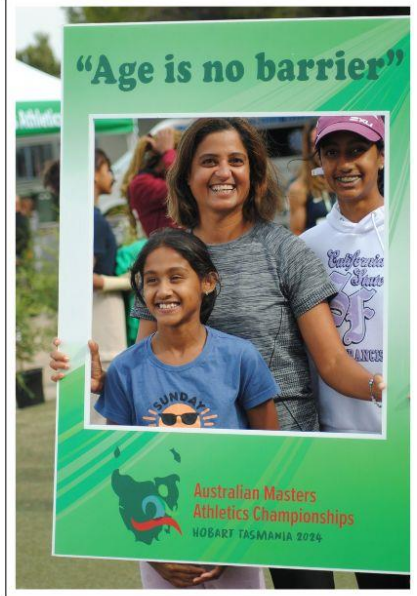
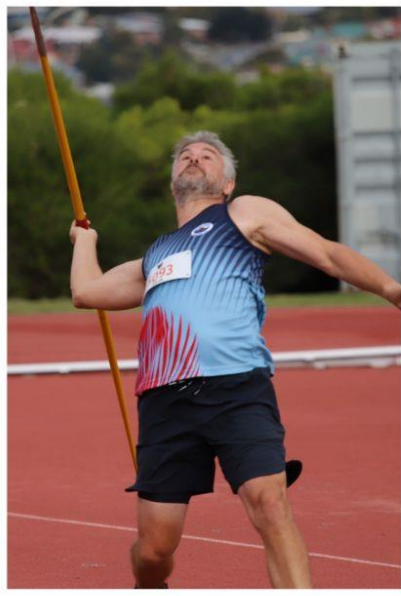
**Day 2 & 3 Mat, Lynette & Andrew, Mat, Steven, Simon, Nick, Coach & Lynette, silver 4x100m**





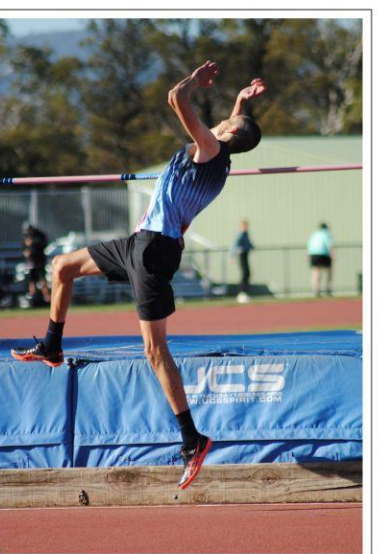
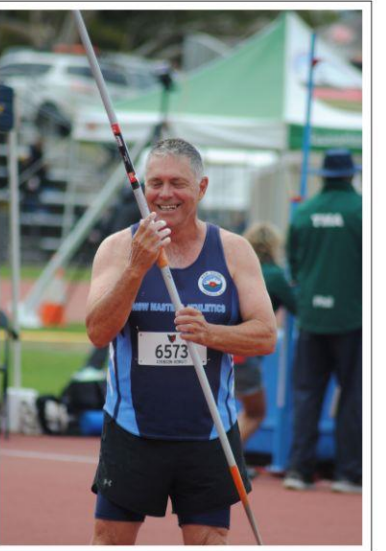
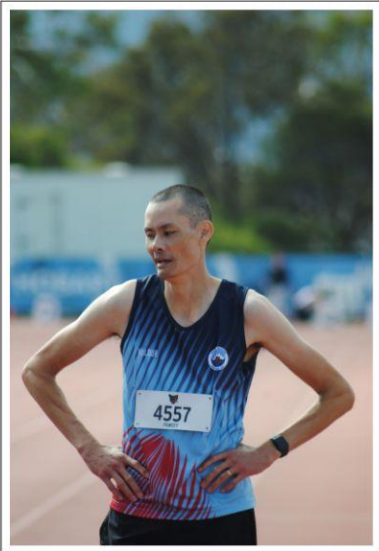
Nick & Steven Day 3





**Final Day Jon, Steven, Rev & home grown cheer squad, Lynette, Steven**





**Goodbye from Hobart & see you in Adelaide 2025!**



# Ryde Athletes program for Australian Opens & Junior Athletics Championships.

Please use this as a guide only and all competitors ensure that you have checked your own entries and the [final timetable](#). Please note that these are the events our athletes have entered. Some may have subsequently had to withdraw from some events due to timetable clashes.

Check the Athletics Australia Website for info on what live feeds may be available.

Events noted in red means the listed athlete may qualify for the final depending on first round performances.

<b>Day 1 Thursday 11<sup>th</sup> April</b>				
Time	Athlete	Event	No of entries	
10.25am	<b>Madison Duncombe</b>	U20W heptathlon – 100m H	15 (2 heats)	
12.00pm	<b>Madison Duncombe</b>	U20W heptathlon – high jump	15	
12.30pm	<b>Nathan Barbara</b>	U20M PARA shot put final	6	
12.50pm	<b>Adam Bruntsch</b>	Open Men 1500m (1st round)	51 (3 heats)	
3.00pm	<b>Madison Duncombe</b>	U20W heptathlon – shot put	15	
5.35pm	<b>Madison Duncombe</b>	U20W heptathlon – 200m	15 (2 heats)	
<b>Day 2 Friday 12<sup>th</sup> April</b>				
10.30am	<b>Madison Duncombe</b>	U20W heptathlon – long jump	15	
12.45pm	<b>Madison Duncombe</b>	U20W heptathlon – Javelin	15	
2.00pm	<b>Jess Johnston</b>	Open W Discus	18 qualific.	
3.35pm	<b>Madison Duncombe</b>	U20W heptathlon – 800m	15 (1 race)	
7.00pm	<b>Timothy Forster</b>	U20M 110m hurdles (1 <sup>st</sup> Round)	17 (2 heats)	
<b>Day 3 Saturday 13<sup>th</sup> April</b>				
9.30am	<b>Nathan Barbara</b>	U20M PARA discus final	5	
1.50pm	<b>Georgia Phillips</b>	U20W 400m hurdles (1 <sup>st</sup> round)	21 (3 heats)	
3.20pm	<b>Possibly Timothy Forster</b>	U20M 110m hurdle final	9	
<b>4.10pm</b>	<b>Possibly Adam Bruntsch</b>	<b>Open Men 1500m Final</b>	<b>12</b>	
5.05pm	<b>Adam Bruntsch</b>	Open Men 3000m Steeplechase Final	15	
5.30pm	<b>Georgia Phillips</b>	U20W long jump final	22	
<b>Day 4 Sunday 14<sup>th</sup> April</b>				
9.05am	<b>Daniel Cox</b>	U16M heptathlon -100m H	12 (2 races)	
10.15am	<b>Daniel Cox</b>	U16M heptathlon -shot put	12	
<b>11.50am</b>	<b>Possibly Georgia Phillips</b>	<b>U20W 400m Hurdles final</b>	<b>9</b>	
12.30pm	<b>Daniel Cox</b>	U16M heptathlon high jump	12	
<b>1.00pm</b>	<b>Possibly Jess Johnston</b>	<b>Open W Discus Final</b>	<b>10</b>	
2.30pm	<b>Daniel Cox</b>	U16M heptathlon -200m	12 (2 races)	
<b>Day 5 Monday 15<sup>th</sup> April</b>				
12.00pm	<b>Daniel Cox</b>	U16M heptathlon – long jump	12	
12.00pm	<b>Jessica Johnston</b>	U18W Hammer throw Final	21	
12.40pm	<b>Zara Pawsey</b>	U17W heptathlon 100m hurdles	15 (2 races)	
1.05pm	<b>Benjamin Woodhouse</b> <b>Axel Bruntsch</b>	U17M 800m (1 <sup>st</sup> Round)	33 (3 races)	
1.30pm	<b>Daniel Cox</b>	U16M heptathlon -javelin	12	
2.15pm	<b>Zara Pawsey</b>	U17W heptathlon high jump	15	
2.25pm	<b>Owen Trinh</b>	U15M 100m (1 <sup>st</sup> round)	23 (3 races)	
2.40pm	<b>Alex Ruhfus</b>	U16M 100m (1st round)	34 (4 races)	
3.00pm	<b>Lewis Wong</b>	U17M 400m hurdles (1 <sup>st</sup> round)	21 (3 races)	
3.30pm	<b>Charlotte Nagle</b>	U17W 400m hurdles (1st round)	15 (2 races)	



4.00pm	Zara Pawsey	U17W heptathlon shot put	15	
4.10pm	<i>Possibly Owen Trinh</i>	<i>U15M 100m final</i>	8	
4.17pm	<i>Possibly Alex Ruhfus</i>	<i>U16M 100m final</i>	8	
5.10pm	Daniel Cox	U16M heptathlon -1500m	12	
5.20pm	Zara Pawsey	U17W heptathlon 200m	15	
6.40pm	Calan Hahlos	U16M 400m (1 <sup>st</sup> round)	26 (3 races)	
<b>Day 6 Tuesday 16<sup>th</sup> April</b>				
9.55am	Jack Spencer, Zach Leung	U13M 200m (1 <sup>st</sup> round)	17 (2 races)	
11.00am	Zara Pawsey	U17W heptathlon long jump	15	
11.32am	<i>Possibly Lewis Wong</i>	<i>U17M 400m hurdles final</i>	8	
11.50am	<i>Possibly Charlotte Nagle</i>	<i>U17W 400m hurdles final</i>	8	
12.30pm	Vili Lewanavanua	U17M long jump final	17	
12.30pm	James Woods Josh Smith	U17M 200m (1 <sup>st</sup> round)	32 (4 races)	
1.15pm	<i>Possibly Calan Hahlos</i>	<i>U16M 400m final</i>	8	
1.15pm	Zara Pawsey	U17W heptathlon javelin	15	
1.45pm	<i>Possibly Benjamin Woodhouse Axel Bruntsch</i>	<i>U17M 800m final</i>	8	
2.20pm	Daniel Cox	U16M 100m hurdles (1 <sup>st</sup> round)	28 (3 races)	
2.30pm	Zara Pawsey	U17W Pole Vault	20	
2.30pm	Brendan Kim	U16M Javelin	16	
2.30pm	Claudia Barlow	U18W Pole Vault Final	9	
3.35pm	<i>Possibly James Woods Josh Smith</i>	<i>U17M 200m final</i>	8	
3.55pm	<i>Possibly Jack Spencer, Zach Leung</i>	<i>U13M 200m final</i>	8	
5.00pm	Jessica Johnston	U18W Discus Final	21	
5.07pm	<i>Possibly Daniel Cox</i>	<i>U16M 100m hurdles final</i>	8	
5.15pm	Zara Pawsey	U17W heptathlon 800m	15 (2 races)	
5.50pm	<i>Possibly Jack Spencer Zach Leung</i>	<i>U14 4x100m relay</i>		
6.05pm	<i>Possibly Alex Ruhfus</i>	<i>U16 4 x100m relay</i>		
<b>Day 7 Wednesday 17<sup>th</sup> April</b>				
9.15am	Brian Kim, Alex Song	U14M Triple jump	12	
9.30am	Daniel Cox	U16M 200m hurdles – (1 <sup>st</sup> round)	23 (3 races)	
10.15am	James Woods josh Smith	U17M 400m (1 <sup>st</sup> round)	29 (4 races)	
10.30am	Eloise Stewart	U15W hammer throw final	7	
11.45am	Zara Pawsey	U17W 100m hurdles (1 <sup>st</sup> round)	23 (3 races)	
12.00pm	Hannah Lambert Jacqueline Pawsey	U14W triple jump final	10	
12.15pm	Lewis Wong	U17M 110m hurdles (1 <sup>st</sup> round)	25 (3 races)	
12.35pm	Alexander Evans	U17M PARA 100m timed final	11 (2 races)	
1.00pm	Jack Spencer, Zach Leung	U13M 100m (1 <sup>st</sup> round)	15 (2 races)	
1.30pm	Vili Lewanavanua	U17M high jump final	17	
1.30pm	Jess Johnston	U18W shot put	20	
1.50pm	MiaRose Everson	U14W 3000m race walk final	14 (comb race)	
1.50pm	Mitchell McCarthy	U14M 3000m race walk final	12	
2.27pm	<i>Possibly Lewis Wong</i>	<i>U17M 110m hurdles Final</i>	8	
2.45pm	<i>Possibly Zara Pawsey</i>	<i>U17W 100m hurdles final</i>	8	
3.30pm	<i>Possibly Jack Spencer, Zach Leung</i>	<i>U13M 100m final</i>	8	



3.45pm	<b>Brian Kim</b>	U14M Javelin	11	
3.45pm	<b>Alexander Evans</b>	U17M PARA discus final	7	
4.45pm	<b>Rhys Chandler</b>	U15M 3000m race walk final	5	
<b>Day 8 Thursday 18<sup>th</sup> April</b>				
9.15am	<b>Hannah Lambert</b>	U14W high jump final	11	
10.15am	<b>Possibly Daniel Cox</b>	U16M 200m hurdles	8	
<i>1.05pm</i>	<i><b>Possibly James Woods</b></i> <i><b>Josh Smith</b></i>	<i><b>U17M 400m Final</b></i>	<i><b>8</b></i>	
1.35pm	<b>Benjamin Woodhouse</b>	U17M 3000m final	19	
<b>Day 9 Friday 19<sup>th</sup> April</b>				
9.30am	<b>Hannah Lambert</b> <b>Jacqueline Pawsey</b>	U14W long jump final	12	
9.30am	<b>Jessica Johnston</b>	U18W Javelin Final	14	
9.45am	<b>Alexander Evans</b>	U17M PARA 200m timed final	9 (1 race)	
11.00am	<b>Vili Lewanavanua</b>	U17M triple jump final	15	
11.00am	<b>Lachlan Waldron</b>	U17M Javelin final	10	
11.05am	<b>Benjamin Woodhouse</b> <b>Axel Bruntsch</b>	U17M 1500m Timed finals	28 (2 races)	
11.30am	<b>Mitch Cox</b>	U13M 90m hurdles final	4	
2.00pm	<b>Alex Song</b>	U14M Long Jump final	10	
2.00pm	<b>Alexander Evans</b>	U17M PARA 100m shot put final	5	
2.00pm	<b>Jess Koussas</b>	U17W Javelin	16	
<i>3.20pm</i>	<i><b>Possibly James Woods</b></i> <i><b>Josh Smith</b></i>	<i><b>U18M 4x 400m relay</b></i>		

**Good luck to all the Ryde athletes competing at the Australian Track and Field Championships;**

**Adam, Axel, Maddison, Timothy, Georgia, Nathan, Jessica J, Claudia, Benjamin, Lewis, James, Josh, Lachlan, Zara, Alex E, Alex R, Alex S, Mitch C, Daniel, Brendan, Brian, Charlotte, Jess K, Calan, Eloise, Rhys, MiaRose, Mitch M, Owen, Hannah, Jacqueline, Jack, Vili & Zach. Have a great time.**