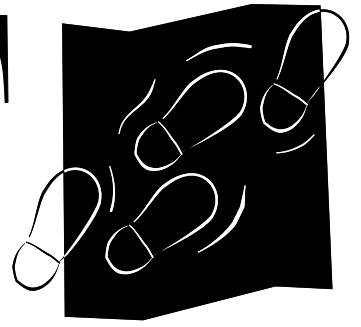




FOOTPRINT



Special Combined Club Edition

May 2020

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

Time to celebrate while we isolate



Covid-19 has temporarily taken away our ability to physically all get together and celebrate all the great achievements of our athletes for this season. As a Club we still want to acknowledge our athletes' results and release our list of major award winners, age champions and place getters and our most improved athletes for the season.

Our Footprint newsletter is usually only sent to our U12 and up Athletes who are registered as a Ryde Senior Athlete and covers Athletics NSW events where those athletes have competed. In the current circumstances we thought we should produce a combined newsletter covering both our Senior and Junior (ie Little A) Divisions and so we inside are all our end of season award winners.

First are those awarded to our **Ryde Senior registered athletes** for results they have achieved representing Ryde at Athletics NSW events or NSW at Nationals and even, for two of our athletes, this season, representing Australia at the Oceania Area Championships.

Second will be the Age Champions and place getters, most improved athletes and the major trophy winners for our **Junior (i.e. Little A) Division**. These awards are made based on performances that **Ryde Little Athletes** have achieved either at the Club this season on a Saturday morning or representing Ryde at Little A State Relays, State Multi, Zone and Region.

Covid-19 cut both our Junior and Senior season short, Ryde Juniors had 42 athletes qualified to compete at the State Little Athletics Championships and Ryde Seniors had 23 athletes named in the NSW team to compete at the Australian Track and Field Championships in March 2020. We congratulate all those athletes on achieving these high levels of performance. Most importantly we hope you all stay well and healthy and we look forward to next season.



Ryde Senior Division Trophy Winners 2019-20

The winner of the E. Godfrey Trophy for Most Outstanding Under 14 Athlete is Mia Marshall

Mia was new to Ryde this season and proved to be not only a talented individual athlete but a real team player as well, being a member of three silver medal and two bronze medal teams at our ANSW State Relay Championships and Club Championships.

Mia wins this award though for her bronze medal at the Australian All Schools Championships where she vaulted 2.55m to take third place in the U14 Pole Vault. Mia was also a dual State Title winner this season winning the NSW All Schools 13yrs Pole Vault and the Athletics NSW Junior U15 Pole Vault.

A national bronze for Mia saw her win the Most Outstanding U14 Athlete



The winner of the E. Godfrey Trophy for Most Outstanding Under 16 Field Athlete this year is Rory Davison

Rory was possibly our hardest working athlete this season, entering multiple track and field events at the 2019 NSW All Schools and 2020 NSW Junior Championships as well as the NSW State Combined event. Rory wins this award for his 11th place at the Australian All Schools Championships in the U16 Boys Triple Jump where he jumped 12.33m.

Rory kicked off his season with a bronze medal in the 14yrs Triple Jump at the NSW All Schools.

At the 2020 NSW Juniors Rory went one better when he won the silver in the U16 Triple Jump and State title in the U16 Men's Pole Vault. Rory also achieved a national qualifying result when he competed in the NSW Combined Event Championships in January. This made Rory our sole athlete to qualify for all three nationals - the Australian All Schools, Australian Juniors and Australian Multi's, an amazing result for his first representative season. Rory was also a member of the bronze medal winning U18 boys long jump and silver medal winning high jump relay teams at the Athletics NSW State Relays.

Below Rory with his State gold and silver at the ANSW 2020 Juniors. Most Outstanding U16 Field Athlete



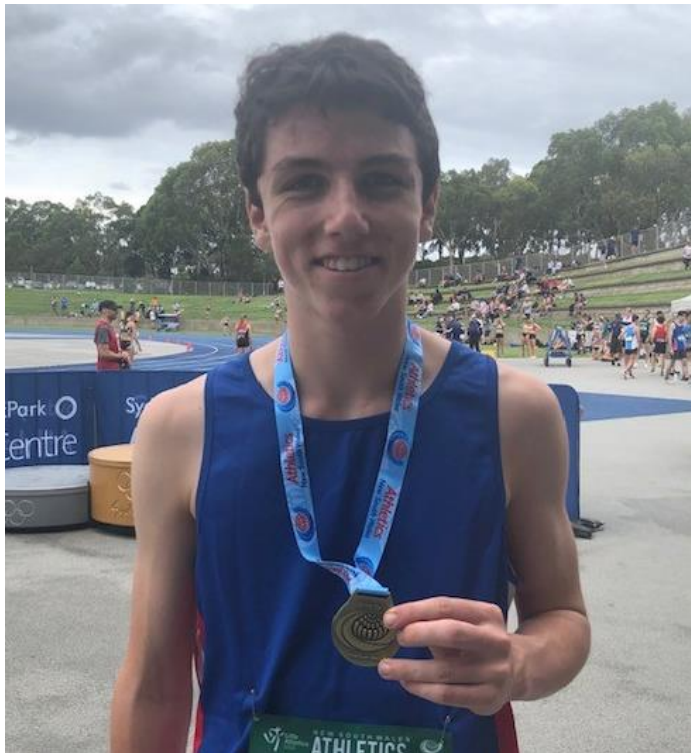
The winner of the Kendall Simpson Memorial Trophy for Most Outstanding Male Athlete and, the Cramp-Mitchell Trophy for Most Outstanding Under 16 Track Athlete is Joe Harvey

Joe has had an excellent first season as a senior picking up a silver in the 13yrs 800m and a bronze in the 13yrs 400m at the 2019 NSW All Schools. At the 2020 NSW Juniors, in timed finals for the U15 800m, Joe exhibited a fine example of front running when he led from start to finish to win the State title. Joe set a new best performance by a Ryde athlete for the 13yrs 400m and was a member of the gold medal winning Ryde U14 Boys' NSW Club Championships winning team.

Joe wins these trophies for his outstanding run at the Australian All Schools U14 800m event where he finished 5th in Australia with a pb time of 2m 07.65s.

Joe will be the second Harvey to be engraved on the Cramp-Mitchell trophy. Joe's equally talented big sister, Eliza, won the trophy in 2015 and 2016.

Joe below with his gold medal from the 2020 ANSW Juniors was this season's most outstanding male athlete & best on track for U16's



The winner of the

- **Michael Atterton Memorial Trophy for Most Outstanding Female Athlete**
 - **Mrs F. Downing Trophy for Most Outstanding Field Athlete**
 - **Hellyer-Read Sprint Achievement Award,**
 - **W. S. Shield Trophy for Most Outstanding Under 18 Field**
 - **E. G. Buckingham Trophy for Most Outstanding Under 18 Track**
- is Alyssa Lowe.**

Alyssa has had another excellent season that sees her take home a number of our perpetual trophies.

Aly's bronze medal representing Australia at the 2019 Oceania Area Championships in the U18 100m hurdles together with her being Ryde's only Australian Title holder this year (in the U18 Australian All Schools Long

Jump) resulted in Aly being awarded the trophy for Ryde's Most Outstanding Female Athlete.

Her bronze in the hurdles at Oceania along with her silver at the 2019 NSW All Schools in the 16yrs 100m hurdles, her gold at the NSW Juniors (U18 100m hurdles) and another gold (u18 100m hurdles) and bronze (U18 100m sprint) at the ACT Athletics Championships, also won Aly the Hellyer-Read Sprint Achievement and the Most Outstanding U18 Track athlete.

Aly wins the Trophy for Most Outstanding Field Athlete and Most Outstanding U18 Field Athlete for her Australian Title winning 6.05m jump at the Australian All Schools in Perth last December. Aly also won gold at the NSW All Schools in the 16yrs long jump, silver in the 16yrs triple jump and silver at the 2020 NSW Juniors in the U18 Long jump.

Alyssa Lowe Australian U18 Long Jump Gold



Sophie Gocher is the winner of the

- **Mrs F. Downing Trophy for Most Outstanding Track Athlete**
- **Burke Family Trophy for Most Outstanding Under 20 Track**
- **G. C. Spittler Memorial Trophy for Middle Distance and the**
- **Waterford-Wade Memorial Trophy for Cross Country**

Sophie is one of our talented middle-distance runners who made the NSW team for both the Australian All Schools Cross Country as well as the Australian Junior Championships and also represented Australia at the 2019 Oceania Area Championships.

Sophie wins the Mrs F. Downing Trophy for Most Outstanding Track Athlete, the Burke Family Trophy for Most Outstanding Under 20 Track and the G. C. Spittler Memorial Trophy for Middle Distance for her Bronze medal winning performance at the Oceania Championships in the U20 Women's 3000m Steeplechase. This was the second time that Sophie had competed at Oceania and her first international medal. Sophie managed to combine her HSC with running this season winning the State Title in the 18-19yrs 1500m at the NSW All School Championships and another State title in the U20 3000m Steeplechase at the 2020 ANSW Junior Championships in the 3000m Steeplechase.

Below Sophie with former Ryde athlete Georgia Winkcup at the 2019 Oceania Championships.



The Jean Hill Memorial Trophy for Most Outstanding Walker is awarded to Max Mayhew

Max's first race at an Athletics NSW event was at the 2020 ANSW Junior Championships in February 2020. Max had impressed at Little Athletics this season in the 1500m walk but would have to double his distance as ANSW walks events start at 3000m.

Chasing a national qualifying time of 17m 30 sec in the U14 Boys event, Max smashed that when he crossed the line in 16m 41.48s for 5th place (4th in NSW) and secured his spot on the NSW team for Juniors. A great result from his first attempt. Max's time is also 18sec under the current U15 qualifying time so he may well have also qualified for the 2021 nationals as well. Not bad for a 12-year-old on his very first attempt at the distance!

Max's time of 16m 41.48s was also a Ryde Seniors 12yrs Best Performance on record.



Above Max Mayhew winner of the Jean Hill Memorial Trophy for best Club Walker

The Most Outstanding Veteran Track Athlete goes to Ron Wills.

Ron Wills has been running for Ryde for many seasons and is still very active in competition. Ron wins the Trophy for most outstanding Veteran Track athlete for his silver medal at the NSW Masters Championships where he placed second in the 80-84 years 400m in a time of 1min 44.90s.



Most Outstanding Veteran Field Athlete this year is awarded to Robert Hanbury-Brown.

Whilst we acknowledge Robert's highlight of the season was setting a new Ryde high jump record for the 60+ age group of 1.21m, Robert is being recognised for his results as a thrower.

With the NSW Masters State Championships impacted by flooding rains Robert (above) ended up only competing in one event and threw 14.00m to win the state title in the 60-64yrs weight throw. We hope he adds jumps to his NSW Masters repertoire next year!



Above Ron (on left) won the same award last season pictured above with Ryde Senior volunteer Barry Pecar

The Ian Pereira Memorial Trophy for Best Relay Team won by the Boys U14 4x long jump team - Patrick Faulkner, Jope Rauqe, Owen Chandler & Angelo Mihos

The winners of this trophy all made their Seniors' debut at the ANSW State Relays in November and came home as State Champions. Jope was the best of the team and finished with the 5th best jump of all the competitors when he landed a third round personal best jump of 4.74m. Owen also jumped a pb (4.62m) as did Angelo (4.58m) and Patrick (Paddy) Faulkner rounded the team out with his best first round jump of 4.52m. Altogether the boys jumped 18.46m to finish 10cm ahead of Westfield Sport's School and claim their first State Title.



Winners of the Ian Pereira Memorial Trophy for best Relay Team Patrick Faulkner, Jope Rauqe, Owen Chandler & Angelo Mihos

Awards for Outstanding Individual Performance

At our Awards day we also recognise athletes who whilst they haven't won one of our perpetual trophies have achieved some wonderful results that the committee believes are worthy of recognition. We award these athletes a trophy for their outstanding individual performance.

For outstanding performance in Steeplechase trophies went to – Adam Bruntsch, Arabella Price, Elli Barron and Ashton Hanna

All four of these athletes had qualified to compete in the Steeplechase at the 2020 Australian Track and Field Championships.

Arabella had a terrific season topped by her 9th place in Australia in the U16 2000m Steeplechase at the Australian All Schools. At State level, in steeplechase, Ara was the 15yrs NSW All Schools silver medallist and the 2020 U17 silver medallist at the NSW Juniors and a member of the gold medal winning U20 4 x 1500m & silver medal winning U20 4 x 800m team at the State Relays and silver medal winning U20 4 x 3km NSW Cross Country Relay Championships & U16 4 x 2km Waratah Street Relays.

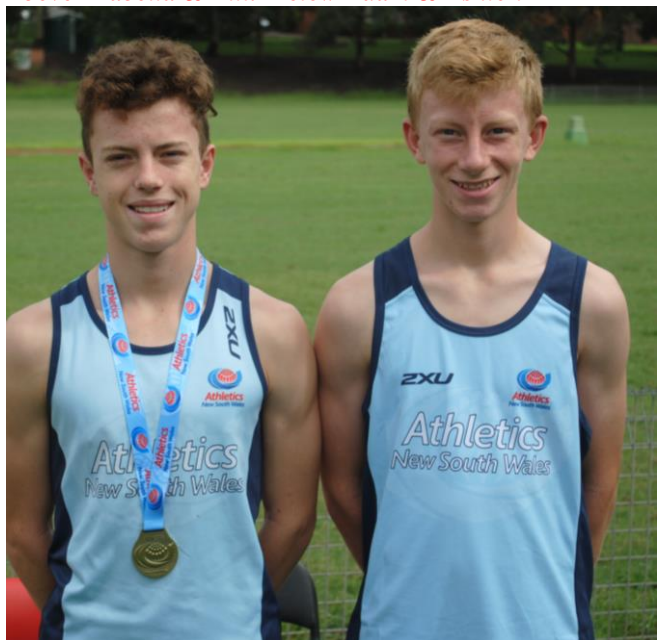
Adam Bruntsch has steadily moved up in the results for Steeplechase in his age group and this season finished with a 3rd in the 15yrs 2000m Steeplechase at the NSW All Schools and then ran 13 seconds faster to claim the U17 State Title at the recent NSW Juniors. In ANSW State Short Course Cross country championships Adam finished with a silver medal.

Elli Barron is another of our middle distance and steeplechase runners who has been slashing her times over the season. After losing her shoe in the Steeplechase at the NSW Juniors, Elli bounced back the following weekend to secure a time of 7 min 49.15secs, 20 seconds faster than the previous weekend and a national qualifier for both this year (and fingers crossed) next season. Elli was also a member of the U20 & U16 dual silver medal winning Cross Country relay teams and ran the 3000m leg for our U20 silver medal winning Club Championships team.

Ashton Hanna has also marked the season with some great improvements in middle distance and Steeplechase. Ashton's time in the Steeplechase at the 2020 NSW Juniors in finishing 9th, was a 28 second improvement on his time at the 2019 Juniors and as with Elli should also qualify him for next season's nationals.



Above Arabella & Elli. Below Adam & Ashton



For outstanding performance in Hurdles trophies went to George Davis, Zoe Warland, Aidan Mannasz & Timothy Forster who had all qualified for the Australia Track & Field Championships

This season saw **George Davis** leave behind the Walks and take on the 400m hurdle event. At one of the first runs in the season George finished less than a second outside the national qualifier, a time he then achieved the following week. George went on to cut that time by a further two seconds as well as securing the bronze medal in the U18 400m Hurdles at the NSW Juniors. At ANSW State Relays George was a member of both the bronze medal winning U18 long jump and silver medal winning high jump teams.



Above George and Aidan

Aidan Mannasz achieved the national qualifier for the 200m U16 hurdles on his first attempt, at the 2019 NSW All Schools. Aidan finished 5th at the NSW Juniors with another 1.3sec sliced off his time. Aidan was also a member of the silver medal winning U18 High Jump team at ANSW State Relays.

This is the third year in a row that **Timothy Forster** has qualified to represent NSW for the short hurdles, this season in the U16 100m event. Timothy finished 8th at the NSW All Schools and was the 5th placed NSW athlete at the 2020 NSW Juniors and was well under the national qualifying time.

Zoe Warland did a terrific job of managing her HSC and her athletics, and is a great example of how important it is to keep up your sport in year 12. Zoe was not only the NSW All Schools Champion in the 17yrs 100m hurdles, qualifying her to represent NSW at the Australian All Schools & Australian Juniors, but also achieved an excellent ATAR result of 99.45 & entrance to study medicine at UNSW. A true all rounder. Zoe started 2020 stepping up to Open's finishing 8th in the NSW Open Women's 100m hurdle final.

For outstanding performance in Sprints we recognise Ruby Worrell & Eliza da Silva

Ruby Worrell's decision to add the 400m to her 100m/200m repertoire proved a good one when she just missed the NSW CCC 13yrs 400m by .01sec but took home gold. At the NSW All Schools Ruby stormed home to a new PB time of 58.98s to win the bronze medal. Her time in finishing 5th in the 200m final was also a national qualifier. Ruby was a dual silver medal winner in the U14 4x100m and 4 x 200m teams at ANSW State Relays and a member of the silver medal winning U14 Girls Club Championship team where she placed second in both the 100m & 200m.

Eliza da Silva's season was marked by continuous improvements in her times that saw her achieve the 200m national qualifier in late December running in temperatures in the high 30's. At NSW All Schools Eliza finished 6th in the 200m and just out of the medals in 4th place in the 100m. Eliza was a member of the silver medal winning U20 Ryde girls Club Championships teams where she finished first in both the 100m and 200m.



Above Zoe, Timothy, Eliza and Ruby

**For outstanding performance in Throws –
Jessica Johnston**

Jessica Johnston made the podium more times than any other Ryde athlete at the 2020 NSW Juniors when she finished 1st in the U14 discus and javelin and 2nd in the hammer throw. Jessica has set new club best performance on records for all of those three events. Jess is a talented all-rounder who was the U14 ANSW Multi event State Champion. Jess was a member of the U14 bronze medal winning 4 x shot put team and the U18 4 x high jump team at State Relays. At the NSW Club



Above Jess two gold, one silver at ANSW Juniors.

Championships Jess competed in the Ryde U14 team in both the throws and jumps to help the team come home with the silver medal. A great first Senior's season for Jess.

For outstanding performance in middle distance & Steeplechase – Georgia Arcus & Claudia Wilson

Georgia and Claudia both made the NSW team for middle distance and Steeplechase.

Georgia spent the winter staying fit with Cross country and was a member of the Ryde silver medal winning U20 4 x 3km NSW Cross Country Relay Championship and U16 4 x 2km team at the Waratah Street Relay series. At the ANSW State Relays Georgia won a medal of every colour. Georgia took to the field to help the U18 high jump team win bronze and then collected silver as a member of the U20 4 x 800m team and gold as a member of the U20 4 x 1500m team. At the 2020 ANSW Juniors Georgia finished 3rd in the U17 2000m Steeplechase and 9th in the 800m. Georgia was also a member of Ryde's U20 silver medal winning team in the NSW Club Championships. **Claudia Wilson** was also a member of the gold and silver medal middle distance teams at the ANSW State Relays. At the NSW 3000m State championships Claudia ran a great race to finish 2nd in the D race in a time of 10min 41.37s which was 14 seconds under the national qualifying time. At the 2020 NSW Junior Championships Claudia led from start to finish in the U15 2000m steeplechase in a time that is well under the current national qualifier for U16's.



At left Georgia, Claudia and Sophie

For outstanding performance in Jumps – Sophie Kavanagh, Owen Chandler and Brendan Mannasz

Sophie has had a wonderful season and whilst high jump and long jump are the events she has qualified for nationals in, Sophie has also proved a handy sprinter and javelin thrower, in fact picking up along the way the best performance for a Ryde athlete in the 15yrs javelin (35.54m).

Sophie was a member of Ryde's U18 long jump and high jump bronze medal winning teams at ANSW State Relays. Sophie also ran sprint legs and did the jumps for the U20 silver medal winning Girls Team at the ANSW Club Championships. In high jump over the season Sophie was able to improve her PB from 1.60m to 1.65m along the way winning a silver medal at the ACT championships and then bronze at the NSW Juniors. In Long jump Sophie broke through the 5.00m barrier during the season and finished with a pb of 5.46m and the State Title at NSW Juniors in the U17 long jump.

Owen Chandler had a great first season as a Senior. Owen was a member of the State title winning U14 4 x long jump boys team at State Relays and competed in high jump and sprints for the boys when they also won the State title at the

Below Amelie, Brendan and Owen

NSW Club Championships. At his first individual Senior State Championships, the NSW Juniors, Owen finished with a bronze medal and a spot on the NSW team in the U14 Boys Triple Jump.

Brendan Mannasz was our best high jumper at the NSW State Relays when he cleared 1.75m and steered the team to a silver medal. At his first individual ANSW State Championship Brendan was able to jump himself into third place at the 2020 Juniors and a place in the NSW team in the U16 Boys High Jump.

For outstanding performance in Middle Distance – Amelie Sun

Amelie Sun had such a sensational 2019 Nationals that her times there qualified her for 2020 Nationals in the 3000m and the 1500m before the 2019/20 season had even started. Not one to rest on her laurels though Amelie added the 800m to her list of national events when she ran a sizzling time of 2min 18.43s at the ACT Championships. Amelie also picked up a silver medal there in the U18 1500m.

Amelie ran a terrific first leg of the U20 4 x 800m silver medal winning ANSW State Relay team. At the 2020 Juniors Amelie was our only female athlete to win a medal in middle distance (non steeplechase) when she picked up bronze in the U17 1500m and was also 6th in the 800m.



The Betty Moore Trophy for Best Club Athlete

Whilst not an athlete per se, the winner of this trophy this year spends as much time at the track as any of our athletes and is a member, a life member of the Club and this year we recognise **Ross Forster**.

Ros is the beating heart of our Club and has been a mainstay of the Senior Division for many decades now. His roles as a coach and mentor to many athletes, past and present has been immeasurable. He is there three days a week ready to coach and his athletes are the athletes that tend to stay in athletics long after others give it away.

Never one to seek attention he is loudest when cheering for his Club and we want to acknowledge how much better off our Club has been and continues to be, because of his contribution.



Congratulations to all our Qualifiers for the Australian Junior Championships.

The Ryde Athletics Centre had 24 athletes signed up to the NSW team for nationals when the championships were called off. Below is a photo of our Ryde Senior qualifiers. We also want to acknowledge the performance of Ryde Junior and Trinity Senior athlete Ben Stevens (at right) who also made the NSW team for the U16 shot put, discus and hammer throw. We hope that many of the athletes will be wearing the Waratah again next year.



Ryde Senior Athletics 2020 Australian Junior Athletics Championships Entrants



Back row; Owen Chandler, Brendan Mannasz, Aidan Mannasz, George Davis, Ashton Hanna, Adam Bruntsch, Middle Row; Arabella Price, Sophie Kavanagh, Sophie Gocher, Jess Johnston, Joe Harvey, Rory Davison, Timothy Forster, Alyssa Lowe, Georgia Arcus, Eliza Da Silva, Front Row; Elli Barron, Max Mayhew, Mia Marshall. Absent; Amelie Sun, Claudia Wilson, Ruby Worrell, Zoe Warland.

So now you've read about what Ryde Senior Athletes are up to, how can you get involved? An U11 in 2019/20? Well there are new options for you in 2020/21.

The Senior Division of Ryde Athletics Centre covers athletes from U12's upwards to Opens and Veteran level. This opens up a whole further level of competition and events that athletes can compete in apart from those offered to Little Athletes through Little Athletics NSW. These include all competitions run by Athletics NSW. It also means there are new events you can contest such as the hammer throw, steeplechase, 400m hurdles and pole vault. Full details on these competitions can be found by checking the ANSW website calendar. Go to nswathletics.org.au. You can also compete at interstate championships. Go to the Athletics Australia [calendar](#) for the full list of State and national events. *(Please note due to Covid-19 these calendars are currently in limbo but will update when restrictions allow) At this point we don't know when Athletics will start up again but provide the details below to give you some general information.*

They include;

The NSW All Schools Championships is usually held in September and is open to all high school students, there is no qualifying event, you just sign up. Competing at these Championships gives you the opportunity to qualify for the NSW team to compete at the Australian All Schools and the Australian Junior Championships. Last year at NSW All Schools, Ryde athletes won 4 gold, 4 silver and 6 bronze medals. Registration will be on line at Athletics NSW.

The NSW State 3000m is usually held at SOPAC in November. There are various graded races run over the evening and it is a good way to challenge yourself above club level.

ANSW Senior State Relays. As with the Little A Relays, teams are made up of four athletes competing in various field or track relays. These relays are run in **November**. Unlike Little A there are no real limits as to how many events an athlete can compete in and athletes can compete in multiple events in different age group. Last season we had athletes competing in both the U14 and U18 field events. Track events run in ages from U14, U16, U18, U20, opens & masters and field events U14, U18, Masters and Opens. We like to enter as many teams as we can, and we look at the ability of the athlete rather than their age. If you are a good jumper, thrower or runner then we may have a spot for you. Last season we entered 19 teams and they came with two gold, four silver and five bronze medals.

NSW Club Championships in 2019/20 we entered three teams and our U14 boys were gold medallists and our U14 girls and U20 girls teams were silver medallists. This event is usually held just before Christmas. It requires a small team of athletes who between them, can jump, throw, sprint, hurdle and cover middle distance.

The NSW Combined Event Championship – have been held in January recently. This is the NSW qualifying event for the **Australian Combined Event Championships** and is a multi-event Championship with the number of events athletes have to compete in increasing as they get older. The youngest age group is the U14's.

NSW Junior Athletics Championships are held in February and are one means by which athletes can qualify to compete at the **Australian Track & Field Championships**. All Ryde Senior athletes turning between the ages of 12 and 19 in 2021 are eligible to compete at the NSW Juniors. In the 2019 Championships our athletes won ten gold medals, four silver and six bronze medals.

Allcomers competitions and Treloar Shield are open to all Athletics NSW registered athletes. The competition is graded allowing athletes of similar ability and standard to compete against one another, regardless of age. They are also held regularly on Saturdays afternoons at various venues.

The Australian Championships – currently to make the NSW team for these championships you either need to place 1st, 2nd or 3rd at either NSW All Schools or NSW Juniors or achieve a national qualifying time, height or distance. [These Australian Qualifying Standards](#) are on the Athletics Australia website

along with the rules as to where you can do a qualifying performance. Please note these are the current season's Standards. The 2020/21 Standards should be out later this year but based on previous seasons, the 2019/20 Standards will give you a reasonable idea of what they will be.

How do I compete at these events and what do I need to wear?

Most ANSW events allow you to either register online at their website or for some, you pay on the day when you compete. Further details will be found for each event on the [ANSW website](#).

WHO TO CONTACT?

Please contact **Ross Forster** on **9801-4407** or **Simon Bergfield** on **0413 845 149** or sbergfield@hotmail.com for more information on membership and Ross for more information on training or see Ross down at Dunbar most Saturday mornings. For Publicity and volunteering enquiries please contact **Louise Bergfield** on lbergfield@hotmail.com

Senior President's Report

The start of this season saw the 70th anniversary of Edna Godfrey placing an add in local papers advising of a public meeting to be held asking for expressions of interest in setting up a female athletics club. The forming of the Ryde Women's Amateur Athletics Association was the start of what we see today as the Ryde Athletics Centre.

This season we have encountered many issues from extreme heat and bushfires and heavy rains to a field relocation and finally Covid-19 cutting our season short just before 23 of our senior athletes were set to compete at the Australian Athletics Championships, ten of them for the first time.

That aside, it was wonderful to see so many of our Ryde Seniors qualify for nationals this year, and we are hopeful that they will be back again next season and can make it through to nationals again. Our athletes have achieved some terrific results and this season our State medallists range in age from 11yrs to 80yrs of age. Our medal tally opened when Andrew Atkinson-Howatt won gold and bronze in the javelin and bronze in the discus at the Australian Masters Championships followed by Alyssa Lowe and Sophie Gocher represented Australia in the Oceania Area Championships in Townsville in June 2019. Sophie came home with a silver medal from the U20 3000m Steeplechase and Aly a bronze in the U18 100m hurdles. Over the rest of the season our athletes won at national level another gold medal and bronze medal. At State level our athletes also featured often on the podium

- at the NSW Cross Country Relay Championships we won a silver team medal
- at the NSW Waratah Street Relays our teams won a silver and bronze medal
- at the ANSW Short Course Cross Country Championships we won an individual silver medal and team gold and silver medals
- at the NSW All Schools Championships our athletes won four gold, four silver and six bronze medals

- at the NSW Club Championships our teams won a gold and two silver medals
- at the NSW Senior Relay Championships our teams won two gold, four silver and five bronze medals
- at the ANSW Masters Championships one gold and one silver medal and,
- at the ANSW Junior Athletics Championships a staggering ten gold, four silver and six bronze medals.

I always recommend a read of Ross Forster's full season review in this Annual Report for all the results. This is a huge job Ross does in pulling this all together and always a worthwhile read. The Annual Report will be posted to our website subsequent to our AGM.

I am grateful to have again worked with a great committee. Our Division can only continue as long as we have parents and athletes willing to give up some of their time to keep our Division running smoothly. To Ross, Peter, Suze, Andrew, John and Louise my thanks for all that you do. We are always happy to welcome new members to our committee.

I'd like to finish by acknowledging the wonderful job that our Junior Committee did this year in keeping their season going following the Council decision to close Dunbar for remedial work mid-November. They worked tirelessly to ensure that competition and training would continue at the temporary field at Marsfield Park. Special mention to Aaron McGregor for organising so much of the logistics and Donna Armstrong for keeping everyone informed on a week to week basis. We are also grateful that Ryde Council worked to provide us with Marsfield Park so that training and competition could continue.

Simon Bergfield
President – Seniors

Ryde Little Athletics Junior Division 2019/2020 Awards

Age Champion Results

Age		Girls		Boys
U/6	1 st	Zoey Marando	1 st	Charles Box
	2 nd	Indiana Mitchell	2 nd	Ashton Holl
	3 rd	Sienna Flower	3 rd	Oliver Wiles
	4 th	Olivia Moala	4 th	Hugo Wolrige
	5 th	Allegra Stuart	5 th	Ethan Moyo
	6 th	Molly Marsaus	6 th	Archer Griffiths * (*No 11307)
Most Improved See the Scullion Awards				
U/7	1 st	Charlotte Fraser	1 st	Mitchell McGregor
	2 nd	Melina Michaels	2 nd	Alexander Economides
	3 rd	Molly Tompsett	3 rd	Koby Morrow
	4 th	Azalea Young	4 th	Sebastian Uhrick
	5 th	Florence Webb	5 th	Jinbo Li
	6 th	Tully Davies	6 th	Michael Williams
Most Improved		Tully Davies		Lachlan Lin
U/8	1 st	Amia Kolman	1 st	John Brivulis
	2 nd	Ella Finnane	2 nd	Mitchell Cox
	3 rd	Amara Tsen-Braddock	3 rd	Ethan Louttit
	4 th	Yazmyn Buonocore	4 th	Charlie Shiel
	5 th	Amelie Wolrige	5 th	Misha Holodenko
	6 th	Gia Greig	6 th	Ike Blackwell
Most improved		Sophie Yeomans		Nicholas Edwards
U/9	1 st	Jacqueline Pawsey	1 st	Liam Martin
	2 nd	Bella Fraser	2 nd	Xavier Mitchell
	3 rd	Emily Hinson	3 rd	Callum Laurie
	4 th	MiaRose Everson	4 th	William Castrisos
	5 th	Olivia Pisani	5 th	Aidan Hill
	6 th	Isabel Xavier	6 th	Dominic Trigwell
Most improved		MiaRose Everson		William Castrisos
U/10	1 st	Chloe McGregor	1 st	Owen Smith
	2 nd	Harper Pell	2 nd	Rhys Chandler
	3 rd	Bianca Harizanov	3 rd	Conor Curley
	4 th	Ruby Kelly	4 th	Viktor Grigorov
	5 th	Annalise Boland	5 th	Adam O'Keeffe
	6 th	Ava Greig	6 th	Ivan Gavranic
Most improved		Amy Truong		Noah Fanto
U/11	1 st	Olivia Sidhu	1 st	Daniel Cox
	2 nd	Mikaela Gavranic	2 nd	Benjamin Proszenko
	3 rd	Stella Tassarotti	3 rd	Luke Moscos
	4 th	Zoe McAllister	4 th	Leon Danks
	5 th	Tanna Kotulic	5 th	Oscar Brivulis
	6 th	Sophia Read	6 th	Rafael Wu
Most improved		Sophia Read		Cody Kolman
U/12	1 st	Zara Pawsey	1 st	Alex Holodenko
	2 nd	Pamina Lessle	2 nd	Toby Burney
	3 rd	Ella McGregor	3 rd	Aiden Wright
	4 th	Vera Docdoc	4 th	Christopher Moala
	5 th	Charlotte Nagle	5 th	Julian Smith
	6 th	Flora Pagotto Scomparin	6 th	Joshua Smith
Most improved		Dulanga Kariyawasam		Julian Smith

Age Champion Results

Age		Girls		Boys
U/13	1 st	Jessica Johnston	1 st	Owen Chandler
	2 nd	Alicia Leggatt	2 nd	Max Mayhew
	3 rd	Katherine Templeton	3 rd	Joep Rauqe
Most improved		Lara Boccabella & Zoey De Gioia		Benjamin Fanto
Age		Girls		Boys
U/14	1 st	Kaitlyn Martin	1 st	Oliver Smith
	2 nd	Elysha Pawsey	2 nd	Angelo Mihos
	3 rd	Mia Marshall	3 rd	Isaac Louttit
Most improved		Lucy Proszenko		Patrick Faulkner
U/15	1 st	Jesse Hartmann	1 st	Jeremy Plummer
	2 nd	Mikayla Kelleher	2 nd	Thomas Ralph
	3 rd	Izabella Kalachian	3 rd	Aidan Mannasz
Most Improved		Sarah Partridge		Nicholas Mikaelian
U/17	1 st	Adria McAndrew	1 st	James Della Vedova
	2 nd	Sophie Boland	2 nd	Angus Prentice
	3 rd	Alyssa Lowe	3 rd	Lance Joseph David
Most improved		Laura Henman		Owen Mickan

Major Little Athletics Perpetual Trophy winners for the 2019/2020 season were;

The Julie Reynolds Spirit of Ryde Athletics Award was won by Aaron McGregor.



The Spirit of Ryde Trophy is presented to a family or parent who has consistently demonstrated;

1. Total commitment to participation
2. Unwavering fairness and sportsmanship
3. Volunteer services and
4. A sense of fun

Aaron joined the Little Athletics committee in 2018-2019 as Championships Officer. He subsequently moved to the role of Equipment Officer in 2019-2020. Even prior to joining the committee, Aaron helped tirelessly at the club.

He is always coming up with ways to improve facilities and equipment, ways to run events more efficiently and ways to improve the athlete experience. His clever 'MacGyvering' of electrical equipment and designing of Zone T-shirts are just some of Aaron's many initiatives.

Aaron can regularly be seen down at the track mid-week, making sure the field is marked out and in good condition prior to Saturday competitions.

This season Aaron played an instrumental role in the upgrade to Dunbar Park and he led the seamless transition to the temporary Marsfield location. His meticulous planning and the huge amount of behind-the-scenes work enabled the club to move facilities mid-way through the season. The move caused very little disruption to athletes training and competition, which was the result of Aaron's hard-work, planning and leadership.

Aaron is passionate about the club and is always looking at ways to make it a better experience for athletes, parents and volunteers. He is a well-deserved recipient of this award.

The Scullion Trophy

This trophy is awarded to the winner of the Most Improved athlete in the U6 girls and the U6 boys age group.

The winners this year are

U6G - **Molly Marsaus (top right)**

U6B - **Archer Griffiths (bottom right)**

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[Ryde Athletics Superstars Sept 19-March 20](#)



U7s Best Performance at Zone Trophy is awarded to Alexander Economides

This trophy is awarded for the best individual performance at the Zone carnival by athletes in the U7 age group.

Alexander (below) had an excellent debut at Zone and won a Gold medal in the 50m, a silver medal in the 70m and another silver medal in the 100m where, in a thrilling finish, he dead heated with two other runners for second place.



U8's Best Performance at Regions Trophy went to John Brivulis

This trophy is awarded for the best individual performance at the Regionals carnival for athletes in the U8 Age Group.

John won the silver medal in the 400m, jumped the equal best long jump but picked up the silver on a count back in the long jump, was the bronze medal winner in the 700m Pack Start and finished just out of the medals in 4th place in the 200m.



Above John Brivulis winner of the U8 Best Performance at Region Trophy

The Louise Trimble Jumps Trophy is awarded to Alyssa Lowe

This Trophy is awarded for the best individual jumps performance in achieving the most records broken and Aly's new U17 record of 6.01m wins her the trophy for the third year in a row. As Alyssa finishes her time at Ryde Little Athletics, she currently holds seven jumps records, six hurdles records, two sprints records and one multi event record. An impressive achievement.

The Bob Crawford Throws Trophy is jointly awarded to Jessica Johnston and Benjamin Stevens

Both Jess and Ben set new records across two different throws disciplines this season. This was the second year in a row that Jess had won this trophy. Jess added over 5 metres to the U13G javelin setting a new mark of 34.88m. In discus Jessica's new record was 34.96m. Ben set a new mark of 15.36m in the shot put breaking a 20-year old record. In discus Ben's record-breaking best throw of the season was 55.35m.



At left Alyssa Lowe winner of the Louise Trimble Jumps Trophy and above Ben Stevens and below left Jess Johnston joint winners of the Bob Crawford Throws Trophy.

The Exceptional Effort Trophy is awarded to Nathan Barbara



This trophy was donated by the Lowe Family in 2009 and is awarded to an athlete with a disability

who displays enthusiasm and effort, has a high level of attendance, performance and contribution to the Club.

Nathan has attempted all the jumps, throws and track events up to the 800m over the season on Saturday competition.

At the 2020 Regional Carnival Nathan won gold and set new records in two events, the Boys U 13-14 Multi Class long jump and shot put. On the track Nathan was also among the medals when he finished with a silver in the 100m.

Merryn Aldridge Sprints Trophy is awarded to Ruby Worrell

This is the second season in a row that Ruby has won this trophy which is awarded for the best performance by an athlete at a Little Athletics event. Ruby wins the trophy this year after finishing as Ryde's only triple sprint gold medallist at the 2020 Region Carnival. Ruby (below) finished first in the U14 girls 100m, 200m and 400m events as she had also done at the 2019 Zone Carnival. A wonderful result.



The Betty Moore Trophy for Outstanding Hurdles Performance was won by George Davis

This Trophy is named after our Club Patron and former world record holder for the 80m hurdles, Betty Moore, and is awarded for the best individual hurdles performance in a LANSW event.

This was a closely contested trophy this season but George was the winner with Ryde's best placed hurdles result at Regions, a silver medal in the U17B 300m Hurdles. George also finished the season as the U17B 300m record holder. This was the first time George (below) won the hurdles trophy, having previously featured as a winner of the Luke Adams walks trophy.



The David Lewis Trophy for Middle Distance is awarded to Adam Bruntsch

This trophy is awarded for the best individual middle-distance performance in a LANSW event.

Adam was our only middle-distance triple gold winner at Region this year. Adam won the 800m, 1500m and 3000m in the U17 age group. This was doubly impressive given that Adam will get to contest the same age group again next year. Adam also set an U16 Ryde best performance on record in the 1500m at Dunbar this season.



Above Adam Bruntsch winner of the David Lewis Middle Distance Trophy and Top Right Max Mayhew winner of the Luke Adams Walks Trophy . Bottom right John Brivulis winner of the U7-U11 All Rounder Trophy

The Luke Adams Trophy for Race Walking was won by Max Mayhew

The Luke Adams Trophy is named after former Ryde Athlete and Olympic Walker, Luke Adams and is awarded for the most outstanding walker. Max was the winner of the 1500m U13B Walk at both the 2019 Zone and 2020 Regions.

Max has achieved the double of taking home both the Junior and Senior Division Walking trophies for this season which is a brilliant result for an U13 athlete.

Lyn Crawford All Round Trophy for U7's to U/11's was won by John Brivulis.

This trophy is awarded to an athlete from the U7-U11 age groups. A number of factors are considered for this award, including attendance, number of blue patches, events entered, points and results. This is the second time that John has won this trophy.



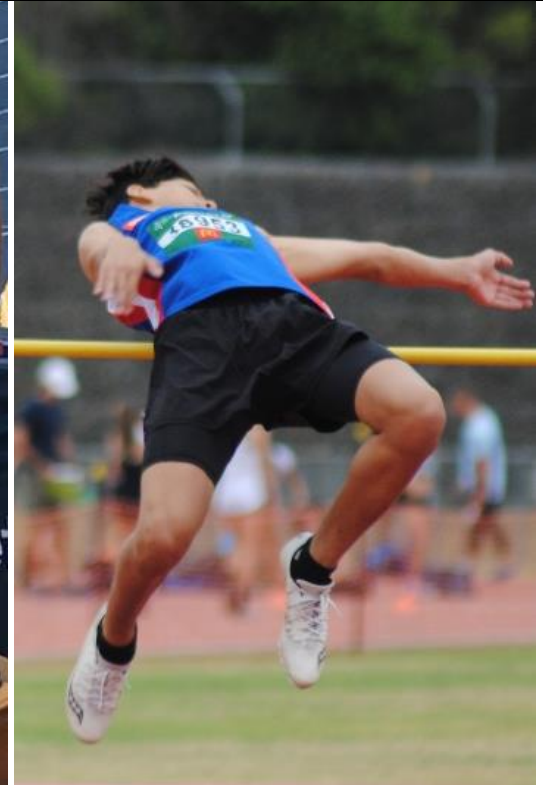
Best Relay Performance Trophy jointly goes to the U15B Jumps team & U15B Throws team

This trophy is awarded to a Ryde team that performs the best at the LANSW State Relays Carnival. A number of teams won medals at State Relays, with two of our teams coming home as State Champions. As such those two teams jointly win the trophy. The teams are;

U15B throws relay team – (Rory Davison, Benjamin Stevens, Jeremy Plummer)

U15B jumps relay team – (Rory Davison, Brendan Mannasz, Jeremy Plummer)

Below Jeremy, Ben, Rory and Brendan joint winners of the Trophy for Best Relay team



The Shannon Arnott Single Most Outstanding Performance Award was won by Jessica Johnston

This trophy is usually awarded to the best Performance at a LANSW or LAA Championship at Nationals or State. With State and Nationals cancelled this year the trophy committee used their judgment and decided to award this to Jessica for her outstanding performance at Region this year.

Competing in the U13 Girls events Jess won the high jump, shot put, discus and javelin and secured the silver medal in the triple jump to be our most successful Regional athlete.

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Junior Division – President’s Review

Without question, the 2019/20 Ryde Athletics Junior Division season was the most challenging in my time, and I would expect in the history of the club.

We were faced with losing our beloved Dunbar Park ground for the second half of the season, which was anticipated. Two further significant challenges were not. The unprecedented levels of smoke pollution caused by the bushfires impacted on our ability to train and compete and in March, COVID-19 brought a premature end to the season. Nevertheless, the club has weathered all of these challenges to have a successful season on and off the track and is well-placed to deal with any ongoing disruption.

The success of every season depends on the efforts of committee members, age managers and many other volunteers who give their time to the club. This was never truer than in 2019/20.

In November, we moved the entire operation of the club from Dunbar Park to Marsfield. Many hours were spent working out how a full program could be run at a new park not designed for athletics and liaising with Ryde Council to make the adjustments needed including a marked 300m track, two straight tracks, temporary long jump pits and throwing areas, and a make-shift storage facility. The process of moving the equipment to and from Dunbar was planned and executed with huge support from parents. Our opening day at Marsfield went without a hitch and competition for the remainder of the season was better than anyone could have anticipated.

When compared to the alternatives that the club considered for dealing with the temporary loss of Dunbar, I have no doubt we made the right decision to move to Marsfield & the club is far stronger now than it would otherwise have been.

It would be impossible to individually thank everyone who contributed to this success. However, I will single out a few. Firstly Stephen Anderton and the team at Ryde Council who went the extra mile to help the club continue its season at Marsfield, by offering a suitable ground in the first place and doing what we asked to make it ready.

Secondly Christine Phillips, who liaises with Ryde Council on behalf of Ryde. There is no doubt that thanks to Christine our working relationship with council is at a high point and this was instrumental in getting so much support from them.

Thirdly, when big change occurs, more than ever communication to our parents and athletes is key to its success and Donna Armstrong did an outstanding job in keeping everyone informed via Facebook, emails and the introduction of a Ryde Team App of all that was going on.

Finally Aaron McGregor, who led the planning of the move. This took many hours of his time, patience and effort before

and during the move. From working out the track and field layout to the storage and transport of equipment. There is no doubt that Aaron’s contribution above anyone’s was the reason for the success of the season. I thank him on behalf of the whole club and I’m delighted that we are able to formally recognise his contribution through the awarding of the Julie Reynolds Spirit of Ryde Award. It’s hard to imagine the award ever being more deserved.

The air pollution problems in the middle of the season added further complications. The club was committed to following the Little A guidelines. We were able to continue each week with only minor modifications, after carefully considering the most recent air quality data and forecast for the morning. We did however lose a number of training sessions, and I thank the coaches for being flexible in dealing with this.

The season was already drawing to a close when the COVID-19 situation developed quickly during March. Although our regular club carnivals and move to Dunbar were completed, we did lose our Fun Day. More importantly the State Championships were cancelled, and this is hugely disappointing for all those athletes who worked so hard to qualify. At this point we must wait and see what disruption there might be for the 2020/21 season and respond accordingly, with the aim of doing everything possible to allow athletics to continue.

Although it was a huge season off the track, we also saw our athletes rise to the challenge and make the most of the opportunities they had. We had 548 athletes registered, which was an excellent number considering the move to Marsfield had been communicated well in advance. Although athletes only had half a season to break records (performances at Marsfield were deemed ineligible), we still saw both track and field records broken, At Regions, Ryde athletes won 20 Gold medals and our talented U15 Boys picked up two Gold medals at the State Relays.

This season we introduced and ran two very successful “Nights of PB’s” for our athletes, extending invitations to the second carnival to athletes from local clubs. At both nights we had guest starters, World Championships representative Georgia Winkcup and Olympian Jenny Blundell and they shared some of their experiences with our athletes. I’d love to see more of our athletes at these events next season, challenging themselves against athletes of all ages.

Most of the work at Dunbar Park has now been completed and I would like to thank Ryde Council for its very significant investment in upgrading the surface. I’m sure all the athletes can’t wait to try it out as soon as we are able.

To finish, I would like to give a special thanks to the committee members, age managers and many other volunteers who helped support the club in different ways through a very challenging season. Every contribution, no matter how small, is welcome and we couldn’t have done it without you. **Matt Ralph, Juniors President**