

# Raven Pyda

D.O.B. 10/12/2004

Coach: Brett Mathison

Occupation: Student year 10 Westfields Sports

Club: Joined Westfields A.C. 2015/16 season

## Honours:

**National Bronze medal U16 3000m walk 2019**

**National Silver medal U15 3000m walk 2018**

**State Champion U15 3000m walk 2018**

**State Champion 5000m Road walk 2018**

**State Champion NSW All Schools 3000m walk 2018**

**State Champion NSW Juniors U16 3000m walk 2019**

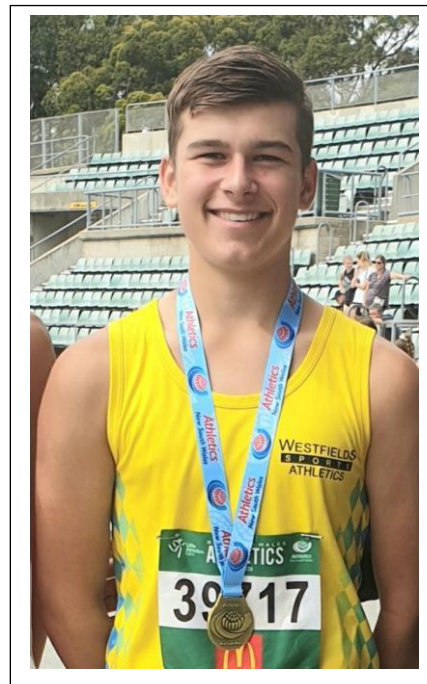
**State Champion 5000m Road walk 2019**

**State L.A.'s Champion 1500m walk 2019**

**State Champion U15 3000m walk 2019**

**State Champion 5000m Road walk 2019**

**State Champion NSW Juniors 5000m 2019**



## Progression

Year (age)	Track walk	Long walk (O.O.S)
2015 (11 years)	5.53.94 (1100m)	
2016 (12 years)	6.08.76 (1100m)	8.35.00 (1500m)
2017 (13 years)	7.59.55 (1500m) 10.42.82 (2000m) 16.19.07 (3000m)	11.09.00 (2000m)
2018 (14 years)	7.42.13 (1500m) 15.54.54 (3000m)	16.29.00 (3000m) 29.36 (5000m)
2019 (15 years)	7.11.12 (1500m) 13.51.59 (3000m)	15.08 (3000m) 26.33 (5000m)
2020 16 years (Season incomplete COV-19)	25.18.89 (5000m) 56.15.62 (10000m)	
2021 17 years	23.54.71 (5000m)	

## National Championships:

**2017 Australian All Schools, Adelaide**

3000m walk U14 4<sup>th</sup> 16.19.07

**2018 Australian Junior Championships**

3000m walk U15 Silver 17.04.21

**2019 Australian Junior Championships**

3000m walk U16 Bronze 15.02.54

**2021 Australian Junior Championships**

5000m walk U18 Silver 23.54.71

## NSW Championships

**2015 Little A's State Championships**

1100m walk 4<sup>th</sup> 5.53.94

**2015 Little A's Long Walks & Cross Country**

1200m walk U10 Silver N.T.

**2016 Little A's State Championships** 1100m walk

U11 6<sup>th</sup> 6.08.

**2016 Little A's Long Walks**

1500m walk U11 Silver 8.35

**2017 Little A's State Championships**

200m hurd. U12 7<sup>th</sup> heat 30.58

1500m walk U12 4<sup>th</sup> 7.59.55

**2017 NSW Long Walks (Jointly ran ANSW & LANSW)**

2000m walk U14 4<sup>th</sup> 11.09.00

**2017 NSW CHS State Championships**

1500m walk 15's 6<sup>th</sup> 8.01.73

**2017 NSW All Schools**

3000m walk 13's Bronze 17.39.26

**2018 NSW Junior Championships**

3000m walk U15 Gold 17.16.60

**2018 NSW Little A's State Championships**

1500m walk U13 Silver 7.42.13

**2018 NSW Long Walks (Jointly ran ANSW & LANSW)**

3000m walk U15 Gold 16.29.00

**2018 NSW Long Walks Championships**

5000m road U16 Gold 29.36

**2018 NSW CHS State Championships**

1500m walk 15's Bronze 7.19.70

**2018 NSW All Schools**

3000m walk 14's Gold 15.54.54

**2019 NSW Championships Multi Events**

Heptathlon U16 Bronze 2452

**2019 NSW Junior Championships**

3000m walk U16 Gold 15.41.80

**2019 NSW 5000m Team Walks Championships**

5000m road 17&under Silver 27.18

**2019 NSW 3000m Road Walks Championships**

3000m road U16 Gold 15.08.00

**2019 NSW Long Walks Championships**

5000m road U16 Gold 26.33

**2019 NSW Little A's Championships**

1500m walk U14 Gold 7.11.70

**2020 NSW Walks Championships**

10000m walk U20 Bronze 56.15.62

**2020 NSW Junior Championships**

5000m walk U17 Gold 25.18.89

**2020 NSW All Schools**

5000m walk U17 Gold 24.30.51

**2021 NSW Walks Championships**

5000m walk U18 Gold 24.58.00

**2021 NSW Junior Championships**

5000m walk U18 Gold 24.06.68

**Brief History**

Two years before joining the Westfields Athletics Program Raven began his race walk calling with an impressive 4<sup>th</sup> placing at the 2015 NSW Little Athletics State Championships. Whereas his sub 6 minutes performance was impressive, nevertheless it would take two years before he would taste success again finishing 6<sup>th</sup> and 7<sup>th</sup> at the 2016 and 2017 NSWLA Championships respectively, even though he had won his first out of stadium (O.O.S) medal at State level in 2005. Upon his successful acceptance into the Westfields Program, Raven's performances would quickly improve under the structured training programs of coach Mathison. Now a year 7 student at Westfields by October Raven would win his first ever State medal at the NSW All Schools State Championships.

Even more impressive 2 months later Raven would be selected to represent NSW in Adelaide at the 2017 Australian All Schools. Raven smashed the time that awarded him the NSW Bronze medal by 1 minutes and 20 seconds to finish in 4<sup>th</sup> place at his first ever National Championships, clearly becoming one of the most impressive walking performances in Westfields history. Then by the end of the 2017/18 season Raven stepped-up his confidence in winning his first ever National medal when he took the Silver at the Australian Juniors in Sydney.

By 2018 Raven had won his first ever State title at the NSW All Schools (15.54.54) and this was followed at season's end by his second National medal, Bronze at the 2019 Australian Junior Championship (15.02.54). Another satisfying part of the season was Raven's first NSW Little A's Title; Gold and a personal best performance of 7.11.70 in 1500m walk.

2020 would be an incomplete season with the COVID 19 virus restrictions. Raven was performing at his best. During the 2019-20 season he had progressed from 3000m walk to 5000m walk and his times were coming down with regularity. Raven easily won the

NSW Junior Championships for the 5000m walk and was in a position to perform extremely well at the Nationals. Sadly the season was cut short with all competitions cancelled. Raven would not be able to defend his Little A's State title nor contest the Australian Juniors where he had also medalled in the previous two years.

2021 would for the second year in a row see Covid-19 cancel NSW CHS. However the season would start up with the NSW 5000m Walks Championships and NSW All Schools where Raven won both titles and scoring a P.B. in the former. Qualified to represent NSW at his 4<sup>th</sup> consecutive Australian Juniors (Covid cancelled 2020), Raven finished the season with his best ever result a silver medal and a new P.B. sub 24 minutes.

#### **Some Interesting Facts:**

- In 2017, Raven improved his P.B. in 3000m walk in the 2 months between the NSW All Schools and Australian All Schools by an incredible 1 minute and 20 seconds, clearly one of the most impressive performances in WAC's history.
- Raven currently holds 8 Westfields Athletics Club Records. This is an impressive achievement when considering the majority of WAC's records were set by several International standard walker over the years.
- Raven has won 19 State medals and 3 National medals. This includes 12 State titles (Gold)
- Raven's 'Out of Stadium" walking history has been very impressive having won State medals in 2015, 2016, 2018, 2019 and 2020.
- Raven has medalled at 3 out of 4 National Championships contested (4<sup>th</sup> place in his first)
- Not known by many; to demonstrate Raven's all-round ability as an athlete he last year (2019) won a Bronze medal at the NSW Multiple Events Championships.

