**2011 RBH Seasonal Reports**

5k Jeremey Roff won the state title in 14.22, Courtney Carter came 4th. In the women’s race Audrey Aviya-Hall came 8th.

Jeff Hunt ran 2. 13.14 and finished 7th in the recent marathon in Japan

RBH competitors who were competing in the Australian Junior Athletic Championships. There were 24 competitors who won10 medals including 2 gold and four silver and four bronze.

First places went to Josh Johnson in the 5000 m

Jeremey Roff broke the club record for 5000 meters in 13.37.38 breaking the long standing record by Allan Lawrence. Nathan Derriman broke the club 3000 meters steeplechase record 6.09.73. Steve Solomon is performing extremely well in the 400 meters. Other juniors are competing well. Josh Johnson won the 5000 meters under 20s title.

NSW Open championship. Jeremy Roff won the 1500 in 3.50.41 and James Roff was 2nd in the 400 Meter hurdles. Liam Ridings and Nick Cope came 6th and 7th in the 10 K. Four athletes will be in the Nationals in Melbourne: Tara Holt 100 hurdles, Steven Solomon 400 flat, James Roff 400 hurdles and Jeremy Roff in the 1500. -Rachel Harding came 5th in the national under 20 Heptathalon. Francis Torok won the gold medal in the over 70s shot put.

Steven Solomon ran 46.5. Jeremey Roff ran 3.40 and 3.38.03 in Europe but needs to improve by 3 seconds to qualify for the world titles.

Courtney Carter came 2nd in the short course cross country

Morgan McDonald went within 1 second of the under 16 club record.

Tim Spehr recorded 9.09 in Brisbane at the All Schools 3000m event.

Harry Summers won Bronze at the National 3000m

Harry Summers finished 4th at the Ekiden (Road Race) 10Km in 28.59

Harry Summers ran 28.39 at Zatopek in the 10,000m (national bronze medal)

State Relay U14 Girls 4x1500m (State record)