**2015 RBH Seasonal Reports**

**Briggs Classic (Hobart), 25 Jan:**

3rd Katelyn Simpson, Women 1500m 4:20.74
9th Ben Moreau, Men 5000m 14:12.31

**Hunter Track Classic (Newcastle), 31 Jan:**

3rd Molly Blakey, Women 200m 25.20

2nd Amy Harding-Delooze 800m Women B race 2:09.73

4th Lily Harding-Delooze 800m Women B race 2:11.06

5thGoergia Evans 800m Women B race 2:11.50

3rd Victoria Mitchell 5000m Women 15:55.60

3rd Josh Wright 1500m Men 3:41.82

10th Jack Stapleton 1500m Men 3:46.09

11th Jeremy Roff 1500m Men 3:46.54

 **Canberra Track Classic, 7 Feb:**

6th Katelyn Simpson 1500m Women 4:15.34 (PB)

10th Amy Harding-Delooze 1500m Women 4:21.18 (WY qualifier)

11th Selma Kajan 1500m Women 4:27.96

5th Jack Stapleton 800m Men B race 1:50.24 (PB)

8th Josh Wright 800m Men 1:49.39 (PB)

 **NSW Junior Champs, 7-8 Feb:**

3rd Hannah Parker 3000m Walk U14 girls 17:06.44

2nd Charlotte McGill Triple Jump U14 girls 10.21m

1st Ellen Kriedemann 2000m steeple U16 girls 7:50.06

2nd Lily Harding-Delloze 1500m U18 girls 4:37.44
1st Lily Harding-Delloze 800m U18 girls 2:13.25

3rd Samantha King 1500m U18 girls 4:38.18

2nd  Georgia Evans 800m U18 girls 2:16.33

2nd Zac Facioni 1500m U17 boys 4:05.44

3rd Stefan Music 1500m U18 boys 4:12.59

3rd Fraser Garland-Burnes 1500m U20 boys 4:03.88

3rd Sebastian Gray High Jump U20 boys 2.00m

1st Tamsyn Colley 200m Para U16 girls 37.40

1st Tamsyn Colley 400m Para U16 girls 1:26.63

1st Tamsyn Colley 1500m Para U16 girls 7:35.31

2nd Tamsyn Colley 100m Para U16 girls 18.41

2nd  Tamsyn Colley Discus Para U16 girls 9.89

2nd  Tamsyn Colley 800m Para U16 girls 3:16.96

3rd  Tamsyn Colley Javelin Para U16 girls 6.48

3rd  Tamsyn Colley Shot Put Para U16 girls 4.93

1st Daniel Jenning 100m Para U20 boys 15.27

1st Daniel Jenning Javelin Para U20 boys 28.04

1st Daniel Jenning Shot Put Para U20 boys 9.15

2nd  Daniel Jenning 200m Para U20 boys 31.11

**World Cross Country Trials (Canberra), 8 Feb:**

1st Victoria Mitchell Women 8k 26:35

15th Audrey Amiya-Hall 30:36

2nd Harry Summers Men 12k 35:05

23rd Jeff Hunt Men 12k 37:41

**State Champs:**

Jack Stapleton, 1st, 3.42 1500m

Katelyn Simpson, 1st, 4.13.6, 1500m

**Queensland Champs:**

2nd Selma Kajan

2nd Jack Stapleton

6th Jeremy Roff

**NSW State 5km Champs**

Nick Cope ran 15.19 for the 45-50 age group (current record is 15.33, but athletes have to be a Masters member to be eligible for a new record), to be given a RBH outstanding performance award.

**WXC Selection**

Victoria Mitchell

Harry Summers

Morgan McDonald

**World Cross:**

Morgan McDonald was the 1st Australian past the post in Junior Men’s finishing 40th overall

 **Nationals:**

2 Golds and 3 Bronze

Tamsin Colley Gold 800m and Gold 1500m ambulant.

Daniel Jennings, para athlete, Bronze in men’s shot put

Josh Wright bronze, men’s 1500m

Selma Kajan, Bronze, women’s 800m

Katelyn Simpson, 4th Women’s 1500m in 4.12.09 PB and Club Record!

**Other Results**

Amy Harding-Delooze and Lily Harding-Delooze have qualified for the Youth Commonwealth Games, 1 in the 800m, 1 in the 1500m

Selma Kajan has been selected for the World Relay Championships

Victoria Mitchell has been selected for the Steeple Chase at the World Championships

Amy Harding-Delooze set a new U18/U20 Club record for the 1500m 4.21.18

Selma Kajan – Bronze Medal at the IAAF World Relay Championships

Jeff Hunt – 10th at the Greater Sydney 10 at Homebush, Australian 10km Champs

The Open Men’s won the State Road Relays for the 10th consecutive year

Amy Harding-Delooze ran 4.18 winning the 1500m Commonwealth Juniors and breaking the U18 and U20 Club records, and U18 800m record 2:06.84.

National Cross Country medals and places were Kate Spencer 3rd, Zac

All Schools:

Zac Facioni 1500m U/16 3.52.9 and 3000m 8.34 (both All Schools records-previously held by James Nipperess and Ryan Gregson respectively).

Amy Harding-Delooze winner U/17 800 and 1500m. Lily Harding-Delooze second in both (same event).

Georgia Evans winner U/16 800 and 1500m.

Amy Harding-Delooze 9.34.9 IAAF World Juniors qualification at 3000m.

Zac Facioni 8.13.11-2 seconds off U/18 record (Jack Stapleton).

Australian All Schools Championships

 Lakeside Stadium - 4/12/2015 to 6/12/2015

Event 67 Girls 1500 Metre Under 18

Finals

 1 Amy Harding-Delooze 98 NSW 4:23.68 8

 2 Lily Harding-Delooze 98 NSW 4:29.13

 3 Georgia Evans 99 NSW 4:30.23

Event 121 Girls 800 Metre Under 18

1 Lily Harding-Delooze 98 NSW 2:10.15 8

2 Amy Harding-Delooze 98 NSW 2:10.28

8 Georgia Evans 99 NSW 2:15.40

Zatopek 10k

Harry Summers finished 4th,which was a National bronze medal, in 28:42.