**2022 RBH Seasonal Reports (please note that this was a COVID19 affected year)**

NSW Relays Championships, 20-21 Nov, Homebush

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1. Open Womens 4x1500m

1. Open Womens 4x800m

1. Open Mens 4x1500m

1. U18 Womens 4x1500m

1. U18 Mens A 4x1500m

2. U18 Mens A 4x800m

2. U18 Mens B 4x1500m

2. U16 Mens 4x800m

2. U14 Mens A 4x1500m

2. U18 Womens 4x800m

3. U14 Womens A 4x1500m

3. U14 Mens A 4x800m

3. U16 Mens 4x1500m

3. 200+ Mens 4x1500m

4. U18 Mens 4x100m

4. U18 Mens 4x400m

4. U18 Mens B 4x800m

4. U14 Womens A 4x800m

4. U18 Mens 4x200m

5. U14 Mens B 4x1500m

5. U14 Womens B 4x1500m

5. U16 Womens 4x400m

6. U14 Womens B 4x800m

8. U14 Mens B 4x800m

DQ U14 Womens 4x100m

DQ Open Mens 4x800m

NSW Allschools, 9-12 Dec 2021, Homebush

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1. Milly Boughton, 15G 3000m Walk 14:57.45

1. Allegra McGivern, 16G 2000m St 7:11.40

1. Allegra McGivern, 16G 5000m 18:07.85

1. Max Russell, 16B 2000m St 6:10.95

1. Oliver Neate, 15B 1500m 4:00.23

1. Nicolas Rodgers, 16B 1500m 4:00.21

2. Sophie Ferenczi, 17G 3000m 10:16.14

2. Evie Armstrong Reading, 13G 3000m Walk 8:49.09

2. Max Russell, 16B 3000m 8:53.53

2. Max Russell, 16B 1500m 4:02.47

2. Oliver Neate, 15B 800m 1:57.53

2. Nicolas Rodgers, 16B 800m 1:55.12

3. Piper Simpson, 13G 800m 2:19.74

3. Natasha Ward, 17G 1500m 4:35.54

3. Joseph Touma, 15G Triple Jump 12.73m

4. Natasha Ward, 17G 800m 2:17.99

4. Eliette Millecamps, 13G 100m 13.34 (w -3.0 m/s)

4. George Perkins, 16B 1500m 4:03.81

4. Luca Bento, 16B 200m 23.74 (w -2.3 m/s)

5. Ben Thomas, 17B 1500m 4:02.69

6. Eliette Millecamps, 13G 200m 28.03 (w -0.9 m/s)

6. Bradley Chan, 17B 800m 1:56.96

7. Anna Colquhoun, 12G 1500m 5:11.27

7. Zac Urbach, 16B 100m 11.56 (w -1.2 m/s)

7. Oliver Freeman, 17B 3000m 9:16.04

8. Shira Gotlieb, 15G 3000m 12:08.81

8. Bradley Chan, 17B 1500m 4:04.75

8. Leo Morgan, 17B 3000m 9:20.19

8. Oliver Byrne, 19B 3000m 19:37.54

8. Julien Wylie, 14B 1500m 4:26.92

9. Dominic McGrath, 17B 800m 2:03.23

9. Ruby Fry, 14G 800m 2:28.29

10. Kade Zavetsanos, 14B 1500m 4:32.41

12. Riya Singh, 12G 1500m 5:18.45

12. Dominic McGrath, 17B 1500m 4:18.09

15. Leo Morgan, 17B 1500m 4:22.82

1/H3 Piper Simpson, 13G 800m 2:22.23

1/H3 Eliette Millecamps, 13G 200m 27.59 (w +0.5 m/s)

1/H5 Luca Bento, 16B 200m 23.34 (w -0.5 m/s)

1/H1 Max Russell, 16B 1500m 4:15.15

2/H1 Nicolas Rodgers, 16B 1500m 4:15.58

3/H2 George Perkins, 16B 1500m 4:10.83

1/H1 Oliver Neate, 15B 1500m 4:24.65

2/H5 Luca Bento, 16B 100m 11.76 (w -3.8 m/s)

1/H5 Eliette Millecamps, 13G 100m 12.97 (w +0.0 m/s)

2/H1 Galvan Piers, 12B 800m 2:29.71

4/H1 Galvan Piers, 12B 1500m 5:05.80

2/H2 Zac Urbach, 16B 200m 23.31 (w -0.3 m/s)

3/H3 Zac Urbach, 16B 100m 11.45 (w -1.0 m/s)

4/H2 Joseph Rabinowitz, 16B 200m 23.67 (w -0.3 m/s)

4/H1 Joseph Rabinowitz, 16B 100m 12.02 (w -2.0 m/s)

6/H3 Anna Colquhoun, 12G 800m 2:32.46

4/H1 Riya Singh, 12G 800m 2:42.69

7/H2 Julien Wylie, 14B 3000m 9:22.58

8/H2 Archie Daley, 14B 3000m 9:22.59

10/H2 Huon Groves, 14B 3000m 9:45.93

11/H2 Kade Zavetsanos, 14B 3000m 9:47.54

17/H2 Matthew Radvin, 14B 3000m 10:00.15

18/H2 Callum Forato, 14B 3000m 10:26.99

20/H2 Harry Davie, 14B 3000m 10:48.55

9/H3 Eva Gawel, 12G 800m 2:35.78

9/H3 Ellie Bliss, 13G 800m 2:51.26

9/H2 Angus Royal, 14B 3000m 10:18.85

5/H2 Lily Cooney, 13G 800m 2:36.51

8/H1 Lily Cooney, 13G 3000m 11:23.76

4/H2 Ruby Fry, 14G 800m 2:20.54

15/H2 Ruby Fry, 14G 3000m 10:54.24

8/H2 Evie Bayot, 14G 800m 2:36.51

22/H2 Evie Bayot, 14G 3000m 11:42.49

1/H2 Oliver Neate, 15B 800m 2:05.50

1/H1 Nicolas Rodgers, 16B 800m 1:59.20

4/H1 Dominic McGrath, 17B 800m 2:02.79

3/H2 Bradley Chan, 17B 800m 2:01.86

Allcomers, 18 Dec 2021, Homebush

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1. Julian Wylie, 1500m 4:20.74

2. Nicholas Kollias High Jump 1.98m

2. Archie Daley, 1500m 4:21.05

10/H1 Ruby Fry, 1500m 5:06.94

1/H7 Luca Bento, 200m 23.01 (w +0.4 m/s)

4/H10 Alexander Jang 200m 28.67 (w +1.1 m/s)

2/H5 Luca Bento 100m 11.21 (w -0.3 m/s)

6/H12 Alexander Jang 100m 13.51 (w +0.6 m/s)

5. Ricardo Zanapalis Long Jump 5.77m (w +0.7 m/s)

Bankstown Milers, 18 Dec 2021, Crest

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7/B Eugene Kwag, 400m 58.05

1/E Charles Neate 800m 2:21.17

3/C Dominic McGrath 800m 2:02.38

2/B Ben Thomas 800m 1:57.15

8/B Brody Elbourne 800m 2:02.15

3/B Natasha Ward 800m 2:20.51

3/B Eva Gawel mile 5:45.66

7/A Allegra McGivern mile 5:18.05

4/A Joseph Ryan mile 4:10.55

12/A Richard Newell mile 4:19.54

13/A Max Russell mile 4:20.78

Revesby Workers Walk and Throw Meet, 18 Dec 2021, Illawong

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1. Milly Boughton 5000m Walk 27:39.29

5. Evie Armstrong Reading 1500m Walk 8:49.09

5. Zanapalis Gabriella Shot Put (3kg) 10.59m

Illawarra Track Challenge, 15 Jan 2022, Wollongong

------------------------------------------------------------------

7/H1 Tomi Reynaldo 60m 8.11 (w +1.2 m/s)

5/H4 Tomi Reynaldo 400m 58.49

3/H3 Eden Levit 100m 12.47 (w +4.1 m/s)

10000m Race Walk Champs, 15 Jan 2022, Illawong

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4. Chloe Lamb 5000m Walk 30:34.54

6. Zanapalis Gabriella Javelin (500g) 19.57m

5. Zanapalis Gabriella Shot Put (3kg) 10.52m

Bankstown Milers Series 2, 20 Jan 2022, Bankstown

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1. Stefan Music 1500m 3:46.9 (PB)

1. Allegra Mcgivern 3000m St 11:07.1

1. Lora Roff 800m 2:11.4

3/A Ben Thomas 800m 1:54.1

1/C Rory Wylie 1500m 4:18.7

3/C Julian Wylie 1500m 4:20.0

Zatopek 10, 26 Jan 2022, Lakeside Stadium Melbourne

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2. Bailey Habler U20 Men 3000m 8:26.32

4. Laura Roderick U20 Women 3000m 9:52.78

6. Lora Roff Open Women 800m 2:07.91

7. Joseph Ryan Open Men 1500m 3:51.83

Elzy Wellings 1000, 29 Jan 2022, Sylvania Waters

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1. Laura Roderick Open Women 3000m 9:46.77

2. Allegra McGivern Open Women 3000m 10:46.78

Bankstown Milers, 5 Feb 2022, The Crest

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1/A Piper Simpson Open Women 1500m 4:41.45

1/A Bailey Habler Open Men 1500m 3:47.71

2/A Joseph Ryan Open Men 1500m 3:50.66

5/A Nicolas Rodgers Open Men 1500m 3:53.08

1/C Julian Wylie Open Men 1500m 4:16.30

3/C Archie Daley Open Men 1500m 4:20.15

9/C Rory Wylie Open Men 1500m 4:30.87

11/C Matthew Radvin Open Men 1500m 4:43.79

4/B Fang-Ling Hsu Open Women 1500m 5:03.07

5/B Leo Morgan Open Men 1500m 4:18.88

7/B Sebastian Havens Open Men 1500m 4:19.53

6/A Bronwyn Poole Open Women 2:16.16

8/A York Swan Open Men 800m 1:59.45

5/E Charles Neate Open Men 800m 2:26.29

4/D Jack Richardson Open Men 800m 2:11.86

2/C Dominic McGrath Open Men 800m 2:02.53

6/C Sam Davis Open Men 800m 2:08.46

2/C Anna Colquhoun Open Women 800m 2:28.25

NSW 5000m Championships, 12 Feb, Homebush

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3. Josie Khoo Open Women Triple Jump, 10.35m (NWI)

4. Joseph Touma Open Men Triple Jump, 11.94m (+0.7 m/s)

3/H2 Anna Colquhoun Open Women 800m, 2:27.22

4/H2 Fang-Ling Hsu Open Women 800m, 2:27.99

6/H1 York Swan Open Men 800m, 2:00.23

6/H2 Siena Novak, Open Women 400m, 63.65

6/A Laura Roderick Open Women 5000m 16:16.11 (Club U20 Record)

2/D Sebastian Havens Open Men 5000m 16:22.11

NSW Junior Championship, 25-27 Feb, Homebush

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1. Laura Roderick U20 Girls 3000m 9:44.27

1. Milly Boughton U17 Girls 5000m Walk 24:32.84

1. Tara Laytham U18 Gilrs 5000m Walk 26:53.88

1. Allegra McGivern U20 Girls 3000m Steepl 11:03.50 (club U18

REC)

1. Nicholas Rodgers U18 Boys 1500m 3:57.79

1. Nicholas Rodgers U18 Boys 800m 1:52.25

1. Piper Simpson U15 Girls 3000m 9:58.00

1. Alegra McGivern U18 Girls 3000m 10:18.15

1. Jonathan Meaker U18 Boys 3000m 8:39.66

2. Evie Armstrong Reading U15 Girls 3000m Walk 18:06.82

2. Bailey Habler U20 Boys 1500m 3:47.90 (WJQ)

2. Oliver Neate U17 Boys 1500m 4:14.01

2. Oliver Neate U17 Boys 800m 1:57.49

2. Julien Wylie U16 Boys 3000m 9:10.01

3. Laura Roderick U20 Girls 1500m 4:28.29

3. Ruby Fry U16 Girls 2000m Steepl (76.2cm) 7:49.01

3. Zac Urbach U18 Boys 200m 22.40 (w -0.6 m/s)

3. Zac Urbach U18 Boys 100m 11.08 (w 1.0 m/s)

3. Tomi Reynaldo U15 Boys 200m Hurdles (76.2cm) 29.76 (w 1.0 m/s)

4. Tomi Reynaldo U15 Boys 100m Hurdles (84cm) 16.12 (w -0.5 m/s)

4. Isabel Nystrom U18 Girls 100m Hurdles (76.2 cm) 14.79 (w -0.6 m/s)

4. Sophie Ferenczi U20 Girls 3000m 10:13.22

4. Archie Daley U16 Boys 3000m 9:18.63

4. Siena Novak U14 Girls 400m 63.10

4. Siena Novak U14 Girls 800m 2:24.34

4. Rudi Blackley U15 Girls 400m 62.92

4. Gabriela Guerera U18 Girls Triple Jump 10.81m (w 1.2 m/s)

4. Piper Sweeny U14 Girls 1500m 4:55.60

4. Matilda Emanuel U15 Girls 1500m 4:56.64

4. Ben Thomas U20 Boys 1500m 3:51.85

4. Ricardo Zanapalis U17 Boys Long Jump 6.02m (w 0.0 m/s)

5. Chloe Lamb U17 Girls 5000m Walk 28:10.69

5. Josie Khoo U15 Girls Long Jump 4.69m (w 0.0 m/s)

5. Rachel Pearlman U18 Girls 1500m 5:05.26

5. Rudi Blackley U15 Girls 800m 2:29.52

5. George Perkins U18 Boys 3000m 9:01.54

5. Luca Bento U18 Boys 100m 11.20 (w 1.0 m/s)

6. Eden Levit U18 Girls 100m 12.62 (w 0.4 m/s)

6. Josie Khoo U15 Girls Triple Jump 9.81m (w 0.1 m/s)

6. Barnabas Ronto U17 Boys 100m 11.48 (w -0.1 m/s)

6. George Perkins U18 Boys 1500m 4:07.98

6. Joseph Tuoma U17 Boys Long Jump 5.89m (w 0.9 m/s)

7. Lola Upfold U14 Girls 400m 64.48

7. Eden Levit U18 Girls 200m 26.40 (-1.4 m/s)

7. Natasha Ward U20 Girls 1500m 4:42.54

7. Ethan Howard U14 Boys 1500m 4:47.35

7. Ricardo Zanapalis U17 Boys Triple Jump 11.43m

8. Ruby Fry U16 Girls 3000m 10:34.22

8. Natasha Ward U20 Girls 800m 2:19.11

8. Josie Khoo U15 Girls High Jump 1.45m

8. Gabriela Zanapalis U15 Girls Shot Put 9.70m

8. Lachlan Stanfield U18 Boys 3000m 8:51.87

8. Barnabas Ronto U17 Boys 200m 23.33 (w -1.1 m/s)

8. Luca Bento U18 Boys 200m 23.00 (w -0.6 m/s)

8. Benjamin Crowe U18 Boys 800m 2:01.19

8. Alexander Jang U14 Boys Long Jump 4.69 (w 0.7 m/s)

9. Anna Colquhoun U14 Girls 800m 2:26.94

10. Eva Gawel U15 Girls 3000m 10:42.01

10. Leo Morgan U18 Boys 3000m 9:13.27

10. Brody Elbourne U20 Boys 800m 1:59.78

11. Sebastian Havens U18 Boys 3000m 9:17.01

11. Charles Neate U15 Boys 800m 2:18.47

11. Jordan Pearlman U16 Boys 800m 2:20.09

12. Emilia Reed U16 Girls 3000m 10:48.04

12. Eva Gawel U14 Girls 1500m 5:06.86

12. Oliver Freeman U18 Boys 3000m 9:22.33

12. Joshua Peters U14 Boys 1500m 4:57.47

12. Dominic McGrath U20 Boys 800m 2:02.78

13. Lily Cooney U15 Girls 3000m 11:03.17

13. Ava Mcintyre U16 Girls 3000m 11:40.66

13. Harry Reed U17 Boys 3000m 9:55.92

13. Gabriela Zanapalis U15 Girls Javelin 20.25m

13. Gabriela Zanapalis U15 Girls Discus 25.41m

14. Kade Zavetsanos U16 Boys 3000m 9:30.79

14. Dominic McGrath U20 Boys 1500m 4:08.90

15. Huon Groves U16 Boys 3000m 9:37.54

15. Oliver Byrne U18 Boys 3000m 10:48.40

16. Matthew Radvin U16 Boys 3000m 9:39.25

16. Sebastian Havens U20 Boys 1500m 4:14.45

17. Leo Morgan U20 Boys 1500m 4:15.03

17. Charlie Coutts U14 Boys 1500m 5:20.48

18. Brody Elbourne U20 Boys 1500m 4:18.43

1/H3 Luca Bento U18 Boys 200m 22.58 (w 1.1

m/s)

2/H1 Luca Bento U18 Boys 100m 11.32 (w -1.0

m/s)

3/H1 Eden Levit U18 Girls 100m 12.83 (w -0.9

m/s)

3/H2 Eden Levit U18 Girls 200m 26.35 (NWI)

3/H2 Barnabas Ronto U17 Boys 100m 11.62 (w -0.7 m/s)

3/H3 Barnabas Ronto U17 Boys 200m 22.99 (w 0.1 m/s)

3/H1 Rudi Blackley U15 Girls 400m 63.10

4/H1 Siena Novak U14 Girls 400m 62.72

3/H2 Lola Upfold U14 Girls 400m 64.72

4/H2 Alexander Jang U14 Boys 100m 13.65 (w -0.7 m/s)

3/H3 Zac Urbach U18 Boys 100m 11.25 (w -0.3

m/s)

2/H2 Zac Urbach U18 Boys 200m 22.34 (w -0.4

m/s)

4/H2 Anna Colquhoun U14 Girls 400m 64.90

4/H1 Matthew Radvin U16 Boys 1500m 4:35.15

5/H1 Liam Ross U18 Boys 100m 11.57 (w -1.0

m/s)

5/H1 Emilia Reed U16 Girls 1500m 5:02.57

5/H2 Joseph Rabinowitz U18 Boys 100m 11.69 (w -1.1

m/s)

6/H1 Joseph Rabinowitz U18 Boys 200m 23.34 (w -0.1

m/s)

6/H1 Ricardo Zanapalis U17 Boys 100m 12.30 (w -0.8

m/s)

6/H1 Alexander Jang U14 Boys 200m 27.83 (w -0.3 m/s)

6/H1 Jordan Pearlman U16 Boys 1500m 4:44.94

5/H2 Archie Daley U16 Boys 1500m 4:19.35

7/H1 Tea McDrury U14 Girls 100m 13.69 (w 1.7 m/s)

8/H1 Ava Mcintyre U16 Girls 1500m 5:23.32

9/H3 Oskar Lebard U17 Boys 100m 12.44 (w 0.2 m/s)

6/H3 Oskar Lebard U17 Boys 200m 24.91 (w 0.1 m/s)

9/H3 Zavier Novak U17 Boys 100m 12.67 (w 0.2 m/s)

5/H2 Zavier Novak U17 Boys 200m 25.54 (w -1.8 m/s)

9/H3 Lola Upfold U14 Girls 100m 14.28 (w 0.6 m/s)

10/H2 Kade Zavetsanos U16 Boys 1500m 4:29.21

11/H2 Julien Wylie U16 Boys 1500m 4:29.86

Bankstown Milers Meet 4, 5 Mar, Bankstown

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1. Allegra Mcgivern Open Women 3000m Steepl 10:55.53 (club U18

REC)

3/D Evan Rowbotham Open Men 800m 2:13.71

1/D Fang-Ling Hsu Open Women 800m 2:22.90

3/D Emilia Reed Open Women 800m 2:29.26

1/C Dominic McGrath Open Men 800m 2:01.83

2/C Anna Colquhoun Open Women 800m 2:23.97

2/B Benjamin Crowe Open Men 800m 1:59.86

3/E Ethan Howard Open Men 1500m 4:50.97

1/D Rory Reed Open Men 1500m 4:33.18

11/C Harry Reed Open Men 1500m 4:36.63

7/B Sebastian Havens Open Men 1500m 4:12.23

3/A Richard Newell Open Men 1500m 3:51.67

4/A Joseph Ryan Open Men 1500m 3:52.31

5/A Drew Fryer Open Men 1500m 3:55.09

8/A Oliver Neate Open Men 1500m 3:59.14

9/A Lucy Marquand Open Women 1500m 4:46.07

Illawong High Velocity Meet3, 5 Mar, Illawong

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2. Isabel Nystrom Women 15-17 100m Hurdles (76.2 cm) 14.86 (w +2.1 m/s)

13. Alexander Jang Open Men Long Jump 4.73m (NWI)

3/H9 Barnabas Ronto Open Men 100m 11.37 (w +0.9 m/s)

4/H9 Liam Ross Open Men 100m 11.51 (w +0.9

m/s)

1/H5 Isabel Nystrom Open Women 100m 12.86 (w +1.1 m/s)

Sydney Track Classic, 12 Mar, Homebush

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1/TTP Nicholas Rodgers Men 800m 1:54.56

10. Lora Roff Women 800m 2:06.93

13. Laura Roderick Women 3000m 9:26.74

Bankstown Milers Meet 5, 17 Mar, Bankstown

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2/C Emily Hsu Women 800m 2:25.65

4/B Brody Elbourne Men 800m 2:00.85

2/D Ethan Howard Men 1500m 4:47.14

3/D Jakob Frankl Men 1500m 4:48.89

1/B Emanuel Matilda Women 1500m 4:52.74

8/B Riya Singh Women 1500m 5:11.01

9/B Julian Wylie Men 1500m 4:13.95

4/A Ben Thomas Men 800m 1:51.68

3/A Lora Roff Women 800m 2:07.96

1/A Piper Simpson Women 1500m 4:34.48

5/A Natasha Ward Women 1500m 4:46.78

6/A Natasha Ward Women 1500m 4:47.32

8/A Natasha Ward Women 1500m 4:52.16

2/A Richard Newell Men 1500m 3:51.88

Melbourne Track Classic, 19 Mar, Melbourne

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6. Stefan Music Men Mile 4:02.73

Australian Junior and Open Championships, 26 Mar - 3 Apr, Homebush

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1. Piper Simpson U15 Women 3000m 9:55.65

1. Milly Boughton U17 Women 5000m Walk 26:03.54

1. Laura Roderick U20 Women 5000m 16:50.62

1. Nicolas Rodgers U18 Men 800m 1:53.90

2. Piper Simpson U15 Women 1500m 4:33.35

2. Allegra McGivern U18 Women 2000m Steeple 6:54.53

3. Nicolas Rodgers U18 Men 1500m 4:01.92

4. Oliver Neate U17 Men 1500m 4:09.58

4. Oliver Neate U17 Men 800m 1:57.30

5. Allegra McGivern U20 Women 3000m Steeple 10:55.14 (club

U18 REC)

5. Bailey Habler U20 Men 1500m 3:52.29

6. Laura Roderick U20 Women 1500m 4:26.10 WJQ

6. Zac Urbach U18 Men 200m 22.27 (w -1.1

m/s)

8. Ben Thomas U20 Men 800m 1:54.11

10. Natasha Ward U20 Women 3000m 10:16.03

10. Chloe Lamb U18 Women 5000m Walk 28:46.44

10. Nicholas Kollias Open Men High Jump 2.00m

11. Allegra McGivern U18 Women 3000m 10:26.84

13. Chloe Lamb U16 Women 3000m Walk 16:49.17

13. Ruby Fry U16 Women 3000m 10:19.88

13. Archie Daley U16 Men 3000m 9:19.53

13. Ricardo Zanapalis U17 Men Long Jump 5.88m (w +0.3

m/s)

14. Ruby Fry U16 Women 2000m Steeple 7:53.77

15. Julian Wylie U16 Men 3000m 9:21.20

19. Sophie Ferenczi U20 Women 3000m 10:45.30

23. Bailey Habler U20 Men 3000m 8:44.84

25. Eva Gawel U15 Women 3000m 11:18.09

14/B Drew Fryer Open Men 5000m 14:54.41

2/H1 Bailey Habler U20 Men 1500m 3:57.57

2/H1 Ben Thomas U20 Men 800m 1:53.92

7/H1 Anna Colquhoun U14 Women 800m 2:30.39

11/H1 Piper Sweeny U14 Women 1500m 5:08.71

1/H2 Oliver Neate U17 Men 800m 1:59.32

1/H1 Nicolas Rodgers U18 Men 1500m 4:03.66

1/H1 Nicolas Rodgers U18 Men 800m 1:55.93

4/H1 Zac Urbach U18 Men 100m 11.27 (w -2.1 m/s)

2/H1 Zac Urbach U18 Men 200m 22.65 (w -0.6 m/s)

4/H3 Luca Bento U18 Men 100m 11.22 (w -2.5 m/s)

6/H2 Luca Bento U18 Men 200m 23.04 (w -1.1 m/s)

7/H1 Stefan Music Open Men 1500m 3:49.49

7/H2 Barnabas Ronto U17 Men 200m 23.59 (w -0.2 m/s)

7/H2 Lora Roff Open Women 800m 2:09.64

Australian University Games, 19-21 Apr 2022, Gold Coast

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2. Laura Roderick 5000m 17:19.72

3. Nicholas Kollias High Jump 2.15m (Equal

Open CR)

4. Laura Roderick 1500m 4:32.53

8. Drew Fryer 3000m Steeple 10:21.82

16. H2 Drew Fryer 1500m 4:20.92

Virginia Challenge, 23 Apr 2022, Charlottesville

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5. Zac Facioni Open Men 5000m 13:37.09

Anzac Day Club Race, 25 Apr 2022, Centennial Park

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One Lap Race (3.55k)

1. Lily Cooney 13:54

2. Lily O'Reilley 14:36

Two Lap Race (7.1k)

1. Patrick O'Reilly 31:33

2. Biba Kajan 38:49

Sydney 10, 1 May 2022, Homebush

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10k Male

21. Stefan Music 31:12

29. Joseph Ryan 31:30

34. Kurt Fryer 31:49

92. Jamie Hogg 34:08

97. Gerber Koster 34:17

309. Oliver Byrne 40:15

391. Patrick O'Reilly 43:14

576. Kevin Jogin 50:41

10k Female

19. Lucy Marquand 36:55

26. Julianne Broberg 38:17

5k Male

3. Max Russell 16:01

10. Brody Elbourne 16:21

11. York Swan 16:22

18. Huon Groves 16:47

30. Ethan Howard 17:44

31. Ren-Shyan Balnave 17:51

46. Manu Sivaraj 19:07

60. Frederick Jones 21:45

5k Female

8. Ruby Fry 18:14

14. Natasha Ward 18:41

23. Matilda Emanuel 19:00

24. Nancy Newton 19:14

29. Anna Colquhoun 19:39

37. Riya Singh 19:52

48. Ava McIntyre 20:26

62. Ellie Bliss 22:03

NSW Short Walks Championships, 22 May 2022, Chipping Norton

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2. Chloe Lamb, 3k Walk U17 girls 17:45

St George Classic, 21 May 2022, Ramsgate

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5k Fun Run, Female

5. Piper Simpson 18:18

12. Sophie Ferenczi 19:57

16. Natasha Ward 20:28

17. Fang-Ling Hsu 20:29

2k Dash U12, Female

6. Beatrice Emanuel 8:27

8. Vera Febo 8:43

2k Dash U12, Male

3. Thomas Altundag 7:31

4. Oliver Fyfe 7:47

5. Oscar Rouse 7:49

6. Charlie Roberts 7:50

9. George Fyfe 8:18

3k Fun Run, Male

2. Brody Elbourne 10:38

12. Jordan Pearlman 11:17

13. Ethan Howard 11:20

3k Fun Run, Female

9. Ruby Fry 12:07

15. Matilda Emanuel 12:14

17. Piper Sweeny 12:23

20. Lily Cooney 12:27

26. Anna Colquhoun 12:44

31. Ava Mcintyre 12:49

32. Riya Singh 12:51

44. Shira Gottlieb 14:09

5k Community Fun Run

1. Lauren McKillop 19:42

10k Women's Novice

3. Lucy Marquand 39:57

10k Men's Novice

21. Ren-Shuan Balnave 40:45

27. Jim Dawes 44:31

10k Classic

9. Jamie Hogg 37:26

16. David Evans 42:26

NSW Cross Country Relays, Upjohn Park Rydalmere, 4 June 2022

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1. U12 Boys 4x2k 31:44 1 Altundag, Thomas 7:35 7:35

2 Roberts, Charlie 15:36 8:01

3 Fyfe, Oliver 23:32 7:56

4 Rouse, Oscar 31:44 8:12

1. U14 Boys A 4x2k 28:38 1 Rowbotham, Evan 6:42 6:42

2 Coutts, Charlie 14:09 7:27

3 Roberts, Henry 21:37 7:28

4 Howard, Ethan 28:38 7:01

1. U16 Girls A 4x3k 45:14 1 Simpson, Piper 10:49 10:49

2 Emanuel, Matilda 22:17 11:28

3 Fry, Ruby 33:44 11:27

4 O'Reilly, Lily 45:14 11:30

1. U18 Boys A, 4x3k 40:24 1 Russell, Max 9:59 9:59

2 Perkins, George 20:09 10:10

3 Neate, Oliver 30:19 10:10

4 Meaker, Jonathan 40:24 10:05

1. U16 Boys 4x3k 42:00 1 Daley, Archie 9:56 9:56

2 Forato, Callum 20:18 10:22

3 Radvin, Matthew 31:05 10:47

4 Wylie, Julian 42:00 10:55

1. U20 Men A, 4x3k 39:38 1 Stanfield, Lachlan 9:36 9:36

2 Elbourne, Brody 19:42 10:06

3 Chan, Bradley 29:51 10:09

4 Jeffriess, Luc 39:38 9:47

2. U20 Men B, 4x3k 39:59 1 Freeman, Oliver 10:02 10:02

2 McGrath, Dominic 20:19 10:17

3 Swan, York 30:05 9:46

4 Thomas, Ben 39:59 9:54

4. U14 Girls A 4x2k 30:46 1 Sweeny, Piper 7:39 7:39

2 Colquhoun, Anna 15:33 7:54

3 Novak, Siena 23:09 7:36

4 Gawel, Eva 30:46 7:37

4. U20 Women, 4x3k 48:02 1 Ward, Natasha 11:46 11:46

2 Pearlman, Rachel 24:40 12:54

3 Henry, Grace 36:17 11:37

4 Ferenczi, Sophie 48:02 11:45

5. U12 Girls 4x2k 37:48 1 Emanuel, Beatrice 8:39 8:39

2 Febo, Vera 17:37 8:58

3 Davoren, Lucy 28:44 11:07

4 Davoren, Lily 37:48 9:04

5. U18 Boys B, 4x3k 44:41 1 Evans, Jake 11:01 11:01

2 Crowe, Benjamin 21:49 10:48

3 Balnave, Ren-Shyan 32:54 11:05

4 Morgan, Hugo 44:41 11:47

5. 50-55 Men, 4x4k 1:09:18 1 Spina, Roberto 18:07 18:07

2 O'Reilly, Patrick 36:06 17:59

3 Evans, David 52:45 16:39

4 Dawes, Jim 1:09:18 16:33

5. Open Men A, 4x4k 52:32 1 Fryer, Kurt 13:08 13:08

2 Fryer, Drew 26:14 13:06

3 Newell, Richard 39:59 13:45

4 Habler, Bailey 52:32 12:33

6. U14 Girls B 4x2k 34:08 1 Hufton, Sophie 7:58 7:58

2 Paylzel, Arabella 16:36 8:38

3 Singh, Riya 24:42 8:06

4 Rout, Sophia 34:08 9:26

6. U16 Girls B 4x3k 50:10 1 Bliss, Ellie 12:58 12:58

2 Newton, Nancy 25:41 12:43

3 Mcintyre, Ava 38:19 12:38

4 Cooney, Lily 50:10 11:51

6. U16 Boys B 4x3k 46:08 1 Pearlman, Jordan 10:50 10:50

2 Groves, Huon 21:17 10:27

3 Frankl, Jakob 33:24 12:07

4 Lockwood, Quinn 46:08 12:44

7. Open Women, 4x4k 1:09:10 1 Roff, Lora 16:16 16:16

2 Poole, Bronwyn 33:18 17:02

3 Lum, Ming 52:37 19:19

4 Hsu, Fang-Ling 1:09:10 16:33

8. U14 Boys B 4x2k 32:54 1 Rouse, Spencer 8:03 8:03

2 Carroll, Henry 16:46 8:43

3 Davoren, Max 24:42 7:56

4 Jones, Frederick 32:54 8:12

10. Open Men B, 4x4k 55:30 1 Talbot, Alex 13:33 13:33

2 Hogg, Jamie 27:57 14:24

3 Roff, Jeremy 40:50 12:53

4 Morgan, Leo 55:30 14:40

Individual

Poppy Edwards, U14 girls 2k 8:14

Chloe Paleologos, U16 girls 3k 12:01

Shira Gotlieb, U18 girls 3k 13:17

NSW Cross Country Championships, Nowra, 18 June

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1. RBH U18 Boys A

1. RBH U16 Boys A

2. RBH U12 Boys

3. RBH U14 Girls

3. RBH U16 Girls A

3. RBH U18 Boys B

4. RBH U14 Boys

5. RBH U16 Boys B

1. Piper Simpson, U15 Girls 4k 14:42

1. Julian Wylie, U16 Boys 13:09

2. Oliver Neate, U17 Boys 6k 20:12

2. Max Russell, U18 Boys 6k 19:29

3. Nicolas Rodgers, U18 Boys 6k 19:45

4. Thomas Altundag, U12 Girls 2k 7:33

4. Archie Daley, U16 Boys 4k 13:30

4. Bailey Habler, U20 Boys 8k 26:46

5. Kade Zavetsanos, U16 Boys 4k 13:34

5. Jonathan Meaker, U18 Boys 6k 20:01

5. Patrick O'Reilly, 55-59 Men 8k 37:06

7. Sophie Ferenczi, U20 Girls 6k 23:52

7. Lily Cooney, U15 Girls 4k 16:26

7. Ben Thomas, U20 Boys 8k 27:38

8. York Swan, U20 Boys 8k 27:45

8. Oliver Fyfe, U12 Boys 2k 7:57

8. Ethan Howard, U14 Boys 3k 10:23

8. Huon Groves, U16 Boys 4k 13:43

8. George Perkins, U18 Boys 6k 20:13

8. Roberto Spina, 50-54 Men 8k 37:47

9. Natasha Ward, U20 Girls 6k 24:31

9. Lachlan Stanfield, U20 Boys 8k 27:51

10. Piper Sweeny, U14 Girls 3k 11:17

10. Campbell Groves, U17 Boys 6k 22:10

10. Brendon Johnson, 45-49 Men 10k 46:55

10. Grace Henry, U17 Girls 4k 15:58

11. Billy Zavetsanos, U18 Boys 6k 20:56

11 Bradley Chan, U20 Boys 8k 28:09

12. Ruby Fry, U16 Girls 4k 15:57

12. Jim Dawes, 50-54 Men 8k 44:05

13. Oscar Rouse, U12 Boys 2k 8:28

13. Lily Davoren, U12 Girls 2k 8:42

14. Anna Colquhoun, U14 Girls 3k 11:30

15. Matthew Radvin, U16 Boys 4k 14:22

15 Siena Novak, U14 Girls 3k 11:32

15. Nancy Newton, U15 Girls 4k 17:04

15. Emanuel Beatrice, U12 Girls 2k 9:06

15. George Fyfe, U12 Boys 2k 9:20

16. Charles Neate, U15 Boys 4k 16:06

17. Eva Gawel, U14 Girls 3k 11:38

17. Jackson Stanfield, U18 Boys 3k 21:54

18. Ren-Shyan Balnave, U18 Boys 3k 22:08

18. Riya Singh, U14 Girls 3k 11:42

18. Vera Febo, U12 Girls 2k 9:31

19. Benjamin Crowe, U18 Boys 6k 22:15

19. Dominic McGrath, U20 Boys 8k 29:20

20. Luc Jeffriess, U20 Boys 8k 29:44

20. Kurt Fryer, Open Men 10k 36:48

20. Ellie Bliss, U15 Girls 4k 18:24

22. Alex Talbot, Open Men 10k 37:49

22. Ava Mcintyre, U16 Girls 4k 17:06

23. Charlie Coutts, U14 Boys 3k 11:03

23. Callum Forato, U16 Boys 4k 14:46

23. Oliver Freeman, U20 Boys 8k 30:56

25. Sophie Hufton, U14 Girls 3k 12:06

26. Rory Wylie, U20 Boys 8k 34:11

27. Oliver Byrne, U20 Boys 8k 35:46

27. William Johnson, U16 boys 4k 16:19

28. Ayden Tippett, U14 Boys 3k 11:17

31. Henry Roberts, U14 Boys 3k 11:32

32. Simon Tesvic, U14 Boys 3k 11:33

37. Spencer Rouse, U14 Boys 3k 12:23

38. Max Davoren, U14 Boys 3k 12:40

4. Oliver Fyfe., 4k Fun Run 16:58

9. George Fyfe., 2k Fun Run 9:44

13. Currently leading the ANSW Winter Trophy.

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Gold Coast Marathon, Gold Coast, 3 July 2022

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585. (3rd in 60-65) Peter Spehr, Marathon 3:07:30

35. Harry Smith, 5k 17:23

46. Natasha Ward, 5k 18:03

48. Ruby Fry, 5k 18:05

51. Piper Simpson, 5k 18:27

54. Grace Henry, 5k 18:33

71. Bronwyn Poole, 5k 19:21

76. Nancy Newton, 5k 19:31

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NSW Road Relays, Ourimbah, 16 July 2022

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Twelve teams and twelve medals! We extended our lead in the Winter Premiership Trophy:

1. U12 Boys 33:28 1 Altundag, Thomas 7:14 7:14

2 Fyfe, Oliver 15:15 8:01

3 Fyfe, George 24:28 9:13

4 Febo, Vera 33:28 9:00

1. U14 Girls 28:46 1 Novak, Siena 6:55 6:55

2 Colquhoun, Anna 14:19 7:24

3 Singh, Riya 21:41 7:22

4 Gawel, Eva 28:46 7:05

1. U16 Girls 29:44 1 Fry, Ruby 6:52 6:52

2 Cooney, Lily 14:27 7:35

3 Newton, Nancy 21:51 7:24

4 Bliss, Ellie 29:44 7:53

1. U18 Boys 'A' 53:21 1 Neate, Oliver 12:12 12:12

2 Balnave, Ren-Shyan 25:52 13:40

3 Smith, Harry 39:28 13:36

4 Daley, Archie 53:21 13:53

1. U20 Boys 'A' 51:33 1 Thomas, Ben 12:29 12:29

2 Stanfield, Lachlan 24:55 12:26

3 Chan, Bradley 37:39 12:44

4 Morgan, Leo 51:33 13:54

1. Open Women 57:09 1 Mitchell, Morgan 14:20 14:20

2 Campbell, Holly 27:15 12:55

3 Roff, Lora 41:56 14:41

4 Hsu, Fang-Ling 57:09 15:13

2. U18 Boys 'B' 56:43 1 Evans, Jake 14:18 14:18

2 Stanfield, Jackson 27:45 13:27

3 Crowe, Benjamin 41:33 13:48

4 Morgan, Hugo 56:43 15:10

2. U16 Boys 26:33 1 Daley, Archie 6:27 6:27

2 Wylie, Julian 12:32 6:05

3 Richardson, Jack 19:20 6:48

4 Peters, Joshua 26:33 7:13

3. U14 Boys 28:29 1 Peters, Joshua 7:00 7:00

2 Tippett, Ayden 14:18 7:18

3 Howard, Ethan 21:00 6:42

4 Altundag, Thomas 28:29 7:29

3. U20 Boys 'B' 1:02:48 1 Wylie, Rory 14:15 14:15

2 Neate, Charles 29:33 15:18

3 Henry, Grace 46:13 16:40

4 Wylie, Julie 1:02:48 16:35

3. Open Men 48:54 1 Habler, Bailey 11:44 11:44

2 Ryan, Joseph 23:55 12:11

3 Talbot, Alex 37:14 13:19

4 Music, Stefan 48:54 11:40

3. 40-49 Masters 1:09:08 1 Kaiser, Alex 13:49 13:49

2 Hogg, Jamie 27:15 13:26

3 Dawes, Jim 43:15 16:00

4 Sivaraj, Manu 1:09:08 25:53

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World Athletics Championships, Oregon USA, 15-24 July

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6/H1 Steven Solomon, 400m 46.87

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Hills to Henley Half Marathon, Adelaide, 24 July

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3/50-59 Patrick O'Reilly 1:40:12

Three Club Records below!

2022 Ed Murphy Classic, Memphis, Tennessee (USA), 30th July

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1. Morgan McDonald, 3000m 7:49.26

Commonwealth Games, Birmingham (UK), 1 - 9 Aug 2022

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2/H1 Steven Solomon, 400m 45.98 q

4/S1 Steven Solomon, 400m 46.30 q

7/F Steven Solomon, 400m 46.22

Australian Cross Country Championships, Adelaide, 27 Aug 2022

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3. Piper Simpson U15 girls 4k 15:30

3. Huon Groves U16 boys 4k 13:40

11. Lily O'Reilly U16 girls 4k 15:58

12. Sophie Ferenczi U20 girls 6k 25:22

15. Piper Sweeney U10 3k 12:07

15. Ethan Howard U14 boys 3k 10:33

17. Eva Gawel U14 girls 3k 11:37

23. Max Russell U18 boys 6k 21:23

24. Lily Cooney U15 girls 4k 16:36

25. George Perkins U18 boys 6k 21:27

25. York Swan U20 boys 8k 29:36

28. Siena Novak U14 girls 3k 11:54

30. Anna Colquhoun U14 girls 3k 11:57

31. Ruby Fry U16 girls 4k 16:50

31. Archie Daley U16 boys 4k 14:30

33. Grace Henry U17 girls 4k 16:58

34. Matthew Radvin U16 boys 4k 14:35

35. Riya Singh U14 girls 3k 12:02

36. Nancy Newton U15 girls 4k 17:02

40. Bradley Chan U20 boys 8k 30:35

46. Ellie Bliss U15 girls 4k 17:32

49. Luc Jeffriess U20 boys 8k 31:32

Palio Città della Quercia Rovereto, Italy, 30 Aug 2022

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4. Morgan McDonald, 5000m 13:19.21

Sydney Half Marathon, Homebush, 4 Sep 2022

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19. Julianne Broberg 89:20 7th 30-39

80. Alex Keisar 81:25 20th 40-49

Hanzekovic Memorial, Zagreb, 11 Sep 2022

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3. Morgan McDonald, 3000m 7:39.05 (Club Rec)

NSW All Schools, Homebush, 24 - 27 Sep 2022

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1. Piper Simpson, Girls 14y 1500m, 4:34.10

1. Piper Simpson 16y 3000m, 9:46.25 (Club Rec)

1. Allegra McGivern, Girls 17y 2000m Steeple, 7:29.15

1. Nicolas Rodgers, Boys 17y 800m, 1:53.73

1. Nicolas Rodgers, Boys 17y 1500m, 4:00.17

1. Max Russell, Boys 17y 2000m Steeple, 6:08.35 (Club Rec)

2. Eva Gawel, Girls 13y 1500m, 4:47.43

2. Allegra McGivern, Girls 17y 3000m, 10:40.22

2. Riya Singh, Girls 13y 3000m, 11:23.48

2. Siena Novak, Girls 12y 800m, 2:22.47

2. Tara Laytham, Girls 17y 5000m Walk,30:22.98

2. Oliver Neate, Boys 16y 800m, 1:56.44

2. Max Russell, Boys 17y 3000m, 8:47.93

2. Julian Wylie, Boys 15y 3000m, 9:00.53

3. Sophie Ferenczi, Girls 19y 1500m, 4:53.47

3. Siena Novak, Girls 12y 400m, 1:02.37

3. Zac Urbach, Boys 17y 200m, 22.14 (+0.6 m/s)

3. Bradley Chan, Boys 19y 1500m, 4:06.82

3. Lachlan Stanfield, Boys 19y 5000m, 15:32.54

3. Oliver Neate, Boys 16y 1500m, 4:07.05

3. George Perkins, 17y 3000m, 8:50.35

4. Natasha Ward, Girls 19y 800m, 2:31.62

4. Sophie Ferenczi, Girls 19y 5000m, 18:30.97

4. Anna Colquhoun, Girls 13y 800m, 2:22.27

4. Lily O'Reilly, Girls 15y 3000m, 10:25.66

4. Max Russell, Boys 17y 1500m, 4:05.32

5. Anna Colquhoun, Girls 13y 400m, 1:02.18

5. Ellie Bliss, Girls 14y 3000m, 11:32.53

5. Zac Urbach, Boys 17y 100m, 11.15 (-0.5 m/s)

5. Natasha Ward, Girls 19y 1500m, 5:16.71

5. Noah Prouteau, Boys 15y 800m, 2:03.03

6. Chloe Lamb, Girls 15y 3000m Walk, 17:52.71

6. George Perkins, 17y 1500m, 4:09.05

6. Bradley Chan, Boys 19y 5000m, 16:08.09

6. Ethan Howard, Boys 13y 3000m, 9:41.75

7. Shira Gottlieb, Girls 16y 3000m, 11:46.41

8. Lola Upfold, Girls 12y 400m, 1:09.60

8. Ethan Howard, Boys 13y 1500m, 4:36.77

8. Matthew Radvin, Boys 15y 3000m, 9:16.21

8. Matthew Radvin, Boys 15y 1500m, 4:19.34

9. Barnabas Ronto, Boys 16y 200m, 23.18 (+1.7 m/s)

9. Barnabas Ronto, Boys 16y 100m, 11.50 (-0.9 m/s)

9. Max Davoren, Boys 12y 1500m, 5:17.84

10. Fu Tsai, Boys 19y 100m, 11.64 (+0.4 m/s)

11. Callum Forato, Boys 15y 3000m, 9:33.48

12. Nancy Newton, Girls 14y 1500m, 5:09.69

13. Lily O'Reilly, Girls 15y 1500m, 5:01.63

13. Orlando Fereira, 19y 1500m, 5:05.07

13. Archie Daley, Boys 15y 3000m, 9:41.82

13. Oliver Byrne, Boys 19y 5000m, 17:34.21

14. Riya Singh, Girls 13y 1500m, 5:22.04

14. Callum Forato, Boys 15y 1500m, 4:28.29

16. Ellie Bliss, Girls 14y 1500m, 5:23.24

16. Archie Daley, Boys 15y 1500m, 4:29.06

16. Charles Neate, Boys 14y 1500m, 4:44.48

1/H1 Siena Novak, Girls 12y 400m, 1:02.69

1/H2 Zac Urbach, Boys 17y 200m, 22.33 (-0.9 m/s)

1/H2 Oliver Neate, Boys 16y 800m, 2:02.89

1/H3 Zac Urbach, Boys 17y 100m, 11.13 (+0.1 m/s)

1/H1 Noah Prouteau, Boys 15y 800m, 2:03.98

2/H4 Anna Colquhoun, Girls 13y 400m, 1:02.83

2/H2 Siena Novak, Girls 12y 800m, 2:27.69

2/H3 Anna Colquhoun, Girls 13y 800m, 2:26.07

2/H1 Nicolas Rodgers, Boys 17y 800m, 2:07.51

2/H3 Barnabas Ronto, Boys 16y 200m, 22.83 (+0.6 m/s)

2/H2 Noah Prouteau, Boys 15y 400m, 54.59

4/H1 Joseph Rabinowitz, Boys 17y 100m, 11.78 (-2.0 m/s)

4/H1 Lola Upfold, Girls 12y 400m, 1:06.93

4/H2 Siena Novak, Girls 12y 80m hurdles, 14.05 (+1.6 m/s)

6/H3 Lola Upfold, Girls 12y 200m, 29.66

7/H2 Lola Upfold, Girls 12y 100m, 14.52 (+0.8 m/s)

7/H1 Ethan Howard, Boys 13y 800m, 2:20.08

7/H1 Charles Neate, Boys 14y 800m, 2:18.98

5/H2 Elette Millecamps, Girls 14y 200m, 27.65 (+0.1 m/s)

5/H5 Elette Millecamps, Girls 14y 100m, 13.31 (-0.8 m/s)

6/H3 Joseph Rabinowitz, Boys 17y 400m, 54.91

5/H4 Joseph Rabinowitz, Boys 17y 200m, 22.73

7/H3 Ellie Bliss, Girls 14y 800m, 2:41.67

7/H1 Fu Tsai, Boys 19y 100m, 11.76 (-1.1 m/s)

7/H5 Zavier Novak, Boys 16y 200m, 24.93 (+0.6 m/s)

8/H1 Zavier Novak, Boys 16y 400m, 56.47

3/H3 Barnabas Ronto, Boys 16y 100m, 11.40 ( 0.0 m/s)

NSW 10000m Championships, Homebush, 8 Oct 2022

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1. Drew Fryer, 10000m 30:43.82

Treloar Shield - Round 1, Homebush, 8 Oct 2022

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2. Gabriella Guerrera, U18 Women Triple Jump 11.13m (-0.5

m/s)

2. Grace Henry, U18 Women 1500m, 4:58.37

4. Josie Khoo, U18 Women Triple Jump 10.46m NWI

7. Lorenzo Paonessa, U14 Men 1500m 4:55.85

16. Oliver Fyfe, U14 Men 1500m, 5:46.90

3/H2 Joseph Rabinowitz, U18 Men 200m, 23.62 (-1.4 m/s)

6/H1 Joseph Rabinowitz, 60m, 7.53 (+1.0 m/s)

Treloar Shield - Round 2, Bankstown, 15 Oct 2022

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3. Eva Gawel, Open Women 3000m 10:29.90

6. Callum Forato, U18 Men 3000m 9:47.57

9. Sebastian Havens, Open Men 3000m 9:02.52

10. Max Russell, Open Men 3000m 9:04.80

10. Zac Urbach, U18 Men 100m, 11.39 (-0.4 m/s)

13. Josie Khoo, U18 Women Long Jump 4.69 (+0.2 m/s)

13. Barnabas Ronto, U18 Men 100m 11.42 (+0.7 m/s)

21. Znapalis Ricardo, U18 Men 100m 11.68 (-0.4 m/s)

Treloar Shield - Round 3, Homebush, 22 Oct 2022

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2. Nicholas Kollias, Open Men High Jump 2.00m

6. Alex Talbot, Open Men 800m 1:56.24

7. Znapalis Ricardo, U18 Men 200m 22.96 (+3.0 m/s)

11. Barnabas Ronto, U18 Men 100m 11.44 (+0.6 m/s)

14. Hugo Morgan, U18 Men 800m 2:12.06

15. Znapalis Ricardo, U18 Men 100m 11.53 (+0.6 m/s)

a. Track Relays 18 teams, 17 medallists, 8 Gold, 6 Silver, 3

Bronze.

b. Acknowledgement of Alija Kajan efforts in organisation and

coordination thereof.

High Velocity Meet 4, Illawong, 29 Oct 2022

2/H3 Rudy Blackey, 400m 65.92

4/H4 Liam Crowe, 400m 60.69

7/H5 Barnabas Ronto, 100m 11.48 (w +0.6 m/s)

NSW 3000m Championship, ES Marks, 29 Oct 2022

7/Community B race Frederick Jones, 3000m 12:13.17

1/L Lorenzo Paonessa, 3000m 10:45.67

5/L Michael Donnelly, 3000m 11:56.45

18/K Brendon Johnson, 3000m 11:32.31

24/K Patrick O’Reilly, 3000m 12:35.07

14/J Thomas Altundag, 3000m 10:55.89

18/J William Johnson, 3000m 11:31.24

12/I Steve Johnson, 3000m 10:20.08

13/I Charlie Coutts, 3000m 10:23.85

17/H Harry Reed, 3000m 10:33.63

3/G Ren-Shyan Balnave, 3000m 9:28.34

8/G Benjamin Crowe, 3000m 9:38.50

12/G Alex Kaiser, 3000m 9:51.30

13/G Harry Davie, 3000m 9:53.78

15/G Ethan Howard, 3000m 9:57.35

4/F Kade Zavetsanos, 3000m 9:26.03

16/F Callum Forato, 3000m 9:54.70

6/F Sophie Hufton, 3000m 11:24.63

9/F Shira Gottlieb, 3000m 11:38.49

16/E Huon Groves, 3000m 9:19.83

18/E Archie Daley, 3000m 9:29.16

20/E Matthew Radvin, 3000m 9:32.36

6/D Billy Zavetsanos, 3000m 9:10.86

17/D Julien Wylie, 3000m 9:26.73

18/D Brody Elbourne, 3000m 9:39.64

4/D Nancy Newton, 3000m 10:41.42

8/D Lily Cooney, 3000m 10:49.71

17/D Anna Colquhoun, 3000m 11:06.44

1/C Oliver Neate, 3000m 8:43.78

7/C York Swan, 3000m 8:52.09

1/C Lily O’Reilly, 3000m 10:11.30

9/C Grace Henry, 3000m 10:37.65

13/C Sophie Ferenczi, 3000m 10:45.50

16/C Matilda Emanuel, 3000m 10:53.26

3/B Noah Prouteau, 800m 2:01.83

2/B Siena Novak, 800m 2:20.31

3/B Piper Sweeny, 800m 2:21.42

5/A Alex Talbot, 800m 1:55.02

4/B Nicolas Rodgers, 3000m 8:37.58

14/B Max Russell, 3000m 8:46.67

6/A Drew Fryer, 3000m 8:19.66

13/A Stefan Music, 3000m 8:32.19

16/A Bailey Habler, 3000m 8:40.68

1/A Holly Campbell, 3000m 9:14.67

14/A Piper Simpson, 3000m 10:01.41

Treloar Sheild Round 4, Campbelltown, 5 Nov 2022

2/H5 Fu Tsai, 60m 7.40 (w 0.0 m/s)

4/H2 Ricardo Zanapalis, 60m 7.45 NWI

2/H3 Eden Levit, 200m 25.13 (w +3.8 m/s)

2/H1 Zac Urbach, 200m 22.24 (w 0.0 m/s)

4/H3 Ricardo Zanapalis, 200m 22.99 (w +0.7 m/s)

1. Eva Gawel, 1500m 4:47.78

8/U18 Ellie Bliss, 1500m 5:24.95

2/U14 Lorenzo Paonessa, 1500m 4:38.97

1. Gabriella Guerrera, Triple Jump 11.52m (w +1.0 m/s)

7. Josie Khoo, Triple Jump 10.40m (w -2.8 m/s)

1. Joseph Touma, Triple Jump 13.66m (w 0.0 m/s)

Treloar Sheild Round 5, Illawong, 12 Nov 2022

1/H1 U14 Maya Taber, 100m 12.11 (w +1.5 m/s)

8/H1 U14 Georgiana Giatsios, 100m 13.28 (w +1.5 m/s)

4/H1 U18 Barnabas Ronto, 100m 11.27 (w +1.2 m/s)

2/H2 U18 Ricardo Zanapalis, 100m 11.43 (w +0.5 m/s)

2/H2 Isabel Nystrom, 400m 62.54

1/H2 U18 Rudy Blackley, 400m 62.73

3/U18 Julian Wylie, 3000m 9:23.42

2/U18 Evie Armstrong Reading, 3000m Walk 16:29.96

3/U14 Georgiana Giatsios, Long Jump 4.67m (w +1.7 m/s)

1/U18 Ricardo Zanapalis, Long Jump 6.70m (w +2.0 m/s)

NSW Relay Championship, Campbelltown,

19-20 Nov 2022

U14 Men 4x800m - 3rd

Liam Crowe 2:14.3

Thomas Althundag 2:29.1

Charlie Coutts 2:24.1

Ethan Howard 2:20.0

U14 Men 4x1500m – 3rd

Charlie Coutts 4:58.8

Thomas Althundag 5:09.3

Freddie Jones 5:28.9

Ethan Howard 4:44.4

U16 Men 4x800m – 1st

Noah Prouteau 2:07.5

Julian Wylie 2:14.3

Matthew Radvin 2:17.2

Asher Thomasyu 2:10.4

U16 Men 4x1500m – 1st

Archie Daley 4:26

Matthew Radvin 4:25

Callum Forato 4:31

Julian Wylie 4:17

U18 Men 4x800m – 2nd

Max Russell 1:57.7

Oliver Neate 1:55.1

Hugo Morgan 2:13.4

Nicolas Rodgers 2:02

U18 Men 4x1500m – 1st

Max Russell 4:22

Nicolas Rodgers

George Perkins

Oliver Neate

U20 Men 4x800m – 1st

Brody Elborne 2:06.6

York Swan 2:07.8

Ben Crowe 2:08.3

Rory Wylie 2:22.3

U20 Men 4x1500m – 1st

Ben Crowe 4:22

York Swan 4:11

Ben Thomas 4:12

Rory Wylie 4:47

Open 4x800m Men – 1st

Drew Fryer 1:55.7

Ben Thomas 1:50.8

Hamish Hart 1:58.4

Alex Talbot 1:55.2

Open Men, 4xHigh Jump – 1st

Nicholas Kollias 2.05m

Kieran Fung 1.85m

Ricardo Zanapalis 1.75m

Joseph Touma 1.70m

Open Men 4x1500m – 2nd

Alex Talbot 4:05

Drew Fryer 4:03

Hamish Hart 4:03

Stefan Music 3:59

Masters Men 200+ 4 x 1500m – 4th

Alex Keisar 4:29

Mark Carmody 5:50

James Dawes 5:21

Michael Donnelly 5:41

U14 girls, 4x100m – 1st

Audrey Khamphet Pearse 11.79

Georgiana Giatsios 12.53

Maya Taber 12.67

Sophie Dimitrov 12.85

U14 girls, 4x200m – 3rd

Elizabeth Somerville 27.7

Lola Upfold 28.0

Sienna Novak 28.4

Sophie Dimitrov 27.9

U14 girls, 4x800m – 2nd

Siena Novak 2:23.1

Anna Colquhoun 2:26.5

Elizabeth Somerville 2:30.9

Eva Gawel 2:27.2

U14 girls, 4x1500m – 2nd

Eva Gawel 5:31

Sophie Hufton 5:02

Riya Singh

Anna Colquhoun

U16 Women 4x1500m – 2nd

Lily O’Reilly 4:54.6

Nancy Newton 5:23.7

Emilia Reed 4:58.6

Ruby Fry 4:58.6

Open Women 4x1500m – 2nd

Lora Roff 4:45.9

Piper Simpson 4:47.3

Ellie Bliss 5:33.1

Holly Campbell 4:30.4