**2023 RBH Seasonal Reports**

NSW Milers Meet 2, 24 Nov 2022, Bankstown

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○ 2. Alex Talbot, Men 1500m B race 4:00.51

○ 6. Ethan Howard, Men 1500m C race 4:31.77

○ 9. Oliver Neate, Men 1500m A race 3:55.59

○ 10. Anna Colquhoun, Women 1500m A race 4:54.86

Treloar Shield Round 6, 26 Nov 2022, Homebush

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○ 1. Lorenzo Paonessa, U14 Boys 800m 2:15.23

○ 2. Isabel Nystrom, U18 Girls 400m Hurdles 1:04.44

○ 4. Georgiana Giatsios, U14 Girls HJ 1.50m

○ 6. Zac Urbach, U18 Boys 200m 22.67

w +0.3 m/s

○ 6. Mark Carmody, 50+ Men 800m 2:48.36

○ 7. Georgiana Giatsios, U14 Girls 100m 13.40

w -0.4 m/s

○ 7. Georgiana Giatsios, U14 Girls 200m 27.42

w +1.0 m/s

○ 8. Liam Ross, U18 Boys 100m 11.26

w +1. m/s

○ 8. Rudi Blackley, U18 Girls HJ 1.30m

○ 9. Siena Novak, Open Women 800m 2:22.59

○ 10. Ruby Fry, U18 Girls 2000m St (76.2cm) 7:51.35

○ 12. Rudi Blackley, U18 Girls 800m 2:30.52

○ 13. Ricardo Zanapalis, U18 Boys 200m 23.13

w -1.2 m/s

○ 13. Elie Miman, 50+ Men 800m 4:15.39

○ 16. Barnabas Ronnto, U18 Boys 100m 11.39

w +0.7 m/s

○ 26. Eden Levit, Open Women 100m 12.57 w

+0.1 m/s

○ 27. Ricardo Zanapalis, U18 Boys 100m 11.80

w -1.3 m/s

○ 28. Eden Levit, Open Women 200m 25.57 w

+1.2 m/s

Albie Thomas Mile, 3 Dec 2022, Bankstown

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○ 1. Nicholas Kollias, Open Men High Jump 2.00m

○ 6. Holly Campbell, Open Women A race 1 mile 4:41.98

Club Rec

○ 2. Eden Levit, Open Women B race 100m 12.76

w -1.0 m/s

○ 9. Zavier Novak, Open Men C race 100m 12.38

w -1.0 m/s

○ 11. Elie Miman, Open Men F race 1500m 4:27.30

○ 7. Oliver Neate, Open Men A race 800m 1:58.02

○ 5. Asher Thomasyu, Open Men B race 800m 1:58.93

○ 7. Brody Elbourne, Open Men B race 800m 2:02.71

○ 2. Liam Crowe, Open Men E race 800m 2:17.09

○ 3. Charlie Coutts, Open Men E race 800m 2:18.31

○ 3. Matthew Radvin, Open Men D race 800m 2:07.94

○ 7. Hugo Morgan, Open Men D race 800m 2:13.83

○ 2. Noah Prouteau, Open Men C race 800m 2:02.47

○ 5. Siena Novak, Open Women 800m B race 2:20.39

○ 3. Matilda Emanuel, Open Women B race 1 mile

5:01.66

○ 9. Lily O'Reilly, Open Women B race 1 mile

5:14.99

○ 9. Max Russell, Open Men B race 1 mile 4:17.55

○ 1. Jonathan Meaker, Open Men 1 mile C race 4:20.68

○ 4. York Swan, Open Men 1 mile C race 4:26.54

○ 6. Julian Wylie, Open Men 1 mile C race 4:29.93

○ 3. Sebastian Havens, Open Men 1 mile D race 4:32.04

○ 7. Archie Daley, Open Men 1 mile E race 4:49.22

○ 3. Alex Kaiser, Open Men 1 mile F race 4:53.30

○ 11. Michael Donnelly, Open Men 1 mile H race 5:56.63

○ 11. Orlando Ferreira, Open Men 1 mile G race 5:31.78

Australian Allschools, 11 Dec, Adelaide

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○ 1. Max Russell, U18 Men 3000m Steeple (84cm) 6:01.59

Club Rec

○ 1. Piper Simpson, U15 Girls 1500m 4:33.14

○ 2. Oliver Neate, U17 Boys 800m 1:54.60

○ 3. Max Russell, U18 Boys 3000m 8:37.32

○ 3. Nicolas Rodgers, U18 Boys 800m 1:56.21

○ 3. Julian Wylie, U16 Boys 3000m 9:01.92

○ 3. Isabel Nystrom, U18 Girls 400m H (76.2cm) 63.29

○ 3. Audrey Khamphet Pierce, U14 Girls TJ 10.80m

w -2.6 m/s

○ 5. Piper Simpson, U15 Girls 3000m 10:41.69

○ 8. Audrey Khamphet Pierce, U14 Girls LJ 4.86m

w +0.1 m/s

○ 8. Matilda Emanuel, U15 Girls 1500m 4:44.21

NSW Milers Meet 3, 22 Dec 2022, Bankstown

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○ 9. Max Russell, Open Men A race 800m 1:56.24

○ 4. Bradley Chan, Open Men B race 800m 1:58.47

○ 6. Brody Elbourne, Open Men B race 800m 2:00.17

○ 2. Noah Prouteau, Open Men C race 800m 2:00.43

○ 10. Benjamin Crowe, Open Men B race 800m 2:02.36

○ 9. Evan Rowbotham, Open Men C race 800m 2:08.57

○ 5. Ben Thomas, Open Men A race 1500m

3:50.78

○ 7. Oliver Neate, Open Men A race 1500m 3:52.32

○ 4. Alex Talbot, Open Men B race 1500m 3:59.14

○ 1. Sebastian Havens, Open Men C race 1500m 4:05.66

○ 3. York Swan, Open Men C race 1500m 4:08.45

○ 1. Asher Thomasyu, Open Men D race 1500m 4:15.96

○ 12. Matthew Radvin, Open Men C race 1500m 4:18.42

○ 14. Archie Daley, Open Men C race 1500m 4:24.40

○ 2. Lorenzo Paonessa, Open Men E race 1500m 4:33.56

○ 7. Hugo Morgan, Open Men D race 1500m 4:31.79

○ 3. Charlie Coutts, Open Men E race 1500m 4:35.74

○ 12. Orlando Ferreira, Open Men E race 1500m 4:58.80

Illawong High Velocity Meet 1, 7 Jan 2023, Illawong

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○ 1. Niicholas Kollias, Open Men High Jump 2.00m

○ 3. Siena Novak, 80m Hurdles 76.2cm 14.11

w +2.4 m/s

○ 6. Gabriella Guerrera, Open Women Triple Jump

11.23m

NSW Illawarra Track Challenge, 14 Jan 2023, Wollongong

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○ 1. Ben Thomas, Open Men 800m 1:53.09

○ 2. Stefan Music, Open Men 1 Mile 4:18.32

○ 2. Michael Donnelly, 65-69 Men 1 Mile 5:53.13

○ 2. Jean Stump, Open Women 800m 2:22.04

○ 8. Billy Zavetsanos, Open Men 3000m 9:20.15

○ 11.Rudi Blackley, Open Women 800m 2:30.62

○ 14.Kade Zavetsanos, Open Men 3000m 9:54.41

○ 24.Lorenzo Paonessa, Open Men 800m 2:17.42

Australian World Cross Country Selection Trials, 15 Jan 2023,

Stromlo ACT

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○ 5. Holly Campbell, Open Women 10k 33:49

○ 6. Bailey Habler, Junior Men 8k 25:40

○ 15. Hamish Hart, Junior Men 8k 26:37

○ 17. Max Russell, Junior Men 8k 27:02

NSW Milers, 21 Jan 2023, Narrabeen

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○ 1/A Max Russell, 1500m 3:58.0

○ 2/A Alex Talbot, 1500m 3:59.1

○ 8/A Asher Tomasyu, 1500m 4:08.4

○ 10/A Julien Wylie, 1500m 4:11.4

○ 1/B Noah Prouteau, 1500m 4:15.8

○ 7/B Lora Roff, 1500m 4:28.6

○ 3/C Piper Sweeny, 1500m 4:45.3

○ 10/C Ruby Fry, 1500m 4:51.7

○ 15/C Lily Cooney, 1500m 5:00.0

○ 4/D Emily Hsu, 1500m 4:58.5

○ 2/C Rudy Blackley, 800m 2:27.7

○ 2/A Ben Thomas, 800m 1:50.5

○ 4/B Jack Richardson, 800m 2:11.4

○ 7/B Lorenzo Paonessa, 800m 2:15.2

○ 8/B Ethan Howard, 800m 2:17.6

○ 6/A Piper Simpson, 800m 2:17.3

ACT Championships, 27 - 29 Jan, Canberra

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○ 1. Stefan Music, Open Men 1500m 3:50.06

○ 2. Ben Thomas, Open Men 1500m 3:50.26

○ 2. Nicholas Kollias, Open Men HJ 2.00m

○ 3. Gabriella Guerrera, U20 Girls TJ 11.78m w +0.3

m/s

○ 4. Lora Roff, Open Women 800m 2:08.37

○ 5. Lora Roff, Open Women 1500m 4:30.92

○ 7. Ben Thomas, Open Men 800m 1:50.89

○ 10. Ricardo Zanapalis, U20 Long Jump 6.13m w +2.3

m/s

○ 14. Max Russell, Open Men 1500m 3:59.52

○ 17. Oliver Neate, Open Men 1500m 4:01.84

○ 20. Alex Talbot, Open Men 800m 1:53.74

○ 22. Alex Talbot, Open Men 1500m 4:04.44

○ 23. Oliver Neate, Open Men 800m 1:54.49

○ 29. Asher Thomasyu, Open Men 1500m 4:11.57

○ 30. Julien Wylie, Open Men 1500m 4:12.88

○ 35. Rory Wylie, Open Men 1500m 4:39.04

Campbelltown Night of Sprints, 29 Jan 2023,

Campbelltown

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○ 1. Isabel Nystrom, Women 400m Hurdles 1:08.47

**Club Highlight:** 38 Medals State Championships!

NSW Milers Meet 3, 2 Feb 2023, Bankstown

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1. Bailey Habler, 3000m A race 8:15.59

1. Jean Stump, 800m B race 2:19.33

3. Hamish Hart, 3000m A race 8:32.27

3. Jack Richardson, 800m C race 2:10.25

3. Rudi Blackley, 800m B race 2:23.07

3. Piper Simpson, 3000m A race 10:11.98

5. Ruby Fry, 3000m A race 10:26.59

5. Lachlan Stanfield, 3000m A race 8:44.87

5. Kade Zavetsanos, 1500m B race 4:18.33

5. Lorenzo Paonessa, 800m C race 2:12.38

6. Sebastian Havens, 1500m A race 4:03.18

7. George Perkins, 1500m A race 4:04.99

8. Julian Wylie, 3000m A race 8:56.63

9. Benjamin Crowe, 800m A race 1:59.50

9. Fang-Ling Hsu, 800m A race 2:21.93

9. York Swan, 1500m A race 4:06.66

12. Billy Zavetsanos, 3000m A race 9:04.56

13. Ethan Howard, 3000m B race 9:54.11

13. Asher Thomasyu, 1500m A race 4:11.50

NSW Masters Championships, 4-5 Feb 2023, Campbelltown

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3. Michael Donnelly, 1500m 65-69yo 5:30.0

NSW 5000m Championships, 11 Feb 2023, Homebush

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1. Holly Campbell, Open Women 5000m Race A 16:00.51

1. Gabriella Guerrera, Women Triple Jump 11.19m w +1.6 m/s

1. Billy Zavetsanos, Open Men 5000m Race D 16:08.41

2. Audrey Khamphet-Pearse, Women Triple Jump 10.98m w -1.2 m/s

2. Nicholas Kollias, Men High Jump 2.05m

2. Sebastian Havens, Open Men 5000m Race C 15:48.56

3. George Perkins, Open Men 800m Race 2 1:59.51

3. Steve Johnson, Open Men 5000m Race F 18:25.64

4. Ben Thomas, Open Men 400m Race 1 49.69 4.

Nancy Newton, Open Women 5000m Race B 18:36.49

5. Oliver Neate, Open Men 800m Race 1 1:55.72

5. York Swan, Open Men 800m Race 2 1:59.97

6. Drew Fryer, Open Men 5000m Race A 14:33.16

6. Asher Thomasyu, Open Men 800m Race 2 2:00.15

6. Josie Khoo, Women Triple Jump 10.32m w -0.8 m/s

6. Rudi Blackley, Open Women 400m Race 1 61.52

6. Jack Richardson, Open Men 800m Race 4 2:06.62

6. Charlie Coutts, Open Men 800m Race 5 2:20.91

8. Brody Elbourne, Open Men 800m Race 2 2:01.21

8. Hugo Morgan, Open Men 800m Race 4 2:10.10

9. Alex Talbot, Open Men 800m Race 1 1:57.70

10. Audrey Khamphet-Pearse, Women High Jump 1.45m

10. Liam Crowe, Open Men 800m Race 4 2:11.65

10. Fang-Ling Hsu, Open Women 800m 2:21.49

11. Josie Khoo, Women High Jump 1.45m

14. Hamish Hart, Open Men 5000m Race A 14:58.57

14. Jim Dawes, Open Men 5000m Race F 20:58.22

21. Ren-Shyan Balnave, Open Men 5000m Race C 17:26.26

21. Jake Evans, Open Men 5000m Race D 17:53.16

NSW Milers Meet 4, 14 Feb 2023, Bankstown

1. Ben Thomas, Open Men 800m Race A 1:50.78

1. Lora Roff, Open Women 1500m Race A 4:28.63

2. Max Russell, Open Men 1500m Race A 3:52.38

2. Julian Wylie, Open Men 1500m Race B 4:10.05

3. Harry Davie, U16 Men 2000m Steeple 76.2cm 6:54.16

3. Ruby Fry, U18 Girls 2000m Steeple 76.2cm 7:27.77

3. Jack Richardson, Open Men 800m Race C 2:05.97

3. Benjamin Crowe, Open Men 800m Race B 1:59.55

4. Johnathan Meaker, Open Men 1500m Race B 3:53.22

4. Brody Elbourne, Open Men 800m Race B 2:00.26

5. Rudy Blaklay, Open Women 800m Race A 2:20.15

6. Evan Rowbotham, Open Men 1500m Race B 4:16.43

9. Asher Thomasyu, Open Men 1500m Race A 4:05.97

9. Alex Talbot, Open Men 800m Race A 1:54.73

12. Lorenzo Paonessa, Open Men 1500m Race B 4:28.91

14. Jack Wilkinson, Open Men 1500m Race B 4:35.48

World Cross Country Championships, 18 Feb 2023, Bathurst

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31. Bailey Habler, U20 Men 8k 26:59

Campbelltown High Velocity Meet, 19 Feb 2023, Campbelltown

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1. Isabel Nystrom, U20 Women 400m Hurdles 76cm 63.24

2. Nicholas Kollias, Open Men High Jump 2.05m

1. Noah Prouteau, Open Men 400m Race 5 53.19

1. Fu Tsai, Open Men 100m Race 12 11.75 w -0.3 m/s

3. Rudi Blackley, Open Women 400m Race 3 61.55

4. Zac Urbach, Open Men 200m Race 6 22.73 w +0.3 m/s

5. Ricardo Zanapalis, U20 Men Long Jump 6.19m w +1.7 m/s

6. Zac Urbach, Open Men 100m Race 4 11.52 w -2.2 m/s

6. Ricardo Zanapalis, Open Men 100m Race 9 11.99 w -1.6 m/s

6. Efthimia Kollias, Open Women 400m Race 5 74.96

8. Tia McDrury, Open Women 100m Race 7 13.61 w -0.8 m/s

NSW Junior Championships, 24-26 Feb 2023, Homebush G 11 S 15 B 12

1. Maya Taber, U15 Women 100m 12.05 w +1.6 m/s CLUB U16 REC

1. Maya Taber, U15 Women 200m 25.11 w +1.2 m/s

1. Piper Simpson, U16 Women 3000m 9:59.85

1. Piper Simpson, U16 Women 1500m 4:36.92

1. Nicolas Rodgers, U20 Men 1500m 3:55.33

1. Nicolas Rodgers, U20 Men 800m 1:52.34

1. Hamish Hart, U20 Men 3000m 8:29.38

1. Siena Novak, U14 Women 800m 2:17.03

1. Isabel Nystrom, U20 Women 400m Hurdles 76.2cm 61.66 CLUB U20 REC

1. Lorenzo Paonessa, U13 Men 1500m 4:35.07

1. Eva Gawel, U15 Women 1500m 4:45.35

2. Hamish Hart, U20 Men 1500m 3:57.68

2. Max Russell, U20 Men 3000m 8:31.95

2. Lily O'Reilly, U17 Women 3000m 10:20.86

2. Lorenzo Paonessa, U13 Men 800m 2:16.92

2. Alexander Bissell, U14 Men 400m 57.28

2. Sophie Dimitrov, U14 Women 100m 12.63 w +2.2 m/s

2. Julian Wylie, U17 Men 3000m 8:51.82

2. Evan Rowbotham, U14 Men 1500m 4:29.61

2. Siena Novak, U14 Women 80m Hurdles 76.2cm 13.31 w +1.3 m/s

2. Ethan Howard, U15 Men 3000m 9:29.99

2. Ethan Howard, U15 Men 2000m Steeple 76.2cm 6:42.89

2. Ruby Fry, U17 Women 2000m Steeple 76.2cm 7:29.92

2. Liam Crowe, U15 Men 800m 2:11.20

2. Olivia Kehoe, U13 Women High Jump 1.45m

2. Asher Thomasyu, U17 Men 800m 1:59.43

3. Ruby Fry, U17 Women 3000m 10:24.92

3. Ben Thomas, U20 Men 800m 1:53.35

3. Matilda Emanuel, U16 Women 1500m 4:47.97

3. Alexander Bissell, U14 Men 25.65 w +0.3 m/s

3. Matilda Emanuel, U16 Women 800m 2:16.92

3. Audrey Khamphet Pearse, U15 Women Triple Jump 11.06m w +0.7 m/s

3. Georgiana Giatsios, U15 Women High Jump 1.55m

3. Evan Rowbotham, U14 Men 800m 2:07.81

3. Joseph Touma, U18 Men Long Jump 6.50m w +1.0 m/s

3. Gabriella Guerrera, U20 Women Triple Jump 11.56m w +0.5 m/s

3. Piper Sweeny, U14 Women 1500m 4:50.87

3. Ethan Howard, U15 Men 1500m 4:29.22

4. Nancy Newton, U16 Women 3000m 10:47.47

4. Alexander Bissell, U14 Men 100m 12.66 w +1.5 m/s

5. Georgiana Giatsios, U15 Women 90m Hurdles 76.2cm 14.29 w -1.3 m/s

5. Rudi Blackley, U16 Women 400m 59.81

5. Jonathan Meaker, U20 Men 1500m 3:59.38

5. Aria Jensen, U13 Women 200m 27.04 w +1.3 m/s

5. Ricardo Zanapalis, U18 Men Long Jump 6.44m w +1.3 m/s

5. Siena Novak, U14 Women 400m 61.07

5. Jonathan Meaker, U20 Men 800m 1:54.02

6. Sophie Dimitrov, U14 Women 200m 26.07 w +1.8 m/s

6. Lily Davoren, U13 Women Javelin 16.95m

6. Noah Prouteau, U17 Men 800m 2:02.76

6. Anna Colquhoun, U15 Women 1500m 5:08.55

6. Harry Davie, U16 Men 2000m Steepl 76.2cm 6:46.54

7. Max Davoren, U14 Men Javelin 23.82m

7. Olivia Kehoe, U13 Women Triple Jump 9.30m w +1.4 m/s

7. Jean Stump, U20 Women 800m 2:17.79

7. Jack Richardson, U16 Men 800m 2:03.01

8. Matthew Radvin, U17 Men 3000m 9:22.03

8. Savanna Kirkwood, U14 Women Discus Throw 19.10m

8. Lola Richardson, U15 Women 200m Hurdles 76.2cm 35.97 w +1.4 m/s

8. Lily O'Reilly, U17 Women 1500m 4:50.03

8. Max Russell, U20 Men 800m 1:55.20

8. Cristiano Zanapalis, U13 Men 100m 13.39 w +2.4 m/s

9 Huon Groves, U17 Men 3000m 9:23.56

9. Piper Sweeny, U14 Women 800m 2:28.09

9. Aidan Shaw, U14 Men Long Jump 4.01m w +1.6 m/s

10. George Perkins, U20 Men 3000m 8:57.06

10. Charlie Coutts, U15 Men 1500m 4:46.01

10. Charlie Coutts, U15 Men 800m 2:17.84

11. Poppy Edwards, U15 Women 3000m 11:19.30

11. Savanna Kirkwood, U14 Women Javelin 21.29m

11. Max Davoren, U14 Men 800m 2:23.66

11. George Perkins, U20 Men 1500m 4:07.69

11. Ellie Bliss, U16 Women 1500m 5:18.62

12. Callum Forato, U17 Men 3000m 9:37.58

12. Hugo Morgan, U18 Men 1500m 4:33.66

13. 11. Asher Thomasyu, U17 Men 1500m 4:20.27

13. Rudi Blackley, U16 Women 800m 2:28.65

13. Benjamin Crowe, U20 Men 800m 1:57.92

13. Archie Daley, U17 Men 3000m 9:38.24

14. Matthew Radvin, U17 Men 1500m 4:21.35

14. Hugo Morgan, U18 Men 800m 2:09.59

16. Josie Khoo, U16 Women Long Jump 4.52m w +0.5 m/s

16. Ellie Bliss, U16 Women 800m 2:33.41

18. Ren-Shyan Balnave, U20 Men 3000m 9:26.17

21. Jake Evans, U20 Men 3000m 9:43.84

22. Brody Elbourne, U20 Men 1500m 4:23.96

25. Brody Elbourne, U20 Men 800m 2:05.02

26. Orlando Ferreira U20 Men 1500m 5:12.41

1/H2 Sophie Dimitrov, U14 Women 100m 12.59 w +0.7 m/s

1/H1 Maya Taber, U15 Women 100m 12.14 w -0.2 m/s

1/H2 Siena Novak, U14 Women 400m 60.58

1/H2 Rudi Blackley, U16 Women 400m 60.06

1/H3 Maya Taber, U15 Women 200m 25.43 w +2.2 m/s

1/H2 Alexander Bissell, U14 Men 200m 25.45 w +2.4 m/s

2/H1 Aria Jensen, U13 Women 200m 27.48 w +1.0 m/s

2/H1 Georgiana Giatsios, U15 Women 90m Hurdles 76.2cm 14.08 w +0.3 m/s

2/H2 Barnabas Ronto, U18 Men 100m 11.23 w +1.1 m/s

3/H3 Lola Upfold, U14 Women 400m 63.73

3/H1 Alexander Bissell, U14 Men 100m 12.79 w +1.0 m/s

4/H1 Zac Urbach, U20 Men 100m 11.26 w -0.9 m/s

4/H1 Georgiana Giatsios, U15 Women 200m 26.64 w +1.4 m/s

4/H2 Zac Urbach, U20 Men 200m 22.42 w +1.0 m/s

5/H2 Fu Tsai, U20 Men 100m 11.50 w +0.7 m/s

5/H1 Joseph Rabinowitz, U20 Men 200m 22.92 w +0.6 m/s

6/H4 Liam Ross, U20 Men 100m 11.30 w +0.5 m/s

6/H1 Liam Crowe, U15 Men 400m 58.23

6/H1 Lola Richardson, U15 Women 90m Hurdles 76.2cm 18.12 w +0.3 m/s

6/H1 Tea McDrury, U14 Women 100m 13.42 w +0.6 m/s

6/H1 Lola Upfold, U14 Women 200m 27.87 w +1.2 m/s

6/H1 Aidan Shaw, U14 Men 200m 29.20 w +0.1 m/s

6/H2 Leon Baghdadi, U14 Men 100m 13.44 w +1.0 m/s

6/H2 Leon Baghdadi, U14 Men 200m 27.49 w +2.4 m/s

7/H3 Joseph Rabinowitz, U20 Men 100m 11.57 w +0.0 m/s

7/H1 Aidan Shaw, U14 Men 100m 13.89 w +1.0 m/s

7/H1 Ricardo Zanapalis, U18 Men 100m 11.43 w +3.0 m/s

7/H2 Eden Levit, U20 Women 100m 12.89 w +0.1 m/s

7/H3 Elizabeth Somerville, U14 Women 200m 29.03 w +0.1 m/s

8/H1 Lola Upfold, U14 Women 100m 13.77 w +0.6 m/s

8/H2 Georgiana Giatsios, U15 Women 100m 13.08 w +2.1 m/s

NSW Open Championships, 3-5 Mar 2023, Homebush G 0 S 2 B 2

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2. Lora Roff, Open Women 800m 2:08.67

2. Max Russell, Open Men 3000m Steeple 9:50.82

3. Stefan Music, Open Men 1500m 3:48.93

3. Nicholas Kollias, Open Men High Jump 2.05m

6. Ben Thomas, Open Men 800m 1:51.42

10. Hamish Hart, Open Men 1500m 3:55.72

12. Drew Fryer, Open Men 1500m 4:00.31

H3/1 Stefan Music, Open Men 1500m 3:49.74

H2/1 Lora Roff, Open Women 800m 2:06.95

H3/2 Drew Fryer, Open Men 1500m 3:49.97

H5/3 Ben Thomas, Open Men 800m 1:51.71

H1/5 Alex Talbot,

Open Men 800m 1:56.14 H2/5 York Swan, Open Men 800m 1:59.17

H1/6 Max Russell, Open Men 1500m 3:54.97

H1/8 Brody Elbourne, Open Men 800m 2:01.71

H1/9 York Swan, Open Men 1500m 4:04.91

H3/5 Sebastian Havens, Open Men 800m 1:59.50

H3/9 Efthimia Kollias, Open Women 400m 1:14.40

H2/9 Julian Wylie, Open Men 1500m 4:04.64

H2/9 Benjamin Crowe, Open Men 800m 2:02.45 H3/9 Sebastian Havens, Open Men 1500m 3:59.53

NSW Milers Meet 4, 9 March 2023, Bankstown

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2. Ethan Howard Men 2000m Steeple U16 6:38.46

3. Ruby Fry Women 2000m Steeple U18 7:36.71

4. Jakob Frankl Men 1500m C race 4:41.79

4. Matthew Radvin Men 1500m B race 4:17.83

6. Jonathan Meaker Men 1500m A race 4:00.20

8. Asher Thomasyu Men 800m A race 1:57.61

1. Lora Roff Women 800m A race 2:06.26

1. Archie Daley Men 800m D race 2:08.30

7. Jean Stump Women 800m A race 2:17.70

NSW Milers Meet 5, 23 March 2023, Bankstown

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2. Piper Simpson Women 1500m A race 4:22.23 Club

U16 Women Rec

3. Stefan Music Men 1500m A race 3:46.10

5. Nicolas Rodgers Men 1500m A race 3:47.50

10. Max Russell Men 1500m A race 3:51.00

11. Hamish Hart Men 1500m A race 3:51.20

1. York Swan Men 1500m B race 3:58.03

3. Sebastian Havens Men 1500m B race 3:58.49

10. Julian Wylie Men 1500m B race 4:07.14

11. Asher Thomasyu Men 1500m B race 4:12.71

9. Ethan Howard Men 1500m C race 4:23.19

3. Charlie Coutts Men 1500m D race 4:32.43

3. Jonathan Meaker Men 800m A race 1:52.32

2. Noah Prouteau Men 800m B race 1:59.14

7. Jack Richardson Men 800m B race 2:03.02

1 Lora Roff Women 800m A race 2:06.22

4. Archie Daley Men 800m C race 2:06.43

6. Hugo Morgan Men 800m C race 2:07.57

2. Liam Crowe Men 800m D race 2:08.47

5. Matilda Emanuel Women 800m A race 2:11.12

5. Rudi Blackley Women 800m B race 2:21.30

3. Ruari Mercer Men 800m E race 2:22.09

11. Anna Colquhoun Women 800m B race 2:28.99

High Velocity Meet, 25 March 2023, Campbelltown

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

3. Georgiana Giatsios u16 Women 90m hurdles 76.2cm

14.21 w +0.0 m/s

6. Ricardo Zanapalis Men Long Jump 6.20m w

+0.1 m/s

10. Joseph Touma Men Long Jump 5.83m w -0.8

m/s

2/H3 Zac Urbach Men 200m 22.18 w +0.5 m/s

1/H4 Georgiana Giatsios Women 200m 26.58 w +0.0 m/s

3/H8 Efthimia Kollias Women 200m 31.33 w +0.0 m/s

5/H2 Zac Urbach Men 100m 11.14 w -0.1 m/s

3/H4 Liam Ross Men 100m 11.33 w -1.0 m/s

1/H8 Liam Ross Men 200m 23.15 w +0.6 m/s

2/H5 Joseph Rabinowitz Men 100m 11.42 w +0.8

m/s

7/H4 Joseph Rabinowitz Men 200m 23.05 w +0.0

m/s

1/9 Fu Tsai Men 100m 11.84 w -0.3 m/s

2/H2 Isabel Nystrom Women 400m 59.98

7/H1 Rudi Blackley Women 400m 61.55

Australian Open & U20 Championships, 30 Mar - 2 Apr, Brisbane

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3. Lora Roff Open Women 800m 2:04.43

3. Bailey Habler U20 Men 3000m 8:15.78

4. Nicholas Kollias Open Men High Jump 2.10m

4. Isabel Nystrom U20 Women 400m H 61.21

5. Bailey Habler U20 Men 1500m 3:52.49

6. Piper Simpson U20 Women 3000m 9:51.15

6. Hamish Hart U20 Men 5000m 14:56.12

7. Nicolas Rodgers U20 Men 1500m 3:54.55

7. Ben Thomas U20 Men 800m 1:52.18

10. Max Russell U20 Men 3000m 8:30.51

25. George Perkins U20 Men 3000m 9:31.02

5/H1 Stefan Music Open Men 1500m 3:48.15

5/H3 Drew Fryer Open Men 1500m 3:54.36

2/H1 Ben Thomas U20 Men 800m 1:51.67q

4/H4 Nicolas Rodgers U20 Men 800m 1:51.82

4/H1 Nicolas Rodgers U20 Men 1500m 3:52.63Q

4/H1 Zac Urbach U20 Men 100m 10.90 w

+1.0 m/s

6/H1 Zac Urbach U20 Men 200m 22.34

w -2.2 m/s

2/H1 Lora Roff Open Women 800m 2:05.11Q

8/H4 Alex Talbot Open Men 800m 1:55.76

1/H1 Bailey Habler U20 Men 1500m 3:52.36Q

7/H2 Max Russell U20 Men 1500m 3:53.09

6/H2 Piper Simpson U20 Women 1500m 4:36.26

2/H2 Isobel Nystrom U20 Women 400m H 62.28Q

Australian Junior Championships (U13 - U18), 13 Apr - 16 Apr,

Brisbane

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

1. Maya Taber U15 Women 100m 12.27 w +1.5

m/s

1. Sophie Dimitrov U14 Women 4x100m 48.14

1. Siena Novak U14 Women 800m 2:15.34

2. Maya Taber U15 Women 200m 24.95 w

+2.0 m/s

2. Maya Taber U16 Women 4x100m 46.75

2. Eva Gawel U15 Women 3000m 9:59.74

2. Ethan Howard U15 Men 2000m St 6:31.94

2. Evan Rowbotham U14 Men 1500m 4:18.68

3. Sophie Dimitrov U14 Women 100m 12.54 w

+1.8 m/s

3. Eva Gawel U15 Women 1500m 4:41.04

4. Olivia Kehoe U13 Women High Jump 1.40m

4. Joseph Touma U18 Men Triple Jump 13.54m w

+0.1 m/s

4. Evan Rowbotham U14 Men 800m 2:07.78

5. Evie Armstrong Reading U16 Women 3000m Walk 16:05.81

5. Ethan Howard U15 Men 3000m 9:26.04

5. Audrey Khamphet Pearse U15 Women Long Jump 5.28m

w +1.2 m/s

6. Audrey Khamphet Pearse U15 Women Triple Jump 11.10m

w +2.7 m/s

6. Sophie Dimitrov U14 Women 200m 25.93 w

+1.6 m/s

6. Siena Novak U14 Women 400m 59.90

7. Ethan Howard U15 Men 1500m 4:28.45

7. Oliver Neate U18 Men 800m 1:56.26

7. Ricardo Zanapalis U18 Men Long Jump 6.43m

w -0.1 m/s

8. Nancy Newton U16 Women 3000m 10:22.94

8. Georgiana Giatsios U15 Women 90m H 76cm 13.94

w +0.9 m/s

8. Lily O'Reilly U17 Women 3000m 10:13.60

8. Lorenzo Paonessa U13 Men 1500m 4:45.98

9. Georgiana Giatsios U15 Women High Jump 1.55m

9. Oliver Neate U18 Men 1500m 3:52.32

10. Ruby Fry U17 Women 2000m St 7:32.62

12. Lorenzo Paonessa U13 Men 800m 2:24.89

12. Matilda Emanuel U16 Women 1500m 4:38.33

14. Julian Wylie U17 Men 3000m 9:07.53

19. Asher Thomasyu U17 Men 1500m 4:15.29

20. Lily Cooney U16 Women 3000m 11:16.11

20. Piper Sweeny U14 Women 1500m 4:59.35

22. Ruby Fry U17 Women 3000m 10:48.95

24. Julian Wylie U17 Men 1500m 4:15.29

1/H3 Maya Taber U15 Women 100m 12.21Q w -0.1

m/s

1/H1 Maya Taber U15 Women 200m 25.45Q w -1.3

m/s

1/H1 Siena Novak U14 Women 800m 2:20.17Q

1/H1 Sophie Dimitrov U14 Women 100m 12.63Q w

-0.5 m/s

2/H1 Evan Rowbotham U14 Men 800m 2:11.22Q

2/H1 Siena Novak U14 Women 400m 60.09Q

2/H2 Georgiana Giatsios U15 Women 90m H 76cm 13.99Q

w -0.8 m/s

2/H1 Oliver Neate U18 Men 800m 1:54.45Q

2/H3 Sophie Dimitrov U14 Women 200m 26.16q w

+0.4 m/s

4/H1 Asher Thomasyu U17 Men 800m 1:59.13

4/H2 Piper Sweeny U14 Women 800m 2:22.25

5/H1 Rudi Blackley U16 Women 400m 61.01

6/H4 Barnabas Ronto U18 Men 100m 11.32 w

+0.6 m/s

6/H4 Barnabas Ronto U18 Men 200m 22.58 w

+0.5 m/s

11/H1 Anna Colquhoun U15 Women 800m 2:29.86

9/H2 Rudi Blackley U16 Women 800m 2:23.91

4/H3 Matilda Emanuel U16 Women 800m 2:20.72

4/H2 Liam Crowe U15 Men 800m 2:11.37

8/H3 Jack Richardson U16 Men 800m 2:05.08

Wake Forest Invitational, 22 Apr, Winston-Salem US

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3. Zac Facioni 5000m 13:27.71

St George Classic, 22 Apr, Scarborough Park Ramsgate

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22. Annabelle Jessup 2.5k Run 9:14

24. Max Davoren 2.5k Run 9:18

25. Talia Hassan 2.5k Run 9:28

29. Charlie Roberts 2.5k Run 9:35

32. Frederick Jones 2.5k Run 9:39

36. Spencer Rouse 2.5k Run 9:45

43. Oscar Rouse 2.5k Run 9:54

51. Beatrice Emanuel 2.5k Run 10:06

57. Ally Folsom 2.5k Run 10:27

77. Lucia Zagora 2.5k Run 11:01

80. Vera Febo 2.5k Run 11:05

94. Samuel Jones 2.5k Run 11:49

96. George Fyfe 2.5k Run 12:08

3. Jonathan Meaker 5k Fun Run 15:53

6. Brody Elbourne 5k Fun Run 16:33

7. Huon Groves 5k Fun Run 16:37

11. Benjamin Crowe 5k Fun Run 17:04

20. Lily O'Reilly 5k Fun Run 18:08

21. Henry Roberts 5k Fun Run 18:15

24. William Hufton 5k Fun Run 18:47

25. Matilda Emanuel 5k Fun Run 18:48

27. Nancy Newton 5k Fun Run 18:51

29. Lorenzo Paonessa 5k Fun Run 18:59

30. Sophie Hufton 5k Fun Run 18:59

36. Lily Cooney 5k Fun Run 19:21

37. Ruby Fry 5k Fun Run 19:23

44. Piper Sweeny 5k Fun Run 19:43

55. Michael Donnelly 5k Fun Run 20:21

58. Ellie Bliss 5k Fun Run 20:32

98. Elei Miman 5k Fun Run 42:56

31. Ming Lum Edith Robinson 7.5k 39:12

10. Max Russell Albie Thomas 10k 33:43

25. Ren-Shyan Balnave Albie Thomas 10k 36:57

32. Joel Flint Albie Thomas 10k 37:33

33. Jackson Stanfield Albie Thomas 10k 37:41

35. John McCormack Albie Thomas 10k 37:49

46. Jake Evans Albie Thomas 10k 40:13

50. David Evans Albie Thomas 10k 41:40

53. James Dawes Albie Thomas 10k 42:57

57. Patrick O'Reilly Albie Thomas 10k 45:12

68. Peter Spehr Albie Thomas 10k 52:19

Anzac Day Club Race, 25 Apr, Centennial Park

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1 x White Fence Lap (3.55km)

Female Junior Race

1. Lily Cooney 13:18

2. Elie Bliss 14:29

3. Anna Colquhoun 15:12

Male Junior Race

1. Orlando Ferreira 15:57

Open Men Race

1. Frank Torok 14:21

2. Michael Donnelly 14:25

Open Female Race

1. Ming Lum 17:08

2 x White Fence Lap (7.1k)

Open Men Race

1. Joel Flint 26:25

2. Noah Prouteau 26:37

3. James Dawes 31:33

4. Patrick O'Reilly 32:01

Open Women Race

1. Lucy Marquand 28:51

2. Biba Kajan 39:35

Sydney 10, 7th May 2023, Homebush

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10k

32. Max Russell 31:50

98. York Swan 34:01

101. Sebastian Havens 34:03

134. Jake Evans 34:42

176. Joel Flint 35:31

220. Harry Davie 36:23

277. Steve Johnson 37:36

371. David Evans 38:59

556. Jim Dawes 42:11

641. Patrick O'Reilly 43:43

671. Scott Groves 44:21

5k

4. Huon Groves 16:03

9. Campbell Groves 16:15

36. Lily O'Reilly 17:23

40. Charlie Coutts 17:36

47. Piper Simpson 18:06

51. Matilda Emanuel 18:12

62. Lily Cooney 18:33

65. Eva Gawell 18:53

75. Grace Henry 19:46

85. Anna Colquhoun 20:36

2.5k

9. George Cardonel 9:00

10. Annabelle Jessup 9:03

12. Emily Halim 9:08

23. Talia Gamerov 9:38

27. Charlie Roberts 9:46

33. Oliver Fyfe 10:03

34. Beatrice Manuel 10:04

46. Lily Halim 10:56

51. Frederick Jones 11:36

54. Samuel Jones 12:14

55. George Fyfe 12:19

57. Savana Kirkwood 14:02

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NSW Cross Country Relays, 3rd June 2023, Upjohn Park

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4 Gold, 2 Silver, 3 Bronze, 4 4th place

U12 Girls A team, 2nd, 32:30

1. Beatrice Emanuel 8:23

2. Aria Calabro 8:11

3. Olivia Boulton 8:26

4. Emily Halim 7:28

U12 Girls B team, 3rd, 34:09

1. Capri Vincent 8:14

2. Vera Febo 8:29

3. Zara Boulton 8:40

4. Carina Ng 8:45

U14 Girls A team, 3rd, 30:11

1. Siena Novak 7:10

2. Annabelle Jessup 7:22

3. Poppy Edwards 7:38

4. Ally Folsom 7:59

U14 Girls B team, 13th, 33:16

1. Eliza Watson 8:27

2. Tahlia Gamerov 8:03

3. Rosa Hayward 8:14

4. Lily Halim 8:30

U16 Girls A team, 1st, 45:41

1. Piper Simpson 11:20

2. Matilda Emanuel 11:11

3. Lily Cooney 11:29

4. Eva Gawel 11:39

U16 Girls B team, 4th, 49:19

1. Melina Gouveros 13:31

2. Sophie Hufton 11:29

3. Anna Colqhuon 12:22

4. Nancy Newton 11:56

U16 Girls C team, 5th, 50:07

1. Riya Singh 13:12

2. Caroline Mitchell 12:00

3. Ellie Bliss 12:25

4. Arabella Paykel 12:28

U18 Girls, 4th, 47:05

1. Lily O’Reilly 10:41

2. Ruby Fry 11:22

3. Shira Gottlieb 13:10

4. Grace Henry 11:51

Open Women 4k - Individual

Lora Roff 15:02

U12 Boys A team, 4th, 30:23

1. Ruari Mercer 6:58

2. Oscar Rouse 7:48

3. Oliver Fyfe 8:00

4. Elliot Webster 7:36

U12 Boys B team, 12th, 35:54

1. Theodore Zagora 8:22

2. Hayden Bathurst 8:25

3. George Fyfe 9:41

4. Christina Gouveros 9:24

U14 Boys A team, 3rd, 27:37

1. Evan Rowbotham6:26

2. Thomas Altundag 7:09

3. Ayden Tippet 7:00

4. William Hufton 7:00

U14 Boys B team, 9th, 29:50

1. Charlie Roberts 7:33

2. Spencer Rouse 7:46

3. Frederick Jones 7:15

4. George Cardonnel 7:14

U16 Boys, 1st, 41:54

1. Ethan Howard 9:49

2. Jack Wilkinson 10:41

3. Henry Roberts 10:48

4. Harry Davie 10:35

U18 Boys A team, 1st, 39:26

1. Huon Groves 9:38

2. Archie Daley 9:53

3. Julian Wylie 10:18

4. Oliver Neate 9:35

U18 Boys B team, 6th, 41:20

1. Campbell Groves 9:36

2. Noah Prouteau 10:08

3. Julian Kelly 10:53

4. Matt Radvin 10:42

U18 Boys C team, 9th, 43:57

1. Charlie Coutts 10:49

2. William Johnson 11:07

3. Callum Forato 10:41

4. Charles Neate 11:20

U20 Boys A team, 1st 38:41

1. Nicholas Rodgers 9:13

2. Gorge Perkins 10:04

3. Brody Elbourne 9:50

4. Max Russell 9:33

U20 Boys B team, 5th 40:37

1. Ben Crowe 9:44

2. Ren Shyan Belnave 10:37

3. Billy Zavetsanos 10:07

4. Jackson Stanfield 10:09

U20 Boys 3k Individual

Orlando Fereira 12:30

Open Man A team, 2nd 49:16

1. Hamish Hart 12:23

2. Ben Thomas 12:23

3. Johnathan Meaker 12:16

4. Bailey Habler 12:14

Open Men B team, 11th 53:21

1. Kurt Fryer 12:57

2. Alex Talbot 13:07

3. York Swan 13:06

4. Harry Smith 14:09

Open Men C team, 20th 1:00:28

1. Jake Evans 14:07

2. John McCormack 14:39

3. Brendon Johnson 16:57

4. Joel Flint 14:44

Master Man 50+, 4th 1:08:27

1. David Evans 15:33

2. Jim Dawes 16:47

3. Patrick O'Reilly 18:02

4. Scott Groves 18:04

NSW Cross Country Championships, 17/06/2023, Nowra

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Medals

1. Lily O'Reilly U17 Girls 4km 14:30

1. Evan Rowbotham U14 Boys 3km 9:39

1. Huon Groves U17 Boys 6km 19:34

1. Bailey Habler U20 Boys 8km 26:09

2. Oliver Neate U18 Boys 6km 19:25

2. Oliver Roberts 1km Fun Run 5:01

2. David Evans 55-59 Masters 8km 33:34

7. Beatrice Emanuel U12 Girls 2km 8:04

12. Vera Febo U12 Girls 2km 8:50

17. Oliver Fyfe U12 Boys 2km 8:11

20. George Fyfe U12 Boys 2km 10:06

11. Piper Sweeny U14 Girls 3km 11:10

14. Siena Novak U14 Girls 3km 11:17

21. Poppy Edwards U14 Girls 3km 11:36

25. Annabelle Jessup U14 Girls 3km 11:48

40. Rosa Hayward U14 Girls 3km 12:33

48. Jacqueline Bugg U14 Girls 3km 12:56

49. Talia Gamerov U14 Girls 3km 12:57

13. Ayden Tippett U14 Boys 3km 10:15

20. Lorenzo Paonessa U14 Boys 3km 10:30

21. Ruari Mercer U14 Boys 3km 10:31

28. William Hufton U14 Boys 3km 10:43

34. Thomas Altundag U14 Boys 3km 11:01

41. Charlie Roberts U14 Boys 3km 11:39

43. Frederick Jones U14 Boys 3km 11:43

5. Sophie Ferenczi U20 Women 6km 23:58

4. Julian Wylie U17 Boys 6km 19:57

17. Julian Kelly U17 Boys 6km 21:00

20. Archie Daley U17 Boys 6km 21:13

21. Matthew Radvin U17 Boys 6km 21:49

22. Callum Forato U17 Boys 6km 22:05

12. Campbell Groves U18 Boys 6km 20:36

7. Piper Sweeny 4km Fun Run 17:04

16. Oliver Fyfe 4km Fun Run 20:56

20. Lorenzo Paonessa 4km Fun Run 22:19

9. Kurt Fryer Open Men 10km 33:44

29. York Swan Open Men 10km 36:33

35. Alex Talbot Open Men 10km 37:32

4. Sophie Hufton U15 Girls 4km 15:21

8. Eva Gawel U15 Girls 4km 16:12

14. Anna Colquhoun U15 Girls 4km 17:06

19. Riya Singh U15 Girls 4km 17:43

21. Arabella Paykel U15 Girls 4km 18:30

5. Matilda Emanuel U16 Girls 4km 15:36

8. Lily Cooney U16 Girls 4km 15:56

16. Ellie Bliss U16 Girls 4km 16:36

7. Jack Wilkinson U15 Boys 4km 14:12

10. Henry Roberts U15 Boys 4km 14:14

14. Charlie Coutts U15 Boys 4km 14:29

7. Ruby Fry U17 Girls 4km 15:29

24. Emilia Reed U17 Girls 4km 17:17

19. Shira Gottlieb U18 Girls 4km 18:41

7. Hamish Hart U20 Boys 8km 26:52

8. Max Russell U20 Boys 8km 27:01

9. Jonathan Meaker U20 Boys 8km 27:13

12. Brody Elbourne U20 Boys 8km 27:49

18. George Perkins U20 Boys 8km 28:30

19. Benjamin Crowe U20 Boys 8km 28:40

20. Bradley Chan U20 Boys 8km 28:59

22. Jackson Stanfield U20 Boys 8km 29:11

23. Jake Evans U20 Boys 8km 29:12

30. Ren-Shyan Balnave U20 Boys 8km 31:10

8. Jim Dawes 50-54 Masters 8km 35:56

12. Scott Groves 50-54 Masters 8km 39:16

8. Patrick O'Reilly 55-59 Masters 8km 36:51

Oceania Cup, 24 June 2023, Saipan

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1. Nicholas Kollias Men High Jump 2.15m equal

Club Rec

Gold Coast Running Festival, 2 July 2023, Gold Coast

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24. Kurt Fryer Half Marathon 67:57

NSW Short Course Cross Country Championships - 08/07/23

West Dapto Cross Country

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2. Elliot Webster U12 Boys 1.5k 5:19

9. Oscar Rouse U12 Boys 1.5k 5:37

U14 Boys team - 1st

5. Evan Rowbotham U14 Boys 2k 6:28

8. Lorenzo Paonessa U14 Boys 2k 6:31

10. Ayden Tippett U14 Boys 2k 6:44

20. William Hufton U14 Boys 2k 6:57

25. George Cardonnel U14 Boys 2k 7:05

36. Charlie Roberts U14 Boys 2k 7:28

37. Frederick Jones U14 Boys 2k 7:34

38. Spencer Rouse U14 Boys 2k 7:43

8. Siena Novak U14 Girls 2k 7:19

18. Piper Sweeny U14 Girls 2k 7:35

4. Sophie Ferenczi U20 Girls 4k 14:48

9. Lucy Hincksman U20 Girls 4k 15:47

10. Archie Daley U18 Boys 4k 13:04

28. Julian Kelly U18 Boys 4k 14:07

34. Callum Forato U18 Boys 4k 14:24

2. Samuel Jones, Fun Run 2k 9:15

1. Holly Campbell Open Women 7.5k 25:58

6. Kurt Fryer Open Men 7.5k 24:29

26. Alex Talbot Open Men 7.5k 26:47

U15/16 Girls team - 1st

7. Sophie Hufton U16 Girls 3k 10:50

8. Piper Simpson U16 Girls 3k 10:57

14. Nancy Newton U16 Girls 3k 11:25

15. Lily Cooney U16 Girls 3k 11:28

34. Anna Colquhoun U16 Girls 3k 12:27

U15/16 Boys team - 5th

12. Henry Roberts U15 Boys 3k 10:18

13. Charlie Coutts U15 Boys 3k 10:32

14. Harry Davie U16 Boys 3k 10:10

22. Charles Neate U16 Boys 3k 10:54

7. Ruby Fry U17 Girls 3k 11:04

U20 Boys team A - 1st

U20 Boys team B - 2nd

1. Bailey Habler U20 Boys 6k 18:39

5. Hamish Hart U20 Boys 6k 19:01

6. Jonathan Meaker U20 Boys 6k 19:07

13. Brody Elbourne U20 Boys 6k 20:04

18. Benjamin Crowe U20 Boys 6k 20:52

19. George Perkins U20 Boys 6k 20:57

22. Jackson Stanfield U20 Boys 6k 21:10

23. Ren-Shyan Balnave U20 Boys 6k 21:11

27. Jake Evans U20 Boys 6k 21:34

7. David Evans Masters 50+ 6k 23:43

24. Patrick O'Reilly Masters 50+ 26:16

Under Armour Sunset Tour, Los Angeles, 22 July 2023

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4. Morgan McDonald 5000m 13:24.54

World University Games, Shuangliu (China), 1-6 Aug 2023

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1/H2 Holly Campbell 5000m 16:42.45

9. Holly Campbell 5000m 16:34.39

NSW Road Relays, 6th August 2023, The Crest, Bankstown

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

2 Gold, 2 Silver, 3 Bronze

U12 Girls, 2nd 31:45

1. Beatrice Emanuel 7:33

2. Olivia Boulton 8:08

3. Vera Febo 8:02

4. Zara Boulton 7:28 7:59

U16 Girls, 1st 28:22

1. Siena Novak 6:42

2. Rudi Blackley 7:50

3. Sophie Hufton 6:58

4. Eva Gawel 6:51

Open Women, 3rd 57:34

Lora Roff 13:57

Lucy Hincksman 14:48

Ruby Fry 13:58

Sophie Ferenczi 14:49

U12 Boys, 5th 32:11

1. Ruari Mercer 6:46

2. Samuel Jones 8:30

3. George Fyfe 9:44

4. Elliot Webster 7:10

U14 Boys, 2nd 26:50

1. Charlie Roberts 7:02

2. Thomas Altundag 6:49

3. Ayden Tippet 6:20

4. William Hufton 6:37

U16 Boys, 5th 27:52

1. Ellie Bliss 7:39

2. Ayden Tippet 6:34

3. Frederick Jones 7:00

4. Charles Neate 6:38

U18 Boys, 1st 50:05

1. Huon Groves 12:25

2. Oliver Neate 11:58

3. Julian Wylie 12:26

4. Archie Daley 13:15

U20 Boys, 3rd 52:26

1. Asher Thomasyu 13:30

2. Brody Elbourne 12:39

3. Jackson Stanfield 13:11

4. Ben Crowe 13:05

Open Men, 6th 48:41

1. Ben Thomas 11:29

2. Alex Talbot 12:27

3. Joel Flint 13:28

4. Stefan Music 11:15

Masters Men 50+, 3rd 1:08:27

1. David Evans 14:14

2. Jim Dawes 16:27

3. Patrick O'Reilly 16:58

4. Manu Sivaraj 16:06

Endeavour Cup August
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Pat O’Reilly (solo effort!)

14th 1.5km

14th 3.0km

10th 4.5km (broke the chain!)

RBH Open Mens 3k records = Morgan McDonald (records to be

updated on website) at Zagreb.

World Athletics Championships, 24 Aug 2023, Budapest

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16/H2 Morgan McDonald 5000m 13:43.58

Sydney Half Marathon, 3 Sep 2023, Homebush

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27. Bradley Chan 1:15:24

42. Joel Flint 1:17:57

252. Steve Johnson 1:36:32

544. Jim Dawes 2:02:52

Memorial Borisa Hanzekovica, 10 Sep 2023, Zagreb (Croatia)

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4. Morgan McDonald 3000m 7:35.78 Club Record

Sydney Marathon, 17 Sep 2023, Sydney

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195. Jeremy Roff Marathon 2:58:07

NSW All Schools Championships and Primary Schools Challenge, Sep 23-25 2023, Homebush

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G 4, S 4, B 5

1. Zac Urbach Boys 19y 100m 10.84 w -0.4m/s

1. Isabel Nystrom Girls 19y 400m Hurdles 1:04.78

1. Joseph Touma Boys 17y Triple Jump 14.27m w +1.2m/s

1. George Perkins Boys 19y 800m 1:57.68

2. Oliver Neate Boys 17y 1500m 3:58.21

2. Julian Wylie Boys 16y 3000m 8:57.55

2. Beatrice Emanuel Girls 10y 800m 2:38.07

2. Lily O'Reilly Girls 16y 3000m 9:52.36

3. Eden Levit Girls 19y 200m 26.15 w -0.4m/s

3. Julian Wylie Boys 16y 1500m 4:06.47

3. Max Russell Boys 19y 1500m 3:59.43

3. Joseph Touma Boys 17y Long Jump 6.84m

3. Max Russell Boys 19y 800m 1:57.92

4. Piper Simpson Girls 16y 800m 2:13.90

4. Ruari Mercer Boys 11y 400m 1:05.13

5. Ruby Fry Girls 16y 2000m Steepl 7:39.46

5. Max Russell Boys 19y 5000m 16:19.52

6. Billy Zavetsanos Boys 19y 5000m 16:25.69

8. Asher Thomasyu Boys 16y 1500m 4:13.80

9. Huon Groves Boys 16y 1500m 4:15.68

17. Callum Forato Boys 16y 1500m 4:20.02

21. Matthew Radvin Boys 16y 1500m 4:26.69

5. George Perkins Boys 19y 1500m 4:01.96

14. Jake Evans Boys 19y 1500m 4:31.66

13. Vera Febo Girls 11y 800m 2:44.82

5. Ruari Mercer Boys 11y 800m 2:23.94

8. Joseph Touma Boys 17y 100m/H4 11.21q w +1.1m/s

9. Joseph Touma Boys 17y 100m 11.19 w +2.1m/s

1. Zac Urbach Boys 19y 100m/H2 10.83Q w +0.1m/s

11. Joseph Rabinowitz Boys 19y 100m/H1 11.26 w +1.4m/s

5. Asher Thomasyu Boys 16y 800m/H2 2:04.12Q

2. Matilda Emanuel Girls 16y 800m/H1 2:14.04Q

3. Piper Simpson Girls 16y 800m/H1 2:14.37Q

4. Oliver Neate Boys 17y 800m/H2 1:59.10Q

1. George Perkins Boys 19y 800m/H2 2:00.04Q

4. Max Russell Boys 19y 800m/H1 2:00.75Q

6. Asher Thomasyu Boys 16y 800m 2:01.15

6. Oliver Neate Boys 17y 800m 1:57.69

6. Matilda Emanuel Girls 16y 800m 2:21.82

6. Ruby Fry Girls 16y 3000m 10:45.46

7. Huon Groves Boys 16y 3000m 9:06.74

14. Matthew Radvin Boys 16y 3000m 9:29.97

20. Callum Forato Boys 16y 3000m 9:56.99

21. Kade Zavetsanos Boys 16y 3000m 10:00.18

7. Ren-Shyan Balnave Boys 19y 5000m 16:54.34

8. Jackson Stanfield Boys 19y 5000m 17:15.09

10. Jake Evans Boys 19y 5000m 17:35.01

11. Harry Smith Boys 19y 5000m 17:52.67

World Athletics Road Running Championships, 1 Oct 2023, Riga (Latvia)

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7. Morgan McDonald 5k 13:26

NSW All Schools Championships, 6-8 Oct 2023, Homebush

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G 6, S 0, B 4

1. Maya Taber Girls 14y 100m 12.17 w -0.5m/s

1. Maya Taber Girls 14y 200m 24.30 w +2.3m/s

1. Lorenzo Paonessa Boys 12y 1500m 4:30.26

1. Lorenzo Paonessa Boys 12y 800m 2:13.53

1. Eva Gawel Girls 14y 1500m 4:40.21

1. Piper Simpson Girls 15y 1500m 4:32.06

2. Siena Novak Girls 13y 800m 2:14.14

3. Piper Simpson Girls 15y 3000m 10:26.12

3. Matilda Emanuel Girls 15y 1500m 4:42.26

3. Audrey Khamphet Pearse Girls 14y HJ 1.55m

4. Audrey Khamphet Pearse Girls 14y TJ 10.82m w -0.4m/s

4. Audrey Khamphet Pearse Girls 14y LJ 5.31m w +1.5m/s

5. Sanja Peric Girls 13y HJ 1.50m

5. Sophie Dimitrov Girls 13y 100m 12.96 w -3.7m/s

5. Eva Gawel Girls 14y 3000m 10:27.44

5. Ayden Tippett Boys 14y 3000m 9:28.99

6. Siena Novak Girls 13y 1500m 4:49.87

6. Georgiana Giatsios Girls 14y HJ 1.50m

6. Lily Halim Girls 12y LJ 4.38m w +3.3m/s

6. Nancy Newton Girls 15y 3000m 10:41.17

8. Georgiana Giatsios Girls 14y 200m 26.35 w +2.3m/s

8. Sophie Hufton Girls 14y 3000m 10:32.54

9. Sophie Hufton Girls 14y 1500m 5:07.47

10. Frederick Jones Boys 13y TJ 8.59m w -1.1m/s

11. Lily Cooney Girls 15y 3000m 11:12.83

15. Ellie Bliss Girls 15y 3000m 11:43.86

14. Annabelle Jessup Girls 13y 1500m 5:07.06

20. Anna Colquhoun Girls 14y 400m/H2 1:10.04

23. Talia Gamerov Girls 13y 1500m 5:33.81

19. Frederick Jones Boys 13y 1500m 4:49.31

20. Charlie Coutts Boys 14y 1500m 4:41.48

17. Ellie Bliss Girls 15y 1500m 5:18.19

21. Harry Davie Boys 15y 1500m 4:34.68

4. Sophie Dimitrov Girls 13y 100m 13.01Q w -2.7m/s

1. Maya Taber Girls 14y 100m 12.32Q w -1.1m/s

8. Georgiana Giatsios Girls 14y 100m 12.98q w -1.1m/s

24. Charles Neate Boys 15y 800m 2:14.26

10. Georgiana Giatsios Girls 14y 100m 13.02 w -0.5m/s

11.Lily Daveron Girls 12y 800m 2:49.69

12. Lily Halim Girls 12y 800m 2:50.45

15. Max Daveron Boys 13y 800m 2:19.24

2. Siena Novak Girls 13y 800m 2:19.83Q

23. Talia Gamerov Girls 13y 800m 2:41.87

1. Maya Taber Girls 14y 200m 24.86Q w -1.1m/s

5. Georgiana Giatsios Girls 14y 200m 26.67Q w -1.6m/s

16. Charlie Coutts Boys 14y 3000m 10:09.54

23. Frederick Jones Boys 14y 3000m 10:32.06

14.Annabelle Jessup Girls 14y 3000m 11:04.02

21. Riya Singh Girls 14y 3000m 12:14.22

Highlights of above:

Club Record, Holly Campbell!

- Evan Rowbotham, U/13, fastest 3km in Australia.

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Treloar Shield - Round 1, Sydney Olympic Park, 14 Oct 2023

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- 1. Stefan Music, 5000m Open Men 14:18.87

- 2. Isabel Nystrom, 400m H Women, 62.98

- 2. Elliot Webster, 1500m U12 Boys 5:04.62

- 3. Sophie Ferenczi, 5000m Open Women 19:13.46

- 5. Oliver Fyfe, 1500m U12 Boys 5:23.72

- 6. Lorenzo Paonessa, 1500m U15 Boys 4:27.86

- 7. Kurt Fryer, 5000m Open Men 16:07.21

- 11. Amelie Evans, 1500m U15 Girls 5:27.61

- 6/H1 Liam Ross, 100m Open Men 11.03 w +2.7 m/s

- 3/H5 Fu Tsai, 100m Open Men 11.64 w +0.5 m/s

- 6/H1 Liam Ross, 100m Open Men 11.03 w +2.7 m/s

- 1/H2 Dean Zanapalis, 100m 50+ Men 14.24 w +3.3 m/s

- 7/H2 Eden Levit, 400m Open Women 63.12

- 4/H2 Amelie Evans, 400m U15 Girls 67.51

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NSW 10000m Championships, Bankstown, 21 Oct 2023

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- 6. Lachlan Stanfield, 10000m Open Men 32:33.55

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- Treloar Shield - Round 2, Bankstown, 21 Oct 2023

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- 3. Evan Rowbotham, 3000m Open Men 9:21.63

- 4. Matt Radvin, 3000m Open Men 9:24.16

- 5. Amelie Evans, 800m U15 Girls 2:34.18

- 6. Elliot Webster, 800m U12 Boys 2:37.41

- 7. Oliver Fyfe, 800m U12 Boys 2:44.67

- 16. Callum Forato, 3000m Open Men 9:46.21

- 19. Charlie Coutts, 3000m Open Men 9:56.57

- 1/H2 Isabel Nystrom, 200m Women, 25.98 w +1.1 m/s

- 7/H2 Liam Ross, 200m Open Men 22.90 w +2.3 m/s

- 1/H7 Dean Zanapalis, 200m Open Men 23.86 w +1.2 m/s

- 2/H1 Ronto Barnabas, 200m Open Men 22.16 w +1.5 m/s

- 2/H2 Ricardo Zanapalis, 200m Open Men 22.46 w +1.7 m/s

- 1/H3 Dean Zanapalis, 200m 50+ Men 29.37 w +2.9 m/s

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NSW Milers, Bankstown, 26 Oct 2023

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- 1. Ben Thomas, 2000m Open Men 5:15.24

- 6. Alex Talbot, 2000m Open Men 5:30.01

- 8. Evan RowBotham, 800m Open Men 2:04.94

- 14. Lorenzo Paonessa, 800m Open Men 2:14.44

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- Treloar Shield - Round 3, Campbelltown, 28 Oct 2023

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- 1. Emily Halim, 1500m U12 Girls 5:05.31

- 1. Oliver Fyfe, 1500m U12 Boys 5:28.74

- 3. Eva Gawel, 1500m Open Women 4:53.51

- 4/H3 Efthimia Kollias, 100m Open Women 14.55

- 2/H2 Ronto Barnabas, 100m Open Men 11.21 w +1.7 m/s

- 2/H4 Alejandro Zanapalis, 100m Open Men 11.62 w +1.2 m/s

- 1/H2 Ricardo Zanapalis, 100m Open Men 11.42 w +0.8 m/s

- 1/H2 Isabel Nystrom, 400m Women, 56.60

- 3/H4 Efthimia Kollias, 400m Open Women 69.41

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- NSW 3000m Championships, ES Marks Kensington, 4 Nov 2023

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- 1/A Holly Cambell, 3000m Women 9:04.65 Club Open Women REC

- 4/A Stefan Music, 3000m Men 8:11.87

- 5/A Ben Thomas, 3000m Men 8:16.01

- 8/A Piper Simpson, 3000m Women 9:48.19

- 9/A Lily O'Reilly, 3000m Women 9:50.18

- 10/A Lora Roff, 3000m Women 9:53.65

- 14/A Eva Gawel, 3000m Women 10:09.49

- 15/A Lucy Hincksman, 3000m Women 10:26.49

- 16/A Max Russell, 3000m Men 8:31.35

- 6/B Lachlan Stanfield, 3000m Men 8:31.73

- 8/B Kurt Fryer, 3000m Men 8:36.63

- 16/B Oliver Neate, 3000m Men 8:44.73

- 20/B Julian Wylie, 3000m Men 8:48.65

- 4/C Sophie Hufton, 3000m Women 10:12.41

- 6/C Nancy Newton, 3000m Women 10:16.31

- 7/C Sophie Ferenczi, 3000m Women 10:20.82

- 9/C Campbell Groves, 3000m Men 8:42.02

- 17/C Lily Cooney, 3000m Women 10:47.26

- 2/D Annabelle Jessup, 3000m Women 10:37.38

- 18/D Ellie Bliss, 3000m Women 11:60.62

- 22/D Imogen Howard, 3000m Women 11:36.90

- 9/D Ren-Shyan Balnave, 3000m Men 8:56.88

- 12/D Huon Groves, 3000m Men 8:58.12

- 18/D Hamish Hunter, 3000m Men 9:10.78

- 19/D Billy Zavetsanos, 3000m Men 9:12.92

- 10/E Evie Bayot, 3000m Women 11:50.29

- 4/E Evan Rowbotham, 3000m Men 9:06.07

- 17/E Jackson Stanfield, 3000m Men 9:24.22

- 19/E Matthew Radvin, 3000m Men 9:28.46

- 20/E Callum Forato, 3000m Men 9:28.67

- 22/E Jake Evans, 3000m Men 9:57.21

- 8/F Kade Zavetsanos, 3000m Men 9:15.40

- 16/F Sean Bowes, 3000m Men 9:27.57

- 17/F Harry Davie, 3000m Men 9:27.78

- 20/F Henry Roberts, 3000m Men 9:33.62

- 19/G James Roff, 3000m Men 9:55.44

- 7/H Charlie Coutts, 3000m Men 9:49.29

- 10/H Joel Flint, 3000m Men 9:53.59

- 19/H Christian Miletic, 3000m 10:42.27

- 12/I William Hufton, 3000m Men 10:13.06

- 11/I Thomas Altundag, 3000m Men 10:11.15

- 3/I George Cardonnel, 3000m Men 9:50.32

- 2/I John McCormack, 3000m Men 9:50.03

- 5/J Frederick Jones, 3000m Men 10:15.17

- 14/J David Evans, 3000m Men 10:29.02

- 16/J Steve Johnson, 3000m Men 10:30.82

- 3/Community B Greta Truscott, 3000m 11:42.02

- 3/A Matilda Emanuel, 800m Women 2:13.84

- 7/A Asher Thomasyu, 800m Men 1:57.36

- 5/C Lorenzo Paonessa, 800m Men 2:14.87

- 6/C Emily Halim, 800m Women 2:26.28

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High Velocity Meet, Illawong, 4 Nov 2023

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- 1. Ricardo Zanapalis, Long Jump Open Men 6.85 w +1.3 m/s

- 3. Georgiana Giatsios, 90m Hurdles Open Women 13.64 w

+1.3 m/s

- 4/H6 Ricardo Zanapalis, 100m Open Men 11.49 w +0.2 m/s

- 1/H7 Georgiana Giatsios, 100m Open Women 12.69 w +1.2 m/s

- 2/H11 Alejandro Zanapalis, 200m Open Men 23.91 w -0.4 m/s

- 3/H5 Georgiana Giatsios, 200m Open Women 26.42 w -0.5 m/s

- 1/H7 Amelie Trope, 200m Open Women 26.75 w -0.2 m/s