**2009 RBH Seasonal Reports**

Season going well for Jeremy Roff (pb in 1500m 3:37), Jeff Hunt (pb), Josh Johnson (u/18 club record in 800 – 1:50.6), Harry Summers (u/20 5000m record 14:15).

The NSW Sate Cross Country Championships were held at Nowra and won by Jeff Hunt. In the teams events we won gold in the Mens over 35 and the junior boys and junior girls events

Jeremy Roff set a new RBH club record for the 1500 meters in a time of 3.34.39 in Berlin on 14.6. 2009. It was also a NSW State record.

Harry Summers won the clubs trophy for the first RBH athlete across the line. He finished seventh overall.

The Female winner of the C2S “Ivan Currotta Trophy” is Adrienne Torda.

The winner of the Winter Competition for 2009 is James Dawes.

In the recent Zatopek Australian 10 K championship in Melbourne Jeff Hunt was placed 4th and ran a club record of 28:19.39. This broke a long standing club record previously held by the 1956 Olympic Bronze medallist Alan Lawrence. Jeff’s time was a Commonwealth Games B qualifier.

Rebecca Lowe also broke a long standing club record when she ran 32:24.70. She was also placed 4th in the race and also achieved a Commonwealth Games B qualifier