**2021 RBH Seasonal Reports (please note that this was a COVID19 affected year)**

Sydney Uni Interclub and NSW 3000m, 21 Nov, Homebush

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4. Lora Roff 800m 2:07.74

4. Nicholas Kollias HJ 1.98m

6. Anthony Vlatko 800m 1:53.85

1/D3 Fu Tsai LJ 5.37m (w +0.0 m/s)

10/D2 Ricardo Zanapalis LJ 5.34m (w +1.2 m/s)

1/H5 Eliette Millecamps 100m 13.60 (w -0.8 m/s)

3/H7 Fu Tsai 100m 11.91 (w -0.6 m/s)

4/H2 Nicolas Rodgers 800m 1:55.50 Club U16 Men Record

9/H2 Charles Normoyle 800m 2:04.53

1/H3 Ben Thomas 800m 2:00.98

7/H3 Oliver Neate 800m 2:05.42

1/H4 Dominic McGrath 800m 2:05.38

2/H4 Zac Tyrrell 800m 2:05.98

5/H6 Jack Richardson 400m 59.85

1/D Natasha Ward 3000m 10:18.17

2/D Allegra McGivern 3000m 10:24.32

10/I Kade Zavetsanos 3000m 10:04.75

12/I Julian Wylie 3000m 10:09.12

12/D Max Russell 3000m 8:57.62

15/D Lachlan Stanfield 3000m 8:58.66

21/D Jamie Hogg 3000m 9:47.15

19/H Callum Forato 3000m 9:59.86

15/G Cameron Mee 3000m 9:35.22

19/G Hugo Morgan 3000m 9:53.38

22/G Matthew Radvin 3000m 10:11.21

6/E Leo Morgan 3000m 9:00.56

16/E George Perkins 3000m 9:26.41

3/C Piper Simpson 3000m 10:16.28

9/C Ruby Fry 3000m 10:26.85

1/B Richard Newell 3000m 8:16.34

15/B Kurt Fryer 3000m 8:35.15

15/A Eleanor Miller 3000m 10:12.73

1/A Zac Facioni 3000m 7:51.61 Championship record

7/A Drew Fryer 3000m 8:09.01

13/A Bailey Habler 3000m 8:17.86

14/A Stefan Music 3000m 8:18.69

Campbelltown Interclub, 12 Dec 2020, Campbelltown

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2. Nicholas Kollias HJ 2.10m

2. Patrick Xia 1500m 4:17.48

7. Eva Gawel 1500m 5:13.98

9. Joseph Touma TJ 11.34m (w +2.7 m/s)

15. Amelie Trope 60m 8.58 (w -0.3 m/s)

28. Amelie Trope 200m 27.70 (w +0.0 m/s)

32. Eliette Millecamps 200m 27.99 (w +0.0 m/s)

Albie Thomas Mile, 19 Dec 2020, Bankstown

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1. Solomon, Steve 400m 46.11

2. Lora Roff 800m 2:08.04

2/A Lachlan Stanfield 5000m 16:02.42

3. James Tirado 400m 56.84

7. Anthony Vlatko 800m 1:57.53

7. Stefan Music mile 4:06.94

8. Richard Newell mile 4:08.45

2/B Drew Fryer mile 4:10.21

1/C Natasha Ward 800m 2:17.02

5/C Piper Simpson mile 5:13.85

2/D Charles Normoyle 800m 2:00.43

6/D Ben Thomas 800m 2:01.83

3/D Max Russell mile 4:32.02

7/D Cameron Mee mile 4:36.93

4/E Dominic McGrath 800m 2:03.88

5/E Brody Elbourne 800m 2:04.29

6/E George Perkins 800m 2:05.51

10/E Jllamie Hogg 800m 2:10.20

2/F Patrick Xia 800m 2:03.06

7/F Zac Tyrrell 800m 2:10.20

6/G Jack Richardson 800m 2:17.56

23/A Oliver Byrne 5000m 19:12.59

Hunter Performance Track Challenge, 9 Jan 2021, Glendale

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1. Stefan Music 1500m 3:55.25

3./U16 Eliett Millecamps 100m 13.02 (w +2.7 m/s)

5. Eliett Millecamps 200m 28.00 (w +0.3 m/s)

5. Cameron Mee 1500m 4:19.16

5. Leo Morgan 3000m 9:32.27

6. Jeremy Roff 3000m 9:32.75

10. Hugo Morgan 1500m 4:33..73

11. Jeremy Roff 1500m 4:33.92

Illawong High Velocity Meet 3, 9 Jan 2021, Illawong

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23. Amelie Trope 60m 8.50 (w +1.8 m/s)

31. Amelie Trope 200m 28.74 (w -0.6 m/s)

35. Amelie Trope 100m 13.87 (w +1.4 m/s)

Illawarra Track Challenge, 16 Jan, Wollongong

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1/U14 Eliete Millecamps 60m 8.43 (w +1.2 m/s)

1/U20 Laura Roderick mile 5:20.73

2/U18 Max Russell mile 4:30.56

3/U18 Natasha Ward mile 5:22.51

3. Richard Newell mile 4:07.18

4. Stefan Music mile 4:07.84

2/H2 Anthony Vlatko 400m 49.57

6/H7 James Tirado (T13) 400m 57.29

4/B Jamie Hogg mile 4:52.85

1/18-19 Para James Tirado 100m 12.46 (w +1.4 m/s)

4/H6 Eliette Millecamps 100m 13.38 (w +1.8 m/s)

Other results

Milly Broughton 53.36:44 10000m walk

Morgan McDonald 7:41.55 new 3000m RBH record; possible 2 mile indoor record (8.14)

Mingara Interclub, 30 Jan 2021, Mingara

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1. Milly Boughton 3000m Walk 13:37.21

3. Nicholas Kollias High Jump 2.10m

1/H2 Max Russell 800m 2:03.21

2/H2 Brody Elbourne 800m 2:03.64

NSW 5000m Championships and Allcomers, 6 Feb 2021, Homebush

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1. Lora Roff 800m 2:08.22

5. Hannah Parker 5000m Walk 28:10.47

7. Drew Fryer 5000m 14:14.40

1/H1 Davina Smith 800m 2:13.60

3/H2 Eleanor Miller 800m 2:23.08

3/H1 Nicholas Rodgers 800m 1:53.20

5/H2 Ben Thomas 800m 2:02.05

6/H2 Charles Normoyle 800m 2:03.47

3/H3 Alex Talbot 800m 1:59.54

6/H3 Oliver Neate 800m 1:59.87

7/H3 Brody Elbourne 800m 2:00.66

9/H3 Rory Wylie 800m 2:03.70

1/H4 Jack Davis 800m 2:03.38

3/H4 Zac Tyrrell 800m 2:04.56

4/H5 Leo Morgan 800m 2:08.96

5/H5 Sam Davis 800m 2:10.85

7/H5 Hugo Morgan 800m 2:13.88

1/H6 Matt Radvin 800m 2:22.24

2/H6 Callum Forato 800m 2:23.23

8/H1 Piper Simpson 1500m 4:54.35

8/H2 Ling-Fang Hsu 1500m 5:08.64

14/H2 Nancy Newton 1500m 5:36.29

4/H2 Julian Wylie 1500m 4:42.64

32/CB Kate Rowe 5000m 26:25.25

16/E Oliver Byrne 5000m 20:54.53

13/D Harry Smith 5000m 17:04.10

2/B Ruby Fry 5000m 18:27.71

3/B Kirsty Beattie 5000m 18:31.68

6/B Allegra McGivern 5000m 18:54.04

15/B Nency Newton 5000m 21:24.89

13/B Max Russell 5000m 15:31.97

Vic Milers Meet 4, 9 Feb 2021, Box Hill Melbourne

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6. Davina Smith 800m 2:14.19

NSW Masters Championships, 13-14 Feb 2021, Campbelltown

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2. Peter Spehr, 55-59 5000m 19:56.52

3. Peter Spehr, 55-59 1500m 5:27.67

Illawong Track Challenge, 20 Feb 2021, Illawong

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1. Drew Fryer 1500m 4:00.23

7. Nicholas Rodgers 1500m 4:06.80

8. Ben Thomas 1500m 4:08.16

4/H2 Leo Morgan 1500m 4:17.83

1/H3 Oliver Neate 1500m 4:19.26

2/H3 Hugo Morgan 1500m 4:30.79

4/H3 Kade Zavetanos 1500m 4:37.67

6/H3 Zac Tyrrell 1500m 4:43.21

7/H3 Callum Forato 1500m 4:44.17

8/H3 Matt Radvin 1500m 4:47.92

1/H8 James Tirado - T13 200m 25.96 (w +0.3 m/s)

7/H2 Ling-Fang Hsu 1500m 5:25.92

Bankstown Milers, 25 Feb 2021, Bankstown

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1. Drew Fryer 1500m 3:46.28

2. Alegra McGivern 2000m St 7:12.91 \*

2. Stefan Music 1500m 3:49.17

4. Laura Roderick 800m 2:12.85

5. Davina Smith 800m 2:14.14

9. Max Russell 1500m 4:03.66

1/E Julian Wylie 800m 2:13.09

9/D Hugo Morgan 800m 2:12.89

2/C Luc Jeffriess 800m 2:01.10

6/C Zac Tyrrell 800m 2:07.65

3/B Rory Wylie 800m 1:57.68

4/B Natasha Ward 800m 2:21.33

2/C Kade Zavetanos 1500m 4:29.04

4/B Oliver Neate 1500m 4:11.89

9/B Leo Morgan 1500m 4:15.40

NSW Open Championships, 5-7 Mar 2021, Homebush

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2. James Tirado - T13 400m 57.17

2. Drew Fryer 1500m 3:48.76

3. James Tirado - T13 800m 2:18.59

4. Nicholas Kollias High Jump 2.06m

5. Stefan Music 1500m 3:52.18

6/H2 Natasha Ward 800m 2:17.16

4/H3 Lora Roderick 800m 2:10.39

6/H3 Davina Smith 800m 2:12.79

8/H2 Brody Elbourne 800m 2:03.82

11/H1 Eleanor Miller 1500m 4:54.77

2/H1 Drew Fryer 1500m 3:49.77

10/H2 Max Russell 1500m 4:07.82

3/H3 Stefan Music 1500m 3:56.11

2021 NSW Junior Championships, 12-14 Mar 2021, Homebush

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1. Oliver Neate 1500m (U16) 4:09.90

1. Oliver Neate 800m (U16) 2:03.11

1. Nicolas Rodgers 1500m (U17) 4:01.60

1. Alegra McGivern 2000m St (U17) 7:08.80

1. Max Russell 2000m St (U17) 6:23.33

2. Nicolas Rodgers 800m (U17) 1:54.33

2. James Tirado - T13 800m (U20) 2:16.61

2. Alegra McGivern 3000m (U17) 10:27.25

3. Gabriella Zanapalis Shot Put (U14) 11.17m

3. Laura Roderick 1500m (U20) 4:30.46

3. Max Russell 1500m (U17) 4:06.08

3. Max Russell 3000m (U17) 8:58.99

3. Hugo Morgan 3000m (U16) 9:33.97\_\_\_\_\_\_\_13 medals

4. Hannah Parker 5000m Walk (U20) 27:23.95

4. Piper Simpson 1500m (U14) 4:57.10

4. Eliette Millecamps 100m (U14) 12.94 (w +1.1 m/s)

4. Gabriella Guerrera Triple Jump (U17) 11.20m (w +0.0 m/s)

4. Eden Levit 200m (U18) 26.38 (w -2.9 m/s)

4. Natasha Ward 800m (U18) 2:18.61

5. Jayda Stanley 3000m Walk (U16) 17:19.53

5. Jack Richardson 400m (U14) 59.50

5. George Perkins 3000m (U17) 9:06.38

5. Sam Davis 800m (U16) 2:08.00

5. Laura Roderick 800m (U20) 2:12.15

5. Natasha Ward 1500m (U18) 4:41.25

5. Julian Wylie 3000m (U15) 9:44.34

6. Kade Zavetanos 3000m (U15) 9:45.18

6. Billy Zavetsanos 3000m (U17) 9:06.48

6. Lachlan Stanfield 3000m (U18) 9:07.70

6. Josie Khoo Triple Jump (U14) 9.62m (w +0.2 m/s)

6. Shai Farhy Triple Jump (U16) 11.95m (w +0.3 m/s)

6. Charles Normoyle 800m (U18) 2:00.92

7. Ben Thomas 800m (U18) 2:00.98

7. Matthew Radwin 3000 (U15) 9:46.44

7. Eden Levit 100m (U18) 12.58 (w +0.8 m/s)

8. Joseph Touma Triple Jump (U16) 11.89m (w +0.0 m/s)

8. Jack Johnson 400m (U14) 61.61

8. Julian Wylie 1500m (U15) 4:26.18

8. Rory Wylie 3000m (U18) 9:15.23

8. Callum Forato 3000m (U15) 9:50.17

8. Coby Stephenson 400m (U18) 53.05

9. Zac Tyrrell 800m (U17) 2:05.42

9. Brody Elbourne 800m (U18) 2:02.03

9. Brody Elbourne 1500m (U18) 4:18.11

9. Eleanor Miller 1500m (U20) 4:54.03

9. Ruby Fry 3000m (U15) 10:36.92

9. Gabriella Zanapalis Javelin (U14) 23.78m

10. Leo Morgan 3000m (U18) 9:28.11

10. Jack Davis 800m (U18) 2:03.49

10. Ricardo Zanapalis Triple Jump (U16) 10.85m (w +0.0 m/s)

10. Billy Zavetsanos 1500m (U17) 4:16.46

10. Lachlan Stanfield 1500m (U18) 4:18.54

11. Liam Ross 100m (U17) 11.50 (w 1.2 m/s)

11. Archie Daley 3000m (U15) 10:19.43

12. Callum Forato 1500m (U15) 2:27.23

13. Kade Zavetanos 1500m (U15) 4:40.07

15. Finn Daley 800m (U17) 2:15.35

16. Oliver Byrne 3000m (U18) 11:00.01

17. Archie Daley 1500m (U15) 4:47.68

2/H1 Isabel Nystrom 100m H (U17) 14.89 (w +1.7 m/s)

6. Isabel Nystrom 100m H (U17) 14.82 (w +2.0 m/s)

3/H1 Jack Richardson 400m (U14) 60.83

5/H1 Jack Johnson 400m (U14) 63.85

6/H2 Sam Davis 400m (U16) 58.78

2/H1 Coby Stephenson 400m (U18) 52.05

4/H2 Charles Normoyle 400m (U18) 52.59

6/H3 Jack Davis 400m (U18) 55.38

5/H2 Isabel Nystrom 100m (U17) 13.07 (w -1.9 m/s)

4/H2 Ross Liam 100m (U17) 11.41 (w +2.1 m/s)

5/H2 Eden Levit 100m (U18) 12.66 (w +0.0 m/s)

10/H2 Coby Stephenson 100m (U18) 12.02 (w -0.2 m/s)

10/H2 Ruby Fry 1500m (U15) 5:07.97

2/H3 Eliette Millecamps 100m (U14) 13.07 (w +0.1 m/s)

5/H1 Amelie Trope 100m (U15) 13.21 (w +1.4 m/s)

2/H3 Eliette Millecamps 200m (U14) 28.53 (w -2.5 m/s)

7/H2 Amelie Trope 200m (U15) 28.25 (w -1.9 m/s)

3/H2 Eden Levit 200m (U18) 27.12 (w -3.0 m/s)

4/H2 Coby Stephenson 200m (U18) 24.62 (w +0.0 m/s)

9/H2 Jack Richardson 800m (U14) 2:20.72

Sydney Track Classic, 13 Mar 2021, Homebush

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7/B Drew Fryer 5000m 14:32.75

Milly Boughton 24.02, Australian u/16 record for 5km Road Walk.

Bankstown Invitational, 27 March, The Crest

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1. Nicholas Kollias High Jump 2.05m

3. Stefan Music 1500m 3:50.30

8. Nicolas Rodgers 1500m 3:54.61

2/H4 James Tirado - T13 400m 56.67

6/H1 Oliver Neate 800m 2:01.00

10/H1 Rory Wylie 800m 2:03.01

8/H Max Russell 1500m 4:05.82

6/H2 Hugo Morgan 1500m 4:24.26

9/H2 Julien Wylie 1500m 4:37.18

15/R2 Oliver Byrne 5000m 18:50.00

High Velocity Meet4, 3 Apr, Illawong

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4/H11 Zavier Novak 100m 13.97 (w +1.2 m/s)

4/H8 Zavier Novak 200m 28.07.97 (w +2.8 m/s)

6/H7 Siena Novak 100m 14.69 (w +2.4 m/s)

6. Siena Novak 400m 69.28

12. Siena Novak Long Jump 3.76 (w +1.6 m/s)

Canberra Running Festival, 11 Apr, Canberra

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3rd (50-59) Peter Spehr 10k 40:20

Tobacco Road Challenge, Durham (USA), 10 April 2021

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3. Zac Facioni 1500m 3:39.87

Virginia Challenge, Charlottesville (USA), 16 April 2021

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1. Zac Facioni 5000m 13:35.33

Australian T&F Championship, Homebush, 12-19 April 2021

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1/H2 Steven Solomon 400m 46.82 (1057)

2. Steven Solomon 400m 46.90

6. Nicholas Kollias High Jump 2.05m

11/H1 Richard Newell 1500m 3:55.22

10/H2 Drew Fryer 1500m 3:51.32

10/H1 Stefan Music 1500m 3:47.80

Australian Junior T&F Championship, Homebush, 12-19 April 2021

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1. Milly Boughton U16 girls 3000m Walk 14:45.15

1. James Tirado U20 Men T13 800m 2:14.30

1. Eliette Millecamps U14 girls 4x100m 49.48

3. Nicholas Rodgers U17 boys 800m 1:55.68

4. Oliver Neate U16 boys 1500m 4:10.74

4. Max Russell U17 boys 2000m St. 6:10.69

5. Allegra McGivern U17 girls 2000m St. 7:18.65

6. Hannah Parker U20 girls 10000m Walk 56:07.41

7. Laura Roderick U20 girls 1500m 4:35.39

7. Nicholas Rodgers U17 boys 1500m 3:58.24

9. Natasha Ward U18 girls 3000m 10:38.14

9. Max Russell U17 boys 3000m 8:52.06

12. Kade Zavetsanos U15 boys 3000m 9:47.90

13. Lachlan Stanfield U18 boys 3000m 8:52.83

15. Julien Whylie U15 boys 3000m 9:54.65

15. Billy Zavetsanos U17 boys 3000m 9:09.42

17. Allegra McGivern U17 girls 3000m 10:51.67

18. Hugo Morgan U16 boys 3000m 9:47.41

24. Ruby Fry U15 girls 3000m 10:51.78

4/H1 Nicholas Rodgers U17 boys 1500m 4:06.65

5/H2 Laura Roderick U20 girls 800m 2:12.80

6/H1 Laura Roderick U20 girls 1500m 4:36.15

10/H1 Julian Wylie U15 boys 800m 2:15.40

3/H2 Oliver Neate U16 boys 800m 2:01.81

8. Oliver Neate U16 boys 800m 2:14.30

7/H1 Rory Wylie U18 boys 800m 1:59.69

2/H2 Nicholas Rodgers U17 boys 800m 1:57.51

6/H2 Natasha Ward U18 girls 1500m 4:50.46

7/H1 Natasha Ward U18 girls 800m 2:22.40

Drake Relays, Des Moines (USA), 23 April 2021

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1. Morgan McDonald 5000m 13:21.39 (1133 pts)

UniSport Nationals, Homebush, 21-24 April 2021

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3. Drew Fryer 10000m 30:53.05

3. Hannah Parker 5000m Walk 26:31.82

3. Nicholas Kollias High Jump 2.09m

5. Drew Fryer 5000m 14:58.08

7. Drew Fryer 1500m 3:50.99

Sydney 10k, Homebush, 2nd May 2021

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Male Open 10k

10. Drew Fryer 30:01

13. Kurt Fryer 30:15

37. Stefan Music 31:54

127. Adam Booth 35:02

130. Jeremy Roff 35:03

256. Jim Dawes 38:46

301. Peter Spehr 39:41

Female Open 10k

31. Breanna Golub 36:45

39. Julianne Broberg 39:04

Male 5k

4. Max Russell 15:19

15. Brody Elbourne 15:43

34. Huon Groves 17:31

Female 5k

3. Laura Roderick 16:54

7. Eleanor Miller 17:35

13. Natasha Ward 17:58

18. Zara Warland 18:10

19. Ruby Fry 18:11

42. Nancy Newton 20:37

NSW XC Relays, North Ryde, 5 June 2021

a. 1. U16 boys A, 4 x 3k 42:25

b. 1. U18 boys A, 4 x 3k 39:30

c. 2. U18 boys B, 4 x 3k 40:42

d. 2. U12 boys, 4 x 2k 30:49

e. 2. U12 girls, 4 x 2k 32:58

f. 3. U16 boys B, 4 x 3k 42:40

g. 3. U18 girls A, 4 x 3k 46:16

h. 3. U16 girls, 4 x 3k 46:58

i. 3. Open Women, 4 x 4k 61:59

j. 4. Open Men, 4 x 4k 50:11

k. 4. Masters Men 50+, 4 x 4k 66:31

l. 5. U14 girls A, 4 x 2k 32:10

m. 5. U20 boys, 4 x 3k 40:20

n. 9. U18 girls B, 4 x 3k 57:37

o. 10. U14 girls B, 4 x 2k 34:14

Great event. 12 Junior teams, 16. 2 gold, 3 silver, 4 bronze

medals… great results.

● Morgan McDonald broke RBH club records for 10km 27:58.75 and 5km

13:13.67.

Olympics!

Steve Solomon excellent heat run.

Morgan McDonald great time, missed progression by one place.

State 3000m: large numbers of RBH athletes, some great performances-Kurt, Drew, Stefan

Results:

• Stefan Music 3000m 6/A 8:13.60

• Drew Fryer 3000m 9/A 8:15.60

• Kurt Fryer 3000m 8/B 8:32.36

• Nicholas Rodgers 3000m 7/C 8:50.75

• Ben Thomas 3000m 9/C 8:51.21

• Max Russell 3000m 11/C 8:52.36

• Oliver Neate 3000m 4/D 8:52.93

• George Perkins 3000m 13/D 9:03.35

• Lachlan Stanfield 3000m 20/C 9:07.08

• Billy Zavetanos 3000m 17/D 9:11.92

• Leo Morgan 3000m 19/D 9:22.30

• Archie Daley 3000m 1/J 9:22.99

• Oliver Freeman 3000m 20/D 9:25.22

• Dominic McGrath 3000m 4/G 9:26.82

• Kade Zavetanos 3000m 4/H 9:28.03

• Harry Smith 3000m 5/G 9:28.95

• Julien Wylie 3000m 9/H 9:36.27

• Sebastian Havens 3000m 21/F 9:39.78

• Benjamin Crowe 3000m 5/J 9:39.94

• Alex Keiser 3000m 10/H 9:41.17

• Matt Radvin 3000m 12/H 9:44.88

• Huon Groves 3000m 9/J 9:48.01

• Jack Richardson 3000m 11/J 9:51.84

• Piper Simpson 3000m 3/B 10:00.83

• Sophie Ferenczi 3000m 6/B 10:17.82

• Natasha Ward 3000m 18/A 10:19.48

• Allegra McGivern 3000m 19/A 10:20.13

• Lucy Marquand 3000m 5/C 10:26.07

• Manu Sivaraj 3000m 15/K 10:29.10

• Ruby Fry 3000m 14/B 10:29.16

• Jim Dawes 3000m 11/L 10:34.33

• Ethan Howard 3000m 8/M 10:37.28

• Martin Considine 3000m 13/L 10:40.42

• Piper Sweeney 3000m 2/E 10:52.95

• Jakob Frankl 3000m 11/M 10:53.77

• Eva Gawel 3000m 1/F 11:01.27

• Anna Colquohan 3000m 2/F 11:08.55

• Peter Spehr 3000m 19/M 11:13.91

• Charles Neate 3000m 20/L 11:19.07

• Evie Bayot 3000m 2/G 11:20.97

• Lily Cooney 3000m 17/E 11:34.10

• Nancy Newton 3000m 8/G 11:45.29

• Riya Singh 3000m 15/F 11:46.55