

# Bryce Nolan

D.O.B. 27/10/2004

Coach: Denis Knowles, Christie Baker.

Occupation: Student year 12 Westfields Sports

Club: Joined Westfields A.C. 2016/17 season

## Honours:

**2022 Adhemar Ferreira da Silva Scholarship**

**2022 Represent Australia U20 Oceania Games (Silver medal)**

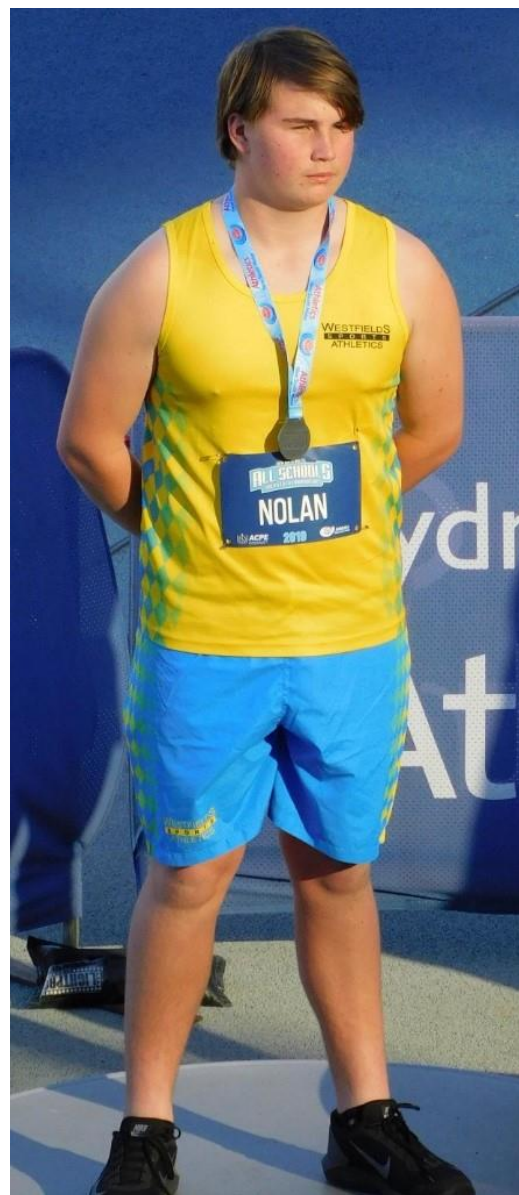
**2022 NSW Open Champion discus (17 years 4 months old)**

**2019 Australian All Schools Bronze medal discus**

**2018 Australian L.A.'s National U13 Championships (2 silver medals)**

## Progression

Year (age)	Discus throw	Shot put
2014 (10 years)	24.71 (500gm)	-
2015 (11 years)	30.37 (500gm)	8.81 (2kg)
2016 (12 years)	31.47 (750gm)	10.52 (2kg)
2017 (13 years)	42.52 (750gm) 40.68 (1kg)	10.43 (3kg) 11.40 (4kg)
2018 (14 years)	52.22 (1kg)	15.60 (3kg) 13.20 (4kg)
2019 (15 years)	60.67 (1kg)	16.22 (4kg)
2020 (16 years)	50.28 (1.5kg)	16.22 (5kg)
2021 (17 years)	54.83 (1.5kg)	17.16 (5kg)
2022 (18 years)	56.33 (1.5kg) CHS only 50.05 (1.75kg) 46.78 (2kg)	17.45 (5kg) CHS only 15.11 (6kg)



## International meetings

**2022 World Athletics Continental Tour (Sydney Track Classic)**

Discus (1.75kg) 49.58 3<sup>rd</sup> (overall mixed weights)

**2022 Oceania Championships**

Discus (U20) 55.05 Silver (surpassed Championship record)

## National Championships:

**2018 Little Athletics National U13 Championships**

Shot Put U13 15.42 Silver

Discus U13 45.00 Silver

**2018 Australian Junior Championships**

Discus U15 45.60 8<sup>th</sup>

**2019 Australian Junior Championships, SOPAC**

Shot Put U16 16.22 5<sup>th</sup>

Discus U16 52.68 5<sup>th</sup>

**2019 Australian All Schools, Perth**

Discus U16 60.67 Bronze

**2020 Australian Championships, SOPAC (cancelled – Covid 19)**

**2022 Australian Championships**

Shot Put U20 14.67 10<sup>th</sup>

Discus U20 49.95 4<sup>th</sup>  
Discus Open 46.78 5<sup>th</sup>

## **NSW Championships**

### **2014 PSSA State Championships**

Discus Jun 24.71 22<sup>nd</sup>

### **2014 Little A's State Championships**

Discus 20.43 17<sup>th</sup>

### **2015 Little A's State Championships**

Shot Put 8.25 16<sup>th</sup>

Discus 27.08 12<sup>th</sup>

### **2016 Little A's State Championships**

Shot Put 10.29 9<sup>th</sup>

Discus 30.21 5<sup>th</sup>

Javelin 22.30 13<sup>th</sup>

### **2017 NSW Little A's State Championships**

Shot Put (U12) 10.43 6<sup>th</sup>

Discus (U12) 42.52 Silver

Javelin (U12) 28.17 10<sup>th</sup>

### **2017 NSW CHS State Championships**

Shot Put 13's 11.40 12<sup>th</sup>

Discus 13's 40.68 Silver

### **2017 NSW All Schools**

Shot Put (U14) 10.85 13<sup>th</sup>

Discus (U14) 40.21 6<sup>th</sup>

### **2018 NSW Junior Championships**

Discus (U15) 45.20 5<sup>th</sup>

### **2018 NSW Little A's State Championships**

Shot Put (U13) 15.60 Gold

Discus (U13) 45.70 Silver

Javelin (U13) 30.87 11<sup>th</sup>

### **2018 NSW CHS State Championships**

Shot Put 14's 12.24 6<sup>th</sup>

Discus 14's 50.05 Gold

### **2018 NSW All Schools**

Shot Put (U15) 13.20 6<sup>th</sup>

Discus (U15) 52.22 Bronze

### **2019 NSW Junior Championships**

Shot Put (U16) 14.52 4<sup>th</sup>

Discus (U16) 56.42 Silver

### **2019 NSW Little A's State Championships**

Shot Put (U14) 14.92 4<sup>th</sup>

Discus (U14) 39.41 10<sup>th</sup>

Javelin (U14) 32.428 14<sup>th</sup>

### **2019 NSW CHS State Championships**

Shot Put (U16) 15.22 Silver

Discus (U16) 55.36 Gold

### **2019 NSW All Schools**

Shot Put (U16) 15.55 5<sup>th</sup>

Discus (U16) 59.20 Silver

### **2020 NSW Junior Championships**

Shot Put (U17) 15.67 Bronze

Discus UU17) 43.72 4<sup>th</sup>

### **2020 NSW All Schools**

Shot Put (U17) 16.22 Silver

Discus (U17) 48.57 Silver

### **2021 NSW All Schools**

Shot Put (U18) 17.16 Gold

Discus (U18) 52.51 Gold

### **2022 NSW Junior Championships**

Shot Put (U20) 15.11 Bronze

Discus (U20) 49.52 Silver

### **2022 NSW Open Championships**

Discus Open 46.18 Gold

## Brief History

Bryce Nolan joined the Westfields Athletics Program in year 7 in 2017. It was also about the same time he won his first Little Athletics State medal – a silver in Discus throw with a personal best up to that time of 42.52m with the 750gm implement. Even though this was an impressive performance, more impressive was the fact he was also throwing the senior 1kg implement almost as far. This was the better indication that Bryce at the age of 13 was developing into a fine discus thrower. 40 metres is the target most 13 year old throwers aim for and Bryce had already achieved it early in the year. The future was bright indeed.

However the next 12 months of the 2017-2018 school season and senior season would create both success and disappointment. Bryce would take the Silver medal at the NSW CHS Championships and then 6<sup>th</sup> place at NSW All Schools one month later. Both throws were almost identical in length as he discovered there was a strong pool of throwers his age in the private school system. Even though his P.B.'s were improving, the other throwers in his age were not only well established, there was a handful that were way above the rest on the National rankings list. While Bryce was throwing over 40 metres there were some throwing over 50 metres.

Like all good athletes, the best way to excel is to set a high standard. Obviously, Bryce's goal was not just to be comfortable throwing over 40 metres but to aim for the massively impressive 50m barrier. By September of 2018, just 5 months after finishing the 2017-18 season with a new personal best throw of 45.70 metres, Bryce would achieve his next goal of officially breaking the 50 metre barrier. Bryce had achieved 50 metres in training and at several Little A's meets but it wouldn't become official until he achieved it at an AA Permit meet. It happened at 2018 NSW CHS State Championships where Bryce won his first State Championship. He threw 50.05 metres. Then only two weeks afterwards at the NSW All Schools Bryce would better that and take the Bronze medal with an impressive 52.22 metres. This throw, as impressive as it was, would still only rank Bryce number 6 in Australia as a 14 year old – proof of the fact that discus throwing in Australia amongst his peers was extremely competitive.

2019 would start with a competitive performance at the NSW Junior Championships when Bryce won his first ever medal as a senior athlete – Silver and a brilliant 56.42 metres. This now ranked Bryce up there with the best in the country and a good chance of medalling at the Junior Nationals. Bryce couldn't manage to get a good throw at the Nationals with just over 52 metres and had to settle for 5<sup>th</sup> place, nevertheless an improvement on his 8<sup>th</sup> place at the 2018 Junior Nationals.

With the season now over Bryce set himself the target of achieving a 60m throw before the end of 2019. He easily defended his NSW CHS title with 55.36m and two weeks later threw a magnificent 59.20m to improve on his Bronze medal the year before by taking silver. It was so close to the magic 60m barrier and of course he would achieve this distance several times in training, however was anxious to make it official in competition. Bryce would not disappoint us. In a Treloar shield meet at SOPAC on the 30<sup>th</sup> November, just weeks before the Australian All Schools, Bryce would achieve his goals. The meet happened to clash with Little A's Zone and Bryce requested to compete with the women, not just so he could compete at both but also to be able to compete with club team mate Dani Stevens. It was Dani's first throw in 15 months since her victory at the 2018 Commonwealth Games. It was an ideal situation for them both; being the only 2 athletes in the group capable of throwing in the same range. Dani would put out 3 Tokyo Olympics qualifiers and Bryce would achieve his first 60 metre performance. Bryce's four attempts were consecutive P.B's: 59.52m 59.79m FOUL 60.26m. Bryce would now take up his highest ever National ranking (number 3) and would travel to Perth for his first ever Australian All Schools Championships. In a competition where the top 3 throwers were all in the 60m range the event was exciting. Bryce put out a new personal best throw of 60.67 metres and was holding onto the Silver medal until the final round when he was passed. Bronze may not sound as nice as Silver, however standing on the National podium with a new personal best achievement is nevertheless an outstanding achievement. Bryce had achieved his goal.

Bryce would miss the 2020 Nationals with the cancellation due to Covid 19. Then as fate would have it he would after the 2020 NSW All Schools succumb to a knee injury and miss the 2021 NSW and Australian Championships. However as they say "it is always darkest before the dawn", and the sun was about to come up again. By the end of 2021 Bryce was throwing again and convincingly won the NSW All Schools in both Shot Put and Discus, with 17.16m being a lifetime best performance in Shot Put.

Then the 2021-22 season would become Bryces finest with a series of extraordinary performances. The first of which, in my opinion, was his finest moment when he would become the youngest ever male to win the NSW Open discus title at the age of 17 years and 4 months. Bryce hurled the Olympic weighted 2kg discus 46.18 metres to become the NSW Open Champion. This was followed by a somewhat slightly disappointing throw at the Australian U20 Championships (4<sup>th</sup>), however a magnificent effort to finish in 5<sup>th</sup> place in the Australian Open with a p.b. of 46.78m.

Bryce then gained selection in the Oceania U20 team and wore the Australian colours proudly for the first time in winning the Silver medal and bettering the Championship record.

## Some Interesting Facts:

- Westfields has historically produced a long list of talented throwers and bettering the records they have achieved is not an easy task. Bryce became the first athlete in 15 years to break a Westfields Discus or Shot Put record of any age. He also became the first male thrower to win a National medal in 10 years.
- When Bryce made the NSW team to compete at the 2019 Australian All Schools in Perth, he approached Dani Stevens and boldly asked if he could borrow one of her expensive competition discuses to take with him. Dani did not hesitate in granting his request. Bryce entered it into the discus pool for the competition. Interestingly it appeared the other athletes

did not recognise it as clearly the most expensive and best flight capable implement. Bryce was the only one that threw it in Perth and gratefully returned it to its rightful owner upon return – the greatest female discus thrower of all time!

- Bryce has won National medals at all three Australian Championships systems: Juniors, All Schools and Little A's.
- In 2022 Bryce became the youngest ever male to win a NSW Open discus title (17 years and 4 months)
- In 2022 Bryce was chosen to represent Australia at the Oceania Championships where he bettered the Championship record and won Silver for his country.