

STATE CROSS COUNTRY AND ROAD WALKS 2014

This year's State Cross country and Road Walks Championships were back in Dapto – a good Cross country venue, with a mix of flat sections as well as some rolling hills. Athletes compete over different distances depending on age, ranging from 800m for the U7 age group up to 4km for the U17 age group. The road walks range from 1200m up to 3000m for the U17. Age groups with 3 members competing from the one club also enter the teams competition which is always hotly contested.

The conditions on the day were pretty difficult, with very strong and gusty winds throughout the day, though fortunately the sun was shining! And whilst a few of our athletes found the going a bit tougher than they expected, all 4 of our teams came home with medals which is testament to the depth of talent we have at Cherrybrook.

This year Cherrybrook had 24 athletes competing in the Cross country, and 3 in the road walks. Our standout individual performances of the day were Ben Bishop who won his 5th consecutive State Cross country in the U13 boys 3km race, and Bayden Little who won silver in the 1500m U11 boys road walk – well done boys. Other top 10 finishers were Sierra Timms, 6th in the U9 girls race, and Emily Jones who finished 10th in the U15 girls race – both great performances. 12 other athletes achieved a top 20 finish which really helped our team pointscores.

Our team results were outstanding – 4 medals from 4 teams entered: SILVER in the U8 girls, GOLD in the U9 Boys, SILVER in the U11 Boys and GOLD for the U13 boys. Well done everyone!

Thanks also to all the officials and helpers who endured pretty difficult conditions, and in particular to our own Elizabeth Jones who officiated all day at both the cross country and the walks.

STATE CROSS COUNTRY & ROAD WALKS 2014 **Dapto 6th JULY: Full results**

Cross Country

Age Grp	First Name	Surname	Reg #	Distance	Result
U7 Boys	Cameron	Searle	173	800m	19th
U7 Girls	Tahlia	Searle	174	800m	15th
U8 Girls	Cameron	Graham	112	800m	23rd
U8 Girls	Kaiya	Grebert	147	800m	35th
U8 Girls	Sierra	Timms	135	800m	6th
			U8Girls	TEAM RESULT	SILVER
U9 Boys	Corey	Dewar	175	1500m	41st
U9 Boys	Lachlan	Dewar	176	1500m	32nd
U9 Boys	Ryan	Frykberg	74	1500m	12th
U9 Boys	Jack	Hayes	440	1500m	22nd
U9 Boys	Dylan	Searle	183	1500m	15th
			U9BOYS	TEAM RESULT	GOLD
U10 Boys	James	Farrington		1500m	14th
U10 Girls	Arienna	Grebert	145	1500m	28th
U11 Boys	Harry	Farrington	149	1500m	11th
U11 Boys	Bayden	Little	118	1500m	28th
U11Boys	Oliver	Robinson	394	1500m	19th
			U11BOYS	TEAM RESULT	SILVER
U11Girls	Kirsten	Frykberg	73	2000m	20th
U11Girls	Georgia	O'Connor	428	2000m	21st
U12 Boys	Morgan	Little	117	2000m	14th
U13 Boys	Benjamin	Bishop	33	3000m	GOLD
U13 Boys	Charlie	Farrington	148	3000m	22 nd
U13 Boys	Ryan	Jones	2	3000m	13 th
U13Boys	Erik	Frykberg	72	3000m	16th
			U13 Boys	TEAM RESULT	GOLD
U13 Girls	Eve	Timms	157	3000m	15th
U15 Girls	Emily	Jones	214	3000m	10th

Road Walks

Age Grp	First Name	Surname	Distance	Result
U 10 G	Arienna	Grebert	1200m	16th
U11 B	Bayden	Little	1500m	SILVER
U12 B	Morgan	Little	1500m	injured

Jenny Bishop
Championships officer Cherrybrook Little athletics