

## CROSS COUNTRY 2016

This year's State Cross country was back out of Sydney at the wonderful Browns Mountain course near Nowra. We were blessed with near perfect weather for the first year of the new NSW State Cross country championships – a joint venture between Athletics NSW and Little Athletics. The combined format meant that the competition was really strong – particularly for the seniors which run 2 agegroups together. The Nowra course is renowned for being particularly tough – with a mix of flat sections as well as some tight bends and serious hills – a genuine Cross country course.

Athletes compete over different distances depending on age, ranging from 800m for the U7 age group up to 6km for the U18, 10km for the opens, as well as some masters and fun run races of various distances. The junior (U7-U11) agegroup also had teams events comprising the first 3 athletes across the line, and senior agegroups teams of 4 across each of the double agegroups – U14, U16 and U18, where athletes had to compete for their Seniors Athletics club.

The timing and distance from Sydney of this year's event depleted our numbers, with 17 athletes competing in the Cross country. We had 3 junior teams entered in the teams event.

In the first race of the day, Jax Brown got Cherrybrook off to a great start. Having been not that keen to run the day before, Jax was spurred on by his older brother and the rest of the U8 boys team to finish really strongly in 7th place – that's the kind of Cherrybrook team spirit that we love!! The U8 boys team also started off well, with Idris Burkhardt finishing a strong 5th, and Thomas Bishop 17th out of a strong field of athletes. Unfortunately Bronsen Brown sustained a knee injury and was unable to finish the race. Our U8 girls followed, with our team of Kaylah Bennet, Serena Vanderkluuw and Aaliyah Grebert finishing 5th, 24th and 25th respectively, picking up the **bronze team's medal**. Our other team came from our very strong U11 boys agegroup, where Lachlan Dewar, Dylan Searle and Jack Hayes and finished 13th, 16th and 20th respectively to bring home the **silver team's medal**.

Of our other individual performers, we had 3 other top 10 finishers amongst our senior athletes – Logan Kaye and Ben Bishop who competed for their seniors Club Trinity Athletics in the hotly contested U15/16 agegroup, each finishing 7th in their individual agegroups. 7th was clearly the number of the day, with Capri Vidler U18 girls also finishing a very strong 7th.

Thanks also to all the officials and helpers, in particular to our own Elizabeth Jones who officiated all day. A table with full results is shown below:

## STATE CROSS COUNTRY 2016

### Nowra 26th June

#### Cross Country

Age Grp	First Name	Surname	Reg #	Result	
U7 Boys	Jax	Brown		7th	
<b>U8 Boys</b>	Thomas	Bishop	44	17th	
<b>800m</b>	Bronsen	Brown	281	injured	
	Idris	Burkhardt		5th	
<b>U8 Girls</b>	Aaliyah	Grebert	144	25th	TEAM RESULT
<b>800m</b>	Serena	Vanderkluuw	372	24th	<b>BRONZE</b>
	Kaylah	Bennett		5th	
<b>U10 girls</b>	Tahlia	Searle	174	26th	

<b>Age Grp</b>	<b>First Name</b>	<b>Surname</b>	<b>Reg #</b>	<b>Result</b>	
<b>U11 Girls</b>	Kaiya	Grebert	147	48th	
<b>1500m</b>					
<b>U11Boys</b>	Lachlan	Dewar	176	13th	<b>TEAM RESULT</b>
<b>1500m</b>	Jack	Hayes	440	20th	<b>SILVER</b>
	Dylan	Searle	183	16th	
<b>U13 girls</b>	Arienna	Grebert	145	26th	
<b>3000m</b>					
<b>U15 boys</b>	Logan	Kaye	103	7th	
<b>4000m</b>					
<b>U16 Boys</b>	Benjamin	Bishop	33	7th	
<b>4000m</b>					
<b>U18 Girls</b>	Capri	Vidler		7th	
<b>4000m</b>					