

Woody Aths - Cross Country

Week:	One
Date:	28/04/2023
Location:	Rail Trail - Haddon Rec Reserve

Woodyaths ran the first cross country run for the season. Welcome to both new and past members. Handicaps will be allocated for next weeks run. To confirm the venue, please check the info email/Team app and the website later in the week.

Fastest times:

U6: Lachlan H; u8: Leroy B; u10: Declan E; u12: Sullivan M; u14: Ava A; Open: Brian M.

All results are displayed on our website: <http://woodyathletics.org.au/results/>

All runners are encouraged to wear MUNRO hats before and after the runs each week to promote the sponsor and go into the chocolate draw. Free hats available next week. Chocolates are donated by MARS confectionary.

This weeks draw winners was Emrys N

Name	Age	Dist	Time	VARs
				time p/100m
Hamish B	u6	400	2.24	0.36
Lachlan H	u6	400	2.11	0.327
Benji F	u6	400	2.36	0.39
Grace M	u6	400	2.51	0.428
Alyssa E	u6	400	3.07	0.468
Brylee W	u6	400	3.19	0.498
Leroy B	u8	800	3.54	0.293
Dempsey M	u8	800	4.44	0.355
Daisy R	u8	800	4.46	0.333
Huon A	u8	800	4.47	0.287
Nellie W	u8	800	4.52	0.365
Theo E	u8	800	5.01	0.376
Emrys N	u8	800	5.05	0.379
Michael M	u6	400	5.22	0.403
Aurora W	u6	400	5.25	0.406
Connor B	u8	800	5.3	0.413
Declan E	u10	1000	5.26	0.326
Hyland N	u10	1000	5.58	0.358
Pippa W	u10	1000	5.58	0.358
Fletcher M	u10	1000	6.09	0.369
Sullivan M	u12	2000	9.08	0.274
Jedd B	u12	2000	9.1	0.271
Ruby A	u12	2000	10.23	0.312
Poppy E	u12	2000	10.43	0.322
Zoe H	u12	2000	12.14	0.367
Lucas E	u12	2000	12.46	0.383

Ava A	u14	3000	15.3	0.31
Brian M	Open	4000	19.57	0.299
Elizabeth W	Open	4000	20.24	0.306
Kody E	Open	4000	23.57	0.359
Tina D	Open	4000	24.46	,372
Benita M	Open	4000	25.26	0.381
Cam M	Open	4000	25.4	0.385
Chris E	Open	4000	26.39	0.4
Elie K	Open	4000	29.17	0.439
Lucy F	Open	4000	31.24	0.481