

Woody Aths - Cross Country

Week:	Two
Date:	8/05/2023
Location:	Haddon Lions Park

Woodyaths ran the Lions Park handicap over the weekend. Welcome to both new and past members. This week was the first handicap run of the season. Handicaps will be checked and if necessary updated 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: Fletcher M; u12: Sullivan M; u14: Bridgit S; u16: No runners; u18: No runners; Open: Brian M.

Junior Handicap winner: Fletcher M; Michael Mc second and Huon A third.

Senior Handicap winner: Elie K; Kody E second and Cam M third.

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

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

This weeks draw winners was Aurora W

Name	Age	Dist	Time	Hcp	Race time	VARS	Last weeks
Lions Park						time p/100m	VARS
Lachlan H	u6	400	1.54	7.49	9.43	0.285	0.327
Hamish B	u6	400	2.11	7.36	9.47	0.328	0.39
Grace M	u6	400	2.2	7.09	9.29	0.35	0.428
Alyssa E	u6	400	2.53	6.53	9.46	0.433	0.468
Brylee W	u6	400	3.12	6.41	9.53	0.48	0.498
Leroy B	u8	700	3.47	6.35	10.22	0.324	0.293
Theo E	u8	700	3.57	5.37	9.34	0.339	0.376
Michael M	u6	700	4.01	5.18	9.19	0.344	0.403
Benji F	u8	700	4.13	5.27	9.4	0.361	0.39
Aurora L	u6	700	4.14	5.16	9.3	0.363	0.406
Connor B	u8	700	4.23	5.11	9.34	0.376	0.413
Emrys N	u8	700	5.13	5.35	10.48	0.447	0.379
Huon A	u8	700	6.1	3.18	9.28	0.264	0.287
Fletcher M	u10	1400	7.38	1.23	9.01	0.327	0.369
Declan E	u10	1400	7.43	2.24	10.07	0.331	0.326
Nellie W	u10	1400	8.16	1.29	9.45	0.354	0.365
Annabelle F	u10	1400	11.14	0.4	11.54	0.481	
Hyland N	u10	1400	8.44	1.39	10.23	0.374	0.358
Jedd B	u12	1940	8.45	22.14	30.59	0.271	0.271
Poppy E	u12	1940	10.15	20.35	30.5	0.317	0.322
Lucas E	u12	1940	11.02	18.37	29.39	0.341	0.383
Sullivan M	u12	1940	8.39	22.08	30.47	0.268	0.274
Pippa W	u12	1940	12.07	19.25	31.32	0.375	0.358
Bridgit S	u14	3180	17.51	13.37	31.28	0.337	
Brian M	Open	4000	18	12.28	30.28	0.29	0.299

Elizabeth W	Open	4000	18.08	12.02	30.1	0.292	0.306
Kody E	Open	4000	19.51	8.45	28.36	0.32	0.359
Chris E	Open	4000	21.12	6.12	31	0.4	0.4
Benita M	Open	4000	22.12	7.23	29.35	0.358	0.381
Cam M	Open	4000	22.2	7.08	29.28	0.36	0.385
Tina D	Open	4000	22.43	7.56	30.39	0.366	0.372
Elie K	Open	4000	24.43	3.47	28.3	0.399	0.439
Lucy F	Open	4000	27.24	10.32	37.56	0.442	0.481