

Woody Aths - Cross Country

Week:	Three
Date:	12/05/2023
Location:	Haddon Common 4 Ways

Woodyaths ran the 4-Ways handicap over the weekend. This week was the second handicap run of the season. Next week we will run the King and Queen of the Mountains. 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: Ava A; u16: No runners; u18: Kody E;
Open: Brian M.

Junior Handicap winner: Fletcher M; Hyland N second and Theo E third.

Senior Handicap winner: Chris E; Lucas E second and Kody E 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 Huon A

Name	Age	Dist	Time	Hcp	Race time	VARs	Last weeks	Scratch
Lions Park							VARs	RUN
Lachlan H	u6	400	2.2	8.06	10.26	0.35	0.285	0.327
Hamish B	u6	400	2.34	7.36	10.1	0.385	0.328	0.39
Grace M	u6	400	2.58	7.09	10.07	0.445	0.35	0.428
Alyssa E	u6	400	2.49	6.53	9.42	0.423	0.433	0.468
Brylee W	u6	400	3.23	6.41	10.04	0.508	0.48	0.498
Leroy B	u8	1100	5.32	4.38	10.1	0.302	0.324	0.293
Theo E	u8	1100	6.1	3.06	9.16	0.336	0.339	0.376
Michael M	u6	1100	8.02	2.37	10.39	0.438	0.344	0.403
Benji F	u8	1100	6.5	2.51	9.41	0.373	0.361	0.39
Aurora L	u6	1100	7.57	2.33	10.3	0.434	0.363	0.406
Connor B	u8	1100	8.01	2.26	10.27	0.437	0.376	0.413
Emrys N	u8	1100	6.57	3.03	10	0.379	0.447	0.379
Fletcher M	u10	1100	5.15	3.14	8.29	0.286	0.327	0.369
Declan E	u10	1100	6.04	4.01	10.05	0.331	0.331	0.326
Huon Anders	u10	1100	4.55	4.44	9.39	0.268	0.264	
Nellie W	u10	1100	6.59	3.18	10.18	0.381	0.354	0.365
Annabelle F	u10	1100	8.46	2.4	11.26	0.478	0.481	
Hyland N	u10	1100	5.32	3.26	8.58	0.302	0.374	0.358
Winnie Marti	u10	1100	8.46	2.55	11.41	0.478		
Jedd B	u12	1900	8.56	21.25	30.21	0.282	0.271	0.271
Poppy E	u12							
Lucas E	u12	1900	10.38	17.52	28.3	0.336	0.341	0.383

Sullivan M	u12	1900	8.55	21.19	30.14	0.282	0.268	0.274
Pippa W	u12	1900	14.05	18.4	32.45	0.445	0.375	0.358
Ruby Ashmore	u12	1900	9.57	20.07	30.04	0.314		0.312
Bridgit S	u14							
Ava Ashmore	u14	3000	16.37	14.3	31.07	0.332		0.31
Brian M	Open	3800	18.13	11.04	29.17	0.288	0.29	0.299
Elizabeth W	Open	3800	18.45	10.37	29.22	0.296	0.292	0.306
Kody E	Open	3800	21.57	7.16	29.13	0.347	0.32	0.359
Chris E	Open	3800	23	4.4	27.4	0.363	0.4	0.4
Benita M	Open	3800	23.24	5.52	29.16	0.369	0.358	0.381
Cam M	Open	3800	24.06	5.37	29.43	0.381	0.36	0.385
Tina D	Open	3800	25.14	6.26	31.4	0.398	0.366	0.372
Elie K	Open	3800	28.57	4.44	33.41	0.457	0.399	0.439
Lucy F	Open	3800	30.2	2	32.2	0.479	0.442	