

## Woody Aths - Cross Country

<b>Week:</b>	19
<b>Date:</b>	30th August 2024
<b>Location:</b>	Haddon 2 Run

Woody Aths ran a progressive run Friday night where all runners ran twice with a 10 minute rest between each run.

Actual times were added with the handicap to determine the race time.

### Fastest Times:

U6: Reggie C; u8: Theo E; u10: Declan E ; u12: Huon A B, u14: Lachlan A

### Junior Handicap Winners:

1st Lacey B, 2nd Theo E, 3rd Leroy B

### Senior Handicap Winners:

1st Lachlan A, 2nd Ava A, 3rd Sullivan M

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

All runners go into the chocolate draw.

**This weeks draw winners** was Jed B

Name	Age	Race Time	Actual Time	Agg Points
Alyssa E	u6	16:02	5:02	5
Lacey B	u6	15:47	5:23	1
Reggie C	u6	16:12	4:12	7
Alby M	u8			
Aurora W	u8	17:47	15:32	11
Benji F	u8			
Evie C	u8	17:32	13:42	10
Lachlan H	u8			
Theo E	u8	15:54	10:02	2
Annabelle F	u10			
Declan E	u10	15:56	9:09	4
Dempsey M	u10	16:03	10:26	6
Leroy B	u10	15:55	9:15	3
Oliver C	u10	17:08	11:01	8
Nellie W	u10			
Winter M	u10	17:18	13:54	9
Fletcher M	u12	37:00	15:00	19
Huon A	u12	34:16	11:06	16
Jed B	u12	34:11	11:28	15
Lucas E	u12	36:01	14:11	18
Pippa W	u12			
Ava A	u14	33:56	15:26	13
Lachlan A	u14	33:35	13:45	12
Ruby A	u14	34:20	16:53	17
Sullivan M	u14	34:09	14:12	14