

Woody Aths - Cross Country

Week:	Four
Date:	10th May 2024
Location:	King & Queen of the Mountain

Woodyaths ran the King and Queen of the Mountain over the weekend. Next weeks run will be the Dam

Fastest times:

U6: Alyssa E; u8: Lachlan H; u10: Declan E; u12: Jed B; u14: Sullivan M

Junior Queen of the Mountain winners:

1st Alyssa E, 2nd Nellie W, 3rd Lacey B

Junior King of the Mountain winners:

1st Lachlan H, 2nd Declan E, 3rd Leroy B

Senior Queen of the Mountain winners:

1st Ruby A, 2nd Ava A, 3rd Pippa W

Senior King of the Mountain winners:

1st Jed B, 2nd Sullivan M, 3rd Lucas E

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

All runners go into the chocolate draw.

This weeks draw winners was Evie C.

Name	Age	Dist	Time	HCP	Race Time	VARs	Lions Park
						Time p/100m	
Alyssa E	u6	600	4.18	5.55	10.13	0.43	0.305
Lacey B	u6	600	4.47	6.09	10.56	0.478	0.335
Nate M	u6						
Reggie C	u6						
Aurora W	u8	1000	7.55	3.14	11.09	0.475	0.406
Benji F	u8	1000	7.01	5.11	12.11	0.42	
Evie C	u8	1000	7.34	3.59	11.33	0.454	0.361
Lachlan H	u8	1000	5.43	4.54	10.37	0.343	0.306
Theo E	u8	1000	6	5.2	11.2	0.36	0.297
Annabelle F	u10	1400	13	0.47	14.47	0.6	
Declan E	u10	1400	7.23	3.15	10.38	0.316	0.289
Dempsey M	u8	1400					
Leroy B	u10	1400	7.44	3.07	10.51	0.331	0.296
Nellie W	u10	1400	9.27	1.26	10.53	0.405	0.367
Winter M	u10	1400	11.12	1.18	12.3	0.48	0.365
Fletcher M	u12	2400	15.21	17.5	33.11	0.384	0.304
Huon A	u12	2400	13.24	19.41	33.05	0.335	0.307
Jed B	u12	2400	12.04	18.19	30.23	0.302	0.286
Lucas E	u12	2400	14.47	17.1	31.57	0.37	0.316
Pippa W	u12	2400	18.21	15.38	33.59	0.459	0.358
Ava A	u14	3000	17.23	15.12	32.35	0.348	0.304
Ruby A	u14	3000	17.31	14.42	32.14	0.351	0.345
Sullivan M	u14	3000	14.5	17	31.5	0.297	0.25