

## Woody Aths - Cross Country

<b>Week:</b>	3
<b>Date:</b>	16-May-25
<b>Location:</b>	King & Queen of the Mountain

Woody Aths ran the King and Queen of the Mountains on Friday night in the Ross Creek State Forest. This run is the first of our prestigious trophy runs and will crown our Junior and Senior Kings and Queens. Next weeks run will be the Haddon Dam Relay. Runners are encouraged to 'bring a buddy' to run with them in a relay. To confirm the venue, please check the info email/Team app and the website later in the week.

### Junior Race, U6 - U10

1st Lacey B, 2nd Ruby S, 3rd Reggie C

**Junior Queen:** Lacey B    **Junior King:** Reggie C

### Senior Race, U12-U16

1st Invitation Runner Kaleb B, 2nd Axel D 3rd Huon A, 4th Jed B

**Senior Queen:** Ava A    **Senior King:** Axel D

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

Name	Age	Dist	Time	VARs	VARs	VARs
				Mountains	4 Ways	Scratch
Brylee W	u6	600	4.2	0.433	0.45	0.34
Lacey B	u6	600	4.14	0.423	0.415	0.417
Ollie C	u6	600	DNS			
Reggie C	u8	1000	5.25	0.325	0.306	0.318
Ruby S	u8	1000	5.28	0.328	0.308	0.323
Clara G	u8	1000	DNS		0.616	0.618
Eadie C	u8	1000	DNS		0.4	
Caleb D	u10	1400	6.5	0.293	0.276	0.308
Leroy B	u10	1400	7.52	0.337	0.294	0.285
Aurora W	u10	1400	14.33	0.624	0.465	0.464
Huon A	u12	2400	10.44	0.268	0.264	0.253
Jed B	u12	2400	12.09	0.304	0.285	0.275
Axel D	u12	2400	12.5	0.321	0.315	0.298
Kaleb B	u12	2400	11.56	0.298		
Levi	u12	2400	16.11	0.405		
Ruby A	u14	3000	18	0.36	0.319	0.271

Ava A	u16	4400	23.34	0.321	0.324	0.268
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