

NSW CROSS COUNTRY RELAY CHAMPIONSHIPS

Miranda Park Saturday 29th May

Men's Open

1 st leg	Josh Wright	2k split 5:44	4k split 11:40
2 nd leg	Nick Bromley	2k split 5:46	4k split 11:58
3 rd leg	James Connor (U20)	2k split 6:12	4k split 13:01
4 th leg	Darryl Purches	2k split 6:13	4k split 12:54

Official time 49:53 **3rd Placing** **1st Place RBH** **2nd Place SYU**

Women's Open

1 st leg	Charlotte Wilson (U20)	2k split 7:14	4k split 15:05
2 nd leg	Rebecca Gibbs (30+)	2k split 7:53	4k split 16:27
3 rd leg	Alice Tancred (20+)	2k split 8:31	4k split 15:33
4 th leg	Deborah Drennon (50+)	2k split 8:32	4k split 17:39

Official time 1:04:44 **Placing 6th**

Men's 45+

1 st leg	Doug Barrett (55+)	2k split 8:24	4k split 17:13
2 nd leg	Brad Sharpe (50+)	2k split 7:30	4k split 15:01
3 rd leg	Stephen Ball (55+)	2k split 7:33	4k split 15:02
4 th leg	Terrence Carter (50+)	2k split 9:03	4k split 18:33

Official time 1:05:49 **Placing 8th**

Individuals

John-Robert Bowskill 20+ 12:54

Ryan Cantwell 20+ 12:55

Nancy Lloyd 50+ (Nancy did a 10km race walk in the morning as a warm up)

David Archbold 65+

Miranda was unusually dry on the day, blue skies and a course without mud, a change from the last couple of years. Most of us went there with race plan of negotiating the muddy sections to make up time in other areas of the course.

The Men's Open Race.

Josh had the task of leading out our team, as they disappeared into the distance, it was anyones race. However when they came back into view about the 1km, normally the mud section, it was all go for Josh, in the lead of about 50m.

Josh increased the gap up the climb towards The Kingsway leaving the chase bunch of Randwick Botany, St George, Sydney Uni & Mingara to fight out for open space along the ridge. He maintained his lead through out the first leg, changing over to Nick. Now with a new chase bunch, it was nail-biting time, however, Nick the experienced runner that he is just showed them the back of his spikes. At the end of his first lap he had broken the pack, there was now clear distance between him and the next five runners.

Although the gap had narrowed at the change over it was an easy change from Nick to James as it was for the rest lead runners, Nick had broken the field. James now had his work cut out being one of the younger runners (U20) in the field, however he ran well

over his 4km leg keeping in touch for a place. Then it was Darryl's turn to bring the team home, he did in third place in front of St George, a good distance behind. He did well to finish behind Randwick Botany's Jeremy Roff and the laurel leaf number of Sydney Uni's James Nipperess, a exciting race and a great effort by our team.

Thanks on the day to Frazer who put the men's open team together, Kieran team manager for the women's open, men's 45+ and Angus our time keeper who managed to get each runners 2k & 4k splits.