

<p>2016 NSW Short Course Cross Country</p>
<p>◆</p> <p>The Kembla Joggers course was in great shape as runners young and not so made their way to the Illawarra on July 30. A far cry from the rain and thick mud the 2015 long course venue provided!</p> <p>Our Open Men placed 2nd as a team, with◆Harry Summers victorious, adding this title to the Long Course at Nowra. His team mates finished as follows:</p> <p>6. Courtney Carter</p> <p>9. Jeff Hunt</p> <p>22. Sam Byrne</p> <p>Our Open Women's team were dominant ◆ not just 1st as a team, but a trifecta and 5th really stamped their authority on the event. Like Harry, congratulations and well done to◆Kate Spencer, 1st here and at Nowra-very impressive. Kate was joined by RBH women as follows:</p> <p>2. Lexy Gilmour</p> <p>3. Lauren McKillop</p> <p>5. Audrey Amiya-Hall</p> <p>◆</p> <p>Not to be outdone, the 45+ Men also turned in an impressive performance - 1st as a team. Congratulations to◆Nic Cope who won the age group in fine style; he was joined by team mates:</p> <p>3. Manu Silvaraj</p> <p>6. Jim Dawes</p> <p>10. Patrick O'Reilly</p> <p>◆</p> <p>Beyond our teams, a range of impressive individual performances-again stretching across two generations! In the◆U16 Men, well done to winner◆Drew Fryer.Also impressive in the U18 Women category, with a 2nd place, was◆Georgia Evans. Her U18 male counterpart,◆Zac Facioni, was also strong and impressive in winning his age group.</p> <p>Not to be outdone by his younger brother, the U20 Men saw◆Kurt Fryer on the podium, placing third. Another bronze came the way of Heidi Hunt, impressive in the◆40-44 Women age category.As well as contributing to the 45+ Gold, individually in the 50-54 Men's category there was a RBH quinella, with:</p> <p>1. Manu Silvaraj</p> <p>2. Patrick O'Reilly</p> <p>◆</p> <p>Well done to Neil McCann, the Kembla Joggers team and Athletics NSW for an enjoyable and well run and managed 2016 Short Course.</p> <p>◆</p> <p>by Patrick O'Reilly</p>