

## State Relays 2016 Report

Written by Administrator

Sunday, 27 November 2016 21:25

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State Relays 2016 - Report

I was wandering if it is worth writing this report at all considering that we entered only 2 teams, that is our worst effort ever. Last year we entered 9 teams and year before 13. The reasons are not obvious. Is it the location of the venue? Could coaches do more to help putting together more teams? Or is it simply the fact that there was not much interest among athletes to compete at this event? Whatever it is, we definitely have to do better next year.



4 x 1500m 160+ guys were the face saving team of our club. They got us the only medal this time and they should be proud of it. Initial combinations for this team included Nic Cope but unfortunately he was not available because of work. Gary Howard jumped in at the last moment and we had complete team that also included Roger Moressi, Manu Sivaraj and Patrick O'Reilly. Manu started with pretty impressive split and we were placed 3rd after first change. Patrick O'Railly maintained this position throughout his change before handing over to Roger Moressi, who according to his own words was "not fit" and was only jogging recently. And although Roger ran reasonable 5:21, we slipped to 4th place which meant that Gary Howard had a job to do. He was excited about the prospect of chasing UTS Norths runner. He did a brilliant job to get us to third place and well deserved bronze medal.

1. Manu Sivaraj 4:46  
2. Patrick O'Reilly 5:27  
3. Roger Moressi 5:21  
4. Gary Howard 4:29

4 x 1500m 160+ Team (L to R): Roger Moressi, Gary Howard, Manu Sivaraj and Patrick O'Reilly



Huge misunderstanding made this team incomplete. Audrey Amiya-Hall was one of the first to put her hand up for 4 x 1500, 4 x 800 and even 4 x 400m. However day before the race she got infected wisdom tooth. She tried to do the right thing and send an email about this. However, she accidently sent an email to Tanya Adams (Georgia's mum) and not to relay coordinator. So we started the race with incomplete team. Our girls run very well. Lora gave us an early lead in front of Sydney University. Georgia maintained the lead on her first lap but was eventually overtaken. Nevertheless, she clocked very good 2:15.6. I was told both Georgia and Lily didn't taper for this race.

The splits for our team (thanks Dave Evans) were:

1. Lora Storey 2:12.3  
2. Georgia Evans 2:15.6  
3. Lily Harding-Delooze 2:18

4 x 800m Open Team (L to R): Lily

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Harding-Delooze, Audrey Amiya-Hall (missing), Lora Storey, Georgia Evans

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