

## CC Relays 2017 Report

Written by Administrator  
Monday, 29 May 2017 09:26

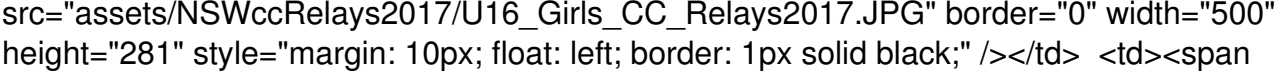
---

<p>◆</p> <p>◆</p> <p><span style="font-size: medium;"><span style="color: #0000ff;">NSW CC Relays - Report</span></span></p> <p><span style="font-size: medium;"><span style="font-family: verdana, geneva;">This year NSW cross country Relay Championships were held in perfect conditions. It's been a while since we ran on dry course on the sunny day at Miranda Park. Our club entered 10 teams and 6 individual runners. Putting teams together was a joint effort involving coaches Ken Green, Gary Howard, Warren Williams and Jordan Williams. Special thanks to all of them. Our medal tally was not bad: 1 gold, 2 silver and 1 bronze medal.</span></span></p> <p>◆</p> <p>◆</p> <p>◆</p> <table border="0"> <tr> <td></td> <td><span style="font-size: medium;"><span style="font-family: verdana, geneva;">We didn't know who is our biggest competition in Open Men's race. Every year Sydney University enters very strong team but this year they were not up there. Instead, this time Bankstown team stepped up. Our top quartet looked confident. The opening leg by Mark De Luca, ◆who changed 6th was very good but we were already 18 sec behind the first team. Zac Facioni continued with fast pace (he ran 1 sec faster than Mark) ◆and managed to bring our team to a 2 sec lead. On the third leg for our A team we had a Master Courtney Carter. He ran very impressive 12:30 and marginally increased our lead to 5 sec. So there was a drama developing on the anchor leg. We were pretty confident that Matt Hudson will secure a victory but it wasn't that easy. The Bankstown runner Matthew Dempsey put up a fierce fight and it was only towards the end that Hudson pulled away for 6 sec victory. <br />We always have a good pool of runners who want to run in this event. They are selected based on current form. But what do you do when you face a situation that you are thinking to put a runner on B team but in a back of your mind you are not sure. The runner in question was Jeff Hunt, recently selected to represent Australia at World Championships. He had a bad run at Sydney 10 and knowing the current form of others it was hard to justify his selection to A team. Jeff himself chose to run for B team which just shows not only that he is great athlete but also classy person. Lot of runners with big ego would simply not run at all. </span></span><span style="font-size: small;"></span></td> </tr> <tr> <td style="text-align: center;"><span style="font-size: small;"><em>Winners are grinners; Our Open Men A team (L to R): <br />Mark De Luca, Courtney Carter, Matthew Hudson and Zac Facioni <br />(photo courtesy of Ewa Facioni)</em></span></td> <td><span style="font-size: small;"></span></td> </tr> <tr> <td></td> <td><span style="font-size: medium;"><span style="font-family: verdana, geneva;">Our Open Women team did very well to come home with silver medal. Lauren McKillop ran opening leg and was our fastest girl. Maybe she ran little bit too fast on the first lap (7:02) but still managed to change very close second, only 8 sec behind Sydney University team. Georgia Evans ran second leg and it was very gutsy run with decent 15:10 time. Our team continued strong with Rosie Weber on third leg and Anna Fitzgerald anchoring the team. Sydney University A team was simply too good but our girls were around 2 minutes ahead of 3rd placed Sydney University B team. </span></span><span style="font-size: small;"></span></td> </tr> <tr> <td style="text-align: center;"><span style="font-size: small;"><em>The fastest girl among our Open Women (and second fastest overall) was Lauren McKillop seen here at the start of the race</em></span></td> <td><br /></td> </tr> <tr> <td><img

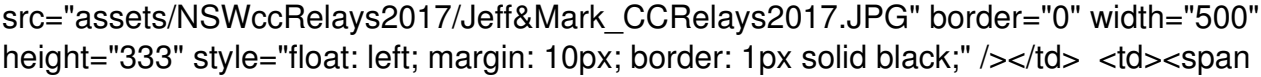
## CC Relays 2017 Report

Written by Administrator  
Monday, 29 May 2017 09:26

---

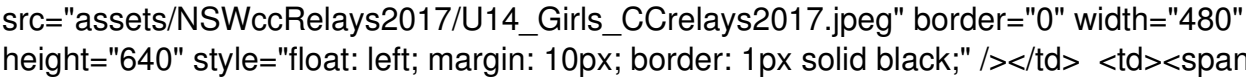
 Another team that won silver medal was U18 boys. We didn't know what to expect from this team. Our boys started well with experienced Ryan Beatson who clocked very good 9:06. Anthony Vlatko also produced a fast run and at the end of second leg our team was second and only 3 sec behind Hills District. Our 3rd and 4th runner were much younger and it was unrealistic to hope for gold. But it was pretty close. After 3rd leg run by Patrick Xia we were only 11 sec behind. Rhys Shariff, who only recently registered with our club, didn't give much either bringing our team home only 13 sec behind the winner. Well done boys!

Excitement before race, U16 Girls team (L to R):  
Amelia Stynes, Eleanor Miller (standing), Paris Tier and Lily Finati (kneeling)

 Our 35+ team was put together with mostly 45+ runners, the only exception was young Gary Howard (43 yo).

Considering this it was a pleasant surprise when this team won bronze medal especially with Jim Dawes who is coming back from injury and only put the hand up to be reserve. We started of with mighty Nic Cope who was mixing it up with Open boys and finished his leg with pretty impressive 13:25 which was second fastest time of the day in 35+ age group. Gary Howard continued strong and by the end of his run our team was in third place with our chances to move up probably diminishing. Martin Considine and James Dawes secured our team's 3rd place with some three minutes to spare.

Our boys in action; Jeff Hunt, who will represent Australia at World Championships in August, trailing Mark De Luka on the first leg of Open Men race

 It was refreshing to see many new faces in our club colors. Jordan and Warren Williams did a great job in helping to put together 4 complete junior teams: U12 boys, U14 boys and girls and U16 girls. What a tremendous running by all of them.

We hope they all enjoyed this experience and will come to run again. Special thanks to all parents who helped with team preparation.

There is some real talent among these kids. If they continue to train the future of our club is bright indeed. The standouts were: Eleanor Miller (a daughter of great Liz Miller), Lachlan Stanfield and George Verco.

U14 Girls proudly wearing blue and gold (L to R):  
Gabby Ibrahim, Sophie Ferenczi, Grace Henry and Milly Boughton  
(photo courtesy of Kerry McKenzie)

◆

# CC Relays 2017 Report

Written by Administrator  
Monday, 29 May 2017 09:26

---

geneva;">All results or our teams and individual runners are shown below with medal winning team highlighted.

--	--

Open Men A, 4 x 4km, 1st  
Mark De Luca (12:48)  
Zach Facioni (12:47)  
Courtney Carter(12:30)  
Matthew Hudson (12:21)

Open Men B, 4 x 4km, 5th  
Jeff Hunt (12:58)  
Fraser Garland-Barnes (14:15)  
Sam Byrne (13:19)  
Martin Masford (13:09)

Open Individual runners  
Gerald McPherson (14:03)  
Michael Hazan (13:39)

Open Women, 4 x 4km, 2nd  
Lauren McKillop (14:31)  
Georgia Evans (15:10)  
Rosie Weber (15:22)  
Anna Fitzgerald (15:51)

U18 Individual runner, 3k  
Ellen Kriedeman (11:30)

# CC Relays 2017 Report

Written by Administrator  
Monday, 29 May 2017 09:26

---

outline: 0px; font-size: 14.1867px;"> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;">◆</p> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="color: #0000ff;"><span style="font-family: verdana, geneva;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 16px;"><strong>Boys U18, 4 x 3km, 38:08, 2nd</strong><br />Ryan Beetson (9:06)<br />Anthony Vlatko (9:21)<br /></span></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;">Patrick Xia (9:49)<br />Rhys Shariff (9:52)</span></span></span></p> </td> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva; font-weight: bold;">Girls U16, 4 x 3km, 44:55, 5th<br /><span style="font-weight: normal;">Paris Teir (10:54)<br /></span><span style="font-weight: normal;">Amelia Stynes (11:51)</span><br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Lily Finati (11:50)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Eleanor Miller (10:20)</span></p> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"> </span></p> </td> </tr> <tr style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="color: #000000; margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 16px; font-family: verdana, geneva;"><strong>U18 Individual, 3km</strong><br />Noah Krecklenberg (9:30)<br /><br /><strong>U20 Individual, 3km</strong><br />William Keir (8:57)<br /></span></span><span style="color: #000000; margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;"><br /></span></p> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><strong><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-family: verdana, geneva;"><strong>Boys U14, 4 x 2km, 31:46, 6th<br /></strong></span></strong></span><span style="font-family: verdana, geneva; font-size: medium;">Maximo DiBlasio (7:51)<br /></span><span style="font-family: verdana, geneva; font-size: medium;">Brodie Elbourne (8:04)<br /></span><span style="font-family: verdana, geneva; font-size: medium;">Jackson Stanfield (8:26)<br /></span><span style="font-family: verdana, geneva; font-size: medium;">Lachlan Stanfield (7:25)</span></p> </td> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><strong><br /></strong></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-family: verdana, geneva;"><strong><br /></strong></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Grace Henry (8:24)<br /></span><span style="font-size: 16px;">Milly Boughton (8:30)</span></span></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px;

## CC Relays 2017 Report

Written by Administrator  
Monday, 29 May 2017 09:26

---

font-size: medium; font-family: verdana, geneva;">Gabby Ibrahim (8:24)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Sophie Ferenczi (8:28)<br /></span></p> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"> </span></p> </td> </tr> <tr style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 16px; font-family: verdana, geneva;"><strong><br />Boys U12, 4 x 2km, 32:22, 5th</strong><br /><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px;">Harun Rashid (7:56)<br />Julian Wiley (8:17)<br />Kade Zavetsanos ♦(8:26)<br />George Verco (7:43)<br /></span></span></span></td></td> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"> </span></td> </tr> <tr style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;"><strong><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-family: verdana, geneva;"><br /><span style="color: #0000ff;"><span style="font-family: verdana, geneva;">Masters 35+, 4 x 4km, 59:30, 3rd<br /></span></span></span></strong></span><span style="color: #0000ff;"><span style="font-family: verdana, geneva;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;">Nic Cope (13:25)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;">Gary Howard (14:35)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;">Martin Considine (15:11)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium;">Jim Dawes (16:19)</span></span></span></p> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;"> </span></p> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva; font-weight: bold;">Masters 45+<span style="margin: 0px; padding: 0px; border: 0px; outline: 0px;">, 4 x 4km, 1:08:00, 6th<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 16px; font-weight: normal;">Manu Sivaraj (16:10)</span><br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Patrick O'Reilly (17:25)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Alija Kajan (16:46)<br /></span><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;">Warren Williams (17:39)<br /></span></p> </td> </td> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"></td> </tr> <tr style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <td style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: 14.1867px;"> <p style="margin: 10px 0px; padding: 0px; border: 0px; outline: 0px;

## CC Relays 2017 Report

Written by Administrator  
Monday, 29 May 2017 09:26

---

font-size: 14.1867px;"><span style="font-family: verdana, geneva; font-weight: bold; font-size: medium;">65+ Individual runner<br /></span><span style="font-family: verdana, geneva; font-size: medium;">Paul Feain (25:19)</span></p> <div><span style="margin: 0px; padding: 0px; border: 0px; outline: 0px; font-size: medium; font-family: verdana, geneva;"><br /></span></div> </td> <td></td> </tr> </table>