

NSW Cross Country Relays - Report

NSW Cross Country Relays were held at Miranda Park last weekend. This is a prestigious cross country competition and this year's edition saw around 750 runners competing across all age categories.

Randwick Botany Harriers club was represented by 10 teams and 3 individual runners. Our best placed teams were U18 girls (silver) followed by Open Men (bronze).
It was great collective effort to get that many runners competing for our club, thank you everyone for helping.

There was some unnecessary drama with teams especially among younger age categories. Possibly the major issue was age group classification. According to Athletics NSW rules the age group is determined by the age of athlete on 31 Dec 2018. That ruled out our initial U12 girls team. The other issue was (and it shouldn't be) that we always select fastest runners in the team; that is how every other club is doing it.

Anyway despite all this, on race day we were all working towards same goal and like one team. There were lot of good vibes and camaraderie in the RBH tent; people were helping each other and cheering out our runners. It was especially pleasure to see younger runners approaching race enthusiastically and all without exception behaving in the best possible way. We would like to thank their parents who did everything to get them to the venue, make sure they have uniform, registration bibs etc.

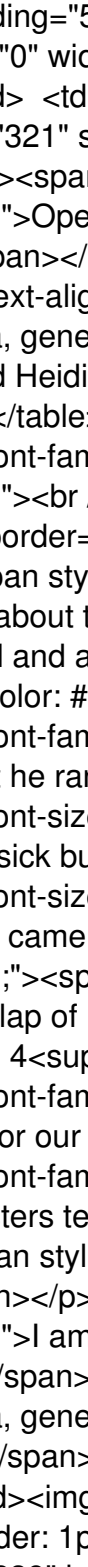
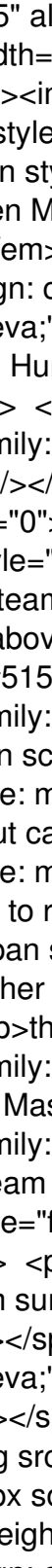
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U12 Boys team (L to R): Matthew Radvin, Julian Wiley, Alexander Burke and Daniel Ibrahim	..	U16 Boys (L to R): George Verco, Max Russell, Brodie Elbourne, Oliver Byrne and Benjamin Hickman
		
U12 Boys and U14 Girls (L to R): Matthew Radvin, Julian Wiley, Alexander Burke, Daniel Ibrahim, Zara Ibrahim, Helena Dogias, Zara Trantalis and Manon Spinola		U12 Boys with coach Jordan Williams

Big thank you to our coaches Jeremy Roff, Warren Williams and Jordan Williams. Their help in team creation was invaluable. We could never form this many quality teams without our

coaches.

Also thank you to Club President Jim Dawes and his wife Rathy who set up a tent and provided uniforms on the day.

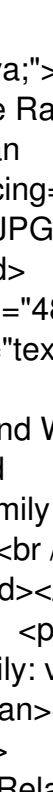

	
<small>Open Men Team (L to R): Edward Vining, Jeremy Roff, Kurt Fryer and William Keir</small>	<small>Open Women Team (L to R): Lauren McKillop, Samantha King, Emily Hsu and Heidi Hunt</small>

Relays are always about teams, not individuals and we could see many examples where runners went "beyond and above" to help their club. For instance:

- Rhys Shariff came to replace sick Alex Talbot despite the fact that he ran school cross country that morning
- Bronte Burke was still little bit sick but came to run and didn't let team down
- Heidi Hunt despite not being fit came to run in Open Female team
- Lauren McKillop got injured in the second lap of her race but hobbled to finish line and that enabled our Open Female team to come 4th
- Paul Feain came just to make sure we are not short of a runner for our Masters team
- Club President Jim Dawes ran with crook hamstring to get Masters team to 5th place

I am sure there are more examples of this and that is what team spirit is all about.

Two pictures that best summarize atmosphere around our tent are shown below.

	
<small>Milliy Boughton and Piper Simpson</small>	

small;">Gabriella Ibrahim in action</td> </tr> </table> <p></p> <p></p> <p></p> <table border="0" cellspacing="5" cellpadding="5" align="left"> <tr> <td> <p class="MsoNormal">U12 Male, 4th, 32:05
 Alexander Burke
 Matthew Radwin
 Daniel Ibrahim
 Julian Wylie</p> </td> <td>
7:49
8:05
8:10
7:59</td> <td>..</td> <td>Open Women, 4th, 1:06:57
Lauren McKillop
Emily Hsu
Heidi Hunt
Samantha King</td> <td>
15:23
17:53
18:48
14:51</td> </tr> <tr> <td> <p class="MsoNormal">U14 Female A team, 6th, 32:54
 Grace Henry
 Milly Boughton
 Bronte Burke
 Piper Simpson</p> </td> <td>
7:51
8:05
8:48
8:08</td> <td> </td> <td>Open Men A team, 3rd, 50:44<br style="color: #0070c0;" />William Keir <br style="color: #0070c0;" />Edward Vining <br style="color: #0070c0;" />Jeremy Roff <br style="color: #0070c0;" />Kurt Fryer</td> <td>
12:43
12:35
12:27
12:58</td> </tr> <tr> <td> <p class="MsoNormal">U14 Female B team, 11th, 36:13
 Zara Trantalis
 Manon Spinola
 Helena Dogias
 Zara Ibrahim</p> </td> <td>
8:32
8:51
9:14
9:34</td> <td> </td> <td>Open Men B team, 9th, 53:49
Charles McGrath
Martin Mashford
Drew Fryer
Sean Bowes</td> <td>
13:41
13:00
13:26
13:41</td> </tr> <tr> <td> <p class="MsoNormal">U16 Male, 8th, 45:30
 Brody Elbourne
 Benjamin Hickman
 Max Russell
 George Verco</p> </td> <td>
11:03
12:03
11:06
11:15</td> <td> </td> <td>

style="font-family: verdana, geneva;"]>Open Men C team, 14th, 56:38
Anthony Vlatko
Fraser Garland-Barnes
13:16
15:47
13:27
14:07</td> </tr> <tr> <td>U18 Female, 2nd, 46:18
 Eleanor Miller
 Paris Tier
 Gabby Ibrahim
 Kirstie Beatie</td> <td>
10:42
11:47
12:13
11:34</td> <td> </td> <td>45+ Men, 5th, 1:05:54
Manu Sivaraj
Patrick OReilly
 Alija Kajan
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16:56
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Rudi Blackley</td> <td>

9:07</td> <td> </td> <td>
65+ Male Individual
Paul Feain</td> <td>

26:02</td> </tr> <tr> <td>
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11:55</td> <td></td> <td></td> </tr> </table> <p></p> <div id="_mcePaste" style="position: absolute; left: -10000px; top: 580.8px; width: 1px; height: 1px; overflow: hidden;"]> <div class="WordSection1"> <p class="MsoNormal">All results of our teams and individual runners are listed below with meal winning teams highlighted.
 We hope that you enjoyed experience and hope to see you at more races in the future.</p> <p class="MsoNormal"></p> </div> <br style="page-break-before: always; mso-break-type: section-break" /> <p class="MsoNormal">U12 Male, 4th, 32:05
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