

ATHS CHATTER

Cross Country 14th May 2022

CONTACTS

EMAIL:

echucamoama@lavic.com.au

PRESIDENT:

Leah Smith 0458 504 744

SECRETARY:

Rebecca Blight 0418 130 203

VICE PRESIDENT:

Melanie Micalizzi 0407 094 488

TREASURER:

Chris Kadri 0407 819 366

REGISTRAR:

Nicole Fraser 0488 145 774

Welcome to all our new athletes!! It's great to have you running with us.

Week 2 took us to our Moama Soundshell track with 20 Athletes competing, many of our athletes enjoy this course with its variety different tracks in such a small space. The rain held off for us although it was slippery and tough going at some points with the last few days rain fall.

Well done to our Athletes and thank you to our volunteers.

If you have any feedback on how we can improve please do not hesitate to reach out.

UPCOMING EVENTS

- 21st May – XC Meet #3 – Echuca Rotary Park (TBC)
- 28th May – XC Meet #4 – Moama Rec Reserve
- 4th June – XC Meet #5 – Moama Soundshell
- 11th June – NO MEET – Long Weekend
- 18th June – XC Meet #6 – Echuca Rotary Park(TBC)



Who determines the distances for the events?

Little Athletics Victoria determine the maximum distance we can run in each age group. This is extremely different to our schools throughout Vic & NSW.

Our distances as set by LAVIC are below:

- Under 6 – 500m
- Under 7/8 – 1000m
- Under 9/10 – 1500m
- Under 11/12 – 2000m
- Under 13 – 16 – 3000m

Remembering these are maximum distances some of our course distances vary, however should never exceed this distances.

A huge thank you to our
volunteers, without you we can
not run our event.



Thank you to this weeks volunteers:

Cathy (Bike)

Dean (Marshal)

Andrew (Marshal)

Wayne (Marshal)

Issy (Marshal)

Kara (Marshal)

Sharon (Finish Tokens)

Vanessa (Registration)

Noah (Photos)

Eli (Course setup)

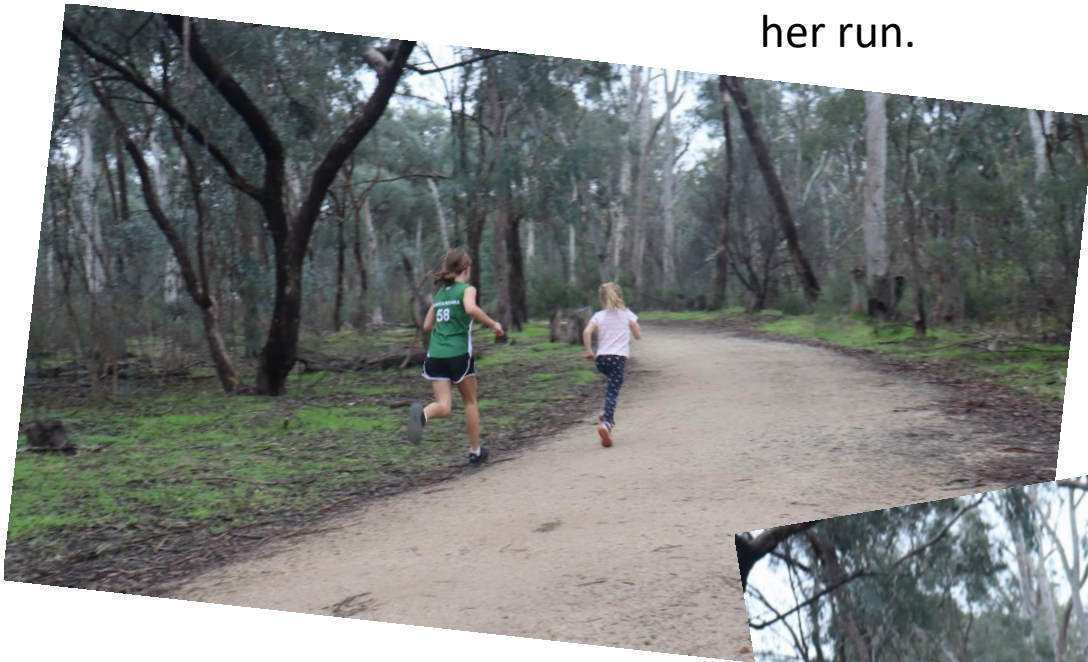


UNDER 6 – 500m

Josephine Gronow – 3:04:27

Our under 6's this week we had Josephine. We love seeing the little ones take the track.

Thank you to Makayla for supporting Josephine on her run.



**WELL DONE
JOSEPHINE!!!!**

UNDER 7 & 8 – 1000m

Six athletes battled it out for our 1000m event.



Bridget Knox – 6:28:97

Oscar Mckintosh – 5:26:29

Cleo Guinan – 4:46:72

Denny Moon – 6:00:15

Halle Moon – 6:09:34

Sophie Eddie – 4:39:72



GREAT RUNNING EVERYONE!!!!

Three SPEEDY ROCKSTARS today
for our under 9 & 10's 1300m

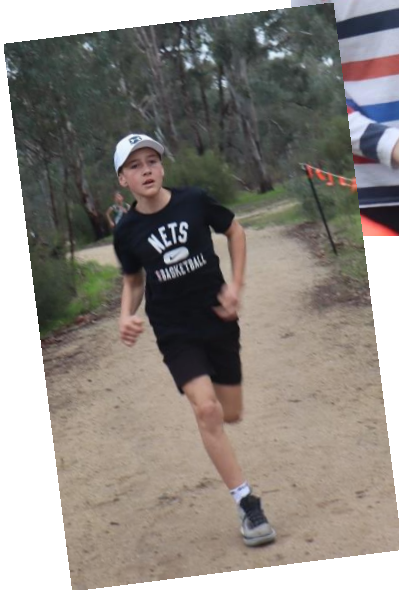
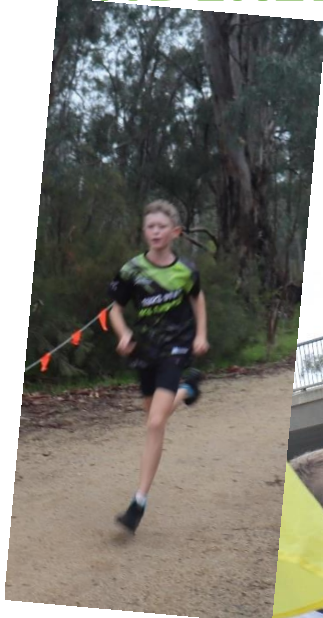
Cleo Haw – 6:02:40
Jonty Carfoot – 5:44:64
Katelyn Eddy – 5:43:95



UNDER 9 & 10 – 1300m

UNDER11 & 12 – 2000m

- Makalya Ireland – 8:20:75
- Benji Carfoot – 7:31:56
- Oliver Spring – 8:17:50
- Ashton Haw – 12:28:22
- Amalie Southern – 8:30:12
- Matilda Eddy – 8:31:28



6 Athletes started today's 2000m race, we love seeing these athletes supporting one another as well as giving their best efforts every week.



UNDER 13-16 – 2600m

4 Competitors in our 2600m this week, well done everyone.



Alex Rogers – 11:54:55
Montanah Southern – 18:49:25
Darcy Cullen – 10:14:18
Scarlett Southern – 11:51:06





**WE LOOK FORWARD TO
SEEING YOU THIS
SATURDAY AT ECHUCA
ROTARY PARK @8:50AM**

