

CROSS COUNTRY 2016

We had a wonderful day at the Cross Country Championships last Friday 22nd April. The students were buzzing with nervousness and excitement leading up to the venue. Most of the team needed a toilet stop before we made our way down to the assembly area. We were prepared for the new Cross Country track and we were lucky enough to get a bird's eye view of the track, from where we were dropped off. Everyone was supportive of each other and there was some real team work happening.

Juliet TS started our winning streak by coming first in her race, Hazel following 6th in the same race. Eve, Molly & Jiaxin running at their own pace and finishing the race. An achievement in itself. Everyone completed their race and congratulations to Finn C, Michael K, Will R, Ruby W, Genevieve G, Noah H, Stacy C, Yoav, Yvonne M, Mohamed F, Julian, Yuuki & Osman who came in the top 15th places. KPS came 3rd overall in the Cross Country Championships.

Good luck to Hazel, Juliet, Finn, Genevieve, Stacy, Mohamed, Julian, Yuuki & Osman who will be competing at the Division Cross Country on **Thursday 26th May @ Brimbank Park.**

Here are some of the student's thoughts.

"Before the race I felt nervous, a bit tempted to turn back, but I went on.

Couple of times I felt like stopping but kept on running.

During the race I felt adrenaline rush through my body and I was proud of myself for doing the race...I was proud of myself for coming 13 out of 60 people.

During the race I focused on what I trained and kept my pace. At the end I gave it all I had.

I felt proud of myself for pushing my hardest. It was a great experience for me.

I was very tired during it but at the end I was tired and very proud of what I had achieved.

After the race I felt like jelly.

After the race, I felt a sense of achievement because I finished 3km, I was disappointed because I was 1 off from going to the next round and surprised that I did so well.

After the race, I felt disappointed because I didn't get in but I was happy that my friends did."

Thank you to Hayley who assisted us on the day.

Yours in Sport,

Nuccia

