

## Interschool Cross Country 2017

The Comet Bay School Sports Association Interschool Cross Country Carnival was held on Wednesday 2<sup>nd</sup> August at Singleton Primary School. This year we took a squad of 78 competitors to compete against the other local primary schools – Endeavour, Golden Bay, Secret Harbour and Singleton. Comet Bay has been highly successful at this event having won the competition for the past 6 years and coming runner up the previous 2 and we were looking to continue our run of strong performances.

Our Year 3-6 runners had shown their ability at the annual House Cross Country Carnival late last term where the top 10 runners from each age group earned their spot on the squad. Around half of these squad members went to even greater lengths in their efforts to do us proud by attending early morning training sessions before school to prepare for the carnival.

As always our goal was for our runners to challenge themselves by continuing to run the course from start to finish. It was fantastic to see the perseverance and sheer grit of our students as they battled the course and other competitors, but also the conditions on what turned out to be a still, sunny and quite warm day in contrast to the weather in the lead up which made the day much more enjoyable. Our competitors pushed themselves to the limit with many surpassing their goal and surprising themselves with their achievement.

All of this preparation and effort paid off with Comet Bay winning the Interschool Cross Country Championship for the fifth consecutive year.

Thank you to the late inclusions - Georgie Jones and Shenae Greenhalgh - who were prepared to join the squad the day before the competition. It is this willingness to challenge themselves along with the pride and passion that our students have that sets our school apart from the rest.

Some of our runners performed exceptionally well on a personal level and won individual recognition for their running prowess:

	GIRLS		BOYS	
YEAR 3 -	Katy Thomsen	1 <sup>st</sup>		
	Freya Palmer	3 <sup>rd</sup>		
YEAR 4 -			Liam Atkinson	1 <sup>st</sup>
YEAR 5 -			Joey Bunn	2 <sup>nd</sup>
YEAR 6 -	Skye Bowron	1 <sup>st</sup>		
	Olivia Crawford	3 <sup>rd</sup>		

Some other pleasing things on the day were:

Out of approximately 50 runners in each race (Golden Bay weren't able to field a full squad of 10 runners)...

- 24 of our runners finished in the top 10 of their age group
- Year 3 Girls Champions - with 3 of the 10 girls finishing in the top 5
- Year 4 Boys Champions - with 4 of the boys finishing in the top 10
- Year 6 Girls Champions - with an amazing 5 of the 10 girls finishing in the top 10!

All of these outstanding efforts contributed to our overall result and we were crowned Interschool Cross Country Champions once again!

Special thank you to our band of parent helpers who assisted at the recording table. It was pleasing to have so many parents willing to volunteer and we appreciate your time and effort!

Thank you also to Ms Garnett for her assistance on the day as well as to Mr Galrao-Labourie - "Mr G" - for all of his help in preparing the runners at runners club.

Another outstanding event made even more impressive by the attitude and effort by everyone involved. Congratulations and as always we are extremely proud of you all!!!