

### **1. Box Hill Results as follow:**

U6 Girls - Grace Baker 1<sup>st</sup> and Kate Pengelly 3<sup>rd</sup>

U7 Girls - Meredith Rule 1<sup>st</sup>; Tess Menzies 2<sup>nd</sup> and Catherine Miller 3<sup>rd</sup> PLUS 1<sup>st</sup> Team!

U9 Girls - Isabella Dalla Costa 2<sup>nd</sup> and with Gabriella Morgan, Megan Pengelly, Ella Menzies and Monique Beckwith, the Team came 2<sup>nd</sup>.

U10 Girls - Mia Italiano, Chloe De Highden and Tamah McDonald brought in the 3<sup>rd</sup> Team place medal.

U11 Girls - Natalie Rule 1<sup>st</sup> and 1<sup>st</sup> Team with Cassandra Dalla Costa, Erin Briscoe-Hough, Emma Calvert and Belinda Pengelly.

U12 Girls - Gabrielle Golds 1<sup>st</sup> and Georgina Owen 2<sup>nd</sup> and 1<sup>st</sup> Team with Helen Tower and Selina Wilmott

U15 Girls - Sarah Calvert 1<sup>st</sup>.

U11 Boys - 2<sup>nd</sup> Team with Jack Hughes, Christopher Arthur, Tim Langdon, and Scott Taylor

Well done to you all and to all the other Kew athletes - many of you are new to Cross Country running and are improving on your times constantly. We had another new athlete at the Box Hill Open Day so say "Hi" to Max Lazarus in U8 Boys when you see him.

### **2. EMR Update and Results:**

A great day weather wise that meant it was a pleasant day to go out for a run, although it was certainly chilly early on. Thanks to all the Parent Helpers who assisted with all the tasks throughout the day, from Scribes, Finish Marshalls, Uniform Officials, Starter Marshalls, Canteen Helpers, Set up and Pack Up people. It certainly means the day runs very smoothly when you all step in at a moment's notice to help out.

Kew LAC did show some dominance in many of the age groups.

U6 girls had Grace Rule taking top place and together with Kate Pengelly and Annabelle Oliphant, came 1<sup>st</sup> Team as well.

U7 Girls snared the top 3 prizes - Catherine Miller 1<sup>st</sup>, Tess Menzies 2<sup>nd</sup> and Meredith Rule 3<sup>rd</sup> and of course, 1<sup>st</sup> Team again.

U9 Girls had Isabella Dalla Costa take out 1<sup>st</sup> place and with her team mates Gabriella Morgan, Megan Pengelly, Ella Menzies and Monique Beckwith, took out 2<sup>nd</sup> Team.

U11 Girls saw Natalie Rule who took out 1<sup>st</sup> place for the U11 Girls and with Cassandra Dalla Costa, Erin Briscoe-Hough, Emma Calvert and Belinda Pengelly, they took out 2<sup>nd</sup> Team.

U12 Girls had Gabrielle Golds take out 2<sup>nd</sup> place individually and with Georgina Owen, Helen Tower and Selina Wilmott they took out the 2<sup>nd</sup> Team.

Whilst all the other Kew athletes ran well, there was tough competition as EMR saw the competitors swell from the usual 7 Eastern clubs to include all the others within our region, so Knox, Lilydale Yarra Ranges, Croydon, Cockatoo and Sherbrooke joined in the competition. These clubs normally run their own Saturday competition. In the Boys competition, we saw Jack Holden in the U12 category take out the 1<sup>st</sup> place comfortably. We even had one of our U9 competitors - Liam Briscoe-Hough, rush from his Communion and take to the track. WELL DONE To you ALL.