THE WAY

TERM 3: THURSDAY 27 JULY 2017



ALL SCHOOLS NSW CROSS COUNTRY CHAMPIONSHIPS

Michael Ruhs places in top 35 in the All Schools NSW Cross Country Championships.

On Friday 21 July, **Michael Ruhs** was one of the NSW best cross country runners who battled it out at the State Cross-country Championships contesting of 4km, 6km and 8km.

The event was run at the Eastern Creek Race Track and is the selection trial to represent NSW at the Australian Cross Country Championships, this year to be combined with the school sport Australia Cross Country Championships.

This event provides students the opportunity to take on the best NSW has to offer and claim the honour of being NSW's best cross country runners.

The Cross Country season started in Term 2 with our annual Secondary School Cross Country Carnival. The day included both individual events ranging from 3km to 6km, in which students competed to represent our College at NASSA, and several House events, including the newly designed Cross-country relays.

The 2017 championships have seen an excellent exhibition of individual sporting ability across all four competitions. In order to compete in the All Schools NSW Cross Country Championships, Michael Ruhs had to place in the top 6 at the respective NASSA, AICES and CIS Championships. He did this, despite having to back up and compete at the championships a day after representing the College at the NASSA Athletics Championships.

This year the All Schools NSW Cross Country Championships was raised to a new level, and

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Michael certainly did not disappoint, as he put in a huge effort in his respective race. Michael placed 31st in his age group.

Congratulations Michael on your outstanding sporting achievements to date. We look forward to your upcoming events at the AICES Athletics Championships.

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