



# THE WAY

Senior School

# SPORTS UPDATE



## SENIOR SCHOOL SPORTS UPDATE

### NSW CIS Secondary Athletics Championships

The NSW CIS Secondary Athletics Championships were held late in Term 3, on Tuesday 23 September. The College was proud to have a number of students represent AICES at this prestigious event.

Competing against the best athletes from NSW independent schools, our students participated in the following events:

<b>Divine C</b>	U14G 100m
<b>Oliver C</b>	U13B Discus & U13B Shot Put
<b>Matias L</b>	U13B 400m
<b>Ana N</b>	U17G High Jump
<b>Evangelina P</b>	U16G Discus
<b>Asha R</b>	U12G 100m & U12G 200m
<b>James S</b>	U13B Triple Jump
<b>Ryder W</b>	U15B Long Jump

There were some outstanding performances by our athletes, with a total of four Gold Medals won, as well as some personal best performances.

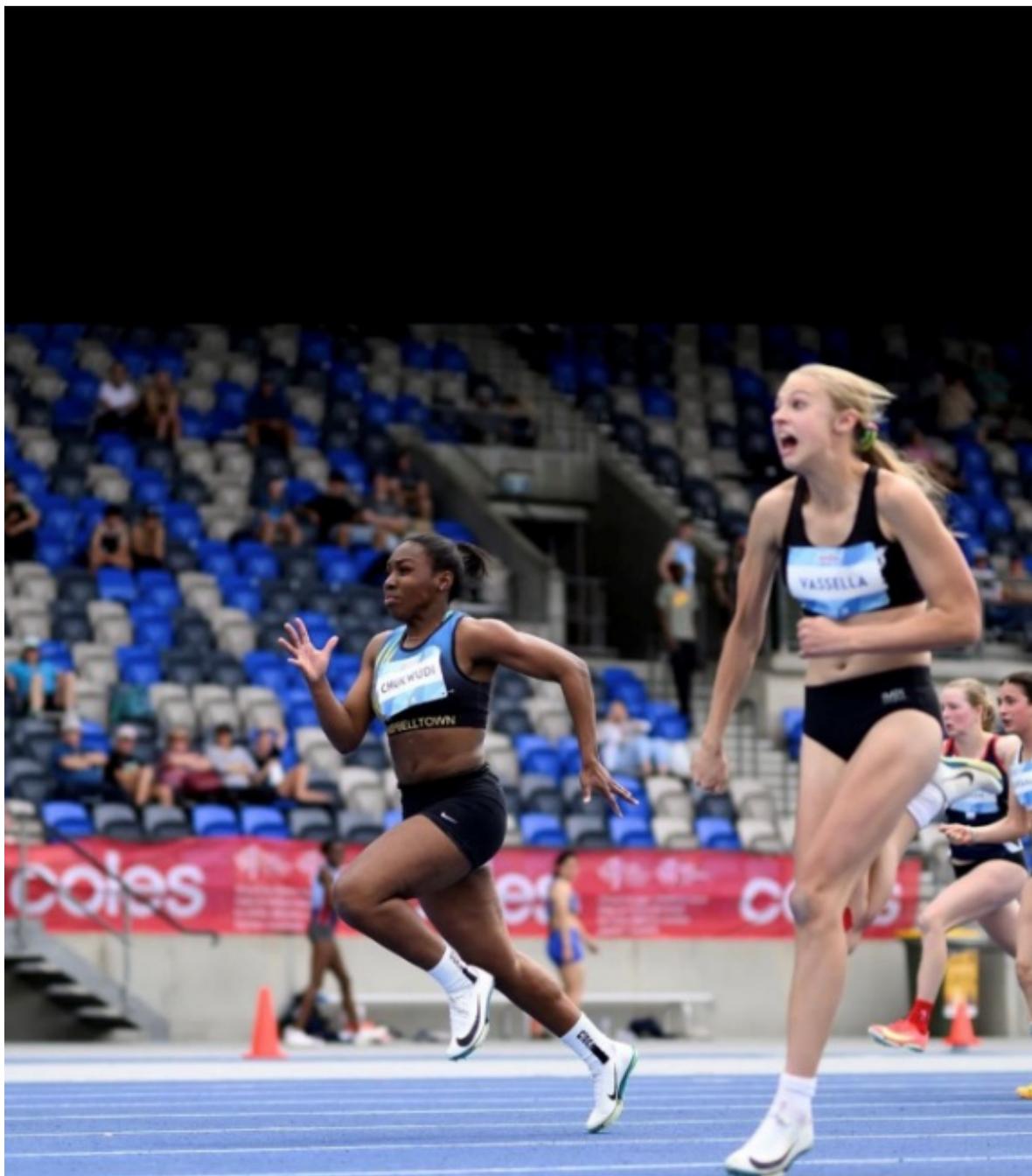
Student	Result	Event
<b>Oliver C</b>	Gold Medal	U13B Discus & U13B Shot Put
<b>James S</b>	Gold Medal	U13B Triple Jump
<b>Devine C</b>	Gold Medal	U14G 100m
<b>Matias L</b>	4th Place	U13B 400m
<b>Evangelina P</b>	6th Place	U16G Discus
<b>Asha R</b>	7th Place	U12G 100m
	8th Place	U12G 200m

## NSW All Schools Athletics Championships

Some of our athletes also went on to represent at the NSW All Schools Athletics Championships. They were:

**Asha R** - Running a personal best time in the U12G 100m & 200m. A phenomenal achievement!

**Devine C** - Placed 2nd walking away with a Silver medal in the U14G 100m. An amazing result!



**Oliver C - Competing in a number of events with some standout results:**

- Silver medal in the Hammer Throw with a personal best of 40.11m, which was only 40cm short of the Gold medal. This result qualifies him for the Australian All Schools Championship in Melbourne this December.
- 5th in Shot Put with another personal best of 13.79m, competing fiercely against much larger athletes and only 30cm off a podium finishing result.
- 10th in Javelin with another personal best result.
- 16th in Discus.

It's wonderful to see our athletes continue to push themselves against such high level competition.

<b>UPCOMING SPORTS DATES TERM 4</b>		
<b>WK 2</b>	<b>Tuesday 21 October</b>	Term 4 MISA Competitions begin

**Mr David Tomich**

*Senior School Sports Co-ordinator*

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