



THE WAY

TERM 4 | THE WAY
NEWSLETTER | FRIDAY 17
OCTOBER 2025

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:

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

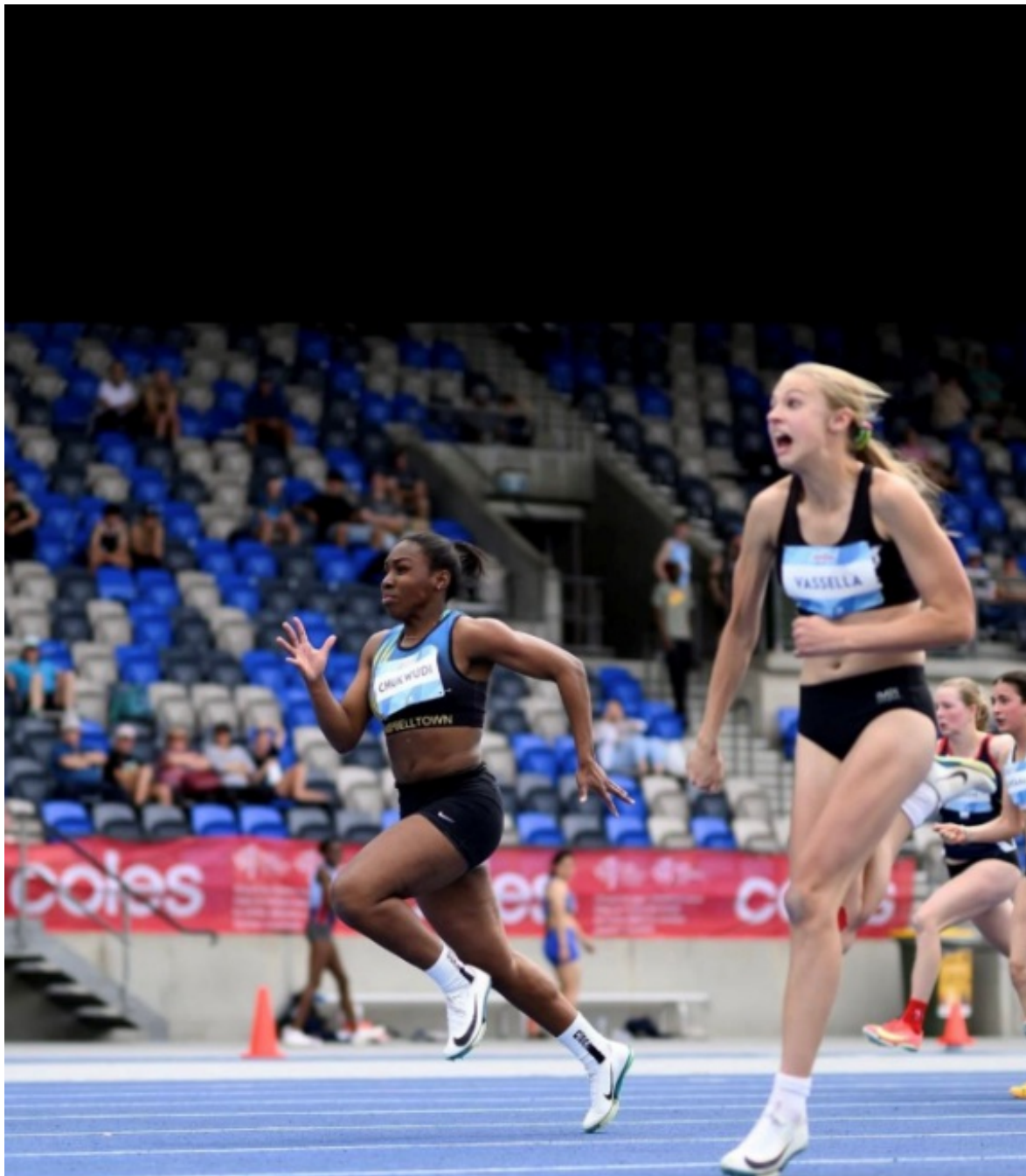
Student	Result	Event
Oliver C	Gold Medal	U13B Discus & U13B Shot Put
James S	Gold Medal	U13B Triple Jump
Devine C	Gold Medal	U14G 100m
Matias L	4th Place	U13B 400m
Evangelina P	6th Place	U16G Discus
Asha R	7th Place	U12G 100m
	8th Place	U12G 200m

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.

UPCOMING SPORTS DATES TERM 4		
WK 2	Tuesday 21 October	Term 4 MISA Competitions begin

Mr David Tomich

Senior School Sports Co-ordinator
