SENIOR SCHOOL SPORTS UPDATE

Cross Country Carnival

The annual Cross Country Carnival, held on Monday 23 March at the Sydney International Equestrian Centre, proved to be a tremendous success and a highlight of our school sporting calendar.

The venue once again provided an excellent setting for the event, with its expansive grounds and despite the recent weather, the well-maintained course allowed students to perform at their best. Conditions were ideal for running and the atmosphere throughout the day was energetic.

Students from all year levels demonstrated outstanding effort and determination across a series of highly competitive races. It was fantastic to witness so many participants pushing themselves to achieve personal bests while also contributing valuable points to their respective houses. The level of competition continues to rise each year, reflecting the talent and growing enthusiasm for cross country within our school community.

House spirit was on full display, with students proudly wearing their colours, cheering on teammates, and creating a vibrant and inclusive environment. The encouragement from peers played a significant role in motivating runners to persevere, particularly during the more challenging stages of the course.

A standout moment of the day was the Year 12 Colour Run, which provided a fun and memorable conclusion to the carnival. It was wonderful to see our senior students embracing the occasion with enthusiasm, celebrating their final cross country event in such a spirited and joyful way.

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The House competition was tight at the top! This is how the final standings came out in the wash:

Lewis	**1237**	**1692**	**1st**
Carmichael	966	1407	2nd
Liddell	809	1102	3rd
Wilberforce	543	811	4th

CONGRATULATIONS LEWIS HOUSE ON THE WIN!

Age Champions

Congratulations to the following students who were crowned Age Champions.

AGE	FEMALE	MALE
U/12	Vi An D	Elijah C
U/13	Emily V	Dante C

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U/14	Ahilya C	James S
U/15	Ava R	Menelaos D
U/16	Charlotte P	Thomas T
U/17	Millie G	Paul D
U/18	Elena B	Adrian T

King and Queen of the Track

Each year, we hold a race where the fastest 3 students across each age group for both Males and Females compete to be crowned the King and Queen of the track in a shortened run. This year, both races were hotly contested, with the Female race in particular being decided by the narrowest of margins. Congratulations to Adrian T, who defended his crown to win King of the Track for the second Year in a row. Congratulations also goes to Charlotte P who was crowned ‘Queen of the Track’.

I would like to thank all staff, student helpers, and organisers who contributed to the smooth

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running of the event. Their efforts ensured a safe and enjoyable experience for everyone involved.

Congratulations to all students on their participation and effort it was truly a fantastic day.

Term 1 MISA Sport

Whilst there have been some mixed results this term during MISA Sport on a Tuesday afternoon, students continue to represent the College with pride, displaying qualities such as determination and teamwork. Across all teams and sports, it has been pleasing to see students consistently demonstrate positive sportsmanship, support for one another and a willingness to improve each week.

Our teams have embraced the challenges of inter-school competition, often coming up against strong opposition, yet continuing to compete with enthusiasm and commitment. These experiences are invaluable in developing not only athletic ability, but also character, as students learn to respond to both success and setbacks in a constructive manner.

I would like to commend all students for their efforts and attitude throughout the season, as well as thank staff and coaches for their ongoing support and guidance.

The following teams have had very successful seasons and will compete in Grand Finals tomorrow Tuesday 31 March:

- - Boys 7-9 Div 1 Volleyball
- - Boys 10-12 Div 1 Basketball
- - Girls 10-12 Div 2 Oz-Tag

We wish all students the best of luck in trying to win their respective competitions!

Boys CIS Cup Round 2 vs Penrith Anglican College

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The Open Boys CIS Cup football team delivered a commanding performance in Round 2 of the knockout tournament, securing an emphatic 8–1 victory over Penrith Anglican College.

Despite the final scoreline, the match began with early pressure from the opposition. Penrith Anglican came out strong, testing the defense and forcing the team to stay disciplined and composed. However, after weathering this initial storm, the boys settled into their rhythm and began to assert control over the game.

Once momentum shifted, the difference in skill and cohesion became clear. Crisp passing, intelligent movement and relentless teamwork allowed the side to break through repeatedly, creating chances and finishing with confidence. Each goal reflected not just individual talent, but a collective understanding that kept the opposition on the back foot.

By the final whistle, the 8–1 result was a testament to both resilience and quality. It was a performance that highlighted the team’s ability to overcome early challenges and dominate through superior skill and unity an encouraging sign as they progress further in the competition.

Mr David Tomich
Senior School Sports Co-ordinator

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