



ASSOCIATION OF

# Metropolitan Catholic Colleges

## Cross Country Report 2016

On Thursday 31st March, the MCC Cross Country Carnival was held at King George Park, Rozelle. Great weather and a strong sense of competition from competitors would ensure the day was a huge success.

The scenic course follows the track along the Bay Run, allowing competitors to take in beautiful views as they power through the 3km, 4km, 6km and 8km courses. From King George Park, the competitors run past Leichhardt Park Aquatic Centre site up to Le Montage then loop back towards the finish line at the original starting position.

The event ran very smoothly; a testament to the diligence and hard work of all involved.

Congratulations to Marcellin College, Randwick, for once again winning the Aggregate Trophy with a dominant display. Well done to Champagnat College, Pagewood, who took out the Most Improved Trophy. Results for both individual competitors and schools are listed below.

I would like to thank all of the Team Managers and Course Officials who assisted on the day. The success of the event is largely dependent on their commitment and dedication. Once again, thanks also to Adrian Claydon and Peter Buxton for their invaluable support in the planning and organisation of the carnival.

The top 6 runners in each respective age group progressed through to compete at the NSWCCC Cross Country Carnival on Friday 17<sup>th</sup> June 2016. Students who finished in 7<sup>th</sup> and 8<sup>th</sup> attended as reserves. I would like to acknowledge the efforts of all athletes who competed on the day. Some results and photos are listed below.

Ben Lynch  
**MCC Cross Country Convenor**

**MCC CROSS COUNTRY SQUAD 2016**

<b>U12</b>	<b>Name</b>	<b>School</b>
<b>1</b>	Jonah Edwards	North Shore
<b>2</b>	Sam Walsh	Randwick
<b>3</b>	Tom Sage Pickin	North Shore
<b>4</b>	Rwad Aboeid	Ashfield
<b>5</b>	Zac Yates	Randwick
<b>6</b>	Ethan Lozevski	Ryde
<b>res1</b>	Massimo Vescio	North Shore
<b>res2</b>	Paul Alamoti	Kogarah
<b>U13</b>		
<b>1</b>	Shuannon Tricerri	Kogarah
<b>2</b>	Ignatius Mitchell	Randwick
<b>3</b>	Mason Trentini	North Shore
<b>4</b>	Robert Mueller	North Shore
<b>5</b>	Oliver Jones	Pagewood
<b>6</b>	Brock Punton	Randwick
<b>res1</b>	James Habib	Lewisham
<b>res2</b>	Edward Scullard	Randwick
<b>U14</b>		
<b>1</b>	Kai Hammond	Lewisham
<b>2</b>	Nathan Pepe	Randwick
<b>3</b>	Marcus Littlejohn	Randwick
<b>4</b>	Erol Gulden	Randwick
<b>5</b>	Angelo Haramis	Ashfield
<b>6</b>	Matt Carah	North Shore
<b>res1</b>	Isaiah Khalil	Bankstown
<b>res2</b>	Neal O'Brien	North Shore

<b>U15</b>		
<b>1</b>	Paul Apostolopoulos	Lewisham
<b>2</b>	Daniel Mundine	Lewisham
<b>3</b>	Ben North	Kogarah
<b>4</b>	Brooklyn Norton	Pagewood
<b>5</b>	Lachlan Rheinberger	Randwick
<b>6</b>	Seamus Connon	Randwick
<b>res1</b>	Jack Jones	North Shore
<b>res2</b>	Joel Mealing	North Shore
<b>U16</b>		
<b>1</b>	Anthony Touma	Randwick
<b>2</b>	Anthony Gutierrez	Pagewood
<b>3</b>	Samuel Bray	Lewisham
<b>4</b>	Connor Flanagan	Kogarah
<b>5</b>	Joshua Wooldridge	Kogarah
<b>6</b>	Joel Wooldridge	Kogarah
<b>res1</b>	Mitchell Pitscheider	Pagewood
<b>res2</b>	Coby Thomas	Ryde
<b>U17</b>		
<b>1</b>	Josh Phillips	North Shore
<b>2</b>	Finbarr Warren	Lewisham
<b>3</b>	Sean Robinson	Randwick
<b>4</b>	Luke Carah	North Shore
<b>5</b>	Lachlan McGuire	Lewisham
<b>6</b>	Luke Bartier	Kogarah
<b>res1</b>	Jacob Rios	Kogarah
<b>res2</b>	Bailey Fitzgerald	Pagewood
<b>U18</b>		
<b>1</b>	Harry Lewis	Randwick
<b>2</b>	Michael McCrea	Lewisham
<b>3</b>	Hunter Eckford	North Shore
<b>4</b>	Ryan Martin	Lewisham
<b>5</b>	Will Mison	Randwick
<b>6</b>	Chris James	North Shore
<b>res1</b>	Ashley Flanagan	Kogarah
<b>res2</b>	Lucas Kottas	Kogarah

#### **NSWCCC CROSS COUNTRY RESULTS AND PHOTOS**

<b>EVENT</b>	<b>NAME</b>	<b>PLACING</b>	<b>SCHOOL</b>
<b>14</b>	KAI HAMMOND	3rd	CBHS LEWISHAM
<b>15</b>	BROOKLYN NORTON	4th	CHAMPAGNAT
<b>16</b>	ANTHONY TOUMA	6th	RANDWICK
<b>17</b>	FINBARR WARREN	1st	CBHS LEWISHAM
<b>17</b>	JOSHUA PHILLIPS	2nd	NORTH SHORE
<b>18</b>	HARRY LEWIS	6th	RANDWICK
<b>AWD</b>	JAMES TIRADO (guided runner: DANIEL MUNDINE)	3rd	RANDWICK

