

Cross Country news

Junior School

Year 3 student, Liliana Zhou, recently represented IPSHA at the CIS Primary Cross Country Championships held at the Sydney International Equestrian Centre. It was Liliana's first time competing at this level of competition which presented both excitement and nerves for Liliana.

Liliana trained arduously on running trails and in the pool in the lead-up to the championships. Her hard work and dedication to her training regime paid off as Liliana placed sixteenth in the 8/9 Years Girls 2000-metre event. Congratulations on a great race Liliana.



Liliana Zhou, Year 3

Miss Belinda Wilsher

Junior School Sport Coordinator

Senior School

Last term, seven Meriden students represented IGSA at the NSW CIS Secondary Cross Country Championships.

Ada Rand, Year 12, and Claudia Meaker, Year 10, both performed outstandingly, winning their respective age group events.

Ada and Claudia have been selected to represent NSW CIS at the Australian All Schools Cross Country Championships at Eastern Creek later this month.

Congratulations to all the girls for their outstanding performances at the championships, with each Meriden competitor securing a spot in the top thirty-five within their respective age divisions.



Top: Claudia Meaker, Year 10
Bottom: Ada Rand, Year 12

Results:

- Elaine Chen (Year 7) – 12 Years 3-Kilometres, Thirty-Second Place
- Anna Cocks (Year 9) – 15 Years 4-Kilometres, Thirty-First Place
- Angie Le Roux (Year 10) – 16 Years 4-Kilometres, Nineteenth Place
- Claudia Meaker (Year 10) – 16 Years 4-Kilometres, First Place
- Ada Rand (Year 12) – 18 Years 6-Kilometres, First Place
- Alannah Roberts (Year 10) – 16 Years 4-Kilometres, Fourteenth Place
- Sienna Sukh (Year 7) – 13 Years 3-Kilometres, Twenty-Seventh Place

Mrs Nicole Boegman-Stewart

Head Coach - Athletics