

NSW ALL SCHOOLS TRIATHLON

In late February, 19 students travelled to Penrith to participate in the annual NSW All Schools Triathlon Competition which was held at the International Regatta Centre. This year we had two brave individual competitors. Caitlin Lovett from Year 7 completed a gruelling 400m swim, 10 km of cycling and a 3km run. She did extremely well and is to be commended for achieving 19th place in the CCC division. Brianna Adams in Year 11 performed impressively and achieved 7th place in CCC. She not only competed individually but then backed it up the following day with another 15 km bike leg in the Team Relay Competition.

The Junior Team gained excellent results with: Ruby Gangemi, Ella McPhillamy, Cushla Rue achieving 13th place CCC. Both, Ella (10km bike) and Cushla (3km run) placed 5th in their individual sections.

There were two Intermediate Teams. Emily Press, Kate McPhillamy, and Amy Belfanti achieved an impressive 6th place in CCC, with Amy placing 5th in her 3km run. Molly McCrossin, Pearl Grimmett and Saiga Davies placed 11th. A fantastic effort from both teams.

The three Senior Teams had a change in proceedings this year. The organisers decided to combine the male and female senior competitors in order to avoid participants suffering heat stress due to the escalating temperatures of the day. Kate King-Smith, Brianna Adams (4th place 15km bike), and Lillie Healey (3rd place 4km run) crossed the line in an impressive 9th place CCC. This was followed by Jade Weekes, Mikala Bringolf and Jessica Iacono in 21st place, and Elke Atkinson, Sophie Noonan and Ella Johns in 27th place CCC.

Thank you to all the parents who supported their daughter's tremendous efforts. We have another year to consider race strategies and prepare for the 2018 event and hope to see you again next year.

