



LINDISFARNE
Anglican Grammar School

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Cross Country Carnival Results - 2024

Full Carnival Results

Congratulations to all our top 10 runners - and the extra points you secured for your respective houses. This list obviously includes the Age Champions and Runners Up - congratulations.

[Lindisfarne Cross Country 2024 results](#)

**** Please note that a handful of runners ran out of age, and placed in their races they ran in.**

In this situation, athletes flag in Meet Manager, and have been removed from the results list. Cross Country events are not officially timed, so it is impossible to compare race-to-race results.

Point Score

Congratulations to St Margaret - who now set their sights on the clean sweep, with only the Athletics carnival left.

[Pointscore](#) (Raw)

[Adjusted point score](#) adjusted scores based on House sizes - until we have house size parity, this is the Points Score that counts!

**** Please note that St Hilda and St Margarets are new houses (2023 inception).**

Representative Squad Information - North Coast Independent Schools (NCIS)

Congratulations to our TOP SEVEN Lindisfarne representative students who get to do it all again at NCIS - same course, same distance!

[NCIS Cross Country athlete roster](#)

[NCIS Cross Country list by event](#)

**** Please note that there is a clash with our Cross Country and NSWPSA Swimming - and the Australian Track and Field Athletics Championships in Adelaide. There are also a few other athletes and known runners that have had documented issues that will be added to this list before NCIS (above and beyond the 7 slots).**

NCIS Documentation (received thus far)

[Initial Details NCIS Cross Country](#)

Training Opportunities

Our Head Coach (and teacher) [Mr Matt Osmond](#) was an elite runner back in the day - and coaches free sessions at Mahers Lane which are open to all students. If you are an NCIS qualifier, you may consider some training (not including school holidays)

- Monday Afternoons from 3:30 pm - 4:15 pm
- Thursday afternoons - from 3:30 pm - 4:15 pm.

Runners meet on the T-block balcony. Please email Mr Osmond if you are interested, Sunshine Ave students are more than welcome, but already have their Running Club in place.
