Well done to all 134 competitors (73 secondary, 61 primary) who represented Lismore Diocese at last Friday's CCC/Polding Cross Country in Sydney. Congratulations to those who made it to the dais and to all others who made the NSW CCC (top 10) or Polding (top 6) teams.

This event - the only one that features both primary and secondary students at the one event - is a definite highlight of the year made more so by the work of our managers (see below), the leadership of our senior students (especially those who were so helpful on the bus trip) and our supportive, enthusiastic families.

In all, 18 of our competitors made it into the CCC team and another 10 into the Polding team for NSW All Schools/NSW PSSA Cross Country also to be held at Eastern Creek on 18th July. We of course wish them the very best!

Special mention to our 3 gold medallists on the day:

- Ainslie Bakker (Trinity Catholic College Lismore) – 1st CCC 18+ Years Girls
- Morgan Mathews (Mt St Patrick’s College Murwillumbah) - 1st CCC 12 Years Girls
- Jessica Deans (SFX Primary Woolgoolga) - 1st Polding 11 Years Girls'

And to our team gold medallists:

- 18+ Boys' team (CCC)
- 18+ Girls' team (CCC)
- 13 Years Boys' team (CCC)
- 12/13 Years Boys' team (Polding)
- 12/13 Years Girls' team (Polding)
- 8/9 Years Girls' team (Polding)

The Lismore Diocese is fortunate indeed to the have quality and committed managers across a range of sports. This could not have been more evident than at this event and in the long trip to and from. Thank you sincerely Sue Neil, Paddy Wilde, Jo Pilgrim, Dane Seymour and Mick Baldwin for that quality and commitment, and for a genuine interest in the welfare and outcomes of these young athletes.

Thank you also Deb Heining here in the Catholic Schools Office. Deb does so much behind the scenes.