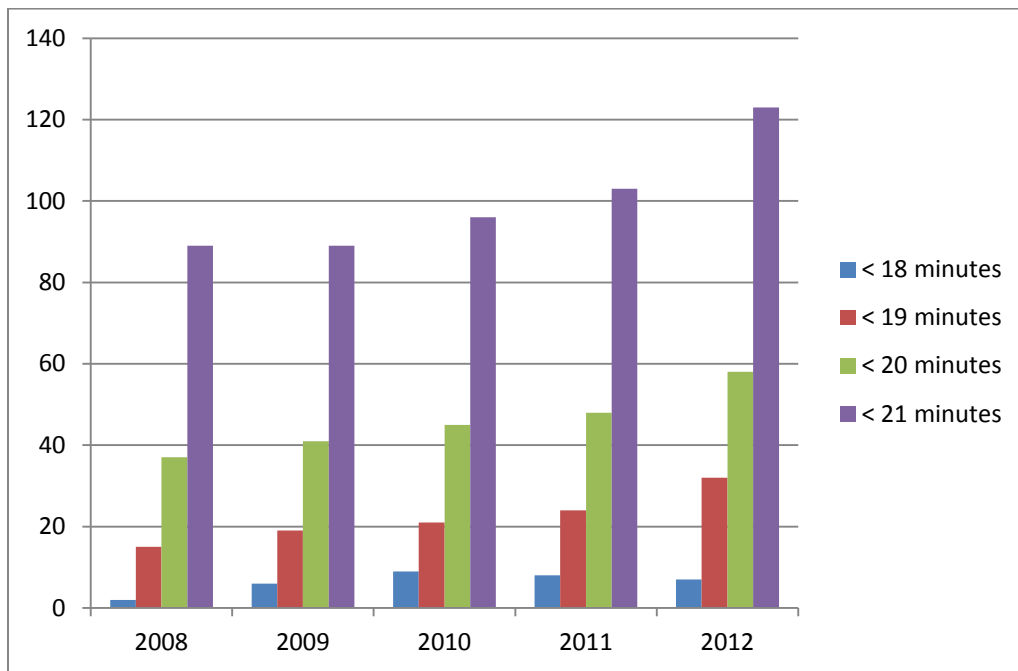




CROSS-COUNTRY NEWS 1 MARCH 2012

BOYS HIGH GETS FITTER

The annual Inter-House Cross-Country race was held last Thursday. And there were a record 1360 finishers! It is the fifth year that Iven Moorhouse has assisted his old school by providing each boy with a timing chip which records each finisher's details and time. Over the years it has enabled us to count each boy's performance towards his house score and it has given us conclusive proof that Boys High is indeed getting fitter.



Here one must thank the dayboy housemasters in particular, for the improvement in Boys High's fitness, coincides with their inception of compulsory house runs. One can also not ignore the fact that Iven's system and the use of timing chips has convinced the boys that their performance does count.

The overall winner of the race was Shelton Mokuena. He completed the 3-mile course in 16:29 – just 9 seconds off the record held by Brett Ward. The junior winner was Peter Lennon who finished in 18:15. The other notable performance was by Michael Truebody. He became one of only four boys to finish the race in under 17 minutes.

Once again the boarders dominated the Inter-House, with Rissik House winning the junior category and School House defending their senior title. The top 3 positions remained unchanged, even when taking into account only the top 4 places, in each house.

Michael Truebody, one of only four boys who has run this cross country race in



Shelton Mokuena, overall winner of the race. Three miles in 16:29

