

Gregory tunes up speed on 1.5km course

CROSS COUNTRY

WEEK SIX results:

1km: Brent Gregory 5:36, Robyn Hayden 5:42, Patrick Hopton 6:02, Reuben Mobbs 6:03, Caroline Chapman 6:25, Jesse Wilson 6:25, Amber Lewis 7:12, Ebonie Lewis 7:47, George Schmutz 7:50, Lara Moloney 8:57, Sonya Wrenford-Mobbs 13:06, Summer Mobbs 13:06, Amelie Stone 13:27, Nina Stone 13:27, Bec Lewis 14:28, Connor Lewis 14:28
1.5km: Kasimii Gregory 4:48, Nick Steele 7:39, Pauline Smith 7:46, Jaime McLoughlin 12:01, Abby McLoughlin 12:28
2.5km: Kieran Smith 10:14, Mathew Swain 10:25, Michael Smart 10:42, Casey Burton 10:49, Mikaela Wilson 1:38, Margaret Conroy 12:05, Brooke Burton 12:14, Will Hawthorne Open M 13:41, Will Schmutz 13:50, Sam Bible 15:04, Tony Bible 15:04, Torsten Storkich 16:20, 20:27, Boahdan Gregory 21:10, Paul McFarland 21:54, Winona Rumble 22:21, Robert Herd 23:59, Heather Backhouse 24:06, Jess Boden 25:19, Steve Tremont 25:26, Samuel King 25:30, Jacqui King 25:30, David Backhouse 27:48, Alexandra Brash 35:45, Jody Brash 35:50.

Megan fires to take out benchrest event

SHOOTING

A SMALL but keen group attended the monthly shoot at Woodlawn, Uralla on Sunday. A 100 yd rimfire benchrest event was held with Megan Wheeler taking out first place with a minute of angle score of 0.8492 "from Norm Wheeler 1.2166". Megan shot the smallest group of 0.591 " This Sunday, a 50m Grouping rimfire benchrest event will be held at Armidale with the range opening at 9am and shooting to start at 9.30am.

Classy field finding their way to Armidale



ON THEIR WAY: Despite the absence of some elite orienteers like Armidale's Murray Scown (above), this weekend's state event will still draw a competitive field.

ORIENTEERING

MORE than 200 orienteers from across NSW and further afield will be descending on Armidale this weekend for a three-day orienteering festival.

Most state and national elite orienteers, including Armidale's Kaz Gregory and Murray Scown, are currently on training camps in preparation for next month's World Championships.

But the event is still expected to be very competitive with top orienteers in the men's and women's categories attending.

Day one on Saturday will be the short distance event at the Armidale Pine Forest with registration open from 12.30pm.

Day two is a middle distance event at Mt Brown west of Armidale. The flat to undulating terrain in open to semi-open

paddocks and has areas of scattered granite.

This is combined with open eucalypt forest and areas of scrub amongst exposed bare rock and scattered to complex granite outcrops in the steeper areas.

Day three, near Banalasta, gives orienteers the final challenge of the weekend over a long course with steep forested slopes and more extensive granite outcrops. Orienteers can choose

from a range of 'very easy' to 'hard' courses so members of the local community are invited to come along as there will be opportunities for participants of all levels.

There are 'entry on the day' events at all levels of technical difficulty.

The event will be hosted by the Northern Tablelands Orienteering Club (NTOC), in association with QLD club Bullecourt Boulder Bounders and Orienteering NSW.

Fearless predictions from our Armidale NRL tipsters



Pat Crick
Armidale Bowling Club

Broncos, Storm, Warriors, Sharks, Knights.

Last week: 5



David Barraclough
St Kilda

Roosters, Tigers, Warriors, Titans, Knights.

Last week: 5



Sam Ducat
Pj and CM Ducat

Broncos, Tigers, Warriors, Titans, Knights.

Last week: 5



Lee Marshall
Lowes Petroleum

Roosters, Tigers, Warriors, Sharks, Knights.

Last week: 3



Ben Murphy
Express sports journalist

Roosters, Storm, Warriors, Sharks, Knights.

Last week: 5

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