

# CROSS COUNTRY

Dawn on 25 Jun 93 saw 381 runners from the Bn line up for the start of the Inter-Coy Cross Country Competition. As the starters gun sounded at 0630 hrs, most runners set out on the 8km course with the aim of just finishing. For others such as CPL T.J. Brown who completed the course in 29 min 56 secs it was just a pleasant morning stroll.

The competition was conducted so that each individual score counted towards their overall Coy total. The three fastest individuals were CPL Brown 1st, PTE Vinson 2nd and LT Davies 3rd. The Coy placings were as follows:

A COY - 1st

D COY - 2nd

C COY - 3rd

B COY - 4th

SPT COY - 5th

ADMIN COY - 6th

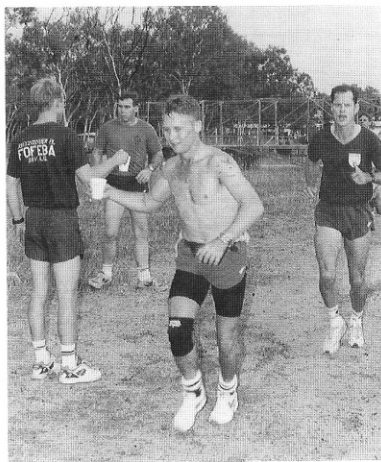
The Inter-Coy Competition enabled a training squad to be selected for the Brigade Cross Country Competition. This squad was subjected to some hard training sessions conducted by LT Ellwood and CPL T.J. Brown which enabled the final team to be selected.

The Brigade competition was held on 18 Aug 93 and saw 75 runners from the Bn compete against the other units in the Brigade. When 2/4 RAR had four members come in the top five placings the result of the competition was never really in doubt.

Well done to all those who participated in Cross Country running this year especially those who put in the extra effort to be selected to represent the Bn.



CPL Brown accepts the NQ Area Cross Country Champion Trophy from COMD 3BDE.



*'Doing it easy'*