



TGS

2026 INTERHOUSE
CROSS COUNTRY

FRIDAY, 1 MAY 2026

NORTH WARD CAMPUS

BONUS INTRA MELIOR EXI

2026 Cross Country Captains

Male	Female
Jack Mellett	Anna Dunn

2026 House Captains I Senior School

Hodges	Miller	Rowland	Whight
Lily Jamieson	Bridget Boyle	Kelsey Cox	Claudia Woods
Henry Davis	Oliver Lukacs	Ashton Green	Gus Maruff
Mahalia Poppi (VC)	Lucia Parmegiani (VC)	Livia Robertson (VC)	Zienna Newling (VC)
	Lucy Chilcott (VC)		
Luke Broadfoot (VC)	Liam Mackay (VC)	Jack Mellett (VC)	Ethan Carter (VC)
	Quinn Pascoe (VC)		Benjamin Parsons (VC)

House Captains I Middle School

Hodges	Miller	Rowland	Whight
Lily Astorquia	Zoe Kennedy	Lily Mowat	Moira Beniwal
Eloan de Vine	Harry Crossley	Ethan Chinsamy	Wilson Hughes
Kenzie Ashley (VC)	Ruby Gibbons (VC)	Katherine Dowling (VC)	Marcelle Maruff (VC)
Bella King (VC)			Victoria McQueen (VC)
Abnel Sabin Jose (VC)	Noah Atkinson (VC)	Oliver Wolanski (VC)	Riley Simpson (VC)

2026 Heads of House

Hodges	Miller	Rowland	Whight
Mr John Griffin HoH	Mrs Jacinda Edwards HoH	Mrs Grace Cole HoH	Dr Matthew Nicklin HoH
Mrs Nicole Dunne (Asst.)	Mr Tom Harvey (Asst.)		

Order of Events

Time	Event
1:15pm	Move to Ovals
1:30pm	12 yrs / 13 yrs / 14 yrs Cross Country
	15 yrs / 16yrs / 17 Yrs / Opens Tug-o-war
2:00pm	12 yrs / 13 yrs / 14 yrs Tug-o-war
	15 yrs / 16yrs / 17yrs/ Opens Cross Country
2:30pm	All Ages run
2:50pm	Staff v Captains Tug-o-war
3:00pm	Presentations
3:20pm	Students dismissed

Age Groups

Age	Year Born
12	2014
13	2013
14	2012
15	2011
16	2010
17	2009
Opens	2008 & 2007

RULES AND PROCEDURES

Competition - Cross Country Racing

Marshalling

- Students must only move to marshalling when their event is called by the Announcer. Follow the directions given by Marshalls

Starting Procedure

- The starter will blow a whistle for competitors to position at the start line, ensuring competitors have space to start the race in a safe manner
- When competitors are settled, a gun will then signal the start of the race

Age Champions

- Will be determined by the first-place winner in each race. Age Champion medals will be awarded in each age division for females and males

House Champion

- Points will be allocated according to each runner's finishing position in the race

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th +
Points	25	20	15	12	10	8	7	6	5	4	2

Age Divisions

- Ages of competitors will be determined as at 31 December in the year of competition. e.g. a student who turns/is turning 15 this calendar year competes in the 15 years age division. A coloured wrist band will be worn as an identifier for the age group

Uniform

- The House Uniform should be worn. Grammar 'bummers' are suitable when running in the main events.
- Footwear (regular sports shoes) must be worn at all times

Course

- The course is marked by red and white markers. Runners should remember – "white on the right"
- For all races, students will complete two laps of the 1.5km course. On commencement of the second lap, students will be issued a wrist band to wear. On completion of the race, students will hand in the wrist band, which will signify they have completed the required two laps

Interschool Cross Country Selections

- The top 10 finishers in each age group will gain selection in the Interschool Cross Country Team.
- Students who are ill or injured and cannot race in the Interhouse Cross Country may still apply for consideration. Applications must be submitted via email to the Director of Sport and Activities prior to the Interhouse event

House Spirit Shield

The All Ages Run, Tug-o-War, and War Cry will contribute to the House Spirit Shield

All Ages Run - 1.5km

- Correct uniform must be worn (as per above)
- Students who complete the 1.5km course within the 15-minute time limit, will be awarded a point for their House
- Prior to commencing the All Ages Run, each House will perform a war cry prior to commencing on the run

Tug-O-War

- Teams are made up of 20 players – 10 boys and 10 girls
- Teams may have less than 20 players on the rope, however there must always be equal number of boys and girls
- Should a team have less than 20 players on the rope, the opposition is not required to match numbers
- Heat 1, 2, and the 3rd/4th place play-off will consist of one round only
- The Final will consist of a "best of three" round format
- Any attempt to drop the rope during a game will automatically results in the team being awarded 4th place in that particular competition

Place	1 st	2 nd	3 rd	4 th
Points	25	20	15	12

CROSS COUNTRY COURSE MAP

Lap distance: 1.5km

Cross Country Events: 2 x laps = 3km

