

Cross Country

by Maj. Giuseppe GINOSA, IT Army, G6 Ops, OIC Running

Just a few days after Exercise EAGLE LANDING '04, NRDC - IT was able to offer another very good training opportunity for its Staff.

Four kilometres of cross country run through "Conigliera", the military training area situated beside the Ugo MARA Barracks provided the Staff with an opportunity to train together, test their stamina and leave their CRONOS terminals alone for a while.

Toil, sweat, smiles and, of course, the will to win: these were the most important ingredients needed by the NRDC - IT Community for the Cross Country Run '04 of April 7th.



Ready, Steady... GO!

The morning dawned glorious; at 10.45, about 50 competitors, taken from the best runners of the HQ, warmed up. They represented not just themselves, but also the teams they belong to: Ops Div Team 1, Ops Div Team 2, Spt Div, Central Staff, RSC/G9, G6 & HQ 1 Sig Bde, Engr Div.

At 11.00 sharp, NRDC-IT Commander, Lt. Gen. Mauro DEL VECCHIO, released the runners on their gruelling 2 laps of a two-kilometer circuit.

Cross Country Run '04, scheduled within the Sports Board Action Plan for the Year 2004, is one of the several activities included in the Ugo MARA Cup Competition 2004.

The main aim of the Cross Country Run '04 was to improve cohesion amongst all personnel within the respective branches and increase the practice of sport in our HQ while the aim of the Ugo MARA Cup Competition 2004 is to provide HQ Divisions with a platform for competitive, healthy competition, but also to win the Ugo MARA Cup.

The winner, ICpl SCHIRINZI, IT Army, got finished in just 15 minutes. He was followed by two other runners less than 30 seconds later.

A few minutes later all the runners had finished.

After refreshments (hot tea and fresh water) all was ready for the prize giving.

The COMNRDC(IT) kindly presented prizes: cups for the three best placed runners and a cup for the best placed team, Ops Div Team 1.



"Only one more circuit to go"



The Finish Line



LCpl Schirinzi receives his prize





The winner's line up

INDIVIDUALS

Ser.	Rank / Name	Time
1st	NCO SCHIRINZI	15' 00"
2nd	Serg. GENTILE	15' 22"
3rd	NCO REMORINI	15' 29"
4th	Maj. LIPPOLIS	15' 52"
5th	Capt. BOGGERI	15' 55"
6th	WO BEIKIRCHER	16' 09"
7th	LTC ALBRIZIO	16' 37"

This sports event was a success due to the professionalism of all involved.

A special mention goes to the Spt Regt and to the Gymnasium Staff, and also to those brave runners that after their military physical test joined the run.

In the tables below you can see final results for individuals of the competition and UGO MARA CUP COMPETITION 2004 team situation as at 1 May '04.

UGO MARA CUP COMPETITION 2004 – RESULTS AFTER 3 EVENTS AS AT 1 MAY 04

Ser	Team	Basketball	Cross Country Run	Football 5-a-Side	Points	Position
1	Ops Div Team 1	7	7	3	17	2
2	Ops Div Team 2	-	1	-	1	7
3	Sp Div	5	5	2	12	3
4	Central Staffs	-	1	5	6	5
5	RSC/G9	-	1	4	5	6
6	G6 & HQ 1 Sig Bde	6	6	7	19	1
7	Engr	-	1	6	7	4