

# Cross Country

is one of the toughest sports

EVERY athlete runs the same distance

No interchange benches

Athletes **need** there endeavours  
to be recognized

[www.nwaswimaths.com](http://www.nwaswimaths.com)



**The harder  
you  
work  
The luckier  
you get**

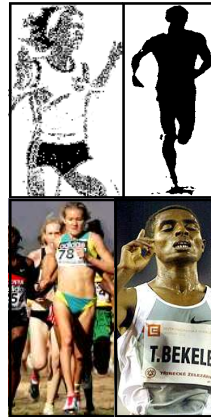
[www.nwaswimaths.com](http://www.nwaswimaths.com)



North West Athletics

**What does not  
kill you,  
makes  
you  
stronger**

[www.nwaswimaths.com](http://www.nwaswimaths.com)



Cross Country

**Be the Best  
YOU can be  
No More !  
No Less !!**

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NWA Cross Country

**YOU  
are as big  
as the dream  
you dare  
to live**

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North West Athletics

**Cross  
Country  
is  
Courage**

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The Mirror Test

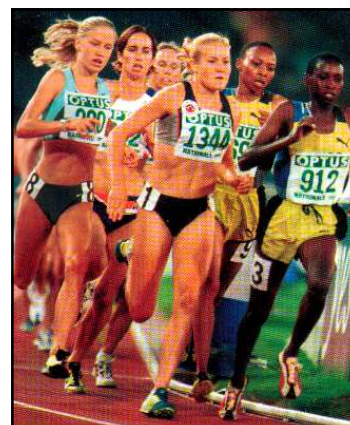
*All that matters is  
that you can look in  
your mirror and  
**HONESTLY**  
tell the person you  
see there..  
**you've done  
your best***

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Benita Johnson



Kenenisa Bekele



**No one  
can make  
you  
feel inferior  
without  
your  
consent**

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North West Athletics

*The greatest thing in this world  
is not so much where we are,  
or, what we are achieving,  
but, the direction in which we are moving.*

*You will be an outstanding athlete  
for a few years,*

***You can be  
an outstanding person  
all your life.***

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**You will become  
as small  
as your  
controlling desire ..  
as great  
as your  
dominant  
aspiration**

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