

Profile - Ruby Crisp

Contributed by Nick Fiedler
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Ruby joined the squad in early 2018 part way through the season. Her training was immediately changed from long slow work to speed work and speed endurance. initially there was little improvement because the load was extensive and intense but after some freshening some immediate significant improvement emerged. She is a member of Ringwood Athletic Club. Pro Debut - Season 2017/2018 1st Parkdale 300m U/18, 1st Stawell 800m Women's, 2nd Parkdale 800m Women's,
Season 2019/2020
1st Maribyrnong 300m Womens 3rd Daylesford 100m U/18 Season 2021/2022 2nd Maribyrnong 400m Womens 3rd Docklands 400m Womens Season 2022/2023 1st Frankston 400m Women, 1st Wangaratta 300m Women, 2nd Geelong 300m Womens, 2nd Frankston 100m Women, 2nd St Albans 300m women

Season 2023/2024 1st Waverley 800m, 1st Bay Sheffield 550m Womens, 1st Frankston 70m Women's Gift, 1st Ballarat 120m Women's Gift, 1st Keilor 400m Womens 2nd Geelong 800m Womens, 2nd Warrnambool 300m Womens, 2nd St Albans 300m, 2nd Rye 120m Women's Gift, 3rd Ballarat 4x200m Womens (I.Antonino, S.Stokes R.Crisp, K.Moore), 2nd Stawell 70m Women's, 3rd Warrnambool 70m Women, 3rd Terang 800m, 3rd Beachside 400m Womens Season 2024/2025

1st Castlemaine 120m Womens Gift 2nd Warrnambool 70m Women's, 2nd Terang 120m Women's Gift, 2nd Seymour 120m Women's Gift, 2nd Wangaratta 120m Women's Gift, 2nd Ballarat 120m Women's Gift, 2nd Castlemaine 400m Womens, 3rd Warrnambool 300m Womens, 3rd Waverley 100m Women's Gift, 3rd Maryborough 400m Women, 3rd Frankston 70m Women's Gift, Beachside 70m Women's, Ballarat 4x200m Women's (K.Moore, E.Fiedler, S.Stokes, R.Crisp), 3rd Shepparton 120m Women's Gift Season 2025/2026 1st Castlemaine 120m Women's Gift, 1st Geelong 120m Women's Gift, 2nd Waverley 300m Women's, 2nd Frankston 70m Women's Gift, 2nd Frankston 400m Women, 2nd Beachside 100m Women's Gift, 2nd Bendigo 400m Women's Gold Nugget, 3rd Shepparton 120m Women's Gift VAL Female Athlete of the Year.