

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,