



SPORTS NEWS

14th March 2017

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CROSS COUNTRY TRIP

It only took about 10 minutes to get there. There was an abundance of tension when we reached. It took some time to find our way around because High fields is a really humongous school. When we reached there we found out that more than 5 schools were there, so we started doing a few stretches to get our muscles warm, then we were ready.

As the race for the Boys race began, Emmanuel, Godstime and Nester were like rockets: they were at the lead. Racing through, the other schools became tired, so they were gradually slowing down and from the front reached the back. They were extremely famished. At a point they began walking. It was an intense race: they had to run uphill; run through sticky mud and run through trees. When they got to the finish line they literally dropped to the ground. Then it was time for the Girls to race, it was hard with all that pressure. We started off jogging in order to save energy for the ending. So while we were running we got splashed with mud and we almost slipped and fell in mud. It was the most tiring when we were running uphill and I almost fell off, thankfully I did not. I was extremely relieved when I was close to the finish line. Although I didn't come first, second or third I am still glad that at least I got to the end.

BY KHANNIEL (6M)