

# Autumn Sports Newsletter 2024

## SEDBERGH SCHOOL CROSS COUNTRY

After a fun Autumn term of cross country challenges throughout our curriculum P.E sessions we had 26 of our children selected to represent school in the Autumn Sedbergh School Cross-country 2024. Children from Year 4 & 5 pushed themselves to the extreme in beautiful conditions over the tricky terrain. Each child finished in style and produced some fabulous individual and team results. What is amazing about this sport, is that our children just come together and get each other around the course. They are always there for each other at the end, both supporting and congratulating. It is just beautiful to see such strong bonds at such an early age.



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## INDOOR CRICKET FESTIVAL 2024

All of our Year 3 children took part in a festival celebrating cricket at The Lakes School. Cumbria Cricket Board hosted the event and set out several activities testing both catching & throwing, bowling, batting and fielding skills whilst playing as part of a team.

Our children showed positive and strong team work alongside a good level of skill and determination to push themselves at the new challenges. A complete success story and we now look forward to winter indoor training sessions for our junior cricket enthusiasts and a term of cricket in the summer.



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## Lakes School County Cross Country Championships

On Wednesday 23rd October our 64 qualifiers braved the challenging Lakes School Cross Country course. Once again, our super kids dug deep, and once again, they proved themselves to be a team of incredibly determined super little human beings. Not only did they represent their families and themselves superbly, they absolutely smashed it for school too. All competitors finished in the top quarter of each of their races which is a fantastic achievement as they were each running against strong opposition. This resulted in St Martin & St Mary being placed in all age groups. A big shout out to all who took part and a huge thank you to my team of helpers. Without you these events would not happen.

