

## Girls Cross Country, Weds 3<sup>rd</sup> October

### Second Cross Country of the Season!

Congratulations to all that took part in our first race, especially to **Emily Dent** finishing in the top 10 of the yr8/9 race, and she is only Yr8! Yr 7 Congratulations to the girls in red for representing the school last Wednesday, especially to **Lana Hembury and Kiara Thomas** for coming in the top 33 and **Shania Price, Lucy Williams and Bethan Lewis** coming in the top 66 of the Yr 7 Race. Apologies to those who were unable to come due to bus problems! Hopefully you can make this next one on Weds 3<sup>rd</sup> October.

We will be leaving school at **3:30pm** and returning by **6pm**.

**You will need full PE kit**

**Spikes if you have them**

**Warm clothes, possibly waterproofs**

**Water bottle and asthma pump if you need one**

Please tick or cross your name off if you can run

Or see me if you do not want to run.

This is not the final Team, I am hoping for more people to see me to tell me they are prepared to run.

Please tick your names if you would like to run again!

See me if you are not on the list and would like to run.

**Meeting on Monday 1<sup>st</sup> October, GGym 1:15-1:25**

<b>Year 7</b>	<b>Year 8/9</b>	<b>Seniors</b>
Kiara Cachia	Tynasha Hobbs	Emma Jones
Lana Hembury	Chloe Bartlett	Christine Ludtke
Bethan Lewis	Carey Vaughan	Gaby Dickinson
Hannah Doyle	Emma Flowers	
Lucie Amery	Grace Jones	Alana H-Toombes
Chloe Henshall	Dayle Osbore	Emily Cann
Emily Carey	Ellie Murch	
Destiny Jones	Bethan Jones	
Lucie Norman	Georgia Hayes	
Grace Botwood	Hannah Duggan	10
Eva Court	Maddie Coopey	
Isla Howells	Lydia francis	
Maya Ahmed	Katie Gill	
Rahma Al-A'ragy	Emily Dent	
Samira Ali	Olivia Thomas	
Lucie Amery		
Camelia Benzaoua		
Preya Curtis		
Klea Dragioshi		
Grace Hudson		20
Imogen Hughes		
Sarah Jones		
Isabelle Medcraft		
Malika Moradi		
Amelia Morgan		
Hayley Thomas		
Kiara Thomas		
Isabel Vedmore		
Emma Watts		
Lucy Williams		30
Seren Hayes		
Imogen Richards		
Lexie O'Brien		
Ellie Murrell		
Isobel Vedmore		
Izzy Fisher		
Netra G	Year 7	
Bethan Lewis		
Lilly Morgan	Shania Price	
Leah Morris	Laticia Parker	

**Still room for more runners! See me. DBH**

