

Thursday 11<sup>th</sup> January 2024

Sedbergh Prep School, South Lakes Primary Schools' District Cross Country Trials

We had a glorious afternoon at the South Lakes Primary Schools' District Cross Country Trials!

Well done to our brilliant runners who represented St Thomas's. They competed with such determined, spirited and enthusiastic performances, against very tough competition.

A special well done to the following children who qualified to represent South Lakes at the Cumbria Primary Schools' Cross Country Championships, which will take place on Wednesday 24<sup>th</sup> January 2024:

Year 6: Ellie Massara, Ben Mulvany, (Indy Knowles)

Year 5: Hattie Blunt, Philip Bolland, Danny Nunns

Year 3: Monty Ruscoe

Not forgetting the other children who gave their all to put in brilliant performances:

Year 6 Girls: Aria Wilson-Wren, Orlagh Davies

Year 6 Boys: Craig Rodham, Josh Crowder, Theo Briggs, Will Tallon

Year 5 Girls: Imogen Roe, Matilda Tucker, Beetricks Abba

Year 5 Boys: Oliver Tallon

Year 3&4 Girls: Lottie Duncan, Isla Hill, Olivia Blundell-Clapp, Kitty Mason, Essie Pemberton

Year 3&4 Boys: Louis Whitehead, Cody Smith, Archie Mellard, Thomas Williams, Spencer Roe, Josh Hall, Mace Ellwood, Charlie Summerfield

