

### Surrey Schools Cross Country

On Saturday 22<sup>nd</sup> January, Upper School boys from Rokeby were selected to compete for Kingston in the Surrey Schools Cross Country competition held in Priory Park, Reigate.

The boys selected had competed in the Kingston Borough race earlier this academic year and were picked based on their excellent performances at this event.

**Isaac M** represented the Year 7's and ran with determination in what was a tough race. The course itself was 3.2 km and consisted of some difficult terrain with steep hills and areas that were heavy underfoot. Isaac finished 24<sup>th</sup> out of the 80 runners competing and helped Kingston finish second overall. Isaac set a personal best time of 12mins 23 seconds.

The Year 8's competing for Kingston in the Junior Boys category were racing against Year 8 and 9's, and consequently found the run a challenging one. The boys representing Rokeby were **Adam C** and **Archie H** and the course they ran was 4.1 km course. Again, the run itself tested the boys and they displayed excellent focus during the race. Adam finished in the top 20 boys for his year group and progresses to compete for Surrey against other counties in the South East.

A massive congratulations to all of the boys that took part and for their commitment to their cross country running.



