

# TRY A TRIATHLON

by Ms O'Reilly

Great Dunmow Primary Post

SPORTS

Fifty fit and fearless competitors took part in the annual triathlon at the school fair on Saturday 25<sup>th</sup> June. The event was a huge success as both triathletes and spectators enjoyed the event. The competitors chose the level at which they competed: Bronze, Silver or Gold, with Gold being the most challenging. As the sun came out and the temperatures soared, Gold triathletes needed to stop for water while still trying to compete for the fastest times. Places were awarded depending on the competitors times. The winners and runners up for each category are:

Bronze: Louis Jenkins  
Sophie Archibald  
Silver: Richard Andrews  
Eden Bright  
Gold :Jacob Allington  
Oliver Flynn

All competitors should be congratulated for finishing the course and competing with excellent sporting behaviour.

Thank you to the parents and teachers that helped to run this event smoothly.

All entrants that completed the course received their medals and certificates on a special assembly on July 7<sup>th</sup>.



## GYMNASTICS, TAG RUGBY AND CHOI KWANG-DO WOWS THE CROWD AT SUMMER FAYRE!!

By Eleanor Breeze

On Saturday 25th June, at the Summer Fayre, many mind-boggling displays took place on the field. The acts that performed were choi kwang-do, gymnastics and tag rugby. Iona Skelton, who witnessed all the performances, commented:

**“ I think the music choices for the gymnastics were great and how all the children knew exactly what they were doing and when!! The tag rugby squad was also very good and I thought everybody that took part in the fayre was excellent!!”**

The choi kwang-do group put on a fantastic performance that was very entertaining. Well done to all the children who showed off their skills at the fair. Thank you to the coaches that have tried their best to train the performers. Also a big thank you to all the people that

Megan sprinting for the tri line!



## GYM TRIAL IN IPSWICH

By Sarah Taylor

On Wednesday 6th July the gym team and the club went to Ipswich sport centre. After the 1 and a half hour journey had finished we arrived at the massive centre! There was a toddler club taking place so we waited till our turn!

First we were split into team and club then set off to go on the equipment! There were all sorts of equipments such as: the asymmetric bars, roman bars, the horse, a gym trampoline and a springy floor.

First we did tricks on the trampoline followed by a jump in the pits full of foamy cubes! Under all the pieces of the equipment was a pit full of foam so when you fell off it was always a soft landing. We were guided round the different pieces of equipment and then had ten minutes to go on whatever we wanted! All the gymnasts had a lot of fun!

## HRS HOLDS A DISTRICT SPORTS DAY!

By Ellie Messer

On the 29<sup>th</sup> of June the school choose some children from years 5 and 6 to go to HRS to compete at a District council sports day. The children had to compete in certain categories including: Relay, long jump, sprint, hurdles, high jump, javelin and different throwing competitions. All the



## KS2 SPORTS DAY!

By Lauren Woosey

Friday 15th July was the KS2 sports day! It was originally going to be an earlier date but got postponed because of the typical English weather. When we did have sports day we all took part in the hurdles, sprint, sprint final, (if you come 1st or 2nd out of your race) and egg and spoon.

The newspaper interviewed Jordan Smith:

What was your favourite race and why:  
Hurdles because it is my favourite sport and it is fun.

What was your least favourite race and why:  
My least favourite was the final sprint because I came last!

What events would you add to sports day:  
Sack race because I ALWAYS come first!!!!

Everyone really enjoyed the sports day and no matter where they came everyone finished with a massive smile on their faces!

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**SPORTS**



The teachers' race. A closely fought contest.



The Dads fighting it out.