



HIGHLIGHTS

July 2017

A WORD FROM THE HEADTEACHER

Aspiration, Inspiration and Perspiration

Reading the final edition of *Highlights* may well leave you impressed, if slightly overwhelmed, by the terrific range of activities that has kept everyone so busy in the latter part of the year.

I would like to pay tribute to the staff who have made all of these trips, competitions, performances and activities possible, both the staff who actually lead and take part, and also everyone behind the scenes.

Also, well done to every student who has taken part in everything described in this edition; it's incredible what you manage to get up to.

The three '--spirations' are definitely key to success. I am sure we all, from time to time, wish the world would slow down a little but it has been great to see so many students getting stuck in each and every day of the year and, most importantly, enjoying themselves.

Alan Rosen

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Drone On!

9C were asked to use our mathematical skills to design and manage a drone shot of the AHS logo for our school website. Once we had calculated the angles involved and scaled up the measurements, we went on the field and pegged out the logo, using a trundle wheel to calculate distances, human compasses to draw circles and a lot of string!



We then coordinated Years 7 – 10 to take their places and highereyes.com took photos with their drone. It was quite complicated getting everyone in place, but each member of 9C had a different class to put in to a particular segment of the logo. With the added help from Miss Flynn, 9C managed to pull off a great shot of the logo and we are glad we put in so much effort.

Niamh Munday 9C

HOME AND AWAY

Picardy Trip

“Nothing can develop intelligence as much as trips” as the great Émile Zola once said. Following that principle, 55 Year 9 students set sail for la Picardie on Friday 23 June to get a first-hand experience of the language and topics they had been studying in French this year. After an afternoon of water sport activities and archery, followed by a visit to the medieval town of Laon, the trip focused on the figure of Napoléon: in Compiègne, first of all, with a tour of his palace; then in Paris, where the girls could admire the painting of his coronation (among other famous masterpieces) at the Louvre before seeing his tomb in Les Invalides. The last two days were dedicated to WW1, with the visit of the Péronne Historial, the Caverne du Dragon at the Chemin des Dames and many other sites. Listening to some English and French war poetry while sitting in the middle of the graves in Thiepval, then to the mutineers’ “Chanson de Craonne” standing on the ruins of the old village of the same name, was a truly poignant experience for the girls. Fortunately, their usual cheerfulness was back for the traditional French talent show evening and we all came back to Aylesbury, exhausted but happy (and hopefully more intelligent too!).

Miss Billon



Royal Holloway Trip

On Wednesday 21 June, some of Year 10 visited the Royal Holloway University in London. We were split into groups to have a session on a language we had not learnt. Then we had a lecture on classics and a tour around the campus. After lunch we had a lecture on literature in a language that we currently study. It was very interesting to see how languages are studied at university.

Eleanor Terrett 10C



HOME AND AWAY

Year 12 Art Trip to Paris

Year 12 artists had a very enjoyable trip to Paris last week where they gained huge inspiration for their A Level coursework. The highlight of their first day must have been their visit to The Louvre. Over the next two days they squeezed in the Tuileries, the Musée d'Orsay, the Orangerie, then Monmartre and Sacre Coeur!

Mrs Hartwell



HOME AND AWAY

The Carnegie Book Awards

The 8 Carnegie shortlisted books this year were Beck, The stars at Oktober Bend, Salt to the Sea, Railhead, The Bone Sparrow, Sputnik's Guide to Life On Earth, Wolf Hollow and The Smell of Other People's Houses. In May, 13 keen AHS readers signed up to read at least 4 of them, and to choose which one they believed should be the winner of the 2017 medal.

On Wednesday 14 June we set off to Piper's Corner School to debate with other Bucks readers who we thought should win. Everybody spoke about each individual book, and we rated them out of 10. It was fascinating to see the range of interests scattered around my group; for example, Railhead ranged from least to most favourite. Once we had voted, we took part in a fun quiz, which was a great test of our knowledge, and many were rushing around the library to claim books they reckoned held the answers. There was one answer that most got wrong, as nobody could remember the country that signed the Treaty of Treason! But at that point, it was nearing the end of the trip, so we all once again assembled in the library to hear the results. Our winner, for the Carnegie Book Medal 2017 was... Salt to the Sea! I, and many others, were incredibly pleased with the result, as we felt that Salt to the Sea had the most feeling, was the most well-written, and definitely the best of the books!

Having had a wonderful day, and getting to meet new friends and see other schools, everybody said their farewells and boarded the mini-coaches once more. Thank you to Miss Adams and Dr Falls for a fantastic time. I am very glad that I decided to join in with the Carnegie Prize, and will next year too!

Emily Celine 7S



JUNE ACTIVITY DAY



Year 7 STEM Day

Year 7 put their science, technology and maths skills to the test by planning, building and testing wind turbines. There are definitely some future engineers among this talented lot!

Dr Maher

Year 8

Visiting the Black Country Museum gave Year 8 a fascinating insight into the Victorian period, which they have been studying in History and English.

Mrs Williams



Year 9

On Friday 21 June, Year 9 went to Docklands to explore London as a sustainable city. We did many exciting things such as visit the Crystal Exhibition where we looked at the Docklands before and after the changes. After the cable cars we did lots of research for our projects on the O2 and surrounding areas.

Niamh Munday 9C



Year 10

Health Day was an enriching experience full of a myriad of activities which I wouldn't have originally chosen to do, yet all were extremely enjoyable to partake in. For example, in self-defence, we learnt interactively with our friends, thus making the activity both fun and educational. Overall, I learnt many things on Health Day; and gained a motivational outlook, especially after the 'Health and Wellbeing' session.

Elise Uzokwe 10C



JULY ACTIVITY DAY



Year 7 took part in a Creative Arts Day, opting for either PE, Music, Art, Dance or Drama. Activities included capture the flag, kickboxing, steel pans, ukuleles, hat making and a puppetry workshop from a Warhorse actor. The day culminated in a colourful showcase - well done Year 7!

Year 8 visited Ashridge where they experienced a cross-curricular day of learning outside the classroom, including art, maths, science and geography.

Year 9 put their creative and marketing skills to the test during an enterprise day where they had to design and present an ecological product. Congratulations to the winners who created a green poop scoop!

Year 10 hosted an International Day for 120 children from Bedgrove Junior School and 31 from Long Crendon Primary School. They worked through 12 workshops, travelling through countries such as Japan, Ghana, Ireland, India and Madagascar. The children experienced workshops on language, dancing, and cultural arts. Overall it was a successful day that the primary schools thoroughly enjoyed.

Mrs Queralt



RECENT SUCCESSES

Engineering Competition

The Year 11 students won best engineering award today for their robot R2D2 at the 'Rampaging Chariots' event at Leonardo in Luton. The Year 8 students managed to get through to the second round of tug-of-war!!

Mr Potkin



Year 7 Speakers' Corner Challenge

To complement our Year 7 unit 'The Art of Rhetoric', students have been given the opportunity to stretch their skills by taking part in the Speakers' Corner Challenge. For this, students deliver a speech they have written, on a topic of their choosing, and deliver it in the quad on Wednesday lunchtimes this half term. They are supported by the Year 12 English Ambassadors, who visited them in form period to offer help and advice, and on the



day present the certificates and decide on a shortlist of outstanding participants. Our ambassadors have praised Year 7 for the rhetorical techniques used in the speeches, their confidence and support of one another.

Mrs Morris

RECENT SUCCESSES

Biological Science Competition

The month of February was certainly very busy for me after I read about the Newham College Biological Sciences Essay Competition and decided to submit a response for a question about the history and molecular pathology of Prions. Despite having no idea what Prions were, after some initial research, it was clear that the topic was incredibly current and, more importantly, interesting. Prions are essentially misfolded proteins that have the ability to initiate misfolding in normal protein molecules and are believed to cause



Alzheimer's. The essay had a limit of 2,500 words and had to include references and although it was challenging because it had to be done independently I used past examples to guide me. A few months after submitting my essay, I was delighted to be awarded joint 2nd place and was invited to Newham College Cambridge for the prize giving ceremony in June. All prize-winners were given a tour of the college and after the ceremony we all were treated to afternoon tea in the College Hall. I had the opportunity to discuss Biology with a professor of Natural Sciences as well as the principal of the college. Both writing the essay and visiting the college were fantastic experiences that I will not forget!

Srishti Agarwal 12M

House Maths

House Maths took place at the end of June and was a huge success. There were two teams from each Year 7 form, with a member of Year 10 on hand to check the answers. Team A were given a question and when they had solved it they took a question to Team B. Claydon and Waddesdon's Team 1s finished in first place, Missenden's Team 1 came second and Team 2 from Hughsden and Stowe were third. It was a very close run thing so congratulations to all who took part. Thank you to the maths team for organising it - it was a huge success.

Liz Burton 7W



CURRICULUM

Education Day at Jaguar Landrover

On 20 April, I was fortunate to be invited to go to an Education Day at Jaguar Land Rover at their Castle Bromwich site. During the day there was a wide range of activities that I took part in, including designing and making two model cars, one of which had to be powered by wind and the other to travel down a ramp holding a water bottle. I also managed to programme a robot on a computer simulator to put a ball in a pot. Most of the manufacturing process at the factory is undertaken by robots and clearly computer skills are as important as engineering in modern vehicle construction. The highlight of the day was the factory tour where I saw the entire process from the aluminium being cut to size to the finished cars in the testing area. It was a fabulous day and it has really inspired me to become an engineer and perhaps one day work at Jaguar Land Rover. This was a fantastic opportunity to learn more about product design, engineering and production techniques in one amazing day!

Sarah Smethurst 8H



STEM: Green Park visit

On Tuesday 20 June a group of 7 AHS biologists travelled to Green Park and presented an interactive activity to a group of children aged 10-11. This was part of the Big Bang at Bucks event and schools from across the region attended. They had the chance to look and touch several medical grade organs including pigs' hearts, lambs' kidneys, and a sheep's lung attached to the oesophagus. We used a pump to visually show how the lung inflates and deflates as well as showing the anatomy of a sheep's ventilation system. This was very much a hands-on activity and all the students were keen to get stuck in. We also brought along scientific models which the children could disassemble and reassemble with a little guidance. During this session, AHS biologists helped the children to have a deeper understanding and knowledge of organ functions and anatomy. The students were very excited and commented to their parents that it was a highlight of their day. We really enjoyed it too.

Ashviniy Thamilmaran 12I and Abbie Harper 12P



FormulAHS

FormulAHS Racing is our new electric racing car project whose aim is to design, build and race a full size racing car. This is a national motor sports racing competition run under the Green Power scheme where cars race at various well known race tracks up and down the country. We have a team made up of students from Years 7 – 10 eager to get racing who have been working hard on the construction of the car and researching ways to generate funds for the project. Since our last article we have raised enough money to begin the construction of the car body through sponsorship from Servest, Upstarts and Loctite. We are in discussions with SKF who will hopefully supply the car with vital bearings. We are still looking for sponsors for further construction and future development and the hope is that we have a car ready to put on the track for the new season (please make contact if you think you could help with this).

Mr Cook



Year 12 Primary Outreach Project



Year 5s examining evidence to find the murder weapon!



Describing the suspects—did the butler do it?

30 Year 12 girls have taken part in the Primary Outreach Project as their Extension Study this year. After having some training sessions in school in September they spent Monday afternoons this year delivering Maths and English clubs in ten Aylesbury primary schools. Their work culminated this term in planning a Maths Challenge event and a Murder Mystery writing day, which was attended last week by 100 very excited Year 5 students.

Our girls are to be congratulated on how well they have undertaken this project this year. They have created imaginative resources, prepared efficiently, delivered their sessions with enthusiasm and have been a real credit to the school. There are definitely some amazing future leaders among our Year 12s!

Mrs Queralt



Our Year 12 Students leading the Primary Maths Challenge Event

AHS LEADERS - SPORT AND DANCE

Bucks School Games

On Friday 7 July, the AHS Sports Leaders attended the Bucks School Games at Stoke Mandeville Stadium, as the last part of our enjoyable Level 2 Qualification in Community Sports Leadership. As part of this day we got to attend the Bucks School Games opening ceremony, with many of us taking leading roles, for example being an area mascot, which involved a very entertaining mascot race; reading the School Games oath and organising and directing teams to their area section. During this ceremony we also got to hear various motivational



speeches and performances which we all found extremely inspirational. This included a speech from the 2016 Olympic Hockey gold medallist, Helen Richardson-Walsh, who shared her career experiences and we also got a glimpse of her infamous gold medal. Our main role involved running the swimming gala, with the help of Mrs Carpenter and two coaches from Maxwell swimming club. The event ran efficiently and smoothly, with us all

working together coherently. We all enjoyed the event thoroughly as it gave us the opportunity to show how we had developed as leaders. I think we were all inspired and shocked by the amount of team spirit shown and the competitive atmosphere created. On the whole the event was extremely enjoyable and a nice way to finish our sports leaders qualification. I would also like to say a big thank you to Mrs Carpenter on behalf of all of the sports leaders, as without her we wouldn't have been able to acquire such a useful qualification, and also develop not only as leaders, but as people.

Grace Stockland, Year 12 Sports Leader



Dance Leaders

On Monday 3 July, nine Year 12 Dance Leaders went out to Bedgrove Junior School and led a series of dance workshops for 120 Year 3 pupils. The leaders worked collaboratively in two groups, planning and leading exciting and engaging workshops which pupils at the school thoroughly enjoyed. Teachers at Bedgrove Junior School commended the leaders for their fantastic attitude and enthusiasm when leading the Year 3 pupils. The Year 12 leaders were out again on 17 July leading dance workshops for Year 5 pupils at Turnfurlong Junior School.

Miss McKendrick



END OF YEAR ART 2017



This year we celebrated GCSE and A Level art as well as the new introduction of AS photography. It was great to see such amazing work and hear positive feedback from parents and students regarding the standard and diversity of work on show.

Congratulations to all our girls for their continued hard work over the duration of the course and particularly well done to Natalia Osborne, Madeleine Everett, Imogen Burton and Megan Poole, whose work we have purchased this year.

Mrs Hartwell



ERASMUS

A year of Erasmus

As part of the Erasmus project, French and English students met in March to do some collaborative work on European scientists and inventions. Students had to test their knowledge of European inventors and their contributions before researching in more detail some of the inventions. They produced a series of displays including QR codes for people to look at and find out more about them. Three Year 12 students, Abbi Bowden, Folu and Beth Lewis, have also been Erasmus Ambassadors and have worked on different topics related to the project. Their work is in the language corridor and their video will be

on the language screen if you are interested to see what they have done. Part of the project also involved teachers going to other partner schools for a "work experience week". Mrs Aston went to the Dientzhofer Gymnasium Bamberg, Mr Potkin to Lycée Brassens, Rive de Gier France and we had the pleasure of welcoming two Spanish teachers from Massanassa, Valencia, and two German teachers from the DG Bamberg in Biology/ Chemistry, Maths/ Physics and Spanish/ French. So what's next? The final step is an exchange for Year 10 and 12 with Italy in March next year which will focus on Shakespeare and the Erasmus project. So watch this space!

Mrs Aston



BHARATHANATAYAM DANCE

I started to learn Bharathanatayam Dance (Southern Indian dancing) when I was 5 and have now achieved Grade 7. Bharatanatyam is a classical Indian dance which originated in Tamil Nadu, India. It is also a mixture of story-telling and dances with a live orchestra. The word 'Arangetram' is Tamil for 'ascending to the stage' by a dancer who has completed years of formal training. A Bharatanatyam Arangetram celebrates a successful completion of a series of dances and is a performance consisting of 8-12 items with speeches, interval and interludes. My own Bharathanatayam Arangetram consists of 10 dances, each a different type of dance. Some dances are energetic and others are more acting than dancing as they tell a story. A Varnam is the ultimate type of dance performed at an Arangetram lasting for 30-45 minutes average. I will be performing my Arangetram in a theatre that I have hired for the occasion on 29 July in front of invited friends and family. An Arangetram marks either the end of your dance journey or the beginning. For me, it is the beginning as I intend to become a solo performer and dance at an even higher level.

Maiurie Rasakulasuriar 8W



MUSIC, MOVEMENT and MUSES



On 4 July we were treated to an brilliant array of music, drama and dance. Year 7 really shone at this event: Lily Pike and Eleanor Bye performed some amazing dance solos, Yi-Toong Yee dazzled us with her jazz piano and we were very entertained by the Year 7 Keystone Cops routines. Other highlights included Sam Castro and Lizzie Gross singing beautifully and some wonderful playing from ensembles such as Harmonize, Jazz Band, Steel Pans and the Percussion group. The Harding House music club probably stole the show with 'Sweet Caroline', but the event also finished with a very powerful performance by the Year 10 dancers. A collection at the end raised £186.56 for the victims of the Grenfell Tower fire. Thank you very much to our wonderful Creative Arts team and all the performers for all of their hard work.

Mrs Queralt



HOUSE DRAMA



Our House Drama was based on one girl (00126) who doesn't understand why she has to be the same as everyone else. She questions the "equality of everything". She wants to be unique and different and she simply can't help it. This leads her to pursue happiness for herself and for all. She wants to eat different things, wear other clothes and try to overcome the normality of what isn't normal. Simply differentiate between reality and fantasy. When people start to see this, they try to contain her, but no one can contain her individuality. To explore and find out why her imagination ventures, she steals a history book to go back in time and see different historic events such as women's rights, civil rights, voting rights and much more. From there she can share it with the world resulting in others seeing and deciding to change the system and that their inequalities, differences and quirks are what make them equal and not to be literally equal. The piece challenged the idea that you must be exactly the same to be equal. Accepting our individuality and uniqueness is what has lead the world to become more open and welcoming in our modern day. This takes an insight into why we are distinctive and that all our downfalls and successes are what make us human.

Phoebe Siaw 12A on behalf of Missenden House



And the winners are.....
MISSENDEN

The prize for Best Performer
goes to Emily Celine 7S



HOUSE QUIDDITCH



It was lovely to see so many people turn up to House Quidditch, even if, as the Golden Snitch, I had to wear a high vis jacket and a hat with wings on! The houses had to field a team for 'Muggle Quidditch', which although isn't in the air still involves broomsticks (hockey sticks), a quaffle and bludgers (volleyballs). As in Harry Potter, teams need Beaters, Chasers, Keepers, with the inclusion of a human snitch who runs all around the school (me!), chased by the Seekers. The event had a lot of interest, with 83 students signing up initially, with House Captains then taking charge of their teams and practice. I would recommend making this a more permanent competition and even part of the House Cup! The final featured Missenclaw vs Hughenpuff, who even had some advice via Twitter from the US Quidditch Cup - congratulations to the final winners, ***** Thank you to everyone who helped organise, particularly all those who gave up their time for practice, as well as everyone who were snitches and dementors!

Julia Barker 12S



DISTRICT ATHLETICS CHAMPIONS

Year 7, Year 9 and Year 10 all took first place, at District Athletics this year, with Year 8 in second place!

On a miserable wet and cold day we arrived at Stoke Mandeville Stadium feeling confident about the competition ahead. Girls had had some good preparation as a result of us hosting our own competitions on our field this year, and of course our very own House Athletics. Girls were ready to give it their all for the team, and the mood was high – and then the rain started! The girls covered in the gazebo and in tents to keep warm and dry, so the wait for their events was tough. The competition started with hurdles and the field events, but it was clear very quickly that the weather was putting the athletes at risk of injury, therefore the tough decision was made to postpone the hurdles and high jump, until the weather started to dry up! It didn't, so those events were cancelled. Meanwhile the girls supported and congratulated each other and despite the weather there were lots of fantastic results, with all finals hosting an AHS athlete.

Our district champions are:

Y7: Emilia Rock -200m & Long Jump, Hannah Whitby – Javelin, Relay team of Anaya Goodman, Emilia Rock, Grace Holt and Hannah Whitby.

Y8: Helena Van Hullen – Hurdles, Millie Lowrie – 200m

Y9: Lucy Perkins 200m, Hatty Bell – Triple jump & 800m, Emily Johnson – 1500m, Olivia Robson – Javelin, Relay team: Lucy Perkins, Mia Thompson, Hatty Bell and Bea Wooten

Y10: Abi Garton – 200m, Zara Buchanan (current Y9) – 800m, Georgie Morley – Triple Jump, Olivia Lowrie – Long Jump, Margaret Agega – Shot

In **Bronze medal** positions were: Y7 Georgie Oakley – Shot, Y8 Millie Carey – 1500m, Y9 Francesca Strach – Discus, Grace Ashton – Shot, Y10 Olivia Lowrie – 300m, Chelsea Koomsam – Discus.

In **silver medal** positions were: Y7 Grace Holt – Hurdles, Liv Crowley – Shot, Y8 Hannah Davis – Discus, Freya Maguire – Javelin, Onyi Okoye – Shot and Relay team of Helena Van Hullen, Onyi Okoye, Millie Lowrie and Hannah Davis. Y9 Mia Thompson – Hurdles, Olivia Robson – 300m, Lucy Perkins Long Jump, and throwing for Y10 Isobel Mathews – Javelin.

With the athletics season at school now at an end, it has been a pleasure to take these athletes to events, and we look forward to seeing further improvements and great individual results next year.

NATIONAL SUCCESS IN ATHLETICS

Head Girl Bronwen Reed leads the way

Congratulations to Head Girl, Bronwen Reed, who was selected to represent Buckinghamshire at the prestigious National Athletics Championships. It is the biggest school event in the whole world, involving around 1500 pupils from around the country. Many Olympians have taken part over the years and did indeed include Greg Rutherford (who was a Bucks athlete), as well as Paula Radcliffe, Jess Ennis-Hill, Mo Farah and many, many others. Indeed a study was undertaken and at the Rio Games alone around 50 of GB Team had competed at the English Schools (although not all took part in track & field). It is a very important weekend in the sporting calendar. In the 400m heats she ran 57.55, well inside the English Standard of 58.80. Bronwen was the tenth fastest athlete from the four heats and missed the final by 5 tenths of a second. An amazing run, as Bronwen has another year in the senior girls' age group.

Regional and National Multi Event Success for Junior Athletes

Congratulations to Lucy Perkins Y9 and Helena Van Hullen Y8 who were both selected to represent Buckinghamshire at the Midland Regional Championships. Both first time multi eventers, the girls competed in 75m hurdles, shot, long jump, high jump and 800m. Covering all events in one day, the girls did exceptionally well to achieve PBs on the day. The fantastic efforts contributed to the Bucks team achieving 2nd place overall. Helena, a year young for this event came in 8th place overall and a fantastic 800m of 2.20 meant Lucy achieved individual 4th place. Based on this performance Lucy has been selected for the National Combined events final – well done girls.



Rounders Highlights



This year's rounders season has been a successful one for AHS, both for being able to dodge the raindrops long enough to play all fixtures, and the number of games won! An enthusiastic Year 7 team finished their season first, winning their End of Season Tournament in first place. The Year 9s followed suit soon after with another win, securing their place at the MK and Bucks Youth Games on Friday 7 July as representatives for the Mandeville Partnership. The Year 8s lost just one game at their tournament to a very strong Waddesdon side to finish in second place, whilst the Year 10 also finished first in their tournament. Well done on a successful season girls!

Miss Hunter

TRIATHLON NEWS



It's been a fantastic triathlon season for AHS, with 20 girls competing in at least 8 events. Six girls competed in two or more events, with a couple braving the open water swims. The weather was in our favour at most events, although a little hot at some, but this did not deter our triathletes.

For the first time ever, we worked with Leighton Buzzard Triathlon Club who kindly allowed us to run this as a schools' event alongside their annual event. So we duly set to advertising and saw a few schools turn out. AHS fielded the most triathletes of any school (10 from Years 7-12). We hope to build this even further next year. The highlight for many was the AHS gazebo being placed very very close to The Works Ice Cream stall - they did very well!

Some are experienced triers, some first timers, but the great thing was to see so many, particularly Year 7, undertaking their first ever triathlon, all with smiles on their faces! Not put off by misbehaving bikes, slippery surfaces and a few falls, the girls have all shown incredible resilience and determination and all deserve to feel so proud of that medal being placed around their neck at each event. Special mention goes to Eva Pudney who faced her fears and bravely tackled the longer swim at the Leighton Buzzard Triathlon. The support the girls have shown for each other has been amazing and we can't wait to rack those bikes race ready again next year and build our team!

Mrs Carey

TRIATHLON NEWS

Windsor Triathlon

Congratulations to Hannah Alexander who came first in her age group in the Windsor Triathlon—a real inspiration to our younger girls!



Henley Triathlon

On Saturday 3 June, a group of five girls, Hannah Whitby, Millie Carey, Sophie Gibson, Jess Chandler and Katharine Esslemont took part in the Henley Triathlon. The weather was perfect for the swim, bike and run: dry, sunny but not too hot. The atmosphere was amazing, with parents and supporters cheering and encouraging on the side of the course. After a speedy swim, we ran out to the transition area, where goggles and hats were thrown aside, replaced with shoes, helmets and bikes. After the bike ride, it was into transition again, to take off helmets and go onto the run. It was harder towards the end, but as we all went into the final leg of the race, everyone gave a sprint finish, so we all finished out of puff but knowing we tried our hardest. Triathlon is a great sport, challenging, fun and friendly. If you fancy giving it a try speak to Mrs Carey or any of us, we can answer any questions and persuade you to give it a go! There are plenty more races coming up! And a special thanks to Mrs Carey for encouraging us all.

