

Y4/5/6 Duathlon



Friday 04th December 2020 – A freezing start this morning for our Level 1 Duathlon event at Widewell Primary but this didn't put our teams off! 3 girls and 3 boys from Y4/5 and Y6 were selected to take part in this challenging endurance event. After getting to grips with the event format and the bikes, the children were shown the course and then it was time to start. The Y4 team completed a course of 1.8km (which equates to 2 laps running/3 laps cycling/1 lap running), while the Y5 and Y6 covered an impressive 3.6km course (3 laps running/6 laps cycling/2 laps running). As well as being physically challenging, today was also about being mentally strong – the teams had to contend with freezing conditions and motivate themselves to keep going. This event is all about pacing yourself to make sure that you can finish and there were some impressive performances this morning. *Full table of results below.* They clearly make them very tough and fit at Widewell as everyone finished their course with some great times. Whatever position you finished in today, you should be extremely proud of yourselves as this was a tough challenge – well done to all of you!

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PE Specialist Teacher*



Year group	Name	Time (mins)	Position (1.8km)
Y4	Alfie	7:39	01 st
Y4	Theo	8:17	02 nd
Y4	Olivia	9:30	03 rd
Y4	Bella-Rose	11:30	04 th
Y4	Cailyn	12:04	05 th
Y4	Max	12:14	06 th

Year group	Name	Time (mins)	Position (3.6km)
Y5	Tom	12:40	01 st
Y5	Freddie	12:41	02 nd
Y5	Isabelle	13:57	03 rd
Y5	Lily. P	15:13	04 th
Y5	Evie	15:34	05 th
Y5	Daniel	16:24	06 th

Year group	Name	Time (mins)	Position (3.6km)
Y6	Aidan. R	13:31	01 st
Y6	Izzy	15:14	02 nd
Y6	Bintou	15:16	03 rd
Y6	Shea	15:53	04 th
Y6	Megan	15:57	05 th
Y6	Noah	15:58	06 th

