Yesterday we spent the afternoon in Loughborough at the National Primary Schools Cross Country Finals as Theo made it through the heats to represent Warwickshire.

He formed part of a 20 strong team of Year 5 boys who ran in a field of 201 boys from across the UK. There were runners from as far North as Cumbria to Wales, Kent and as far East as Suffolk.

It was very windy, hilly, muddy and wet! Not ideal at all for a run but fortunately the torrential rain didn't hit until after his race. Literally as he crossed the line!

He did super well! He came 83rd overall and 4th for Warwickshire which is super impressive as this was his first stab at cross country. He did a couple of training runs at home, and one track session at Stratford athletics and that was his prep!

He was absolutely spent at the end and literally collapsed over the finish line. His time was 10.04 for 2400m in pretty grim conditions.

