

## Scottish Disability Sport Cross Country East Series 2

*Peffermill, Edinburgh 6<sup>th</sup> December*

There were some excellent performances from the second event of the East Cross Country Series at Peffermill on the 6<sup>th</sup> December. Regardless of the cold conditions, 73 pupils from both primary and secondary schools attended with several gold medals and series points up for grabs. There was dominance from Prospect Bank in the Girls and Boys 1Km race as pupils Victoria Kacaba (P5) and Kyle Long (P7) supplied two Golds as the fastest girl and boy finishers. In the Secondary Girls 1Km it was Sophie Coughlin (S1; Bell Baxter HS) who dominated the race winning by over 30 seconds from her closest rival Lia Jarvie (S1; Cedarbank).

However it was perhaps the Secondary Boys 1Km race which produced the most thrilling run of the day. Fresh from double gold at the recent SDS National Junior Swim Champs in Glasgow, George Forbes (S6; Cedarbank) left it late but produced an excellent sprint finish to take home gold from Arran Howe (S4; Bell Baxter HS) who went out hard from the start. Kyle McGrandles (S4; Cedarbank) came home in third place.

The Secondary Boys and Girls 2Km and 3Km races were ran simultaneously to finish off the day, with Louise Harley (S4; Lochgelly HS) and Steven Stone (S6; Pilrig Park HS) winning the 2Km races and David Bett (S6; Woodlands) winning the 3Km Boys race respectively.

There were some encouraging performances going into the final two East Series Events (dates below) particularly with the National Cross Country Championships approaching in March. For the full list of results see our Reports and Results page.

Please note, following recent consultation with participating schools it has been decided by Scottish Disability Sport and Scottish Athletics to **introduce 500 metres events for Primary, S1, S2 and S3 pupils** at the final two East Series events at the Beveridge Park, Kirkcaldy (new date Thurs 2nd Feb) and Peffermill Playing Fields, Edinburgh (Tues 21st Feb) in 2017. The shorter race has been added to the programme to help prepare and encourage novice participants to take up cross country running. The event organisers are confident that schools will consider this series of shorter races as suitable **for novice runners only**.

Please note the closing date for race 4 (Kirkcaldy) is **20<sup>th</sup> January** and race 5 (Peffermill) is **10<sup>th</sup> February 2017**.