

# Cross Country at St Benedict's

Children throughout the school take part in Cross Country club every Wednesday lunch time. The club is run by Mrs Anderson, during the running season in Autumn and Spring terms. The children develop their skills in speed, stamina and perseverance through games, interval training and longer runs.

Excitingly, we are affiliated to the Mendip Junior Cross Country League. Our children take part in 5 exciting races throughout the season to a high standard.



Please look at the [Mendip Junior Cross Country League website](#) for more information on venues, match fixtures and results.

