

## GRESHAM'S TEACHERS COMPLETE AN ULTRA MARATHON CHALLENGE



Gresham's teachers, (below, left to right: Ben Green, Chris Cox and David Saker) have completed their first 'Ultra Marathon', raising £2745 for two charities.

The trio endured extremely hot weather conditions, rough terrain, severe cramp and aching legs to complete the 'South Coast Challenge', a gruelling off-road 100km race from Eastbourne to Arundel, during the August Bank Holiday weekend. Chris and Ben took part in the challenge to raise money for 'Thinking of Oscar', a charity which aims to improve the experiences of young children and their families while they are in hospital care and to provide for the development of research and development into and the provision of improved diagnostic techniques and



technology for paediatric care. David completed the challenge to raise money for The Alzheimer's Society which seeks to support people suffering

from dementia and to fund world-class research with the ultimate goal of defeating it.

Head of History, Chris Cox, who completed the race in an amazing 15 hours and 29 minutes, reflected: "The climbs were so much more significant than we had realised making progress difficult and the conditions were extremely tough. I am so pleased to have completed the race, and it all feels quite surreal now." With a preference for racing, Chris is looking forward to completing half marathons in the future. Gresham's Head of Biology, Ben Green, added: "The team spirit shown by all the other runners made the time pass and I was grateful for the moral support, especially as we entered the early hours of the next morning. To reach the finish line and be met by Chris, Dave and our families was amazing. We earned our glass of Champagne and I have never been prouder of a medal. To have raised over £1500 for Thinking for Oscar is a great feeling."

Head of Physics, David Saker, said: "This was a real mental as well as physical challenge; the fact we were all running for such important charities gave us the determination to continue as the miles racked up. The support on the day was fantastic, and the encouragement from the other runners, event volunteers, friends and family really helped. I am really pleased and proud to have raised over £1200 for the Alzheimer's Society and would like to thank everyone who has sponsored us." Like Chris, Ben and David will not be resting for long. Together with a team from Gresham's School, they plan to take part in the Cambridge Half Marathon, an altogether more manageable distance, on 5th March 2017.

### Acupuncture at Holt Holistic Centre

**Alison Courtney** BSc Hons Ac

For many people acupuncture is now becoming a treatment option for a diverse range of physical and emotional issues. Joint and muscular pain, headaches, digestion, being stressed and at stressful times. Would acupuncture help? Call me to find out.

Member British Acupuncture Council ex NHS.

Email [alisoncourtney3@gmail.com](mailto:alisoncourtney3@gmail.com) [www.alisoncourtney.net](http://www.alisoncourtney.net)

Tel 07790264515

Holt Holistic Centre Tel 01263 711898 10 Station Road Holt.

[www.holtchronicle.co.uk](http://www.holtchronicle.co.uk)

## Photography

Contemporary Landscape  
Wedding, Portrait and  
High Quality  
Photography

5 & 7 Cromer Rd, Holt  
[www.photography](http://www.photography)

## FIRST WEEK FOR GRESHAM'S NEW PRE-PREP SCHOOL

Sarah Hollingsworth, the newly appointed Pre-Prep School in Holt, has taken the helm. Sarah moved to Norfolk from her previous role of Pastoral Care at Oswestry School. She is replacing the retirement of Janette Davidson as the Pre-Prep Head.



Sarah has previously been an experienced Nursery Manager and a Reception teacher, and a trained ISI inspector.

Reflecting on her first week here at Pre-Prep, Sarah says: "I'm particularly pleased to be in charge of the Beach School, our music department in the Senior School and the north Norfolk National Trust. It's a welcome to instrument and more opportunities we're offering. The Nursery and Pre-Prep staff are very earnest and have been enjoying working with the children by teachers from Gresham's. The children are joined every day by teachers so that they can discuss their Languages and have lots of opportunities to start a range of activities and a group to greeting friends."

TO A  
THE HO  
PLEASE T  
ON

The Holt Ch