



Abi Durand getting stuck in at the English National Cross Country Championships.

Picture: NORTH NORFOLK SPORTING CENTRE FOR EXCELLENCE

Abi is a great sport

A schoolgirl from north Norfolk is reaping the rewards of specialist coaching sessions.

Abi Durand, a Year 9 pupil at Aylsham High School, finish 22nd from 426 competitors in the English National Cross Country Championships in Nottingham on February 25.

She has been attending specialist coaching at the Sporting Centre of Excellence (SCoE) establish in the autumn of last year by North Norfolk District Council working with Gresham's School in Holt.

The 14-year-old runner, who represented the North Norfolk Harrier Athletics Club, competed in the Under 15 Girls race and finished in a time of 17:01, just 1:14 off the top slot.

Earlier this year Abi also won the Norfolk Schools Cross Country Championships Junior Girls category, held at Norfolk Showground.

The project brings together talented children with professional coaches to help them maximise their sporting talent to the full.

The first academic year of the project is providing top-class coaching in netball, hockey, cricket and running.

Coaches have also identified youngsters with other county standard potential, including in cricket.

Plans are also in place to add Boccia to the list of sports for the second year of the project. This is a precision ball sport which has featured in the Paralympic Games since 1984.