

*So there I stood, wobbling like a jelly in the breeze, staring up at the abseil tower, and then it was my go. When I got to the top I felt scared and excited. When I leant back I felt like I was going to fall!*

*When I was at least 1 metre down it already felt like I had made a big mistake.*

*It was a little bit scary but the people down below kept me happy - especially Harrison.*

*When I got to the bottom of the tower I felt like I had just abseiled down the smallest mountain in the world!*

*By Alfie*