

*So there I stood at the bottom of the huge abseiling tower, my heart was racing like a racing car, my legs were numb.*

*I climbed up the ladder, the wind swaying around me. Amy attached me to the ropes and I started to abseil down the wall.*

*As I contolled the rope I felt good.*

*I could hear then birds cheeping around me . I could hear my fiends calling " come on Ben"*

*At the bottom I uncliped my harness. Relief that I had done it made me feel that I would like to do it again.*

*Now my heat had returned to normal.*

*By Ben*