



# ST JOHN'S

SCHOOL  
LEATHERHEAD

## **ATHLETICS RESULTS – SUMMER 2008**

### **~ WALTON OPEN ~ SATURDAY 19 APRIL 2008**

A small group of students represented the School at the Walton Open meeting. A good set of results were achieved, highlighted by a new school record of 13.54 seconds in the 100m Hurdles by Tom Parry, placing him second in the current national rankings, and two new personal bests by Michael Cole over 400m (53.85 seconds) and an impressive high jump of 1.85m, narrowly missing his attempts at the School record of 1.90m

Adam Taylor fell just shy of the school 3000m record in (10m33sec), and was ably backed by solid performances by Ella Benedict (3000m – 11m30sec) and Matthew Wood (2000m steeplechase – 7m52sec)

### **~ CHRIST'S HOSPITAL ~ SATURDAY 26 APRIL 2008**

The Athletics season kicked off with a strong all-round team performance against Christ's Hospital. Old faces and new united to record a solid win.

Despite facing some strong opposition in the form of their sprinters and jumpers, all three age groups (Juniors, Inters, Seniors) won their respective competitions, setting us up nicely for the overall win.

The grass track made fast times difficult, but the athletes still acquitted themselves well. We look forward to seeing this translate into a successful season, which moves on to face several schools at Eastbourne College this coming Saturday.

## ~ EASTBOURNE COLLEGE & WORTH SCHOOL ~ SATURDAY 03 MAY 2008

The team continued their fine start to the season, finishing 2<sup>nd</sup> overall, out of nine schools, with the Inters winning their age group.

The day witnessed a number of individual victories – Jake Jolley (Junior Shot), Tom Parry (Inter 100m Hurdles), Felix Golding (Inter Discus), Greg Leathem (Inter Shot), Michael Cole (Senior High Jump) and a solid level of consistency throughout the team, despite some strong opposition.

The highlight of the day, however, saw Michael Cole, Salem El-Sayed, Christian Dennis and Fred Woods team up to comprehensively win the Senior 4x400m relay, taking 3 seconds off the School record in the process

Overall	Points	Position
A Ardingly	120.00	9
B Brighton	332.00	1
C Caterham	229.00	5
D Cranleigh	266.00	3
E Eastbourne	225.00	6
F Worth	179.00	8
G Seaford	189.00	7
H Hurstpierpoint	252.00	4
J St John's	293.00	2

## ~ LORD WANDSWORTH COLLEGE ~ SATURDAY 10 MAY 2008

The Athletics team were in winning form at Lord Wandsworth. Up against 4 other schools, the boys easily beat the nearest competition, Cranleigh, despite the absence of some noteworthy athletes.

Outstanding performance of the day goes to Dan 'The Machine' Pope, who broke the 25-year old school record in the Junior 1500m by 3 seconds, followed by another fine performance by Salem El-Sayed, missing the senior 1500m record by 0.6 seconds!

Some fine efforts were rewarded by several Personal Bests by many athletes, but the biggest effort of the day was a very tired Killian Wilson – who competed in 6 different events, followed closely by Christian Dennis in 5 events.

Ella Benedict, Ashley Crane and Katie Frost all represented the girls, and had a fine afternoon, each winning their main events, and putting in fine displays in others.

Away from the School fixture, Tom Parry was crowned Surrey Clubs Champion in the Inter Boys 100mH, winning in 13.8 seconds, almost a second quicker than the runner up

## **~ CENTRAL SURREY DISTRICT CHAMPIONSHIPS ~ THURSDAY 15 MAY 2008**

Dan Pope won the 800m and came 3<sup>rd</sup> in the 1500m, Jake Jolley won the Shot Putt and came 2<sup>nd</sup> in the Discus.

Other strong performances came from Adam Taylor (2<sup>nd</sup>, 1500m), Jack Radley (Javelin) and Dan Johnson (Triple Jump and Javelin), all backed up by sound performances from the rest of the team, the vast majority of whom made at least the final, against strong opposition

Overall, despite having a much smaller team, the Juniors finished third in the team competition, behind Epsom College and Glyn – both much bigger schools

We now wait on selection details for the County Championships in June

## **~ EASTBOURNE - ATHLETICS MULTI EVENT ~ SATURDAY 17 MAY 2008**

Both boys and girls competed in a multi event competition at Eastbourne – 5 events for the boys, 4 events for the girls - in both individual and team capacities

In the individual competitions, Dan Pope finished 4<sup>th</sup> overall in the Juniors (out of 20) highlighted by a new school 800m record in 2m12secs, Tom Parry finished 2<sup>nd</sup> in the Inter boys competition and Fred Woods was crowned winner in the Senior Boys competition. In the Senior Girls, Ashley Crane finished 3<sup>rd</sup>

However, the team competition highlighted the strength in depth we have, with the School winning every age group in the boys, with Dan Pope, Iain Sexton, Darian Etemadi and Charlie Smith winning the Junior Boys, Tom Parry, Tom Souter, Greg Clark and Killian Wilson the Inters and a resounding victory in the Senior Boys, with Michael Cole (2nd), Christian Dennis (3rd) and Nick Dunn (6th) backing up Fred Woods individual win. The day was capped off with the School 4x400m record being broken for the second time this season, by another 3 seconds, to 3m35secs. The Senior girls team of Ashley, Ella Benedict, Katie Frost and Sophie Grant just missed out to Eastbourne, finishing second but beating Brighton's girls in the process.

## **~ SOUTH OF ENGLAND CHAMPIONSHIPS**

Tom Parry finished 2<sup>nd</sup> in the South of England Championships over 100m Hurdles during the holidays. His time of 13.8 seconds maintained his consistency under the important 14 second barrier

## ~ SURREY SCHOOLS ATHLETICS CHAMPIONSHIPS ~ SATURDAY 14 JUNE 2008

The School was well represented in Saturday's Surrey Schools Athletics Championships

Michael Cole continued his recent form with a win, clearing 1.91m. He was backed up by further wins by Ella Benedict (3000m) and Katie Frost (100mH).

Two school records were also set by Matt Wood (2000m s/c) and Adam Taylor (3000m), to take the total school records broken this season to ten (12 including those broken twice).

All athletes taking part acquitted themselves well, reaching their respective finals and placing well throughout all events.

Unfortunately, two of our biggest hopes, Tom Parry and Dan Pope, were disqualified, following comfortable wins in their heats.

We now wait on the team selection for the English Schools Championships, for which Michael Cole and Tom Parry both have the qualifying standards.

Results:

### Juniors

Jake Jolley (SP)	- 4th
Iain Sexton (HJ)	- 6th
Charlie Smith (400m)	- 7th
Dan Pope (800m)	- DQ

### Inters

Adam Taylor (3000m)	- 3 <sup>rd</sup> (School record)
Ben Hatch (TJ)	- 5th
Tom Parry (100mH)	- DQ

### Seniors

Michael Cole (HJ)	- 1 <sup>st</sup> (County Champion)
Matt Ellams (100m)	- 2nd
Calum Roberts (DT)	- 2nd
Fred Woods (400m)	- 2nd
Salem El-Sayed (1500m)	- 2nd
Charlie Conn (110mH)	- 3rd
Matt Wood (2000m s/c)	- 4 <sup>th</sup> (School record)
Barney Banks (LJ)	- 5th
Braden Ridgway (200m)	- 5th
Ella Benedict (3000m)	- 1 <sup>st</sup> (County Champion)
Katie Frost (100mH)	- 1 <sup>st</sup> (County Champion)
Ashley Crane (DT)	- 4 <sup>th</sup>

## **~ TONBRIDGE ~ SATURDAY 21 JUNE 2008**

In the final Athletics fixture of the season, the team finished 6<sup>th</sup> of 12 schools, in a traditionally tough competition. They beat all schools of a similar size, and were not far off the top 5, which included the likes of Tonbridge and Judd.

The Juniors were the best age group, with a very good 4th place, backed up by consistent Inter and Senior teams.

Fred Woods and Dan Pope enjoyed event wins in the 400m and 1500m respectively, backed up by several second places, whilst the likes of Philip Whittle and Ricardo Fawdry earned vital points for the team, filling in at the last minute in a number of events.

Meanwhile, at the South-England Inter Counties match, Tom Parry finished a fine 3<sup>rd</sup> in the Inter Boys 100m Hurdles to secure his place at the English Schools Championships in July.