



School Records

	Kirby Boys	Kirby Girls	Junior Boys	Junior Girls	Senior Boys	Senior Girls
	Name & Record	Name & Record	Name & Record	Name & Record	Name & Record	Name & Record
100m	Miraj Rana (2018) 12.91 secs	Neve Finn (2015) 13.08 secs	K. Blay 11.4 secs	Tilly Tillings (2017) 13.28 secs	C.M.Weavers (1974) 10.6 secs	Moshope Laniyan (2014) 12.81 secs
200m	Sonny Teall (2016) 25.76 secs	Macey Daley (2015) 28.26 secs	C-D Spenser 23.8 secs	Lottie Hill (2014) 27.59 secs	C.M.Weavers (1974) 22.0 secs	D.Rooms 27.8 secs
300m		Alana Fisher (2015) 48.72 secs		Sophie Mayes (2012) 45.36 secs		Sophie Mayes (2014) 45.13 secs
400m	Sonny Teall (2016) 62.00 secs		M. Labor 55.40 secs		E.Osakwe (1998) 52.0 secs	
800m	Patrick Greene (2017) 2m 25.49secs	Beth Williams (2015) 2min 20.99 secs	R. Smith 2min 09.2secs	Beth Williams (2016) 2min 17.4 secs	J.P.Hulme (1975) 1m 59.0sec	Cl. Baker 2min 35.9sec
1500m	Patrick Greene (2016) 5m 15.86 secs	Beth Williams (2015) 4min 58.06 secs	B. Rew 4min 40.4 secs	Beth Williams (2016) 4 min 55.34 secs	J.P.Hulme (1975) 4m 14.0 secs	Beth Williams (2018) 4 min 54.98 secs
Long Jump	Caspar Durrant (2018) 4m 71cm	Atida Kusotera (2019) 4m 38cm	K. Obeng 5m 77cm	Cl. Baker 4m 93cm	Tega Gbagi (2023) 6m 90cm	I. Wong 4m 80cm
High Jump	Chris Allum (2005) 1m 50cm	Brooke O'Hare (2016) 1m 35cm	Edward Smith (2023) 1m 81cm	Tamara Vint (2011) 1m 42cm	Tega Gbagi (2023) 1m 81cm	Lena Nehring (2009) Tamara Vint (2012) 1m 40cm
Triple Jump	Patrick Greene (2017) 8m 62cm	Bella Rowe 9m 05cm	B.lyamu 13m 08cm	Sophie Mayes (2013) 9m 48cm	B. Iyamu (1995) 13m 72cm	Sophie Mayes (2014) 9m 65cm
Shot Putt	Tom Cutts (2005) 10m 49cm	Mairead McGrath (2021) 8m 50cm	T.Cutts (2007) 11m 76cm	S. Sacre 11m 07cm	R. Soyode (1999) 12m 87cm	S. Sacre 9m 39cm
Discus	Sam Peat (2008) 23m 20cm	Yuliana Andreeva (2006) 20m 45cm	D. Jituboh 30m 14cm	E.J. Sandeven (2007) 31m 93cm	J.B.M. Rodin (1956) 40m 08cm	Lily Murray (2022) 33m 80cm
Javelin	Max Farnell (2011) 38m 00cm	Neve Finn (2015) 22m 33cm	Max Farnell (2013) 48m 67cm	Chloe Plumb (2019) 27m 84cm	C. Groenewald (1998) 53m 6cm	Chloe Plumb (2021) 27m 40cm
4 x 400m Relay	Courtenay (2013) 5m 01.84secs		Lodge (2003) 4m 22.48secs		(1976) 3m 45secs	
4 x 200m Relay	Cameron (2022) 2m 03.65 secs	Courtenay (2015) 2m 10.33secs		Laing (2016) 2m 08.64secs		Bellerby (2014) 2m 07.50secs
4 x 100m Relay	Courtenay (2018) 55.56 secs	N.Finn, M.Daley, T.Akiniku (2015) 54.81 secs	Newlands (2018) 49.53 secs	Laing 57.60 secs	C.Weavers, Brake, Dixon, Smallman (1973) 44.9 secs	Bellerby (2015) 57.25 secs



ST LAWRENCE COLLEGE

SPORTS DAY 2024

Friday 24th May

11:15 - 13:15

Newlands Sports Fields



- In **ALL** competitions, there will be **TWO** competitors per event per house.
- Individual competitors may do:
 - EITHER** two track events and one field event and one relay.
 - OR** two field events and one track event and one relay.
- Points** will be awarded as follows:
 - For individual events: 1st 10 pts; 2nd 8 pts; 3rd 6 pts; 4th 5 pts; 5th 4 pts; 6th 3 pts; 7th 2 pts; 8th 1 pt.
 - Relays for 4 TEAMS will be 1st 20 pts; 2nd 15 pts; 3rd 10 pts; 4th 5 pts. 3 TEAMS will be 1st 20 pts; 2nd 15 pts; 3rd 10 pts. 2 TEAMS will be 1st 20pts; 2nd 10 points
 - No points will be awarded if a competitor is disqualified (for breaking the rules or for inappropriate behaviour), does not finish or does not record a height or distance.
- A **prompt start** is needed. Be on time for your events. In the event of a clash, **track events take precedence over field events.**
- NB: **Under no circumstances** will anyone be re-instated and allowed to run later if they miss their track event
- Wear **correct school kit**. Staff have been instructed to disqualify any competitor who is incorrectly dressed
 - HOUSE T-SHIRT
 - Blue games shorts – boys
 - Blue skort or blue games shorts – girls
 - White socks
- Houses should appoint a **captain** to resolve problems over clashes or competitor replacements. Please submit captains' names to Mr Simmons before Sports Day.
- Competitors are not allowed beyond the roped-off section of the track except immediately before and after their events.
- Do not use any of the equipment (javelin, shot, discus) without an official being present.

POINTS TO NOTE
SPECTATORS/ALL PUPILS

- All pupils **are expected** to attend.
- Houses should make their own arrangements for checking and supervising pupils.
- Spectators are not allowed beyond the roped-off section of the track.
- Pupils who are spectating should be positively supporting their House and also the pupils competing in the events. Footballs, rugby balls etc should not be used whilst the event is on
- The programme is approx. 11:15am – 1:15pm.

Mr Simmons
Director of Sport

Time	Track Event	Long Jump/Shot	High Jump/Discus	Triple Jump/Javelin
11:15	800 metres 1. All girls together 2. All boys together	Kirby boys Long Jump Kirby girls Shot	Junior boys High Jump Junior girls Discus	Senior boys Triple Jump Senior girls Javelin
11:35	200 metres 1. Kirby girls 2. Kirby boys 3. Junior girls 4. Junior boys 5. Senior girls 6. Senior boys	Senior boys Long Jump Senior girls Shot	Kirby boys High Jump Kirby girls Discus	Junior boys Triple Jump Junior girls Javelin
11:50	300 metres 1. Kirby girls 2. Junior girls 3. Senior girls 400 metres 4. Kirby boys 5. Junior boys 6. Senior boys	Junior boys Long Jump Junior girls Shot	Senior boys High Jump Senior girls Discus	Kirby boys Triple Jump Kirby girls Javelin
12:10	1500 metres All together	Kirby girls Long Jump Kirby boys Shot	Junior girls High Jump Junior boys Discus	Senior boys Javelin Senior girls Triple Jump
12:30	100 metres 1 Kirby girls 2 Kirby boys 3 Junior girls 4 Junior boys 5 Senior girls 6 Senior boys	Senior girls Long Jump Senior boys Shot	Kirby girls High Jump Kirby boys Discus	Junior boys Javelin Junior girls Triple Jump
12:45	4 x 400 metres relay 1 Senior boys and Junior boys 4 x 200 metres relay 2 Kirby boys and Kirby girls 3 Junior girls & Senior girls	Junior girls Long Jump Junior boys Shot	Senior girls High Jump Senior boys Discus	Kirby boys Javelin Kirby Girls Triple Jump
13:05	4x100 metres relay 1 Kirby girls & Kirby boys 2 Junior girls & Senior girls 3 Junior boys & Senior boys			
13:15	FINISH			



