

U12-U14 National IAPS Athletics Finals

On Tuesday 4th July, 24 of our athletes represented the East area and the school at the National Prep School Athletics finals at Birmingham Alexander International Stadium.

It is always incredibly tough to win at this prestigious event as athletes from all around the country compete against each other. I am delighted to report that two of our athletes managed to get into the top three in their event:

Tommy Mackay was **1st and National Champion** in the U12 Boys' Discus – he threw 22.75m to win

Polina Frakina came **2nd in the U12 Girls' 70m Hurdles** running 12.50 sec (new School record) and she is a year younger.

Other notable performances were:

Robert Gwilt – 4th in Long Jump (5.25m) 4th in 75m Hurdles (12.08sec)

Maddy Brooking – 4th in Shot Putt 9.55m

U12 Boys' Relay- Ned Caton and Riley Nicholls (Year 5) and Tom Birkby and Oliver Harris – 4th in Final

Luke Carney- 5th in U14 Boys' Javelin (33.51m)

U13 Girls' Relay – Evie Whitely, Rive Lewis, Beth Matthews, Amy Harvey – 6th in Final

Louis Nichols – 8th in U12 Boys' Javelin (27.33m)

Natasha Lewis – 8th in U13 Girls' Javelin (22.74m)

Personal Bests are hard to do at this level and children must develop their training to peak at the Nationals if possible. It was magnificent to see 24 children competing at this standard and it was a superb experience. Producing one's best is critical to win medals at this level.

Thanks to Mr Welch, Mrs North and the parents for their excellent support and help on the day and throughout the season. Also congratulations to the children who trained hard and attended early morning sessions and after school clubs so diligently.

Mr Tim North
Head of PE