

Torbay on 27 February 2016. The Avon teams are in the habit of winning at Torbay. We travelled to Torbay knowing that we had two very strong under 15 teams and only an exceptional team would be an obstacle to advancing to the National Finals. Aoifi Condron and Tim Leong were substitutes for Lottie Rudd and Jack Holbrook who both had to withdraw due to a knee and ankle injury respectively (skiing and football).

The team spirit, as usual, was terrific. In brief the outcome was an emphatic win for the boys and narrowly a 2nd place for the girl's team. The boys team thereby qualifying for the National Final to be held at SportCity, Manchester on Sunday 17th April. Congratulations to all team members on their performances.

As well as a team event the competition incorporates an Allrounder Event and six athletes each compete in three events. The outcome was brilliant with Anna Loughlin and Henry Cox coming first. In fact a 1, 2, 3 for the boys.

The table below shows an impressive set of individual Allrounder placings:

BOYS			GIRLS		
		Points			Points
1 st	Henry Cox	149	1 st	Anna Loughlin	142
2 nd	Jonathan Evans	140	3 rd =	Jessica Frazer	135
3 rd	Abdifataah Hasan	138	5 th	Sophie Parker	134
5 th	Fred North	132	8 th	Caroline Walder	128
9 th	Matt Fisher	124	9 th =	Nina Nemi	126
13 th =	Timothy Leong	114	9 th =	Nia Thomas-White	126

In the individual events top three placings were achieved by:

Anna Loughlin	4 lap run	47.0	2 nd	Shot Putt	10.87m	1 st
Jessica Frazer	Speed Bounce	83	3 rd	Vertical Jump	54cms	3 rd =
Sophie Parker	Speed Bounce	90	1 st	Vertical Jump	54cms	3 rd =
Caroline Walder	Speed Bounce	89	2 nd			
Nina Nemi	Vertical Jump	60cms	1 st			
Nia Thomas-White	Standing Long Jump	2.29m	2 nd			

Henry Cox	Speed Bounce	86	1 st =	Standing Long Jump	2.53m	1 st	2 lap run	20.8	1 st
Jonathan Evans	Standing Long Jump	2.49	2 nd	Shot Putt	11.98m	2 nd	4 lap run	46.0	3 rd
Abdifataah Hasan				Standing Triple Jump	7.18	3 rd	4 lap run	44.6	1 st
Fred North	2 lap run	21.0	2 nd	Standing Triple Jump	7.37m	2 nd			
Matt Fisher	4 lap run	45.2	2 nd						
Timothy Leong	Standing Long Jump	2.38m	3 rd						

Anna won the shot by 9cms and is she a thrower who can run or a runner who can throw? Only time will tell but the secret of her success was the improvement in the standing long jump. Jess Frazer with another year to go was very consistent across her three events having finished 4th in the 4 lap time trial. Sophie had been unwell for a few days but in winning the speed bounce for the second year in a row managed an incredible 90 jumps just 1 short of her effort in 2015. Caroline had to concede to Sophie on the speed bounce by the smallest margin possible. Nina went one place better than in 2015 by winning the vertical jump. Nia like Jess has another year and 2nd in the standing long jump with a good series of jumps is very encouraging.

A superb set of results from the boys and the team achieved the highest points total for an Avon winning team which augurs well for the National Final. 1, 2, 3 in the All Rounder, standing long jump and 4 lap, top two in the 2 lap and a winner in the speed bounce. Henry is the first male athlete from Avon to have won three individual events all be it with one being joint first.

The team result takes the four best individual scores and adds the points from the two relays.

Anna and Jessica combined for the 8 lap paarlauf. They had to settle for a safe and comfortable second place. Aoifi Condron joined with Nina (Sophie), Nia and Caroline in the 4 x 2 lap relay team. The race was stopped due to a fall and wrist injury to a Gloucester team member and Sophie came into the team for the re run. The Devon teams won both relays and thus the event. Their runners had the edge in the individual events and a dropped baton would have been an unfair hope!

Abdi and Matt combined for the paarlauf. Leading from the start and after the first two legs they accelerated slightly and the rest fell behind. It was great to have Tim Lazaro in for the 4 x 2 lap relay linking with Henry, Jonathan and Fred. Good running, smooth changes and a convincing win which was recorded as a dead heat! The published results will be amended to record a win.

Thanks to David Evans who officiated

Boys: Avon 699; Devon 583; Dorset 582; Gloucestershire 493

Girls Devon 675 Avon 659; Gloucestershire 530; Dorset 513



Left to right

Girls: Nina, Caroline, Sophie, Anna, Aoifi, Nia and Jess

Boys: Jonathan, Abdi, Matt, Henry, Fred, Tim Leong and Tim Lazaro

AVON SCHOOLS CHAMPIONSHIP BEST PERFORMANCES 1995 - 2016

BRISTOL GRAMMAR SCHOOL				SOUTH WEST/WEST MIDLANDS NATIONAL FINALS				
GIRLS UNDER 15								
SLJ	Jade Ellans	2.56	2006	Michaela Ifill	2.45	2003		
VJ	Jade Ellans	72	2006	Jade Ellans	69	2006		
SP	Emma Bakare	10.76	2015	Emma Bakare	11.81	2015		
SB	Caroline Walder	94	2015	Sophie Thomas	95	2012		
2 LAPS	Jade Ellans	24.7	2006	Abi Roach	21.7	2015		
4 LAPS	Isabella Parselle	54.8	2015	Anna Laughlin	45.1	2015		
				Ella Falk	45.1	2014		
BOYS UNDER 15								
SLJ	James Hardwick	2.76	1996	Daniel Brown	2.81	1997		
SP	James Preston	15.40	2007	James Preston	15.38	2007		
SB	Jake Fisher	94	2009	Jake Fisher	91	2009		
SB	Henry Cox	94	2015					
STJ	Malwyn Gordon	8.64	1997	Malwyn Gordon	8.50	1997		
2 LAPS	James Seeley	22.6	2008	Aaron Reolizo (Sportcity)	19.6	2014		
4 LAPS	Josh Evans	47.9	2011	Josh Evans	41.4	2011		
REGIONAL INDIVIDUAL TOP THREE PLACINGS (150 MAX)								
	Henry Cox	1st	149	2016	Josh Evans	1st =	143	2011
	Jonathan Evans	2nd	140	2016	Josh Hook	3rd	140	2011
	Abdifataah Hasan	3rd	138	2016	Rosie Parsons	1st	136	2010
	Anna Loughlin	1st	142	2016	James Lawrence	3rd	134	2010
	Jessica Frazer	3rd=	135	2016	Callum Court	1st	146	2009
	Emma Bakare	1st	144	2015	Ashley Pierson	2nd	138	2009
	Abigail Roach	2nd	142	2015	Bethan Wakefield	3rd =	137	2009
	Alex Crofts	1st	140	2015	James Seeley	3rd	142	2008
	Henry Cox	3rd	135	2015	Jade Ellans	1st	150	2006
	Ada'ora Chigbo	1st	150	2014	Ding Yang	2nd	135	2006
	Alfie Light	1st	134	2014	Jade Ellans	1st	150	2005
	Alex Crofts	2nd	133	2014	Rob Trinnick	1st	147	2004
	Declan Walters	3rd	132	2014	Adam Tyers	2nd	136	2004
	Sophie Thomas	2nd	139	2013	Jason Thomas	3rd	133	2004
	Ada'ora Chigbo	3rd	138	2013	Liam Miller	2nd	142	2003
	Tomas Goodman	1st	144	2013	Jodie Campbell	2nd	138	2002
	Cameron Thaws	2nd	143	2013	Anthony Mattis	1st	140	2001
	Alexandra Alden	2nd	138	2012	Ben Cook	2nd	132	2001
	Emily Wright	3rd	136	2012	Lloyd Rice	3rd	137	2000
	Tomas Goodman	2nd	138	2012	Patrick Edwards	3rd	139	1999
	Madison Thomas	1st	143	2011	Vicky Williams	2nd		1996
	Rosie Parsons	2nd	141	2011	Cherone Fearon	3rd	128	1995
	Francesca Allen	3rd	136	2011				
NATIONAL INDIVIDUAL TOP PLACINGS (300 MAX)				U15 TEAM POSITIONS AT NATIONAL FINALS				
	Anna Laughlin	25th	222	2015	BOYS	GIRLS		
	Alex Crofts	13th=	246	2015	2001	5	2006	11
	Aaron Reolizo	21st	222	2014	2004	5		
	Abigail Roach	13th	245	2014	2007	11		
	Ada'ora Chigbo	8th	247	2013	2009	5	2009	7
	Tomas Goodman	9th=	252	2013	2010	6		
	Sophie Thomas	18th	225	2012	2011	9	2011	5
	Tomas Goodman	26th	216	2012	2012	7	2012	5=
	Madison Thomas	10th =	206	2011	2013	6	2013	4
	Josh Hook	29th	212	2011	2014	6	2014	5
	Josh Evans	18th	230	2010	2015	9	2015	6
	Jake Fisher	25th	209	2009				
	Valentina Santo-Fullerton	16th	234	2009				
	Scott Bajere	17th	224	2007				
	Jade Ellans	1st =	282	2006				
	Jade Ellans	4th	286	2005			Midland Region 1995 to 2001	
	Rob Trinnick	13th	241	2004			South West Region from 2002	
	Anthony Mattis	4th	255	2001				