

## South West Schools Combined Events Report 2014

The South West Schools Combined Events Championships held at Yeovil on the weekend of June 28/29<sup>th</sup> proved to be Avon Schools' best showing for years. There were over 60 personal bests achieved by the athletes.

Adaora Chigbo (BGS) from Portishead finished a magnificent winner of the Inter Girls Heptathlon with 4630 pts which places her 2<sup>nd</sup> on the All Time South West top Ten. Adaora was pushed all the way by Jade Simson of Devon who led into the final event the 800 metres.

Adaora achieved a magnificent series of performances across the 7 events, culminating in a well judged and great run in the 800metres where she recorded a personal best of 2:27.5. She also recorded pbs in the Javelin 29m84 and the shot 12:42. Her performance was all the more remarkable because her high jump was interrupted by a cloudburst forcing her to stop at 1m66 unable to carry on because of safety issues.

The top 3 girls now go 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> on the all time South west rankings. Adaora led the Inter Girls team to a well deserved 3<sup>rd</sup> place supported by Sofia Andersen and Laura Statham both of Gordano. Both girls recorded 4 pbs in their 7 events, quite outstanding.

The Junior Girls team won the first team title since 1998 for Avon with team leader Natalia Isherwood (Chew Valley) finishing 4<sup>th</sup> with 2844 pts, Emma Bakare (Backwell) in 6<sup>th</sup> 2791 pts, Esther Leong (Backwell) 9<sup>th</sup> with 2647, and Nicola Fortune (Oldfield) despite injury finishing 23<sup>rd</sup> with 2094.

With 7pbs between them it was a great effort putting them 2<sup>nd</sup> on the all time South west team rankings.

Again the effort was all the more remarkable as Natalia has been battling injury for some time and responded magnificently to lead the team. Emma and Esther are newcomers to the event and all promises well for the ESAA Finals in Boston in September.

The Junior Boys started the weekend off well with a great 2<sup>nd</sup> team place of the 7 counties with newcomer Alex Crofts (Sidcot) recording a pb 80m hurdles of 12.3 in only his 2<sup>nd</sup> race over hurdles. He finished as team leader with 2303 pts in 7<sup>th</sup> place one place ahead of Jack Moore with 2215. Jack Moore (Castle) himself in his first Long Jump recorded 5:31. With Anton Mills (Hanham) in 12<sup>th</sup> recording a runaway win in the 800m in 2:15 and Euan Campbell (Churchill) in 20<sup>th</sup> it provided a strong team finish.

The result was decided in the 800m and Alex Crofts ran a pb 2:22.8, beating his pb by 30 seconds. Last at 400m he sprinted the last 300m to overtake 7 athletes to finish 2<sup>nd</sup> a remarkable effort.

The Inter Boys finished a great 2<sup>nd</sup> place behind Somerset in Octathlon. Lucas Regazzo (Clifton College) recorded pbs in Discus, 100m hurdles (15. 1) and 1500m 4:39.6 to lead a great team performance. Michael Bakare (Backwell) finished 11<sup>th</sup> recording 6 pbs of the 8 events whilst Declan Walters (also Backwell) had 4 pbs to add to his efforts.

The Senior girls Alyssa Small (SMR) and Jo Smerdon (Brislington) finished a great competition in 7th place and 9<sup>th</sup> place respectfully recording 5 pbs between them. Both battling injury their efforts were all the more merit worthy, and their humour and spirit also encouraged the whole team as they led by example.

It was a wonderfully successful weekend with parents and athletes supporting each other. Team Managers Dave Turner and Susan Jones would like to thank everyone for their help and support.

The junior Girls team, Adaora Chigbo, Alyssa Small and Jo Smerdon now move on to the National Schools Finals in Boston, Lincolnshire in September, with high expectations.

Full Avon Schools results on the attached Excel spreadsheet

## SUMMARY

### Junior Girls

Natalia Isherwood(4), Emma Bakare(6), Esther Leong(8) and Nicola Fortune(23)

1<sup>st</sup> South west Champions 2<sup>nd</sup> all time list

### Inter Girls

Adaora Chigbo 1<sup>st</sup> South West Champion 2<sup>nd</sup> all time list

Sofia Andersen (15) Laura Statham (16)

### Inter Boys team 2nd

Lucas Regazzo (8), Michael Bakare (11), Declan Walters (12)

### Junior Boys team 2nd

Alex Crofts (7), Jack Moore (8), Anton Mills (12) and Euan Campbell (20)

### Senior Girls

Alyssa Small (7) and Jo Smerdon (9)

62 personal bests were achieved including 8/8 by Lucas Regazzo

Team managers Dave Turner, Susan Jones