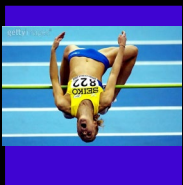


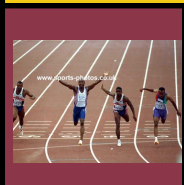





<b>THE</b>	<b>HAMILTON</b>	<b>AND</b>		
	<b>ALEXANDRA</b>	<b>COLLEGE</b>		
				
		<b>INTERHOUSE</b>		
		<b>ATHLETICS</b>		
				
<b>Friday 6th March, 2020</b>				



## OFFICIALS:

**Presentation of Trophies** – Dr A. Hirst and Mr J. Keiller

**Recorders/Results** – Mr P. Carroll and Mr P. Steer

**Ribbons** – Ms M. McGoon/ Dr. A Hirst

**Announcer/Ribbons** – Dr A. Hirst/ Ms M. McGoon

**Starter** - Mr N. Ough

**Starting Track Marshalls** – Mrs L. Williams, Ms K. Couchman and Ms G. Williams

**Track Event Timers** – **Miss K. Waldron (Chief)**, Mrs B. Nichols, Mr J. Waldron, Mrs H. Waldron, Mr B. Singh, Ms A. te Boekhorst, Mr J. Guez, Mr N. Maclean

**Judges** – **Mr L. Alexander (Chief)**, Mrs E. Hausler (Video), Ms P. Tseng, Ms Y. Liu, Mrs S. McMullen, Mrs S. Bradbeer, Mrs B. Silva, Mrs J. Chilman, Mrs E. James, Mr. B. Hiscock

<b>Long Jump</b>	Pit 1 & 2	Mrs L. Outtram, Miss G. Hodge, Mr R. Naidu, Sports Prefects
<b>Triple Jump-</b>	Pit 3 & 4	Mr B. Hawthorne, Mr A. Monk, Aths. Captains
<b>Shot Put -</b>	Pit 1 -	Mr J. Cook, Ms F. Agar
	Pit 2	Mrs R. Bonnett, Mrs N. Prosser
<b>Javelin -</b>	Pit 1 -	Mrs J. Ogle, Miss A. Andrews
	Pit 2 -	Mrs J. Winter Cooke, Mr. T. Cameron
<b>High Jump -</b>	Pit 1 -	Mr B. Hawthorne
	Pit 2 -	Mr A. Monk
<b>Discus -</b>	Pit 1 -	Mrs K. Dempsey, Mr S. Dempsey
	Pit 2 -	Mr H. Burmeister, Miss K. Winter Cooke

## RULES FOR COMPETITORS:

- Two competitors per House per event are allowed except in:
  - Hurdles and High Jump where only one per House per event is allowed.
  - Relays where one team of four represents each House.
  - Shot Put, Javelin and Discus where three per House is allowed
- Points will be awarded to Houses as follows :
  - A = Eight and Twelve Competitor individual events - 10, 8, 6, 5, 4, 3, 2, 1.
  - B = Four Competitor individual events - 10, 8, 6, 3.
  - C = 200 and 100m B events - 1 point each competitor.
  - D = Relay events - 10, 6, 3, 1.
- Competitors may not participate in more than 10 individual events unless pre-arranged with the Director of Sport.
- The overall Male and Female Champion awards are based on a student's points calculated for their best 7 events.
- Competitors for field events should report 5min prior to their event if possible or send a runner to notify the teacher if they will be late.

## PROGRAMME OF EVENTS

**9.10 am approx.**

		Pre 2010			Post 2010		
1	Girls 12/13yr 800m	2.48.6	E. Reid	1989	2.53.70	L. Bunge	2010
2	Boys 12/13yr 800m	2.34.8	P. Aarons	1977	2.40.55	M. Green	2016
3	Girls 14 yr 800m	2.31.3	N. Bade	1983	2.57.22	E. Powell	2014
4	Boys 14 yr 800m	2.27.1	J. Freemantle	1979	2.25.94	I. Mayfield	2019
5	Girls 15yr High Jump	1.47	K.Dishon	1989	1.45	E. Jagger	2018
6	Boys 15 yr High Jump	1.73	P.Simpson	1995	1.70	J.Pertzel	2013
7	Girls 16yr High Jump	1.52	K. McClure	2006	1.42	A. Hamill	2010
8	Boys 16yr High Jump	1.82	C.Nichols/N. Brian	1988	1.78	H. Jennings	2016
9	Girls 17yr Shot Put	9.53	E. Murrie	2007	12.43	A. Smead	2014
10	Boys 17yr Shot Put	12.87	R. Evans	2007	11.7	T. Lenehan	2010
11	Girls 18/20yr Discus	30.49	J. Cameron	1963	24.85	R. Mibus	2015
12	Boys 18/20yr Discus	34.24	J. Philip	1999	37.20	W. Collins	2010

**9.35 am approx.**

		Pre 2010			Post 2010		
13	Girls 12/13yr Long Jump	4.47	D McKellar	1974	3.99	M. Bones	2010
14	Boys 12/13yr Long Jump	4.62	L.Jacob	1972	4.25	R. Simons	2015
15	Girls 14yr Javelin	26.95	A. Langley	2008	24.73	E. McLean	2013
16	Boys 14yr Javelin	43.15	T. Lenehan	2007	30.43	R. Simons	2016
17	Girls 15yr 800m	2.35.50	J. Fraser	1988	2.43.50	V. Annett	2014
18	Boys 15yr 800m	2.17.90	P. Aarons	1979	2.25.99	R. Johnston	2016
19	Girls 16yr 800m	2.25.22	E. Rooke	2000	2.53.04	V. Annett	2015
20	Boys 16yr 800m	2.15.62	C. Thornton	1993	2.24.37	S. Hasell	2011
21	Girls 17yr High Jump	1.30	C. Hasell	2007	1.49	S. Kosch	2016
22	Boys 17yr High Jump	1.63	M. Edwards	2008	1.75	H. Jennings	2017
						S. O Shannessy	2018
23	Girls 18/20yr High Jump	1.55	P.Simkin	2004	1.45	F. Sutherland	2016
24	Boys 18/20yr High Jump	1.92	N.Brian	1989	1.75	J. Schultz	2016
						H. Jennings	2018

**10.00 am approx.**

		Pre 2010			Post 2010		
25	Girls 12/13yr High Jump	1.38	P.King	1981	1.42	G. Austin	2017
26	Boys 12/13yr High Jump	1.50	D.Snook	1982	1.54	H.Jennings	2013
27	Girls 14yr High Jump	1.43	H.Baker	1987	1.40	S.Kosch	2013
28	Boys 14yr High Jump	1.65	P.Simpson	1994	1.70	H. Jennings	2014
29	Girls 15yr Javelin	24.9	T. Richard	1985	37.10	C. Beal	2017
30	Boys 15yr Javelin	52.55	T. Lenehan	2008	30.09	R. Simons	2017
31	Girls 16yr Long Jump	4.69	V. Cain	1963	4.45	M. Bones	2013
32	Boys 16yr Long Jump	5.70	P Simpson	1996	5.25	M. Smead	2015
33	Girls 17yr 800m	2.43.60	A. Augustinus	2007	2.24.55	N. Symonds	2011
34	Boys 17yr 800m	2.29.54	J. Cameron	2008	2.17.21	H. Robertson	2019
35	Girls 18/20yr 800m	2.24.08	E. Rooke	2002	2.37.00	C. Uebergang	2014
36	Boys 18/20yr 800m	2.05.2	A. Campbell	1977	2.18.72	S. Barnes	2016

**10.25 am approx.**

		Pre 2010			Post 2010		
37	Girls 12/13yr 100m A	13.42	E. Siegert	1997	14.07	S. Chandler	2014
38	Girls 12/13yr 100m B						
39	Boys 12/13yr 100m A	13.1	N.Louey	1990	13.31	J. McQueen	2016
40	Boys 12/13yr 100m B						
41	Girls 14yr 100m A	13.1	L.Nuttall	1980	13.75	C. Evans	2012
42	Girls 14yr 100m B						
43	Boys 14yr 100m A	12.45	N.Louey	1991	12.67	J. Macgugan	2012
44	Boys 14yr 100m B						
45	Girls 15yr 100m A	13.5	F. Satchell	1985	13.41	A. Sander	2016
46	Girls 15yr 100m B						
47	Boys 15yr 100m A	11.7	T. Pettigrew	1988	12.47	J. Edmonds	2014
48	Boys 15yr 100m B						
49	Girls 16yr Shot put	12.68	A.Reid	1961	11.31	A. Smead	2013
50	Boys 16yr Shot put	13.62	J.Philip	1998	12.31	A.Holmes	2017
51	Girls 17yr Javelin	19.53	K. Cameron	2008	24.88	E. McLean	2016
52	Boys 17yr Javelin	31.60	G. Ball	2007	57.50	T. Lenehan	2010
53	Girls 18/20yr Long Jump	5.05	R McKellar	1970	4.27	M. Bones	2015
54	Boys 18/20yr Long Jump	5.77	C.Nichols	1990	5.86	J. Schultz	2016

**10.50 am approx.**

		Pre 2010			Post 2010		
55	Girls 12/13yr Shot Put	10.47	M.Bullock	1984	7.56	P. Bones	2013
56	Boys 12/13yr Shot Put	11.00	M.Halhmark	1975	9.70	P.Burgoyne	2016
57	Girls 14yr Long Jump	4.60	S.Walter	1961	4.00	I.Linke	2013
58	Boys 14yr Long Jump	5.07	C.Hutton	1998	4.70	S. Sharrock	2011
59	Girls 15yr Triple Jump	9.32	T. Upstill	2008	9.03	A. Sander	2016
60	Boys 15yr Triple Jump	10.71	W. Plush	2008	10.70	M. Smead	2014
61	Girls 16yr 100m A	12.50	L.Ganey	1988	13.00	A. Sander	2017
62	Girls 16yr 100m B						
63	Boys 16yr 100m A	11.50	C.Jacobs	1988	11.19	H. Robertson	2018
64	Boys 16yr 100m B						
65	Girls 17yr 100m A	14.31	R. Sharp	2007	11.95	A. Sander	2018
66	Girls 17yr 100m B						
67	Boys 17yr 100m A	12.00	S. Koenig	2008	11.5	J. Musson	2011
68	Boys 17yr 100m B						
69	Girls 18/20yr 100m A	13.00	L Morrissey	2003	13.83	S. Langley	2012
70	Girls 18/20yr 100m B						
71	Boys 18/20yr 100m A	11.20	C. Nichols	1989	11.33	J. Musson	2012
72	Boys 18/20yr 100m B						

**11.15 am approx.**

		Pre 2010			Post 2010		
73	Girls 14yr Shot Put	10.98	B.Reid	1961	9.35	P. Bones	2014
74	Boys 14yr Shot Put	13.01	S.Chinn	2006	9.83	P. Burgoyne	2017
75	Girls 15yr Discus	22.00	S.Baylis	1978	21.05	C.Andersen	2017
76	Boys 15yr Discus	41.39	J.Philip	1997	35.00	J. Murray	2013
77	Girls 16yr Javelin	25.32	J.Fowler	1971	33.56	A. Langley	2011
78	Boys 16yr Javelin	41.95	K.Templeton	2004	36.00	D. Murphy	2010
79	Girls 17yr Long Jump	4.15	C. Hasell	2008	4.60	A. Sander	2018
80	Boys 17yr Long Jump	4.77	S. Laidlaw	2007	5.22	J. Schultz	2015
			J. Bird	2008		R. Simons	2019
81	Girls 18/20yr Triple Jump	9.90	S. Hogg	2006	9.81	G. Lenehan	2012
82	Boys 18/20yr Triple Jump	11.9	A Munn	2002	11.47	C. Gan	2015

**11:40 am approx.**

		Pre 2010			Post 2010		
83	Girls 12/13yr 400m	1.07.0	N. Bade	1982	1.12.00	B. Delany	2010
84	Boys 12/13yr 400m	1.04.7	P.Simpson	1993	1.05.91	M. Green	2016
85	Girls 14yr 400m	1:05.6	J.Fraser	1987	1.09.15	N. Bedworth	2013
86	Boys 14yr 400m	57.80	T.Pettigrew	1987	1.03.25	H. Jennings	2014
87	Girls 15yr 400m	1.05.1	L.Ganey	1988	1.07.97	N. Bedworth	2014
88	Boys 15yr 400m	56.7	G.Aitken	1985	1.00.59	C. Summers	2016
89	Girls 16yr Triple Jump	8.79	L. Hornell	2008	10.30	G. Lenehan	2010
90	Girls 16yr Triple Jump	9.65	M. Edwards	2007	11.90	M. Smead	2015
91	Girls 17yr Discus	18.33	R. Poustie	2007	27.70	C. Evans	2015
92	Boys 17yr Discus	25.57	M. Edwards	2008	40.90	T. Lenehan	2010
93	Girls 18/20yr Javelin	27.10	P.King	1985	27.10	A. Langley	2012
94	Boys 18/20yr Javelin	45.20	A. Munn	2002	54.91	T. Lenehan	2011

**12.05pm approx.**

		Pre 2010			Post 2010		
95	Girls 12/13yr Javelin	21.11	S.Pike	1996	22.72	C. Cumming	2016
96	Boys 12/13yr Javelin	29.66	D.Black	1992	27.78	R. Simons	2015
97	Girls 14yr Triple Jump	8.78	A. Hamill	2008	8.97	K. Aitken	2011
98	Boys 14yr Triple Jump	9.06	W. Plush	2007	10.00	R. Simons	2016
99	Girls 15yr Long Jump	4.65	C.Zschech	1977	4.26	M. Bones	2012
100	Boys 15yr Long Jump	5.54	G.Jacobs	1973	5.15	S. Sharrock	2012
101	Girls 16yr 400m	1.05.4	L.Ganey	1988	1.08.88	A. Waters	2017
102	Boys 16yr 400m	55.07	D.Hehir	1992	58.84	H. Robertson	2018
103	Girls 17yr 400m	1.10.19	R. Sharp	2007	1.06.28	L. Bunge	2014
104	Boys 17yr 400m	1.00.99	J. Headlam	2007	54.13	J. Musson	2011
105	Girls 18/20yr 400m	1.04.27	E Rooke	2001	1.07.75	E. Johnston	2017
106	Boys 18/20yr 400m	53.30	I.Crafter	1974	54.30	J. Musson/D.Cleggett	2012/ 2017

**12.30pm approx.**

		Pre 2010			Post 2010		
107	Girls 12/13yr 200m	29.20	C.Murray	1983	30.47	T. Kosch	2016
108	Girls 12/13yr 200m						
109	Boys 12/13yr 200m	28.50	N.Louey	1990	29.07	W. Smead	2014
110	Boys 12/13yr 200m						
111	Girls 14yr 200m	28.70	L.Nuttall	1980	29.34	O. Moore	2015
112	Girls 14yr 200m						
113	Boys 14yr 200m	26.90	P.Simpson	1994	27.81	J. Sharp	2016
114	Boys 14yr 200m						
115	Girls 15yr 200m	28.50	R.Wilson	1972	29.15	J. Woolston	2015
116	Girls 15yr 200m						
117	Boys 15yr 200m	25.20	I.Robinson	1989	26.29	J. Edmonds	2014
118	Boys 15yr 200m						
119	Girls 16yr Discus	29.1	B.Robertson	1972	22.83	C. Evans	2014
120	Boys 16yr Discus	48.4	J.Philip	1998	28.65	H. Rees	2016
121	Girls 17yr Triple Jump	8.96	E. Murrrie	2007	10.01	G. Lenehan	2011
122	Boys 17yr Triple Jump	10.93	M. Edwards	2008	11.52	H. Verco	2012

**12.55pm approx.**

		Pre 2010			Post 2010		
123	Girls 12/13yr Triple Jump	8.39	S. Krause	2008	8.79	K. Aitken	2010
124	Boys 12/13yr Triple Jump	8.86	J. Grimshaw	2008	9.66	R. Simons	2014
125	Girls 14yr Discus	24.06	S. Tischler	1983	20.15	C. Cumming	2017
126	Boys 14yr Discus	41.39	J.Philip	1998	34.23	B. Zebra-Hutchins	2013
127	Girls 15yr Shot put	11.02	E.Reid	1961	8.72	O. Hawthorne	2014
128	Boys 15yr Shot put	13.68	K. Templeton	2003	11.61	T. Richardson	2012
129	Girls 16yr 200m A	28.00	L.Ganey	1988	28.53	A. Waters	2017
130	Girls 16yr 200m B						
131	Boys 16yr 200m A	24.80	T.Pettigrew	1989	25.25	J. Macgugan	2014
132	Boys 16yr 200m B						
133	Girls 17yr 200m A	30.03	G. Cooter	2007	27.75	A. Sander	2018
134	Girls 17yr 200m B						
135	Boys 17yr 200m A	26.22	S. Koenig	2008	24.62	J. Musson	2011
136	Boys 17yr 200m B						
137	Girls 18/20yr 200m A	28.50	N.Bade	1985	28.03	A. Sander	2019
138	Girls 18/20yr 200m B		K. McClure	2007			
139	Boys 18/20yr 200m A	23.90	A.Baylis	1989	23.94	H. Rees	2018
140	Boys 18/20yr 200m B						



**1.20pm approx.**

		Pre 2010			Post 2010		
141	Girls 12/13yr Discus	21.2	F.Freemantle	1980	16.5	R. Mibus	2010
142	Boys 12/13yr Discus	31.0	S.Doherty	1991	27.32	A. Holmes	2014
143	Girls 20yr Shot Put	12.57	C.Cameron	1961	10.76	A. Smead	2015
144	Boys 20yr Shot Put	15.23	W. Greer	2007	10.67	C. Zwar	2011

**1.45pm approx.**

		Pre 2010			Post 2010		
145	Girls 12/13yr Hurdles	16.20	L.Ganey	1985	18.29	M. Naidoo	2014
146	Girls 14yr Hurdles	15.70	L.Ganey	1986	16.81	C. Evans	2012
147	Girls 15yr Hurdles	15.10	L.Ganey	1987	16.66	E. Langley	2012
148	Girls 16yr Hurdles	14.90	N.Bade	1985	16.78	C. Evans	2014
149	Girls 17yr Hurdles	17.05	C. Hasell	2008	16.05	E. Langley	2014
150	Girls 18/20yr Hurdles	14.70	N.Bade	1986	15.41	G. Lenehan	2012
151	Boys 12/13yr Hurdles	15.02	J.Philip	1995	16.94	C. Haskell	2014
152	Boys 14yr Hurdles	14.24	N.Louey	1991	15.19	J. Macgugan	2012
153	Boys 15yr Hurdles	14.10	J.Philip	1997	15.66	S. Sharrock	2012
154	Boys 16yr Hurdles	13.20	C.Nichols	1988	13.32	J. Musson	2010
155	Boys 17yr Hurdles	15.91	L. Whiting	2007	14.94	W. Lenehan	2012
156	Boys 18/20yr Hurdles	12.90	C.Nichols	1990	13.31	J. Musson	2012

**2.15 pm approx.**

		Pre 2010			Post 2010		
157	Girls 12/13yr Relay 4 x 100	59.20	Clifton	1974	1.01.12	Laidlaw	2015
158	Boys 12/13yr Relay 4 x 100	55.60	Laidlaw	1996	1.00.88	Berry	2016
159	Girls 14yr Relay 4 x 100	1.00.40	Berry	1986	1.02.70	Young	2010
160	Boys 14yr Relay 4 x 100	55.90	Laidlaw	1987	57.97	Berry	2017
161	Girls 15yr Relay 4 x 100	58.20	Clifton	1975	1.00.19	Laidlaw	2014
162	Boys 15yr Relay 4 x 100	50.78	Laidlaw	1992	56.22	Learmonth	2014
163	Girls 16yr Relay 4 x 100	58.70	Laidlaw	1992	1.01.70	Young	2010
164	Boys 16yr Relay 4 x 100	50.83	Berry	2008	52.84	Learmonth	2016
165	Girls 17yr Relay 4 x 100	51.89	Berry	2008	1.01.80	Berry	2010
166	Boys 17yr Relay 4 x 100	53.39	Laidlaw	2008	50.52	Young	2010
167	Girls 18/20yr Relay 4 x 100	57.60	Learmonth	1990	1.01.80	Berry	2010
168	Boys 18/20yr Relay 4 x 100	48.70	Laidlaw	1990	50.37	Berry	2016



**ood Luck!**

