


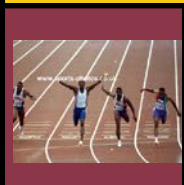





THE	HAMILTON	AND		
	ALEXANDRA	COLLEGE		
				
				
	INTERHOUSE			
		ATHLETICS		
Monday 6th March, 2017				

OFFICIALS:

Presentation of Trophies – Miss K. Waldron and Mr D. Egger

Recorders/Results – Mr I. Clare and Mr P. Steer

Ribbons – Ms M. Mcgoon and Various presenters

Announcer - Mr D. Wilson

Starter - Mr T. Arnold

Starting Track Marshalls – Mr R. Drummond and Miss R. West

Track Event Timers – **Miss K. Waldron (Chief)**, Mrs B. Nichols, Mr J. Guez, Mrs M. Simkin, Mr J. Waldron, Mrs H. Waldron, Mrs J. Bromley, Mrs P. Diprose

Judges – **Mr L. Alexander (Chief)**, Ms P. Tseng, Mr T. Cameron, Ms Y. Liu, Miss S. Ross, Mrs E. Nettleton, Mr S. Dempsey, Mrs C. Waters

Long Jump - Pit 1 & 2 Mr B. Hawthorne, Mrs U. Murphy, Mr J. Boyle, Sports Prefects

Triple Jump- Pit 3 & 4 Mr P. Sanders, Miss H. Reiher, Mr A. Smith, Miss G. Hodge

Shot Put - Pit 1 - Mr P. Carroll, Mrs B. Silva
Pit 2 Mrs R. Bonnett, Mrs N. Prosser

Javelin - Pit 1 - Mrs J. Ogle, Miss A. Andrews
Pit 2 - Mrs L. Williams, Mrs J. Winter Cooke

High Jump

Discus - Pit 1 - Mrs D. Davis, Mr N. Ough
Pit 2 - Mrs E. James, Mr T. Budenberg

RULES FOR COMPETITORS:

- 1 Two competitors per House per event are allowed except in;
A. Hurdles and High Jump where only one per House per event is allowed, and
B. Relays where one team of four represents each House.
2. Points will be awarded to Houses as follows :
Eight Competitor individual events - 10, 8, 6, 5, 4, 3, 2, 1.
Four Competitor individual events - 10, 8, 6, 3.
100m B event—1 point each competitor.
Relay events - 10, 6, 3, 1.
3. Competitors may not participate in more than 8 individual events unless pre-arranged with the Head of Sport.
4. The overall Male and Female Champion awards are based on a student's points calculated for their best 6 events.
5. 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

		Pre 2010			Post 2010		
15	Girls 12yr 1500m				6.18.83	G. Austin	2016
16	Boys 12yr 1500m				5.37.53	J.Hawker	2016
17	Girls 13yr 1500m	6.11.5	R Howett	1990	6.13.30	L. Bunge	2010
18	Boys 13yr 1500m	5.27.0	J.McLeod	1987	5.17.03	H.Jennings	2013
19	Girls 14yr 1500m	5.49.43	P.McLarty	1998	5.51.91	E.McLean	2013
20	Boys 14yr 1500m	5.26.32	W. Plush	2007	5.08.54	H. Jennings	2014
21	Girls 15yr Discus	22.00	S.Baylis	1978	20.01	C.Evans	2013
22	Boys 15yr Discus	41.39	J.Philip	1997	35.00	J. Murray	2013
23	Girls 16yr Shot Put	12.68	A.Reid	1961	11.31	A. Smead	2013
24	Boys 16yr Shot Put	13.62	J.Philip	1998	11.1	J. Reiger	2010
25	Girls 17yr Triple Jump	8.96	E. Murrie	2007	10.01	G. Lenehan	2011
26	Boys 17yr Triple Jump	10.93	M. Edwards	2008	11.52	H. Verco	2012
27	Girls 21yr Javelin	27.1	P.King	1985	27.1	A. Langley	2012
28	Boys 21yr Javelin	45.2	A. Munn	2002	54.91	T. Lenehan	2011

9.35 am

		Pre 2010			Post 2010		
29	Girls 15yr 1500m	5.29.8	J.Fraser	1988	5.52.00	V. Annett	2014
30	Boys 15yr 1500m	5.06.12	C.Thornton	1992	5.07.10	S. Horne	2010
31	Girls 16yr 1500m	5.02.00	E.Rooke	2000	6.02.07	L.Bunge	2013
32	Boys 16yr 1500m	4.59.48	J.Slabbert	2008	5.02.30	H.Jennings	2016
33	Girls 12yr Discus				20.93	J.Macgugan	2010
34	Boys 12yr Discus				16.3	C.Evans	2010
35	Girls 13yr Javelin	21.11	S.Pike	1996	22.72	C. Cumming	2016
36	Boys 13yr Javelin	29.66	D.Black	1992	27.78	R. Simons	2015
37	Girls 14yr Triple Jump	8.78	A. Hamill	2008	8.97	K. Aitken	2011
38	Boys 14yr Triple Jump	9.06	W. Plush	2007	10.00	R.Simons	2016
39	Girls 17yr Shot Put	9.53	E. Murrie	2007	12.43	A. Smead	2014
40	Boys 17yr Shot Put	12.87	R. Evans	2007	11.7	T. Lenehan	2010
41	Girls 21yr Long Jump	5.05	R McKellar	1970	4.27	M. Bones	2015
42	Boys 21yr Long Jump	5.77	C.Nichols	1990	5.86	J. Schultz	2016

10.00 am

		Pre 2010			Post 2010		
43	Girls 17yr 1500m	5.54.18	C. Forbes	2007	5.41.00	P. Bryant	2010
44	Boys 17yr 1500m	5.03.77	J.Cameron	2008	4.40.38	S. Horne	2012
45	Girls 21yr 1500m	5.06.04	E.Rooke	2001	5.49.35	P. Bryant	2011
46	Boys 21yr 1500m	4.41.1	J.Lewis	1988	4.49.00	J. Slabbert	2010
47	Girls 12yr Long Jump	3.55	R. Marslen	2009	2.93	Z. Smith	2016
48	Boys 12yr Long Jump				4.20	E.Delany	2011
49	Girls 13yr Triple Jump	8.39	S.Krause	2008	8.79	K. Aitken	2010
50	Boys 13yr Triple Jump	8.86	J.Grimshaw	2008	9.66	R. Simons	2014
51	Girls 14yr Javelin	26.95	A. Langley	2008	24.73	E. McLean	2013
52	Boys 14yr Javelin	43.15	T. Lenehan	2007	30.43	R. Simons	2016
53	Girls 15yr Shot Put	11.02	E.Reid	1961	8.72	O. Hawthorne	2014
54	Boys 15yr Shot Put	13.68	K. Templeton	2003	11.61	T. Richardson	2012
55	Girls 16yr Discus	29.1	B.Robertson	1972	22.83	C. Evans	2014
56	Boys 16yr Discus	48.4	J.Philip	1998	28.65	H. Rees	2016

10.25 am

		Pre 2010			Post 2010		
57	Girls 12yr 400m	1.20.81	L.Cameron	2003	1.15.63	B. Delany	2016
58	Boys 12yr 400m	2.49.87	S.Hasell	2006	1.16.81	F. McLindin	2016
59	Girls 13yr 400m	1.07.0	N.Bade	1982	1.13.30	L. Bunge	2010
60	Boys 13yr 400m	1.04.7	P.Simpson	1993	1.05.91	M. Green	2016
61	Girls 14yr Discus	24.06	S. Tischler	1983	17.46	L. Millard	2011
62	Boys 14yr Discus	41.39	J.Philip	1998	34.23	B. Zebra-Hutchins	2013
63	Girls 15yr Javelin	52.55	T. Lenehan	2008	29.55	H. Beal	2016
64	Boys 15yr Javelin	24.9	T.Richard	1985	24.52	M. Nunan	2015
65	Girls 16yr Triple Jump	8.79	L. Hornell	2008	10.3	G. Lenehan	2010
66	Boys 16yr Triple Jump	9.65	M. Edwards	2007	11.9	M. Smead	2015
67	Girls 17yr 100m A	14.31	R. Sharp	2007	13.37	N. Bedworth	2016
68	Girls 17yr 100m B						
69	Boys 17yr 100m A	12.00	S. Koenig	2008	11.5	J. Musson	2011
70	Boys 17yr 100m B						
71	Girls 21yr 100m A	13.00	L Morrissey	2003	13.83	S. Langley	2012
72	Girls 21yr 100m B						
73	Boys 21yr 100m A	11.2	C.Nichols	1989	11.33	J. Muson	2012
74	Boys 21yr 100m B						

10.50 am

		Pre 2010			Post 2010		
75	Girls 12yr Shot Put	7.12	A.Hamill	2006	6.30	T. Huf	2016
76	Boys 12yr Shot Put	9.8	W.Winter Cooke	2007	7.50	H. Boyd-Walsh	2016
77	Girls 13yr Long Jump	4.47	D McKellar	1974	3.99	M. Bones	2010
78	Boys 13yr Long Jump	4.62	L.Jacob	1972	4.25	R. Simons	2015
79	Girls 14yr 400m	1:05.6	J.Fraser	1987	1.09.15	N. Bedworth	2013
80	Boys 14yr 400m	57.8	T.Pettigrew	1987	1.03.25	H. Jennings	2014
81	Girls 15yr 400m	1.05.1	L.Ganey	1988	1.07.97	N. Bedworth	2014
82	Boys 15yr 400m	56.7	G.Aitken	1985	1.00.59	C. Summers	2016
83	Girls 16yr 400m	1.05.4	L.Ganey	1988	1.09.37	N. Bedworth	2015
84	Boys 16yr 400m	55.07	D.Hehir	1992	59.56	H. Musson	2014
85	Girls 17yr Javelin	19.53	K.Cameron	2008	24.88	E. McLean	2016
86	Boys 17yr Javelin	31.6	G.Ball	2007	57.50	T. Lenehan	2010
87	Girls 21yr Triple Jump	9.9	S. Hogg	2006	9.81	G. Lenehan	2012
88	Boys 21yr Triple Jump	11.9	A Munn	2002	11.47	C. Gan	2015

11.15 am

		Pre 2010			Post 2010		
89	Girls 12yr 100m A				14.04	B. Delany	2016
90	Boys 12yr 100m A				14.25	J. McQueen	2015
91	Girls 13yr 100m A	13.42	E.Siegert	1997	14.07	S. Chandler	2014
92	Girls 13yr 100m B						
93	Boys 13yr 100m A	13.1	N.Louey	1990	13.31	J. McQueen	2016
94	Boys 13yr 100m B						
95	Girls 14yr Long Jump	4.6	S.Walter	1961	4.00	I.Linke	2013
96	Boys 14yr Long Jump	5.07	C.Hutton	1998	4.70	S. Sharrock	2011
97	Girls 15yr Triple Jump	9.32	T. Upstill	2008	9.03	A.Sander	2016
98	Boys 15yr Triple Jump	10.71	W. Plush	2008	10.70	M. Smead	2014
99	Girls 16yr Javelin	25.32	J.Fowler	1971	33.56	A. Langley	2011
100	Boys 16yr Javelin	41.95	K.Templeton	2004	36.00	D. Murphy	2010
101	Girls 17yr 400m	1.10.19	R. Sharp	2007	1.06.28	L. Bunge	2014
102	Boys 17yr 400m	1.00.99	J. Headlam	2007	54.13	J. Musson	2011
103	Girls 21yr 400m	1.04.27	E Rooke	2001	1.10.40	P. Sheppard	2010
104	Boys 21yr 400m	53.3	J.Crafter	1974	54.3	J. Musson	2012

11:40 am

		Pre 2010			Post 2010		
105	Girls 12Yr 800m	3.08.35	C.Mibus	2009	3.27.32	Z. Smith	2016
106	Boys 12Yr 800m	2.49.87	S.Hasell	2006	2.46.00	J. Hawker	2016
107	Girls 13yr 800m	2.48.6	E.Reid	1989	2.53.70	L. Bunge	2010
108	Boys 13yr 800m	2.34.8	P.Aarons	1977	2.40.55	M. Green	2016
109	Girls 14yr 800m	2.31.3	N.Bade	1983	2.57.22	E. Powell	2014
110	Boys 14yr 800m	2.27.1	J.Freemantle	1979	2.27.22	H. Jennings	2014
111	Girls 15yr 100m A	13.5	F.Satchell	1985	13.41	A. Sander	2016
112	Girls 15yr 100m B						
113	Boys 15yr 100m A	11.7	T.Pettigrew	1988	12.47	J. Edmonds	2014
114	Boys 15yr 100m B						
115	Girls 16yr Long Jump	4.69	V.Cain	1963	4.45	M.Bones	2013
116	Boys 16yr Long Jump	5.7	P Simpson	1996	5.25	M. Smead	2015
117	Girls 21yr Discus	30.49	J.Cameron	1963	24.85	R. Mibus	2015
118	Boys 21yr Discus	34.24	J.Philip	1999	37.2	W. Collins	2010

12.05pm

		Pre 2010			Post 2010		
119	Girls 17yr 800m	2.43.60	A. Augustinus	2007	2.24.55	N. Symonds	2011
120	Boys 17yr 800m	2.29.54	J. Cameron	2008	2.20.78	D. McIntosh	2014
121	Girls 21yr 800m	2.24.08	E.Rooke	2002	2.37.00	C. Uebergang	2014
122	Boys 21yr 800m	2.05.2	A.Campbell	1977	2.18.72	S. Barnes	2016
123	Girls 13yr Shot Put	10.47	M.Bullock	1984	7.56	P. Bones	2013
124	Boys 13yr Shot Put	11	M.Halhmark	1975	9.70	P.Burgoyne	2016
125	Girls 14yr 100m A	13.1	L.Nuttall	1980	13.75	C. Evans	2012
126	Girls 14yr 100m B						
127	Boys 14yr 100m A	12.45	N.Louey	1991	12.67	J. Macgugan	2012
128	Boys 14yr 100m B						
129	Girls 15yr Long Jump	4.65	C.Zschech	1977	4.26	M. Bones	2012
130	Boys 15yr Long Jump	5.54	G.Jacobs	1973	5.15	S. Sharrock	2012
131	Girls 16yr 100m A	12.5	L.Ganey	1988	13.44	C. Evans	2014
132	Girls 16yr 100m B						
133	Boys 16yr 100m A	11.5	C.Jacobs	1988	11.93	J. Musson	2010
134	Boys 16yr 100m B					J.Macgugan	2014

12.30pm

		Pre 2010			Post 2010		
135	Girls 15yr 800m	2.35.5	J.Fraser	1988	2.43.50	V. Annett	2014
136	Boys 15yr 800m	2.17.9	P.Aarons	1979	2.25.99	R. Johnston	2016
137	Girls 16yr 800m	2.25.22	E.Rooke	2000	2.53.04	V. Annett	2015
138	Boys 16yr 800m	2.15.62	C.Thornton	1993	2.24.37	S. Hasell	2011
139	Girls 13yr Discus	21.2	F.Freemantle	1980	16.5	R. Mibus	2010
140	Boys 13yr Discus	31	S.Doherty	1991	27.32	A. Holmes	2014
141	Girls 14yr Shot Put	10.98	B.Reid	1961	9.35	P. Bones	2014
142	Boys 14yr Shot Put	13.01	S.Chinn	2006	9.66	N. Lacey	2011
143	Girls 17yr Long Jump	4.15	C.Hasell	2008	4.37	K. Bedworth	2014
144	Boys 17yr Long Jump	4.77	S. Laidlaw	2007	5.22	J. Schultz	2015
			J.Bird	2008			

12.55pm

		Pre 2010			Post 2010		
145	Girls 12yr 200m	34.58	R. Marslen	2009	33.35	G. Austin	2016
146	Boys 12yr 200m	30.03	S. Hasell	2006	35.47	M. Crowle	2016
147	Girls 13yr 200m	29.2	C.Murray	1983	30.47	T. Kosch	2016
148	Boys 13yr 200m	28.5	N.Louey	1990	29.07	W. Smead	2014
149	Girls 14yr 200m	28.7	L.Nuttall	1980	29.34	O. Moore	2015
150	Boys 14yr 200m	26.9	P.Simpson	1994	27.81	J. Sharp	2016
151	Girls 17yr Discus	18.33	R.Poustie	2007	27.7	C. Evans	2015
152	Boys 17yr Discus	25.57	M.Edwards	2008	40.9	T. Lenehan	2010
153	Girls 21yr 200m	28.5	N.Bade	1985	30.13	E. Langley	2015
			K. McClure	2007			
154	Boys 21yr 200m	23.9	A.Baylis	1989	24.15	J. Schultz	2016

1.20pm

		Pre 2010			Post 2010		
155	Girls 15yr 200m	28.5	R.Wilson	1972	29.15	J. Woolston	2015
156	Boys 15yr 200m	25.2	I.Robinson	1989	26.29	J. Edmonds	2014
157	Girls 16yr 200m	28	L.Ganey	1988	28.93	C. Evans	2014
158	Boys 16yr 200m	24.8	T.Pettigrew	1989	25.25	J. Macgugan	2014
159	Girls 17yr 200m	30.03	G. Cooter	2007	29.37	E. Langley	2014
160	Boys 17yr 200m	26.2	S. Koenig	2008	24.62	J. Musson	2011
161	Girls 21yr Shot Put	12.57	C.Cameron	1961	10.76	A. Smead	2015
162	Boys 21yr Shot Put	15.23	W. Greer	2007	10.67	C. Zwar	2011

1.45pm

			Pre 2010			Post 2010		
163	Girls 12yr Hurdles(80cm)	13.24	C.Tiberi	2002	16.80	B. Delany	2016	
164	Boys 12yr Hurdles(80cm)	13.64	S.Hasell	2006	21.75	J. Wall	2016	
165	Girls 13yr Hurdles(76cm)	16.2	L.Ganey	1985	18.29	M. Naidoo	2014	
166	Girls 14yr Hurdles(76cm)	15.7	L.Ganey	1986	16.81	C. Evans	2012	
167	Girls 15yr Hurdles(76cm)	15.1	L.Ganey	1987	16.66	E. Langley	2012	
168	Girls 16yr Hurdles(76cm)	14.9	N.Bade	1985	16.78	C. Evans	2014	
169	Girls 17yr Hurdles(76cm)	17.05	C. Hasell	2008	16.05	E. Langley	2014	
170	Girls 21yr Hurdles(76cm)	14.7	N.Bade	1986	15.41	G. Lenehan	2012	
171	Boys 13yr Hurdles (76cm)	15.02	J.Philip	1995	16.94	C. Haskell	2014	
172	Boys 14yr Hurdles(76cm)	14.24	N.Louey	1991	15.19	J. Macgugan	2012	
173	Boys 15yr Hurdles(84cm)	14.1	J.Philip	1997	15.66	S. Sharrock	2012	
174	Boys 16yr Hurdles(84cm)	13.2	C.Nichols	1988	13.32	J. Musson	2010	
175	Boys 17yr Hurdles(91cm)	15.91	L. Whiting	2007	14.94	W. Lenehan	2012	
176	Boys 21yr Hurdles(91cm)	12.9	C.Nichols	1990	13.31	J. Musson	2012	

2.15 pm

			Pre 2010			Post 2010		
177	Girls 12yr Relay 4 x 100				1.10.35	Laidlaw	2016	
178	Boys 12yr Relay 4 x 100				1.04.55	Laidlaw	2016	
179	Girls 13yr Relay 4 x 100	59.2	Clifton	1974	1.01.12	Laidlaw	2015	
180	Boys 13yr Relay 4 x 100	55.6	Laidlaw	1996	1.00.88	Berry	2016	
181	Girls 14yr Relay 4 x 100	1.00.40	Berry	1986	1.02.70	Young	2010	
182	Boys 14yr Relay 4 x 100	55.9	Laidlaw	1987	58.00	Berry	2012	
183	Girls 15yr Relay 4 x 100	58.2	Clifton	1975	1.00.19	Laidlaw	2014	
184	Boys 15yr Relay 4 x 100	50.78	Laidlaw	1992	56.22	Learmonth	2014	
185	Girls 16yr Relay 4 x 100	58.7	Laidlaw	1992	1.01.70	Young	2010	
186	Boys 16yr Relay 4 x 100	50.83	Berry	2008	52.84	Learmonth	2016	
187	Girls 17yr Relay 4 x 100	51.89	Berry	2008	1.01.80	Berry	2010	
188	Boys 17yr Relay 4 x 100	53.39	Laidlaw	2008	50.52	Young	2010	
189	Girls 21yr Relay 4 x 100	57.6	Learmonth	1990	1.01.80	Berry	2010	
190	Boys 21yr Relay 4 x 100	48.7	Laidlaw	1990	50.37	Berry	2016	

PLEASE NOTE:

High Jump events were held during lunchtimes this week in the sports centre.

		Pre 2010			Post 2010		
1	Girls 12yr High Jump				1.25	I.Musson	2015
2	Boys 12yr High Jump				1.3	J. McQueen	2015
2						N. Davis	2010
3	Girls 13yr High Jump	1.38	P.King	1981	1.3	E.Langley	2010
4	Boys 13yr High Jump	1.5	D.Snook	1982	1.54	H.Jennings	2013
5	Girls 14yr High Jump	1.43	H.Baker	1987	1.4	S.Kosch	2013
6	Boys 14yr High Jump	1.65	P.Simpson	1994	1.7	H. Jennings	2014
7	Girls 15yr High Jump	1.47	K.Dishon	1989	1.4	S. Kosch	2014
8	Boys 15 yr High Jump	1.73	P.Simpson	1995	1.7	J.Pertzel	2013
9	Girls 16yr High Jump	1.52	K.McClure	2006	1.4	A. Hamill	2010
9						E. James	2014
9						S. Kosch	2015
10	Boys 16yr High Jump	1.82	C.Nichols		1.78	H. Jennings	2016
10			N.Brian	1988			
11	Boys 17yr High Jump	1.63	M.Edwards	2008	1.68	T. Verco	2016
12	Girls 17yr High Jump	1.3	C.Hasell	2007	1.49	S. Kosch	2016
12			P. Stehbens	2007			
12			A. Burger	2007			
13	Girls 21yr High Jump	1.55	P.Simkin	2004	1.45	F. Sutherland	2016
14	Boys 21yr High Jump	1.92	N.Brian	1989	1.75	J. Schultz	2016

In 2010, the Age Groups cut-off date changed therefore the pre and post records are shown.

Presentations will follow this last event of the day.

Good Luck!

