

BALSHAW'S HIGH SCHOOL



SPORTS DAY

STANDARDS

| <u>GIRLS</u> | <u>1ST YEAR</u> | <u>2ND YEAR</u> | <u>3RD YEAR</u> | <u>4TH YEAR</u>     |
|--------------|-----------------|-----------------|-----------------|---------------------|
| 100 metres   | 15.5 secs       | 15.2 secs       | 14.5 secs       | 14.3 secs           |
| 200 metres   | 36.0 secs       | 35.0 secs       | 34.0 secs       | 33.0 secs           |
| 800 metres   | 3.34 mins       | 3.25 mins       | 3.15 mins       | 3.10 mins           |
| Long Jump    | 3.50 m.         | 3.60 m.         | 3.75 m.         | 4.00 m.             |
| High Jump    | 1.01 m.         | 1.07 m.         | 1.20 m.         | 1.25 m.             |
| Javelin      | 9.00 m.         | 15.00 m.        | 17.00 m.        | 19.00 m.            |
| Discus       | -               | 13.00 m.        | 15.00 m.        | 17.00 m.            |
| Shot         | -               | 5.00 m.         | 5.75 m.         | 6.50 m.             |
| <br>         |                 |                 |                 |                     |
| <u>BOYS</u>  | <u>1ST YEAR</u> | <u>2ND YEAR</u> | <u>3RD YEAR</u> | <u>4TH/5TH YEAR</u> |
| 100 metres   | 15.5 secs       | 14.5 secs       | 14.0 secs       | 13.0 secs           |
| 200 metres   | 33.0 secs       | 31.0 secs       | 29.5 secs       | 28.0 secs           |
| 400 metres   | 76.0 secs       | 72.0 secs       | 68.0 secs       | 64.0 secs           |
| 800 metres   | 3.05 mins       | 2.55 mins       | 2.45 mins       | 2.30 mins           |
| 1500 metres  | 6.30 mins       | 6.15 mins       | 6.05 mins       | 5.40 mins           |
| Long Jump    | 3.35 m.         | 3.80 m.         | 4.12 m.         | 4.85 m.             |
| Triple Jump  | 7.00 m.         | 8.00 m.         | 9.00 m.         | 10.20 m.            |
| Javelin      | 18m             | 22m             | 25m             | 30m                 |
| Discus       | -               | 18m             | 23m             | 25m                 |
| Shot         | -               | 8m              | 9m              | 9.50m               |
| High Jump    | 1.01 m.         | 1.07 m.         | 1.17 m.         | 1.42 m.             |

## RECORDS

Any competitors managing to break a record will be awarded 3 points.

### TRACK EVENTS

|                           |                          |              |
|---------------------------|--------------------------|--------------|
| 1st Year Girls 100 m      | J. Francis               | 13.60 secs   |
| 1st Year Boys 100 m       | D. Hughes                | 14.00 secs   |
| 2/3rd Year Girls 100 m    | J. Gardner               | 13.00 secs   |
| 2/3rd Year Boys 100 m     | D. McDougall             | 12.30 secs   |
| 4/5th Year Girls 100 m    | N. Sutcliffe             | 13.00 secs   |
| 4/5th Year Boys 100 m     | D. McDougall             | 11.72 secs   |
| 1st Year Girls 200 m      | N. Sutcliffe/K. Martland | 29.50 secs   |
| 1st Year Boys 200 m       | C. Hamer                 | 29.00 secs   |
| 2/3rd Year Girls 200 m    | T. Barton                | 27.20 secs   |
| 2/3rd Year Boys 200 m     | A. Rosbottom             | 25.50 secs   |
| 4/5th Year Girls 200 m    | N. Sutcliffe             | 26.50 secs   |
| 4/5th Year Boys 200 m     | A. Rosbottom             | 24.14 secs   |
| 1st Year Boys 400 m       | I. Ward                  | 1.10.04 mins |
| 2/3rd Year Boys 400 m     | C. Gregson               | 58.40 secs   |
| 4/5th Year Boys 400 m     | T. Carsley               | 58.50 secs   |
| 1st Year Girls 800 m      | L. Robinson              | 2.52.00 mins |
| 1st Year Boys 800 m       | C. Cocker                | 2.35.01 mins |
| 2/3rd Year Girls 800 m    | E. Grimshaw              | 2.44.03 mins |
| 2/3rd Year Boys 800 m     | M. Robinson              | 2.26.02 mins |
| 4/5th Year Girls 800 m    | E. Grimshaw              | 2.42.00 mins |
| 4/5th Year Boys 800 m     | P. Rowe                  | 2.12.04 mins |
| Open Girls 400 m          | L. Ryding                | 62.10 secs   |
| Open Boys 1500 m 1st Year | D. Ryding                | 5.20.00 mins |
| 2/3rd Year                | S. Isaacs                | 4.51.00 mins |
| 4/5th Year                | P. Rowe                  | 4.34.00 mins |
| Relay 1st Year Girls      | CLAYTON                  | 59.60 secs   |
| 1st Year Boys             | CLAYTON                  | 59.30 secs   |
| 2/3rd Year Girls          | CLAYTON                  | 55.31 secs   |
| 2/3rd Year Boys           | CUERDEN                  | 53.40 secs   |
| 4/5th Year Girls          | CLAYTON                  | 55.50 secs   |
| 4/5th Year Boys           | CLAYTON                  | 49.20 secs   |

FIELD EVENTS

|                             |               |        |
|-----------------------------|---------------|--------|
| 1st year girls long jump    | T. Barton     | 4.14m  |
| 1st year boys long jump     | M. Cupit      | 4.67m  |
| 2/3rd year girls long jump  | N. Sutcliffe  | 5.00m  |
| 2/3rd year boys long jump   | A. Rosbottom  | 5.05m  |
| 4/5th year girls long jump  | N. Sutcliffe  | 5.36m  |
| 4/5th year boys long jump   | P. Hunter     | 5.80m  |
| 1st year boys triple jump   | T. Carsley    | 8.85m  |
| 2/3rd year boys triple jump | W. Davidson   | 11.15m |
| 4/5th year boys triple jump | W. Davidson   | 11.83m |
| 1st year girls high jump    | J. Dalton     | 1.37m  |
| 1st year boys high jump     | D. Riding     | 1.37m  |
| 2/3rd year girls high jump  | J. Procter    | 1.35m  |
| 2/3rd year boys high jump   | K. Jones      | 1.45m  |
| 4/5th year girls high jump  | D. Thompson   | 1.37m  |
| 4/5th year boys high jump   | C. Annable    | 1.56m  |
| 2/3rd year girls discus     | J. Francis    | 19.60m |
| 2/3rd year boys discus      | M. Green      | 34.20m |
| 4/5th year girls discus     | S. Harris     | 23.60m |
| 4/5th year boys discus      | M. Green      | 34.30m |
| 1st year girls javelin      | J. Barton     | 17.80m |
| 1st year boys javelin       | C. Gregson    | 21.65m |
| 2/3rd year girls javelin    | S. Hodgkinson | 26.10m |
| 2/3rd year boys javelin     | J. Macluckie  | 33.76m |
| 4/5th year girls javelin    | K. Harris     | 24.00m |
| 4/5th year boys javelin     | P. Booth      | 47.35m |
| 2/3rd year girls shot       | L. Robinson   | 7.75m  |
| 2/3rd year girls shot       | B. Moncrief   | 11.55m |
| 4/5th year girls shot       | A. Hindle     | 7.38m  |
| 4/5th year boys shot        | B. Moncrief   | 11.22m |

EVENT 1 1st Years Girl's 100 Metres Record - 13.6 secs

(CL) S. Monaghan  
(CU) K. Marsden  
(FA) S. Miller  
(WO) A. Higham

(CL) N. Carroll  
(CU) B. Harrison  
(FA) K. Ind  
(WO) C. Halliwell

1 2 3 4

EVENT 2 1st Year Boys' 100 Metres Record - 14.0 secs

(CL) S. Mather  
(CU) S. Barnes  
(FA) C. Brown  
(WO) I. Day

(CL) S. Pickup  
(CU) D. Watson  
(FA) D. Bellis  
(WO) D. Sinclair

1 2 3 4

EVENT 3 2nd/3rd Year Girls' 100 Metres Record - 13.15 secs

(CL) S. Green  
(CU) D. Smith  
(FA) J. Spencer  
(WO) T. Gambling

(CL) J. Barton  
(CU) J. Hammon  
(FA) R. Crossley  
(WO) S. Hurt

1 2 3 4

EVENT 4 2nd/3rd Year Boys' 100 Metres Record - 12.3 secs

(CL) J. Nuttall  
(CU) M. Cupit  
(FA) S. Carrier  
(WO) C. Smith

(CL) M. Robinson  
(CU) J. Anderton  
(FA) M. Gasser  
(WO) D. Lane

1 2 3 4

EVENT 5 4th/5th Year Girls' 100 Metres Record - 13.0 secs

(CL) J. Gardner  
(CU) R. Cosgrove  
(FA) B. Morris  
(WO) K. Quibell

(CL) P. Seed  
(CU) J. Halliwell  
(FA) A. Winnard  
(WO) E. Williams

1 2 3 4



EVENT 6 4th/5th Year Boys 100 Metres

Record - 11.72 secs

(CL) S. Renfrey  
(CU) L. Perry  
(F) C. Gregson  
(W) R. Appleton

(CL) F. Mather  
(CU) A. Hooley  
(F) M. Hutchinson  
(W)

1 2 3 4

EVENT 7 1st Year Girls 200 Metres

Record - 29.5 secs

(CL) J. Hyslop  
(CU) L. Nicholson  
(F) K. Almond  
(W) D. Beard

(CL) C. Higham  
(CU) B. McMunn  
(F) G. Tracey  
(W) J. Mather

1 2 3 4

EVENT 8 1st Year Boys 200 Metres

Record - 29.0 secs

(CL) L. Worsley  
(CU) D. Nelson  
(F) J. Crossley  
(W) T. Mason

(CL) H. Irving  
(CU) M. Barton  
(F) K. Winnard  
(W) A. Corea

1 2 3 4

EVENT 9 2/3rd Year Girls 200 Metres

Record - 27.2 secs

(CL) K. Roylance  
(CU) A. Hampstock  
(F) K. Rimmaer  
(W) S. Carroll

(CL) R. Norris  
(CU) V. Wright  
(F) S. Carbutt  
(W) D. Holmes

1 2 3 4

EVENT 10 2/3rd Year Boys 200 Metres

Record - 25.5 secs

(CL) M. Higham  
(CU) R. Sharp  
(F) I. Ward  
(W) R. Thompson

(CL) C. Dell  
(CU) A. Nicholson  
(F) M. Pallett  
(W) M. Jackson

1 2 3 4

EVENT 11 4th/5th Year Girls' 200 Metres Record - 26.50 secs

(Cl) S. McGuire  
(Cu) J. Watkinson  
(F) S. Burke  
(W) M. Bennison

(Cl) D. Worsley  
(Cu) T. Lemm  
(F) S. Wilson  
(W) D. Exton

1 2 3 4

EVENT 12 4th/5th Boys' 200 Metres Record - 24.14 secs

(Cl) M. Henderson  
(Cu) D. Parkin  
(F) J. Sharland  
(W) G. Naylor

(Cl) G. Hastewell  
(Cu) C. Sheryn  
(F) N. Wood  
(W) S. Gambling

1 2 3 4

EVENT 13 Open Boys' 1500 Metres Record -

1 2 3 4

EVENT 14 Open Girls 400 Metres Record - 62.10 secs

1 2 3 4

EVENT 15 1st Year Boys 400 Metres Record - 1.10.4 mins

(Cl) A. Machin  
(Cu) D. Proctor  
(F) E. Snow  
(W) M. Machin

(Cl) K. Whiting  
(Cu) J. Yates  
(F) S. Cobham  
(W) S. Childs

EVENT 16 2nd/3rd Year Boys' 400 Metres Record - 58.40 secs

(Cl) R. Margison  
(Cu) S. Glover  
(F) G. Bellis  
(W) A. Duckworth

(Cl) P. Adams  
(Cu) A. Rowe  
(F) W. Richardson  
(W) K. Ramshaw

1 2 3 4

|          |                               |                       |
|----------|-------------------------------|-----------------------|
| EVENT 17 | 4th/5th Year Boys' 400 metres | Record - 58.5 secs    |
|          | (CL) R. Russell               | (CL) A. Lascom        |
|          | (CU) C. Hamer                 | (CU) D. Lamb          |
|          | (FA) P. Ritson                | (FA) I. Almond        |
|          | (WO) C. Dandridge             | (WO) K. Lister        |
| 1        | 2                             | 3 4                   |
| EVENT 18 | 1st Year Girls' 800 metres    | Record - 2.52.00 mins |
|          | (CL) J. Cross                 | (CL) V. Walker        |
|          | (CU) S. Tinsley               | (CU) K. Stevenson     |
|          | (FA) S. Grimes                | (FA) C. Morris        |
|          | (WO) G. Exton                 | (WO) F. Davidson      |
| 1        | 2                             | 3 4                   |
| EVENT 19 | 1st Year Boys' 800 metres     | Record - 2.35.01 mins |
|          | (CL) J. Bond                  | (CL) S. Byrne         |
|          | (CU) D. Nuttall               | (CU) A. Miller        |
|          | (FA) D. Bradbury              | (FA) M. Deacon        |
|          | (WO) J. Williams              | (WO) N. Turner        |
| 1        | 2                             | 3 4                   |
| EVENT 20 | 2/3rd Year Girls' 800 metres  | Record - 2.44.03 mins |
|          | (CL) W. Atkins                | (CL) C. Bamber        |
|          | (CU) J. Hill                  | (CU) A. Ratcliffe     |
|          | (FA) T. Shaw                  | (FA) A. Nicholson     |
|          | (WO) J. Deady                 | (WO) N. Simkins       |
| 1        | 2                             | 3 4                   |
| EVENT 21 | 2/3rd Year Boys' 800 metres   | Record - 2.26.02 mins |
|          | (CL) M. Arthington            | (CL) S. Heald         |
|          | (CU) M. Banks                 | (CU) P. Anderson      |
|          | (FA) D. Foster                | (FA) M. Bretherton    |
|          | (WO) G. Parker                | (WO) P. Deady         |
| 1        | 2                             | 3 4                   |



EVENT 22 4/5th Year Girls 800 metres

Record - 2.42.00

(CL) W Robinson  
(CU) S Glover  
(FA) R Cameron  
(WO) E Grimshaw

(CL) M Shannon  
(CU) S Hill  
(FA) A Wright  
(WO) J Williams

1 2 3

4

EVENT 23 4/5th Year Boys 800 metres

Record - 2.12.04

(CL) D. Heaton  
(CU) P. Anderson  
(FA) H. Topp  
(WO) A. Mercer

(CL) S. Sale  
(CU) A. Bickerstaffe  
(FA) D. Noncrief  
(WO) R. Unsworth

1 2 3

4

EVENT 24 1st Year Girls Relay

Record - 59.6 seconds

1 2 3

4

EVENT 25 1st Year Boys Relay

Record - 59.3 seconds

1 2 3

4

EVENT 26 2/3rd Year Girls Relay

Record - 53.7 seconds

1 2 3

4

EVENT 27 2/3rd Year Boys Relay

Record - 53.4 seconds

1 2 3

4

EVENT 28 4/5th Year Girls Relay

Record - 55.5 seconds

1 2 3

4

EVENT 29 4/5th Year Boys Relay

Record - 49.2 seconds

1 2 3

4

EVENT 30 Tug of War

1 2 3

4

EVENT 31 1st Year Girls' Long Jump

Record - 4.14 metres

(CL) J. Cross  
(CU) B. Harrison  
(FA) K. Hunter  
(WO) F. Davidson

(CL) S. Higham  
(CU) S. Tinsley  
(FA) C. Morris  
(WO) A. Hirst

1 2 3

4

EVENT 32 1st Year Boys Long Jump

Record - 4.67 metres

(CL) S. Pickup  
(CU) D. Watson  
(FA) C. Brown  
(WO) M. Machin

(CL) K. Leighton  
(CU) D. Nelson  
(FA) T. Snow  
(WO) T. Mason

1 2 3

4

EVENT 33 1st Year Boys Triple Jump

Record - 8.85 metres

(CL) R. Sale  
(CU) P. Clegg  
(FA) J. Crossley  
(WO) R. Kearsley

(CL) A. Machin  
(CU) J. Yates  
(FA) K. Winnard  
(WO) A. Corea

1 2 3

4

EVENT 34 1st Year Girls High Jump

Record - 1.37 metres

(CL) L. Addison  
(CU) H. Lang  
(FA) K. Ind  
(WO) A. Higham

(CL) N. Carroll  
(CU) F. Greenman  
(FA) K. Almond  
(WO) J. Hather

1 2 3

4

EVENT 35 1st Year Boys High Jump

Record - 1.37 metres

(CL) J. Mawdsley  
(CU) D. Proctor  
(FA) D. Bradbury  
(WO) P. Ascroft

(CL) H. Irving  
(CU) M. Barton  
(FA) M. Deacon  
(WO) I. Day

1 2 3

4





EVENT 46 4/5th Year Girls' Javelin Record - 17.80 metres

|      |              |      |            |
|------|--------------|------|------------|
| (CL) | J. Vynstop   | (CL) | R. Nuttall |
| (CU) | K. Stevenson | (CU) | B. McInn   |
| (F)  | S. Grimes    | (F)  | H. Gibson  |
| (W)  | C. Halliwell | (W)  | J. Brown   |

1 2 3 4

EVENT 47 1st Year Boys' Javelin Record - 21.65 metres

|      |             |      |              |
|------|-------------|------|--------------|
| (CL) | R. Wheeler  | (CL) | C. Riley     |
| (CU) | R. Coleman  | (CU) | S. Baines    |
| (F)  | H. Dawber   | (F)  | A. Jordan    |
| (W)  | P. Sinclair | (W)  | H. Greenwood |

1 2 3 4

EVENT 48 2/3rd Year Girls' Javelin Record - 26.10 metres

|      |              |      |             |
|------|--------------|------|-------------|
| (CL) | C. Adams     | (CL) | J. Barton   |
| (CU) | H. Brewer    | (CU) | V. Wright   |
| (F)  | S. Chase     | (F)  | T. Shaw     |
| (W)  | E. McDougall | (W)  | C. Richards |

1 2 3 4

EVENT 49 2/3rd Year Boys' Javelin Record - 33.76 metres

|      |               |      |             |
|------|---------------|------|-------------|
| (CL) | H. Calderbank | (CL) | D. Hatton   |
| (CU) | H. Coleman    | (CU) | D. Parry    |
| (F)  | G. Bellis     | (F)  | S. Carrier  |
| (W)  | P. Wrathall   | (W)  | A. Grimshaw |

1 2 3 4

EVENT 50 4/5th Year Girls' Javelin Record - 24.00 metres

|      |             |      |               |
|------|-------------|------|---------------|
| (CL) | S. McGuire  | (CL) | K. Bilsborrow |
| (CU) | H. Crompton | (CU) | J. Halliwell  |
| (F)  | B. Morris   | (F)  | R. Cameron    |
| (W)  | A. Simmons  | (W)  | T. Burrige    |

1 2 3 4



EVENT 51 4/5th Years Boys' Javelin Record - 47.35 metres

|      |            |      |             |
|------|------------|------|-------------|
| (CL) | D. Szalata | (CL) | G. Summers  |
| (CU) | D. Bentham | (CU) | H. Jones    |
| (F)  | C. Gregson | (F)  | D. Noncrief |
| (W)  | R. Green   | (W)  | R. Appleton |

1                      2                      3                      4

EVENT 52 2/3rd Years Girls' Discus Record - 19.60 metres

|      |            |      |               |
|------|------------|------|---------------|
| (CL) | J. Walsh   | (CL) | V. Starling   |
| (CU) | C. Hamer   | (CU) | J. Wood       |
| (F)  | J. Bidwell | (F)  | P. Tomp       |
| (W)  | S. Barnes  | (W)  | A. Richardson |

1                      2                      3                      4

EVENT 53 2/3rd Years Boys' Discus Record - 34.20 metres

|      |              |      |              |
|------|--------------|------|--------------|
| (CL) | H. Melling   | (CL) | R. Westhead  |
| (CU) | A. Nicholson | (CU) | P. Ashurst   |
| (F)  | D. Robinson  | (F)  | H. Clitheroe |
| (W)  | G. Parker    | (W)  | S. Rimmer    |

1                      2                      3                      4

EVENT 54 4/5th Years Girls' Discus Record - 23.60 metres

|      |            |      |              |
|------|------------|------|--------------|
| (CL) | T. Barton  | (CL) | S. Adams     |
| (CU) | J. Bland   | (CU) | K. Chisnall  |
| (F)  | A. Kirkman | (F)  | S. Burke     |
| (W)  | A. Ashton  | (W)  | C. Dandridge |

1                      2                      3                      4

EVENT 55 4/5th Years Boys' Discus Record - 34.32 metres

|      |           |      |               |
|------|-----------|------|---------------|
| (CL) | T. Mather | (C.) | I. Wheeler    |
| (CU) | C. Sheryn | (CU) | D. Thomas     |
| (F)  | I. Almond | (F)  | A. Whittacker |
| (W)  | K. Lister | (W)  | C. Dandridge  |

1                      2                      3                      4

EVENT 56      2/3rd Year Girls' Shot      Record - 7.75 metres

|              |                 |
|--------------|-----------------|
| (CL) S.Green | (CL) R.Worsley  |
| (CU) J.Booth | (CU) D.Davies   |
| (F) H.Barnes | (F) S.Farnworth |
| (W) J.Deady  | (W) A.Russell   |

1                      2                      3                      4

EVENT 57      2/3rd Years Boys' Shot      Record 11.55 metres

|                  |                 |
|------------------|-----------------|
| (CL) S.Faulkner  | (CL) M.Birdsall |
| (CU) T.Threlfall | (CU) M.Pawson   |
| (F) G.Singleton  | (F) C.Gowdy     |
| (W) I.Hargreaves | (W) D.Lane      |

1                      2                      3                      4

EVENT 58      4/5th Year Girls' Shot      Record 7.38 metres

|                 |                 |
|-----------------|-----------------|
| (CL) L.McCarthy | (CL) D.Rigby    |
| (CU) N.Cupit    | (CU) J.Smith    |
| (F) J.Styan     | (F) A.Parkinson |
| (W) K.Quibell   | (W) K.Rhodes    |

1                      2                      3                      4

EVENT 59      4/5th Year Boys' Shot      Record 11.22 metres

|               |               |
|---------------|---------------|
| (CL) T.Pass   | (CL) A.Rimmer |
| (CU) D.Lamb   | (CU) S.Lowe   |
| (F) B.Topping | (F) P.Ritson  |
| (W) G.Naylor  | (W) M.Jackson |

1                      2                      3                      4