

National Athletics Finals

Alexander Stadium, Birmingham

Monday 17 June 2024

Sponsored by



Artwork by Tabitha from Dwight School, London

ISA Welcome

On behalf of the Independent Schools Association, welcome to the Alexander Stadium in Birmingham. We are incredibly excited to welcome competitors, parents, staff, visitors, and officials back to this prestigious venue which recently played host to the largest Commonwealth Games ever held. The stadium underwent a £72 million redevelopment and hosted the Opening and Closing Ceremonies, as well as the athletics and para-athletics competitions. Make sure you soak up every minute and enjoy this fantastic venue, regardless of whether you are competing, officiating, or spectating.

Each of the seven ISA regions - North, Midlands, East Anglia, London North, London West, London South and South West have held their own area athletics meetings prior to arriving here today, so all the competitors have already achieved a significant feat through their qualification for this event. The event, now in its 60th year, is the highlight of the season for many of our competitors. We owe a big thank you to all the regional event organisers who voluntarily spent their time and worked hard to ensure the qualifiers ran smoothly and successfully.

Staging these championships takes a great deal of organisation and cooperation. We are very grateful to all officials and volunteers for all their contributions leading up to and on the day. Without officials, none of the events would take place in such a well organised and safe manner. Thank you to all the teaching staff who support athletics in their schools, preparing and coaching their athletes.

One final big thank you, to Gwil Price, Competition Director and ISA Sport Ambassador who commits hours upon hours of his own time to ensure the event runs smoothly. Gwil is instrumental in the planning process, and this event could not run without him.

Although there can only be one winner in each event, whatever the result, every athlete can leave today feeling that they have achieved something great. Good luck to everyone today and thank you for supporting the ISA National Athletics Finals at the Alexander Stadium.

ISA Sport

Area Information

Area	Colour	Number
London South	Red	1
Midlands	Black	2
South West	Green	3
East Anglia	Orange	4
London North	Yellow	5
North	Blue	6
London West	Sky Blue	7

Event Details

Food and Drink

Food and drink may be brought into the venue by competitors and spectators. There is also a catering van with hot food and drink available for purchase. CARD ONLY.

Changing and Toilet Facilities

Changing facilities are located trackside underneath the Area stands. Toilets are located either side of the main entrance. See map for more detail.

Spectators

There is ample seating available on the right-hand side of the West stand as you enter the stadium. SPECTATORS ARE NOT ALLOWED ONTO THE TRACK OR INTO THE AREA STANDS.

Marshalling Areas

There are two marshalling areas located in the North stand, one for track events and one for field. See map for more detail.

Rules

- Full English Schools Athletics rules apply to this event.
- All competitors must qualify via their area event to compete at the National Finals.
- Each area may enter one athlete for each event, except for the 600m, 800m and 1500m where two per area are allowed.
- Competitors may enter a maximum of two individual events and one relay.
- Competitors may only compete in events for which they qualify by age and not school year.
- Competitors may only compete in events in one age group.
- Competitors will be allowed four attempts at each field event.
- All track races are straight finals.

Scoring

All events will be scored as follows:

1st - 7 points | 2nd - 6 points | 3rd - 5 points | 4th - 4 points | 5th - 3 points | 6th - 2 points | 7th - 1 point

Event Staff

Meeting Organisers	Emily Ward and Neave Wilson (ISA)
Competition Director	Gwil Price MBE
Presentations	Rudi Elliott Lockhart (ISA CEO), VIP's, Bernie Moroney, Vernon Samuels (GB Athlete)
Announcer	Keith Stevens and Guy Wnuk
Track Referee	Barry Dorrity
Chief Timekeeper	Simon Evans
Chief Starter	Kenny Ebanks
Chief Starters Assistant	Wendy Kane
Starters	Geoff Lowry, Keith Weetman
Starters Assistants	Hilary Burton, Jayne Bowers
Call up Coordinator	Stuart Paul
Timekeepers	Ann Thatcher, Ashleigh Burridge, David Lindsey, Graham Bungay, Mirriam Dorrity, Pam Bungay, Steve Webb
Chief Track Judge	Charles Bromley-Gardner
Track Judges	Alyson Harvey, Brendan Kelly, Deborah Cash, Denise Von Roretz, James Terry, Kathy Ertug, Jason Wyatt, Tamika Campbell, Vinay Joshi
Chief Photo Finish	Mark Delgado
Photo Finish	Adie Pottinger, Darren Williams, Dave Watson, Margaret Afford, Pete Afford
Field Referee	Sally Delgado
Field Judges	Alan McCreadie, Andy Hulse, Chris Blythe, Colin Fox, Dave Ashbourne, Dave Owens, Debbie Brooks, Fiona Hughes, Fred Pidgeon, Freya Webb, Jane Pidgeon, Jean Jackson, Karen Davies, Lennon McKenzie, Les Chambers, Mark Fraser, Mike Jackson, Paj Valley, Peter Lever, Rita Brownlee, Sandy Green, Stephanie Brooks, Steven Harger, Sue Alvey, Wayne Jones, Viv Jones
Volunteer Coordinator	Manola Restivo
Student Volunteers	Bishop Challoner School Cadbury College Sandwell College Highclare School
Results	Squad in Touch
Medical	25 Eight Medical

Vernon Samuels

Guest GB athlete at this year's event!

Vernon's success in athletics was in the Triple Jump and this began at a very young age. He earned the title of All England School's Champion when he was just 14 years old, and then represented England in the British School's Championships. By the age of 19, Vernon was an international athlete representing Great Britain.

During his ten year career as an elite athlete, Vernon represented Great Britain in the Men's Triple Jump at the 1988 Olympic Games in Seoul, South Korea, and represented England at the 1990 Commonwealth Games in Auckland, New Zealand.

Look out for Vernon at the podium!



Track Timetable & Records

Time		Event	Age Groups	Record	Athlete	Area	Year
11.30am	T0	100m	Mixed Para				
11.50am	T1	60m	Year 4 Girls	8.70	E.TOWNSEND	(LW)	2013
	T2	60m	Year 4 Boys	8.60	F.POWELL	(M)	2015
12.00pm	T3	75m	Year 5 Girls	10.80	J.SAWYER	(M)	2004
	T4	75m	Year 5 Boys	10.30	D.TEWOGBADE	(EA)	2014
12.08pm	T5	80m	Year 6 Girls	10.30	E.EKE	(EA)	2006
	T6	80m	Year 6 Boys	10.10	R.MORRISSEY	(EA)	2003
12.12pm	T7	600m	Year 4 Girls	1.55.5	M.SAMUELS	(EA)	2013
	T8	600m	Year 4 Boys	1.50.70	JACK. D	(LS)	2019
12.20pm	T9	600m	Year 5 Girls	1.50.01	HANNAH. L	(LW)	2019
	T10	600m	Year 5 Boys	1.44.00	S. PALMER	(M)	2023
12.30pm	T11	600m	Year 6 Girls	1.44.49	A. MCHALE	(N)	2017
	T12	600m	Year 6 Boys	1.40.5	H.NORMAN	(LS)	2014
12.40pm	T13	150m	Year 5 Girls	22.0	M-R. SCALES	(LW)	2017
	T14	150m	Year 5 Boys	21.0	N.LYNCH	(M)	2004
	T15	150m	Year 6 Girls	20.1	J.CRAWFORD	(LS)	2009
	T16	150m	Year 6 Boys	18.97	JAMES B.	(LS)	2019
12.55pm	T17	1500m	Year 7 Girls	4.58.85	A.KING	(EA)	2023
	T18	1500m	Year 7 Boys	4.36.26	E.SCOTT	(LS)	2017
1.15pm	T19	100m Hdls	Years 10/11 Boys	13.90			
1.20pm	T20	1500m	Years 8/9 Girls	4.37.11	O.FORREST	(EA)	2023
1.30pm	T21	80m Hdls	Years 8/9 Boys	11.60	A.MAGNI	(LW)	2011
1.35pm	T22	1500m	Years 8/9 Boys	4.24.95	WILL. A	(N)	2018
1.45pm	T23	80m Hdls	Years 10/11 Girls	11.90	A.PASK	(M)	2013
1.50pm	T24	75m Hdls	Years 8/9 Girls	11.40	E.JACKSON	(N)	2015
1.55pm	T25	1500m	Years 10/11 Girls	4.47.0	D.WEBB & K.GERRARD	(N)	2013
2.05pm	T26	75m Hdls	Year 7 Boys	12.02	J.Ruby	(LS)	2023
2.10pm	T27	1500m	Years 10/11 Boys	3.59.0	H.DIXSON	(LW)	2009
2.20pm	T28	70m Hdls	Year 7 Girls	11.40	E.JACKSON	(N)	2013
2.35pm	T29	4 x 100m	Year 4 Girls	1.04.48	LONDON WEST	(LW)	2018
	T30	4 x 100m	Year 4 Boys	1.01.51	LONDON WEST	(LW)	2018
	T31	4 x 100m	Year 5 Girls	1.00.54	LONDON WEST	(LW)	2016
	T32	4 x 100m	Year 5 Boys	0.59.00	NORTH	(N)	2023
	T33	4 x 100m	Year 6 Girls	0.57.02	NORTH	(N)	2023
	T34	4 x 100m	Year 6 Boys	0.56.21	EAST ANGLIA	(EA)	2023
3.05pm	T35	400m	Years 10/11 Boys	50.38	BEN. B	(M)	2019
	T36	300m	Years 8/9 Boys	37.19	BEN. B	(M)	2018
3.15pm	T37	300m	Years 10/11 Girls	40.54	MIA W.	(N)	2022
	T38	300m	Years 8/9 Girls				
3.25pm	T39	100m	Year 7 Girls	13.00	G.PEARSON	(LW)	2013
	T40	100m	Year 7 Boys	12.30	K.KOWUNSUMANTY	(LW)	2010
	T41	100m	Years 8/9 Girls	12.60	R.REDMAN	(M)	1996
	T42	100m	Years 8/9 Boys	11.40	M.CHANT	(LW)	2011
	T43	100m	Years 10/11 Girls	12.40			
	T44	100m	Years 10/11 Boys	11.01	E.SMITH	(LW)	2005
3.50pm	T45	800m	Year 7 Girls	2.27.3	E.WILKINS	LW	
	T46	800m	Year 7 Boys	2.17.9	B.LEE	(N)	2013
	T47	800m	Years 8/9 Girls	2.15.95	AVA. L	(N)	2019
	T48	800m	Years 8/9 Boys	2.04.7			
	T49	800m	Years 10/11 Girls	2.15.4	K.HAMILTON	(SW)	2004
	T50	800m	Years 10/11 Boys	1.57.8	S.THOMAS	(LS)	2013
4.30pm	T51	200m	Year 7 Girls	27.20			
	T52	200m	Year 7 Boys	24.20	H.TOBIAS	LN	2003
	T53	200m	Years 8/9 Girls	25.50			
	T54	200m	Years 8/9 Boys	23.51	BEN. H	(M)	2019
4.45pm	T55	200m	Years 10/11 Girls	25.20	A.GRIFFITHS	(M)	2009
	T56	200m	Years 10/11 Boys	22.30	H.TOBIAS	(LN)	2006
5.25pm	T57	4 x 100m	Year 7 Girls	55.40	NORTH	(N)	2011
	T58	4 x 100m	Year 7 Boys	52.86	EAST ANGLIA	(EA)	2023
	T59	4 x 100m	Years 8/9 Girls	49.80	NORTH	(N)	2001
	T60	4 x 100m	Years 8/9 Boys	45.90	LONDON NORTH	(LN)	2006
	T61	4 x 100m	Years 10/11 Girls	52.20	MIDLANDS	(M)	2002
	T62	4 x 100m	Years 10/11 Boys	45.74	LONDON NORTH	(LN)	2018

PLEASE NOTE : RELAY CALL UP : YEARS 4,5,6 - 2.05pm YEARS 7, 8/9 - 5.05pm, 10/11 - 5.15pm

Field Timetable & Records

Time		Event	Age Group	Site	Record	Athlete	Area	Year
11.25 am	F0	Shot	Mixed Para	Shot				
	F1	Rounders Ball	Year 6 Girls	Disc end	51.29m	ERAYER	(LW)	2008
	F2	Cricket Ball	Year 4 Boys	Jav end	51.38	FKEYLOCK	(LW)	2011
12.00 pm	F3	Long Jump	Year 4 Girls	Pit 1	4.13m	MIA F	(LW)	2019
	F4	Shot	Year 6 Boys	Shot	9.96m	MNWANKWO	(LN)	2013
	F5	Long Jump	Year 5 Girls	Pit 2	4.30m	FLORENCE C	(EA)	2019
	F6	Cricket Ball	Year 6 Boys	Jav end	60.09m	FINN K	(LW)	2013
	F7	Rounders Ball	Year 4 Girls	Disc end	34.35	KENDELLS	(LW)	2019
	F8	High Jump	Year 6 Boys	HJ 1	1.47m	JDARLINGTON	(LN)	
	F9	High Jump	Year 6 Girls	HJ 2	1.40m	SWILLIAMS	(LW)	2015
12.40 pm	F10	Long Jump	Year 6 Boys	Pit 2	4.82m			2004
	F11	Cricket Ball	Year 5 Boys	Jav end	56.23	SWILLIAMS	(LW)	2015
	F12	Rounders Ball	Year 5 Girls	Disc end	42.66m		(EA)	2008
	F13	Shot	Year 6 Girls	Shot	7.89m	ADUCE	(N)	
	F14	Long Jump	Year 6 Girls	Pit 1	4.82	AWILLIAMS	N	2009
1.20pm	F15	Discus	Years 8/9 Boys	Cage	43.09m	HDAVIES	(SW)	2008
	F16	Long Jump	Years 4 Boys	Pit 1	4.14	JOSEPH M	(EA)	2019
	F17	Long Jump	Year 5 Boys	Pit 2	4.32m	TBlackwell/Poland	LS/EA	2003/17
	F18	Javelin	Years 10/11 Girls	Javelin	39.58m	E.HAMPLETT	(M)	
	F19	Shot	Years 8/9 Girls	Shot	12.21m	S.VINCENT	(LW)	2018
	F20	High Jump	Year 7 Boys	HJ 1	1.56m			2013
	F21	High Jump	Year 10/11 Girls	HJ 2	1.65m	S.Hine/H.Tapley	(M)	2004/14
2.00pm	F22	Long Jump	Year 10/11 Boys	Pit 1	6.14	Max E	(LW)	2019
	F23	Long Jump	Year 7 Girls	Pit 2	5.42m	A.WILLIAMS	(N)	2015
	F24	Javelin	Years 7 Girls	Javelin	41.66m	HAMPLETT	(M)	2010
	F25	Discus	Year 10/11 Boys	Cage	48.85	B.HAWES	(LS)	2013
	F26	Shot	Years 8/9 Boys	Shot	13.24	T.DAVISON	(EA)	2003
2.40pm	F27	Discus	Years 8/9 Girls	Cage	29.11m	CLAUDIA. K	(LW)	2019
	F28	Long Jump	Year 7 Boys	Pit 1	5.18m	S.CHEAH	(LW)	2011
	F29	High Jump	Year 7 Girls	HJ 1	1.51m	A.SCALA	(LS)	2023
	F30	Shot	Year 7 Girls	Shot	9.61m	POPPY. T	(M)	2019
	F31	Javelin	Year 8/9 Boys	Javelin	50.89m	A.BRYANT	(LW)	2004
	F32	Triple Jump	Years 10/11 Girls	Pit 2	10.43m	E. RAYER	(LW)	2013
	F33	High Jump	Year 8/9 Girls	HJ 2	1.62	H.TAPLEY	(M)	2013
3.20pm	F34	Discus	Year 7 Girls	Cage	29.96m	ELLIE. M	(LW)	2019
	F35	Shot	Years 10/11 Boys	Shot	17.19m			2009
	F36	Long Jump	Year 8/9 Girls	Pit 1	5.55m	A. WILLIAMS	N	2011
	F37	Javelin	Years 7 Boys	Javelin	38.29m	SEBASTIAN	(EA)	2018
	F38	T.Jump	Years 8/9 Boys	Pit 2	12.56m	S.CHEAH	(LW)	2013
4.00pm	F39	T.Jump	Years 10/11 Boys	Pit 2	13.43			
	F40	Discus	Year 7 Boys	Cage	35.48m	OSHIDI	(LN)	2004
	F41	High Jump	Years 8/9 Boys	HJ 1	1.80m	B.PRITCHARD	LW	2009
	F42	Shot	Years 10/11 Girls	Shot	15.91m	SERENA. V	(LW)	2018
	F43	Long Jump	Years 10/11 Girls	Pit 1	5.97m	H.BOLDEN	(LW)	2015
	F44	Javelin	Year 10/11 Boys	Javelin	64.22m	J.CAMPBELL	(M)	2004
	F45	High Jump	Year 10/11 Boys	HJ 2	2.00m	J.JOHNSTON	(N)	2008
4.40pm	F46	Javelin	Years 8/9 Girls	Javelin	38.42m	E.HAMPLETT	(M)	2013
	F47	Shot	Year 7 Boys	Shot	11.28	A.OSHIDI	(LN)	2004
	F48	Long Jump	Years 8/9 Boys	Pit 1	5.95m			
	F49	Discus	Years 10/11 Girls	Cage	37.60			

PLEASE NOTE: ANY RELAY RUNNERS IN 4.40pm FIELD EVENTS PLEASE STAY WITH FIELD EVENT UNTIL COMPLETION OF EVENT. PLEASE INFORM FELLOW 4 x 100m RUNNERS THAT YOU WILL REPORT WHEN YOUR EVENT HAS FINISHED.





Lots of colours to choose from

1. CHOOSE A COLOUR
2. CHOOSE A SIZE
3. CHOOSE YOUR LOGOS



BESPOKE EVENT GARMENTS PRINTED WHILE YOU WAIT
 Fine Designs are delighted to attend the ISA National Athletics Finals selling our range of commemorative t-shirts and hoodies for the 2024 event.

As each print only takes a few seconds it means you can customise your own garment and we print whilst you wait. Choose from the front logo, the list of competitors' names and lots of additional sleeve options including flags, medals and slogans. Prices start from £20 for a t-shirt and £40 for a hoodie.

www.finedesignsuk.com



OFFICIAL PHOTOS



Photographs are available to view and purchase online by visiting:



bit.ly/3W1hoYI
 Password: isaathletics24

EARLY BIRD OFFER: Order before midnight 7th July for a 25% discount!



Top UK & US University Support

with **Crimson Education**:
the World's Leading Admission Advisors!



966

Offers to the
Ivy League

5,900+

Offers to US
top 50 universities

2,220+

Offers to UK
top 10 universities

292

Offers to Oxford
and Cambridge

4.5X

Average rate of
Crimson students to
top universities vs.
general applicant

What we do



University Strategy & Application Support
Multi-year support with application preparation and submission with the help of a personalised roadmap.



Standardised Test Tutoring
1:1 sessions covering test content, technique and confidence



Essay Development & Review
Support with essay statement ideation, tone, language and structure as well as multi-draft feedback.



Interview Preparation & Training
Coaching on how to answer common questions and communicate a story persuasively.



Extracurricular Mentoring
Capstone/Leadership project planning, execution and reporting to ensure passion and impact are demonstrated, and the development of subject depth and breadth in a particular field of study.



Former Admission Officer/VIP Support
View Candidacy advice and the highest level of independent assessment before applying.



Athletic Recruitment Strategy & Application Support
Creating a comprehensive athletic portfolio, scholarship negotiations and campaign video support



crimsoneducation.org



europe@crimsoneducation.org



[@CrimsonUKEurope](https://www.facebook.com/CrimsonUKEurope)



[crimsoneducation_uk](https://www.instagram.com/crimsoneducation_uk)