

IAPS NW Regional Athletics – Longford Stadium

Having made the decision to enter some of our better athletes into the IAPS NW Regional Athletics Competition for the first time, the bus set off on a bright and sunny morning with much optimism and enthusiasm, along with a fair degree of nerves amongst the party. Nerves were quickly settled and optimism reigned when the first event of the day saw Harriette Smith comfortably winning the Y5 hurdles! The day had started well and victories continued to mount as the hours passed. Y5 athletes would not go on to a further competition but all four of our Year 5 girls won an event, with Sophia Longworth putting in outstanding performances in the 200m and long jump, Harriette Smith hurdles, Ella Holland winning the 800m and Elsie Barker the 1500m. These girls will have gained so much confidence and we will enjoy seeing them compete for a place at the Nationals next year.

The winners of events in Year 6, Year 7 and Year 8 were guaranteed places in the National Final in July. This seemed to spur the feisty Sedbergh athletes on and amazing levels of tenacity were shown on the track, and performances in the field events were equally encouraging. The day was rounded off by the relays and there was much pride and jubilation when the Sedbergh brown vests crossed the line first in the Year 7 girls, Year 7 boys, Year 8 girls' and Year 8 boys' relays.

Five victories at Year 5, twenty one qualifications, many personal best performances and four winning relay teams was a tremendous achievement and a real source of pride for everyone involved!

Congratulations to everyone who took part, but special mention should go to our qualifiers:

Y6	Y7 Girls	Y8 Girls	Y7 Boys	Y8 Boys
Scarlett Harrison 1500m	Polina Whitehead (Hurdles and high jump) Olivia Ross (100m) Hannah Follett (200m)	Rosie Hattam (Hurdles) Jadyn Stewart (High jump and shot) Charlotte Hoymans (800m) Rowan Piper (Javelin) Freya Cope (300m and long jump) Pippa Darlington (1500m)	Perry Palmer (100m) Sebastian Smith (Long Jump)	Max Armitage (200m and high jump) Ben Redshaw (800m) Seb Nakouzi (1500m) Henry Livesey (Javelin) Jonny Hanson (Shot) Roman Lukiyanov (Hurdles)