

Sportshall Secondary

Cumbria School Games Final

Year 7 Girls

Penrith Leisure Centre

27 March 2019

	White	Black	Red	Light Blue	Dark Blue	Green	PURPLE	ORANGE
	Workington	Trinity	West Lakes	Appleby	Furness	Lakes	School 7	School 8
TRACK								
Obstacle Relay	16	10	12	8	14	18		
2 Lap Race	12	15	16	9	9	17		
4 Lap Race	11	12	16	13	8	18		
6 Lap Race	7	12	10	8	11	9		
8 Lap Paarlauf	8	18	10	12	14	16		
4 x 2 Lap Relay	12	16	14	8	10	18		
FIELD								
Shot	15	10	18	10	16	10		
Speed Bounce	10	18	13	8	16	13		
Standing Long Jump	18	13	13	11	8	15		
Standing Triple Jump	12	18	9	9	16	14		
Vertical Jump	13	18	10	16	8	15		
Total	134	160	141	112	130	163		
Overall Position	4	2	3	6	5	1		
Virtual Total	455.00	486.00	430.00	387.00	412.00	447.00		
Virtual Award	STEP 9	STEP 9	STEP 8	STEP 7	STEP 8	STEP 8		

For more information on the Sportshall pathway go to www.sportshall.org



BRITISH
ATHLETICS



Colour	Team	Shot				Speed Bounce				Standing Long Jump				Standing Triple Jump				Vertical Jump						
		Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points			
White	Workington	1		5.50	B 2	5																		
		2		5.80	A 3	10																		
						15					10					18					12			
Black	Trinity	1		4.90	A 5	8																		
		2		3.60	B 5	2																		
						10					18					13					18			
Red	West Lakes	1		5.80	B 1	6																		
		2		6.00	A 1	12																		
						18					13					13					9			
Light Blue	Appleyby	1		5.50	A 4	9																		
		2		3.50	B 6	1																		
						10					8					11					9			
Dark Blue	Furness	1		6.00	A 1	12																		
		2		4.30	B 3	4																		
						16					16					8					16			
Green	Lakes	1		4.20	A 6	7																		
		2		4.00	B 4	3																		
						10					13					15					14			
PURPLE	School 7	1																						
		2																						
ORANGE	School 8	1																						
		2																						

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	White	Black	Red	Light Blue	Dark Blue	Green	PURPLE	ORANGE
	Workington	Trinity	West Lakes	Appleby	Furness	Lakes	School 7	School 8
TRACK								
Obstacle Relay	8	16	12	14	18	10		
2 Lap Race	15	18	15	8	12	10		
4 Lap Race	12	18	13	14	12	9		
6 Lap Race	7	12	10	9	8	11		
8 Lap Paarlauf	8	18	12	10	14	16		
4 x 2 Lap Relay	10	18	12	8	14	16		
FIELD								
Shot	13	18	11	8	14	14		
Speed Bounce	9	11	18	15	15	10		
Standing Long Jump	12	17	13	12	12	13		
Standing Triple Jump	15	13	13	9	17	11		
Vertical Jump	15	18	9	9	15	13		
Total	124	177	138	116	151	133		
Overall Position	5	1	3	6	2	4		
Virtual Total	494.00	546.00	454.00	411.00	529.00	465.00		
Virtual Award	STEP 9	STEP 10	STEP 9	STEP 8	STEP 10	STEP 9		

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ATHLETICS



Colour	Team	Shot				Speed Bounce				Standing Long Jump				Standing Triple Jump				Vertical Jump						
		Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points			
White	Workington	1		7.00	A 2	11		57	A 6	7		1.83	A 3	10		5.24	B 2	5		29	B 4	3		
		2		4.90	B 5	2		57	B 5	2		1.55	B 5	2		5.54	A 3	10		48	A 1	12		
						13					9					12					15			
Black	Trinity	1		6.80	B 1	6		62	A 5	8		1.72	B 1	6		5.50	A 4	9		42	B 1	6		
		2		7.70	A 1	12		59	B 4	3		1.93	A 2	11		5.10	B 3	4		48	A 1	12		
						18					11					17					13			
Red	West Lakes	1		5.75	A 5	8		68	B 1	6		1.42	B 6	1		6.40	A 1	12		23	A 6	7		
		2		5.10	B 4	3		74	A 1	12		1.96	A 1	12		3.80	B 6	1		21	B 5	2		
						11					18					13					13			
Light Blue	Appleby	1		4.80	B 6	1		66	A 3	10		1.71	B 2	5		3.94	A 6	7		20	B 6	1		
		2		5.10	A 6	7		62	B 2	5		1.74	A 6	7		3.88	B 5	2		31	A 5	8		
						8					15					12					9			
Dark Blue	Furness	1		6.30	A 3	10		70	A 2	11		1.79	A 5	8		5.80	A 2	11		41	A 3	10		
		2		5.20	B 3	4		61	B 3	4		1.66	B 3	4		5.60	B 1	6		37	B 2	5		
						14					15					12					17			
Green	Lakes	1		5.40	B 2	5		63	A 4	9		1.83	A 3	10		4.73	A 5	8		34	B 3	4		
		2		5.80	A 4	9		54	B 6	1		1.58	B 4	3		4.34	B 4	3		39	A 4	9		
						14					10					13					11			
PURPLE	School 7	1																						
		2																						
ORANGE	School 8	1																						
		2																						

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	Workington	Trinity	Whitehaven	QEGS	Furness	Lakes	School 7	School 8
TRACK								
Obstacle Relay	8	16	14	18	10	12		
2 Lap Race	11	16	8	16	16	11		
4 Lap Race	14	16	10	16	10	12		
6 Lap Race	10	11	7	12	8	9		
8 Lap Paarlauf	12	14	8	18	10	16		
4 x 2 Lap Relay	12	14	10	18	10	16		
FIELD								
Shot	13	14	13	16	11	12		
Speed Bounce	12	11	11	16	18	14		
Standing Long Jump	16	14	18	11	8	11		
Standing Triple Jump	11	13	11	13	13	17		
Vertical Jump	10	16	8	18	12	15		
Total	129	155	118	172	126	145		
Overall Position	4	2	6	1	5	3		
Virtual Total	494.00	519.00	485.00	534.00	461.00	508.00		
Virtual Award	STEP 9	STEP 10	STEP 9	STEP 10	STEP 9	STEP 10		

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	Workington	Trinity	Whitehaven	QEGS	Furness	Lakes	School 7	School 8
TRACK								
Obstacle Relay	8	16	18	12	14	10		
2 Lap Race	8	17	17	12	13	11		
4 Lap Race	12	9	11	13	15	18		
6 Lap Race	12	7	8	9	11	10		
8 Lap Paarlauf	8	18	16	14	12	10		
4 x 2 Lap Relay	18	10	8	12	14	16		
FIELD								
Shot	13	14	10	18	15	9		
Speed Bounce	16	9	10	18	15	12		
Standing Long Jump	14	16	10	17	11	10		
Standing Triple Jump	12	11	9	18	14	14		
Vertical Jump	11	13	15	14	14	15		
Total	132	140	132	157	148	135		
Overall Position	5	3	5	1	2	4		

Virtual Total	567.00	559.00	534.00	642.00	584.00	545.00		
Virtual Award	BRONZE	BRONZE	STEP 10	SILVER	BRONZE	STEP 10		

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BRITISH
ATHLETICS



Colour	Team	Shot				Speed Bounce				Standing Long Jump				Standing Triple Jump				Vertical Jump						
		Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points	Name / No	Best	A or B Rank	Points			
White	Workington	1		7.25	A 4	9		70	B 2	5		1.73	B 4	3		4.36	B 6	1		40	B 3	4		
		2		7.25	B 3	4		72	A 2	11		2.05	A 2	11		6.22	A 2	11		50	A 6	7		
						13					16					14					12			
Black	Trinity	1		6.70	B 4	3		60	A 6	7		2.01	B 1	6		5.42	A 5	8		30	B 6	1		
		2		8.40	A 2	11		60	B 5	2		2.02	A 3	10		4.72	B 4	3		65	A 1	12		
						14					9					16					11			
Red	Whitehaven	1		6.30	A 5	8		66	A 5	8		1.65	B 5	2		4.44	B 5	2		40	B 3	4		
		2		5.70	B 5	2		60	B 5	2		1.90	A 5	8		5.16	A 6	7		62	A 2	11		
						10					10					10					9			
Light Blue	QEGS	1		9.85	A 1	12		75	A 1	12		1.95	B 2	5		5.89	B 1	6		40	B 3	4		
		2		7.60	B 1	6		72	B 1	6		2.07	A 1	12		7.17	A 1	12		59	A 3	10		
						18					18					17					18			
Dark Blue	Furness	1		7.55	B 2	5		70	A 3	10		1.89	A 6	7		5.62	A 4	9		41	B 2	5		
		2		8.00	A 3	10		70	B 2	5		1.79	B 3	4		5.57	B 2	5		52	A 4	9		
						15					15					11					14			
Green	Lakes	1		5.70	B 5	2		68	A 4	9		1.55	B 6	1		5.87	A 3	10		52	A 4	9		
		2		5.90	A 6	7		64	B 4	3		1.94	A 4	9		4.84	B 3	4		51	B 1	6		
						9					12					10					14			
PURPLE	School 7	1																						
		2																						
ORANGE	School 8	1																						
		2																						