

19 March 2014

Garons Park

		RED		YELLOW		GREEN		BLUE		PINK		ORANGE		SKY		MAROON	
		BASILDON		CHELMSFORD		COLCHESTER & BLACKWATER		COLNE		DAVENANT		DEANES		HARLOW		N.W ESSEX	
		St Margret's		Moulsham Juniors		Montgomery		Chase Lane		St Johns COE		Groveswood		St Lukes		St Michaels	
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	8	14	26	22	12	2	10	12	28	28	30	30	6	10	22	8
	1 + 1 Lap Relay	6	22	28	14	2	2	26	18	30	30	20	16	4	6	22	28
	2 + 2 Lap Relay	18	28	30	26	2	8	16	18	26	30	8	16	14	2	28	14
	6 Lap Paarlaf	2	4	30	26	4	8	6	22	20	30	8	24	14	2	26	18
	Over / Under Relay	4	22	18	4	22	8	14	18	30	30	26	28	6	2	28	12
	4 x 1 Lap Relay	12	26	20	8	4	4	16	14	30	28	28	24	2	2	24	18
Field	Chest Push	8	22	24	28	12	2	8	8	28	24	24	12	28	16	30	30
	Speed Bounce	10	12	18	26	4	2	26	22	22	16	28	20	8	4	30	28
	Standing Long Jump	10	14	30	24	2	2	6	10	28	26	26	16	16	6	20	30
	Standing Triple Jump	2	14	28	24	6	4	12	10	22	8	26	30	8	12	30	30
	Vertical Jump	14	30	22	8	8	16	12	4	28	26	18	28	4	14	16	14
	Soft Javelin	4	4	14	10	26	22	2	6	30	30	18	18	8	22	24	26
Total		98	212	288	220	104	80	154	162	322	306	260	262	118	98	300	256
Combined Total		310		508		184		316		628		522		216		556	
Combined Position		11		5		15		10		1		4		14		2	
Virtual Total		1475		1673		1345		1452		1736		1680		1456		1753	
Virtual Team Award		BRONZE		GOLD		BRONZE		BRONZE		GOLD		GOLD		BRONZE		GOLD	

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



BRITISH
ATHLETICS



19 March 2014

Garons Park

		BLACK		WHITE		DARK GREEN		BROWN		SILVER		VIOLET		AMBER			
		SAFFRON WALDEN		SHENFIELD		SOUTHEND EAST		SOUTHEND WEST		THURROCK		WILLIAM DE FERRERS		SHENFIELD			
		Dunmow St Mary		Ingatestone		Heycroft		Bournes Green		Belmont Castle		Quilters		St Josephs			
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	18	16	2	6	20	24	24	26	16	18	14	20	4	4		
	1 + 1 Lap Relay	24	12	16	24	12	10	20	26	14	4	8	8	10	20		
	2 + 2 Lap Relay	22	10	10	6	8	22	20	26	24	20	14	12	4	4		
	6 Lap Paarlaf	18	14	10	10	30	12	22	28	16	16	12	20	24	6		
	Over / Under Relay	24	14	12	6	20	18	16	26	8	22	10	24	2	10		
	4 x 1 Lap Relay	22	16	10	6	20	20	26	30	8	22	6	12	14	10		
Field	Chest Push	16	22	2	12	8	6	24	18	16	16	18	26	12	6		
	Speed Bounce	26	20	6	30	16	12	22	6	12	14	2	26	14	8		
	Standing Long Jump	14	22	18	18	4	8	24	28	22	20	8	12	12	4		
	Standing Triple Jump	24	26	14	6	10	20	16	22	18	16	20	18	4	2		
	Vertical Jump	30	18	2	2	10	6	24	24	6	20	26	22	20	14		
	Soft Javelin	14	18	6	18	18	10	28	28	24	4	24	24	14	18		
Total		252	208	108	144	176	168	266	288	184	192	162	224	134	106		
Combined Total		460		252		344		554		376		386		240			
Combined Position		6		12		9		3		8		7		13			
Virtual Total		1652		1446		1464		1684		1526		1555		1448			
Virtual Team Award		GOLD		BRONZE		BRONZE		GOLD		BRONZE		SILVER		BRONZE			

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



BRITISH ATHLETICS



Girls Track Events

Girls		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlauf		Over / Under Relay		4 x 1 Lap Relay			
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
RED	St Margret's	100	12	30.6	13	59.2	7	100.5	15	90.3	14	59.2	10		0
			8		6		18		2		4		12		0
YELLOW	Moulsham Juniors	92.3	3	27.7	2	55.9	1	88.3	1	81.9	7	58.2	6		0
			26		28		30		30		18		20		0
GREEN	Montgomery	98.3	10	32.4	15	68.4	15	99.2	14	81.5	5	62	14		0
			12		2		2		4		22		4		0
BLUE	Chase Lane	99	11	28.1	3	60	8	97.8	13	84.1	9	58.4	8		0
			10		26		16		6		14		16		0
PINK	St Johns COE	91.7	2	27	1	57.9	3	92.7	6	76.1	1	55.8	1		0
			28		30		26		20		30		30		0
ORANGE	Groewood	91.3	1	28.5	6	61.4	12	97.3	12	81	3	56.2	2		0
			30		20		8		8		26		28		0
SKY	St Lukes	100.4	13	31	14	60.5	9	93.7	9	89.2	13	63	15		0
			6		4		14		14		6		2		0
MAROON	St Michaels	94.5	5	28.4	5	56.2	2	89.2	3	80.7	2	57.8	4		0
			22		22		28		26		28		24		0

Girls Field Events

Girls		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin				
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	
RED	St Margret's	1	5.25	15.75	42.00	130	1.64	4.87	4.23	12.46	32.00	108	13.00	28	0	0
		2	5.50	12	42.00	11	1.60	11	4.17	15	43.00	9	9.00	14	0	0
		3	5.00	8	46.00	10	1.63	10	4.06	2	33.00	14	6.00	4	0	0
YELLOW	Moulsham Juniors	1	6.50	17.75	49.00	150	1.86	5.52	5.70	16.75	42.00	122	14.00	35	0	0
		2	5.75	4	46.00	7	1.82	1	5.34	2	45.00	5	9.00	9	0	0
		3	5.50	24	55.00	18	1.84	30	5.71	28	35.00	22	12.00	14	0	0
GREEN	Montgomery	1	5.50	16.75	40.00	124	1.34	4.26	4.81	13.26	24.00	96	15.00	38	0	0
		2	5.75	10	45.00	14	1.56	15	4.06	13	30.00	12	12.00	3	0	0
		3	5.50	12	39.00	4	1.36	2	4.39	6	42.00	8	11.00	26	0	0
BLUE	Chase Lane	1	6.25	15.75	42.00	152	1.60	4.74	4.93	13.52	32.00	106	10.00	26	0	0
		2	5.25	12	45.00	3	1.54	13	4.77	10	39.00	10	10.00	15	0	0
		3	4.25	8	65.00	26	1.60	6	3.82	12	35.00	12	6.00	2	0	0
PINK	St Johns COE	1	6.25	19.25	51.00	151	1.78	5.5	5.31	15.35	40.00	128	13.00	41	0	0
		2	5.75	2	52.00	5	1.78	2	4.86	5	42.00	2	14.00	1	0	0
		3	7.25	28	48.00	22	1.94	28	5.18	22	46.00	28	14.00	30	0	0
ORANGE	Groewood	1	7.25	17.75	55.00	161	1.93	5.39	5.52	16.19	37.00	112	11.00	36	0	0
		2	5.75	4	51.00	2	1.68	3	5.61	3	37.00	7	14.00	7	0	0
		3	4.75	24	55.00	28	1.78	26	5.06	26	38.00	18	11.00	18	0	0
SKY	St Lukes	1	7.00	19.25	40.00	128	1.70	5.06	4.29	13.32	34.00	90	13.00	34	0	0
		2	6.50	2	45.00	12	1.84	8	4.85	12	22.00	14	7.00	12	0	0
		3	5.75	28	43.00	8	1.52	16	4.18	8	34.00	4	14.00	8	0	0
MAROON	St Michaels	1	6.50	21.75	53.00	166	1.62	5.24	6.07	16.94	34.00	109	10.00	37	0	0
		2	7.25	1	52.00	1	1.76	6	5.07	1	39.00	8	15.00	4	0	0
		3	8.00	30	61.00	30	1.86	20	5.80	30	36.00	16	12.00	24	0	0

Girls Track Events

Girls		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlauf		Over / Under Relay		4 x 1 Lap Relay			
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
BLACK	Dunmow St Mary	95	7	28.2	4	58.3	5	92.8	7	81.3	4	57.9	5		0
			18		24		22		18		24		22		0
WHITE	Ingatestone	109.5	15	28.8	8	60.8	11	95.2	11	86.7	10	59.3	11		0
			2		16		10		10		12		10		0
DARK GREEN	Heycroft	94.8	6	29.3	10	61.4	12	88.3	1	81.6	6	58.2	6		0
			20		12		8		30		20		20		0
BROWN	Bournes Green	93.6	4	28.5	6	58.8	6	90.8	5	83	8	57.4	3		0
			24		20		20		22		16		26		0
SILVER	Belmont Castle	97.3	8	29	9	58.1	4	93.4	8	88.5	12	59.9	12		0
			16		14		24		16		8		8		0
VIOLET	Quilters	98	9	29.9	12	60.5	9	94.4	10	87.6	11	60.8	13		0
			14		8		14		12		10		6		0
AMBER	St Josephs	101.2	14	29.6	11	64.6	14	90.2	4	90.4	15	58.7	9		0
			4		10		4		24		2		14		0
			0		0		0		0		0		0		0
			0		0		0		0		0		0		0

Girls Field Events

Girls		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin			
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points
BLACK	Dunmow St Mary	1	6.50 17	49.00 152	1.75 5.04	5.39 15.83	44.00 130	11.00 35		0		0		0	
		2	5.75 8	50.00 3	1.67 9	5.13 4	46.00 1	13.00 9		0		0		0	
		3	4.75 16	53.00 26	1.62 14	5.31 24	40.00 30	11.00 14		0		0		0	
WHITE	Ingatestone	1	4.50 15.25	45.00 127	1.61 5.13	4.87 14.03	27.00 88	9.00 30		0		0		0	
		2	5.75 15	42.00 13	1.59 7	4.78 9	32.00 15	10.00 13		0		0		0	
		3	5.00 2	40.00 6	1.93 18	4.38 14	29.00 2	11.00 6		0		0		0	
DARK GREEN	Heycroft	1	5.00 15.75	46.00 146	1.64 4.59	4.69 13.4	36.00 104	11.00 36		0		0		0	
		2	5.75 12	51.00 8	1.52 14	4.64 11	33.00 11	14.00 7		0		0		0	
		3	5.00 8	49.00 16	1.43 4	4.07 10	35.00 10	11.00 18		0		0		0	
BROWN	Bournes Green	1	6.50 17.75	58.00 151	1.74 5.32	4.50 14.37	46.00 123	11.00 40		0		0		0	
		2	5.75 4	47 5	1.94 4	5.34 8	36 4	13 2		0		0		0	
		3	5.50 24	46 22	1.64 24	4.53 16	41 24	16 28		0		0		0	
SILVER	Belmont Castle	1	5.00 17	46 131	1.86 5.27	5.53 14.63	34 94	11 37		0		0		0	
		2	6.00 8	38 10	1.80 5	4.57 7	35 13	11 4		0		0		0	
		3	6.00 16	47 12	1.61 22	4.53 18	25 6	15 24		0		0		0	
VIOLET	Quilters	1	6.50 17.25	46 86	1.53 4.78	5.92 14.87	37 125	15 37		0		0		0	
		2	5.00 7	40 15	1.54 12	4.47 6	50 3	11 4		0		0		0	
		3	5.75 18	0 2	1.71 8	4.48 20	38 26	11 24		0		0		0	
AMBER	St Josephs	1	6.50 16.75	49 143	1.55 5.01	4.32 12.87	36 116	13 35		0		0		0	
		2	5.25 10	48 9	1.94 10	4.58 14	35 6	12 9		0		0		0	
		3	5.00 12	46 14	1.52 12	3.97 4	45 20	10 14		0		0		0	
		1		0 0		0 0		0 0		0		0		0	
		2		0 0		0 0		0 0		0		0		0	
		3		0 0		0 0		0 0		0		0		0	

Boys Track Events

Boys		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlauf		Over / Under Relay		4 x 1 Lap Relay			
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
RED	St Margret's	92.6	9	27.4	5	54.7	2	92.6	14	79.6	5	54.2	3		0
			14		22		28		4		22		26		0
YELLOW	Moulsham Juniors	89.5	5	28.1	9	55	3	86.6	3	83.3	14	56.6	12		0
			22		14		26		26		4		8		0
GREEN	Montgomery	105.2	15	29.7	15	58.6	12	91.5	12	82.5	12	59.1	14		0
			2		2		8		8		8		4		0
BLUE	Chase Lane	93.7	10	27.6	7	56.2	7	87.8	5	79.9	7	55.9	9		0
			12		18		18		22		18		14		0
PINK	St Johns COE	85.9	2	26.5	1	54.5	1	85.7	1	74.2	1	53.5	2		0
			28		30		30		30		30		28		0
ORANGE	Groveswood	84.3	1	27.9	8	56.7	8	87.5	4	74.4	2	54.4	4		0
			30		16		16		24		28		24		0
SKY	St Lukes	95.1	11	29.3	13	61.4	15	93.7	15	86	15	59.4	15		0
			10		6		2		2		2		2		0
MAROON	St Michaels	95.5	12	26.8	2	57.4	9	88.5	7	81.4	10	55.6	7		0
			8		28		14		18		12		18		0

Boys Field Events

Boys		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin			
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points
RED	St Margret's	1	7.25 18.5	48.00 146	1.83 5.37	4.84 15.49	46.00 139	13.00 38		0		0		0	
		2	6.00 5	46.00 10	1.86 9	6.13 9	54.00 1	11.00 14		0		0		0	
		3	5.25 22	52.00 12	1.68 14	4.52 14	39.00 30	14.00 4		0		0		0	
YELLOW	Moulsham Juniors	1	7.25 20	48.00 153	2.04 5.53	5.02 16.07	38.00 103	14.00 45		0		0		0	
		2	7.50 2	52.00 3	1.73 4	5.93 4	33.00 12	16.00 11		0		0		0	
		3	5.25 28	53.00 26	1.76 24	5.12 24	32.00 8	15.00 10		0		0		0	
GREEN	Montgomery	1	4.75 15.75	44.00 124	1.46 4.69	4.91 13.99	30.00 107	18.00 48		0		0		0	
		2	5.25 15	41.00 15	1.50 15	4.58 14	43.00 8	15.00 5		0		0		0	
		3	5.75 2	39.00 2	1.73 2	4.50 4	34.00 16	15.00 22		0		0		0	
BLUE	Chase Lane	1	6.00 16.75	54.00 151	1.76 5.3	4.75 15.28	30.00 101	15.00 41		0		0		0	
		2	5.25 12	47.00 5	1.87 11	4.93 11	37.00 14	12.00 13		0		0		0	
		3	5.50 8	50.00 22	1.67 10	5.60 10	34.00 4	14.00 6		0		0		0	
PINK	St Johns COE	1	6.75 19.25	44.00 149	1.86 5.62	4.57 15.16	43.00 128	18.00 56		0		0		0	
		2	6.75 4	50.00 8	2.03 3	5.38 12	34.00 3	20.00 1		0		0		0	
		3	5.75 24	55.00 16	1.73 26	5.21 8	51.00 26	18.00 30		0		0		0	
ORANGE	Groveswood	1	5.50 17.25	46.00 150	2.04 5.39	5.90 16.84	38.00 129	19.00 46		0		0		0	
		2	5.50 10	53.00 6	1.71 8	5.18 1	42.00 2	13.00 7		0		0		0	
		3	6.25 12	51.00 20	1.64 16	5.76 30	49.00 28	14.00 18		0		0		0	
SKY	St Lukes	1	7.00 17.75	46.00 128	1.82 5.02	4.73 15.33	34.00 106	17.00 48		0		0		0	
		2	4.75 8	42.00 14	1.55 13	5.86 10	39.00 9	13.00 5		0		0		0	
		3	6.00 16	40.00 4	1.65 6	4.74 12	33.00 14	18.00 22		0		0		0	
MAROON	St Michaels	1	6.25 20.75	50.00 155	1.86 5.79	6.16 16.84	38.00 106	13.00 51		0		0		0	
		2	7.50 1	55.00 2	1.83 1	5.50 1	31.00 9	18.00 3		0		0		0	
		3	7.00 30	50.00 28	2.10 30	5.18 30	37.00 14	20.00 26		0		0		0	

