

23 March 2016

Penrith Leisure Centre

		White		Black		Red		Light Blue		Dark Blue		Green					
		Allerdale		Carlisle		Copeland		Eden		Furness		South Lakeland					
		Beckstone		Scotby		Haverigg		Calthwaite		Holy Family		Ghyllside					
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	28	26	26	32	20	28	16	12	30	22	18	30				
	1 + 1 Lap Relay	16	16	20	28	14	24	30	32	22	20	32	30				
	2 + 2 Lap Relay	20	30	28	18	18	20	32	14	22	26	24	32				
	6 Lap Paarlaf																
	Over / Under Relay																
4 x 1 Lap Relay	28	32	18	28	12	24	26	14	14	26	24	20					
Field	Chest Push	16	18	22	14	12	24	22	12	22	22	28	20				
	Speed Bounce	30	32	22	24	16	30	28	26	32	28	28	12				
	Standing Long Jump	20	18	12	16	16	28	26	12	22	32	18	30				
	Standing Triple Jump	24	30	20	22	18	16	12	14	22	28	18	24				
	Vertical Jump	18	30	20	22	32	32	30	14	14	26	26	28				
	Soft Javelin	20	32	12	18	28	18	16	12	28	20	20	26				
Total	220	264	200	222	186	244	238	162	228	250	236	252					
Combined Total	484		422		430		400		478		488						
Combined Position	3		9		7		10		4		2						
Virtual Total	997		904		1013		841		1017		998						
Virtual Team Award					STEP 6				STEP 6								

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



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ATHLETICS



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		White		Black		Red		Light Blue		Dark Blue		Green					
		Allerdale		Carlisle		Copeland		Eden		Furness		South Lakeland					
		Seaton		Inglewood		St Beghs		Beaconside		Askham Village		St Martins & St Marys					
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	32	16	14	20	24	14	12	24	22	18						
	1 + 1 Lap Relay	26	22	20	26	12	12	28	18	24	16						
	2 + 2 Lap Relay	30	26	28	12	16	28	14	16	12	22						
	6 Lap Paarlaf																
	Over / Under Relay 4 x 1 Lap Relay	30	24	32	30	16	12	20	16	22	18						
Field	Chest Push	32	32	16	32	26	18	30	28	24	26						
	Speed Bounce	22	18	12	14	14	16	18	20	24	22						
	Standing Long Jump	30	26	28	20	32	14	14	24	24	22						
	Standing Triple Jump	30	20	28	32	32	12	26	26	14	18						
	Vertical Jump	22	16	18	22	28	12	24	18	12	24						
	Soft Javelin	28	26	14	28	28	14	32	26	30	30						
Total		282	226	210	236	228	152	218	216	208	216						
Combined Total		508		446		380		434		424							
Combined Position		1		5		11		6		8							
Virtual Total		1044		971		921		1020		#N/A							
Virtual Team Award		STEP 6						STEP 6		#N/A							

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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
White	Beckstone	94.6	3	30.4	9	57.9	7	0	0	58.2	3	0	0		
			28		16		20		0		28		0		0
									0						
Black	Scotby	95	4	29.5	7	56.1	3	0	0	60.4	8	0	0		
			26		20		28		0		18		0		0
									0						
Red	Haverigg	98	7	30.6	10	59.1	8	0	0	63	11	0	0		
			20		14		18		0		12		0		0
									0						
Light Blue	Calthwaite	99	9	27.6	2	55.7	1	0	0	58.4	4	0	0		
			16		30		32		0		26		0		0
									0						
Dark Blue	Holy Family	94.3	2	29.2	6	57.7	6	0	0	60.9	10	0	0		
			30		22		22		0		14		0		0
									0						
Green	Ghyllside	98.5	8	27.1	1	56.4	5	0	0	59.3	5	0	0		
			18		32		24		0		24		0		0
									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
White	Beckstone	1	4.75 10	47.00 100	1.54 3.14	4.64 9.32	34.00 73	9.00 20	0	0					
		2	5.25 9	53.00 2	1.60 7	4.68 5	39.00 8	11.00 7	0	0					
		3		16 30		20 24		18 20		0 0					
Black	Scotby	1	5.25 10.25	50.00 93	1.44 2.98	4.18 9.2	41.00 74	10.00 17	0	0					
		2	5.00 6	43.00 6	1.54 11	5.02 7	33.00 7	7.00 11	0	0					
		3		22 22		12 20		20 20		12 12		0 0			
Red	Haverigg	1	4.75 9.5	44.00 86	1.60 3.04	4.54 8.98	54.00 91	11.00 21	0	0					
		2	4.75 11	42.00 9	1.44 9	4.44 8	37.00 1	10.00 3	0	0					
		3		12 16		16 18		32 28		0 0					
Light Blue	Calthwaite	1	4.50 10.25	45.00 96	1.70 3.22	4.72 8.65	39.00 86	8.00 19	0	0					
		2	5.75 6	51.00 3	1.52 4	3.93 11	47.00 2	11.00 9	0	0					
		3		22 28		26 12		30 16		0 0					
Dark Blue	Holy Family	1	5.25 10.25	48.00 101	1.47 3.15	4.59 9.3	44.00 71	11.00 21	0	0					
		2	5.00 6	53.00 1	1.68 6	4.71 6	27.00 10	10.00 3	0	0					
		3		22 32		22 22		14 28		0 0					
Green	Ghyllside	1	6.25 12	44.00 96	1.49 3.1	4.83 8.98	44.00 81	12.00 20	0	0					
		2	5.75 3	52.00 3	1.61 8	4.15 8	37.00 4	8.00 7	0	0					
		3		28 28		18 18		26 20		0 0					
		1	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		2	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		3	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		1	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		2	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		3	0 0	0 0	0 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
White	Beckstone	90	4	28.8	9	54.2	2	0	0	54.3	1	0	0		
			26		16		30		0		32		0		0
Black	Scotby	86	1	27.7	3	55.9	8	0	0	56.3	3	0	0		
			32		28		18		0		28		0		0
Red	Haverigg	89.9	3	28.1	5	55.7	7	0	0	56.8	5	0	0		
			28		24		20		0		24		0		0
Light Blue	Calthwaite	105.8	11	27.1	1	56.2	10	0	0	59	10	0	0		
			12		32		14		0		14		0		0
Dark Blue	Holy Family	90.8	6	28.5	7	55.2	4	0	0	56.5	4	0	0		
			22		20		26		0		26		0		0
Green	Ghyllside	88.8	2	27.5	2	54	1	0	0	57.4	7	0	0		
			30		30		32		0		20		0		0
			0		0		0	0	0		0	0	0		
			0		0		0	0	0		0	0	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
White	Beckstone	1	5.00 10.75	48.00 95	1.60 3.1	5.10 10.81	44.00 88	16.00 33	0	0					
		2	5.75 8	47.00 1	1.50 8	5.71 2	44.00 2	17.00 1	0	0					
		3		18 32		18 30		30 30		32 0					
Black	Scotby	1	4.75 10.5	42.00 89	1.57 3.05	5.08 10.22	32.00 72	12.00 26	0	0					
		2	5.75 10	47.00 5	1.48 9	5.14 6	40.00 6	14.00 8	0	0					
		3		14 24		16 22		22 18		0 0					
Red	Haverigg	1	6.75 13	43.00 94	1.82 3.59	5.17 9.68	53.00 104	12.00 26	0	0					
		2	6.25 5	51.00 2	1.77 3	4.51 9	51.00 1	14.00 8	0	0					
		3		24 30		28 16		32 18		0 0					
Light Blue	Calthwaite	1	5.00 9.25	44.00 91	1.25 2.55	4.71 9.27	29.00 53	12.00 22	0	0					
		2	4.25 11	47.00 4	1.30 11	4.56 10	24.00 10	10.00 11	0	0					
		3		12 26		12 14		14 12		0 0					
Dark Blue	Holy Family	1	6.50 12.5	46.00 93	2.07 3.69	5.17 10.75	43.00 83	13.00 27	0	0					
		2	6.00 6	47.00 3	1.62 1	5.58 3	40.00 4	14.00 7	0	0					
		3		22 28		32 28		26 20		0 0					
Green	Ghyllside	1	5.50 11.5	41.00 77	1.99 3.62	5.78 10.35	43.00 86	13.00 28	0	0					
		2	6.00 7	36.00 11	1.63 2	4.57 5	43.00 3	15.00 4	0	0					
		3		20 12		30 24		28 26		0 0					
		1	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		2	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		3	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		1	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		2	0 0	0 0	0 0	0 0	0 0	0 0	0 0						
		3	0 0	0 0	0 0	0 0	0 0	0 0	0 0						

