

SPORTS REPORT

DANE COURT GRAMMAR SCHOOL

A Day of Sprint Doubles



At any sports meet the cameras are always pointed at the sprinters, hoping that often larger than life personalities can cause flash bulbs to be set off as they demonstrate unbelievable ability to move their right leg in front of their left leg at such a rapid rate.

Thankfully for the spectators every time they held up their iPhones they were not disappointed by what they saw.

DELPHI BREEDS THEM QUICK

Capturing the sprint double is normally something you expect from a small island in the Caribbean, but today it was not just the yellow kits of Neuchatel who completed doubles. Alex Ives and the little whippet, Emily Downes both captured 100m and 200m titles as they created flashes of golden tinged yellow to race to victory in fast times. However it was the green of Delphi that stole the show, with Alice Fox doubling and then the electric Tom Halfpenny capturing yet another Sports Day record in completing his double...

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400m Record Smashed

Daniel Adams has become a name that is becoming part of Dane Court folklore. The year ten, Daniel Adams has impressed on the football pitches and on the athletics tracks of Kent, leading the school to many victories.

However look down the register in year eight and you will see the name repeated and once again a student who possesses great

sporting ability. Today Dan (year eight) was the star in the hardest race of them all.

As the gun released the runners for one lap of the track, Dan eased into his powerful stride taking him away from the rest of the field. As he passed through two and three hundred metres many thought he would tire, but not Dan setting a new record with a time of 60.5



CAIN MOIR KEEPS AHEAD of Helsinki's Billy Harrop (pictured above) in one of the tightest races ever seen on Sports Day. The crowd always expect a close race in the

sprints, but this years 1500 saw only a 0.5 second gap between them at the finish. Despite attempts on the final lap from Billy, Cain stayed strong to hold him off and take the first of his two titles. Later in the day he repeated his triumph in the 800m.

Cain's battle was just one of many, with each day producing its own highlights. On Day One the best all round athletes of year nine and ten competed in the pentathlon. Liam Champion was a surprise winner in the year ten boys competition, with the swimming superstar Jamie O'Connor showing he is no fish out of water winning in year nine. On the

girls side Ellen Whitehead and Jade Freeman showed their class.

Poppy Attwell-Bushell "Liam Champion did really well to win the pentathlon"

The final day was peppered with close games stoolball, rounders, softball and cricket, with balls being hit to all parts of the field.

Maria Loftus said "Ellie was amazing for Sorrento at the softball, hitting and winning with style"

Halfpenny Bolts To Sprint Success...

by Mr White

Helsinki

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Despite the blustery and overcast conditions Tom Halfpenny became the king of the track not only completing the sprint double but equalling the 200m record and setting a new 100m record in a time of 12.08, with his shoelaces undone. A natural sprinter Halfpenny is a joy to watch as he glides across the track like a cheetah in full stride. "Watching Tom I saw exhilarating speed and great technique" Thabo Nkomo.

Not to be out done on the sprints Neuchatel's Alex Ives also captured both titles and in year seven Jason Talana of Helsinki took gold in the 100m. Over the longer distances Alex Wilmshurst just pipped Mitchel Dennis for the 400m title, adding to his success in the 1500m with a comfortable win.

Meanwhile, year ten Daniel Adams maintained his dominance with impressive wins in the 800 and 1500m races, breaking the Sports Day record.

On day two James Mileham took part in the Triple Jump and Javelin, winning both events and showing his

BOYS REPORT



* Tom Halfpenny cruising to victory in a new school record in the 100m with a time of 12.08



Jamie O'Connor winning the 800m, on Day One he won the pentathlon scoring twenty nine points

versatility as an athlete. This was matched by Pierce Seaward in year seven who combined victories in the 200m and Long Jump.

Joe Harmes defied gravity winning the Triple Jump and then went on to win the High Jump with a jump of 161cm, just short of the Sports Day record.

In the throwing events Alfie Foster came out on top in a close fought Shot Put competition with a distance

of 10.80m, while Robert Jenkins in year eight won the discus with a huge 26.74m throw.



THEY JUST KEPT ON WINNING SORRENTO



A win by Omega Skeen in the Shot Put on day two made sure a good lead was taken into day three, where she showed off her sprinting ability on the track.



Erin Townsend achieved three victories for Sorrento in the High Jump, 200m and then leading the 4x100m team to victory running the anchor leg.

Sorrento	501
Neuchatel	466
Tallinn	405
Helsinki	397
Delphi	387
Barcelona	358

ATHLETE OF SPORTS DAY



Name: Ellen Whitehead

Age: 15

House: Neuchatel

Quote: "I like winning and training hard helps this to happen"

Favorite Sport: Netball

School Teams

Represented: Netball
Rounders Athletics Tennis
Badminton Basketball.

Sporting Hero: Jessica Ennis because of her all round ability.

Sporting Highlight:

Being selected to represent London and the South East at Netball.

Message From Mr Towe...

The most absolute truism of the day is that the boys and girls are getting faster, while I get ever slower! However it does not prevent me from doing what I hope you all do and that is to try your best and enjoy doing it.

Girls Report Golden Girls Lead The Way



SKEEN, WHITEHEAD, DOWNES, FREEMAN, LOFTUS, JOHNSON, FOX & PARRISH

are all names that have written themselves into Sports Day 2013 history with impressive performances. Topping the list would be Omega Skeen with a fantastic run to break a year seven Sports Day record in the 200m. A sprinter who has competed well all season across the county. Ellie Terziyski of Sorrento picked out the year 10 Shot Put as her highlight "Maria contributed to Sorrento's win with a fantastic shot".

Maddie Johnson dominated the High Jump and just missed out a school record and in year seven the impressive Leah Henniker took the title.

Over the longer distances Laura Parrish year nine completed the double alongside Ailsa Macrae in year eight, well done.



NUMBERS

Events that have taken place over the three days of sports day

100

Sports Day records broken

4

Centimeters cleared by Joe Harmes in the High Jump

161

SPORTING MEMORIES



* **Gold In Hand** - The little whippet Emily Downes shows off her medals after her sprinting success



* **Athlete Of Sports Day** - Ellen Whitehead glances over her shoulder on her way to another impressive victory



Fighting All The Way - Amod Shrestha gives it all as he tries to chase down the leader on the home straight



* **Little And Large** - Frank Perkins and Casey Carter battle it out in the 200m



Leading The Way - Sorrento's year eight girls were in great form achieving one hundred and twenty-nine points for their house



* **Not This Year** - Molly Dawson representing last years winners Helsinki, who could did their best to try and retain the title



* **Riley On Hand** - Miss Riley and Mrs Parsons always available to help their winning team

SPORTING MEMORIES



* **Swing** - Ronan Docherty sends the ball flying as Sorrento finish top of the pile in stoolball



Striding Ahead - Todd Jordan fends off the attacks of Harry Wiltshire and Dan Brown

* **Back Straight** - Alex Wilmshurst finishes strong in the 400m



* **Change Over** - Neuchatel take the lead as Paxman passes over to Ives in the year 10 relay



Overtaking - Dan Adams gets ready to pass Paul Cummins on the first lap of the 1500m, where he broke the record with a time of 4.36min

* **Winners** - Miss Riley and a very happy Sorrento House



* **Contact** - Cameron Head helps Neuchatel in the year seven rounders competition

Unbelievable - Jessica Ennis



by Mr White

(Unbelievable Hodder & Stoughton)

On the 4th August 2012 Jessica Ennis kicked off what many have described as the greatest night in British sporting history.

PRESSURE

Nobody was under more pressure at the London Olympics than the face of the games, yet Jessica delivered heptathlon gold and became the all round female athlete in the world. In the moments that followed her victory a huge outpouring of emotion occurred, giving a glimpse into what lay behind the ever present smiles.

Jessica's story has had many ups and downs, enduring much. As a school girl she was bullied for being small and was told that she would never make it because of her size! She has proved those people wrong as she followed her dream of Olympic success, no matter what was said. In 2008 she thought her career was

over, when she was injured on the eve of the Beijing games. Jessica recovered rebuilt her technique, changing her take off foot in the long jump, not an easy task, especially at her level of competition... What happened over the next four years is written in sporting history for ever.

Born in Sheffield in 1986, she attended King Ecgbert Secondary School and at the age of thirteen had her first coaching session with Toni Minichiello. Jessica went to university, graduating with a psychology degree and since achieving gold in London has been appointed MBE in the Queen's Birthday Honours.

In my opinion a truly special athlete....

1. Olympic Gold 2012
2. World Champion 2009
3. MBE 2012
4. European Gold 2010
5. Indoor World 2010
6. European Jnr Gold 2005
7. Heptathlon PB 6955
8. Female Athlete of the Year 2012
9. European Cup 2007
10. Ultimate Olympian 2012

MESSAGE FROM MR WALLACE

Yet another fantastic Dane Court Sports Day organised by the PE Department, but made special through the contributions by all the staff and students throughout the day.

There were many stand out performances and records broken. However most pleasing is seeing the whole school come together in the true spirit of healthy competition, representing their houses with passion.

Mr Wallace

UNSUNG HEROES

Sports day is made up of many different qualities for it to be successful. Great sporting performance is the obvious, but a big heart is needed by all.

As such we would like to take this opportunity to highlight those who did not win but showed plenty of heart and desire, competing for their house and making them and the PE department proud to teach them.

- MOLLY DAWSON** - "DESPITE BEING UP AGAINST ELLEN IN EVERY RACE SHE STILL FOUGHT FOR TWO BRAVE SECOND PLACES" - MR WHITE
BIKRAM ATKAR - "JUMPED IN AT THE LAST MINUTE TO GAIN A VITAL POINT IN THE 400" - MR TOWE
RONAN DOHERTY - "POINTS LIKE HIS WERE THE FOUNDATION OF SORRENTO'S WIN" - MR WALLACE
JOE CHESTERS - "RAN HIS HEART OUT IN A VERY TOUGH RACE" MRS V
MALGORZATA PLICHTA - "SO BRAVE TO RUN EVERY METRE" MISS THOMPSON