

# Worcester Athletic Club

## Under 11 Sportshall Pentathlon Awards 2015 – 2016

### Results taken from training (if measured), H & W League & Regional Finals

We award gold, silver and bronze medals to the girl & boy, in each age group, who have scored the most points.

The qualifying events were their 5 best scoring events – including at least one jump, one throw and one run/agility event.

<b>Medal winners</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
Year 5 Girls	Isabelle Goodger	Molly Ballinger	Cerys Wright & Alice Dixon
Year 5 Boys	Jack Adams	Linas Burnage	Luke Kilday & Ellis Hartland
Year 6 Girls	Maya Stewart	Lottie Bentley	Katie Dudley
Year 6 Boys	Reuben Taylor-George	Adam Dudley	Theo Taylor-George

**New Under 11 Club Records:** Isabelle Goodger – Speed Bounce – 55 bounces in 20 seconds  
Reuben Taylor-George – Vertical jump – 51cm  
Adam Dudley – Triple jump – 6m &  
5 Strides – 10m3cm

As we wind up the Sportshall season I would like to say congratulations to you all. Take a look at all the fabulous performances below – your personal bests.

School Year 5	Girls	Standing Long Jump	Standing Triple Jump	Vertical Jump	5 Strides	20s Speed Bounce	Balance Test /30	Seated Overhead Throw	Chest Push	Javelin	Target Throw	High Stepper	1 lap Run St Johns	2 lap Run St Johns
Ellie	Attwood	1.46		29	7.25	47		4.50	4.50	8.50		15.7		
Molly	Ballinger	1.30	3.97	30	7.00	51	19		4.00	9.50	5/16	16.3	14.5	
Angel	Coffey	1.36	3.25	30	6.75	43	5	4.75	4.50	9.50	6/16	17.4		
Molly	Davey	1.42	3.30	15	7.25	40		4.50	3.75	5.25		18.4		30.4
Alice	Dixon	1.44	3.75	28	7.50	42	16	6,25	4.50	9	5/16	16.6	15.3	
Emily	Follett	1.20	3.25	27	6.75	42	18		4.50	7	3/16	16.1		
Posie	Forrester	1.19		27		29	12		4.00	7				
Lily	Francis	1.48	3.75	28	7.50	39	13	4.50	3.75	7.50	6/16	17.3		
Isabelle	Goodger	1.60	3.75	29	7.25	55	19		4.00	15	9/16	14.2	13.9	29.7
Caitlin	Hall	1.29		28		36	11		5.5	10				
Beth	Hallam	1.32			7.50	28		3.50		7.75		17.2		
Evie	Kelleher	1.36	3.25	34	7.25	33	4			8.25	8/16	16.1		
Jasmine	Stokes	1.28		30	7.00	37	10	3.75	4.50	9.50	7/24	15.9	16.1	
Lily	Thomasson	1.34		20	6.00	28		5.75	4.25	6.25		17.9	15.9	
Hattie	Turner	1.06				37			4.25					
Georgia	Wharton	1.32	3.79	29	7.75	39	9	4.75	3.50	7	5/16	16.1		29.6
Freija	Widdowson Kendall	1.25	3.50		8.00	41	17	5.50			4/16	18.1		
Cerys	Wright	1.42	4.10	26	8.50	38	9	5.00	5.00	7.25	13/24	16.6		31

School Year 5	Boys	Standing Long Jump	Standing Triple Jump	Vertical Jump	5 Strides	20s Speed Bounce	Balance Test /30	Seated Overhead Throw	Chest Push	Javelin	Target Throw	High Stepper	1 lap Run St Johns	2 lap Run St Johns
Jack	Adams	1.68	4.25	36	8.25	37	7	5.50	5.50	10.75	7/16	15.5		
Max	Biddle	1.28	3.00	24	6.50	40	9	4.00	4.00	8.25	1/16	18.6	15.2	
Alexander	Boother	1.38	4.00	30	7.25	39	5	4.75		9.25	3/16	16.5		
Linus	Burnage	1.50	4.25	25	8.00	45	17	4.50	4.25	10.50	8/16	15.4		27.9
Ben	Davidge	1.38		26	8.25	30		6.25		10.25				
Daniel	Khan	1.46	4.23	27	8.25	20		5.50	3.50	14	8/16	15.7		
Harry	Fowler		3.25								5/16	18.0		
Harvey	Gateley	1.32	3.50	28		30	16			10	5/16	17.8		
Ellis	Hartland	1.56	3.25	26	7.25	36	23	4.00		10	8/16	16.6		
Edward	Higgs	1.52	4.00	33		29			4.00		2/16	17.0	14.3	
Dylon	Ingram	1.33				32			4.50					
Luke	Kilday	1.34	3.75	27	8.50	40	7	5.50	4.75	10	5/16	15.0		
Reuben	Nawaryez		4.00				6				3/16			
David	Ntambineza		2.50								4/16	19.3		
Connor	Sims	1.06			7.00			5.25				22.2		
Rueben	Spence	1.35	3.25			29			3.00		3/16	20.7		
Ronan	Stewart	1.37	4.50	35		25			5.00		3/16	21.4	15.8	
Jack	Stirling	1.46		24	9.00	40	18	4.50	5.75	8.5		16.4		
George	Vaughan	1.06	2.75	18		19	10		3.75	9.5	1/16			
Hayden	Worrall	1.24	3.75	28	7.50	38	14	3.75	5.00	10.25	2/16	17.2		

School Year 6	Girls	StandLong Jump	Stand Triple Jump	Vertical Jump	5 Strides	20s Speed Bounce	Balance Test /30	Sitting Over-head Throw	Chest Push	Javelin	Target Throw	High Stepper	1 lap Run St Johns	2 lap Run St Johns
Nancy	Bailey	1.61	4.25	35	8.25	37	21	4.50	4.00	7.00	6/16	17.3		
Alice	Barker	1.50			8.00			7.00				16.7		
Lottie	Bentley	1.61	5.00	40	8.75	49	3	4.75	5.00	11.25	8/16	15.3	13.2	27.1
Grace	Bowen	1.34	3.16			37			5.00	7.25			15.6	
Katherine	Burgess	1.50	3.75	22	7.50	52	28	5.25	4.75	10.50	5/16	16.3		
Niamh	Chenery	1.50	4.00	32	7.75	45	9	6.25	4.50	8.25	2/16	18.2		29.8
Emma	Collings	1.60		32		44			5.50	11.25				
Katie	Dudley	1.72	4.25	43	8.50	47		6.50	4.50	9.50		14.9		28.6
Adjane	Fortes		4.25								5/16	16.6		
Bethany	Harris	1.62	4.68	29	8.25	41	9	6.00	3.75	9.50	5/16	17.2	15.1	31.7
Keira	Hibbert	1.10	3.78	43		42			4.25	10.75			16.1	
Izzie	Lewis	1.46		38	9.00	39		7.50	4.75	8.50		15.0	13.3	26.7
Leah	Mole	1.40	4.46	29		32	10		4.25	6.25	4/16			
Megan	Nixon	1.61		31		47	12		4.00	12				
Millie	Peak	1.65	4.25			43			4.00		2/16	15.0		
Immy	Radford	1.58	4.50	35	8.50	43	28	5.50	5.00	10.75	5/16	17.3		
Zoe	Robinson	1.50			8.25	38		6.50				16.3		
Maya	Stewart	1.76	5.18	41	8.75	42			6.50	7		14.9	13.8	27.4
Alex	Townsend Howes	1.55	4.50		7.25	48	10	4.25		9.50	2/16	15.5		
Megan	Williams	1.32	4.30			48	16		5.00	9.75	4/16			29.0

School Year 6	Boys	Standing Long Jump	Standing Triple Jump	Vertical Jump	5 Strides	20s Speed Bounce	Balance Test /30	Seated Overhead Throw	Chest Push	Javelin	Target Throw	High Stepper	1 lap Run St Johns	2 lap Run St Johns
Billy	Blanden	1.40		24	8.00	36		4.75	5.25	10.25		17.9		
Tom	Blanden	1.28		25	6.75	24		5.50	5.50	7.75		21.0		
Josh	Capewell	1.42	4.05	31	8.50	41	5	4.00	4.50	14	10/24	15.3	14.7	
Thomas	Collett	1.54		26	8.50	37	6	5.00	5.00	10	13/24	16.8		
Adam	Dudley	1.98	6.00	39	10.03	51	8	7.00	5.00	11.5	9/16	13.1		26.0
Jake	Gibbs	1.48		19		42	25		5.50	12				
James	Harris	1.44				38				11.50		15.2		
Tom	Hobby									12				28.9
Andrew	Jeavons	1.60	4.94	24		44	13		6.00	14.25				26.7
Robert	Kelly	1.28	4.00	29	6.50	39	12	6.25	5.50	11.50	10/16	17.0		
Adam	McFee	1.44		24	7.75	38		4.50	4.75	11.25		16.2		
Jake	Perks	1.57	3.00	32		36	7		5.00	12	5/16	16.1		
Oliver	Pritchett	1.26	4.25		7.75	40	9	4.75	4.75	11	6/16	18.4		
Hugo	Robinson	1.44	4.50	31	6.75	42	15	5.75	5.30	14.75	13/24			27.7
Harry	Rutter	1.80		36		47		6.25	6.00	9.25		15.2	13.8	
Daniel	Skilbeck	1.46	4.00	33	7.25	43	8	5.00	4.50	11.50	1/16	16.4		
Oliver	Taylor-Bradley	1.44				46			6.00					
Rueben	Taylor-George	2.00		51	9.75	50		8.50	5.25	18.50		12.7	13.3	
Theo	Taylor-George	1.70	4.75	37	8.75	53	11	5.75	5.50	15.25	7/16	14.7		28.2
Ethan	Thomas	1.53		26		36	5		5.00	12.50				
Oscar	Vickers	1.46		34	8.25	42	20	5.75	6.00	13	9/24	17.1		
Rowan	West	1.17			8.50	38		6.00	4.75			16.9		
Michael	Zadeikis	1.82	5.50	38		52	9			17.25	9/16			