

Worcester Athletic Club

Under 13 Sportshall Quadrathlon 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 4 best scoring events – including at least one jump, one throw and one run/agility event.

Medal winners	Gold	Silver	Bronze
Under 13 Girls	Sarah-Jane Ollis	Chloe Cavens	Olivia Tonkinson
Under 13 Boys	Marco Miller	Jacob Khan	Reece Westwood & Sam Davey

New Under 13 & U15 **Club Records:**

U15G: Danielle Hopkins – Vertical jump – 60cm

U13G: Sarah-Jane Ollis – Standing Long Jump – 2.22

U13B: Marco Miller – 5 Strides – 11.40

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

School Year 8	U13 Boys	Standing Long Jump	Standing Triple Jump	Vertical Jump	5 Strides	(20s) 30s Speed Bounce	Balance Test /30	Shot	Sitting Over-head Throw	Chest Push	Javelin	High Stepper	2 lap Run St Johns	10m x 10m Run
Sam	Davey	1.67	5.00		10	66		4.80	5.50	6.00	10	14.3	26.7	28.1
Marco	Miller	2.02	5.00	32	11.4	52		6.75	5.50	8.00	16.50	14.5		26.0
Josh	Noon	1.64	5.80			70							26.4	
Alex	Perrin	1.70	5.00			(43)		5.50				14.1		
Reece	Westwood		5.76	42				6.00					28.7	

School Year 7	U13 Boys	Standing Long Jump	Standing Triple Jump	Vertical Jump	5 Strides	(20s) 30s Speed Bounce	Balance Test /30	Shot	Sitting Over-head Throw	Chest Push	Javelin	High Stepper	2 lap Run St Johns	10m x 10m Run
Jack	Barnes	1.41	4.00			(33)		3.25				16.9		
Andrew	Bowkett	1.37	3.65			(39)		4.00				16.1		
Spike	Burnage	1.58		36				5.50					27.7	
George	Cresswell	1.68			8.25	(37)		4.50	5.00	7.00	15	22.2		30.3
Harry	Cunningham	1.81	3.50	34		62		4.00	7.75	7.25	13	15.9		29.0
Jacob	Khan	1.83				61			8.00	9.50	14	14.9		
Oliver	Nixon	1.74				(43)		5.25						
Alfie	Robbins		5.25					5.20				13.7		
Alex	Santafe	1.72	4.35	27		60		5.33	8.00	7.50	14,50	15.9		29.3