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SPORTS REPORT 8 May 2024

S1/S2 Athletics Championships – Sandown Athletics Track – Tuesday 7 May

Competitors:

- (S1) Betsy, Aubrey, Alicia, Cameron, Archie, Leo, Samuel, Violet, Sam R, Rowan, Bonnie, Evie, Isaac, Poppy, Lucas, Ollie
- (S2) Adelyn, Elsa, Bella, Charlie, Tom, Courtney, Flo, Will, Millie, Melaina, Isaac, Solomon, Eliza, Stan, Josh, Toby, Bea

Report:

On the first proper summer's day of the year, Team Priory headed to The Bay in Sandown for the annual Track and Field Championships. We took our position on the hill next to the track and prepared the team for the afternoon ahead.

As always, the first event up is the 1500m for the S2 group. Stan and Isaac for the boys, with Courtney and Flo for the girls. We choose these runners based on the quickest time for the mile run, which meant Stan, Isaac and Courtney were automatically in. Flo stepped up as sickness took out a few of our runners and we needed to shuffle the team. Thank you Flo for working hard for the team.

The boys first and Stan took off from the line, setting an early lead pace. He maintained the lead for most of the first lap before the second-place runner hit another gear. Into the second lap Stan was just behind the leader in 2nd place. Isaac running comfortably in the middle of the group. Into the final lap and the top 3, with Stan still in second, began sprinting to the line. First place just ahead of Stan and 3rd place just behind him. As they approached the line 3rd place ran out of steam and Stan flew over the line to take 2nd place. A great race from Stan. Isaac maintained the comfortable mid pace and came home in the middle of the pack.

Onto the girls, Courtney and Flo were up against strong opposition. They both ran with a good pace and maintained it for the whole race, with Courtney finishing just outside the leaders and Flo finishing nicely in the middle of the group.

1000m for S1 next. Sam, Rowan and Alicia were ready. Evie stepped in at the last minute to replace a sick teammate. Well done Evie. The boys race was another tough one, the pace was very quick and a lot of the opposition very tall! Sam and Rowan were towered over by a lot of the runners, I'm sure both our boys were only as tall as the winners legs! But they fought hard and ran a good solid paced race. Alicia and Evie next. Alicia took off from the line at a very quick pace, she led for the first lap but grew tired quickly, dropping down the pack. A lesson learned by Alicia. Evie ran a good even paced race and did very well, literally stepping in at the last second.

Onto the sprints and the 100m heats. Solomon and Will first. The boys were quick, and kept up with the group of runners, but the leaders were just that bit quicker. Will unfortunately tweaked his ankle and slowed at 60m but very well done to him for finishing the race. Solomon ran a strong race, he just lacks racing practice at this speed.

Melaina and Millie for the girls, and a blistering pace set here. These were very fast heats and they worked hard, our girls are fast but just missed out on placing for the finals.





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80m heats next for Archie and Ollie. The girls had no one in for this race as two team members were out sick. But Poppy and Bonnie were not about to see the team miss out and bravely stepped up for the fastest S1 race of the day. Archie took to the line, with the 2 runners next to him literally twice his size. Archie was about to take about 3 strides to their 1! He needed to work really hard just stay in the race. He ran beautifully but the height difference here really worked against him. Ollie next and a great race. It was fast and Ollie was ready. The top 5 sprinting over the line almost in a straight line. Out came the camera for the photo finish. 4th place for Ollie, just missing 3rd by half a centimeter!

Poppy and Bonnie ran as hard as they could, showing Team Priory spirit and determination. They hadn't trained at all for this event, so they did themselves proud to keep up with the sprinters and thank you once again girls for bravely stepping up.

200m heats for S2, with Stan and Isaac returning to the track. A distance run and a sprint is quite an ask for anyone, especially with barely an hour's gap between. Isaac was tired and he tried hard, but the pace was a bit too quick for him. Stan, you wouldn't have known he'd ran a distance race at all. He flew round the bottom bend and the sprint up the straight was something special. He was just pipped at the line and took 2nd. Into the final!

Courtney back on the track, same as the boys. With Eliza joining her. A really good run from both girls. They kept their heads and pumped their arms, shooting round the bottom bend and racing to the line up the straight. Eliza seemed to slightly pull up on the straight but pushed through coming home in 5th. Courtney showed her great sprint pace but was just beaten to the line and took 4th.

150m heats for the S1 runners. Sam and Rowan running a good paced race, but again the height difference was just enough of a factor to keep them outside the placings. Add to that poor Rowan was drawn on the outside lane! Still very good running from the boys.

Alicia and Evie up for the girls. Alicia is usually a very fast paced sprinter, but something was off today, she couldn't hit that top gear. Evie ran a fast race, showing us all her pace. The runners all crossed in close unison and Evie took 4th. With all the times collected across the heats, Evie was into the final.

300m next up. We were short on numbers for the boys in all races, so 2 of our throwers joined the track team to make sure Team Priory scored points in all races. Tom and Josh are strong in the throwing events, and they knew a win in the 300m was out of reach, but they stepped up to the line and took a steady pace around the track to the line. Thank you for completing the team boys.

Adelyn and Bea in for the girls 300m and a good run from both. Adelyn ran with a good fast pace and kept up to the leaders, but as they headed up the straight, and with all of us shouting at her, Adelyn just forgot to hit the sprint finish and came in 5th. Bea also ran a good solid pace, but the race was just out of her reach.

200m final for Stan and the opponent nobody in Year 8 wants. The UK athletics champion. His pace is phenomenal, and the boys all knew they were aiming for second. This turned out to be, I think, the fastest race of the day. It was FAST. Stan ran as hard as he could and the entire line, minus the leader, came racing up the straight all together. A good run from Stan but just out of his reach today.

Evie next in the 150m final. Almost as fast as the previous 200m. Evie ran a great race, once again showing a lovely pace. But it was just a touch too quick to place today.





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The final individual races today, the middle distance. 800m first. Solomon, Will and Millie were ready, but our final girls runner wasn't feeling well. Luckily Flo was up for the second challenge of the day and stepped in to run. Great team spirit Flo, thank you.

Solomon took off from the line and was leading the race, down the back straight and he was pulling away. What a start from Solomon! He kept pushing and into the bottom curve he was caught by the 2 boys behind him. Still running nicely in 3rd he worked hard into the second lap. But the pace he had set was proving to be too high to maintain and Solomon dropped to the middle of the group. Still, an outstanding start and first lap! Will was struggling at the back with a sore ankle, he stopped with 3 quarters of a lap to go, but was determined to finish and jogged into the line. Great spirit from Will.

Millie and Flo ran the first lap together at a strong pace. They were just outside the leaders and running well. Into the second lap Millie pulled away a showed her great strong pace. Round the final bend and the race was on for 3rd, 4th and 5th. Millie was right in the middle. The last 50m were really fast and so impressive. Millie powering toward the line and was just taken at the last meter into 5th place. Flo kept a good pace coming back in the middle of the group.

600m the last event before the relays. Leo, Ollie, Bonnie and Violet. Violet picked up a little injury earlier in the day, but did not want to let the team down. Yet more great team spirit from Priory. I'm asked why I like the athletics so much, it's not the winning or the summer weather, it's the spirit it brings out. Especially with Team Priory. It's the one constant throughout the year groups. Makes me very proud to be a Priory coach.

Great final individual track work again, Leo and Ollie running good races, with Bonnie and Violet running equally well.

Whilst all this was happening on the track, the field events were taking place around the venue at the same time. This often presents issues as runners have to go to and from events between races. Adds tiredness to the track work and is really quite stressful! Also, because this happens away from the track, we don't see what happens. We know the top 3 of every event as, for the first time, announcements were made before relay and medals were given out. Team Priory worked hard across events. Our winners today were Violet in 1st place for the high jump (I have never seen Violet so happy when that announcement came through – she had no idea!) and Alicia coming in 1st in the Javelin by some margin, matching her hard work in taking the school records last week.

The final event of the day, and I say it every year, Mr M's favourite. The relay.

S1 up first. The boys team of Ollie, Archie, Rowan and Sam. And once again our poor boys were up against the height of the other teams. The runner next to Ollie looked like an adult from behind stood on the start line. But they did not let this deter them. Every changeover here was textbook, perfect handovers. All individual legs of the race were ran beautifully by the boys, and as the change from Rowan to Sam was made, they began to make ground. Sam gave it everything he had up the straight. Just missing out and coming in 5th. If the race had been an additional 20-30 meters Sam would have made 3rd. A disadvantaged race but a great finish boys.

Girls next and rush to get the team together, this group had the sickness today and we had to wait to see who still had the legs to run. Alicia, Poppy, Violet and Evie were ready to run. This was a spectacular race from our girls. A strong start from Alica round the opening bend and all teams were level, absolute spot on



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changeover to Poppy and she made the back straight her own – what pace! Still level and the change to Violet. Another perfect handover. Sprinting on the bend is never easy, but Violet made it look so simple. One team pulled away slightly with everyone else still level and it's anyone's race. The change to Evie was again spot on and the sprint up the home straight. The place was going crazy for this race. Everyone screaming at their runners to take it home. On the line and it could not have been closer. 2nd, 3rd and 4th over the line at the same time... Priory 4th. JUST. What a race. Amazing work.

Final races of the day. S2 relay. Boys up. Isaac S (S1) stepping up for S2 to replace the injured Will. So we had, Isaac M to Solomon, to Isaac S, and finally to Stan. And this was again going to be fast as the UK champ was in an opposing team. This always picks up the pace. From the gun this was FAST. The boys all had to work hard. Perfect changeovers all the way, and a superb run from Isaac S down the back straight against the year older teams. The boys all raced hard, and a lovely sprint finish up the straight, but the race was just too fast today and we took 5th place. Still great running.

The last race of the day. Millie, Courtney, Adelyn and Eliza. These girls were determined to do some damage to the other teams. And they did not disappoint. The speed of all 4 girls on each leg was outstanding. The changeovers were again, bang on. All working as hard as they could. The race was quick, but everyone was even. Each leg kept the same high speed, and all teams were level. It came to the final change and Eliza tore up the straight. Over the line. Who won? Who came 2nd? 3rd? We had no idea. It was close! Our girls took 3rd place and should be very proud of themselves.

And there we have it. A great day at the track and Team Priory working incredibly hard in the sun against stiff competition. The PE department is very proud of every single one of you.

We go again tomorrow with S3 and S4!

Mr Byrne







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S3/S4 Athletics Championships – Sandown Athletics Track – Wednesday 8 May

Competitors:

- (S3) Jess, Zak, Leah, Ray, Isaac, Henry, Austin H, Caris, Hector, Maddie, Adam, Brogan, Neve, Lola, Daisy, Victor, Dougie, Millie
- (S4) Hannah, Dan, Amelia, Finlay, Lydia, Joe, Amy, Eleanor, Mai, Harry R, Arun, Ethan, Tom, Harry T, Nikita, Rosie, Taylor

Report:

Back to the track for the older seniors on Wednesday and the day started with a shuffle of the team. We had a few sickness set backs which meant a few swaps and extra events for some. But the team took it in their stride, and we were ready.

Another warm and sunny day so job 1 before the warm up – sun cream and water!

Event 1 as always is the distance run. 1500m for Hector, Raymond and Lola for S3. Arun, Dan, Hannah and Eleanor for S4. This was the only position we could not fill due to sickness, but I am still counting this as my first full squad! The boys race started out fast and Hector was near the front, it was almost a sprint going into the second bend. The race settled, but the start had been too fast for Hector who was now in the middle of the group. Raymond had pulled ahead and was running nicely in 6th place as they completed the second





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lap. A good pace from all the boys and into the final lap as Raymond tried to turn on the speed but the leaders were just out of reach, and he came in 5th place. Still a great run. Hector finished still in the middle of the following group. After he commented how difficult it is to run on the track compared to the school field. Maybe we need to consider track visits to allow adaptation. Very helpful thoughts from Hector. Lola's race was a nice pace as she ran with friend from another school and then ditched her on the home straight to beat her into 9th place.

S4 race with the boys running and a nice pace from Dan throughout. Arun managed a good speed around the track and coming into the final lap was just off the leaders. A sprint finish and he was aiming for the top. But he slowed just a few meters too early, securing 5th place.

Onto the girls and Eleanor kept a nice steady pace to complete the race. Hannah began with a good pace and was with the leaders. 2 of those leaders were former running partners of hers and Hannah was not having them beat her! Competitive pace kicked in and Hannah outpaced them all up the straight only just coming in behind the leader. A great 2nd place for Hannah.

Sprint events next and first up the ever competitive 100m sprint. Austin and Isaac up first and a great sprint from both. Excellent speed and brilliant finishes across the line. All runners in both heats crossing within a meter from first to last place. Both boys just missed out on making the finals but impressive sprinting from both.

Daisy and Millie next and Millie ran a very similar race to the boys. All crossing the line so close to each other but just missing out on a place in the final. Daisy up and she absolutely shot off the line. Daisy powered ahead of the field and cleared the line in an easy first place finish. Outstanding work. But then, after all the times for all heats had been added up, Daisy missed out on making the finals. I challenged this with the timers and judges as there is no way a first place should miss out on the finals. They claimed other heats were all faster, but I do not believe that for a second. I think Daisy was absolutely robbed of a chance to run in the final. Poor show from the organisers.

S4 races next with Harry T running a great race with good speed, coming in for 6th place in his heat. Nikita up and we knew he could run, but he really showed us here. This was a very fast heat and Nikita stormed up the straight into 3rd place and a position in the final.

Amy and Amelia both running in the 100m, and taking on the challenge of running the 100m and 200m back to back. This is not an easy task at all. And for the second year in a row! Both girls destroyed the field in their respective heats, and each finished in 2nd place, into the final.

Next up we had the 200m heats and first for S3 were Adam and Victor. Both boys ran well in their races, but their heats were really very fast, and the pace was just out of reach in each of their heats. Both ran well and should be proud of the effort.

Jess and Lola for the girls. Jess exploded off the start line and powered around the corner into the straight. These girls were FAST and Jess was right in the mix. The top 3 pulled away and across the line. 3rd for Jess and into the final. Not many people of any age, from any school could have kept the pace of that heat, super impressive from Jess. Lola's heat was another fast one and Lola gave it everything she had. As they rounded the bend Lola was in 4th place and set her sights on the 3rd place. She kicked up a gear and pumped her arms as hard as could. Crossed the line and if the race had an additional 10m she would have taken it. So close! 4th place.





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S4 boys Finlay and Harry R up next for their heats. 200m seems to be the main speed event of the day today as this was yet another couple of really fast races. The pace was just out of Harry's reach today, but he ran a very respectable race. Finlay was ready for this and burst off the line into top pace. A really great run around the bend and a very close race right to the line. Finley took 4th place and a spot in the final. Amy and Amelia completing their back to back challenge and they still had legs on them to sprint. Both had tough heats and had to fight to gain position. Amy came across the line in 4th for her heat and we are not sure on Amelia's position as they were very close, and we were delighted to hear that Amelia had made the final. Unfortunately Amy just missed out but still amazing achievement.

400m race for the S4 boys only, 2 races with the fastest times deciding the medal positions. Arun ran a good race, but the pace was quick and he missed out on a good time to place. Joe drew the outside lane for the 1 lap race and had to dig deep. He got his head down and was already making ground into the first bend. Joe belted down the back straight and was heading to the leaders. The final bend and Joe blasted out onto the straight in 3rd. He shifted to top gear and took the runner in front in an excellent display of speed and race understanding. 2nd place across the line. We awaited the times. 4th overall! Joe just missed out on 3rd – by less than half a second! Still great work.

300m and we all think this is the hardest race for Team Priory. With our field, 300m is two laps and it just doesn't translate to the 400m track. We have work arounds for every other distance but the 300m is always a challenge. Brogan, Dougie, Neve, Caris, Lydia and Mai all worked hard in their races, Brogan was not helped by a slip on the line to start the race and Lydia drew the outside lane, but we could not keep the pace of the other runners. A challenge of training for me to take away and improve.

Finals time for the sprints. I once again challenged the decision for Daisy but was once again rejected. Daisy and myself managed to keep our cool (especially Daisy obviously, not me at all!) and we returned to our team. Daisy would be showing them what she can do again later.

Nikita was ready for his final. He took to the line and could barely contain himself jumping about ready to go. He settled into position and off they went. What a pace from these boys, incredibly fast and Nikita was right in there. Powering up the straight and over the line. 3rd place! A hugely impressive run. Great speed from Nikita.

The girls were up and for the first time it's Priory vs Priory. Amy against Amelia for the 100m final. As the gun fired the entire line burst off the line. It was literally neck and neck across the track. They blasted past us and to the line. We had no idea who won or took any places. It was CLOSE. Amelia 5th and Amy 6th. Both girls still only centimeters from 1st place. Closest race of the day.

200m finals, and Amelia was out. A slight pull doing back to back sprints and Amelia chose to save her legs for the relay. A good and sensible decision. So the first final for us was Jess for S3. There are no words to describe the pace and ability of Jess. You need to see it. She is a great sprinter, and her race management is first rate. Jess explodes off the line and immediately achieves a pace that leaves others in her dust. It really is that impressive. She took the bend at a speed most can hope to achieve on a straight and came out onto the home run looking great. She powered her legs somehow achieving another gear and crossed the line just behind the leader in 2nd place. Incredible work.

Finlay back up and with his ankle strapped was ready to race. He's been struggling with a niggle, but this was not going to stop him. On top of that, Finlay's final individual race of the day is the 800m, which is





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next. This is not an easy back to back task. But the new Priory Sports Captain was ready for the challenge. Finlay started strong from the gun and his race was very fast. 2 leaders pulled away and Finley was in 3rd. And that's how they crossed the line. Superb running from Finlay.

800m to finish up the individual races. Zak, Isaac and Maddie ran good races, all pacing well in the middle of their groups. They all crossed the line around the middle of their groups and were all impressive in maintaining good pace.

Daisy was not happy with the finals decision earlier and was ready to show it. The pace was high at the front of the race and Daisy was in the mix. A well timed first lap allowed almost a sprint pace from Daisy into the second. Huge strides from her around the bend into the back straight. Taking out positions into the final bend a top gear sprinting up the straight. 3rd place! What a run. That showed them. Well done Daisy! Ethan, Finlay, Hannah and Eleanor for the last races. All ran good races, but tired legs struggled to keep up with the pace. Finlay was on back to back, Ethan had been working hard on field events, and Hannah and Eleanor were on first and last races of the day which is never easy. Ethan only just missed out on placing with a good finish, but he had been jumping all afternoon and could not quite change from steady pace to sprint in time.

Field events as yesterday all happen at the same time as the track events. It is not an easy ask of anyone. Almost everyone on the team had to switch between events multiple times. This disrupts concentration on the field events, but Team Priory dealt with this challenge well. We do not have all the positions for everyone, but we do have the list of medal winners.

Raymond (S3) 1st High Jump. Ethan (S4) 1st High Jump. Joe (S4) 2nd High Jump. Rosie (S4) 3rd Javelin. Henry (S3) 1st Discus and 1st Shot. Raymond (S3) 1st Long Jump. Nikita (S4) 2nd Shot.

Really very impressive work from our team. Henry, Raymond, Ethan and Joe have been working very hard for the last few weeks to really fine tune their skills on these events and I am so pleased it has paid off. Rosie is a great throwing athlete and with a little more work could easily take top spot. Nikita is superb all round. He has natural ability to just perform at any sport we throw at him, with very little training. Well done team, and very well done to all in field events. We will have the full results from the organizers soon.

The final event of the day. Back to the relays. We love a good relay at Priory. If I am only remembered at Priory for my relay teams, I will be a happy man!

S3 girls. Daisy, Millie, Lola and Jess. What a relay! By the book teamwork. Daisy once again showing her pace and leading the race from the gun, a very slightly fumbled change to Millie, but Millie more than made up for it with the pace down the back straight, sitting in 2nd place the change to Lola was spot on and she powered into the bottom bend. It was close but the girls we keeping that 2nd spot. A perfect, and I really mean PERFECT hand over to Jess and she once again stormed down the home straight. There was no catching her and 2nd across the line. What a great relay!

Principal: Mr DEJJ Lloyd BSc (Econ)





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S3 boys Ray, Hector, Austin and Henry. The boys prepared and oh no! The outside lane! A good start from Raymond as all teams set off at almost the exact same pace. A good change to Hector and a lovely sprint down the back straight. Solid change to Austin and around the bend. It's still very close. Henry was ready. Another good change and Henry blasted into full pace. Henry gained ground but the outside lane had not been our friend and the boys came in just outside placings. Each leg of the race was ran really well, just was not to be this time.

S4 girls. Amy, Mai, Lydia and Amelia. Amelia had iced and stretched ready to go. Amy had a great start, flying round the top bed to Mai. A great sprint down the back straight from Mai had the girls in the top 3. Hand over to Lydia and a fantastic sprint around the bottom bend. It's a great race so far and Amelia was ready, but was the earlier injury going to slow her down? Not a chance! Amelia tore into top gear and a great sprint finish into 3rd place. Great individual legs here and yet more good changeovers. Great work from the girls.

S4 Boys. Nikita, Ethan, Tom and Joe. Tom and Nikita stepping in at the last second to replace injured team members. But you would never know they were last minute replacements. This was an absolute masterclass of how to run a relay. Absolutely beautiful! I think I still have the hand marks on my shoulder from Mr M's excitement! Nikita began at what can only be described as a ridiculous pace, he blasted out of the line and hit top speed within two steps. The hand over to Ethan was absolutely perfect, could not have been better if an Olympian had completed it. We were in 3rd as they changed, more to do with the lane assigned than pace, and Ethan charged the back straight taking out the man in front and leaving him behind. Ethan destroyed that lad's pace. The change to Tom, who had not even trained in the change over this year and muscle memory kicked in. What a changeover! Tom was off into the bend and there was no catching him. Joe was in position, and they could not have got these changeovers any more perfect. Joe was off and into a blistering sprint. What a finish and 2nd place. Only beaten out by lane number making the slight difference. This was the standard against relay should be measured. I have drilled these boys for many years, and this was the pinnacle of that. What a run!

A great day for Team Priory. We were very happy with the achievements of the day, then came the announcement for overall school placings for both days. Priory 6th out of 9. This may not sound the best, but you must remember the size of Priory compared to other schools. We have BY FAR the smallest pool of athletes to choose from. We are the smallest team, yes I may have finally had my full team, but this is made up of everyone running, jumping and throwing multiple events. I, and indeed the entire PE department, are incredibly proud of each and every single member of Team Priory. Thank you for all working hard, and thank you to some of you who had to go into events you were not overly prepared for to cover sickness. You are what makes Team Priory special.

You are all amazing. Sports day training begins...... NOW!

M. Byrne



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Sports Report

What a week for Team Priory. Athletics bringing 7 gold medals, 5 silvers medals and 4 bronze medals across track and field events. We also have medals in the relay event for S2 girls in 3rd, S3 girls in 2nd, S4 girls in 3rd and S4 boys in 2nd. Fantastic work from all. All details and my thanks are all in the reports, but once again, we are very proud of Team Priory.

Just one more thing to add about the athletics, although we know the top 3 for field events we will receive details of distances and heights in the next few days and full positions. I will update you all when we have this information. And I will update school records if appropriate!

The rest of the week was all about cricket for the juniors and the final senior PE lesson of the week. We will restart athletics next week to prepare for sports day.

Sports Stars this week for seniors is the entire S1, S2, S3 and S4 athletics team. It would not be fair to pick one or two as the entire team performed to a high standard. I will give special thanks to Isaac (S1) and Lucas (S1) for bravely stepping up to the triple jump against the older year group and jumping great competitive distances. Also, Josh (S2), Tom (S2) and Neve (S3) who ran the 300m, despite being mostly field athletes, just to ensure the team scored points in every race. But every member of the team were super stars this week. You all deserve the Sports Star award.

Junior Sports Star of the week goes to Bea P (Year 3). Bea has been improving her skills in cricket and working hard on her fitness for a few weeks now. It is beginning to show in how she plays the game, and all her fitness scores are improving every week. She asks sensible questions to improve and helps others in the group who are not quite understanding instructions on how to play. Excellent work from Bea.





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New Priory Sports Captain Finlay (S4) was with the athletics team this week and agrees it would not be fair to choose just one individual for his first Player of the Week. So, Finlay will give us his first report next week.

And that's it for this week. You have finally finished my essay!!

And remember, sun cream, sun hats and water every lesson for the rest of term. Even if the weather says rain. You never know with good old British weather.

See you next week.

Mr Byrne