

Under 13's summer series 2011

Round 1 is now complete with the results attached; we plan to run another 2 rounds during summer. The main aim is to see improvements in each individual event and introduce the athletes to the rules of athletics.

After we have completed 3 rounds we will take the best grade achieved in each event and award a certificate to each athlete.

Thanks to the parents who helped us out during round 1

Gary, John & Chris

Under 13's grade guide

Javelin best distance of 3 throws

75 m best of 2 runs

Long jump best distance of 4 jumps

600m one timed race

Grade	Javelin	75m	Long jump	600m
1	15m & over	10.5 sec & under	Over 4m	1 min 55 sec & under
2	14.50m to 14.99m	10.6 to 11 sec	3.80 to 3.99	1.56 to 2.00
3	14m to 14.49m	11.1 to 11.5 sec	3.61 to 3.79	2.01 to 2.05
4	13.50m to 13.99m	11.6 to 12 sec	3.41 to 3.60	2.06 to 2.10
5	13m to 13.49m	12.1 to 12.5 sec	3.21 to 3.40	2.11 to 2.15
6	12.00m to 12.99m	12.6 to 13 sec	3.01 to 3.20	2.16 to 2.20
7	11m to 11.99m	13.1 to 13.5 sec	2.81 to 3.00	2.21 to 2.25
8	10m to 10.99m	13.6 to 14.5 sec	2.61 to 2.80	2.26 to 2.30
9	9m to 9.99m	14.6 to 15.0 sec	2.41 to 2.60	2.31 to 2.35
10	Up to 8.99m	15.1 & above	2.40 & under	2.36 and above

May/June 2011
Round 1

Javelin

Long Jump

600m

75m

NAME	DISTANCE	GRADE	DISTANCE	GRADE	TIME	GRADE	TIME	GRADE
Abbie Frary	7.29	10	2.46	9	2.44	10	13.8	8
Alicia Gregory	6.15	10	3.50	4	2.16.5	6	11.6	4
Amelia			2.85	8	2.28	8	12.4	5
Billy	10.97	8						
Bradley Weaver					2.20	6	13.8	8
Bradley Welsh					2.17	6	12.7	6
Carter Smith	11.45	7	2.34	10	2.12	5	12.8	6
Charlotte Gillis	3.10	10						
Daniel Pollard	12.20	6			2.35	9		
Danielle Taylor	9.41	9	2.93	7	3.08	10	13.6	8
Danny Bell	7.88	10	2.93	7	2.15	5	12.8	6
Ellie Hughes	5.20	10			2.43	10	13.7	8
Erin Wilson Clarke	7.11	10	2.68	8	2.41	10	13.2	7
Hayden G	2.83	10	2.35	10	2.19	6	12.6	6
Hollie Davies	3.74	10			3.09	10	16.4	10
Jack Avison	7.43	10	2.78	8			12.1	5
Jake Woodward	9.40	9	2.80	8				
Jamie Thornton	12.67	6	2.14	10			14.6	9
Joe			2.71	8			13.1	7
John Batty	6.94	10	2.01	10	2.39	10	13.8	8
Jordan Hewson Smith	8.22	10	2.15	10	3.00	10	13.7	8
Josh Lugston	14.22	3	3.37	5	2.09	4	11.5	3
Kira	7.86	10	2.45	9	2.37	10	13.6	8
Laura Baurnes					3.12	10	12.7	6
Luke B	8.72	10						
Millie Weaver					2.46	10	13.7	8
Nathan Wilson							12.6	6
Oliver L.A					2.22	7	12.8	6
Oliver Mason	10.16	8	2.80	8	2.34	9	13.5	7
Owen Thornton	10.10	8	1.88	10			14.9	9
Pheobe F					2.06	4		
Poppy	3.94	10					13.4	7
Sarah Robinson	6.78	10	2.65	8	2.28	8	13.00	6
Sophie Coy	7.81	10	2.95	7	2.23	7	11.8	4
Sophie Hibbert	7.29	10			2.28	8	13.2	7
Tia M					2.45	10		
Will Tate	11.30	7	3.32	5	2.16	6	11.5	3