

Sport Update ... July 2009



Y7 Bird Bowl Competition 25th June 2009

On Thursday 25th June, thirteen athletes from Year 7 participated in an athletics match at Salt Ayre. In the 1500m M Hodgson came slightly behind the winner, followed by Sally who gained a personal best. In the long jump, E Davies jumped an outstanding 4.10m with M Hodgson reaching 3.75m.

A-L Riggs performed a brilliant run in the 300m, 2nd heat, winning easily with an incredible time. In the hurdles, C Elley and E Walker both ran against tough competition and both came 2nd in their heat respectively. Great results by the team were also obtained in the 100m, 200m, triple jump, high jump, shot-put, javelin and discus, all athletes picked up lots of points for the team and many gained personal bests! The last event and probably the most exciting event of the competition was the 4x100m relay. A Walker started the race giving the team a great start, before passing the baton to E Walker. C Elley ran the 3rd leg and ran them into 2nd place, the baton was then passed to E Davies who ran like mad trying to catch up on the leader. In the end we came 2nd in the relay by one tenth of a second.

We all waited very nervously for the results ...

LGGS had come 2nd, by 1 point, with a 178 point score to Morecambe's 179 points!

It had been a great day and we all returned home feeling very pleased with our efforts and ready to beat the winners next time around.

M Hodgson - Athletics Captain

1st - Morecambe - 179

2nd - LGGS - 178

3rd - Ripley - 150

Heysham and OLC (Our Lady's) came in at 4th and 5th place.

Compiled by A Jarmen