

Think Freemen's



Sports Day

Wednesday 13th June 2018

Dear parents, pupils and guests,

Welcome to Ashtead Park and the annual Sports Day; I hope you have an enjoyable day. This programme details the events, timings and key information. On page 7 you can find a map and from page 8 you can view the event records and last year's results. Your support at this event is greatly appreciated.

The day is a fantastic opportunity to showcase the sporting talent that we have at Freeman's and to celebrate success.

The aims of the whole School sports day are as follows;

- Provide a competitive Sports day for the whole School.
- Allow pupils to compete and identify with their House.
- Create a School event where all pupils, staff and parents celebrate both sport and the House system.
- Provide the Key stage 2 pupils with an enjoyable day to inspire them to continue their sporting development alongside their peers.
- Act as a landmark event in the year where all the key members of our School community come together as one School.

The lower and middle juniors (Form 1 – Lower 3) will take part in a sporting carousel on the playing fields at the front of Main House. Upper juniors (Upper 3 – Lower 4) and intermediates (Upper 4 – Lower 5) will compete for the Kemp House and Cock House Shield points in athletics. These will all take place on the playing fields behind Main House.

May I take this opportunity to thank the academic staff, PE and Games staff, IT, Sodexo, grounds team and the maintenance department for all their help in preparing such a huge event and for all the assistance on the day.

Finally, thank you to all the pupils that will make the day memorable, and good luck to all competitors.

Yours sincerely

Freeman's PE & Games Department

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Sports Programme

Timings of the day

Upper 3 – Upper 6	
8.35 – 9.00	Registration/House Meeting
9.10	Morning Events start
12.00 – 12.30	Lunch
12.45	Afternoon Events start
15.45 – 15.55	Results
16.00	Finish

Form 1 – Lower 3	
8.35	Registration
8.45 – 9.15	Key Stage 2 Assembly
9.15 – 9.35	Year Group Time
9.45 – 12.40	Morning Events
10.30 – 10.50	Morning Break
12.50 – 13.40	Lunch
13.50 – 14.40	Afternoon Events
15.00 – 15.55	Runathon and Results
16.00	Finish

Wet weather/Cancellation

Due to the nature of this event being outdoors, it will require the weather to be kind. We will only cancel the event if we feel the weather will have a detrimental effect to the event and the pupils. A decision will be made no later than 8am on the morning of the event. Unfortunately, should it be cancelled the reserve date is the following Wednesday (20th June). A text message will be sent to all parents informing if it needs to be cancelled. Pupils will be expected to follow their normal Wednesday timetable if the event is cancelled.

Parking

We are aware that parking may be tight on the day; please follow the instructions of our parking attendees on entry to the School site. Please be patient and ensure you park in the designated areas.

Food/Lunch

Sodexo will be providing a packed lunch on the day, for those who normally have school lunches. Soft drinks and ice creams will be available to purchase on the day. Although there will be seating near the main track, parents in the past have brought their own summer chairs with them.

Drinks

The School will provide a parent's refreshment table with tea/coffee, this will be situated on the rear of Main House and will be stocked throughout the day. Pupils will have access to water stations dotted throughout the site.

Toilets

Parents can use the disabled toilet in the Sixth Form Centre as well as the visitors' toilets in Main House. Key stage two pupils may use the toilets in the Junior School; permission will be required via Head of Year/JS staff. Upper 3 – Lower 5 pupils will be able to use the toilets in the Haywood Centre and Sixth Form centre.

Bins

Please could we all take responsibility for our litter especially at lunchtime and use all the bins provided.

Maps

Please see the maps of the events at the end of the programme.

DE Photo

We are fortunate to have a professional photography company attending throughout the day. They will be taking pictures of all the events, and will display, print and sell these from their booth throughout the day. They will also send the School a link for parents to purchase after the event photos of the day.

Key stage 2 carousel

Form 1 – Lower 3 will be split into their year groups and spend a day on a carousel of sports and will come down to the track between 2.30-3.00pm to take part in a 'House Runathon' and watch the final events including the relays. The Middle Junior and Lower Junior House athletics competitions will complete the House Athletics competitions on Tuesday 19th & Friday 22nd June respectively.

Final Results/end of the event

We will announce the results down by the track at the end of the event. All the pupils from Form 1 to Lower 5 will be sat in houses together.

Once the final results are given the pupils leave in the following order;

Form 1/Lower 2 – to go to their HOD year - parents collect from Junior School

Upper 2/Lower 3 - to go to their HOD year - parents collect from Junior School

Upper 3/Lower 4 – to be dismissed – normal home time

Upper 4/Lower 5 – to be dismissed – normal home time

Sports Programme

8.35 – 9.00
Registration
House Meeting
Team Organisation
Athletics Officials to Trackside
9.00 – 9.10
Arrive at Track
Competitors Prepare for Events

Upper Junior Track

9.15 – 9.30	
1	80m Hurdles: Upper Junior Boys 'B'
2	80m Hurdles: Upper Junior Boys 'A'
3	75m Hurdles: Upper Junior Girls 'B'
4	75m Hurdles: Upper Junior Girls 'A'
9.30 - 10.00	
5	100m Upper Junior Boys 'H'
6	100m Upper Junior Girls 'H'
7	100m Upper Junior Boys 'G'
8	100m Upper Junior Girls 'G'
9	100m Upper Junior Boys 'F'
10	100m Upper Junior Girls 'F'
11	100m Upper Junior Boys 'E'
12	100m Upper Junior Girls 'E'
13	100m Upper Junior Boys 'D'
14	100m Upper Junior Girls 'D'
15	100m Upper Junior Boys 'C'
16	100m Upper Junior Girls 'C'
17	100m Upper Junior Boys 'B'
18	100m Upper Junior Girls 'B'
19	100m Upper Junior Boys 'A'
20	100m Upper Junior Girls 'A'
10.10 – 10.40	
21	800m Upper Junior Boys 'B'
22	800m Upper Junior Girls 'B'
23	800m Upper Junior Boys 'A'
24	800m Upper Junior Girls 'A'

Lunch

12.00 – 12.30

Upper Junior Field

12.45 – 14.00	
Discus	Boys 'A' and 'B'
Javelin	Girls 'A' and 'B'
High Jump	Boys 'A' and 'B'
Shot Putt	Girls 'A' and 'B'
Long Jump & Triple Jump	Girls 'A' and 'B'
Vortex Throw	Boys 'A' and 'B'
Vortex Throw	Girls 'A' and 'B'

Results

15.45 – 15.55

10.45 - 11.00	
25	200m Upper Junior Boys 'C'
26	200m Upper Junior Girls 'C'
27	200m Upper Junior Boys 'B'
28	200m Upper Junior Girls 'B'
29	200m Upper Junior Boys 'A'
30	200m Upper Junior Girls 'A'
11.00 – 11.20	
31	1500m Upper Junior Boys 'A'
32	1500m Upper Junior Girls 'A'
33	300m Upper Junior Boys (L4 ONLY)
34	300m Upper Junior Girls (L4 ONLY)

11.25 – 12.00 All runners assemble at centre of track	
33	Upper Junior Boys Relay 'G'
34	Upper Junior Girls Relay 'G'
35	Upper Junior Boys Relay 'E' and 'F'
36	Upper Junior Girls Relay 'E' and 'F'
37	Upper Junior Boys Relay 'C' and 'D'
38	Upper Junior Girls Relay 'C' and 'D'
39	Upper Junior Boys Relay 'A' and 'B'
40	Upper Junior Girls Relay 'A' and 'B'

14.00 – 15.00	
Discus	Girls 'A' and 'B'
Javelin	Boys 'A' and 'B'
High Jump	Girls 'A' and 'B'
Shot Putt	Boys 'A' and 'B'
Long Jump & Triple Jump	Boys 'A' and 'B'

Inter and Senior Field Events

Discus	Inter Boys 'A' and 'B'
Javelin	Inter Girls 'A' and 'B'
High Jump	Inter Boys 'A' and 'B'
Shot Putt	Inter Boys 'A' and 'B'
Long Jump	Inter Girls 'A' and 'B'
Triple Jump	Inter Boys Inter Girls

Lunch

12.00 – 12.30

Inter and Senior Track Events

12.45 – 13.00	
1	80m Hurdles: Inter Girls 'A'
3	80m Hurdles: Inter Boys 'A'
13.00 – 13.30	
5	100m Inter Boys 'D'
6	100m Inter Girls 'D'
7	100m Inter Boys 'C'
8	100m Inter Girls 'C'
9	100m Inter Boys 'B'
10	100m Inter Girls 'B'
11	100m Inter Boys 'A'
12	100m Inter Girls 'A'
13.35 – 13.45	
13	800m Inter Boys 'A' and 'B'
14	800m Inter Girls 'A' and 'B'

15.30 – 15.45	
23	Inter Boys Relay 'C' and 'D'
24	Inter Girls Relay 'C' and 'D'
25	Inter Boys Relay 'B' and 'A'
26	Inter Girls Relay 'B' and 'A'

Results

15.45 – 15.55

10.45 – 12.00	
Discus	Inter Girls 'A' and 'B'
Javelin	Inter Boys 'A' and 'B'
High Jump	Inter Girls 'A' and 'B'
Shot Putt	Inter Girls 'A' and 'B'
Long Jump	Inter Boys 'A' and 'B'

13.50 – 14.10	
15	200m Inter Boys 'B'
16	200m Inter Girls 'B'
17	200m Inter Boys 'A'
18	200m Inter Girls 'A'
14.15 – 14.40	
19	1500m Inter Boys 'A'
20	1500m Inter Girls 'A'
14.45 – 15.00	
21	400m Inter Boys 'A' and 'B'
22	300m Inter Girls 'A' and 'B'

Lower & Middle Junior Events

	9.45 – 10.30	10.30 – 10.50	11.00 – 11.45	11.55 – 12.40	12.50 – 13.30	13.40 – 14.30
Rounders	Form 1	Morning Break	L2	U2	Lunch Break	L3
Wide Games	L3		Form 1	L2		U2
Quick Cricket	U2		L3	Form 1		L2
Traditional Sports	L2		U2	L3		Form 1

Venues

Rounders	1 st XI Outfield – Pavilion Side (3 pitches)
Wide Games	1 st XI Outfield – Left hand side (Capture the Flag, Stuck in the Mud etc.)
Quick Cricket	Astro (3 pitches)
Traditional Sports	The Avenue – Behind Cricket Pavilion

KS2 Assembly – Junior Hall

8.45 – 9.15

Year Group Time

9.15 – 9.35

Runathon and Results – Main Track

14.50 – 16.00

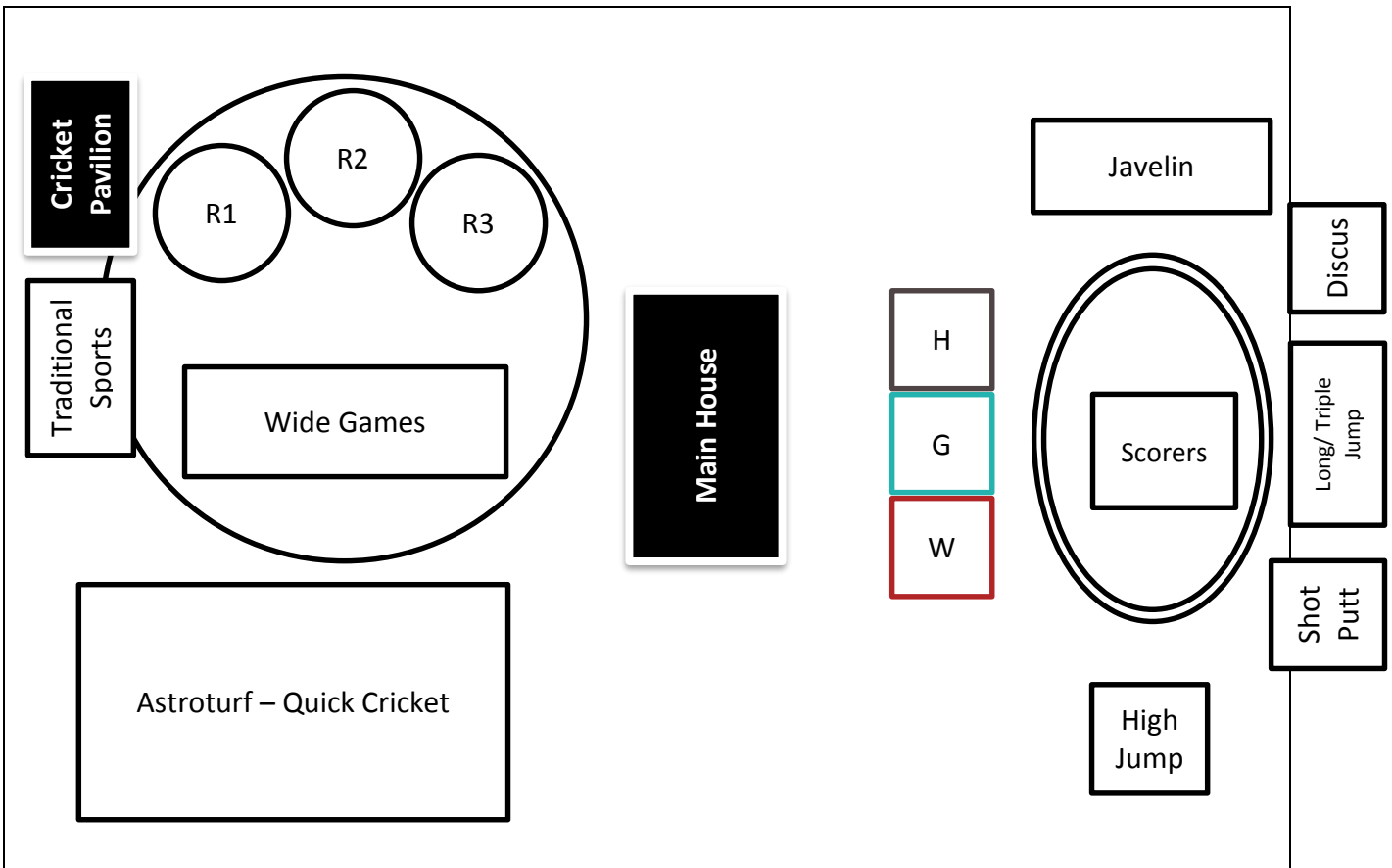
15.00 – 15.15 Middle Junior House – Runathon

15.15 – 15.30 Lower Junior House – Runathon

Results

15.45 – 15.55

Map



Upper Junior Boys

Field Records	Record	Name	House	Year
Discus	25.65 m	A Catling	Whittington	1998
High Jump	1.50 m	C Buck	Whittington	2007
Javelin	19.60 m	J Graham	Gresham	2015
Long Jump	5.02 m	A Slaughter	Whittington	1989
Shot Putt	9.19 m	J Williamson	Whittington	2017
Triple Jump	9.39 m	B. Boardman	Gresham	2014

Track Records	Record	Name	House	Year
80m hurdles	13.69 s	J Hall	Gresham	2015
100m	11.76 s	N Dart	Gresham	2001
200 m	25.59 s	T Harmsworth	Hale	2012
800 m	2m 24.24s	T Robinson	Hale	1992
1500 m	4m 51.83s	T Cheshire	Hale	2017
Relay	55.00 s		Whittington	2011

Inter Boys

Field Records	Record	Name	House	Year
Discus	27.97 m	D Bell	Hale	2015
High Jump	1.68 m	J Mustafa	Whittington	2003
Javelin	39.22 m	S Holder	Hale	2017
Long Jump	5.97 m	J McStay	Hale	1991
Shot Putt	9.74 m	L Hunter	Whittington	2015
Triple Jump	12.83 m	A Slaughter	Whittington	1991

Track Records	Record	Name	House	Year
100m	11.36 s	M Rees	Gresham	2007
80m hurdles	12.63 s	D Bell	Hale	2015
200 m	23.82 s	A Slaughter	Whittington	1991
400 m	54.78 s	A Coates	Hale	2017
800 m	2m 13.00s	E Warnock	Hale	2017
1500 m	4m 42.43s	G Le Ray Cook	Hale	1982
Relay	48.83s		Hale	2017

Senior Boys

Field Records	Record	Name	House	Year
Discus	28.09 m	D. Bell	Hale	2018
High Jump	1.77 m	T Hines	Whittington	1997
Javelin	38.70 m	F Tame	Hale	2017
Long Jump	7.00 m	A Slaughter	Whittington	1994
Shot Putt	11.02 m	L. Hunter	Whittington	2017
Triple Jump	13.60 m	A Slaughter	Whittington	1994

Track Records	Record	Name	House	Year
100m	10.98s	M Rees	Gresham	2008
100m hurdles	15.61s	D Bell	Hale	2018
200 m	22.94s	A Slaughter	Whittington	1994
400 m	54.00 s	R Douglas	Hale	1999

800 m	2m 7.76s	R Douglas	Hale	1999
1500 m	4m 22.32s	S Eglen	Gresham	2011
Relay	47.19 s		Hale	2018

Please note that the highlighted events (e.g. **Discus**) have new records as of 2015 due to changes in the format (e.g. weight of discus, height of hurdles et cetera)

Upper Junior Girls

Field Records	Record	Name	House	Year
Discus	18.3m	K Curran	Whittington	2010
High Jump	1.45 m	S Cowley/E Stewart	Gresham Hale	1996 2010
Javelin	20.40 m	M Cast	Hale	2015
Long Jump	4.83 m	Z Clarke	Whittington	2009
Shot Putt	7.53 m	S Brown	Hale	2015
Triple Jump	9.28 m	L Pearson	Whittington	2017

Track Records	Record	Name	House	Year
75m hurdles	12.82 s	A Field	Hale	2015
100m	12.89 s	P Nicholls	Gresham	2009
200 m	27.47 s	S Cowley	Gresham	1996
800 m	2m 30.10 s	L Pearson	Whittington	2017
1500 m	4m 59.57 s	K Valkenburg	Whittington	2017
Relay	57.66		Whittington	2009

Inter Girls

Field Records	Record	Name	House	Year
Discus	29.25 m	K. Lyons	Gresham	2017
High Jump	1.50 m	E Stewart	Hale	2012
Javelin	18.10 m	A Foster	Hale	2015
Long Jump	4.81 m	S Cowley	Gresham	1997
Shot Putt	8.98 m	E Akojie	Gresham	2015
Triple Jump	9.73 m	E Stewart	Hale	2012

Track Records	Record	Name	House	Year
100m	12.23 s	I Briggs	Hale	2013
80m hurdles	13.75 s	T Walter	Hale	2015
200 m	26.5 s	N Clementis	Gresham	2001
300 m	46.1 s	N Clementis	Gresham	2002
800 m	2m 37.25 s	A Wilson	Whittington	2015
1500 m	5m 37.19 s	I Fakkell	Hale	2015
Relay	55.33		Gresham	2002

Senior Girls

Field Records	Record	Name	House	Year
Discus	24.25 m	H Williams	Gresham	2006
High Jump	1.55 m	C Jenkins	Gresham	1980
Javelin	28.90 m	L Armitage	Hale	2008
Long Jump	4.98 m	L Shelton	Gresham	1995
Shot Putt	9.80 m	M Eldridge	Whittington	2009
Triple Jump	9.70 m	M McMillan	Hale	2017

Track Records	Record	Name	House	Year
100m	12.58 s	I Briggs	Hale	2017
80m hurdles	12.03 s	N Clementis	Gresham	2003
200 m	25.1 s	A Dunn	Whittington	1976

300 m	44.98 s	N Clementis	Gresham	2003
800 m	2m 30.48 s	S Parham	Whittington	2005
1500 m	4m 59.97 s	G Eglen	Gresham	2015
Relay	54.09 s		Hale	2017

Please note that the highlighted events (e.g. **Discus**) have new records as of 2015 due to changes in the format (e.g. weight of discus, height of hurdles et cetera)

2018 Senior Results

Senior Boys

Hale	1 st - 281
Whittington	2 nd - 262
Gresham	3 rd - 242
Victor Ludorum	D. Bell

Senior Girls

Hale	1st
Whittington	2 nd
Gresham	3 rd
Victrix Ludorum	M. McMillan



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City of London Freeman's School, Ashted Park, Surrey, KT21 1ET