

The English Schools' Athletic Association

Founded 1925

Affiliated to:

England Athletics, National Council for School Sport

VICE PRESIDENTS:

Mr. L. E. Alcock
Miss E. Beveridge
Mr. K. R. Bray
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Mr. R. Edwards
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Mr. D. J. Hayward M.B.E.
Mrs. L. Lenton
Miss M. Meikle
Mr. R. L. Mudd
Mr. P. Ponton
Mr. G. Wickens

HONORARY VICE PRESIDENTS:

Miss D. Best M.B.E.
Mr J. Knight

Mrs. P. Gillett

Mr. D. Pryce

ACTING HONORARY SECRETARY:

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Awards Scheme Coordinators
 Combined Events Coordinators
 Cross-Country Coordinators
 Cross Country Cup Coordinators
 International Team Coordinators
 Insurance Coordinator
 Social Media Coordinators
 Press Officer
 Race Walks Coordinators
 Safeguarding Officer
 Sponsorship Coordinators
 Track & Field Coordinators
 Track & Field Cup Coordinators
 Archivist

Post-holder

Maryon O'Donnell
 Iain Presnell
 Paul Allison
 Geoff Williams (Final)
 Jan Buoy
 Roger Michell
 Corinne Hunter
 Corinne Hunter
 Derek Hayward MBE
 Ian Roberts
 Paul Ponton
 Geoff Durbin
 Edna Beveridge
 Roger Blades MBE

Assistant Post-holder

Sue Garvey
 Dick Bowden
 Lynne Pope
 Dave Paver (Rounds)
 Ian Roberts

 Emma Radford-James

 Roger Michell
 Deb Cash
 Sue Garvey
 Chris Haxell
 Steve Lowe

Committee Leaders 2021

Summer Events Committee
 Winter Events Committee
 Development Committee
 Finance Committee

Chairman

Lynne Pope
 Ian Roberts
 Sue Garvey
 Paul Ponton

Secretary

Chris Haxell
 Paul Allison
 Deb Cash
 Geoff Snell

COMMITTEES 2021

Summer Events Committee

Mr. L Alcock; Miss E Beveridge; Mr. D Bowden; Mrs J. Buoy; Mr. C Cohen CBE; Mr. G Durbin; Mr. D Hayward MBE; Mr. C Haxell; Mr A Hulse; Mr S. Lowe; Mr. B Parker; Mr. P Ponton; Mrs L Pope; Mr. I Presnell.

Winter Events Committee

Mr. P Allison; Mr. R Cameron; Mrs. L Lenton; Mrs. M O'Donnell; Mr. D Paver; Mrs. L. Pope; Mrs A Pottinger; Mr. I Roberts; Mr. G Snell; Mr. G. Williams; Mrs. J Wright BEM.

Development & Media Committee

Mrs. D Brennan; Mr. K Burkett; Miss L. Buxton; Mrs. D Cash; Ms. S Garvey; Miss C Hunter; Miss E Milne; Mrs. M. O'Donnell; Mrs. E Radford-James; Mr. I Roberts; Mr. R Townsend.

Finance Committee

Honorary Treasurer; Assistant Treasurer; Honorary Secretary; Assistant Secretary; Chairman; Vice-Chairman.

Additional members may be invited to any committee meetings as required.

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AUDITORS

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TRUSTEES OF THE ASSOCIATION 2021

Honorary Secretary	Miss M. Meikle	Mr. R. Blades MBE	Mr. R. Michell
Honorary Treasurer	Mr. L. Alcock	Mr. D. Hayward MBE	

REPRESENTATIVES TO OUTSIDE ORGANISATIONS 2021

The following have been appointed to represent the English Schools’ Athletic Association on other bodies with interests in athletics.

English Cross-Country Association	Mr. P. Allison & Mrs. L. Pope
Race Walking Association	Messrs D. Hayward MBE & R. Michell
National Council for School Sport	Hon. Secretary & Mrs. L. Lenton
England Athletics Council	Hon. Secretary
Schools’ International Athletics Board	Chairman, Hon. Sec & Hon. Treasurer

**OFFICERS OF THE SCHOOLS' ATHLETIC ASSOCIATION AND
THE ENGLISH SCHOOLS' ATHLETIC ASSOCIATION**

Chairmen:

*1925	Mr. E. W. Haley (London)	*1974	Mr. J. Hedge (Middlesex)
*1926	Mr. C. E. Creese (London)	*1975	Mr. R. L. Jenkins (Devon)
*1927	Mr. H. W. Beagley (Middlesex)	*1976	Miss D. Wood MBE (Lancashire)
*1928	Mr. W. K. Duckett OBE (Kent)	*1977	Mr. J. W. A. Hodges (Kent)
*1929	Mr. E. Champion (London)	*1978	Mr. K. A. Winfield (Cambridgeshire)
*1930	Mr. W. Bullock (Wiltshire)	1979	Mr. R. L. Mudd (Hampshire)
*1931	Mr. E. Elam (Berkshire)	*1980	Mr. P. Holland (Derbyshire)
*1932	Mr. W. E. Loe (Surrey)	1981	Miss M. Meikle (Merseyside)
*1933	Mr. J. H. Bingham (Essex)	*1982	Mr. E. Rawcliffe (Lancashire)
*1934	Mr. W. J. Rodda (Northamptonshire)	*1983	Mr. W. Whistlecroft MBE (Somerset)
*1935	Mr. F. R. Bassett (Hampshire)	1984	Mrs. J. L. Mudd (Hampshire)
*1936	Mr. W. K. Duckett OBE (Kent)	*1985	Mr. J. M. Young (Cheshire)
*1937	Mr. P. J. Simms (Surrey)	*1986	Mrs. U. A. Blanchflower (Surrey)
*1938	Mr. C. F. Gosling (London)	*1987	Mr. J. F. Bullen (West Midlands)
*1939	Mr. A. A. Best (Sussex)	*1988	Mr. J. H. Leeworthy (Devon)
		1989	Mrs. S. McKiernan MBE (South Yorkshire)
*1947	Mr. L. C. H. Fry (Surrey)	1990	Mr. J. G. Harvey (Cumbria)
*1948	Mr. F. W. Simcock (Lancashire)	*1991	Mr. D. R. Littlewood MBE (Middlesex)
*1949	Mr. R. B. Santer (Buckinghamshire)	1992	Mr. J. E. Cook (Northumberland)
*1950	Mr. A. E. Wotton (London)	*1993	Miss V. I. Atkinson (Cumbria)
*1951	Mr. E. F. Allwood (Berkshire)	*1994	Mr. N. Dickinson MBE (Durham)
*1952	Mr. A. E. Temple-Cole (Middlesex)	1995	Mrs. J. Bundy (Lincolnshire)
*1953	Mr. W. Hylton-Herrick (Leicestershire)	1996	Mr. D. J. Hayward MBE (Shropshire)
*1954	Miss K. Austick (Yorkshire)	1997	Miss Y. Aspinall (Derbyshire)
*1955	Mr. H. Palfreman (Nottinghamshire)	1998	Mr. L. E. Alcock (West Midlands)
*1956	Mr. G. Hemming (Northumberland)	1999	Mr. D. J. Pope MBE (Northamptonshire)
*1957	Mr. G. J. Elphick (Sussex)	2000	Mr. C. Cohen CBE (Derbyshire)
*1958	Mr. H. Fowler (Lancashire)	2001	Mr. J. Gwyther (Humberside)
*1959	Mr. W. C. Bishop (Hampshire)	2002	Mr. R. A. England (London)
*1960	Mr. J. H. Masters (Hampshire)	2003	Mr. R. Blades MBE (South Yorkshire)
*1961	Mr. R. Brown (Cheshire)	2004	Miss E. Beveridge (Northumberland)
*1962	Mr. C. B. Smith MBE (Devon)	2005	Mrs. J. Wright (Berkshire)
*1963	Mr. J. L. Phillips (Nottinghamshire)	*2006	Mr. P. B. Robinson (Durham)
*1964	Mrs. L. Hayward (Hampshire)	2007	Mr. R. Edwards (Essex)
*1965	Mr. J. W. S. Beswick MBE (Shropshire)	2008	Mr. K. R. Bray (Leicestershire & Rutland)
*1966	Mr. S. Rose OBE (Essex)	2009	Mr. G. Wickens (Wiltshire)
*1967	Mr. A. Foyston (Yorkshire)	2010	Mr. M. Dooling MBE (Merseyside)
*1968	Mr. J. Cunningham (Lancashire)	2011	Mrs. L. Lenton (Kent)
*1969	Mr. J. Cunningham (Lancashire)	2012-13	Mr. P. Ponton (Northumberland)
*1970	Mr. H. Husband (Derbyshire)	2014-15	Ms. S. Garvey (Lancashire)
*1971	Mr. H. Witham (Yorkshire)	2016-17	Mrs. M. O'Donnell (Greater Manchester)
*1972	Mr. L. E. Harris (Warwickshire)	2018-19	Mrs. J. Buoy (Middlesex)
*1973	Mr. R. E. May (Cheshire)	2020-21	Mrs L. Pope (Derbyshire)

Honorary Treasurers:

*1926-1958	Mr. C. E. Creese (London)
*1958-1970	Mr. E. F. Allwood (Berkshire)
*1970-1986	Mr. J. Cunningham (Lancashire)
*1986-2000	Mr. P. B. Robinson (Durham)
2000-2017	Mr. L. E. Alcock (West Midlands)
2017-	Mr. P. Ponton (Northumberland)

*Deceased

Honorary Secretaries:

*1925	Mr. C. W. G. Evison (London)
*1926-1943	Mr. A. Tonkin (London)
*1943-1959	Mr. W. Butler (London)
*1959-1966	Mr. A. Foyston (Yorkshire)
*1966-1975	Mr. J. Forrester MBE (Durham)
*1975-1992	Mr. N. Dickinson MBE (Durham)
*1992-2014	Mr. D. R. Littlewood MBE (Middlesex)
2014 -2020	Mr. C. Cohen CBE (Derbyshire)
2020-	Ms S. Garvey (Lancashire)

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WEST MIDLANDS	Mr. D. Lewis	17, Snapdragon Drive, Walsall. WS5 4RE Tel: 0121 475 3881 (S); 07769747529; e-mail: dalewis86@icloud.com
WEST YORKSHIRE	Mr. R. Cameron	4 Woodlea Close, Yeadon. Leeds. West Yorkshire. LS19 7LP Tel: 0133 250 8486; 0787111375; e-mail: bertie.cameron@talk21.com
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SIAB INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS

**MOORWAYS STADIUM, DERBY
SATURDAY, JULY 17th 2021**

English Schools' Athletic Association Calendar 2021

28th February	Closing date for entries Track and Field Cup 2021
Sat. 13th March	New Balance Cross Country Championships Hop Farm, Kent. (Under 15, Under 17, Under 19)
Sat. 20th March	SIAB Cross Country International Falkirk, Scotland (Under 15, Under 17)
Sat. 12th June	County Schools' Track and Field Championships (Recommended date) Various venues (Under 15, Under 17, Under 19)
Sat. 19th June	Inter-County Track and Field matches (Recommended date) Various venues
26th / 27th June	Combined Events Regional Round Various venues (Under 15, Under 17, Under 19)
Sat. 3rd July	Track and Field Cup Final Bedford International Stadium, Bedford (Under 14, Under 16)
9th / 10th July	New Balance Track and Field Championships Sportcity, Manchester. (Under 15, Under 17, Under 19)
Sat. 17th July	SIAB Track and Field International Moorways Stadium, Derby (Under 17)
17th September	Closing date for entries Cross Country Cup 2021
18th / 19th September	Combined Events and Race-Walking Championships Bedford International Stadium, Bedford (Under 15, Under 17, Under 19)
November (TBC)	Indoor Combined Events International Emirates Arena, Glasgow (Under 16, Under 18)
Sat. 20th November	Annual Council Meeting Birmingham
Sat. 4th December	Cross Country Cup Final Tretherras School, Newquay, Cornwall (Under 14, Under 16)

Provisional Calendar 2022

28th February	Closing date for entries Track and Field Cup 2022
Sat. 12th March	Cross Country Championships (Under 15, Under 17, Under 19)
Sat. 19th March	SIAB Cross Country International (Under 15, Under 17)
Sat. 11th June	County Schools' Track and Field Championships (Recommended date) Various venues (Under 15, Under 17, Under 19)
15th June	Closing date for entries Cross Country Cup 2022
Sat. 18th June	Inter-County Track and Field matches (Recommended date) Various venues
25th & 26th June	Combined Events Regional Round Various venues (Under 15, Under 17, Under 19)
Sat. 2nd July	Track and Field Cup Final (Under 14, Under 16)
8th / 9th July	Track and Field Championships (Under 15, Under 17, Under 19)
Sat. 16th July	SIAB Track and Field International Venue tbc (Under 17)
17th & 18th September	Combined Events and Race-Walking Championships Venue tbc (Under 15, Under 17, Under 19)
November (TBC)	Indoor Combined Events International Emirates Arena, Glasgow (Under 16, Under 18)
Sat. 19th November	Annual Council Meeting Birmingham
Sat. 3rd December (TBC)	Cross Country Cup Final (Under 14, Under 16)

ESAA AWARD SCHEME

USE IT WITH YOUR PUPILS

Use the Scheme in lessons and your pupils will love receiving a badge showing their progress.

Championship Meetings 2021

53rd Girls' and 61st Boys' Cross Country: Hop Farm, Kent. Saturday March 13th 2021

National Coordinators: Mr. P. Allison
71, Lower Kirklington Road, Southwell, Notts. NG25 0BH
Mob: 07757 604129
E-mail: Allison.pa@nottinghamhigh.co.uk
Nottingham High School, Waverley Mount, Nottingham NG7 4ED
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Mrs. L. Pope
The Firs, Shaws Hill, Whatstandwell, Matlock, Derbyshire DE4 5EP
Tel: 01773 853435 Mob: 07970670548
E-mail: lynne.pope@buxton.derbyshire.sch.uk

Local Organiser: Mr. K. Burkett, Bre Cottage, Staplecross, Robertsbridge, East Sussex TN32 5RY
Tel: 01580 830473; 07758 248024; e-mail: ken.burkett@yahoo.co.uk

90th Track and Field: Sport City, Manchester. Friday and Saturday, 9th & 10th July 2021

National Coordinator: Mr. C. Haxell
8 Marshwood Road, Lightwater, Surrey GU18 5QZ
Tel: 07833103866
chrishaxell@yahoo.com

Competition Organiser: Mr. G. Durbin
1, Springdale Road, Broadstone, Dorset, BH18 9BL.
Tel: 07973207166
e-mail: gdurbin@tinyworld.co.uk

33rd Combined Events and 47th Race Walking: Bedford International Stadium, Sat. & Sun. 18th & 19th Sept. 2021

National Coordinator: Mr. I. Presnell
23, Sweeps Hill Close, Pembury, Kent TN2 4LT
Tel: 01892 822027 Mob: 07549175229
e-mail: ijkl.presnell@btopenworld.com

Local Organiser: Mr D. Johnson
202 Spring Road, Kempston, Bedford. MK42 8ND
Tel: 01234 302858 Mob: 07973 691628
e-mail: DennisJohnson@ntlworld.com

Watch recordings of previous
English Schools Championships
on the Vinco web-site.

<https://www.runjumpthrow.com/meeting/esaa-championships/>

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Steve Lowe 4 Warwick Way, Croxley Green, Rickmansworth, Hertfordshire WD3 3SA
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REGIONAL COORDINATORS

EAST ANGLIA (Bedfordshire & Luton, Cambridgeshire, Essex, Norfolk, Suffolk)

LONDON (Hertfordshire, London, Middlesex)

MIDLANDS (Bucks, Gloucs, Hereford & Worcs, Northants, Oxon, Salop, Staffs, Warwicks, West Midlands)

(Joint coordinators)

NORTH EAST (Cleveland, Durham, Humberside, North Yorkshire, Northumberland)

NORTH MIDLANDS (Derbyshire, Leics, Lincs, Notts, South Yorkshire, West Yorkshire)

NORTH WEST (Cheshire, Cumbria, Greater Manchester, Lancashire, Merseyside, Isle of Man)

SOUTH EAST (Kent, Surrey, Sussex)

SOUTH WEST (Avon, Berks, Cornwall, Devon, Dorset, Hants, Somerset, Wiltshire)

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Dave Paver 16 Northfield Avenue, Wetherby. West Yorkshire. LS22 6TD
(Entries) Tel: 01937 581165; Mob: 07778 950200; E-mail: esaaxccup@hotmail.com

REGIONAL CO-ORDINATORS:

EAST CENTRAL (Beds & Luton, Bucks, Cambs, Norfolk, Northants, Oxfordshire)

EAST MIDLANDS (Derbys, Humberside, Leics & Rutland, Lincs., Notts, South Yorks., West Yorks.)

ESSEX & SUFFOLK
(Essex, Suffolk)

LONDON NORTH (Hertfordshire, London, Middlesex)

NORTH EAST (Cleveland, Durham, Northumberland, North Yorkshire)

NORTH WEST (Cumbria, Greater Manchester, Lancashire, Merseyside)

SOUTH EAST (Channel Islands, Hampshire, Kent, Surrey, Sussex)

SOUTH WEST (Avon, Berkshire, Cornwall, Devon, Dorset, Somerset, Wiltshire)

WEST CENTRAL (Cheshire, Gloucs, Hereford & Worcs, Salop., Staffs, Warwicks, West Midlands)

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NATIONAL RACE-WALKING CO-ORDINATORS:

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REGIONAL CO-ORDINATORS

EAST ANGLIA (Bedfordshire, Cambridgeshire, Essex, Leicestershire, Lincolnshire, Norfolk, Northants, Suffolk)

MIDLANDS (Bucks, Derbys, Herefordshire and Worcestershire, Nottinghamshire, Oxfordshire, Warwickshire, West Midlands)

NORTH EAST (Cleveland, Durham, Humberside, Northumberland, North Yorks, South Yorks, West Yorks)

NORTH WEST (Cheshire, Cumbria, Greater Manchester, I.O.M., Lancashire, Merseyside, Salop, Staffordshire)

SOUTH EAST (Berkshire, Hampshire, Hertfordshire, Kent, London, Middlesex, Surrey, Sussex)

SOUTH WEST (Avon, Channel Islands, Cornwall, Devon, Dorset, Gloucestershire, Somerset, Wiltshire)

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ESAA AWARD SCHEME

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ESAA AWARD SCHEME

Contact the Coordinators for details!

ANNUAL REPORT 2020

As the English Schools Athletic Association moves towards its centenary, due in 2025, we would have hoped for a year in which the excitement continued to build, and our athletes continued to thrill and inspire their county colleagues, teachers and parents. Instead of that we have had a year which started off with very high hopes and then declined rapidly, seeing a complete cessation of all our activities immediately following the hugely successful cross country championships in Liverpool, supported by the City Council and the wider community. The talk of Covid-19 has very much been about fighting a war, and the last time we lost a complete year of activity was between 1939 and 1945, when a real war was being waged against a visible enemy. This year, with an enemy that is completely invisible, it has been equally tough for people who have had to give up much of what they love for several months, but we should also remember those who have lost friends and family to this terrible disease. At least, as an Association, we can look forward with optimism, even if we don't know what the near future holds for any of us.

It is very difficult to write an Annual Report in a year in which almost no activity took place, but the energy and enthusiasm of both our athletes and our committee members, teachers and coaches shone through in staging virtual competitions in place of the Track & Field Championship, an event that attracted almost a thousand youngsters to post performances done in training during the two weeks leading up to the championships. This was then followed up by another virtual event for the athletes who would normally have competed in the Combined Events and Race Walk Championships in early September. In both events some excellent performances were achieved and, although the various events could be attempted only on training nights over several days, high level scores were achieved.

With the increase in the severity of the disease early in March, it was fortunate that we were able to stage the cross country championships and thanks must go out to many people who spent many hours discussing and deciding whether it would be safe to stage the event. With huge support from parents, who were keen to have the event go ahead, we were probably the last large-scale sports event to be held in the country. Sadly, even before we had left Liverpool, the decision had been made that the Home International a week later in Scotland would not be able to go ahead. Happily, the hosts have agreed to host next year on the corresponding date.

Much planning work continued throughout late winter and early spring in the hope that the Track & Field Championships could go ahead but eventually the financial reality that the Association could be bankrupted if it continued with the planning and then had to cancel at a late stage fell into place and the event was cancelled. With schools closed and athletes not taking part in lessons or any sports training, no county championships could be held, nor could the Track & Field Schools Cup go ahead, meaning that thousands of young people lost the focus of their athletics year.

With national events lost to the disease, we then had the pain of knowing that none of our highest achieving athletes could go on to the ISF events planned for this year. First, the Cross-Country championship in Slovakia was postponed, then cancelled, then pencilled in again for 2022. Not only did our national athletes, already selected, lose an opportunity to represent their country, but the two schools which had worked so hard to be selected for the inter-school competition in Slovakia also lost their chance to test themselves against the world. We did make the decision to award vests to all those who would have qualified for both the SIAB Home International and the ISF World Cross Country, but we recognise the sadness and disappointment brought to all of these athletes.

With the start of the autumn term the disease, having seemed to be in recess, bounced back with a vengeance as soon as schools reopened, resulting in many more cases and also decisions in schools that pupils could not compete in inter-school events, or, in many cases, even across school years, to try to make sure they and their families could be kept as safe as possible. This resulted in the necessity to cancel the Schools Cross-Country Cup competition, again ensuring many thousands of young people would lose their sporting opportunities through the autumn and winter. As I write this report, we are wrestling with the decision over whether the position will be sufficiently improved to hold first the county cross-country and then the ESAA cross-country championships in the spring of 2021.

One high point was the interest shown in the Association by The Athletics Museum, who, for their first exhibition, asked if they could do a display on the history of the Association during the championships in Manchester. When the championships were cancelled, they still expressed an interest in staging a virtual exhibition over the period of the championships. It took a little longer than expected to put together but thanks to the efforts of Jane Ainsworth and Philip Andrew from The Athletics Museum project and especially John Mackie for compiling the statistics, as well as Ian Roberts and other members for their support in putting material together. The exhibition has stayed online for several weeks and attracted great attention. We are hoping to continue our work with them in the future and making the exhibition live in Manchester, as well as working with John on our historical statistics.

Finally, as this is the last Annual Report I will write in my position as Honorary Secretary, before I step down following the date of the ACM, I wanted to thank all those people who have supported me while doing this job over the last six years. There have been times, especially during the last three years, when I have been so busy working on various major events around the world that I have felt that I have not done this job as well as I could, but the support given by so many people has helped me to cope when there have been difficult days and difficult decisions to make.

I would like to thank each member of General Committee, as well as the county secretaries and their own teams who have helped make sure the Association endures and continues to rise to every challenge, even one as difficult as this year has been.

CHAMPIONSHIPS

52nd Girls and 60th Boys New Balance English Schools Cross Country Championships - Sefton Park Liverpool.

The 2020 championships will be remembered for many reasons, a great venue, great racing, good weather and the marvelous support from Liverpool City Council. It will probably be most remembered though for the championships that managed to go ahead before the start of the Coronavirus Pandemic. In the build up to the championships, the English Schools Committee and Liverpool City Council received constant advice from Public Health England on the staging of public events. We are grateful that these championships were able to take place and to give the hundreds of talented junior athletes the chance to represent their county at a National Cross-Country event. It was, however, a huge disappointment that the SIAB Cross Country Championships in Scotland were called off, as the Pandemic increased its momentum. As disappointing as it was, the cancellation of the SIAB event was the correct decision in the interest of public health.

The 2020 Championships were again supported by our sponsors, New Balance, who have been associated with these championships and our Track & Field Championships since 2016. They once again provided the professional branding that ensured the event looked and felt like the high profile, national event it is.

The building of the event, which started on Thursday, ran very smoothly, under the watchful eye of the LOC, in particular Bob Brimmage, Arwel Williams and their team. We were able to use some new branding in key areas, in particular the start and finish gantries, which always add to the aesthetics of the event. We were also incredibly grateful to the Head teacher of Bellerive Catholic College for allowing us to use the school for Team Declarations.

We were of course extremely grateful to Merseyside Schools AA for accepting to host the event. The planning for the event had been meticulously organised by the LOC, which included Merseyside Schools Committee members, Liverpool City Council members and Northern Athletics officials, resulting in a very well organised event. Clerks of the course, Bob Brimmage and Neil Vick were instrumental in planning the courses and both Arwel Williams (Meeting Manager) and Marc Roddy (Liverpool City Council) put together the event management plan which included a very comprehensive traffic and parking plan. Marc Roddy and Jason Dolman (Site Manager) and his staff were extremely helpful and offered the necessary inside knowledge of the park and the surrounding areas.

Pam Green (Chair of Merseyside Schools AA) arranged for many students from the Bellerive Catholic College to help in Declaration and Programme sales. The students worked tirelessly and were a credit to their school and teachers. Anne & Bob Brimmage were influential in recruiting marshals from the local athletics clubs and Arwel Williams recruited a team of willing volunteers who joined the ESAA officials in many essential roles on the day, including the VIP reception. Every single volunteer made a valuable contribution to the event, which ensured it ran smoothly.

The branding company, InEvent, were exceptional with the service they provided, always happy to attend site meetings and listen to the many suggestions from the organising committee. InEvent and Mahood Marquees arrived early on Thursday morning to start work. Both companies were able to make an immediate start due to the favourable weather conditions. Bob Brimmage (Clerk of Course) arrived on Thursday morning along with Arwel Williams (Meeting Manager) and their team and made essential alterations to the course. Marc Roddy and Jason Dolman were on hand to assist with the build.

Maryon O'Donnell (ESAA Safety Officer) arrived on Friday and made additional alterations to comply with the events risk assessment.

The courses selected by the LOC made good use of the park and the surrounding areas. The start and finish straights were wide enough to cater for the 350 starters in each race, allowing for overtaking. The courses were selected on the back of the Cross Challenge Cross Country event that was staged at Sefton Park in November 2019. The deteriorating weather on race day made the running conditions difficult. Rain and a heavy course made for difficult conditions for the athletes.

The venue used mainly marquees for the essential areas but due to the cancellation of the SIAB event and with New Balance unable to send staff due to coronavirus, the International and Merchandise marquees were not used. First Aid, Press and Information were situated in marquees close to the finish. The presentation platform was placed adjacent to the finish line, which allowed the athletes immediate access to presentations. Geoff Snell (ESAA) Chris Cohen (ESAA Hon Secretary) and Lynne Pope (Chairman of ESAA) worked tirelessly to ensure the presentations went ahead smoothly.

The first aid company carried out their duties in a very professional manner and were always accessible. Their communication system worked very well and linked with the event communication system. An improved PA system and radios, meant that communication between officials and the safety officer, was more effective and safer. There were no serious injuries reported on the day and the medical staff dealt with minor injuries quickly and efficiently, the majority of these were for athletes suffering from exhaustion.

Paul Ponton (ESAA) reported that the start area worked efficiently and all the races started on time without incidents. Minor tweaks to the finish area were sufficient to cater for the de-chipping and this allowed the athletes more space and time. Thanks to Graham Healey for acting as Referee and Bob Brimmage for his role as Clerk of the Course; Anne Brimmage and Lynda Lenton (ESAA) for recruiting the technical officials and the eighty local officials who carried out their duties with great professionalism.

Marc Roddy (Liverpool City Council) and volunteers managed the public parking, coach parking and recruiting a national security firm to manage the overnight security. Road signs guided the vehicles to the perimeter road, which circulates the park. This area was able to accommodate the 52 coaches and over 700 cars.

The races were, as usual, of the highest quality. The Intermediate Girls race was won by Beatrice Wood, who had to work hard for her three seconds victory over Kiya Dee (Glouc). Beatrice finished second in Leeds last year and so went one better this time. Kiya Dee had a superb run as a year 10 student, having won the Junior Girls race last year in Leeds. Bethany Cook, who won this race last year, had to settle for third place this time around. The Intermediate Boys race was won by Fraser Sproul (Cumbria) who finished fourteenth in Leeds last year. Second and third placed athletes were only eight seconds apart. Louis Small, who finished second, won the bronze medal last year, a superb two years for him. Kent would go on to retain the team trophy, with four athletes in the top thirty.

In the Junior Girls race, it was an amazing finish to a race. It went to a photo finish after Zoe Gillbody (Shropshire) and Jessica Baily (Cumbria) crossed the line together. Zoe was given first place after the race referees decision. Jessica finished sixteenth in this race in 2019, an impressive improvement. Ben Peck (Suffolk) finished strongly, winning the Junior Boys race by thirteen seconds, ahead of his teammate, Henry Dover (Suffolk)

The senior races were packed with previous winners and former SIAB athletes. Olivia Mason (Cumbria) won the Senior Girls race by eleven seconds. Olivia was a winner of the Intermediate Girls race in 2017 and finished third in 2018. She has also represented England on several occasions. London would go on to win the team trophy with four runners in the top thirty places. In the Senior Boys race. Mathew Stonier (Kent) won with a small margin of two seconds from Josh Dickinson (N Yorkshire) and Nic Harkhalakis (Cams) in third. Mathew finished sixth in Leeds last year and Josh finished fourth, both have had a successful two years in the senior age group.

The special thanks from the ESAA must be extended to Arwel Williams, Bob & Anne Brimmage along with members of the Merseyside Schools Athletic Committee, for their excellent help and support in the preparation and lead up to the event and to the many volunteers, Bellerive School pupils, the ESAA Officers and Technical Officials who helped to make these championships so successful. Thanks also to the support of the Winter Committee members for their help and support. Particular thanks to Lynne Pope (Assistant Cross-Country Secretary) who has been a valuable support for these ESAA Cross Country Championships in her first year as Chair of the ESAA Association.

Results

Junior Girls

Rochdale Trophy	Berkshire
Stedman Trophy	Lancashire
Individual Winner	
Zoe Gillbody	Shropshire

Intermediate Girls

Leicester Trophy	Surrey
R Brown Trophy	Lancashire
Individual Winner	
Beatrice Wood	Wiltshire

Senior Girls

Foyston Trophy	London
H Whitham Trophy	Kent
Individual Winner	
Olivia Mason	Cumbria

Junior Boys

Chesterfield Trophy	Kent
Lockhurst Lane Trophy	Berkshire
Individual Winner	
Ben Peck	Suffolk

Intermediate Boys

Yorkshire Trophy	Kent
Newcastle 900 Trophy	Greater Manchester
Individual Winner	
Fraser Sproul	Cumbria

Senior Boys

Derbyshire Trophy	Lancashire
Wigan Trophy	Cambridgeshire
Individual Winner	
Matthew Stonier	Kent

AGGREGATE TROPHIES (Girls)

Lancashire Trophy	London
Durham Trophy	West Yorkshire
Sidney Rose Trophy	Durham
Nottinghamshire Trophy	Cumbria

AGGREGATE TROPHIES (Boys)

Group A	Liverpool Trophy	Kent
Group B	Coventry Trophy	Lancashire
Group C	Sussex Trophy	Suffolk
Group D	John Hedge Trophy	Northumberland

CUP COMPETITIONS FOR INDIVIDUAL SCHOOLS**39th ESAA Cross-Country Cup Final 2019, Mount St. Marys College, Derbyshire**

The 2019 ESAA Cross Country Cup for schools attracted an entry of 1431 teams representing 500 Schools throughout England.

The ESAA are most grateful to Mount St Mary's College Head-Master Dr Nicholas Cuddihy and all his staff for hosting the Cup Final at what proved to be an ideal, spectator friendly Cup Final course. The event also greatly benefitted from the experienced organisational support of East Midlands Regional Secretaries Lesley and Bill Eldridge and many volunteers from Derbyshire Schools' Athletics Association led by Lynne Pope, Barry Parker and Mike Walker. They were a knowledgeable group, generous with their time and invaluable when, just two weeks before the date, much of the event had to be reorganised due to local flooding and waterlogged campus fields which prevented spectator on-site car parking. A 'park and ride' system for spectator parking based at Barlborough Hall School worked well, in no little part due to the sterling work done by Des Pope and his group of Derbyshire Schools' volunteers.

The course setting team was expertly led by Paul Ponton and Kevin Flannery of Northumberland Schools' AA. However, the loss of on-site car parking did allow access to a more challenging course than originally designed with a 2400 metre main loop utilising both drier areas of the campus and a challenging hill while the school playing fields provided generous space for the start and finish areas.

The event greatly benefitted from the availability of many well qualified local UKA officials who had been recruited by our experienced Race Referee Barry Parker while special thanks must be afforded to the many ESAA General Committee members who multi-tasked as announcers, in declaration and as on-course spotters, marshalls, media officers, results sales and officiating at the start/finish areas.

Maryon O'Donnell was again an excellent Safety Officer, sensitively guiding officials and First Aid teams to ensure a safe and purposeful cup final event.

As ever, I am indebted to the calm, knowledgeable stewardship of Dave Paver, not just in managing the local and regional rounds, but also for his sterling work in overseeing registration and the welcome to teams on Finals day. Throughout the lead up to the Cup Final he was ably supported by the nine ESAA Regional Secretaries, who, together with the many teachers who organised local first round matches, are to be congratulated on ensuring the competition ran smoothly.

Enjoying a welcome respite from the recent wet weather, the Intermediate Girls contested the first race over 3050 metres in what proceeded to be a very high-quality competition. The individual winner, Ruby Vinton (Woodbridge School, Suffolk), who is still only a Year 9 pupil, produced a very impressive performance to win by 27 seconds over 2018 individual winner Annie Naylor (Notre Dame HS, Sheffield), while Emily Gibbons (Bradford G.S., West Yorkshire) and Aimi Weightman (Dame Alice Owen's School, Hertfordshire) were close behind in 3rd/4th places. Twins Holly and Abbie Henderson led Dr Challenor's High School, Buckinghamshire to the team title with an impressive low score of 34pts with 2018 winners Coopers' Company and Coburn School, Essex claiming second on 116pts only by virtue of their superior 4th scoring position over Bradford Grammar School, West Yorkshire.

A high standard Junior Boys race followed, using the same course as the Inter Girls. Once again team honours were very close with Dr Challenor's Grammar School, Buckinghamshire benefitting from a balanced team packing well in the teens to maintain their impressive record in this competition and claim victory on 76pts from Oxted School, Surrey and The Eastwood Academy, Essex who were just 4pts and 6pts behind. Individual honours went to Beau MacDonald (Eastwood Academy, Essex) with a good finish while brothers Joseph and Jacob Hunt (Oxted School, Surrey) just held off Max Standen and Christopher Oliveira (both Park Community School, Devon) as just 18 seconds covered 3rd to 16th positions in an excitingly competitive race.

The Junior Girls race over a one lap distance of 2450 metres was dominated by Guildford High School, Surrey whose fourth runner was 12th and their score of 31pts was the best of the finals. Twice former winners Coopers' Company and Coburn School, Essex claimed second team position on 78pts with Sevenoaks School, Kent packing well for 3rd team on 119pts. Individually, Maisey Bellwood (Woodhouse Grove School, West Yorkshire), just held off 2018 individual winner Lesedi Nkoane (Dr Challenor's HS, Amersham, Buckinghamshire) while Isabelle Martin (Oxford Girls' High School) just edged past Robin Simons (Guildford High School, Surrey) and Sara Clough (Sale Grammar School, Greater Manchester for 3rd place.

Finally, the Intermediate Boys race over a two-lap distance of 4350 metres saw a very interesting and exciting individual race as three runners battled for victory. Dan Shattock (Robert May's School, Hampshire) tactically bided his time to produce a fast finishing kick to claim victory from Will D'Arcy and Johnny James (both Abingdon School, Oxfordshire). Edward Coutts led his team from The Judd School, Kent to an impressive team victory on 45pts with Abingdon School, Oxfordshire enjoying their first final at this level claiming 2nd on 74pts with Dulwich College. London 3rd on 101pts, closely followed by Dr Challenor's Grammar School, Buckinghamshire on 107pts.

The presentations were made by Lynne Pope (ESAA Chairman), Dr Nicholas Cuddihy (Mount St Mary's College Head-Master), Chris Cohen C.B.E. (ESAA Secretary) and Jan Buoy (ESAA Vice Chairman)

Team Results were as follows:

Junior Boys

Posn	Points	School
1	76	Dr Challoner's Grammar School, Amersham
2	80	Oxted School, Oxted
3	82	The Eastwood Academy, Leigh-on-Sea

Inter Boys

Posn	Points	School
1	45	The Judd School, Tonbridge
2	74	Abingdon School, Abingdon
3	101	Dulwich College, London

Junior Girls

Posn	Points	School
1	31	Guildford High School, Guildford
2	78	The Coopers' Company and Coborn School, Upminster
3	119	Sevenoaks School, Sevenoaks

Inter Girls

Posn	Points	School
1	34	Dr Challoner's High School, Amersham
2	116	The Coopers' Company and Coborn School, Upminster
3	116	Bradford Grammar School, Bradford

INTERNATIONAL FIXTURES

Schools' International Pentathlon; Emirates International Indoor Arena Glasgow

The Schools' International Pentathlon was again held in November due to the unavailability of the arena in Glasgow in December. As always Scottish Schools' AA were wonderful hosts and staged a superb competition at the Emirates International Indoor Arena.

The English team members were again an absolute credit to themselves, their parents, their schools, and the association during the two days in Glasgow. Their behaviour, attitude, determination and team spirit being exemplary during the competition and it was a privilege to be with such a group of outstanding athletes. The athletes all thanked the officials with no prompting from the team managers. The athletes all travelled independently to Glasgow on the Friday and returned home on the Saturday straight after the competition. It was heartening to see every athlete supported by their families in Glasgow and to witness the parents support every athlete in the team - a strong team spirit in the England camp!

The team included athletes from fourteen counties. A special mention to Derbyshire and Warwickshire who each had two athletes in the team. We also had to bring two reserves into the team Jai Sispal, Inter Boys and Patricija Nemanycyte, Junior Girls who only came into the team with just two weeks' notice. Special congratulations to Jai Sispal for his third England representation.

The team competitions were hotly contested with both England Girls teams and Junior Boys teams eventually winning and the Inter Boys teams coming second to a strong team from Ireland. The Junior Girls won by the biggest margin of 522 points.

The Inter Girls team of Ella Rush (Derbys), Rebekah O'Brien (Kent), Katie Chapman (Devon) and Emily Misantoni (Cheshire) were an absolute pleasure to team manage. The girls led the team competition from start to finish, however the day ran far from smoothly with Rebekah struggling all day with illness and having to pull out after the High Jump, and Katie carrying an injury to her back for most of the day. Katie had to show tremendous determination and strength in character to ensure that she completed the competition for the sake of the team knowing that they were down to 3 competitors. From an individual point of view, Ella led the competition from the first event winning the Shot, 3rd in the Hurdles, 1st in HJ and LJ and 2nd in the 800m, producing an overall PB of 3838 to take Gold. Emily came up an agonising 5 points short of the Bronze medal, finishing 2nd to Ella in the Shot and winning the 800m to finish in 4th position overall. Katie despite her back strain finished the competition in 8th place, disappointed in her own performances but doing more than enough to help the team to Gold. Rebekah, despite her illness, produced a PB in the 60m Hurdles before having to retire. A fantastic effort from all the girls to take gold amongst some strong competition from the other nations.

The Junior Girls team did not have an easy ride to the gold medal. Unfortunately Sophie Doherty did not complete the hurdles and from there on in the team were playing catch up in the team competition but all credit to Sophie as she then went on to achieve personal bests in the next two events even though she was carrying an injury. Pressure was then on Patricija Nemanyte who had come in as a late reserve and had now become our third scorer. Though at times a tense competition the team performed with tremendous determination and team spirit eventually winning the gold medal by 522 points which was the biggest winning margin of the day – a brilliant effort by all the girls! Erin Lobley led from the start and performed solidly all day, being the top performer in three events, to win the individual gold medal with Seren Rodgers winning the bronze. Between the girls there were seven PB's with Seren Rodgers achieving three them.

The Intermediate boys talented team were a pleasure to manage. Although the hurdles did not go as well as expected, the team pulled together and performed better and better as the event went on. In the Shot Craig Moncur recorded 13.97 metres, the best putt of the competition. All four boys competed well in the 200 metres and pulled the team closer to Ireland and Scotland. In the Long Jump, after two no jumps, Stephen Simmons recorded 6.53 metres, the best jump of the competition. The highlight of the day came in the 800 metres when Jai Sispal ran an incredible 1 minute 58.8 seconds to rise from 14th place to 4th overall. All the boys ran themselves into the ground. After just over five hours of intense competition, the team came a close 2nd place only 98 points behind a particularly good Irish team. Individually, Stephen gained individual Silver and Jai came 4th. This was a phenomenal performance as Jai had come into the team as a reserve.

After a less than auspicious start to the competition the quartet of Junior Boys maintained their focus and determination through a tough five hours of competition to collect team gold. With Sammy Ball succumbing to an injury sustained in the hurdles and Conrad Winter falling after a coming together over the third hurdle the team were certainly up against it going into the long jump. 6.00m plus jumps from Jacob's Minshull and Blanc kick-started the comeback on our rivals. Jacob M. then ran the second fastest 200m (23.63) and was ably supported by his team-mates as the gap was further closed in a highly successful shot competition in the adjoining hall. By this point Jacob M. was pulling away from the other competitors in the individual competition, but Jacob B. was also well placed for a medal after a 10.99m throw. With Conrad throwing an excellent 11.71m (the second best on show), the other countries could feel the England breath on the necks. The 800m was a triumph for the team, with Jacob Minshull securing top spot by nearly 300 points from team-mate Jacob Blanc in second. These top two positions and Conrad's hard fought 2:16.77 in the 800m completed the comeback and a team victory by nearly 300 points over nearest rivals Ireland. At the end the hurdles seemed a long time ago and through it all Sammy remained by the side of his team-mates offering encouragement and expert advice in what was an individual triumph for the two Jacobs and a great team win for Conrad and Sammy.

A huge thank you to the Team Managers - Deborah Cash, Rick Townsend and Iain Presnell for being so supportive both before and during the competition. Also, a big thank you to the Officers, Lynne Pope and Sue Garvey, plus Laurie Alcock, Richard Bowden and Dennis Johnson who travelled to Glasgow to support the Team.

Once again congratulations and thanks to our colleagues in Scotland for staging such an excellent event.

Under 16 Boys			Under 16 Girls			Over 16 Boys			Over 16 Girls		
1 st	Jacob Minshull	3527	1 st	Erin Lobley	3568	2 nd	Stephen Simmons	3565	1 st	Ella Rush	3838
2 nd	Jacob Blanc	3229	3 rd	Seren Rodgers	3309	4 th	Jai Sispal	3431	4 th	Emily Misantoni	3366
13 th	Conrad Winter	2289	10 th	Patricija Nemanyte	2948	7 th	Craig Moncur	3403	8 th	Katie Champman	3187
	Sammy Ball	806	16 th	Sophie Doherty	2224	10 th	Oliver Thatcher	3289	16 th	Rebekah O'Brien	2385
TEAM SCORES											
1 st	England	9045	1 st	England	9825	1 st	Ireland	10497	1 st	England	10391
2 nd	Ireland	8766	2 nd	Wales	9303	2 nd	England	10399	2 nd	Scotland	9910
3 rd	Wales	8544	3 rd	Ireland	9035	3 rd	Scotland	9959	3 rd	Ireland	9781

Thanks to the Chairman

This must have been a very frustrating and disappointing year for Lynne Pope in her first year as Chairman. She has been unable to take up many of the normal opportunities that come to the Chairman. Her first opportunities came at the two cross-country events, the Cup Final and the Championships, before everything ground to a halt. Even during this period of uncertainty, however, she has been incredibly supportive as the Honorary Secretary and others have tried to find solutions to the challenges the Association has faced. We don't yet know what the next year will bring, but we must hope that she will have opportunities to be the face of the Association.

Chairman's Comments

As we are near the end of another year, and in my first year as Chairman, the experience of the last twelve months has not been the one that I anticipated at the beginning of the year. The year started well with a trip to Scotland in November for the Schools' International Pentathlon at the Emirates International Arena. An event thoroughly enjoyed by all our athletes and, as always, well supported by many of their families, coaches and some of their county team managers who made the journey north to support their athletes. We are grateful to our colleagues from Scotland who always stage a first-class event and leave the athletes with a

memorable experience. In the early part of December it was lovely to be on 'home ground' to witness the hugely successful Cross-Country Cup final in Derbyshire. The team spirit and support the athletes give each other in this event shows how important team competition is to the development of young people. The Cross-Country championship took place in Liverpool in March as the country was beginning to move into unprecedented times. With much uncertainty in the week leading up to the championships, the local organising group along with the ESAA members should be recognised for the calmness they demonstrated in staging the event as many other large sporting events were beginning to fall away due to Covid 19.

Our young athletes managed the disappointment of the cancellation of the SIAB Cross-Country and the postponement of the ISF World Schools' Cross-Country, many showing a level of maturity and understanding at a time when there were significant changes to their world as they knew it. To reward the athletes with their International vest and colours was a positive gesture and a popular decision with many athletes, parents, teachers and coaches.

The experience of the last six months had not been anticipated and has provided many challenges for the association. However, it became clear that the health and well-being of all our 'athletics family' was always going to be at the forefront of all decisions taken by the association. I have been full of admiration for the way that the organisers of all our championships and competitions have tried to offer competition to the young people. The virtual Track and Field Competition staged over the 'championship' weekend in July and the Combined Events and Race-Walking competitions staged in September gave athletes something to aim for and social media provided much entertainment watching the lengths the athletes, schools and coaches were able to go to provide a safe competition environment for athletes to demonstrate their talents and achievements. We are grateful for the ongoing support and partnership we have with New Balance and would also thank Neuff Athletics, who agreed to provide all competing athletes with a discount voucher recognising their performances.

The association has shown that we are absolutely committed to finding ways to work within the guidelines and boundaries laid out by the governing bodies and constant dialogue is taking place to find creative but safe solutions to enable us to stage competitions in the near future. Our core values will continue to inform all our decisions and protecting the longevity of the ESAA will always be the priority.

In the new world of 'blended learning' and with severely reduced PE curriculums in schools it has been encouraging to see that the generic skills of athletics have been incorporated into many online practical tasks and into PE lessons this term. There is a genuine optimism that when we are able to 're-start' our activities there will be a healthy appetite from our teachers and young people to re-engage in all forms of athletic activity.

As we hold elections for a new vice-chairman, I would like to take the opportunity to thank Jan Buoy who has fulfilled the role of Chairman and Ex-Chairman. Jan has demonstrated real dedication and commitment to ensuring we provide our young people with rewarding athletic experiences throughout her tenure. I have also been grateful for the support Jan has given myself in my first year as Chairman.

Our Honorary Secretary, Chris Cohen is also relinquishing his post this year. I know this has been a difficult decision for Chris, but one made because he feels he cannot give the role the focus it needs in his very busy schedule in World-class Athletics over the next few years. We were very fortunate, when Chris took on the role as Honorary Secretary in 2014; to have someone in the association who has the technical knowledge and experience of the sport that Chris has, combined with the vision and commitment to ensure that the Association continues to have a key role in providing high quality competitive opportunities for schools and young people in the 21st Century. However, Chris will not be completely lost to us and will continue to play a large part in the staging of our Track and Field Championships and will support and advise many other developments as the association continues to move forward.

The success of the Association is so dependent on the many additional hours that our teachers, officials and volunteers are able to invest to create opportunities at all levels of competition leading to our national championships and finals. I am confident that as we all reflect on the challenges that this year has presented us with, we will all gain the momentum and enthusiasm to continue when we are in a safe position to do so.

Standard Tables 2021

E.S.A.A. National Standards are those performance levels for which standard badges may be purchased at the National Championships.

Entry Standards are the minimum performance levels normally required for an athlete to be selected for a County Team for the National Championships.

County Standards correspond to a good standard of performance by an athlete competing in a County Championship meeting.

District Standard corresponds to a good standard of performance by an athlete competing at a District Championship meeting. These may need amendment to suit the variations in type of District Championship staged.

School Standard corresponds to a good standard of performance by an athlete competing at a School Championship meeting. Except for Year 7 and 8 tables - the age groups, events and event specifications are as set out in the Track and Field Competition Rules.

Years 7 and 8

The variety of events and specifications is offered in order to cater for the intense athletic interest and for the rapid physical changes which take place at this stage.

It is stressed that success in the initial teaching of athletics stems from the understanding that the physical challenge to the pupil should not exceed that which can be comfortably handled. All children, therefore, should be started with light implements and low hurdles, and be allowed to progress as appropriate to themselves.

This will almost certainly create some problems of organisation at school level, but these are NOT insurmountable.

The Standards shown for younger age groups and for School and District level are being re-worked to match the Awards Scheme.

Hurdle Specifications as used in Year 7 and 8 Tables

70 metres: Eight flights at 68cm or 76cm high; 11 metre approach, then 7 metre interval between flights and a 10 metre run-in to the finish.

75 metres: Eight flights at 68cm or 76cm high; 11.5 metre approach, then 7.5 metre interval between flights and an 11 metre run-in to the finish.

80 metres: Eight flights at 76cm; 12 metre approach, then 8 metre interval between flights and a 12 metre run-in to the finish

The English Schools' Athletic Association has started a new Awards Scheme in 2021. The standards for each level are shown below. Full details of the Awards Scheme can be obtained from the Honorary Secretary of ESAA.

From 2022 the Year 7 and Year 8 Standards will be removed from the Handbook and the Awards Scheme will replace those standards.

ESAA Awards - Primary through to Secondary.

The new ESAA Awards Scheme is designed to be inclusive, adaptable and challenging, taking young people, on a clear pathway from the start of their initial participation in athletic activity through a journey of progression and success. As they go from playground fun in Stage 1 to Podium at Stage 9 students will learn how to set goals and challenges for themselves. Through the medium of Teachers, Coaches, Parents and other students they will learn about problem solving, motivation and achievement. From Podium at Stage 9 students can plot the next phase of their athletic development by aiming for County, ESAA Entry and ESAA National Standards to continue their pursuit of athletic success and work towards achieving their athletic dream.

The three main aims of the Awards are to allow students to develop in their own time, at their own pace, Confidence, Competence and be Competitive in a range of Athletic activities. The badges you can purchase for each stage have been redesigned and are now a modern, metal, pin badge and will be accompanied by a certificate.

Teachers and Coaches can adjust activities at the various stages to enable all students to participate whatever their ability or physical challenges and be successful. The weights of implements can be adjusted to help develop enjoyment and confidence in using different implements with the goal being to develop a level of competence to be able to use the correct weights. Heights and distances between hurdles can be lowered and shortened to enable a competent and rhythmic three stride pattern with good technique over the hurdle allowing speed to develop between hurdles, at the start and in the run out to the finish. Students must then challenge themselves once they have confidence to achieve correct hurdle heights and distances as they work through the stages. The same principles can be applied with the Sprints and Endurance events with students working over distances that allow them to maintain speed and good technique in the arm and leg action. They must then challenge themselves to discover what skills they need to develop as they move up the distances. In the Endurance events students need to discover their own level of stamina and learn as the distances increase that pace judgement may become an essential skill component as they move forward.

More information will be available on the ESAA website from March 2021.

GIRLS TABLE									
AWARD	1 Star	2 Star	3 Star	Bronze	Silver	Gold	Platinum	Elite	Podium
Stage Progressions	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8	Stage 9
SPRINTS									
50m Standards	14.8s	12.2s	10.6s	9.9s	9.2s	8.6s	8.1s	7.7s	7.3s
75m Standards	21s	17.3s	15.3s	13.8s	12.8s	12.1s	11.5s	11s	10.5s
100m Standards	23s	19s	17s	15.5s	15s	14.6s	14.2s	13.9s	13.7s
200m Standards				31.7s	30.8s	30.5s	29.7s	29.2s	28.5s
300m Standards				55s	53.5s	52s	50s	48.5s	46s
HURDLES									
60m Standards	25s	19.3s	16s	14s	12.5s	11.5s	11s	10.5s	10s
70/75m Standards	23s	21s	18.5s	17s	16s	15s	14s	13.7s	13.4s
80m Standards						15s	14.2s	13.9s	13.6s
ENDURANCE									
400m Standards	3m 20	2m30	2m 10	1m 55	1m 40	1m 25	1m 15	1m 10	1m 05
600m Standards	6m 00	4m 30	3m 30	3m 00	2m 40	2m 30	2m 20	2m 10	2m 00
800m Standards	5m 00	4m 45	4m 30	4m 10	3m 45	3m 20	2m 55	2m 45	2m 35
1500m Standards	7m 20	7m 00	6m 44	6m 30	6m 17	6m 06	5m 55	5m 42	5m 24
JUMPS									
Standing Long Jump	0.35m	0.90m	1.35m	1.55m	1.70m	1.90m	2.20m	2.40m	2.60m
Long Jump	1.00m	1.80m	2.30m	2.80m	3.10m	3.40m	3.70m	4.00m	5.20m
Standing Triple Jump	1.00m	2.40m	3.60m	4.40m	4.80m	5.20m			
High Jump	0.20m	0.50m	0.75m	0.90m	1.00m	1.10m	1.20m	1.28m	1.36m
THROWS									
Shot Put	1.00m	2.00m	3.00m	4.25m	5.25m	6.00m	6.50m	7.00m	8.00m
Javelin	1.00m	5.00m	7.00m	9.00m	12.00m	15.00m	18.00m	21.00m	24.00m
Discus	1.00m	3.00m	5.00m	7.00m	9.00m	13.00m	17.00m	19.00m	21.00m

BOYS TABLE									
AWARD	1 Star	2 Star	3 Star	Bronze	Silver	Gold	Platinum	Elite	Podium
Stage Progressions	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8	Stage 9
SPRINTS									
50m Standards	14.8s	12s	10.3s	9.6s	8.9s	8.3s	7.8s	7.4s	7s
75m Standards	21s	17s	15s	13.5s	12.5s	11.5s	10.7s	10s	9.5s
100m Standards	23s	18.7s	16.7s	14.6s	14.2s	13.8s	13.4s	13s	12.7s
200m Standards				30.3s	29.3s	28.8s	27.6s	27s	26s
300m Standards				56.5s	54s	51.5s	48.5s	45s	42.5s
HURDLES									
60m Standards	25s	19s	15.5s	13.5s	12s	11s	10.5s	10.1s	9.7s
70/75m Standards	23s	21s	18s	16.5s	15.3s	14.5s	13.8s	13.5s	13.2s
80m Standards						15.2s	14.4s	14s	13.4s
ENDURANCE									
400m Standards	3m 20	2m 30	2m 05	1m 45	1m 35	1m 20	1m 10	1m 05	1m 00
600m Standards	6m 00	4m 30	3m 20	2m 50	2m 30	2m 15	2m 05	2m 00	1m 50
800m Standards	4m 00	3m 40	3m 20	3m 00	2m 50	2m 41	2m 33	2m 27	2m 20
1500m Standards	6m 20	6m 05	5m 50	5m 38	5m 28	5m 19	5m 10	4m 59	4m 46
JUMPS									
Standing Long Jump	0.35m	0.90m	1.40m	1.60m	1.80m	2.00m	2.30m	2.60m	2.80m
Long Jump	1.00m	1.80m	2.40m	3.00m	3.50m	4.00m	4.40m	4.70m	5.05m
Standing Triple Jump	1.00m	2.40m	4.00m	4.60m	5.10m	5.60m			
Triple Jump						6.40m	8.50m	9.70m	10.60m
High Jump	0.20m	0.50m	0.80m	1.00m	1.10m	1.20m	1.30m	1.40m	1.50m
THROWS									
Shot Put	1.00m	2.00m	3.25m	4.80m	5.80m	6.80m	8.60m	9.40m	10.15m
Javelin	1.00m	5.00m	10.00m	12.00m	15.00m	19.00m	26.00m	30.00m	33.50m
Discus	1.00m	5.00m	8.00m	10.00m	12.00m	17.00m	22.00m	25.00m	28.00m

Junior Group (Year 7)

		District	School
BOYS			
80 metres		11.6 secs	12.2 secs
100 metres		13.5 secs	14.0 secs
200 metres		28.0 secs	29.0 secs
800 metres		2 min 30 secs	2 min 35 secs
1500 metres		5 min 06 secs	5 min 18 secs
Hurdles	70 metres at 68cm	13.0 secs	13.3 secs
	75 metres at 68cm	13.6 secs	14.5 secs
Relay	4 x 100m	57.8 secs	60.5 secs
High Jump		1.35m	1.30m
Pole Vault		2.16m	2.00m
Long Jump		4.40m	4.20m
Shot	2.72kg. (6lbs.)	8.40m	7.40m
Shot	3.00kg	8.00m	7.00m
Discus	0.75kg	20.00m	17.00m
Discus	1.00kg	18.00m	15.00m
Javelin	400gm	25.00m	20.00m
Hammer	3.00kg	25.00m	20.00m
GIRLS		District	School
80 metres		12.0 secs	13.0 secs
100 metres		14.0 secs	14.5 secs
200 metres		29.0 secs	30.0 secs
800 metres		2 min 35 secs	2 min 42 secs
1500 metres		5 min 25 secs	5 min 40 secs
Hurdles	70 metres at 68cm	12.6 secs	13.2 secs
	75 metres at 68cm	13.5 secs	14.1 secs
Relay	4 x 100m	60.0 secs	62.2 secs
High Jump		1.30m	1.25m
Pole Vault		2.10m	2.00m
Long Jump		4.20m	4.00m
Shot	2.72kg.	7.50m	6.50m
Discus	0.75kg	18.00m	15.00m
Javelin	400gm	20.00m	15.00m
Hammer	3.00kg	20.00m	15.00m

Junior Group (Year 8)

		District	School
BOYS			
80 metres		11.2 secs	12.0 secs
100 metres		13.0 secs	13.4 secs
200 metres		27.6 secs	28.5 secs
300 metres		48.5 secs	51.5 secs
800 metres		2 min 27 secs	2 min 33 secs
1500 metres		4 min 59 secs	5 min 15 secs
Hurdles	70 metres at 76cm	12.6 secs	13.0 secs
Hurdles	75 metres at 76cm	13.2 secs	13.9 secs
Hurdles	80 metres at 76cm	14.0 secs	15.0 secs
Relay	4 x 100m	54.7 secs	57.6 secs
High Jump		1.40m	1.34m
Pole Vault		2.22m	2.08m
Long Jump		4.65m	4.40m
Triple Jump		10.15m	9.47m
Shot	3.00kg	10.05m	9.10m
Shot	4.00kg	9.65m	8.90m
Discus	1.00kg	27.00m	24.00m
Discus	1.25kg	24.00m	21.00m
Javelin	400gm	34.00m	30.00m
Javelin	600gm	32.00m	27.50m
Hammer	4.00kg	28.00m	25.00m
GIRLS			
80 metres		11.7 secs	12.2
100 metres		13.7 secs	14.0
200 metres		29.7 secs	30.5
800 metres		2 min 30 secs	2min 38 secs
1500 metres		5 min 15 secs	5min 25 secs
Hurdles	70 metres at 76cm	13.00 secs	13.8
Hurdles	75 metres at 76cm	13.6 secs	14.4
Relay	4 x 100m	57.8 secs	61.3
High Jump		1.32m	1.27m
Pole Vault		2.30m	2.10m
Long Jump		4.30m	4.10m
Shot	2.72kg. (6lbs.)	7.95m	7.80m
Shot	3.00kg	7.60m	7.35m
Discus	0.75kg	21.50m	19.50m
Discus	1.00kg	19.00m	17.00m
Javelin	400gm	21.50m	19.00m
Javelin	500gm	20.00m	17.00m
Hammer	3.00kg	24.00m	20.00m

Junior Group U15 years (Year 9)

BOYS	National	Entry	County	District	School
100 metres	11.4s	11.6s	12.2s	12.5s	13.0s
200 metres	23.2s	23.8s	24.8s	25.6s	27.0s
300 metres	36.8s	38.0s	40.0s	42.0s	45.0s
800 metres	2m 02s	2m 05s	2m 13s	2m 20s	2m 27s
1500 metres	4m 13s	4m 20s	4m 36s	4m 50s	5m 05s
80m Hurdles	11.6s	12.0s	12.8s	13.8s	15.0s
Relay	45.6s	47.5s	49.5s	51.2s	53.5s
High Jump	1.78m	1.72m	1.60m	1.50m	1.45m
Pole Vault	3.30m	3.00m	2.30m	2.10m	2.00m
Long Jump	5.95m	5.80m	5.30m	5.00m	4.70m
Triple Jump	12.40m	12.00m	11.00m	10.00m	9.25m
Shot	13.30m	12.30m	10.50m	9.50m	9.00m
Discus	38.00m	35.00m	28.00m	24.00m	20.00m
Javelin	47.00m	44.00m	35.00m	30.00m	28.00m
Hammer	45.00m	38.00m	27.00m	24.00m	21.00m
Pentathlon	2800 pts				
3000m Walk	15m 30s				
GIRLS					
100 metres	12.4s	12.7s	13.2s	13.5s	14.2s
200 metres	25.5s	26.2s	27.2s	28.0s	30.0s
300 metres	41.0s	42.0s	44.2s	46.0s	48.0s
800 metres	2m 15s	2m 18s	2m 26s	2m 33s	2m 50s
1500 metres	4m 40s	4m 48s	5m 03s	5m 20s	5m 55s
75m Hurdles	11.4s	11.7s	12.5s	13.5s	14.1s
Relay	50.0s	52.0s	54.0s	55.4s	58.0s
High Jump	1.65m	1.59m	1.45m	1.40m	1.30m
Pole Vault	3.00m	2.70m	2.00m	1.80m	1.70m
Long Jump	5.30m	5.20m	4.70m	4.40m	4.10m
Shot	11.20m	10.60m	9.00m	8.00m	7.00m
Discus	30.00m	27.00m	22.00m	19.00m	18.00m
Javelin	36.00m	34.00m	28.00m	23.00m	21.00m
Hammer	43.00m	37.00m	25.00m	21.00m	20.00m
Pentathlon	3100 pts				
3000m Walk	16m 30s				

Intermediate Group U17 years (Years 10 & 11)

BOYS	National	Entry	County	District	School
100 metres	11.0s	11.2s	11.7s	12.0s	12.3s
200 metres	22.2s	22.7s	23.7s	24.4s	26.0s
400 metres	49.7s	51.1s	53.5s	55.5s	59.0s
800 metres	1m 55s	1m 57s	2m 05s	2m 10s	2m 20s
1500 metres	4m 03s	4m 06s	4m 20s	4m 30s	4m 55s
3000 metres	8m 50s	8m 56s	9m 35s	10m 00s	10.45s
100m Hurdles	13.5s	14.0s	15.2s	16.0s	17.0s
400m Hurdles	56.5s	58.7s	64.0s	68.0s	72.0s
1500m Steeplechase	4m 32s	4m 40s	5m 05s	5m 20s	5m 55s
Relay	43.6s	45.0s	47.0s	48.0s	50.0s
High Jump	1.94m	1.88m	1.70m	1.60m	1.50m
Pole Vault	4.20m	3.90m	2.80m	2.20m	2.00m
Long Jump	6.80m	6.40m	5.80m	5.50m	5.30m
Triple Jump	13.70m	13.20m	12.00m	11.00m	10.50m
Shot	14.20m	13.20m	11.00m	10.00m	9.50m
Discus	44.00m	41.00m	33.00m	26.00m	24.00m
Javelin	54.00m	52.00m	40.00m	33.00m	30.00m
Hammer	56.00m	49.00m	30.00m	24.00m	20.00m
Octathlon	4800 pts				
5000m Walk	26m 00s				
GIRLS					
100 metres	12.2s	12.5s	13.0s	13.4s	14.1s
200 metres	25.1s	25.8s	26.8s	27.5s	29.5s
300 metres	40.2s	41.2s	43.5s	45.5s	50.0s
800 metres	2m 13s	2m 16s	2m 25s	2m 32s	2m 47s
1500 metres	4m 39s	4m 45s	5m 00s	5m 15s	5m 50s
3000 metres	10m 10s	10m 20s	11m 10s	12m 00s	12m 20s
80m Hurdles	11.6s	12.0s	13.0s	14.0s	15.0s
300m Hurdles	45.0s	46.4s	51.0s	54.0s	60.0s
1500m Steeplechase	5m 13s	5m 23s	5m 50s	6m 15s	6m 30s
Relay	48.2s	50.2s	52.5s	54.2s	57.0s
High Jump	1.71m	1.65m	1.50m	1.45m	1.35m
Pole Vault	3.40m	3.10m	2.20m	1.90m	1.80m
Long Jump	5.55m	5.40m	4.90m	4.60m	4.20m
Triple Jump	11.30m	10.90m	10.00m	9.00m	8.60m
Shot	12.70m	11.60m	10.00m	8.70m	7.75m
Discus	37.00m	33.00m	26.00m	21.00m	20.00m
Javelin	41.00m	38.00m	30.00m	25.00m	23.00m
Hammer	53.00m	48.00m	34.00m	23.00m	20.00m
Heptathlon	4700 pts				
3000m Walk	16m 00s				

Senior Group U19 years (Years 12 & 13)

BOYS	National	Entry	County	District
100 metres	10.8s	11.0s	11.5s	12.0s
200 metres	21.9s	22.2s	23.4s	24.4s
400 metres	48.8s	49.7s	53.0s	55.5s
800 metres	1m 52s	1m 54s	2m 02s	2m 10s
1500 metres	3m 55s	3m 58s	4m 15s	4m 30s
3000 metres	8m 33s	8m 36s	9m 20s	10m 00s
110m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	55.0s	57.5s	64.0s	68.0s
2000m Steeplechase	6m 08s	6m 18s	6m 50s	7m 15s
Relay	43.5s	44.5s	46.5s	47.2s
High Jump	2.01m	1.95m	1.70m	1.60m
Pole Vault	4.50m	4.20m	2.80m	2.20m
Long Jump	6.80m	6.70m	5.80m	5.50m
Triple Jump	14.20m	13.50m	12.00m	11.00m
Shot	13.70m	12.80m	10.50m	9.50m
Discus	46.00m	40.00m	30.00m	24.00m
Javelin	56.00m	52.00m	38.00m	32.00m
Hammer	58.00m	50.00m	28.00m	22.00m
Decathlon	6000 pts			
5000m Walk	25m 00s			
GIRLS				
100 metres	12.1s	12.4s	13.0s	13.4s
200 metres	25.1s	25.7s	26.8s	27.5s
400 metres	57.0s	58.3s	62.0s	65.0s
800 metres	2m 12s	2m 16s	2m 25s	2m 32s
1500 metres	4m 36s	4m 42s	5m 00s	5m 15s
3000 metres	10m 06s	10m 16s	11m 10s	12m 00s
100m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	64.0s	65.5s	73.0s	76.0s
1500m Steeplechase	5m 10s	5m 17s	6m 00s	6m 15s
Relay	49.0s	50.0s	52.5s	54.0s
High Jump	1.72m	1.66m	1.50m	1.45m
Pole Vault	3.50m	3.20m	2.20m	1.90m
Long Jump	5.60m	5.40m	4.90m	4.60m
Triple Jump	11.40m	11.10m	10.00m	9.00m
Shot	11.40m	10.50m	9.00m	7.50m
Discus	39.00m	36.00m	26.00m	21.00m
Javelin	40.00m	37.00m	28.00m	23.00m
Hammer	47.00m	43.00m	30.00m	22.00m
Heptathlon	4350 pts			
5000m Walk	27m 30s			

ESAA CHAMPIONSHIP RECORDS & BEST PERFORMANCES

JUNIOR BOYS

100 metres	K. Oludoyi	Hertfordshire	10.84s	2013
200 metres	Remi Jokosenumi	Middlesex	21.99s	2018
300 metres	Amir Sultan-Edwards	London	34.81s	2018
400 metres	C Asong	Grtr Manchester	48.86s	2009
800 metres	C. Winrow	Lancashire	1m 56.1s	1986
1500 metres	D. Stones	Humberside	4m 03.6s	1979
80m Hurdles	J. Harding	Essex	10.50s	2017
4x100m Relay		London	43.46s	2016
High Jump	R. Byers	Cumbria	1.96m	2005
Pole Vault	N. Winter	Avon	4.30m	1988
Long Jump	Jerel Livingston	London	6.76m	2018
Triple Jump	E. Hechevarria	Avon	13.92m**w	1978
	J. Quarry	Kent	13.86m*	1987
Shot	M. Wheeler	London	18.29m	2006
Discus	C. Griffith-Parker	Surrey	54.54m	2005
Javelin	Ben East	Berkshire	66.95m	2018
Hammer	A. Tolputt	Berkshire	70.78m	1982
Pentathlon (Team)	E. Dunford	Warwickshire	3385pts	1999
		Essex	8785pts	2016
3000m Walk	J. Davis	Sussex	13m 58.21s	1999

JUNIOR GIRLS

100 metres	A. Nelson	Staffordshire	11.58s*	2005
200 metres	J. Parry	Cheshire	23.6s**w	1977
	D. Smith	Middlesex	24.0s*	1989
300 metres	Jeslyn Agyei-Kyem	Surrey	39.20	2018
800 metres	T. Simpson	Derbyshire	2m 06.2s	2015
1500 metres	J Judd	Essex	4m 23.58s	2009
75m Hurdles	O. Bermingham	Essex	10.7s**w	1990
	Pippa Earley	Surrey	10.90	2015
4x100m Relay		Middlesex	46.48s	2019
High Jump	L. Haggett	London	1.77m	1986
Pole Vault	Emilie Oakden	Sussex	3.62m	2019
Long Jump	M. Cheetham	Merseyside	6.22m	1983
Shot	H. Molyneaux	Dorset	12.85m	2014
Discus	S Mace	Surrey	39.89m	2013
Javelin	Jessica Lewis	Avon	43.30m	2018
Hammer	P. Baggott	Staffordshire	58.01m	2016
Pentathlon (Team)	P. Earley	Surrey	3462 pts	2015
		Essex	9513 pts	2016
3000m Walk	R. Mersh	South Yorkshire	14m 44.39s	2002

INTERMEDIATE BOYS

100 metres	L. Davis	West Midlands	10.44s**w	1996
	M. Lewis-Francis	West Midlands	10.54s*	1998
200 metres	G. Beasley	Bedfordshire	21.32s**w	1994
	D. Daniel	Cleveland	21.44s*	2003
400 metres	C. Clarke	Buckinghamshire	47.16s	2006
800 metres	M. Rimmer	Merseyside	1m 50.93s	2002
1500 metres	M. Shirling	Merseyside	3m 49.15s	2012
3000 metres	K. Steere	Norfolk	8m 20.0s	1971
100m Hurdles	M. Clements	Cambridgeshire	12.47s**w	1994
	J. Meredith	Merseyside	12.70s*	2008
400m Hurdles	N. Woodward	Warwickshire	52.63s	2006
1500m St/Chase	Z Seddon	Berkshire	4m 13.66s	2010
4x100m Relay		Essex	41.04s	2019
High Jump	F. Abejide	London	2.12m	1981
Pole Vault	F. Johnson	Bedfordshire	4.86m	2017
Long Jump	B. Yeboah	Surrey	7.47m	2002
Triple Jump	J. Moore	West Midlands	15.91m	2000
Shot	C. Myerscough	Lancashire	20.48m	1996
Discus	E. Udechuku	London	61.24m	1995
Javelin	J. Whiteaker	Kent	77.12m	2014
Hammer	A. Tolputt	Berkshire	73.58m	1984
Octathlon (Team)	O. McNeillis	Hereford & Worcester	5690pts	2004
		Kent	14683 pts	2013
5000m Walk	B Wears	Cleveland	21m 49.66s	2006

INTERMEDIATE GIRLS

100 metres	R. Drummond	Staffordshire	11.50s**w	1994
	D Neita	London	11.63s *	2012
200 metres	S. Jacobs	Berkshire	23.6s**w	1983
	V. James	London	23.62s*	2000
300 metres	C Hylton	Kent	37.93s	2013
800 metres	J. White	Surrey	2m 05.6s	1977
1500 metres	G Peel	Hampshire	4m 16.24s	2009
3000 metres	H. Knowles-Jones	Grtr Manchester	9m 27.15s	2014
80m Hurdles	W. McDonnell	Essex	10.9s**w	1977
	A. Thorp	South Yorkshire	11.1s*	1989
	S. Solomon	Kent	11.10s*	2005
300m Hurdles	P. Shakes-Drayton	London	41.48s	2005
1500m St/Chase	Y. Austridge	Kent	4m 54.8s	2015
4x100m Relay		Surrey	46.10s	2016
High Jump	A. Wilson	Leicestershire	1.83m	2000
Pole Vault	M. Caudrey	Cornwall	3.93m	2015
Long Jump	S. Hearnshaw	Humberside	6.41m**w	1977
	M. Cheetham	Merseyside	6.38m*	1985
Triple Jump	Jazz Sears	Bedfordshire	12.46m	2018
Shot	D. Oladipo	London	14.92m	2014
Discus	C. Smithson	Sussex	49.36m	1999
Javelin	E. Hamplett	Staffordshire	51.21m	2014

Hammer	K. Head	Essex	65.06m	2016
Heptathlon	J. O'Dowda	Oxfordshire	5226 pts	2016
(Team)		Devon	14618 pts	2017
3000m Walk	A. Hales	Sussex	14m 09.81s	1998

SENIOR BOYS

100 metres	A. Condon	Cheshire	10.37s**w	1993
	M. Powell	London	10.4s*	1980
200 metres	M. McFarlane	London	20.9s** w	1977
	J. Thomas	West Midlands	20.98s*	2005
	M Hudson-Smith	West Midlands	20.98s *	2013
400 metres	M. Hylton	Berkshire	46.26s	1995
800 metres	P.Burgess	Leicestershire	1m 48.6s	1989
1500 metres	C. Bradeley	Staffordshire	3m 45.9s	1984
3000 metres	J. Nuttall	Lancashire	8m 10.5s	1985
110m Hurdles	Tade Ojora	Berkshire	13.54	2018
400m Hurdles	M. Robertson	Somerset	51.5s	1982
2000m St/Chase	S. Duval	Staffordshire	5m 38.2s	1989
4x100m Relay		Middlesex	41.28s	2009
High Jump	G. Parsons	Kent	2.25m	1983
Pole Vault	B. Flint	South Yorkshire	5.16m	1998
Long Jump	N. Morgan	Leicestershire	7.97m**w	1996
	J. Moore	West Midlands	7.68m*	2001
Triple Jump	P. Idowu	London	16.22m**w	1997
	L. Lynch	London	15.92m*	1985
Shot	C. Myerscough	Somerset	20.64m	1998
Discus	L Okoye	Surrey	61.87m	2010
Javelin	H. Hughes	Suffolk	73.41m	2016
Hammer	J. Norris	Berks	76.84m	2017
Decathlon	L. Ramsey	South Yorkshire	7308 pts **	2011
	A. Bryant	Surrey	7219 pts *	2009
(Team)		Kent	19253 pts	2015
5000m Walk	C. Corbishley	Kent	20m 37.54s	2015

SENIOR GIRLS

100 metres	S. Thomas	London	11.5s**w	1980
	A. Soper	Surrey	11.5s**w	1990
	R. Drummond	Staffordshire	11.59s*	1995
200 metres	K. Smallwood	Hampshire & Vectis	23.1s**w	1977
	S. Jacobs	Berkshire	23.4s*	1984
400 metres	Natasha Harrison	Greater Manchester	53.67 secs	2018
800 metres	K. Mhianaga	Essex	2:04.40s	2017
1500 metres	A.Griffiths	Leics	4m 15.08s	2014
3000 metres	P. Radcliffe	Bedfordshire	9m 04.3s	1992
100m Hurdles	K. Maddox	Staffordshire	13.3s**w	1990
	L. A. Skeete	Somerset	13.5s*	1986
400m Hurdles	H McLean	Essex	57.81s	2013
1500m St/Chase	V. Weir	Devon	4m 40.23s	2016
4x100m Relay		Essex	46.43s	2019
High Jump	V. Hubbard	Lincolnshire	1.88m	2006

Pole Vault	M. Caudery	Cornwall	4.20m	2017
Long Jump	F. May	Derbyshire	6.65m	1989
Triple Jump	A. McAllister	West Midlands	13.06m**w	2003
	A. Rose	Grtr. Manchester	12.88m *	2011
Shot	E. Francis	Leicestershire	15.65m	2007
Discus	C. Smithson	Sussex	52.74m	2001
Javelin	I Jeffs	Somerset	50.54m	2010
Hammer	S Hitchon	Lancashire	61.65m	2009
Heptathlon (Team)	J. O'Dowda	Oxfordshire	5442pts	2017
		Dorset	13235pts	2017
5000m Walk	E. Dooley	West Yorkshire	23m 40.75s	2014

* Championship Record

** Championship Best Performance i.e. with wind assistance above the limit

ESAA SCHOOLS' CUP

FOR YOUR SCHOOL TEAMS!

CROSS-COUNTRY SCHOOLS' CUP

**(Entries normally close in June each year,
but later in 2021)**

TRACK & FIELD SCHOOLS' CUP

(Entries close in February each year)

DETAILS ARE ON THE ESAA WEB-SITE

Constitution and General Rules

1. **Name.** The Association shall be called "The English Schools' Athletic Association".
 2. **Objects.** The objects of the Association are the advancement of the moral and physical welfare and development of school pupils through the medium of Athletics and as ancillary thereto,
 - a. The formation of expert opinion on the suitability of athletic events and methods of organisation, and the dissemination of this information.
 - b. The organisation of annual cross-country championships.
 - c. The organisation of annual track and field championships.
 - d. The organisation of annual race-walking championships.
 - e. The organisation of annual combined event championships.
 - f. The organisation of such other athletic events as may from time to time seem desirable.
 3. **Eligibility for Affiliation.** County schools' athletic associations in England shall be eligible for affiliation to the Association, subject to the approval of the General Committee. Individual schools and educational establishments shall affiliate only by means of the appropriate county athletic association, as indicated in the current rules of the Association, and the geographical situation of individual schools and recognised educational establishments shall govern such affiliation. The General Committee shall decide all questions arising from affiliation, and consequent eligibility.
 4. **Affiliation Fee.** The affiliation fees shall be determined by the General Committee and is due on 1st January of the current year. Entries for the Association Championships shall not be accepted from counties whose affiliation fee for the current year is unpaid.
 5. **Council.** The policy of the Association shall be determined by the Council which shall consist of the General Committee and three representatives (at least one of whom shall be a woman, and at least one shall be a man) who are, or have been, actively and professionally engaged in the education service of that county.
- 6.1 General Committee.**
- a. The General Committee shall consist of:-
 1. The Officers who shall be:-
 - i. The Chairman who shall be appointed every two years at the Annual Council Meeting.
 - ii. The Vice-Chairman, who shall be elected by ballot every two years prior to the Annual Council Meeting from nominations received from affiliated County Associations or members of the General Committee. Election to take place one year later than the appointment of each new Chairman.
 - iii. The Honorary Secretary, Honorary Assistant Secretary, Honorary Treasurer and Honorary Assistant Treasurer, who shall be elected by ballot prior to the Annual Council Meeting from nominations received from Affiliated County Associations or members of General Committee. When there are three or more candidates for any of these posts, to be successful in the first ballot a candidate must receive more than 50% of the valid votes cast. Where this fails to produce a result a second ballot will be held with only the two leading candidates from the first ballot included. A simple majority will then determine the result.
 2. The active Vice Presidents, i.e., Vice Presidents elected from Chairmen or holders of other Offices of the Association.
 3. Twenty-four members, of whom at least eight shall be women and eight shall be men, and of whom up to two are not and have not been qualified teachers, to be elected by postal ballot prior to the Annual Council Meeting from nominees of the Affiliated County Associations. Each Affiliated County Association may nominate three persons.

4. The Vice Chairman shall be deemed the nominee of his/her County Association during his/her year in office.
- 6.2** The General Committee shall be responsible for the overseeing and co-ordination of all aspects of the work of the Association.
 - a. The General Committee shall meet at least three times per year.
 - b. The General Committee shall have the right to reject decisions taken by committees which affect the overall general interests of the Association. It will give due regard to the responsibilities vested in the committees as listed in Rule 7.1.
- 6.3** A special meeting of the General Committee may be called as the Officers deem necessary or on the instruction of twelve General Committee members.
- 6.4** Appeals against decisions shall be made only at the Annual Council Meeting or at a Special Council Meeting called for that purpose.
- 7.1 Committees.** An appropriate structure shall be established by the General Committee to ensure all activities of the Association are fully catered for.
- 7.2** Committees shall consist of members of General Committee and, where appropriate, members from relevant outside bodies, to include, but not restricted to, Regional Organisers and coordinators of ESAA competitions, England Athletics and UK Athletics. Membership and the right to vote shall be invested in the General Committee.
- 7.3** The General Committee shall have the power to invite other persons to attend, without voting rights, meetings of all committees.
- 7.4** The above committees shall be responsible for the administration of their field of activity within the Association. They shall have management powers to take action on their decisions subject to the approval of the General Committee on issues which affect the finance and policies of the Association.
- 7.5** All committees shall report back to the General Committee.
- 7.6** The General Committee shall have the power to set up such other committees as are deemed necessary.
- 7.7** Committee Chairmen shall be appointed by the Officers of the Association.
- 7.8** i) The General Committee shall be serviced by the Honorary Secretary of the Association.
ii) The Finance Committee shall be serviced by the Honorary Treasurer of the Association.
- 7.9** Other Committee Secretaries shall be appointed by each committee from its membership.
- 7.10** The Officers as defined in Rule 6.1 ai) a ii) a iii) and a iv) above shall be ex-officio members of all committees.
- 8.1 Annual Council Meeting.** An Annual Council Meeting will be held on the third Saturday in November.
- 8.2** The business will be transacted and voted upon by Council Members as defined in Rule 5 in the following order:-
 - a. Minutes of the previous ACM..
 - b. Adoption of Standing Orders.
 - c. Correspondence.
 - d. Adoption of Annual Report.
 - e. Adoption of Balance Sheet.
 - f. Alteration of General and Competition Rules.
 - g. Election of Officers, Vice Presidents and General Committee.
 - h. Appointment of Auditors.
- 8.3** Resolutions passed at a Council Meeting shall operate until at least the next Annual Council Meeting.
- 8.4** Nominations for Officers and General Committee shall be received by the Honorary Secretary not later than 1st October. Notice of proposed alterations of General and Competition Rules shall be received by the Honorary Secretary not later than 15th October.

Details of both nominations and proposed rule changes shall be in the hands of those eligible to attend the Annual Council Meeting under Rule 5 at least 14 days before the Council Meeting.

8.5 The Council may honour members of the Association for their work on behalf of the Association by naming them as Honorary Vice-Presidents. This position does not give the right to attend any meeting, but recipients should receive invitations to attend competitions as the guest of the Association at their own cost. Nominations must be received by the Honorary Secretary by 15th October each year.

8.6 The Council may honour members of the Association for their work on behalf of the Association by making special awards either at its Championships or at the Annual Council Meeting.

9.1 Special Council Meeting. A Special Council Meeting shall be called by the Honorary Secretary on the instruction of the General Committee or on receipt of a requisition of eight of the affiliated County Associations.

9.2 Representatives at a Special Council Meeting shall be as per Rule 5.

9.3 Fourteen days' notice of any Special Council Meeting and resolutions to be proposed thereat shall be given to all entitled to be present and no other business shall be transacted at such meeting.

10.1 Finance. All funds accruing from the activities of the Association and all trophies are the property of the Association.

10.2 All cheques issued on behalf of the Association shall be signed by two of the authorised signatories as approved by the General Committee.

10.3 A financial report shall be presented at each General Committee meeting.

10.4 The financial year shall end on 31st March.

10.5 The audited accounts and balance sheet shall be made available at the Annual Council Meeting and an abridged version of these accounts shall be circulated to all those entitled to attend.

10.6 In the event of the dissolution of the Association, any assets remaining, after the satisfaction of all debts and liabilities, shall be transferred to a charitable organisation or organisations having objects similar to those of the Association.

11 No alteration shall be made to these rules other than at the Annual Council Meeting or at a Special Council Meeting called for that purpose. No alteration shall be made which shall cause the Association to cease to be a Charity at law.

12 The Officers of the Association, as defined in Rule 6.1 ai/aII/aIII above, shall have power to act for the Association in an emergency.

ESAA CUP COMPETITIONS

Contact the Coordinators for details!

Competition Rules

General

1. All Championships and Competitions shall be conducted under U.K. Athletics rules as appropriate to the Championship or Competition except where modified in the E.S.A.A. Competition Rules.
2. Where relevant, team competitions may be decided by reference to groupings determined by the General Committee on recommendation by the Annual Council Meeting.
3. The groupings shall be determined based on relevant success shown by county teams during the period under review.
4. There will be four groupings in place which will be used as appropriate for competition purposes by the Association. These will be described as Group A; Group B; Group C and Group D.
5. A review of these figures will take place every three years.

County Associations Championship Groupings

GROUP A

Berkshire;	Essex;
Greater Manchester;	Hampshire and Vectis;
Hertfordshire;	Kent;
London;	Middlesex;
Surrey;	Sussex;

GROUP B

Avon;	Buckinghamshire;
Cheshire;	Derbyshire;
Devon;	Lancashire;
Leicestershire and Rutland;	Merseyside;
North Yorkshire;	Nottinghamshire;
Somerset;	South Yorkshire;
West Midlands;	West Yorkshire;

GROUP C

Bedfordshire and Luton;	Cambridgeshire;
Dorset;	Durham
Gloucestershire;	Humberside;
Lincolnshire;	Northamptonshire;
Shropshire;	Staffordshire;
Suffolk;	Warwickshire
Wiltshire;	

GROUP D

Channel Islands	Cleveland;
Cornwall;	Cumbria;
Hereford & Worcestershire	Isle of Man;
Norfolk;	Northumberland;
Oxfordshire;	

British Forces Schools and other British Schools abroad, being special cases, will be allowed to enter Championships by General Committee invitation.

Ages

6. Unless otherwise stated the age limits for all Championships and Competitions shall be:

Junior - Thirteen years and under fifteen years of age on 31st August at the end of the current school year.

Intermediate - Fifteen years and under seventeen years of age on 31st August at the end of the current school year.

Senior - Seventeen years and under nineteen years of age on 31st August at the end of the current school year.

Eligibility

7. (a) All bona fide scholars in unbroken full-time attendance (on the school roll on the Friday before the last Monday in May of the current school year) at an educational establishment registered with their local authority shall be eligible to compete in the Track & Field, Combined Events and Race Walking Championships appropriate to their age.
(b) Bona fide scholars in unbroken full-time attendance at an educational establishment registered with their local authority on the Friday prior to the Cross-Country Championships shall be eligible to compete in that event in a race appropriate to their age.
(c) Other students in post-compulsory full-time continuous education in a College of Further Education, and, in respect of which are not in receipt of payment, are eligible to compete in the Championships applicable to their age. This therefore excludes all part-time students, including those on block release, apprenticeships, and other similar paid schemes.
(d) Any school nominated for selection to represent English Schools Athletic Association at an ISF World Schools Championships will be as a consequence of participation of a school team in either the ESAA Cross Country Schools Cup or the ESAA Track & Field Schools Cup, as appropriate.
(e) The General Committee reserves the right to determine all questions regarding eligibility or otherwise of those nominated.
8. All competitors in the Association Championships shall be in full-time attendance at schools or recognised educational establishments in affiliation with the County Schools Athletic Association in which the schools or recognised educational establishments are geographically situated, and allocated in accordance with the current rules of the Association.
9. All competitors in the Association Championships shall derive eligibility for participation from the geographical situation of the school or recognised educational establishment attended.
10. Teams shall be under the management and control of Team Stewards who must be qualified teachers.
11. Failure to comply with Rule 10 above may render a team liable to disqualification.
12. In all Championships competitors must wear at least vest and shorts (or equivalent clothing) in registered County Colours, which are clean and so designed, and worn, as not to be objectionable even if wet. All visible clothing must conform with registered County Colours. In Schools' Cup Competitions competitors will wear their school vest and shorts (or equivalent clothing) as above.
13. In all Championships every competitor shall wear the distinctive number supplied to competing teams by the E.S.A.A. and allocated to him/her in the programme.

Drug Abuse

14. The use of drugs to enhance performance before or during competitions is forbidden and anti-doping tests may be carried out at any E.S.A.A. event.

Officials

15. Officials for Championships and Cup Competition Finals shall be appointed by the E.S.A.A. through its appropriate committee.

Protests

16. (a) Any protest or objection by a competitor or team against the conduct or placing of any competitor or team in any competition or relating to any matter which may develop during the

carrying out of the programme shall be made to the appropriate Referee by an authorised Team Steward within 60 minutes of the official announcement of the result. The decision of the Referee shall be final and shall be announced immediately.

(b) Any other protest concerning eligibility or qualification to compete should be made in writing to the E.S.A.A. Honorary Secretary within seven days of the event.

Alteration to Rules

17. (a) No alteration to rules shall be made other than at the Annual Council Meeting or a Special Council Meeting called for that purpose, and in accordance with Constitution and General Rule 9.

(b) Where changes in rules of competition necessitate changes in training and equipment County Associations should receive one year's notice if observed essential.

Track and Field Championship Rules

18. (a) The recommended date for County Track and Field Championships is the second Saturday in June.

(b) The E.S.A.A. Championships should normally be held each year on the second Saturday in July and the preceding day. If this is not possible the notice shall be given to Counties at least nine months in advance of the actual date.

Entry Conditions

19. (a) The maximum size of County teams shall be determined by the groupings identified in Rule 2 above.

- i. Group A – 70 athletes
- ii. Group B – 40 athletes
- iii. Group C – 32 athletes
- iv. Group D – 24 athletes

(b) No boy or girl shall be nominated to compete in more than one event other than the Relay.

(c) All competitors entered for the Championships should have attained the necessary Entry Standard for their event as published in the E.S.A.A. Handbook.

(d) Entry of nominees shall be completed online so as to reach the Track and Field Secretary at least 16 days before the first day of the meeting. The relevant contribution per competitor and County Steward must be received by the Track & Field Secretary at the latest 7 days prior to the first day of the meeting. The rate of such contributions shall be determined annually by the General Committee. No entries will be accepted from an Association whose affiliation fee is outstanding. No late or amended entries shall be accepted after the closing date as identified above.

(e) County Stewards must be in the ratio of at least one to every twelve competitors or part thereof and include at least one man and one woman. Group A shall have as a maximum eight stewards, Group B and C five stewards and Group D shall have as a maximum four stewards at the Association's expense. Additional stewards may attend at the expense of the County Association.

20. That subject to the limitations in total entries as defined in Competition Rule 19(a) above:-

(a) Three may be nominated in each individual event.

(b) Counties are allowed to enter the following maximum number of relay events:

- i. A counties – 5
- ii. B & C counties – 4
- iii. D counties - 3

(c) Reserves may be nominated for a specified event or events in excess of the maximum entry, but, a reserve can only be substituted for the athlete whose original entry has been withdrawn subject to Rule 19(c). Such substitution will be accepted if received in

writing by the Track and Field Secretary by 17.00 hours on the day before the meeting commences.

- (d) Substitutions for athletes competing in World, European or Commonwealth Championships are permitted only with the approval of the Championships Committee. Applications must be made at least five days before the Championships to the Honorary Secretary. Any decision will take into account the logistics of any replacement, including the gender of the replacement athlete as well as the event.
- (e) If a relay team is entered the team may comprise any FOUR competitors entered under 20(a) and 20(c) above.

21. Events

- (a) The Association Junior Championships for Boys 13 years and Under 15 years will be decided on the total points gained in the following fifteen events: 100 metres, 200 metres, 300 metres, 800 metres, 1,500 metres, 80 metres Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Javelin, Throwing the Discus, Throwing the Hammer and 4 x 100 metres Relay.
- (b) The Association Intermediate Championships for Boys 15 years and Under 17 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 400 metres, 800 metres, 1,500 metres, 3,000 metres, 100 metres Hurdles, 400 metres Hurdles, 1500 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Javelin, Throwing the Discus, Throwing the Hammer and 4 x 100 metres Relay.
- (c) The Association Senior Championship for Boys 17 years and Under 19 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 400 metres, 800 metres, 1,500 metres, 3,000 metres, 110 metres Hurdles, 400 metres Hurdles, 2000 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Javelin, Throwing the Discus, Throwing the Hammer and 4 x 100 metres Relay.
- (d) The Association Junior Championships for Girls 13 years and Under 15 years will be decided on the total points gained in the following fourteen events: 100 metres, 200 metres, 300 metres, 800 metres, 1,500 metres, 75 metres Hurdles, High Jump, Long Jump, Pole Vault, Putting the Shot, Throwing the Discus, Throwing the Javelin, Throwing the Hammer and the 4 x 100 metres Relay.
- (e) The Association Intermediate Championships for Girls 15 and Under 17 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 300 metres, 800 metres, 1,500 metres, 3,000 metres, 80 metres Hurdles, 300 metres Hurdles, 1500 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Discus, Throwing the Hammer, Throwing the Javelin and the 4 x 100 metres Relay.
- (f) The Association Senior Championships for Girls 17 years and Under 19 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 400 metres, 800 metres, 1,500 metres, 3,000 metres, 100 metres Hurdles, 400 metres Hurdles, 1,500 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Discus, Throwing the Hammer, Throwing the Javelin and the 4 x 100 metres Relay

22. Scoring

- (a) In all events points shall be awarded as follows: 1st in Finals – 8; 2nd – 7; 3rd – 6; 4th – 5; 5th – 4; 6th – 3; 7th – 2; 8th – 1
- (b) In addition, two points shall be awarded to every competitor qualifying for a National Standard or one point for an Entry Standard.
- (c) Should the Championships take place at a venue with fewer than eight lanes points shall be awarded in all events as follows:- 1st in Final - 8; 2nd - 7; 3rd - 6; 4th - 5; 5th - 4; 6th - 3; (7th – 2)

23. In all events duplicate numbers shall be worn, one on the breast and one on the back with the exception of High Jump, Pole Vault, Long Jump and Triple Jump in which competitors shall wear one number which is visible either on breast or back.
24. Starting blocks may be used by all competitors in the Senior Age Group, but by finalists only in the Junior and Intermediate Groups.

Rounds and Heats

25. The methods of seeding, the allocation of athletes into events and qualification for following rounds is the responsibility of the ESAA General Committee, devolved to the Track and Field Championship Co-ordinator. The system to be used at the Championships will be published on the ESAA website each year on or before 30th April and will be circulated to County Secretaries.
26. The Relay Events shall be 4 x 100 metres. The composition of the team may be changed after a heat has been run and the members of the team may change their order of running.

Hurdles & Steeplechase Events

27. Conditions for hurdles events shall be as follows:

Age group	Distance	Weight	Number	Approach	Interval	Finish
Junior Boys	80m	84.0cm	8	12.00m	8.00m	12.00m
Inter Boys	100m	91.4cm	10	13.00m	8.50m	10.50m
	400m	84.0cm	10	45.00m	35.00m	40.00m
Senior Boys	110m	99.0cm	10	13.72m	9.14m	14.02m
	400m	91.4cm	10	45.00m	35.00m	40.00m
Junior Girls	75m	76.2cm	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m
Senior Girls	100m	84.0cm	10	13.00m	8.50m	10.50m
	400m	76.2cm	10	45.00m	35.00m	40.00m

28. If the course is laid out with a lap of 394m, the Steeplechase conditions should be:-
- (a) **2,000m** - Distance to first hurdle 203.8m. Four laps via the water jump = 1,576m. The distance from the 21st to the 23rd Hurdle = 158m. Distance from the last hurdle to the finish = 62.2m. NOTE: Obstacles are 79 metres apart excepting hurdles 3 and 4 which are 78 metres apart. (18 hurdles, 5 water jumps).
- (b) **1,500m** – The distance will consist of 312 metres to be run from the start line to the commencement of the first lap followed by three complete laps; the initial 312 metres shall include one hurdle at the beginning of the home straight, (13 hurdles, 3 water jumps – 91.4cm high for Senior Boys, 83.8cm high for Intermediate Boys and 76.2cm high for girls).
29. In the High Jump the starting height for the competition shall be 19cm below the National Standard height for the event. The bar shall be raised first by two increments of 5cm and then by three increments of 3cm to the National Standard height and thereafter by increments of 3cm.
30. In the Pole Vault the starting height for the competition shall be 50cm below the National Standard height for the event. The bar shall be raised first by one increment of 20cm, then

by two increments of 15cm to the National Standard height and thereafter by increments of 10cm.

31. In the Triple Jump the distance between the take-off boards and the near edge of the jumping pit shall be:- Junior Boys, Intermediate Girls and Senior Girls 9 metres and 11 metres and Intermediate and Senior Boys 11 metres and 13 metres. Competitors shall elect to take off from either board and having so elected shall continue to do so throughout the competition, unless, in the opinion of the judges, their selection constitutes a safety hazard.

32. The specification for Field Event implements shall be:-

(a) Shot Put (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	4.00kg	3.00kg
Inter	5.00kg	3.00kg
Senior	6.00kg	4.00kg

(b) Hammer (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	4.00kg	3.00kg
Inter	5.00kg	3.00kg
Senior	6.00kg	4.00kg

(c) Discus (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	1.25kg	1.00kg
Inter	1.50kg	1.00kg
Senior	1.75kg	1.00kg

(d) Javelin (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	600gm	500gm
Inter	700gm	500gm
Senior	800gm	600gm

33. In all throwing events competitors may use their own implements provided these are submitted to the Referee for approval. No competitor shall be allowed to use another's implement without the prior permission of the owner.

34. In all Field Event Championship Finals except High Jump and Pole Vault, competitors shall be allowed three trials each and the leading EIGHT three more.

35. Where it is considered advantageous in Championship Field Events, qualifying rounds shall be held prior to the Championships proper. All competitors who reach National Standard in qualifying rounds shall compete in the Finals. If in the qualifying round less than 12 athletes achieve National Standard, then the first two in each pool plus a requisite number of best losers from either pool shall qualify for the final. Distances and heights achieved in qualifying rounds shall be recognised for the award of Standards and Best Performances, but otherwise performances achieved in qualifying rounds shall **NOT** be considered part of the competition proper. Once competitors have reached the National Standard, they shall **NOT** take any further trials in the qualifying round.

Cross Country Championship Rules

36. The Championships shall be held on a Saturday in March each year.

37. **Competitors and Reserves.** Counties shall be entitled to enter 12 competitors, in each Championship event, from whom a team of 8 to run shall be selected, with 6 of those selected competitors to score points.

38. **County Stewards.** County Stewards must be in the ratio of one to every twelve competitors or part thereof subject to a maximum of four County Stewards for the Girls Championship and four for the Boys Championship.

39. **Entries.**

- (a) Entries of nominees shall be completed online so as to reach the Cross Country Secretary at least 16 days before the day of the Championships. The relevant contribution per competitor must be received by the Cross-Country Secretary at the latest 7 days prior to the day of the Championships. The rate of such contributions shall be determined annually by the General Committee.
- (b) Counties unable to field a full team in any age group may enter individual runners.
- (c) No entries shall be accepted from an Association whose affiliation fees are outstanding. No late or amended entries shall be accepted after the closing date as identified above.
- (d) All selected runners for all teams shall be declared in writing at least half an hour before the start of the first event of the Cross-Country Championships whether Boys or Girls or Joint Championships.
- (e) Numbers supplied by the E.S.A.A. shall be worn on the breast and be clearly visible.

40. **Distances.** The length of the courses shall be:-

Junior Boys:	3,500 - 4,500 metres
Intermediate Boys:	5,000 - 6,000 metres
Senior Boys:	6,500 - 7,500 metres
Junior Girls:	3,000 - 3,500 metres
Intermediate Girls:	3,500 - 4000 metres
Senior Girls:	3,500 - 4,500 metres.

41. **The Course.** The course shall be marked with flags and guides, and there shall be a clear run of at least 250 metres at the start and 230 metres at the finish.

42. **Finish.** In order to avoid queuing outside the funnel at the finish, the funnel shall be made in accordance with the recommendation of the English Schools' Athletic Association.

43. **Scoring.**

- (a) At the conclusion of each Championship, the official Judges shall decide the respective places of the scoring competitors of each County, add these together, and the County having the lowest aggregate shall be declared the winning County.
- (b) In the event of a tie, the County whose last scoring member finished nearer to first place shall determine the result.
- (c) A special award shall be made in each race to the team, other than the first three (3) teams, which has the best placed 8th finishing athlete.

44. **Officials.** The duties of Officials shall be in accordance with the recommendation of the English Schools' Athletic Association.

Race-Walk Championship Rules

45. The Championships shall be held each year in conjunction with the Combined Events competition final.

46. **Ages:** The age groups for competition shall be:

Junior	13 years and under 15 years
Intermediate	15 years and under 17 years
Senior	17 years and under 19 years

47. Eligibility as defined in Competition Rule 3 is applicable to the calendar year of competition.

48. **Competitors and Reserves.** Counties shall be entitled to enter ten (10) individual competitors in each Championship event, from whom six (6) shall be selected to walk.

49. **County Stewards.** County Stewards, at least one of whom shall be a man and one a woman in the event of competitors being from both boys and girls sections, shall be in the minimum

ratio of one to every twelve competitors or part thereof, subject to a maximum of four County Stewards.

50. **Entries.** Entry forms shall reach the Race-Walking Coordinator at least 16 days before the Race-Walk Championships and must be accompanied by the relevant contribution per competitor. The rate of such contributions shall be decided annually by the General Committee. No entries shall be accepted from an Association whose affiliation fees are outstanding. No late or amended entries shall be accepted after the closing date. All selected walkers shall be declared in writing at least half an hour before the start of the Race-Walk Championships. Numbers supplied by the ESAA shall be worn on the breast and on the back and be clearly visible.

All races shall be held wholly on the track.

51. **Distances:** The length of each race shall be:

Junior Boys	3,000 metres	Junior Girls	3,000 metres
Intermediate Boys	5,000 metres	Intermediate Girls	3,000 metres
Senior Boys	5,000 metres	Senior Girls	5,000 metres

52. **Officials.** The duties of the officials shall be in accordance with the recommendations of the ESAA.

Combined Events Championship Rules

53. The Championships should normally be held each year in two stages, i.e. Regional Rounds, with the recommended date of the fourth weekend in June, and a Final, with the recommended date of the third Saturday in September and the following day, in conjunction with the Race Walk Championship.

54. **Competitors and Reserves.** Counties shall be entitled to enter in each Championship four competitors, with three of these competitors' scores to count.

Counties unable to field a team in any age group may enter individual competitors. Named reserves may be indicated on entry forms, and teams may be changed between the Regional Round and the Final competition by substituting with named reserves.

Additional nominations to any team entry for the Final may be submitted in writing to the Coordinator at least sixteen (16) days before the first day of the Final. In any one year of competition an athlete may only represent one County Association.

55. **County Stewards.** County Stewards, at least one of whom shall be a man and one a woman in the event of competitors being from both boys' and girls' sections, shall be in the ratio of one to every twelve competitors or part thereof.

56. **Entries.** Entry of nominees shall be completed online so as to reach the Combined Events Secretary at least 18 days before the first day of the Regional Competition. The relevant contribution per competitor must be received by the Combined Events Secretary at the latest 7 days prior to the first day of that Regional Competition. The rate of such contributions shall be determined annually by the General Committee.

57. No entries shall be accepted from an Association whose affiliation fees are outstanding. No late or amended entries shall be accepted after the closing date as identified above.

58. **Events.**

- i. The Association Junior Championship for Boys 13 years and under 15 years shall be a Pentathlon to be held on one day with the following order: 80 metres Hurdles, Putting the Shot, Long Jump, High Jump and 800 metres.
- ii. The Association Intermediate Championship for Boys 15 years and under 17 years shall be an Octathlon with the following order: Day 1: Long Jump, Throwing the Discus, Throwing the Javelin, 400 metres. Day 2: 100 metres Hurdles, High Jump, Putting the Shot and 1500 metres.

- iii. The Association Senior Championship for Boys 17 years and under 19 years shall be a Decathlon with the following order: Day 1: 100 metres, Long Jump, Putting the Shot, High Jump, 400 metres. Day 2: 110 metres Hurdles, Throwing the Discus, Pole Vault, Throwing the Javelin, 1500 metres.
 - iv. The Association Junior Championship for Girls 13 years and under 15 years shall be a Pentathlon to be held on one day with the following order: 75 metres Hurdles, Putting the Shot, High Jump, Long Jump and 800 metres.
 - v. The Association Intermediate Championship for Girls 15 years and under 17 years shall be a Heptathlon with the following order Day 1: 80 metres Hurdles, High Jump, Putting the Shot, 200 metres. Day 2: Long Jump, Throwing the Javelin, 800 metres.
 - vi. The Association Senior Championship for Girls 17 years and under 19 years shall be a Heptathlon with the following order: Day 1: 100 metres Hurdles, High Jump, Putting the Shot, 200 metres. Day 2: Long Jump, Throwing the Javelin, 800 metres.
59. **Scoring.** Scoring shall be as per the published scoring tables. In the event of a tie, the winner shall be the competitor who has received the highest points in a majority of events. If this does not resolve the tie, the winner shall be the competitor who has scored the highest number of points in any one event. This procedure shall apply to ties for any place in the competition. In the event of a tie in the Team competition, the County whose last scoring member has the greatest points total shall determine the winner.
60. **The Competition.** The country will be divided into six Regions. County teams which are entered will be allocated to a Regional Competition. In each age group the highest scoring County team from each Regional meeting will go forward to the National Final. In addition, the two highest placed individuals who are not in the winning County team will also go forward to the National Final. The next best nine highest scorers from across any of the Regional meetings shall go forward to the Finals. Any competitor who has been entered in the Regional Round and:
- i. Is chosen for international representation and competes within seven days of the date of the first day of the Regional Round,
 - ii. *Is selected for a major Heptathlon or Decathlon Championship to be held within four weeks of the date of the first day of the Regional Round, and the National Federation requests they do not compete in the Regional Final.*
 - iii. Is required to participate in a National Championship on the weekend of that Round in order to gain selection for a major Championship and is subsequently awarded a place in that team.

may be invited by the ESAA Combined Events Committee to compete in the National Final. Acceptance of the invitation shall be confirmed at least one month before the first day of the Championship Finals. Where three individuals from the same County compete, these three may also score as a team in the Final.

61. Specifications.

- i. In the Hurdle events, specifications shall be:

Distance	Height	No.	Approach	Interval	Finish
Junior Boys 80 metres	84.0cm	8	12.00m	8.00m	12.00m
Intermediate Boys 100 metres	91.4cm	10	13.00m	8.50m	10.50m
Senior Boys 110 metres	99.0cm	10	13.72m	9.14m	14.02m
Junior Girls 75 metres	76.2cm	8	11.50m	7.50m	11.00m

Intermediate Girls

80 metres	76.2cm	8	12.00m	8.00m	12.00m
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Senior Girls

100 metres	84.0cm	10	13.00m	8.50m	10.50m
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ii. The specifications for field events shall be:

	Boys	Girls
a) Putting the Shot		
Junior	4.00kg	3.00kg
Intermediate	5.00kg	3.00kg
Senior	6.00 kg	4.00kg

b) Throwing the Discus

	<i>Min. Weight</i>	<i>Thickness at centre</i>	<i>Diameter</i>
Intermediate Boys	1.50kg	37-42mm	200-205mm
Senior Boys	1.75kg	41-43mm	210-212mm

c) Throwing the Javelin

	<i>Length</i>	<i>Distance from tip of metal head to centre of gravity</i>	<i>Min Weight</i>
Inter Girls	220-230cm	75-88cm	500gm
Senior Girls	220-230cm	80-92cm	600gm
Inter. Boys	230-240cm	83-101cm	700gm
Senior Boys	260-270cm	90-106cm	800gm

62. In all throwing events competitors may use their own implements provided these are submitted to the Referee for approval. No competitor shall be allowed to use another's implement without the prior permission of the owner.

63. In all field events, except High Jump and Pole Vault, competitors shall be allowed three trials each.

64. Starting blocks may be used by all competitors.

65. In the running and hurdles events a competitor in the Junior and Intermediate age groups shall be disqualified in any event in which he/she has been responsible for three false starts. In the Senior age group, any athlete making a false start shall be warned. Any athlete making a further false start(s) in the race shall be disqualified from the race.

66. In track events run entirely in lanes at least four competitors should start in each group whenever possible. In other track events at least five competitors should start in each group, and one such group should consist of those competitors occupying the leading positions prior to the final event.

67. **Clothing.** In addition to clothing permitted under Competition Rule 12, athletes may wear a white T-shirt under their County vest and black tights under their County shorts.

68. Any athlete failing to take part in any of the events shall not be allowed to take part in any subsequent event in that competition but shall be considered to have abandoned the competition. That athlete shall not figure in the final classification.

Track & Field Schools' Cup Competition Rules

69. The Cup Final shall **normally** be held annually on the first Saturday in July.

70. **Ages.** The age groups for the competition shall be:

- i. Junior 12 years and under 14 years (Years 7 & 8)
- ii. Intermediate 14 years and under 16 years (Years 9 & 10)

Ages as at 31st August at the end of the current school year.

71. **Teams.** This competition is for individual school teams and entries must NOT be submitted by neighbouring schools combining to make a team.

Each boys' team may have up to 14 (fourteen) competitors plus one named reserve.

Each *Intermediate Girls' team may have up to 14 (fourteen) and Junior Girls 12 (twelve)* competitors plus one named reserve.

Following the final declaration of teams at the start of the meeting, a team may not be reorganized.

72. Reserves:

The reserve will only be allowed to substitute in the event of an injury being sustained during the meeting and then only at the discretion of the Referee. The substitute may only compete in the event(s) in which the injured athlete was entered. A reserve, however, may take part in a meeting at the discretion of the organiser, *and must wear a number*. They will be subsequently allowed to replace an athlete, in a single event only, after taking part in their chosen event. This ruling does not apply to the Cup Final. Medical approval must be obtained before substitutions can be made at Regional Finals and the Cup Final.

Note: In the event of an injury to a team member during the meeting, the nominated reserve may be used as a substitute to compete only in the injured athlete's event(s) at the discretion of the meeting manager/referee. In County and Regional rounds, the nominated reserve not used in the competition may be allowed to compete as a guest in their chosen event on a non-scoring basis, again at the discretion of the meeting manager. They will not appear in the official results. This does not prevent their subsequent use as an injury replacement. Once the reserve has replaced another athlete, they can no longer guest in any event.

73. Each team MUST enter a relay team and up to two competitors per event provided that no one competitor competes in more than two events which shall be:-

EITHER: One track event and the relay

OR: One track event and one field event

OR: One field event and the relay.

74. **Entries.** Entries from schools must be completed online by 28th February in the year of the competition. From 2018 onwards a pre-payment system will come into operation. The relevant contributions per team must be received by the Track and Field Cup Coordinator within 7 days of the closing dates for entries. The rate of such contributions per team shall be deemed annually by the General Committee. Should a school subsequently withdraw a team from the competition the entry contribution will not be refunded. No late or amended entries shall be accepted after the closing date.

75. **The Competition.**

i. In all rounds of the Competition Including the Final, each participating school must be accompanied by at least one teacher in charge and two competent adults to officiate.

ii. **First Rounds:**

(a) County Cup secretaries will ask appropriate schools to act as organisers and to stage the meetings at its own school or other suitable venue.

(b) Each participating school will be responsible for downloading their designated numbers from the web-site (esaa.net) – clearly visible black numbers on white card and provide their own safety pins.

- (c) The host school will be responsible for the organisation of the competition and, in particular, for the appointment of the Referee(s) who shall be in charge of all matters appertaining to the rules of the events and who will decide on any appeals.
- (d) Any protest concerning the final results must be received by the Meeting Organisers within *24 hours*.
- (e) Schools must compete on the prescribed dates unless weather intervenes.
- (f) Where at least five schools have competed in a First-Round match, the winning team will qualify for the Regional Final. An appropriate number of other high scoring teams will also be included. A winning team cannot be guaranteed a place in the Regional Final if fewer teams compete.
- (g) Any school team that withdraws from the competition at late notice shall be scored at zero (0), as though they had taken part.
- (h) In the event of a tie, the premier place will be awarded to the team gaining the greater or greatest number of first places. If a tie still remains reference will be made to the greater or greatest number of second places and so on.

iii. **Regional Finals**

- (a) Counties will be allocated to one of *eight* Regions, which will be defined by the General Committee.
- (b) The highest scoring teams in each Region will compete in the Regional "A" Final. All other qualifiers will compete in regional "B" Finals.
- (c) All schools which have successfully qualified for the Regional Finals will be notified.
- (d) The Regional Cup Secretaries will arrange the Regional Finals and appoint organising school.
- (e) Each participating school will be responsible for downloading their designated numbers from the ESAA website (esaa.net) and for providing their own pins.
- (f) In the event of a tie the premier place will be awarded to the team gaining the greater or greatest number of first places. If the tie remains reference will be made to the greater or greatest number of second places and so on.

iv. **Cup Final**

- (a) The winners of the Regional "A" Finals, plus the five highest scoring teams nationally will proceed to the Cup Final.
- (b) The organisation of the Cup Final is the responsibility of the Summer Events Committee.
- (c) In the event of a tie in the Cup Final, the team placings shall stand. Where trophy positions are involved, the trophies shall be shared by the teams concerned.

76. Event Rules.

- i. The events for the competition shall be:
Girls: 100m; 200m; 300m (Years 8 to 10 only); 800m; 1500m; 4x100m Relay; Hurdles; High Jump; Long Jump; Triple Jump (Year 10 only); Pole Vault, Putting the Shot; Throwing the Discus; Throwing the Javelin; Throwing the Hammer (Years 8 to 10 only).
Boys: 100m; 200m; 300m (Years 8 to 10 only); 800m; 1500m; 4x100m Relay; Hurdles; High Jump; Long Jump; Triple Jump (Years 8 to 10 only); Pole Vault, Putting the Shot; Throwing the Discus; Throwing the Javelin; Throwing the Hammer (Years 8 to 10 only).
- ii. The recommended order of track events shall be: Hurdles, 1500m; 100m; 200m; 300m (where appropriate); 800m.
- iii. All Relays shall take place at the conclusion of the programme.
- iv. Starting blocks are not to be used in any round of the Competition.
- v. All field events shall be held before or after all individual track events in each age group.
- vi. In all rounds of the Competition, track events shall be hand timed. Photo-finish shall not be used.

- vii. The order of field events will be determined by local conditions, but the Pole Vault and High Jump should be started as soon as possible, the bar being set initially at the height required to score one point, and raised thereafter as competitors require, in accordance with the scoring tables.
- viii. In track events, each competitor shall be timed separately.
- ix. In field events for height, each competitor may have up to seven (7) attempts in all, unless before then he/she has failed three consecutive times. A competitor may choose the height at which he/she enters the competition.
- x. In field events for distance, each competitor shall be allowed three (3) attempts.
- xi. In the Triple Jump, 7 metre, 9 metre and 11 metre take-off markings should be available.
- xii. If an official deems that a competitor is insufficiently competent, or dangerous, then they have the discretionary right to remove that competitor from the event. The event organiser and team manager must be advised immediately.
- xiii. Non-starting and abandoned events (eg, due to inclement weather): All competitors will be allocated 10pts, unless Round 1 has been fully completed and they have recorded a higher score, then that performance shall be allowed.
- xiv. In the throwing events, the following weights of implements shall apply:

	Shot	Discus	Javelin	Hammer
Junior Boys	3.00kg	1.00kg	600gm	3.00kg
Intermediate Boys	4.00kg	1.25kg	600gm	4.00kg
Junior Girls	3.00kg	1.00kg	500gm	3.00kg
Intermediate Girls	3.00kg	1.00kg	500gm	3.00kg

- xv. In all throwing events, competitors shall only use the implements provided for general use.
- xvi. In the hurdles events conditions shall be:

	Distance	Height	No.	Approach	Interval	Finish
Junior Boys	80m	76.2cm	8	12.00m	8.00m	12.00m
Intermediate Boys	80m	84.0cm	7	13.00m	8.50m	16.00m
Junior Girls	75m	76.2cm	8	11.50m	7.50m	11.00m
Intermediate Girls	80m	76.2cm	8	12.00m	8.00m	12.00m

- 77. **Scoring.** Each competitor or relay team shall score according to the appropriate performance points table.
- 78. **Travel.** The General Committee may, at its absolute discretion, make grants available towards the travel expenses of schools travelling to the Cup Final.

Cross Country Schools' Cup Competition Rules

- 79. The Cup Final shall **normally** be held annually on the first Saturday in December.
- 80. **Ages.** The age groups for the competition shall be:
 - a. Junior 12 years and under 14 years (Years 7 & 8)
 - b. Intermediate 14 years and under 16 years (Years 9 & 10)
 Ages as at 31st August in the school year in which the competition takes place.

81. Entries.

- a. This competition is for individual school teams only.
- b. Only one team per school may be entered in each Competition.
- c. Entries from schools must be completed by 15th June in the year of competition. The relevant contributions per team must be received by the Cross-Country Cup coordinator within seven (7) days of the closing date for entries. The rate of contributions per team shall be determined by General Committee. Should a school subsequently withdraw a team from the competition the entry fee will not be refunded.

- d. The entry form must indicate the willingness or otherwise of a school to act as host for meetings prior to the Final. No late or amended entries will be accepted after the closing date.
- e. The Winter Events Committee reserves the right to refuse entries from schools in any area where no school has expressed a willingness to act as a host.
- f. For each match, schools should complete their team declarations online, with at least four (4), but not more than six (6) pupils to make up the team, at least a day before each match or earlier if requested to do so by the competition organiser. Reserves may be nominated online and only those nominated reserves may be substituted in the match.
- g. The team declaration must be printed, and a signed copy handed to the race organiser at least half an hour before the first race of the match. Any changes to the pre-declared team must be clearly marked on this copy.
- h. For the Final each team shall make up to twelve (12) nominations, from which they declare a maximum of six (6), but not less than four runners, on the day. These nominations to be made within five (5) days following the Regional Final.
- i. Any team fielding an ineligible runner shall be disqualified.

82. Distances. The length of the course in all rounds shall be:

Junior Boys: 2,500 – 3,000 metres

Intermediate Boys: 4,000 – 4,500 metres

Junior Girls: 2,000 – 2,500 metres

Intermediate Girls: 2,500 – 3,000 metres

The severity of the course shall be considered when determining the distance within the above limits.

The course should be clearly marked, free from dangerous hazards, with an unhindered run of the appropriate length to the finish line.

83. The Competition.

- a. The competition shall be run in three stages:
 - (a) A First Round to take place in October, preferably mid-week, at “host” schools within reasonable travelling distance of the visiting schools.
 - (b) A Regional Round to take place on the second Saturday in November. The matches to take place at “host” schools in approximately eight (8) Regions, the number and definition of these Regions to be decided by the Winter Events Committee in the light of the annual entry.
 - (c) The Cup Final. All arrangements for the Cup Final shall be the responsibility of the Winter Events Committee.

84. A minimum of two schools shall proceed from each match in the competition to the following round.

85. Scoring.

- a. At the conclusion of each match, the official judges shall decide the respective places of the scoring competitors of each school team and add these together. The team with the lowest aggregate shall be declared the winner.
- b. The leading four runners in each team shall be the scoring competitors and, in the event of aggregate scores being equal, the winning team shall be that whose last scoring runner finished nearer to the first place.

86. Officials.

- a. For first and Regional Round matches it is advisable that the following officials be appointed:
Referee; Judge; recorder; Funnel Controller; Disc Distributor; Starter; Declaration Steward.
- b. Visiting schools may be asked to assist with the provision of officials.
- c. The duties of officials shall be in accordance with the recommendations of the ESAA.

Insurance Cover

Set out below are some of the facts regarding insurance cover. Organisers of athletic competitions, athletics courses and managers of County teams are reminded of the cover which is available to them through ESAA and UK Athletics.

The following cover is provided for all ESAA events down to County level, including the first rounds of the Track and Field, and Cross-Country Cups.

Public Liability Cover (up to £10 million for any one event)

The cover is arranged through the cooperation which exists between the ESAA and UK Athletics. Evidence of Public Liability cover, which is often requested by organisers of County Championships and similar events for stadium / venue hire or the Local Authority, is available by going to the UK Athletics website at www.uka.org.uk and then following links to – Governance – Insurance – UKA Insurance for County Schools' Associations. If this is not accessible a copy is also available through the ESAA Insurance Officer whose details are shown below.

The ESAA, through its own arrangements, also provides Personal Accident Insurance for all officials and athletes within County teams, whilst travelling to and from the ESAA Championships and during the event itself but this policy does not include cover for losses caused by cancellation or other problems relating to transport to the venues, other than as a result of an accident.

Cover is not provided by the ESAA for:

District, Area or Borough competitions or inter-school meetings (i.e. activities below County level).

Organisers are strongly advised to seek advice from their Local Education Authority concerning the level of cover provided by LEA existing policies. Where organisers of athletic events and meetings are not sure that the existing policies provide sufficient cover they are strongly advised to take out additional cover.

All organisers and teachers should be aware that Health and Safety Regulations apply to all events and meetings. These require that all appropriate measures have been taken and a full Risk Assessment has been completed and recorded.

For further information please contact the ESAA Insurance Officer, Roger Michell, 'Hayley', 12 Marlcroft, Wem, Shropshire. SY4 5AN (01939 232293).

Athletics in Key Stage 3

The following are suggestions as to how athletics may be introduced to pupils in Key Stage 3 as a progression from Key Stage 2 activities.

In each school the aim must be to develop the pupils' interest, enjoyment and skill levels in athletics events. Each pupil can measure personal achievements at all levels through the ESAA Awards Scheme as well as consideration of the appropriate standards listed in the centre pages of the Handbook. It is important that pupils should experience a developing, safe, yet challenging experience of athletic events as they progress through the stage. Competition is an integral part of athletic events and can be developed through team activities as well as in individual events. This can and should be encouraged with all individual efforts contributing to the group's achievements. Care should be taken to graduate the experience of the pupils so that the events, distances, heights and impedimenta constitute a progression as suggested below.

The experience and structure of formal athletic competition needs to be introduced in ways that do not overwhelm pupils. Team encouragement for an individual's effort gives athletics one of its special characteristics. Pupils should be made aware of the appropriate warm-up and training activities for different events. Note also that the rules of UK Athletics specifically restrict athletes in this age group from taking part in certain events. These restrictions are noted in bold type in the appropriate section of the text. A failure to comply with these restrictions may place the teacher or coach in a difficult position if injury were to be sustained by a pupil engaged in one of the events not recommended for this age group.

SAFETY

In all athletic events and activities, SAFETY is of paramount importance and teachers must be vigilant at all times. Reference should be made to the Safety Measures outlined elsewhere in the Handbook.

EVENTS

Sprints: Sprinting allows the maintenance of maximum speed over a short distance and that distance needs to be progressive. The suggested distances for each year in the Key Stage are:

Boys & Girls		
Year 7	Year 8	Year 9
75m	80m	
	100m	100m
150m		
	200m	200m
	300m	300m

Relays: Children can gain a great deal of enjoyment and excitement from relays. Many variations in distance, numbers in team etc can be used but the sprinting involved should not exceed the recommended distances for the age group. It is recommended that, if possible, a circular track is used, though shuttle runs, if carefully managed, can be part of the activity.

Hurdles: This event should be considered a sprint with the introduction of obstacles. All pupils should be encouraged and coached in the techniques of “hurdlng” rather than “jumping” the obstacles. The recommended heights and distances for this age group are given below as guidelines. Pupils can be introduced to the activity over barriers lower than those recommended below. Moreover, the spacing and number of barriers may be varied to encourage sprinting and a pattern of movement depending on individual development. Safety measures must be uppermost in ensuring that conditions underfoot are appropriate and that footwear matches those conditions.

Boys		
Year 7	Year 8	Year 9
70m at 68.5cm	70m at 76.2cm	80m at 84.0cm
75m at 68.5cm	75m at 76.2cm	
Girls		
70m at 68.5cm	70m at 76.2cm	75m at 76.2cm
75m at 68.5cm	75m at 76.2cm	

The recommended spacings between hurdles for the different distances are included elsewhere in the Handbook.

Longer Distance Races: Many pupils enjoy running and racing over distances longer than the “sprints”. Longer distance running can be broken into two categories of “Track” and “Cross Country”.

The rules of the sport do not allow pupils in Year 7 to run further on the track than 1500m, and 1000m is strongly recommended as an appropriate distance for both boys and girls in this year group. Athletes in Year 7 and Year 8 are not allowed to take part in any steeplechase event, regardless of the distance involved.

It is recommended that there is a gradual build-up to the listed recommended distances below during training and class activities.

Boys & Girls		
Year 7	Year 8	Year 9
800m	800m	800m
1000m	1000m	1500m
	1500m	
1000m Walk	2000m Walk	3000m Walk

Related activities: Alternate running and walking, over time extending the period of running and reducing the amount of walking.

Cross Country: It is essential if cross country running is to be undertaken to ensure that the course used is safe from hazards. The course should be well marked or easily identified and there should be an adequate number of people situated around the route. Footwear should be appropriate to the underfoot conditions.

In race conditions the start should sufficiently wide to cater for the number of runners taking part. Ensure that the course does not narrow drastically in the early stages to avoid overcrowding.

Base provision should include first aid and emergency transport, whilst a facility for washing and changing should be available whenever possible.

It is difficult to advise maximum distances since cross country courses will vary considerably in the severity of the terrain, but the following should not normally be exceeded:

Boys & Girls		
Year 7 – 2500 metres	Year 8 – 3000 metres	Year 9 – 3500 metres

Field Events

Jumping: High Jump - Special care must be taken in providing suitable take-off and landing areas.

Gymnastics mats do not constitute a suitable landing area unless they are at least 5m x 2.5m and are held together with a suitable cover and the density of the landing area is sufficient to prevent jarring on landing.

Specially manufactured beds are strongly recommended, especially if any kind of “flop” style is going to be allowed. Loose crash mats without a cover are positively dangerous and should not be used for any form of jumping.

Different techniques used in High Jump can be taught, but all require appropriate landing areas and should not be attempted if these areas are in any way deficient. Each pupil should be encouraged to adopt whichever technique they prefer and with which they can gain most success.

Metal bars should not be used and elastic can be used for practice purposes.

Pole Vault: This must only be attempted with appropriate equipment and landing areas. The minimum size of the landing area should be 5m x 5m and the planting box should be kept in good condition. ***The event should only be introduced, taught and supervised by properly qualified teachers or coaches.***

As with the High Jump, metal bars should not be used and elastic can be used for practice sessions.

Long Jump: Pupils should be encouraged and coached to take off from a board, jumping into a safe landing area. The sand should be well dug throughout its length and clear of any foreign objects. The sand must be regularly raked with the sand being brought back into the centre of the pit from the outside edges. Special care should be taken to ensure that the jumping board remains flush with the surface of the run-up.

Triple Jump: As with the Long Jump, the sand in the landing area must be kept well dug and the take-off board kept flush with the run-up. Activities that encourage a regular pattern of movement from hop to step to jump should be practised. A marked huge effect in the hop phase can have a jarring effect on the joints.

	Boys & Girls	
Year 7	Year 8	Year 9
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
	Pole Vault	Pole Vault
		Triple Jump

Throwing: These events can be divided into the events shown below, but all must recognise the overriding importance of **safety** in relation to throwing events in general. Special attention should be given to the precautions identified in the section of the Handbook on Safety Measures. The Hammer Throw, in particular, should be conducted only in a strictly controlled situation and ***must take place from an appropriate cage at all times.***

Pupils should be introduced to each of the events gradually. There are many variations and “practice” implements that can be used as a lead-up to the proper implements. Teachers should be aware of the recommended weights of implements as listed below.

EVENT	BOYS		
	YEAR 7	YEAR 8	YEAR 9
Throwing the ball	Cricket ball	Cricket ball	Not applicable
Putting the Shot	2.72kg	3.00kg	4.00kg
	3.00kg	4.00kg	
Throwing the Discus	0.75kg	1.00kg	1.25kg
	1.00kg	1.25kg	
Throwing the Javelin	400gm	400gm	600gm
		500gm	
Throwing the Hammer	Not applicable	3.00kg	4.00kg
		4.00kg	

EVENT	GIRLS		
Throwing the ball	Rounders Ball	Rounders ball	Not applicable
Putting the Shot	2.72kg	2.72kg	3.00kg
		3.00kg	
Throwing the Discus	0.75kg	0.75kg	1.00kg
		1.00kg	
Throwing the Javelin	400gm	400gm	500gm
		500gm	
Throwing the Hammer	Not applicable	3.00kg	3.00kg

Where two different specifications are given for a particular event and age group the lower weight might be considered appropriate for general class instruction with the heavier reserved for those showing a good grasp of the technique of the event.

JUDGING:

Pupils should be encouraged to learn the basic rules that apply to each of the events to which they are introduced. Teachers, also, should make themselves familiar with the relevant rules of the events and try to give pupils an insight into how an athletics competition works. Pupils should be encouraged to measure each other's performances accurately, be that with a tape measure or a stop-watch.

COMPETITION:

There are many and varied ways to organise an athletics competition but during the planning teachers must be aware of the need to give adequate rest periods between rounds of any given event. Consideration should also be given to the desirability of keeping well apart in the programme different events that a given individual may reasonably expect to contest.

In Year 7, in particular, consideration should be given to the pupils taking part in "Combined Events" such as the ESAA Miniathlon as the basis for competition. The emphasis in this age group should be on the diversity of activity and an absence of specialisation on a single event or group of events. It should also be encouraged as a general principle throughout the Key Stage. For details of these types of event, contact Mr Iain Presnell, the Combined Events coordinator for ESAA, or visit the ESAA web-site. Above all, teachers of athletics should make the activity enjoyable, challenging and rewarding at whatever level of performance the pupils are operating. There is enough variety to cater for many tastes and the ESAA Award Scheme can be used at all stages of development to encourage and measure individual progress and achievement.

Safety Measures in Athletics

These recommendations should be regarded as guidelines for teachers, coaches, and participants. they should be implemented or amended to suit local conditions, the aim being to ensure safety at all times.

However, all teachers, coaches and participants should adhere to the Athletics Safety measures contained in the latest version of the Association for Physical Education's publication 'Safe Practice in PE and School Sport' previously published by BAALPE. This reference book may already be available in secondary schools or can be purchased through the association's website www.afpe.org.uk.

It is recommended that athletics be regarded as a sport for all ages. There is wide participation by young children and it should be the aim of all teachers and coaches to hold this interest throughout the school and club career up to adult age through the organisation of competition and training which permits wide participation by competitors of different abilities.

Responsibility

Athletics is a sport in which a variety of running, jumping and throwing activities may be taking place at the same time. Very often in training and competition athletes are acting under considerable stress. It is essential, therefore, to maintain a constant awareness of the inherent dangers, and to plan facilities and practices with this in mind.

The responsibility for safety rests with everyone concerned in the development of sport: the officials who plan the initial layout of facilities; the owners and groundsmen responsible for maintaining these efficiently; the teacher and club coach responsible for the supervision of training; and the officials responsible for the organisation of competitions at all levels. Finally, the athletes themselves are equally responsible.

Preparation and progression of training

The teacher or coach should ensure that each new activity and each stage of a new activity is carefully introduced so that the young athlete is made aware of the potential dangers involved, of the necessary safety procedures to be observed and of the rules which must be obeyed. A special obligation rests on the teacher, coach and participant to see that these precautions are carried out during training. It is unwise to hurry these preliminary stages. Sufficient time should be given to the early stages of training so that safe habits are formed from the outset.

Control

In the teaching of athletics much depends on the teacher-pupil relationship and the development of self-discipline in all members of the class, club or group. It is only when the teacher or coach has established such trust that activities with an element of danger may be attempted.

Extra vigilance at training sessions or during competition is required where the teacher, coach or pupils are assisting in the recording of standards (judging, measuring, timekeeping, photographing etc). Spectators should remain behind the barrier or watch from a safe distance. There should never be a crowd around the track or field event areas.

Field Events

Although Field events, especially throwing events, can be dangerous unless they are conducted and supervised with care, their suitability as a worthwhile athletic activity for young people is borne out by the many hundreds of thousands of throws and jumps that are made each year without mishap.

Throwing

- General
 1. Equipment should be kept in good repair and stored in a safe place.
 2. Throwing implements should at all times be treated with respect. They should not be played about with or mishandled, especially when being carried from the pavilion or school to the playing field or track.
 3. There should be adequate supervision at distribution and the apparatus should be transported in a safe manner. Nets or baskets can be of help when apparatus is carried in bulk. Helpers should be advised of the correct way to lift heavy items, and care should be taken to ensure that no person attempts to carry more weight or bulk than is appropriate for their size.
 4. Initially training shall be undertaken under the control of the teacher or coach. They, through experience and good judgement, will decide if and when athletes are capable of assuming responsibility themselves and can be permitted to undertake practices on their own.
 5. All throwers should stand well behind the appropriate circle or scratch line and remain there until the appropriate time to make a throw.
 6. The thrower him/herself should make sure that there is no one **in** the landing area, **approaching** the landing area, or **possible** line of flight of the implement before the throw is made. **It is very important that this responsibility should rest with the thrower as well as the teacher or coach or official.**
 7. After throwing, the thrower should remain behind the circle or scratch line and must not immediately retrieve the implement. It should be retrieved only on instruction when all members of the group have thrown. Under no circumstances should a javelin, discus, or hammer be thrown back to the scratch line or circle.
 8. Wet implements increase the chance of accidents and extra vigilance should be exercised in such conditions taking particular care to allow for implements sliding after landing.
 9. In wet conditions, grass and some artificial surfaces can prove slippery and dangerous. Particular care should be exercised to ensure that runways and take-off areas are suitable for use.
- Javelin
 1. Both ends of javelins are dangerous. Special care should therefore be taken in controlling their use.
 2. They should never be permitted to remain stuck in the ground at an angle.
 3. Special care should be taken to establish a safe and controlled procedure for retrieving the javelins. Retrievers should not be permitted to run towards them, particularly in wet conditions.

- Discus
 1. Being a rotational event greater space is required between participants in class or group practices. The areas of greatest danger are to the right of a right-handed thrower and to the left of a left-handed thrower.
- Hammer
 1. The hammer event should only be conducted in a strictly controlled situation.
 2. Since it is difficult to predict the probable direction of flight, great care should be taken in the siting of practice venues and in coaching.
 3. Cages are strongly recommended for hammer throwing in competition. They are essential when other events are taking place within throwing range and are mandatory where events are held under British Athletics rules.
 4. Wherever possible, cages should also be provided for practice and coaching. However, where conditions and facilities are favourable, it is possible for experienced and well qualified coaches to undertake training in open spaces under controlled conditions, provided that a safe area of the playing field or training area can be specially set apart.
 5. The coach and any other members of the group should stand well back to the side of the circle where the path of the hammer is at its lowest point. They should always watch the implement when a throw is actually being made.

Jumps

- General
 1. Wood or concrete edges to the pits should be flush with the surrounding ground.
 2. Any hard surfaces should be protected to ensure soft landings.
 3. The sand used in all pits should be sharp sand and deep enough to prevent jarring on landing.
 4. Pits should be dug before use and also at frequent intervals during use.
 5. Pits should be carefully examined for hidden sharp objects, broken glass etc. before use.
 6. It is important to ensure that all run up areas are well maintained, especially at take-off points.
 7. Athletes, teachers, coaches and officials should take particular care to ensure that no jump is made while the pit is being dug or raked, and that spades, forks and rakes are not left where they can cause injury.
- Vertical Jumps
 1. For younger pupils, beginners and preliminary practices, well dug sand pit landing areas for high jumpers can be used quite safely for training purposes at low heights. In those styles of jumping in which the jumper normally lands on his feet (ie Scissors, Western Roll and Cut off styles of High Jumping and Pole Vaulting preliminary practices), well dug sand provides a safe and acceptable landing medium.
 2. For those styles of jumping in which it is normal for the jumper to land on his back (Fosbury flop, and Straddle style of High Jumping and Pole Vaulting) appropriate manufactured landing areas are recommended (foam, air etc).
 3. Minimum recommended sizes for competition are;
 - Pole Vault - 5m x 5m square excluding front protection pads
 - High Jump - 5m x 4m (in Schools' competition a suitable size is 5m x 2.5m).
 4. Larger landing areas for vertical jumps provide safer conditions.
 5. Smaller landing areas for High Jump are acceptable for training purposes where the take off point can be established with reasonable certainty and the teacher or coach is qualified and experienced in the event.
 6. Individual units should be fastened together to reduce the risk of athletes going through joints between two sections.
 7. All foam landing areas should be capable of preventing the athlete from bottoming. Good manufacturers will give guarantees in this respect.
 8. Soft landing areas deteriorate. They should be regularly inspected and maintained.
- High Jump
 1. Unless spikes are worn, grass and some artificial surfaces are not very suitable for take-off areas.
 2. Only bars of circular cross section should be used when jumping onto a mat of any kind. Triangular bars should be discarded.

- Horizontal Jumps
 1. Take off boards should be firmly fixed flush with the surface of the runway and so positioned that there is no chance of a jumper landing on the pit surrounds.
 2. Where possible, it is advantageous to provide separate facilities for Long Jump and Triple Jump.
 3. Where it is possible to provide only a single landing area, it is better to make this wider than usual so that adjacent runways can be provided.

Track Events

By their nature track events present fewer safety problems.

1. Careful instructions should be given at the earliest opportunity to prevent accidents from spiked running shoes.
2. In events of more than one lap, in which all, or part of the race is not run in lanes, due consideration should be given to the number of athletes who are permitted to enter each race in order to avoid accidents arising from jostling for position.
3. Hurdles should be well maintained and care should be taken to ensure precautions for safety when improvised hurdles are used for practice.
4. Hurdles must only be used in the correct direction.
5. Steeplechase barriers should be stable, well maintained and conform to UK Athletics specifications. This is especially so for the water jump and landing areas.
6. In wet conditions grass and some artificial surfaces are not suitable for hurdling unless suitable footwear is worn.

Cross Country

1. The safety of competitors should be of paramount importance when planning a course.
2. The start should be sufficiently wide to eliminate any danger of spiking. There should be a clear, wide and lengthy run before any narrowing of the course occurs to prevent bunching up and the queuing of competitors.
3. Base provision should include first aid and casualty transport, washing facilities and drinks to counter the effects of adverse weather conditions.

Care in the use of Firearms

1. There is no such thing as a safe firearm. Large bore starting pistols and those capable of conversion to take live ammunition are subject to strict licensing, regular police notification and specific safety precautions. Legislation concerning handguns shows the privileged position starters currently have within law, but even greater care must be exercised if that concession is not to be removed or drastically modified. Starters with large bore guns will find that most stadia will set aside parking places close to the entrance to minimise the risk of theft and this facility should be used where provided.
2. A starting pistol should never be held close to the face.
3. Ammunition should never be tampered with, and it is advisable to dispose safely of all spent cartridge cases and not leave them on the ground within the track.
4. A starting pistol should never be left loaded.
5. For security reasons starting pistols should be locked securely in a safe place after use.
6. The loss of guns and ammunition should be investigated immediately and, if necessary, reported.

Insurance Cover for Athletics Meetings

1. Local Associations and organisers of school, youth and club events are strongly advised to check their existing policies and also those arranged through the Local Authority. They are strongly advised to ensure that appropriate indemnity, personal accident and public liability insurance is in place.
2. Special consideration should be given to ensuring that approved adults, parents and voluntary helpers are covered as well as the approved officials and teachers.
3. Where organisers of athletics events and meetings are not sure that the existing policies provide sufficient insurance cover they are strongly advised to take out additional cover.