

High Sports

Summer Term | June 2019

This edition of High Sports will be my last during my time at Northampton High School, and, as always, the ability and standard of performance of the girls continues to impress me.

Particular highlights over the past months have been the IAPS Swimming National Finals, the National Finals for the Equestrian team and also both Tennis teams becoming County Champions.

Sport continues to be an area of success for the school; the girls and staff work and train hard to continue to see these developments.

We have seen some phenomenal individual Athletics performances over the course of the term, as well as the delight of seeing the continued improvement in Cricket again this year. Our end of year Sports Day was another rousing success; it was fantastic to be supported by so many parents and family members on the day.

I look forward to watching the continued developments from afar as the girls continue the wide range of sporting activities that are on offer at the school.

Jo Hackett
Director of Sport



School Equestrian Team takes National Inter-county Show Jumping Championships title!

Over the Easter holidays, the school's Equestrian team added another title to the trophy cabinet, as they won the coveted NSEA 100cm Show Jumping Championship. The event saw teams from across the country, qualifying as the best Equestrian school teams in their county, compete in two days of Show Jumping. Teams came from as far away as Suffolk, Kent and County Durham to the championship event.

The team consisted of Imogen Mitchell, Lily Roberts, Gemma Watts, Jodie Welton, and their respective ponies Rio, Whisper, Bomba and Coral. The event required the team to jump two rounds over imposing, full height, championship Show Jump tracks, with the best three scores taken forward. The team took the podium position, finishing on a very low 12 points, well ahead of the second place team on 24. Two of the team achieved double clear rounds, two of only four double clear rounds all day in a field of 72 riders.

The team also featured in other classes across the day, with good results in the 90cm class for Imogen Mitchell on Rio, Lily Roberts on Whisper, Amelia Smart on Sir AJ and Gemma Watts on Deerpark Barthy. The girls faced a tricky course with some very technical turns and lines, and placed a fantastic 13th from a field of 26 teams. In the 110cm Show Jump section, Gemma Watts and Bomba placed a very respectable second after an imposing 115cm jump-off course.

Sports Review

Athletics

We have enjoyed an impressive year in Athletics, with individual records being smashed along the way. On 10 May we headed to the Track and Field Cup. With unpredictable weather ranging from sunshine to hail, the team adapted and performed well. Notable performances came from Phoebe Haynes who placed 1st in the 800m and 2nd in the Long Jump, Ruby Curtis-Free who smashed her PB (5.37) in the 1500m coming 2nd, Isabella Spokes who finished 2nd in the Shot Throwing and Elizabeth Tansley who came 3rd in the 100m. In the Year 9 and 10 team, impressive performances came from Radhika Pandya who came 1st in Hurdles and 2nd in Long Jump, Charlotte Creak who placed 1st in Javelin and Lucy Shepherd who won the 200m.

Next we had two District Athletics meetings on the 15 May and 5 June, with girls excelling once again with a number of strong displays. Charlotte Creak, Phoebe Haynes, Isabel Hull, Alessandra Jahina, Rebecca Rea, Lucy Shepherd, Jane Sigobodhla, Emilia Thompson and Lilli Trimble all achieved honours.

With the end of term approaching, we competed in a rain-soaked County Championship event on 8 June. Georgina Forde-Wells smashed the Triple Jump record with a fantastic 11.36m, alongside superb displays by Amelia Tutt who won the 80m Hurdles and Charlotte Creak who won the Javelin and placed 3rd in the Discus. The girls' performances secured their places at the Intercounties Mason Trophy on 15 June, with Amelia Tutt claiming victory in the 80m Hurdles, and Georgina and Charlotte taking their places on the podium too, finishing 2nd in the High Jump and Javelin respectively, with Georgina also placing 4th in the Triple Jump.



Cricket

We have enjoyed another thrilling term of Cricket here in school, superbly aided by Beth Langston. Beth is an England International and Yorkshire County Cricketer, who has been helping our existing staff to coach cricketers from Year 5 up to Lower Fifth. Beth's influence has been invaluable as the girls strive to improve their game.

Hard work and determination are starting to pay off with some really good results this season. The U12s and U13s enjoyed staggering wins against Oundle, with the most impressive of these being a 44 run victory for the U13As. The U14/U15s also had a solid victory against Thornton College, with other U12/U13 matches against Spratton, Winchester House and Beachborough ending in mixed results for the A, B, C and D teams, with at least one team in each fixture coming out on top.



Tennis

The school Tennis Team have gone from strength to strength this year, and we have continued to perform well.

We started the year by winning the GDST Northern Rally, bringing home the coveted antique racket trophy in the process. During the summer term, we have continued to show our strength with both our U13 and U15 teams remaining undefeated and progressing as County winners to the Regional rounds next term. A busy few weeks of events and fixtures culminates at the GDST U18 Tennis Rally, and we are confident of a strong display.



Swimming

We have seen some great individual performances outside of school in Swimming this term, with many girls swimming at County, Regional and National levels.

In school, we secured qualification to the IAPS National Finals with the U13 relay team. The team comprised Hannah Davies, Phoebe Haynes, Ella Nicholas and Isabelle Thorpe; with Phoebe and Ella also qualifying individually in the U13s, and Emily Horne doing the same in the U12s. We took part in some exciting galas against other schools, with girls in Years 4 to 6.2 taking part. These included the GDST Rallies, the Warwick 50s and 100s and some friendly galas.



Equestrian

We have over 20 members in our Equestrian Squad, consisting of girls from Junior School all the way up to Sixth Form. We are delighted that all members of the team have competed in various disciplines, including Show Jumping, Dressage, Eventing and Eventer Challenge, ranging from Grassroots (40cm upwards) up to Elite 1.10m.



The Team has enjoyed fantastic results during the past academic year, with some of the many highlights including being crowned National Champions in the NSEA Inter-county Show Jumping at 100cm and Northamptonshire County Champions at 90cm, a 2nd place finish at the NSEA Eventing at Swalcliffe, (qualifying for the NSEA National ODE Championships in the process) securing qualification for the NSEA Eventer Challenge Championships and securing a 3rd place finish at the 90cm and 100cm Jumping with Style.

Just a couple of the many memorable individual performances came from Gemma Watts, who placed 2nd at 1.10m in the Inter-county Championships, securing qualification for the JWS and the Show Jumping Championships in October, and Nancy Davies, who qualified for the Grassroots Championships in October.

Sports Day 2019



What will be the lasting memories of Sports Day 2019? Let me share with you my top 5.

The sound of school records tumbling, with new records in the U3 200m, L4 Long Jump, 100m and 800m, U4 Javelin, L5 100m and Relay, U5 100m and the 6th Form Long Jump being set. 2019 was a record-breaking year for breaking records! Well done to all our record-breakers, Arianna Hay, Janice Huang (twice), Phoebe Haynes, Lilli Trimble, Isabelle Kaspruk, Artemis Relay team, Georgina Forde-Wells and Hollie-Megan Mullen respectively.

The sight of so many girls giving their all in their events – whether they were going for those records in their chosen elite sport or because they just wanted to do their bit for their House. I spent some time helping at the High Jump and came away filled with admiration for the pluck of the girls who made that leap of faith in an event they didn't normally excel in, as well as marvelling at the explosive energy of the natural adepts.

The beaming faces of the Junior girls as they carried away an array of stickers – and, again, it was great to see how a 'Well done' badge meant as much to some girls as those '1st' rosettes did to others. Whether it was the 100m or the egg-and-spoon race, the

pleasure of achievement was the same – and all the points counted in the competition.

The magnificent team spirit – exhibited in countless ways. Most notable were U5 girls coming hot-foot from their GCSE Maths Paper 2 exam to the track to take part in the races, and the wealth of volunteers (from whatever House) running alongside the strugglers in the 800m races to encourage them through the final furlong and across the line.

Finally, the turnout of so many family members – making another record-breaking year, we think. Impressive picnics and seating arrangements brought a hint of Glyndebourne style to the High School fields for the day while active contributions – whether physical on the track (with Ms Taylor and Mr Peng in the forefront) or verbal from the sidelines (with a little bit of armchair coaching, of course!) – added a festive feel to a much-loved school tradition.

A very big 'thank you' to everyone – led by Mrs Hackett, Mrs Littlewood and all members of the Sport Faculty - who contributed to making it such a special day.

Dr Stringer
Headmistress