

ParkLife



THE NEWSLETTER OF SEAFORD COLLEGE

INSIDE



PLENTY OF COMMUNITY SPIRIT

They're jumping for joy

SEAFORD College pupils have had another excellent academic year at both GCSE and A-level with a pass rate in the latter of over 97% and an A-C pass rate close to 75%.

This was the fifth year that the College's A-C pass rate was well over the 70% threshold, resulting in Seaford ranking highly in the important value added analysis.

At GCSE, the overall pass rate of A-C grades (including English and Maths) was again close to 70% while an impressive pass rate of 95% A-C was attained in English.

Headmaster John Green said: "The results at Seaford remain strong where students have realised their personal bests and the results reflect both hard work and outstanding teaching and learning. I am particularly proud of the way our pupils have prepared for their exams, many of them balancing a busy extra-curricular programme while still maintaining strong academic focus and rigor."

"We are thrilled that many of our students have secured places at top universities during this very competitive period."



Tour lives long in the memory



ON TOUR: Students visit Robben Island during their trip to South Africa

SEAFORD students enjoyed an exhilarating rugby tour to South Africa at the start of the summer break.

After many months of waiting (and fundraising), the group of U16 and U18 players set out to play four matches in the Cape Town region, interspersed with some top coaching, courtesy of organisers TEAM Sport.

Between some fiercely fought games, the boys had the chance to see many of the region's sights.

They spent the first weekend at the Rugby Performance Centre in Riebeeck West, gaining some invaluable tips for the matches which were to follow.

They played a friendly match against another touring side, Folkestone Academy from Kent, which resulted in a 51-0 win for the U16s and a 0-0 draw for the U18s on the Sunday, prior to their first matches the following day.

Doing a great job

The U16s had a very successful second game, winning 43-0 against Bosmansdam – although it did result in a couple of casualties. Louie Crawford was taken to hospital with a broken nose and Christian Disley-May acquired a black eye from a knee in the rucks. The U18s were also victorious, notching up an 18-5 win.

Later matches included an extremely physical game against Tygerberg RFC, which resulted in an 18-18 draw to be followed by a tough battle for the

U18s which ended in a 20-17 loss.

The boys knew these matches would be tough and never eased up on the pressure, despite some dubious decisions by the referees – and this time, Matt Langmead was the casualty of the day, ending up in hospital with damage to his knee.

A packed crowd added to the atmosphere for the games against Bergvliet. The U16s quickly secured a victory of 44-5 which boosted the morale of the U18s who went on to have an equally successful game, winning 44-0.

The final match versus Fairmont High School resulted in a 15-5 win for the U16s – a fitting end to a fantastic fortnight. The U18s lost by a whisker, 22-20, but nonetheless, the two-week tour was an amazing experience for the boys which will leave them with some unforgettable memories – and, hopefully, some new rugby skills and tactics!

Other memorable events included a trip to Robben Island and the maximum security prison which was home to Nelson Mandela for so many years; a climb up Table Mountain – something achieved by Harry Leleu in an incredible 37 minutes; a trip to the Cape of Good Hope and Boulders Beach; and joining a 55,000-strong crowd to watch a Super 15 rugby match between the Stormers and the Bulls.

They also visited an ostrich

farm, a game reserve and the Fisantakraal informal settlement, where they played games with the children.

The tour was led by Antony Cook, with the aid of Bill Cuthbertson, Ed Bowden, with Miss Rogers accompanying as physio.

Mr Cook said: "It was a huge achievement for the group and something they will never forget. The views as the sun was coming down over the city were incredible and the boys had the chance to sit and really take it all in before returning on the cable car to the bottom."

Headmaster John Green, who joined the tour for a few days, said: "It was a truly educational experience and left them enriched in a wide variety of ways – and they played some great rugby. The entire touring group behaved impeccably and have done themselves, Seaford and their parents proud."

Speech Day is a time for reflection

DEPARTING headmaster Toby Mullins presented the prizes at his final Speech Day.

Looking back on 16 successful years, he reflected on many of the changes which have taken place. Laughing – even smiling – was forbidden in assembly in those days!

In 1997, there were 295 pupils in school, of which just 34 were girls and 37 in Wilberforce (now the Prep School). Academic achievement was also significantly lower. Mr Mullins praised the pupils for their achievements on and off the sports field, in music, drama and the CCF.

Reflecting on some of the 'challenges' he had faced, Mr Mullins told pupils, parents and guests how the head of a small school needs to be versatile. Over the years he has acted as groundsman, houseparent, bursar, webmaster and general labourer! He also admitted to "dabbling as an architect" – often on the back of envelopes!

Doing a great job

"If there are two things that I am glad we managed over that time, they are that the school is now no longer the place that youngsters went to only if they could not get in elsewhere – it is now an immensely popular school doing a great job with a very wide variety of students; and that we have managed to transform the physical landscape of the college, providing top class facilities, classrooms, boarding houses and a working environment of which everyone concerned with the school can be justifiably proud."

In presenting Mr Mullins with two paintings of Lavington Park, chair of governors, Mr Richard Venables Kyrke, said: "Toby has been an outstanding headmaster. He brought new ideas – some very radical – and initiated many exciting projects which have had long-lasting benefits. We would not be where we are today without his vision and his tenacity and energy to pursue and achieve it. Toby did not turn around Seaford College... he transformed it."





Restored bell is back to break the silence

THE historic bell of St Peter's, Woolavington, is once more chiming out, thanks to the fundraising efforts of students, parishioners and Old Seafordians.

The bell, which was taken down in the Easter holiday, has been restored to its former glory and was re-dedicated by the Bishop of Chichester Rt. Rev'd Dr Martin Warner at a special service in the Chapel.

Cast by John Waylett in 1723, the bell weighs about 2 cwt and has a diameter of more than 21 inches, so removing and re-installing was no mean feat!

After almost 400 years hanging high above the roof of the tiny chapel, the bell fittings were in urgent need of restoration.

Craftsmen from Nicholson Engineering, Bridport, carried out the mammoth task and spent a month restoring the bell and preparing it – hopefully – for another few centuries facing the vagaries of the great British weather.

St Peter's is one of the shepherds' churches on the Sussex Downs and was built to serve the local farming community. Today, it serves as Seaford College's quaint little chapel and is in regular use by the school and the school community.

Striking on the hour

The restoration work not only means the bell is once more sounding out from St Peter's as pupils make their way to chapel but new electronics enable the bell to strike on the hour during daytime.

In its early days, the church bell would carry the message of Sunday services to the shepherds tending their sheep on the Downs above.

Grants towards the cost of the work, which totalled £6,500, came from Old Seafordians, the Sussex Churches Bell Restoration Fund and cash raised during a sponsored run across the South Downs by six staff and five students of the College.

Headmaster John Green said: "The chapel forms an important and integral part of life at Seaford College and it is wonderful to see – and hear – the bell once more in active daily operation. It reminds us not only of our heritage but also of the College's strong Christian foundations."



FOR WHOM THE BELL TOLLS: The bell is hoisted back into its rightful place

First hand look at charity's work

DURING the summer, two members of staff from the Prep School – Sarah Page and Sarah Lewis – travelled to Northern Sumatra, Indonesia, to visit the school and orphanages sponsored by our BEATS charity.

The aim was for Sarah Page to oversee and inspect the work of the charity and for Sarah Lewis to do some volunteer teaching at the YASAH school in Medan.

Sarah Page was due to visit both the YACAN and the YASAH orphanages to continue building relationships with the staff and children and, most excitingly, to see the inauguration of a new sixth form centre.

As Park Life went to press, she was also hoping to visit many of the children and families kindly sponsored by families from Seaford College Prep School. Sarah's musical skills were also due to be put to great use in a special music seminar!

Sarah Lewis was to teach English to all ages of children at YASAH and was very much looking forward to visiting Indonesia and supporting BEATS in this way.

Sarah Page said: "We are hoping that many links will continue to be forged between the YASAH school pupils and pupils from Wilberforce."

Both Sarahs would love to hear from you if you would like to support BEATS in any way through donations or sponsorship of teachers at YASAH and/or individual children.

Speak to them when you next visit the Prep School – or pick up the phone!



Community spirit thrives

STAFF and students from the Seaford College Community rolled up their sleeves and got stuck into a whole day of 'community action' designed to do things to help local people and their environment.

Some 220 students from the senior school were able to leave the park, thanks to the generosity of Compass Travel who supplied free transport, to take part in a variety of activities, at 20 sites across Sussex, which included supermarket bag packing, a big beach clean-up, car cleaning and dog walking.

Sussex Fire and Rescue Service even got involved – and there were thrills to be had as some students gained a taste of the high life – quite literally – at the top of a turntable ladder!

A group of students helped out at Oakgrove College, a special needs school in Worthing, where one group helped to paint a mural for the school's indoor swimming pool while the 'outdoor' group did various jobs such as earthmoving, planting, weeding and repairing the playing field.

The 40 or so students who remained behind helped to entertain 150 children

from local infant and junior schools with poetry, sport and music workshops.

Organiser Clive Thorpe said: "It was an incredible day – full of enthusiasm and energy."

Now, as well as making the community day an annual event, the school plans to get involved in a regular rolling programme of community activities each week.

Mr Thorpe said: "This will be of particular interest to those students who are perhaps less sporting and would like to do something to benefit the local community when their peers are involved in sports matches."

Mr Thorpe is already planning an ambitious Jeux Sans Frontières event for 3 July 2014, when students both in and out of school will be able to participate in crazy games and contests on the park.

And watch this space for news of a really exciting event in 2015 to commemorate the signing of the Magna Carta!



We would like to see more of your students . . . we look forward to working with you in the future

Sainsbury's



Feeding baby hedgehogs is the cutest thing I've ever done

Mattie Hansing (Year9)

They all got stuck into every task – even cleaning up poo

Brent Lodge Wildlife Centre



The students were very pleasant, polite and respectful of the animals

ABC animal sanctuary



Brutality of war

IN support of their GCSE studies, 38 Year 9 students enjoyed a fascinating trip to the battlefields of Ypres and the Somme.

They were able to appreciate first hand the nature of trench warfare, and were noticeably moved by the number of casualties when they visited graveyards such as Tyne Cot.

In order to gain some connection with those who had died, pupils were encouraged to look for names that were the same or similar to theirs. One student who had come prepared even found a direct relative in the British cemetery of Thiepval! A visit to the V2 rocket site from the Second World War helped the group to make connections with that conflict and also the Holocaust, since many Jews and prisoners of war were used to construct the site.

Many of these pupils will have gained a great insight for their Year 10 studies by understanding the experience of 1914-18 as well as other aspects of their course. Similarities and differences were examined in the ways we remember war, and pupils gained an understanding which would have been unavailable in the classroom.

Academic glory ahead

A FORMER Seaford College student is on the road to success, having attained a four-year scholarship to King's College, Cambridge.

Profir-Petru Partachi spent his sixth form at Seaford, having gained a scholarship to the school from the HMC. The young academic, from the Republic of Moldova, completed AS and A2 exams in five subjects in just one year – causing his Cambridge interviewers to ask on more than one occasion: "Did you REALLY pass all those exams in just one year?"

He spent his 'leisure' time working on an e-book, designed to help A-level students gain the essential conceptual understanding required to achieve success.

Profir obtained D2(A* equivalent) in Pre-U Global Perspectives, A* in Further Maths and A in Maths, plus A or B in Physics and Chemistry and Computer Programming in his exams in June 2012.

He then began preparatory studies for a Robotics course in Czech – and completed his Cambridge Entry STEP papers in the summer. He is now embarking on a four-year masters degree in Computing and Mathematics. Profir chose Seaford for sixth form because of its excellent reputation of working with students from the Republic.

Trekking on the edge of paradise

NINE intrepid explorers from Seaford College took on a challenging 50km trek along the GR7 through the 'Himalayas of Europe' at the start of their summer holidays.

Flying from Gatwick to Malaga, the team, led by CCF Commander Major Nick Kyte, transferred by minibus to the spa town of Lanjarón and the start of their week-long adventure.

It was so hot that some of the team opted to spend the first night on camp beds under the stars, protected by mosquito nets.

The initial slog up the valley was tough and turned out to be the most arduous ascent of the trek, with temperatures in the high 30s.

Passing through Cañar, the scenery was stunning. The GR7 track clings to the side of the valley, and contours round the foothills of the Sierra Nevada, looking down into the broad valley of the Guadalfeo River and the town of Órgiva.

The first day's trek of 14 kms ended at Soportujar and a campsite at Escolta Alta, where the chance to cool off in the swimming pool was a welcome relief!

The next day, the trek took the team through Pampaneira, and Bubión, one of the famous white villages of the Alpujarras. The evening was spent trying archery – something Phoebe Reid and Chloe Gooding excelled in!

Welcome break

There was a break from walking on day three, with some canoeing on Lake Bemejales, before getting back on the GR7 to Pitres, where the town was holding its fiesta – complete with a massive paella pan loaded with rice and meat for the townfolk.

The last day of the trek saw the group spread out a bit, as the final objective approached. Sara Carr, Beth Lewis and Lucas Thornley strode out and took a commanding lead, accompanied by a second Mr Kyte – a teacher from Harrow.

Ouli Jagne, Dan Atkinson, Oli Dwyer-Ward and Aaron Brown formed a group in the middle, with Mr Kyte tracking them; while Phoebe Reid, Chloe Gooding and Mrs Kyte brought up the rear.

After reaching Trévez, having completed the trek amid the stunningly beautiful scenery of the Alpujarras, there was one final treat in store.

They made their way up to Granada, passing through the Monachil Gorge, where scenes for an Indiana Jones film were shot. Their destination was the Aventura Amazonia high ropes adventure centre – three hours of non-stop, energy-sapping, high-octane activity clambering around on safety lines half way up pine trees, with 100 metre long zip-wire runs and suspended walkways.

Major Kyte said: "What an amazing trip. Well done to everyone on a mission well-accomplished!"



New arrivals bring plenty of worldly experience

THIS term's new staff are bringing a wealth of international experience to Seaford College.

As well as the two new deputies James Passam and William Yates, featured in the last Park Life, the school welcomes a new Chaplain – Rev'd Michael Barter – and four new teachers.

Rev'd Barter comes from the urban parish of St Andrew (Old Church) in Hove and is looking forward to having a chaplaincy as well as a village

parish (Grafham).

English teacher Mrs Amy Doy comes to the College with experience of teaching in Japan, Brussels and at Camden School.

Moving from one Seaford to another, Miss Julie Stroudley joins the College as a teacher of Modern Foreign Languages and PSHE. She taught formerly at Seaford Head School in Seaford and has experience of teaching Spanish and French from

IN BRIEF

Horsham's high notes

STUDENTS from Seaford College gave some hugely successful performances at this year's Horsham Music Festival, where most of them received 'distinction' grades or 'outstanding' – the highest accolade given in national festivals – for their recitals.

All the singers performed brilliantly and to the best of their abilities, giving them great experience and confidence and a real sense of achievement.

Particular mention must be given to Hannah Wardrop, Nell Chadwick, Tom Holder, Georgia Barden and the Chamber Choir for their 'outstanding' winning performances in certain classes and the subsequent invitation for them to perform at the prize winners' concert.

The performers were: Maddy Chandler, Hannah Wardrop, Nell Chadwick, Tilly Woodford, Daisy Hanbury, Eva Glynn-Jones, Eve Taylor, Jaime Pardey, Lexie White, Tom Holder, Georgia Barden and Jenny Kent.

Corsica has last word

CORSICA house won Seaford College's house debating competition, with a fiercely contested final proposing the motion "This House would reintroduce the death penalty".

They were ably opposed by Charmandean but ultimately the Corsica team's meticulous preparation and dogged approach won out. The final took place in front of an enthusiastic audience, who also had their say on this controversial topic during a lively and insightful floor debate.

Corsica were represented by Alex Vallini, Harry Wheeler, and Peter Tutykhin, while the Charmandean team comprised Daniel Low, Charlie Ghin and Max Sloan.

A Fabulous night

SEAFORD Chapel Choir and singer Jamie Whitehouse took their music to a new level when they supported the local Fabulous Fug Band at a recent fundraising gig in Chichester.

Fabulous Fug Band, who are no strangers to the College, having performed at several summer balls, performed at The Venue to raise funds for Chloe's New Legs – an appeal to raise £36,000 to get cerebral palsy sufferer Chloe, literally, a pair of new legs!

Appeal partners Spirit FM described the night as "a joy from start to finish" with "excellent support from talented students at Seaford College".

Alex is in the Pink

YEAR 10 student Alex Hodson made it through to the next round in the Intermediate UK Maths Challenge, known as the Kangaroo Round.

He did very well to achieve 84/135 and earning himself a Pink Level Certificate which is awarded for scores in excess of 80. In the Junior UK Mathematics Challenge, of the 20 candidates from Years 7 and 8, five scored highly enough to earn a certificate.

They were: Will Newman, silver and best in year; Will Hitchcock, bronze; Oscar Harris, silver, best in year and also best in school; Jack Doe, silver; and Laura Snook, bronze.

Key Stage 3 to A-level standard.

Psychology teacher Mrs Alison Yates has taught in South Africa, at nearby Christ's Hospital, St Catherine's Guildford and, most recently, Ackworth School, Yorkshire.

Last, but not least, mathematics teacher Jenny Percival joins the College from ALNS Business and Enterprise College, Portsmouth, as an experienced teacher at secondary level.



Rising to the challenge of juggling sport and exams

IT was a busy end to the academic year for all the girls' teams – especially the seniors who managed to juggle both their studies, exams and their sport. The 15s have again shown potential which bodes well for next year and the 14s improving as the term has progressed.

TENNIS

Year 9: The girls worked hard, with a few tight matches, especially at Hurstpierpoint in gale force winds with a win for the first pair of Mairi Donaldson and Daisy Hanbury.

Year 10: The squad continued where they left off from last year, with the partnerships working well, resulting in them winning the majority of their matches – the pick of them being over Hurst. Ailsa Green and Molly Clay stood out last season with a few good wins, most memorable again against the first pair at Hurst.

Seniors: The squad, led by Harriet Cowcher, showed great commitment, with all matches being closely fought, the most outstanding being at King Edwards Witley where Maddy Wright and Carmina Rapariz Lopez-Neira won all three of their matches, with a convincing team win against Lancing College.

ROUNDERS

Year 9: The girls started the season slowly with very little confidence in their own ability, however with regular practice, managed to improve both batting and fielding. Mairi Donaldson was outstanding throughout the term in bat, scoring 18 of the 41 rounders scored. Well done also to Amelia Macpherson, who played an active role as captain.

Year 10: The U15A team had a fantastic term! They started the season off with a strong win over Lancing by 21 rounders. The girls worked well as a team, with strength in the field. There were some superb catches taken throughout the season from Jess Clay, Rosa Saul and Katie Tims. Ailsa Green was consistent as bowler but also scored a huge 33.5 rounders for her team. They won six out of their seven games.

The U15B team had some excellent performances in the few matches that they played. Some very consistent batting and fielding skills helped them to achieve wins against Lancing College and Churchers College.

Seniors: The 1st team led by Maddy Wright had a slow start to the term with a draw against The Royal on a difficult pitch but then won the remainder of their matches, resulting in an unbeaten season. The most satisfaction came from beating Churchers in a hard-fought match where the team were both consistent in their fielding and batting, especially Emily Winterflood.

The 2nd team, led by Tara Jackson, had a strong season with some convincing wins. Fielding was incredibly impressive throughout each match. The batting skills of a number of the girls also improved as the season went on and the team secured some good wins against The Royal and Churchers College.

Twin peaks

SEAFORD College U18 XV has swept to victory in the Sussex County Cup rugby final for the first time in 20 years.

The team recorded a thrilling 18-5 win over Beacon Community College, bringing the cup back to the College for the first time since 1993.

It was the second springtime success for Seaford College. The U16 boys' hockey team enjoyed a similar victory, beating Hurst in a thrilling final to win the U16 County Cup. In a nail-biting finish, Seaford, who were 2-0 down went on to a 3-2 win in the final four minutes of the game, putting them in the top 32 teams in the country and qualifying for the regional finals.

The rugby final proved equally thrilling and an early try by captain Lee Reilly put Seaford ahead with the score 5-0 at half time.

Beacon levelled the score at 5-5 but Seaford fought

back with some excellent forward work and slick hands, allowing vice-captain Callum Monks to score under the posts, which he also converted.

The squad had physical challenges throughout the game, with Beacon making some excellent tackles but Seaford dominated the line-outs from the start.

The team's superior fitness and skills in the later stages of the game led to penalties being awarded with Callum Monks successfully converting them into points, providing Seaford with a commanding 18-5 lead.

Director of Sport Antony Cook said: "The final was played on a dry and fast pitch, allowing quick handling and an expansive attacking style of rugby."

"With Seaford's U16 and U14 teams reaching the semi finals of their respective Sussex tournaments, it shows the strength in depth and the progression made in recent years."



CUP WINNERS: The triumphant U16 hockey team celebrate their victory

Relay runners are an 'inspiration'

TWO teenage relay teams from Seaford College entered this year's Salomon South Downs Marathon, helping to raise more than £200 for Macmillan Cancer Support.

The boys – two of the youngest teams to enter the event – did exceptionally well and completed the marathon within two minutes of each other, both around 4 hours 36 minutes.

The marathon was part of the boys' boarding house commitment to choose a charity to support each term and this was the first fundraiser of the summer term.

Housemaster Matthew Pitteway said the boys were described as an "inspiration" on more than one occasion by the other runners.

"The event was designed to raise money for Macmillan and we have already raised more than £200 from the run and hope more money will still be forthcoming. Our target is to beat the efforts of

the spring term where we raised just under £700 for Cerebral Palsy," he said.

The boys from Year 10, all aged 15, were Greg Firth, Matt Yeates, Charlie Costello and Declan Thompson. The Year 12 boys, all 17, were Ben Haynes, Max Stembridge, Will Norton and Ollie Crowe.

Headmaster John Green said: "Seaford College is renowned for its excellence in sport – although marathon running has never before been a particular forte of ours!"

"It was a terrific achievement for the boys who took part and great experience for them, as well as encouragement to go on to try even bigger and better things."

Housemaster Matthew Pitteway ran the half marathon and met up with the students – along with many of the school's parents – at the finishing line to celebrate.



GREAT EFFORT: The Seaford runners with their medals after completing the South Downs marathon

Plenty of talent teed up for the future

ONWARDS and upwards has always been the underlying approach towards Seaford College Golf Academy – and 2013 has proved another year most definitely on the up.

More students than ever registered in the academic year 2012-13 to try their hand at golf during games periods.

The highlight for the 'staff' was the Annual Masters Challenge against seven invited local prep schools. The winners were Windlesham House. Last year's winners, Seaford's PE department captained by Antony Cook, had to be content with the runners-up spot this time.

The Seaford Mashie, an annual event for prep school pupils, was won this year by a team from Whitgift School.

Both the senior and prep school teams had another successful term competing against other schools. It is always difficult for the golf facility to put out their most competitive players as the majority of golfers are also very good all-round sportsmen and sportswomen who are required to turn out for other disciplines.

Aptitude for game

Seb Rees, Headmaster of the Prep School, has organised a Tuesday after school club, however, under the supervision of Mrs Jones, and some of our younger pupils are showing real talent and aptitude for the game.

The Prep School team were well served last term by, among others, Harrison Channell-Greer, Harry Crow, Jonny Parry, Matt Burroughs, Tom Oldham, Jude Mayes, Ben Sturgeon, Tom Schofield and Sergio Macari.

The senior team competed very well in the matches that were played. It also gave some of the lesser lights the opportunity to shine and stake a claim in this year's term.

The friendly matches involving the staff, members and visiting teams have been going on throughout the summer, the highlight being the fiercely-contested matches between the staff of Seaford and Hurstpierpoint. With both teams having won one match each, the showdown is a Ryder Cup-style competition on Sunday 22 September.

The other important match was, of course, the annual Staff v Pupils which resulted in a narrow win for the pupils. Well done to them.

Remember, the golf facility is open to parents, pupils, staff and 'Friends of Seaford' and if you are reading this article you probably fall into one of these categories. Further details on membership can be obtained from Neil Macfarlane, Resident Golf Coach, on 07770 378970 or nmacfarlane@seaford.org.

Neil Macfarlane

Athletes of all ages strive to follow in the footsteps of Mo and co

THE summer term saw our athletes perform at a number of events with much success.

We started the term well with a senior team victory over Charterhouse and Cranleigh, where the Inters came 2nd. There was a win too for Tanya Wake in javelin.

Next came the Six Schools meet at Down Grange Stadium, Basingstoke, where we came third overall and recorded some fine victories.

St Johns College Pangbourne provided strong opposition, but Yolanda Gumpo won junior shot, while Maddy Wright took senior shot and Laura Thompson the senior triple jump.

In the junior boys, Jake Goosen won both 100m and 200m, in the Inters, Christian Disley-May won a competitive 1500m, with Hugo Dean winning the shot and Byron Clark the discus.

Next came the West Sussex West championship at the Mountbatten Centre, Portsmouth,

with many athletes qualifying for the Sussex championships in June.

For the first time ever, all our boys' teams won overall – and there were some fantastic individual victories.

In the juniors, Arun Bulman won the 1500m and Jamie Wall the triple jump.

In the Inters, Jasper Brazier won 100m, Rueben Truman the 400m, Harry Leleu 3000m, Ben North long jump, Tara Bage the 800m and Jess Franke the discus.

In the seniors, Laura Thompson and James King won both the long jump and triple jump, Freddie Ransom the 400m and all the boys teams won their relays.

Laura Thompson, Tanya Wake, Jess Francke, Tara Bage and Jessamy Clay all qualified to represent West Sussex at the county meeting.

From this meeting Jess Francke and Bea Venezia

went on to represent Sussex at the national championships.

Next the boys teams took on Hurstpierpoint, Worth and Ardingly.

Our Senior and Junior teams came in second but we won the Inter age group. Here again, there were some notable performances.

Freddie Ransom won the senior long jump and, in the Inters age, Toby Hindmarsh won the 800m and Harry Leleu the 1500m while, in the junior team, Will Salter won 200m.

Just after half term the U15 boys team won the triangular match versus Charterhouse and Cranleigh.

In the Sussex Championships at Crawley, we had one county champion in Bea Venezia in the 800m and five silvers – Laura Thompson long jump, Robin Guest 200m, James King triple jump, Jess Francke discus, and the Junior boys relay team.

Bronzes went to Freddie Ransom 400m and Jamie Wall, triple jump.

Late in the term the Year 10 and 9 boys and girls teams took on Hurstpierpoint and Ardingly, with the Year 10 boys team winning. Top performers were Nick Frost's school record in winning the 300m, Jasper Brazier's 100m victory and Rueben Truman's 400m win.

The season finished with a junior triangular meeting at Hurst and Ardingly with Annabel Jeffries winning in the discus and Tara Bage the 1500m.

Awards were as follows: Senior athlete of year – Freddie Ransom; Most improved – James King; U16 athlete of year – Harry Leleu; Most improved – Christian Disley-May; U15 athlete of year – Jasper Brazier; Most improved – Rueben Truman and Ben North; U14 athlete of year – Jake Goosen; Most improved – Jamie Wall