

Cross Country

District Championships

B Leslie



Banbridge Academy athletes had a great day at the County Down District Cross Country championships held at Dellamont park on Wednesday 19th January. On what was a perfect day for Cross Country running, the Academy had 12 individual athletes qualify for the Ulster Championships with 1 team, our Inter Girls, also qualifying in first place.

The first race of the day saw our Mini (Yr 8) girls team of six with Anna Chamber, Evie Hobson, Hannah Topping, Antonia Vlad, Casey Cousins and Katie Leslie all running really well in a field of 150 runners. Casey in particular excelled to finish in 9th place and qualify for the Ulster Championships. The team finished in



4th place, an excellent result, but just one place outside of qualification for the Ulsters. Race 2 was the Mini (Yr 8) boys' race with 2 athletes in Daniel McKee and Owen Dobson, again in a huge field of 150 runners, Daniel excelled and ran to 10th place to qualify for the Ulsters and Owen also had a good day finishing a very creditable 33rd. Race 3 was the Minor (Yr 9) girls' race with Clara Lewis and Tara Kennedy running strongly and Clara put on a strong finish to place 15th and qualify for the Ulster Championships, while Tara ran well in 21st place. Race 4 was the Minor boys' with James Henning, Harry Gough and Ross McCombe. Harry got off to a great start and was in 2nd place at the halfway point when a pulled hamstring saw him effectively out of the running, he bravely finished the race but moved down the field as he was badly hindered by the injured leg. Ross McCombe surged on though and finished 8th to qualify for the Ulsters and James ran solidly. Race 5 was the Senior (Yrs 13/14) girls' race where Holly Fisher ran brilliantly to finish 12th and qualify for the Ulsters while Amy Agnew also ran strongly to 20th place.



Race 6 was the Senior (Yrs 13/14) boys over a remarkable 6KM distance. Here Simon Ferris and Conor McKee ran really well with Simon finishing 7th to qualify for the Ulsters and Conor running to 19th place. Race 7 was the Inter (Yrs 11/12) girls with our team of Katie McCleery, Anna McKernan & Grace Hamilton. Katie and Anna ran to 6th & 7th places respectively and both qualified for the Ulsters while Grace also ran strongly to 20th place, which meant that the team finished in 1st place and they all qualify for the Ulster Championships. Race 8 was the Inter (Yrs 11/12) boys' race and our team consisted of Kian Moran, Jake Redmond, Sam Dorman and Kristian Brown. Kian had a super race and finished in 9th place to qualify for the Ulsters and Kristian also did well to finish 25th. Sam and Jake ran strongly to finish in the top half. Race 9 was our Junior (Yr 10) girls race and our team of Ciara Patton, Zara McCormick, Ellie Cousins & April McFarlane ran superbly. Ellie led the team and finished 8th to qualify for the Ulsters and was followed in by the rest in good finishing positions. Race 10, the final race of the day, was the Junior (Yr 10) boys race with a team of Charlie Tumilty, Alex Moran, Robbie Nicholl,

Banbridge Academy

Cross Country

Samuel Stevenson & Teddy Turkington. Here Alex and Charlie led the group finishing in 14th and 15th respectively to secure a spot in the Ulsters and was backed up by Samuel Stephenson in 16th with Robbie and Teddy running strongly in the middle of the pack. The team finished a very creditable 4th place.

Overall it was an outstanding day for the Academy athletes and credit should go to every student who ran so hard in a tough event.



Ulster Championships



Wednesday 9th February saw the very best cross country runners from every school in Ulster gather for the annual championships at a cold but dry Mallusk playing fields. All the athletes had previously qualified through their district championships and with a field of over 100 athletes in all 10 races, it was sure to be a challenging day.

Stars of the day for the Academy were Year 8 pupil Casey Cousins and Year 13 pupil Simon Ferris, who each finished 8th in their respective races with Simon qualifying for the Irish Schools'

Championships at the same venue on Saturday 12th March.

Casey was first to race in the mini girls' event and her great 8th place finish was backed up by Daniel McKee, in the mini boys' race, finishing in 34th spot. In the minor races Ross McCombe ran to 30th place while Clara Lewis placed 39th. Alex Moran was our only junior athlete (Ellie Cousins and Charlie Tumilty were forced to withdraw with injury) and he competed well after illness to finish 86th. In the Inter races Anna McKernan finished 54th and

Grace Hamilton was 66th, while Kian Moran also ran well to 66th place, again he was recovering from illness. In the senior races Holly Fisher ran very strongly to 28th place and the day was nicely bookended with Simon Ferris racing his way to the Irish Championships with that 8th place finish.

All the Academy athletes showed real grit and determination and it was a joy to see them back racing at this level after the enforced break from competition in 2021.

Cross Country

Irish Championships

In the Irish championships held at Mallusk, Simon Ferris in Year 13 was our only competitor. Simon ran a strong race to finish well up the field in 31st place; no mean feat in such illustrious company. Simon should be very proud of his efforts this season as he has represented himself and the school with great distinction.



Track & Field



Track & Field Athletics Report

B Leslie/G Todd

District Championships

Banbridge Academy's Athletics season got off to a great start at the Co Down Track & Field Championships held over 3 days at the Mary Peters track.

The star performers were gold medallists Emma O'Neill in the Inter Girls' Triple Jump and Ciara Patton in the Junior Girls' High Jump. Both girls jumped school records in their events, with Emma jumping 9.37m and Ciara jumping 1.44m (adding some 6cm to the existing record!)

In the Inter girls' 800m Katie McCleery also had a good day running to a very good silver medal in a fast time. We also collected two bronze medals with Harry Gough powering to 3rd in the minor boys' 800m race and Alyssa Somerville jumping well for third in the Minor high jump. Our Minor girls' relay team (Alyssa Somerville, Kizzy Gley, Allegra Muldrew & Mya Jess) also deserve a mention as they were initially awarded a Silver medal for a fantastic run in the 4x100m relay but they were adjudged to have run out of lane at a changeover and unfortunately were disqualified.

Over the 3 days we had 50 athletes, competing in multiple events, and also 6 relay teams running. It was fantastic to see all our pupils out enjoying their athletics again and all did well, especially since for most this was the first athletics championships they had been in for over 3 years and for many it was their first ever.

Ulster Championships

Banbridge Academy's 5 qualifying athletes competed in the Ulster Schools' Athletics Championships on



Saturday 21st May at a sunny Antrim Stadium. The star of the show, was also our last athlete to compete, when Junior Girl High Jumper Ciara Patton jumped brilliantly to win the Ulster title.

The Academy's first competitor was Minor boy Harry Gough in the 800m. Harry is new to the event but ran really well to finish in 12th place in a time of 2 mins 23 seconds. Another newcomer, Minor girl Alyssa Somerville, was next to compete and she jumped really well to finish in 9th place in the High Jump with a height of 1.33m. Year 12 pupil Emma O'Neill was competing in the Intermediate Triple Jump competition and she did really well to finish in 11th place with a distance of 8.91m. Katie McCleery also competed well to place 6th in the Intermediate 800m, with a time of 2 minutes and 26 seconds. But the best was saved for last when Ciara jumped in the Junior Girls' High Jump. She grew into the competition and with just 3 athletes left, at a height of 1.51m, she was the only one to go clear and she claimed the Gold medal,

the Ulster title and increased her own school record by some 7 cm. An outstanding performance from a young athlete who has only started high jumping this year. Ciara will now go on to represent the Academy in the Irish Championships in Tullamore stadium in Co Offlay on Saturday 4th June.

Irish Schools' Championships

Ciara Patton was our sole representative at the Irish Championships in Tullamore in Co Offlay. While Ciara was unable to produce the same form that saw her win the Ulster title, she still finished 11th and should be very proud of her achievements as she still gained valuable experience in what is undoubtedly the best underage championships in Ireland.



Interprovincial Championships

Ciara Patton's performance at the Ulster Championships was so good that it got her selected for the Ulster U17 squad for the interprovincial championships at Tullamore with

Track & Field

Munster, Leinster and Connacht. This was a remarkable achievement as Ciara is only in Yr 10 and Yr 12 girls are eligible for selection. An outstanding achievement for someone so young! On the day Ciara jumped well to clear 1.45m and finish in 8th place to help her Ulster team to 3rd place in the interpro.

Sportsday

Banbridge Academy's sportsday returned this year after a long absence and what a day it turned out to be! The weather was absolutely glorious and the sun shone on a full day of athletic competition between the four houses of Crozier, Dunbar, McWilliam and Waddell. Over 200 pupils took part and those not involved cheered on from the sidelines as all of Years 8-11 enjoyed the spectacle. All the traditional athletics track and field events were included as well as a golf chipping event and the ever popular Tug O' War competition to finish the day; the Ice cream van and the crepe truck were a big hit too! At the end of the day, when all the scores were added, the winners by the narrowest of margins were McWilliam; and worthy winners they were too.

All in all it was a fantastic day and everyone was delighted to get one of the school's big events back on track after a long time away. Well done to all involved in making such a fantastic day happen. Roll on next year!

Interschools' Championships

Banbridge Academy athletes enjoyed a wonderful day out at the final event of the season, the Banbridge District Inter Schools, held at St Coleman's College's track in Newry. In a restructuring of the event it would include athletes from Years 8-10 across 6 different events competing for individual medals and team silverware. The usual schools of Banbridge Academy, Newbridge Integrated College, Banbridge High School, Dromore High School &



Rathfriland High School were joined this year by Newry High School.

Throughout the day the Academy had numerous medallists across the different events and some outstanding individual performances. A brilliant day of track and field was rounded off when the Academy won 5 of the 6 relay events and when the overall trophies were presented at the end, the Academy won the Year 8 Boys and Girls and the Year 9 Boys titles while finishing 2nd in the Year 9 girls. The Year 10 scores were not included in the team competition as they did not have full entries from all schools, but again we performed well in the individual events. This success meant that once the overall totals were calculated Banbridge Academy were the overall winners of the competition and took home the wonderful trophy.

It was undoubtedly a very successful and enjoyable season for the Banbridge Academy athletes and it was great to get back to competitive athletics after two years out. Well done to everyone!



Ciara Patton	Year 10 Girls	High Jump	1.51 m
Joy Mawson	Year 11 Girls	200M	32.26 secs
Katie McCleery	Year 12 Girls	1500M	5 mins 26.95 secs
Emma O'Neill	Year 12 Girls	Triple Jump	9.37 m
Paige Swain	Year 13 Girls	Shot Putt	6.21 m
Zara Morton, Nancy McCusker, Maddison Wilson, Mya Kennedy	Year 8 Girls	4 x 100M	59.4 secs

In 2022 several new school records were set. These were as follows;