



Year 3 to 10

Sports Day

Charlton
Athletics Track

Friday 3rd July 2026

Welcome to Rookwood School Sports Day 2025!

We are delighted to welcome all parents, carers, visitors, officials, and competitors to Rookwood School's Sports Day. This is always a joyful occasion, and I'm very much looking forward to spending the day with you and your children.

Our Sports Day is designed to be inclusive, energetic, and full of fun. Every pupil has the chance to take part, challenge themselves, and enjoy the encouragement of our wonderful school community.

Please join us in celebrating their hard work and enthusiasm on Friday 3rd July 2026, from 09:00–15:30 at Charlton Athletics Track. Bring along blankets, chairs, and a picnic to make the most of the day.

Your presence and support make a real difference, and we can't wait to share this special day with you.

Kind regards

Susie Harvey

Acting Head of Physical Education

Timetable of Events

Please note that all timings are approximate and may need to be adapted slightly throughout the day. Please allow time before and after the scheduled start time to avoid missing the event.

Track Race Order

Race No.	TIME approx.	YEAR	EVENTS	GROUPS/FINALS
1	9:30 AM	9 & 10	1500	MIXED
2		8	1000	MIXED
3		6	600	MIXED
4	10:00 AM	5	600	MIXED
5		3 & 4	400	MIXED
6		10	800	BOYS
6		10	800	GIRLS
7	10:30 AM	9	800	MIXED
8		8	800	BOYS
9		8	800	GIRLS
10		7	600	MIXED
11		6	150	BOYS
12	11:00 AM	6	150	GIRLS
13		5	150	BOYS
14		5	150	GIRLS
15		5	150	GIRLS
16		4	100	MIXED
17		4	100	MIXED
18		3	100	MIXED
19	11:30 AM	10	200	BOYS
20		10	200	GIRLS
21		9	200	BOYS
22		9	200	BOYS
23		9	200	GIRLS
24		8	200	BOYS
25		8	200	GIRLS
26		7	150	MIXED
Lunch approx. 12:00 PM - 12:45 PM				
27	1:00 PM	3	OBSTACLE	MIXED
28		3	OBSTACLE	MIXED
29		4	OBSTACLE	MIXED

30		4	OBSTACLE	MIXED
31		5	OBSTACLE	MIXED
32		5	OBSTACLE	MIXED
33		6	OBSTACLE	MIXED
34		6	OBSTACLE	MIXED
35		7	OBSTACLE	GIRLS
36		7	OBSTACLE	GIRLS
37		7	OBSTACLE	BOYS
38		8	OBSTACLE	BOYS
39		8	OBSTACLE	GIRLS
40		9	OBSTACLE	BOYS
41		9	OBSTACLE	GIRLS
42		10	OBSTACLE	GIRLS
43	1:30 PM	3	60	MIXED
44		4	60	MIXED
45		4	60	MIXED
46		5	75	BOYS
47		5	75	GIRLS
48		6	75	BOYS
49		6	75	GIRLS
50		6	75	GIRLS
51		7	80	BOYS
52		7	80	GIRLS
53	2:15 PM	8	100	BOYS
54		8	100	GIRLS
55		8	100	GIRLS
56		9	100	BOYS
57		9	100	GIRLS
58		10	100	BOYS
59		10	100	GIRLS
60	2:30 PM	3 & 4	Relay	MIXED
61		3 & 4	Relay	MIXED
62		5 & 6	4x 100m Relay	MIXED
63		7 & 8	4x 100m Relay	MIXED
64		7 & 8	4x 100m Relay	MIXED
65		9 & 10	4x 100m Relay	MIXED
66		9 & 10	4x 100m Relay	MIXED

Year group events order

Year 3	
Time	Event
9:40-10:00	Skill Wheel
10:05	400m
10:20-11:00	Long Jump (Pit 1)
11:25	100m
11:40-12:20	Quoit
12:20-1:00	LUNCH TIME
1:00	Obstacle
1:30	60m
1:20-1:40	Vortex
2:00-2:40	Welly Wang
2:40	Relay

Year 4	
Time	Event
10:00-10:20	Skill Wheel
10:05	400m
10:20-11:00	Long Jump (Pit 2)
11:00-11:20	Welly Wang
11:20	100m
11:40-12:20	Vortex
12:20-1:00	LUNCH TIME
1:10	Obstacle
1:35	60m
2:00-2:40	Quoit
2:45	Relay

Year 5	
Time	Event
10:00	600m
10:20-10:40	Welly Wang
10:40-11:00	Skill Wheel
11:10	150m
11:20-11:40	Quoit
11:40-12:20	Long Jump (Pit 1)
12:20-1:00	LUNCH TIME
1:20	Obstacle
1:00-1:20	Vortex
1:40	75m
2:20-2:40	High Jump
2:50	Relay

Year 6	
Time	Event
10:00	600m
10:20-10:40	Skill Wheel
10:40-11:00	Quoit
11:10	150m
11:20-12:00	Long Jump (Pit 2)
1:00-1:40	LUNCH TIME
1:00-1:40	Welly Wang
1:25	Obstacle
1:45	75m
2:00-2:20	High Jump
2:20-2:40	Vortex
2:55	Relay

Year 7	
Time	Event
09:40-10:20	Discus (Boys and Girls)
10:20-10:40	Javelin – (Boys and Girls)
11:00	600m
11:20-11:40	Welly Wang (Boys and Girls)
11:40-12:20	High Jump – Girls
11:50	150m
12:20-1:00	LUNCH TIME
1:00-1:40	High Jump - Boys
1:00-1:20	Long Jump (Boys and Girls)
1:40-2:00	Skills Wheel (optional)
1:45	80m
2:00-2:40	Shot Put (Boys and Girls)
	Relay

Year 8	
Time	Event
9:45	1000m
09:40-10:00	Welly Wang – (Boys and Girls)
10:40	800m
11:00-11:20	Discus – (Boys and Girls)
11:20-11:40	Skills Wheel (optional)
11:40-12:20	High Jump – Mixed
11:40-12:20	Shot put (Boys and Girls)
12:20-1:00	LUNCH TIME
1:20-1:40	Long Jump – Girls (Pit 1)
1:20-2:00	Long Jump – Boys (Pit 2)
1:40-2:20	Javelin - (Boys and Girls)
1:50	100m
3:10	Relay

Year 9	
Time	Event
9:30	1500m
09:40-10:00	Long Jump – Pit 1 (Boys and Girls)
09:40-10:00	High Jump - (Boys and Girls)
10:20-11:00	Shotput - Boys
10:20	800m
10:40-11:00	Welly Wang – Boys
11:00-11:40	Javelin – (Boys and Girls)
12:20-1:00	LUNCH TIME
1:00-1:20	Discus - Girls
1:40-2:00	Welly Wang – Girls
1:40-2:00	Discus – Boys
1:50	100m
2:00-2:20	Skills Wheel (optional)
3:15	Relay

Year 10	
Time	Event
9:30	1500m
09:40-10:20	Javelin - (Boys and Girls)
9:40 – 10:20	Shotput – (Boys and Girls)
10:20	800m
10:20-11:00	High Jump - (Boys and Girls)
11:30	200m
11:40-12:00	Welly Wang – (Boys and Girls)
12:00-12:20	Welly Wang – Girls
12:20-1:00	LUNCH TIME
1:20-1:40	Discus – (Boys and Girls)
1:40-2:20	Long Jump – Girls (Pit 1)
2:00-2:40	Long Jump – Boys (Pit 2)
2:00	100m
3:20	Relay

Senior School Records

Event	Year	Record	Title
80m	7	10.62	Joshua Chatee 2010
		11.3	Alya Omeh 2017
100m	8	10.9	Patrick Thomas 2016
		13.8	Lucy Allright 2022
	9	12.06	Jacob Osagie 2023
		12.5	Lucy Allright 2023
	10	11.75	Luke Rea 2018
		13.18	Lucy Allright 2024
150m	7	20.2	Samuel Harding 2015
		21.24	Faye Baker 2010
200m	8	25.8	Samuel Harding 2016
		28.02	Shelby Baker 2008
	9	22.53	Joshua Chatee 2012
		26.6	Lucy Allright 2023
	10	24	Joshua Chatee 2013
		26.4	Lucy Allright 2024
600m	7	1.55	Benjamin Miles 2013
		1.57	Lucy Allright 2021
800m	8	2.35.90	Benjamin Miles 2014
		2.33	Lucy Allright 2022
	9	2.24.5	Joseph Rea 2016
		2.25.87	Lucy Allright 2023
	10	2.15	William England 2016
		2.31	Lucy Allright 2024
1000m	7	3.15.6	Joseph Gibson 2014
		3.47	Lexie North 2019
	8	3.07.00	Joseph Gibson 2015
		3.57	Emma Binning 2018
1500m	9	4.45.70	Joseph Gibson 2016
		5.49.90	Ella Neil 2012
	10	4.58.18	Joseph Gibson 2017
		5.53	Edith Brazier 2014

Event	Year	Record	Title
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Discus	7	22.57	Benjamin Miles 2013
		17.77	Charlotte King 2013
	8	24.45	Mishaund Belfon 2022
		18.7	Esmae Illman 2021
	9	26.11	Benjamin Miles 2015
		19.55	Kitty Brazier 2022
10	18.87	Oli Cieply 2019	
	25.08	Ellie MacDonald 2022	
Shot	7	10.16	Samuel Harding 2015
		6.59	Sarah Hill 2008
	8	10.15	Joe Western 2016
		9.02	Kitty Brazier 2021
	9	9.85	Owen Nattress 2017
		9.1	Georgie Lemon 2024
10	11.2	Kyrill Kennett 2019	
	8.17	Faye Baker 2013	
Long Jump	7	4.65	Matthew Chant 2009
		4.93	Lauren Marlow 2008
	8	4.91	Jake Gardham 2009
		4.85	Shelby Baker 2008
	9	5.15	Theo Norman-Nott 2019
		4.45	Charlotte King 2015
10	5.27	Aaron Christon-Greet 2012	
	4.87	Faye Baker 2013	
High Jump	7	1.21	Jemima Kerrison 2015
		1.39	Ashwyn Barnes 2024
	8	1.45	Alexander Mclean 2013
		1.37	Jemima Kerrison 2016
	9	1.63	Robbie Broom 2021
		1.42	Jemima Kerrison 2017
10	1.67	Oliver Burrows 2024	
	1.48	Alice Boughton	
Javelin	7	22.2	Jake Gardham 2008
		15.85	Sarah Hill 2008
	8	26.91	Morgan Vanandel 2013
		17.25	Sarah Hill 2009
	9	29.6	Joseph Hutchinson 2013
		29.3	Alice Boughton 2009
10	31.1	Morgan Vanandel 2015	
	28.25	Alice Boughton 2010	
Welly Wang	7	16	Monty Johnston 2021
		17.4	Jess Mills 2023
	8	19.5	Sam King 2023
		17.7	Georgie Lemon 2023
	9	22.77	Monty Johnston 2023
		15.06	Lucy Allright 2023
10	23.01	Archie Dobson 2023	
	18.8	Sophie Wardle 2023	

Lower School Records

Event	Year	Record	Title
60m	3	10.2	Cullen Kumah 2023
		10.6	Ede Buchele 2014
	4	9.9	Charlie House 2014
		9.52	Kaylee Belfon 2021
75m	5	11.5	Charles Lambert 2015
		12	Ede Buchele 2016
	6	10.96	James Ayton 2018
		11.3	Ede Buchele 2017
100m	3	16.2	George Treagust 2017
		17.2	Grace Culley-Wilson
	4	15.41	George Treagust 2018
		16.7	Lucy Allright 2018
150m	5	22.8	Frederick Christiansen 2015
		23.3	Hannah Bradbury 2013
	6	22.6	Sam Harding 2014
		22.95	Ellie MacDonald 2018
400m	3	1.22	George Treagust 2017
		1.33.80	Lexie North 2015
	4	1.21.48	Timi Adegunleye 2021
		1.24.00	Lucy Allright 2018
600m	5	2.03.00	Archie Evanson Goddard 2018
		2.13.00	Rosie Ikuesan 2018 Lucy Allright 2019 Rafi Coombs 2024
	6	1.56.00	Myles Cole 2015
		2.07.60	Lexie North 2018

Event	Year	Record	Title
High Jump	5	1.12	Harry Brewer 2021
		1.15	Jessica Mills 2021
	6	1.23	John Brazier 2021
		1.2	Abigail Kenny 2021
Long Jump	3	2.8	Frederik Christiansen 2013
		2.85	Megan Light 2019
	4	3.12	James Ayton 2016
		3.08	Abigail MacDonald 2018
	5	3.29	Charlie Lambert 2015
		3.32	Grace Culley- Wilson 2018
	6	3.42	Oliver Norris –Hill 2014
		3.52	Grace Culley- Wilson 2018
Quoit	3	22.3	Charlie Lambert 2014
		15.8	Eloise Marston 2024
	4	18	Myles Cole 2013
		16.95	Chloe Taylor 2024
	5	18.97	Wilbur Wilcock 2024
		17.64	Megan Light 2021
	6	26.53	Rio Dominguez 2023
		23.35	Flo Halpin 2023
Vortex	3	15.43	Thomas Nixon 2022
		11.79	Minerva Baker 2022
	4	22.63	Zachary Reidel 2024
		14.1	Isabel Dagless 2022
	5	32.03	Wilbur Wilcock 2024
		16.16	Saressa Rose 2021
	6	33.5	John Brazier 2021
		21.27	Isabel Dagless 2024
Welly Wang	3	12.4	Cullen Kumah 2023
		11.5	Isabel Dagless 2021
	4	13.3	Josh Annor 2022
		13.1	Emerald Akadu 2021
	5	14.4	Ayomide Enirayetan 2021
		15.35	Jessica Mills 2021
	6	13.7	Rio Dominguez 2023
		15.4	Martha Stone 2022

Diagram of event locations

