



Regional Sportshall 9th March 2024, Paignton Devon

After three successful league Sportshalls and the Dorset Sportshall championships held at Canford School between October 2023 and January 2024, over 50 athletes were selected to represent their county at the Regional Sportshall championships in Devon. This is a chance for junior athletes aged 8 to 15 to practice their throwing, jumping and running skills indoors competitively during the winter. Winning teams and individual U15 girl and boys winners progress to compete for the SW at the Sportshall UK Final in April at Stoke.

This event saw our Dorset Dynamo teams comprising over 50 athletes compete against Devon, Avon and Gloucester in individual races, a variety of relays and a series of field events including standing long jump, shot put, speed bounce, vertical jump, balance test and target throw.

After the coach trip through very wet conditions the athletes and team managers met with those driving down by car at the Torquay Leisure Centre in Paignton. A dash through the rain into the crowded hall saw excitement mount as green Dorset T-shirts and numbers were handed out. The announcer's voice luckily was loud enough to cut through the many excited voices to give out the instructions for the events. Warm-ups were completed and events and starts were practised whilst families watched from the packed stands. The obstacle relay was the first event of the day and got the cheers. Field events running alongside track events meant it was a busy arena with lots of activity and noise. The Dorset athletes showed great team spirit working together and encouraging each other in the bustling atmosphere to gain maximum points and have fun in all events.

Excellent results were gained by all against strong teams from much larger counties with U11 Boys, U11 Girls, U13 Boys and U15 Girls all finishing in second place and U13 Girls in third. In the U15 Girls Bethany Smith finished in second place overall, which is an excellent result.

Individual first placings were:

U11B: balance test Zachary Johnson and Reuben Gates, javelin Charlie Power, triple jump Tristan Aubrey, target throw Elliot Richings.

U11G: balance test Abi Hartley, standing long jump Evie Travers, 2 by 2 lap and the medley relay teams.

U13B: 4 lap race Elliott Trickey.

U13G: 4 lap race Grace Harrison, 6 lap race Rosie Gollings, shot put Lumen Myers, obstacle relay team.

U15G: vertical jump Bethany Smith.



U13 Girls team



Team managers



U11 boys team

Congratulations to all the athletes on a fun and successful day of indoor athletics. Thank you to parents and volunteers for transport and helping on the day. Team managers and assistants: thank you for preparation and team organisation so a big thanks to Robin James, Paula Hine, Charlotte Phillips, Claudia Howse, Jean Matthews, Gill May, Sarah Talbot, Adam Jundi, Lynn Waller, Lisa Harrison and Lee Sherren.

Sportshall restarts at Canford School in October 2024. Let's make 2024/2025 another successful season and prepare for more great results in Paignton in 2025.