

## Why try Athletics?

In athletics we try to encourage every student to discover their potential, whatever level they might be. The emphasis is on fun, teamwork and hard work. Students flourish in this warm and friendly environment.



## Who can do it?

Athletics is available to all students across the academic year. The Millfield Activity Programme allows students to experience athletics and try all of the events. There is an option for older students and those at an advanced level to select athletics as a full-time option. Younger students can participate in athletics alongside the game of the term in lunchtime sessions with the coaching team. Full-time athletes can compete in both indoor and outdoor competitions in the spring and summer terms, while all students can choose athletics in the summer term and represent the school in competitions both home and away.

## Highlights from the last year

- Athletes achieved records and personal bests at the ESAA Combined Events Championships
- Seb Clatworthy won the Welsh Championships in the high jump
- Lucy-Jane Matthews was nominated for the Athletics Weekly Junior Athlete of the Year Award and was selected to represent England at senior level
- Number of students participating in athletics at an all-time high, with numbers represented at county, national and international level setting new records
- Millfield track refurbishment and investment, including new world class eight-lane sprint straight, six-lane 400m track, updated long jump pit and state-of-the-art pole vault area with double entry mat
- Former Millfield student, Jazmin Savyers, selected to compete in the long jump competition at the Tokyo Olympic Games.

## Looking forward

- Hosting higher level competitions as a result of refurbishment
- International athletes joining Millfield
- One-to-one coaching in curriculum time available to further engage technical development



## High performance

Athletics allows all students to find their level. Through the guidance of our expert coaches, who span many event disciplines, we have seen students compete internationally almost every year. An all year round programme is tailored to the individual student, whilst maintaining the fun of training within a group. Strength and conditioning training is also integrated within the athletics training programme.



"I joined Millfield ranked 15th in the country for my event. After just two terms I ranked 3rd. Millfield provided me with the great coaching and facilities I needed, while still making it a fun experience, which spurred me on to train as hard as possible. "

Lukas Lakin (Old Millfieldian)



## Success stories and future stars

Sixth Former Lucy-Jane Matthews European Hurdles U20 Bronze medallist said:

"Being a part of the Millfield Athletics team is a unique and very exciting opportunity which I'm extremely grateful to be able to experience. I love that I can balance my academics with my athletics so easily at Millfield, it's the perfect place for someone like me who wishes to achieve highly in both of these areas and beyond."

"Millfield coaches have worked collaboratively with Lucy-Jane's points of contact on the British Athletics Olympic Futures' Programme, and have created a programme that is bespoke to her busy academic schedule and complements her ambitions both within and outside of her sport, making her Millfield experience very beneficial."

Anna Matthews  
Mother of Lucy-Jane