

NORFOLK Sportshall Athletics

Date: 15OCT16

Location: UEA



Set Save As

Competition Details:

Team Events

Sat 15th Oct - Sportspark UEA

Sat 5th Nov - Sportspark UEA

Sat 26th Nov - Sportspark UEA

Individual entry

26th County Championship
Sat 7th Jan 2017 - Sportspark, UEA Norwich

Regional Competition (East)

12-Feb-17

National Final

t.b.c

See National Sportshall link: <http://www.sportshall.org/>

u11B Overall Results

Team	Taverham							12OCT13					
	2 Lap	4 Lap	2Lap Hurdles	Long Jump	Vert Jump	Speed Bounce	Chest Push	6 Lap Parlauf	Obstacle relay	4 x 1 Relay	Points	Position	
A													
B	Beccles & Bungay H												
C													
D	Ryston Runners												
E													
F	City of Norwich	20	31	31	28	31	21	22	17	18	18	237	8
G	Great Yarmouth	22	38	44	36	35	35	19	22	22	22	295	5
H													
I													
J	North Norfolk Harrier	17	39	35	23	36	15	36	20	19	20	260	7
K	W Norfolk	43	38	29	40	36	45	40	21	21	21	334	2
L													
M													
N	Ryston Runners	38	28	34	35	36	29	36	24	23	23	306	4
O	City of Norwich	41	42	40	34	44	43	49	25	25	25	368	1
P	Bungay Black Dog	5		8	17		20					50	12
Q													
R	Great Yarmouth												
S	Diss AC	20	10	17	4	19	21	15	16			122	11
T													
U	Waveney	35	16	15	18	10	13	14	18	16	16	171	9
V	Waveney	31	29	26	36	27	35	42	19	20	19	284	6
W	Waveney	43	32	42	34	28	33	34	23	24	24	317	3
X	City of Norwich												
Y	City of Norwich												
Z	City of Norwich	10	16	13	14	20	18	17	15	17	17	157	10

u11B 2 Lap

		Time
3B		[25.2]
12B	Oakley Took	[26.0]
4C	William Broad	[26.2]
4A	Thomas O'neill	[26.7]
12A	George Evans	[26.7]
3A		[27.1]
D		
DD		
E		
EE		
F	Bradley Rogers	27.1
FF	Callum Hollidge	26.7
G	Max Marshall	27.1
GG	Thomas Wilson	26.4
H		
HH		
I		
II		
J	Harry Jeary	26.9
JJ	Thomas Smith	27.3
K	Ryan Wood	24.2
KK	George Davis	25.7
L		
LL		
M		
MM		
N	David MacQueen	24.6
NN	Malakai Took	26.4
O	Benjamin Polley	23.6
OO	Torin Macguire	26.1
P	Freddie Cox-Hartigan	27.6
PP	Johnny Green	
Q		
QQ		
R		
RR		
S	Oslo Chapman	26.1
SS	Liam Scott	29.5
T		
TT		
U	Reuben Colbridge	25.6
UU	Korey Cawood	26.4
V	William Browne	26.6
VV	Liam Bridges	25.7
W	Jude Benson-Smith	24.7
WW	William Butcher	24.9
X		
XX		
Y		
YY		
Z	Jack Williams	27.4
ZZ	Alfie Furness	27.7

Position	Points
17	9
15	11
17	9
13	13
16	10
19	7
2	24
7	19
3	23
11	15
1	25
10	16
21	5
9	17
23	3
6	20
11	15
14	12
7	19
4	22
5	21
20	6
22	4

Combined
20
22
17
43
38
41
5
20
35
31
43
10

u11B Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
8A	Charlie Mudd				[1.07]			
3G	William Hurst				[1.25]			
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Hal Morritt				1.73	3	23	28
FF	Callum Hollidge				1.11	21	5	
G	Oliver Shipp				1.86	2	24	36
GG	Andrew Mayne				1.421	14	12	
H								
HH								
I								
II								
J	George Rivett				1.391	17	9	23
JJ	George Coles				1.44	12	14	
K	Ryan Wood				1.64	4	22	40
KK	Charlie Tunmore				1.57	8	18	
L								
LL								
M								
MM								
N	David MacQueen				1.97	1	25	35
NN	George Evans				1.4	16	10	
O	Alex Scott				1.62	5	21	34
OO	Torin Macguire				1.43	13	13	
P	Freddie Cox-Hartigan				1.5	9	17	17
PP	Johnny Green							
Q								
QQ								
R								
RR								
S	Liam Scott				1.07	22	4	4
SS								
T								
TT								
U	Reuben Colbridge				1.42	15	11	18
UU	Korey Cawood				1.36	19	7	
V	William Browne				1.61	6	20	36
VV	Liam Bridges				1.461	10	16	
W	Charles Hardy				1.46	11	15	34
WW	Jude Benson-Smith				1.571	7	19	
X								
XX								
Y								
YY								
Z	Jack Williams				1.29	20	6	14
ZZ	Rafe Short				1.39	18	8	

u11B Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
3B	George Rivett				[35]			
3D	Thomas Smith				[27]			
3C	Daniel Coles				[32]			
3E	George Coles				[35]			
3G	William Hurst				[27]			
4C	William Broad				[33]			
D								
DD								
E								
EE								
F	Hal Morritt				44	1	25	31
FF	Rhys Howard				25	20	6	
G	Andrew Mayne				36	6	20	35
GG	Max Marshall				32	11	15	
H								
HH								
I								
II								
J	Harry Jeary				34	7	19	36
JJ	Taylor E				33.01	9	17	
K	Thomas O'Neill				37.01	4	22	36
KK	George Davis				30.02	12	14	
L								
LL								
M								
MM								
N	David MacQueen				44	1	25	36
NN	Oakley Took				29	15	11	
O	Benjamin Polley				38	3	23	44
OO	Joe Machin				37	5	21	
P								
PP								
Q								
QQ								
R								
RR								
S	Max Brookes				27	18	8	19
SS	Oslo Chapman				29	15	11	
T								
TT								
U	Wilf Gouldby				24	22	4	10
UU	Henry Hardy				25	20	6	
V	Thomas Supple				33.02	8	18	27
VV	Ben Littlejohns				28	17	9	
W	Charles Hardy				30	14	12	28
WW	Seth Frankland				33	10	16	
X								
XX								
Y								
YY								
Z	Jack Williams				30.01	13	13	20
ZZ	Alfie Furness				26	19	7	

u11B Speed Bounce

		Total Jumps	Position	Points	Combined Total
5 AA	Max Marshall	[36]			
B BB					
C CC					
D DD					
E EE					
F FF	Bradley Rogers Callum Hollidge	20 39	23 8	3 18	21
G GG	Oliver Shipp Thomas Wilson	47 35	3 14	23 12	35
H HH					
I II					
J JJ	Harry Jeary Taylor E	23 28	20 17	6 9	15
K KK	Ryan Wood Charlie Tunmore	52 42	2 5	24 21	45
L LL					
M MM					
N NN	Malakai Took George Evans	38 37	10 13	16 13	29
O OO	Alex Scott Barney Clarke	39 53	8 1	18 25	43
P PP	Freddie Cox-Hartigan Johnny Green	41	6	20	20
Q QQ					
R RR					
S SS	Oslo Chapman Liam Scott	38 21	10 21	16 5	21
T TT					
U UU	Henry Hardy Wilf Gouldby	25 21	18 21	8 5	13
V VV	Thomas Supple Ben Littlejohns	40 38	7 10	19 16	35
W WW	Seth Frankland William Butcher	44 31	4 15	22 11	33
X XX					
Y YY					
Z ZZ	Oisin Maguire Alfie Furness	25 29	18 16	8 10	18

u11B Chest Push

		First Throw	Second Throw	Third Throw	Best Throw	Position	Points	Combined
4C AA	William Broad				[5.5]			
B BB								
C CC								
D DD								
E EE								
F FF	Bradley Rogers Rhys Howard				4.75 3.75	11 19	15 7	22
G GG	Max Marshall Thomas Wilson				3.75 3.75	17 16	9 10	19
H HH								
I II								
J JJ	Daniel Coles Thomas Smith				5.75 4.25	2 14	24 12	36
K KK	Thomas O'Neill George Davis				5.00 5.50	8 4	18 22	40
L LL								
M MM								
N NN	Malakai Took Oakley Took				5.00 5.00	8 8	18 18	36
O OO	Benjamin Polley Barney Clarke				6.25 5.75	1 2	25 24	49
P PP								
Q QQ								
R RR								
S SS	Max Brookes				4.75	11	15	15
T TT								
U UU	Charlie Mudd Korey Cawood				3.75 3.50	18 20	8 6	14
V VV	William Browne Liam Bridges				5.25 5.25	5 5	21 21	42
W WW	Jude Benson-Smith William Butcher				5.25 4.50	5 13	21 13	34
X XX								
Y YY								
Z ZZ	Oisin Maguire Rafe Short				4.00 3.50	15 20	11 6	17

u11B 6 Lap Paarlauf

j	
12A	
JJ	
S	
E EE	
F FF	Callum Hollidge Bradley Rogers
G GG	Oliver Shipp Kaydn Thompson
H HH	
I II	
J JJ	Harry Jeary Taylor E
K KK	George Davis Charlie Tunmore
L LL	
M MM	
N NN	David MacQueen George Evans
O OO	Alex Scott Joe Machin
P PP	Freddie Cox-Hartigan Johnny Green
Q QQ	
R RR	
S SS	Oslo Chapman Liam Scott
T TT	
U UU	Reuben Colbridge Henry Hardy
V VV	William Browne Liam Bridges
W WW	Jude Benson-Smith William Butcher
X XX	
Y YY	
Z ZZ	Rafe Short Rafe Short

Time
[78.9]
[79.9]
[83.5]
[86.1]
83.2
76.6
81.4
80.4
76.3
76.2
88.3
82.6
81.5
76.31
89.1

Position	Points
9	17
4	22
6	20
5	21
2	24
1	25
10	16
8	18
7	19
3	23
11	15

u11G Overall Results

Taverham

12OCT13

Team	2 Lap	4 Lap	2Lap Hurdles	Long Jump	Vert Jump	Speed Bounce	Chest Push	6 Lap Parlauf	4 x 1 Relay	Obstacle relay	Points	Position
A												
B Beccles & Bungay H	10	9	8	6	16	9	16	15		18	107	11
C												
D												
E												
F City of Norwich	14		27	19	25	13	23	18	18		157	8
G Great Yarmouth	36	39	43	39	34	42	48	22	24	24	351	3
H												
I												
J North Norfolk Harrier	34	36	28	25	33	37	28	23	21	20	285	5
K W Norfolk	40	42	36	38	44	45	42	20	22	23	352	2
L												
M												
N Ryston Runners	14		7	25		11					57	12
O City of Norwich	46	40	43	43	48	37	39	24	25	25	370	1
P Bungay Black Dog	10	24	15	19		16	16	16			116	10
Q Bungay Black Dog												
R Great Yarmouth	27	28	15	28	22	35	22	21	19	19	236	7
S Diss AC	29		23		14	24	13	17			120	9
T												
U												
V Waveney			2		13						15	13
W Waveney	29	43	49	38	31	37	38	25	23	21	334	4
X City of Norwich												
Y City of Norwich												
Z City of Norwich	35	28	30	31	31	21	32	19	20	22	269	6

u11G 2 Lap

		Time
5A AA	Jennifer Allen	[25.7]
B BB	Maisy Field Lizzie Munnings	31.4 31.4
3H 3K		[25.9] [26.2]
4L 4G	Ester Broad Jennifer Wood	[26.9] [29.3]
4F EE	Betty Schwarz	[30.9]
F FF	Alice Brown Liliana Mariuzzo	30.2 29.6
G GG	Lauren Ward Maggie Bean	25.1 26.0
H HH		
I II		
J JJ	Georgia Pegg Sophie Allen	24.1 27.8
K KK	Holly Lawrence Lily Roberts-Anchor	24.4 25.4
L LL		
M MM		
N NN	Matilda Loram	26.2
O OO	Nicole Kaszczak Erica Gara George	24.1 24.3
P PP	Caroline Cox-Hartigan Tia Holloway	31.4 29.6
Q QQ		
R RR	Allyna Mukuya Madison Frost	25.4 28.8
S SS	Tamara Riches Grace Scott	25.8 27.2
T TT		
U UU		
V VV	Emily Wells Io Van Haren	
W WW	Ella Newman Laila Spurgeon	26.2 26.1
X XX		
Y YY		
Z ZZ	Serena Ogoba Ffion Goff	24.0 28.1

Position	Points
21	5
21	5
20	6
18	8
6	20
10	16
3	23
15	11
5	21
7	19
12	14
2	24
4	22
23	3
19	7
8	18
17	9
9	17
14	12
12	14
11	15
1	25
16	10

Combined
10
14
36
34
40
14
46
10
27
29
29
35

u11G 4 Lap

		Time	Position	Points	Combined
A					
AA					
B	Imogen Stone				
BB	Lizzie Munnings	70	17	9	9
4I	Martha Broad	[55.2]			
4G	Jennifer Wood	[63.2]			
4F	Betty Schwarz	[68.2]			
DD					
E					
EE					
F	Pheobe Bryant-Owu				
FF					
G	Jennifer Allen	54.2	8	18	
GG	Izzy Ward	53.9	5	21	39
H					
HH					
I					
II					
J	Georgia Pegg	51.5	1	25	
JJ	Willow Siddal	60.8	15	11	36
K	Holly Lawrence	52.2	4	22	
KK	Lily Roberts-Anchor	54	6	20	42
L					
LL					
M					
MM					
N					
NN					
O	Erica Gara George	52.2	3	23	
OO	Caitlin Bell	54.5	9	17	40
P	Eloise Morran	56.8	12	14	
PP	Tia Holloway	66.4	16	10	24
Q					
QQ					
R	Allyna Mukuya	56.9	13	13	
RR	Isla Marshall	55.2	11	15	28
S					
SS					
T					
TT					
U					
UU					
V	Ana Colbridge				
VV	Emily Wells				
W	Isabella Christmas-A	51.8	2	24	
WW	Agatha Gouldby	54.1	7	19	43
X					
XX					
Y					
YY					
Z	Megan Goff	55.2	10	16	
ZZ	Edith Avowlanu	57.1	14	12	28

u11G 2 Lap Hurdles

		Time
A		
AA		
B	Maisy Field	36.3
BB	Molly Turner	34.7
4K	Jessica Milnes	[28.6]
4H	Annie Bastion	[30.3]
3J		[30.4]
3I		[31.2]
4L	Ester Broad	[31.3]
EE		
F	Millie Brown	27.7
FF	Pheobe Bryant-Owu	29.2
G	Hollie Willeard	26.7
GG	Izzy Ward	27.4
H	Izzy Ward	
HH		
I		
II		
J	Ruby Love	28.4
JJ	Esmie Jonas	28.3
K	Martha Broad	27.4
KK	Charlotte Beck	27.8
L		
LL	Jennifer Wood	
M		
MM		
N	Matilda Loram	31.9
NN		
O	Rose Fairhurst	27.3
OO	Millie Hart	27.2
P	Eloise Morran	29.1
PP	Boo Harrod	35.2
Q		
QQ		
R	Khya Penn	30.8
RR	Madison Frost	32.6
S	Tamara Riches	28.3
SS	Grace Scott	31.2
T		
TT		
U		
UU		
V	Io Van Haren	36.6
VV	Ana Colbridge	
W	D'Arcie Ives	26.3
WW	Isabella Christmas-A	26.4
X		
XX		
Y		
YY		
Z	Megan Goff	27.6
ZZ	Isabella Williams	28.5

Position	Points
23	3
21	5
9	17
16	10
3	23
6	20
13	13
11	15
6	20
10	16
19	7
5	21
4	22
15	11
22	4
17	9
20	6
11	15
18	8
24	2
1	25
2	24
8	18
14	12

Combined
8
27
43
28
36
7
43
15
15
23
2
49
30

u11G Long Jump

		First Jump	Second Jump	Third Jump
A				
AA				
B				
BB	Lizzie Munnings			
4G	Jennifer Wood	[1.21]		
4F	Betty Schwarz	[1.27]		
4L	Esther Broad	[1.32]		
8A	Darcie Ives	[1.69]		
8B	Ella Newman	[1.44]		
EE				
F	Liliana Mariuzzo			
FF	Millie Brown			
G	Jennifer Allen			
GG	Maggie Bean			
H	Hollie Willeard			
HH				
I				
II				
J	Ruby Love			
JJ	Willow Siddal			
K	Holly Lawrence			
KK	Jessica Milnes			
L	Jennifer Wood			
LL				
M				
MM				
N	Matilda Loram			
NN				
O	Rose Fairhurst			
OO	Grace Greenalf			
P	Eloise Morran			
PP	Caroline Cox-Hartigan			
Q				
QQ				
R	Khya Penn			
RR	Allyna Mukuya			
S				
SS				
T				
TT				
U				
UU				
V	Ana Colbridge			
VV	Emily Wells			
W	Agatha Gouldby			
WW	Isabella Christmas-Abblet			
X				
XX				
Y				
YY				
Z	Megan Goff			
ZZ	Edith Avowlanu			

Best Jump
1.14
1.25
1.33
1.63
1.64
1.48
1.34
1.66
1.61
1.83
1.77
1.63
1.37
1.15
1.43
1.56
1.7
1.6
1.74
1.17

Position	Points
20	6
17	9
16	10
7	19
6	20
12	14
15	11
5	21
9	17
1	25
2	24
7	19
14	12
19	7
13	13
11	15
4	22
10	16
3	23
18	8

Combined
6
19
39
25
38
25
43
19
28
38
31

u11G Vertical Jump

		First jump	Second jump	Third jump
A				
AA				
B	Maisy Field			
BB	Molly Turner			
C				
CC				
4L	Ester Broad	[27]		
4I	Martha Broad	[31]		
E				
EE				
F	Millie Brown			
FF	Pheobe Bryant-Owusu			
G	Hollie Willeard			
GG	Maggie Bean			
H				
HH				
I				
II				
J	Georgia Pegg			
JJ	Sophie Allen			
K	Lily Roberts-Anchor			
KK	Charlotte Beck			
L				
LL				
M				
MM				
N				
NN				
O	Nicole Kaszczak			
OO	Millie Hart			
P				
PP				
Q				
QQ				
R	Isla Marshall			
RR	Madison Frost			
S	Grace Scott			
SS				
T				
TT				
U				
UU				
V	Ana Colbridge			
VV	Io Van Haren			
W	Agatha Gouldby			
WW	Ella Newman			
X				
XX				
Y				
YY				
Z	Isabella Williams			
ZZ	Serena Ogoba			

Best Jump
26
23
25
36
34
36
43
27
48
40
51
44
33
24
31
30
29
39
41
26

Position	Points
16	10
20	6
18	8
9	17
10	16
8	18
4	22
15	11
2	24
6	20
1	25
3	23
11	15
19	7
12	14
13	13
14	12
7	19
5	21
16	10

Combined
16
25
34
33
44
48
22
14
13
31
31

u11G Speed Bounce

		Total Jumps	Position	Points	Combined Total
A					
AA					
B					
BB	Lizzie Munnings	28	17	9	9
3J	Willow Siddall	[33]			
3I	Sophie Allen	[28]			
4G	Jennifer Wood	[33]			
4F	Betty Schwarz	[21]			
E					
EE					
F	Liliana Mariuzzo	28	17	9	
FF	Alice Brown	15	22	4	13
G	Hollie Willeard	42	7	19	
GG	Jennifer Allen	47	3	23	42
H					
HH					
I					
II					
J	Georgia Pegg	53	1	25	
JJ	Esmie Jonas	38	14	12	37
K	Holly Lawrence	49	2	24	
KK	Jessica Milnes	44	5	21	45
L	Jennifer				
LL					
M					
MM					
N	Matilda Loram	33	15	11	
NN					11
O	Rose Fairhurst	43	6	20	
OO	Nicole Kaszczak	41	9	17	37
P	Eloise Morran	30	16	10	
PP	Tia Holloway	25	20	6	16
Q					
QQ					
R	Isla Marshall	42	7	19	
RR	Khya Penn	40	10	16	35
S	Tamara Riches	39	11	15	
SS	Grace Scott	28	17	9	24
T					
TT					
U					
UU					
V					
VV					
W	Isabella Christmas-Abblet	45	4	22	
WW	Laila Spurgeon	39	11	15	37
X					
XX					
Y					
YY					
Z	Serena Ogoba	39	11	15	
ZZ		25	20	6	21

u11G Chest Push

		First Throw	Second throw	Third throw	Best Throw
A					
AA					
B	Maisy Field				4.00
BB	Molly Turner				3.25
4J	Charlotte Beck				[5.00]
CC					
D					
DD					
E					
EE					
F	Alice Brown				3.75
FF	Pheobe Bryant-Owusu				4.50
G	Lauren Ward				6.50
GG	Izzy Ward				6.00
H					
HH					
I					
II					
J	Ruby Love				5.50
JJ	Esmie Jonas				3.75
K	Lily Roberts-Anchor				6.00
KK	Annie Bastian				5.25
L					
LL					
M					
MM					
N					
NN					
O	Erica Gara George				5.50
OO	Rose Fairhurst				5.25
P	Caroline Cox-Hartigan				4.00
PP	Tia Holloway				3.75
Q					
QQ					
R	Madison Frost				4.00
RR	Allyna Mukuya				4.00
S	Tamara Riches				4.25
SS					
T					
TT					
U					
UU					
V	Io Van Haren				
VV	Emily Wells				
W	D'Arcie Ives				5.75
WW	Laila Spurgeon				4.75
X					
XX					
Y					
YY					
Z	Lola-Belle Smith				4.50
ZZ	Liliana Mariuzzo				5.00

Position	Points
15	11
21	5
18	8
11	15
1	25
3	23
5	21
19	7
2	24
8	18
6	20
7	19
16	10
20	6
16	10
14	12
13	13
4	22
10	16
11	15
9	17

Combined
16
23
48
28
42
39
16
22
13
38
32

u11G 6 Lap Paarlauf

		Time	Position	Points
A				
AA				
B	Molly Turner	104.3	11	15
BB	Imogen Stone			
4		[93.2]		
c				
4	Charlotte Beck	[81.9]		
j	Martha Broad			
j		[83.9]		
j				
F	Annabelle Hill	84.2	8	18
FF	Alice Brown			
G	Hollie Willeard	77.2	4	22
GG	Maggie Bean			
H				
HH				
I				
II				
J	Ruby Love	76.3	3	23
JJ	Georgia Pegg			
K	Jessica Milnes	82	6	20
KK	Annie Bastian			
L				
LL				
M				
MM				
N				
NN				
O	Rose Fairhurst	75.9	2	24
OO	Rosie Langley			
P	Caroline Cox-Hartigan	100.4	10	16
PP	Tia Holloway			
Q				
QQ				
R	Isla Marshall	80.5	5	21
RR	Allyna Mukuya			
S	Tamara Riches	88.2	9	17
SS	Grace Scott			
T				
TT				
U				
UU				
V	Io Van Haren			
VV	Ana Colbridge			
W	D'Arcie Ives	75	1	25
WW	Isabella Christmas-Abblet			
X				
XX				
Y				
YY				
Z	Grace Greenalf	84	7	19
ZZ	Serena Ogoba			

u11G Obstacle Race

A AA		
B BB	Imogen Stone Molly Turner	Maisy Field Lizzie Munnings
C CC		
4		
E EE		
F FF		
G GG	Jennifer Allen Izzy Ward	Maggie Bean Hollie Willeard
H HH		
I II		
J JJ	Georgia Pegg Willow Siddal	Ruby Love Sophie Allen
K KK	Holly Lawrence Lily Roberts-Anchor	Jessica Milne Charlotte Beck
L LL		
M MM		
N NN		
O OO	Rosie Langley Nicole Kaszczak	Millie Hart Rose Fairhurst
P PP		
Q QQ		
R RR	Khya Penn Madison Frost	Allyna Mukuya Isla Marshall
S SS		
T TT		
U UU		
V VV	Emily Wells Ana Colbridge	Io Van Haren
W WW	D'Arcie Ives Laila Spurgeon	Isabella Christmas-Abbott Agatha Gouldby
X XX		
Y YY		
Z ZZ	Isabella Williams Megan Goff	Serena Ogoba Ffion Goff

Time
97.6
[90.7]
78.5
84.3
79
76.2
[97.9]
84.6
82.9
81.4

Position	Points
8	18
2	24
6	20
3	23
1	25
7	19
5	21
4	22

u13B Overall Results

UEA

15OCT16

Team	2 Lap	4 Lap	6 Lap	Long Jump	Vert Jump	Triple Jump	Speed Bounce	Shot	8 Lap Parlauf	4x2 Relay	Obstacle Relay	points	Position
A South Norfolk													
B Beccles & Bungay H													
C													
D Dereham Ac													
E Harling AC													
F City of Norwich	29	28	35	28	16	33	18	15	21	22	21	266	4
G Great Yarmouth	11	13		12	21							57	9
H Harling AC													
I													
J North Norfolk Harriers													
K W Norfolk	25	25		25		25						100	7
L													
M													
N Ryston Runners	31	37		37		33		16	22			176	6
O City of Norwich	45	44	48	43	49	43	43	43	24	25	25	432	1
P Bungay Black Dog	10	17					13		18			58	8
Q Bungay Black Dog													
R Great Yarmouth													
S Diss AC	17			22					17			56	10
T Thetford AC													
U													
V Waveney	32	30	42	27	38	21	19	22			22	253	5
W Waveney	45	45	41	33	37	38	45	45	25	24	23	401	2
X City of Norwich													
Y City of Norwich													
Z City of Norwich	40	32	39	43	45	41	47	44	23	23	24	401	2

u13B2 Lap

		Time	Position	Points	Combined
8a		[22.7]			
8d		[24.7]			
8b		[24.9]			
8c		[26.7]			
12a		[29.4]			
CC					
D					
DD					
E					
EE					
F	Tom Cugnoni	23.6	9	17	29
FF	Japhethson Akpan	24.4	14	12	
G	Malachi Lawson	24.7	15	11	11
GG					
H					
HH					
I					
II					
J	Gus White				
JJ	Sam Randal				
K	Joe Williams	21.8	1	25	25
KK					
L					
LL					
M					
MM					
N	Liam Clare	23.7	12	14	31
NN	Max Pike	23.6	9	17	
O	Jack Hardy	22.1	3	23	45
OO	Joshua Page	22.4	4	22	
P	Peter Lowther	24.8	16	10	10
PP					
Q					
QQ					
R					
RR					
S	Riley Kemp	23.6	9	17	17
SS					
T					
TT					
U					
UU					
V	George Brown	22.8	7	19	32
VV	Nathan Littlejohns	23.9	13	13	
W	Joel Burgess	22.1	2	24	45
WW	Finn Howes	22.6	5	21	
X					
XX					
Y					
YY					
Z	Luke Spencer	22.6	5	21	40
ZZ	Conrad Winter	22.8	7	19	

u13B4 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Oliver Yellop	54.0	10	16	28
FF	Harvey Green	55.7	14	12	
G	Malachi Lawson	55.0	13	13	13
GG					
H					
HH					
I					
II					
J	Gus White				
JJ	Henry Jonas				
K	Joe Williams	46.2	1	25	25
KK					
L					
LL					
M					
MM					
N	Liam Clare	51.3	8	18	37
NN	Max Pike	51.2	7	19	
O	Barney Hollidge	47.3	2	24	44
OO	Jacob Brown	49.9	6	20	
P	Peter Lowther	53.4	9	17	17
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V	Jack Gooch	54.0	10	16	30
VV	Isaac Phillips	54.6	12	14	
W	Joel Burgess	48.1	4	22	45
WW	Finn Howes	47.9	3	23	
X					
XX					
Y					
YY					
Z	Luke Watker	49.7	5	21	32
ZZ	Austin Feeley	56.4	15	11	

u13B6 Lap

		Time	Position	Points	Combined
8b AA	Vaughan Beckham	[89.7]			
B BB					
C CC					
D DD					
E EE					
F FF	Tom Cugnoni Oliver Yellop	81.6 87.1	7 10	19 16	35
G GG					
H HH					
I II					
J JJ	Henry Jonas Sam Randal				
K KK					
L LL					
M MM					
N NN					
O OO	Zak Collins-Idi Jake Hart	76.0 77.8	1 3	25 23	48
P PP					
Q QQ					
R RR					
S SS					
T TT					
U UU					
V VV	George Brown Nathan Littlejohns	76.1 82.6	2 8	24 18	42
W WW	Tom Spurgeon Ben Cone	80.3 79.9	6 5	20 21	41
X XX					
Y YY					
Z ZZ	Daniel Williams Timo Kouropis	78.2 83.5	4 9	22 17	39

u13B

Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Japhethson Akpan				33	10	16	16
FF								
G	Malachi Lawson				40	5	21	21
GG								
H								
HH								
I								
II								
J	Gus White							
JJ	Sam Randal							
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O	Jacob Brown				51	1	25	49
OO	Barney Hollidge				50	2	24	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V	Nathan Littlejohns				35	9	17	38
VV	George Brown				40	5	21	
W	Ben Cone				37	8	18	37
WW	Vaughan Beckham				39	7	19	
X								
XX								
Y								
YY								
Z	Luke Spencer				45	4	22	45
ZZ	Timo Kouropis				45	3	23	

u13B

Triple Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Tom Cugnoni				5.71	7	19	33
FF	Harvey Green				5.37	12	14	
G								
GG								
H								
HH								
I								
II								
J								
JJ								
K	Joe Williams				6.72	1	25	25
KK								
L								
LL								
M								
MM								
N	Liam Clare				5.44	11	15	33
NN	Max Pike				5.58	8	18	
O	Zak Collins-Idi				6.09	3	23	43
OO	Joshua Page				5.83	6	20	
P	Peter Lowther				4.85	13	13	13
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V	Isaac Phillips				5.84	5	21	21
VV								
W	Joel Burgess				6.07	4	22	38
WW	Tom Spurgeon				5.46	10	16	
X								
XX								
Y								
YY								
Z	Conrad Winter				6.5	2	24	41
ZZ	Luke Watker				5.52	9	17	

u13G Overall Results

UEA

15OCT16

Team	2 Lap	4 Lap	6 Lap	Long Jump	Vert Jump	Triple Jump	Speed Bounce	Shot	8 Lap Parlauf	4x2 Relay	Obstacle Relay	Points	Position
A South Norfolk													
B Beccles & Bungay H	7	6	22	26	17	21	33	21	17	16	15	201	8
C													
D Dereham Ac													
E Harling AC													
F City of Norwich	38	35	43	35	16	31	30	32	24	22	24	330	4
G Great Yarmouth	33	42	26	27	30	13	31	14		20	18	254	6
H Harling AC													
I													
J North Norfolk Harriers	14	13		7	18		3		19		17	91	12
K W Norfolk	33	33	33	30	36	40	35	33	21	19	20	333	3
L													
M													
N Ryston Runners	9	9	18	19	15	20	16		18			124	11
O City of Norwich	48	49	49	45	48	44	48	43	25	25	25	449	1
P Bungay Black Dog													
Q Bungay Black Dog													
R Great Yarmouth													
S Diss AC	16	25	30	10	19		9	16	22	17	16	180	10
T Thetford AC													
U													
V Waveney													
W Waveney	38	42	36	45	22	47	34	32	20	24	23	363	2
X City of Norwich	24	16		23	18	31	33			18	20	183	9
Y City of Norwich	33	30		34	38		34	41		23	21	254	6
Z City of Norwich	34	25	33	27	39	33	24	49	23	21	22	330	4

u13G 2 lap		Time
A		
AA		
B	Jess Righton	27.9
BB	Rebecca Sinden	26.1
8a		[26.0]
4d	Hannah Stout	[24.5]
D		
DD		
E		
EE		
F	Mary Hill	23.5
FF	Grace Daniels	23.5
G	Louisa Johnstone	23.1
GG	Ellie Secker	24.4
H		
HH		
I		
II		
J	Hannah Buchanan	26.3
JJ	Fiona May Swanson	25.1
K	Amber Scott	23.1
KK	Ruby Schwarz	24.6
L		
LL		
M		
MM		
N	Bea Honeybone	25.9
NN	Lily Teasdale	26.7
O	Holly Harrison	22.6
OO	Olivia Porter	22.9
P		
PP		
Q		
QQ		
R		
RR		
S	Poppy Mowle	25.8
SS	Olivia Chapman	25.2
T		
TT		
U		
UU		
V		
VV		
W	Shamara Hammonds	22.8
WW	Abigail Mackenzie-W	24.4
X	Mica Carus	25.2
XX	Kitty Whalen	24.3
Y	Ellis Steward	23.9
YY	Charlotte Wise-Slack	23.6
Z	Kaia Peiris	23.5
ZZ	Ellen Cunningham	24.4

Position	Points
24	2
21	5
6	20
8	18
5	21
14	12
22	4
16	10
4	22
15	11
20	6
23	3
1	25
3	23
19	7
17	9
2	24
12	14
17	9
11	15
10	16
9	17
6	20
12	14

Combined
7
38
33
14
33
9
48
16
38
24
33
34

u13 4 Lap

		Time	Position	Points	Combined
12a		[55.0]			
4e	Millie Bastion	[56.1]			
B	Jess Righton	63.0	24	2	6
BB	Sophie Hansen	59.4	22	4	
C					
CC					
D					
DD					
E					
EE					
F	Grace Daniels	52.2	9	17	35
FF	Amy Moses	52.0	8	18	
G	Louisa Johnstone	51.8	7	19	42
GG	Sienna Penson	50.4	3	23	
H					
HH					
I					
II					
J	Libby Cringle	55.7	18	8	13
JJ	Fiona May Swanson	57.6	21	5	
K	Amber Scott	50.7	5	21	33
KK	Abby Watson	54.8	14	12	
L					
LL					
M					
MM					
N	Bea Honeybone	57.4	20	6	9
NN	Lily Teasdale	61.2	23	3	
O	Isabelle Moore	48.5	2	24	49
OO	Eden Harrison	47.7	1	25	
P					
PP					
Q					
QQ					
R					
RR					
S	Fleur Bentin	52.9	11	15	25
SS	Olivia Chapman	54.9	16	10	
T					
TT					
U					
UU					
V					
VV					
W	Abeni Beckham	51.4	6	20	42
WW	Shamara Hammonds	50.6	4	22	
X	Harriot Prior	56.3	19	7	16
XX	August Gara George	55.2	17	9	
Y	Joy Akan	54.0	12	14	30
YY	Favor Ogoba	52.5	10	16	
Z	Ellen Cunningham	54.8	14	12	25
ZZ	Chantelle Russell	54.5	13	13	

u13 6 Lap

		Time	Position	Points	Combined
A					
AA					
B	Kaitlin Sinden	89.5	14	12	22
BB	Sophie Hansen	90.8	16	10	
C					
CC					
D					
DD					
E					
EE					
F	Hannah Pain	80.9	4	22	43
FF	Alice Daniels	81.9	5	21	
G	Maisie Leonard	90.5	15	11	26
GG		86.5	11	15	
H					
HH					
I					
II					
J	Hannah Buchanan				
JJ	Libby Cringle				
K	Poppy Tunmore	86.6	12	14	33
KK	Elizabeth Wood	82.6	7	19	
L					
LL					
M					
MM					
N	Maisee Loram	83.3	8	18	18
NN					
O	Annabelle Joykson	77.6	2	24	49
OO	Martha Bennett	77.3	1	25	
P					
PP					
Q					
QQ					
R					
RR					
S	Fleur Bentin	81.9	5	21	30
SS	Phoebe Mowle	91.1	17	9	
T					
TT					
U					
UU					
V					
VV					
W	Abeni Beckham	78.9	3	23	36
WW	Kiera Kane	87.9	13	13	
X					
XX					
Y					
YY					
Z	Poppy Walker	83.7	9	17	33
ZZ	Chantelle Russell	84.5	10	16	

13G

Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B	Kaitlin Sinden				1.75	9	17	26
BB	Jess Righton				1.61	17	9	
C								
CC								
D								
DD								
E								
EE								
F	Alice Daniels				1.75	9	17	35
FF	Amy Moses				1.80	8	18	
G	Louisa Johnstone				2.00	2	24	27
GG	Ellie Secker				1.30	23	3	
H								
HH								
I								
II								
J	Libby Cringle				1.53	19	7	7
JJ								
K	Millie Bastain				1.75	9	17	30
KK	Elizabeth Wood				1.70	13	13	
L								
LL								
M								
MM								
N	Bea Honeybone				1.74	12	14	19
NN	Lily Teasdale				1.41	21	5	
O	Isabelle Moore				1.99	4	22	45
OO	Martha Bennett				1.99	3	23	
P								
PP								
Q								
QQ								
R								
RR								
S	Phoebe Mowle				1.50	20	6	10
SS	Olivia Chapman				1.40	22	4	
T								
TT								
U								
UU								
V								
VV								
W	Shamara Hammonds				2.04	1	25	45
WW	Abigail Mackenzie-Websale				1.82	6	20	
X	Harriot Prior				1.70	13	13	23
XX	August Gara George				1.66	16	10	
Y	Charlotte Wise-Slack				1.91	5	21	34
YY	Ellis Steward				1.70	13	13	
Z	Kaia Peiris				1.54	18	8	27
ZZ	Chantelle Russell				1.81	7	19	

13G

Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
4d AA					[45]			
B BB	Sophie Hansen Rebecca Sinden				23 35	21 14	5 12	17
C CC								
D DD								
E EE								
F FF	Erin Waterfield Amy Moses				42	10	16	16
G GG	Louisa Johnstone Maisie Leonard				52 28	2 20	24 6	30
H HH								
I II								
J JJ	Libby Cringle Fiona May Swanson				44	8	18	18
K KK	Amber Scott Poppy Tunmore				46 41	4 12	22 14	36
L LL								
M MM								
N NN	Maisee Loram				42	11	15	15
O OO	Annabelle Joynson Olivia Porter				55 51	1 3	25 23	48
P PP								
Q QQ								
R RR								
S SS	Fleur Bentin Olivia Chapman				32 33	17 16	9 10	19
T TT								
U UU								
V VV								
W WW	Kiera Kane Taela Hodds				41 32	13 17	13 9	22
X XX	Mica Carus Kitty Whalen				30 33	19 15	7 11	18
Y YY	Joy Akan Favor Ogoba				43 46	9 5	17 21	38
Z ZZ	Zoe Powers Beth Greenwood				44 45	7 6	19 20	39

13G

Triple Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B	Sophie Hansen				4.15	16	10	21
BB	Jess Righton				4.41	15	11	
C								
CC								
D								
DD								
E								
EE								
F	Hannah Pain				5.47	9	17	31
FF	Grace Daniels				5.03	12	14	
G	Sienna Penson				4.94	13	13	13
GG								
H								
HH								
I								
II								
J								
JJ								
K	Amber Scott				6.37	2	24	40
KK	Millie Bastain				5.21	10	16	
L								
LL								
M								
MM								
N	Bea Honeybone				5.60	6	20	20
NN								
O	Holly Harrison				6.23	3	23	44
OO	Eden Harrison				6.02	5	21	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Abeni Beckham				7.02	1	25	47
WW	Shamara Hammonds				6.18	4	22	
X	Mica Carus				5.57	7	19	31
XX	Kitty Whalen				4.63	14	12	
Y								
YY								
Z	Kaia Peiris				5.50	8	18	33
ZZ	Poppy Walker				5.11	11	15	

13G

Speed Bounce

A	
AA	
B	Kaitlin Sinden
BB	Rebecca Sinden
C	
CC	
D	
DD	
E	
EE	
F	Mary Hill
FF	Alice Daniels
G	Sienna Penson
GG	Maisie Leonard
H	
HH	
I	
II	
J	Hannah Buchanan
JJ	Fiona May Swanson
K	Abby Watson
KK	Poppy Tunmore
L	
LL	
M	
MM	
N	Maisee Loram
NN	Lily Teasdale
O	Annabelle Joykson
OO	Olivia Porter
P	
PP	
Q	
QQ	
R	
RR	
S	Poppy Mowle
SS	Phoebe Mowle
T	
TT	
U	
UU	
V	
VV	
W	Abeni Beckham
WW	Kiera Kane
X	Harriot Prior
XX	August Gara George
Y	Ellis Steward
YY	Charlotte Wise-Slack
Z	Beth Greenwood
ZZ	Poppy Walker

Total Bounces
68
61
58
69
64
61
26
69
61
59
49
76
71
44
48
63
67
58
72
71
60
58
62

Position	Points
7	19
12	14
17	9
5	21
9	17
12	14
23	3
5	21
12	14
16	10
20	6
1	25
3	23
22	4
21	5
10	16
8	18
17	9
2	24
3	23
15	11
17	9
11	15

Combined
33
30
31
3
35
16
48
9
34
33
34
24

13G Shot

		First throw	Second throw	Third throw
A				
AA				
B	Kaitlin Sinden			
BB	Jess Righton			
C				
CC				
D				
DD				
E				
EE				
F	Mary Hill			
FF	Hannah Pain			
G	Ellie Secker			
GG				
H				
HH				
I				
II				
J	Hannah Buchanan			
JJ				
K	Elizabeth Wood			
KK	Ruby Schwarz			
L				
LL				
M				
MM				
N				
NN				
O	Martha Bennett			
OO	Eden Harrison			
P				
PP				
Q				
QQ				
R				
RR				
S	Fleur Bentin			
SS	Poppy Mowle			
T				
TT				
U				
UU				
V				
VV				
W	Abigail Mackenzie-Websale			
WW	Taela Hodds			
X				
XX				
Y	Joy Akan			
YY	Favor Ogoba			
Z	Zoe Powers			
ZZ	Ellen Cunningham			

Best throw
4.79
4.95
7.55
5.09
5.44
6.01
5.53
7.94
7.77
5.64
6.3
5.25
8.04
6.01
9.98
8.91

Position	Points
16	10
15	11
6	20
14	12
12	14
8	18
11	15
4	22
5	21
10	16
7	19
13	13
3	23
8	18
1	25
2	24

Combined
21
32
14
33
43
16
32
41
49

13G 8 Lap Paarlauf

4d	Hannah Stout Millie Bastain
B	Kaitlin Sinden Rebecca Sinden
12a	
D	
E	
F	Grace Daniels Alice Daniels
G	Maisie Leonard Ellie Secker
H	
I	
J	Libby Cringle Hannah Buchanan
K	Poppy Tunmore Abby Watson
L	
M	
N	Bea Honeybone Lily Teasdale
O	Eden Harrison Isabelle Moore
P	
Q	
R	
S	Fleur Bentin Poppy Mowle
T	
U	
V	
W	
X	
Y	
Z	Beth Greenwood Kaia Peiris

Time
[106.2]
111
[109.0]
99.7
110.5
104.7
110.8
93.5
102.9
105.9
101

Pos	Points
9	17
2	24
7	19
5	21
8	18
1	25
4	22
6	20
3	23

13G Obstacle Race

12		
B	Sophie Hansen Jess Righton	Kaitlin Sinden Rebecca Sinden
C		
D		
E		
F	Grace Daniels Alice Daniels	Hannah Pain Mary Hill
G	Maisie Leonard Ellie Secker	Sienna Penson Louisa Johnstone
H		
I		
J	Fiona May Swanson	Libby Cringle Hannah B
K	Amber Scott Poppy Tunmore	Abby Watson Millie Bastain
L		
M		
N		
O	Holly Harrison Olivia Porter	Martha Bennett Annabelle Joynson
P		
Q		
R		
S	Fleur Bentin Poppy Mowle	Phoebe Mowle Olivia Chapman
T		
U		
V		
W	Gail Mackenzie-Webs Shamara Hammonds	Abeni Beckham Kiera Kane
X	Kitty Whalen Harriot Prior	Mica Carus August Gara George
Y	Favor Ogoba Joy Akan	Ellis Steward Charlotte Wise-Slack
Z	Poppy Walker Ellen Cunningham	Beth Greenwood Chantelle Russell

Time
[83.4]
83.9
72.4
76.5
82.5
75.8
70.0
82.9
74.2
75.8
75.7
75.1

Pos	Points
11	15
2	24
8	18
9	17
6	20
1	25
10	16
3	23
6	20
5	21
4	22

