

# NORFOLK Sportshall Athletics Championships

County

Date: 12 JAN 13

Location: UEA



## Competition Details:

### Team Events

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Sat 20th Oct - Lynnsport, Kings Lynn

Sat 10th Nov - Sportspark, UEA Norwich

Sat 8th Dec - Taverham High School, Norwich

### Individual entry

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22nd County Championship

Sat 12th Jan 2013 - Sportspark, UEA Norwich

### Regional Competition (East)

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Sat 19th Jan 2013 - U11 Fun in Athletics Festival, UEA

Sat 2nd Feb 2013 - U13/U15 East Regional Final, UEA

### National Final

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7th APR 2013

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

## u11B

## 2 LAP

Heats

2:45pm

Final

4:05pm

No	Name	Club	Time	Position	Qualify	Time	Position
4	Maxwell	Chambers					
15	Oliver	Houlden	27.9	20			
16	Tom	Mackay	26.3	7			
26	Tom	Gamson	26.3	7			
31	Barnaby	Taylor					
34	Luke	Watker	27.1	17			
47	Jack	O'Malley	27.9	20			
48	Levi	Lawson	25.5	3	Qualify	25.5	4
53	Austin	Feeley	28.3	22			
55	Guy	McGarr	26.3	7			
59	Tristan	McLellan	26.4	11			
63	Luke	Spencer	27.2	18			
66	Cameron	Pryor	29.1	23			
88	William	Stoppani	31.9	28			
91	Jenson	Cooper	30.8	27			
92	Tyreece	Simpson	25	1	Qualify	24.7	1
99	Ethan	Warne	25.6	4	Qualify	25.4	3
100	Leroy	Honey	25.9	6	Qualify	26.1	5
106	Josh	Kirk	25.6	4	Qualify		
129	Rio	Ward	27	16			
132	Archie	Wakefield	29.8	26			
137	Charlie	Wakefield	26.8	14			
140	Zak	Young	25.3	2	Qualify	25	2
152	Jake	Hunter	26.6	13			
154	Thomas	Derbyshire					
158	Callum	Hopson	26.3	7			
160	Ellis	Sadler	26.8	14			
161	Henry	Sadler	29.4	25			
162	Purvil	Bhatt	26.5	12			
163	Joel	Burgess	29.3	24			
165	Harry	Groom	27.7	19			

**u11B****2 LAP HURDLES**

No	Name	Club	Heats		1:00pm	Final	2:20pm
			Time	Position	Qualify	Time	Position
4	Maxwell	Chambers					
10	Conrad	Harrison	27.8	6	Qualify	28.2	5
15	Oliver	Houlden	29.9	15			
16	Tom	Mackay	27.6	4	Qualify	26.5	2
19	Alexander	Simpson	27.9	7			
20	Toby	Robinson	28.5	9			
34	Luke	Watker	29.7	14			
49	Matthew	Renaut	31.8	16			
55	Guy	McGarr	26.8	2	Qualify	26.5	3
59	Tristan	McLellan	28.4	8			
61	Reuben	Andrews	33.3	20			
66	Cameron	Pryor	29.4	13			
88	William	Stoppani	36.2	21			
91	Jenson	Cooper	33.1	19			
92	Tyreece	Simpson	26.1	1	Qualify	25.9	1
115	George	Baxter	27.7	5	Qualify	28.4	6
132	Archie	Wakefield					
135	Harry	Basset	29	10			
144	Jack	Hayman	27.4	3	Qualify	26.8	4
152	Jake	Hunter	29.2	11			
153	Kieran	Rogers	31.9	18			
162	Purvil	Bhatt	29.3	12			
163	Joel	Burgess	31.8	16			

**u11B****4 LAP**

Heats

1:20pm

Final

3:35pm

No	Name	Club	Time	Position	Qualify	Time	Position
10	Conrad	Harrison	CoNAC	57.2	11		
19	Alexander	Simpson	CoNAC	58	12		
20	Toby	Robinson	CoNAC	54.5	4	Qualify	53.8 2
26	Tom	Gamson	CoNAC	56.7	8		
31	Barnaby	Taylor	Blofield School				
46	Angus	Aberdein	Dereham	54.4	2	Qualify	56.2 5
47	Jack	O'Malley	CoNAC	60.5	16		
49	Matthew	Renaut	Diss AC	63	19		
53	Austin	Feeley	CoNAC	61.2	18		
75	Edward	Horton	CoNAC	59.2	14		
99	Ethan	Warne	CoNAC	54.5	4	Qualify	54.6 3
100	Leroy	Honey	GYDAC	55.7	7		
106	Josh	Kirk	CoNAC	54.1	1	Qualify	56.8 6
115	George	Baxter	CoNAC	60.1	15		
124	Mattie	Sexton	CoNAC	56.9	10		
129	Rio	Ward	CoNAC	56.8	9		
137	Charlie	Wakefield	Ryston	54.4	2	Qualify	53.6 1
153	Kieran	Rogers	CoNAC	60.5	16		
158	Callum	Hopson	Waveney VAC	55.1	6	Qualify	55.8 4
165	Harry	Groom	Hethersett OHS	58.5	13		

**u11B**

**TRIPLE JUMP**

2:30pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
15	Oliver	Houlden				4.78	8
26	Tom	Gamson				4.76	9
34	Luke	Watker				3.90	13
55	Guy	McGarr				5.88	1
46	Angus	Aberdein				5.46	3
63	Luke	Spencer				4.35	11
59	Tristan	McLellan				5.37	6
75	Edward	Horton				4.76	9
91	Jenson	Cooper				3.87	14
88	William	Stoppani				3.50	15
99	Ethan	Warne				5.39	5
140	Zak	Young				5.43	4
144	Jack	Hayman				5.54	2
152	Jake	Hunter				5.08	7
163	Joel	Burgess				4.14	12

Judges:	

**u11B****LONG JUMP**

3:45pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
4	Maxwell	Chambers				0.00	
16	Tom	Mackay				1.76	4
19	Alexander	Simpson				0.00	
46	Angus	Aberdein				1.68	8
48	Levi	Lawson				1.62	10
49	Matthew	Renaut				1.42	13
55	Guy	McGarr				1.76	4
59	Tristan	McLellan				1.92	2
61	Reuben	Andrews				0.00	
106	Josh	Kirk				1.92	1
115	George	Baxter				1.72	7
122	Jack	Hayman				0.00	
135	Harry	Basset				1.77	3
140	Zak	Young				1.75	6
144	Jack	Hayman				0.00	
152	Jake	Hunter				1.61	11
158	Callum	Hopson				1.68	8
160	Ellis	Sadler				1.60	12

Judges:	

**u11B**

**VERTICAL JUMP**

3:05pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
20	Toby	Robinson				37	6
48	Levi	Lawson				39	5
53	Austin	Feeley				33	8
63	Luke	Spencer				32	10
75	Edward	Horton				43	2
88	William	Stoppani				27	12
92	Tyreece	Simpson				48	1
129	Rio	Ward				33	8
132	Archie	Wakefield				36	7
140	Zak	Young				40	3
153	Kieran	Rogers				29	11
154	Thomas	Derbyshire				27	12
162	Purvil	Bhatt				40	4

Judges:	

**u11B****SPEED BOUNCE**

1:50pm

No	Name	Club	No of Bounces	Position	
19	Alexander	Simpson	CoNAC	49	3
20	Toby	Robinson	CoNAC	44	10
49	Matthew	Renaut	Diss AC	45	8
53	Austin	Feeley	CoNAC	42	11
75	Edward	Horton	CoNAC	49	3
99	Ethan	Warne	CoNAC	50	2
100	Leroy	Honey	GYDAC	48	5
106	Josh	Kirk	CoNAC	48	5
122	Jack	Hayman	CoNAC	0	
124	Mattie	Sexton	CoNAC	0	
135	Harry	Basset	West Norfolk	51	1
137	Charlie	Wakefield	Ryston	48	5
162	Purvil	Bhatt	Toftwood Jnr Sch	39	12
165	Harry	Groom	Hethersett OHS	45	8

Judges:	



# u11B

# Seated Ball Throw

1:10pm

No	Name		Club	1st Throw	2nd Throw	3rd Throw	Best Throw	Position
10	Conrad	Harrison	CoNAC				5.75	7
16	Tom	Mackay	Dereham				7.00	4
31	Barnaby	Taylor	Blofield School				4.50	11
34	Luke	Watker	CoNAC				5.75	7
46	Angus	Aberdein	Dereham				7.75	1
47	Jack	O'Malley	CoNAC				5.50	9
92	Tyreece	Simpson	GYDAC				7.75	2
122	Jack	Hayman	CoNAC				7.00	5
124	Mattie	Sexton	CoNAC				7.00	3
129	Rio	Ward	CoNAC				6.25	6
154	Thomas	Derbyshire	Diss AC				4.00	12
161	Henry	Sadler	Waveney VAC				4.00	12
165	Harry	Groom	Hethersett OHS				5.00	10

Judges:	

**u11B****Turbo Javelin**

4:30pm

No	Name	Club	1st Throw	2nd Throw	3rd Throw	Best Throw	Position
4	Maxwell	Chambers				0.00	
10	Conrad	Harrison				17.50	1
15	Oliver	Houlden				12.75	11
26	Tom	Gamson				15.25	4
31	Barnaby	Taylor				15.00	5
47	Jack	O'Malley				12.25	12
48	Levi	Lawson				13.75	8
63	Luke	Spencer				8.75	16
91	Jenson	Cooper				9.25	15
100	Leroy	Honey				0.00	
115	George	Baxter				14.75	6
122	Jack	Hayman				0.00	
124	Mattie	Sexton				13.25	10
132	Archie	Wakefield				10.00	14
135	Harry	Basset				15.50	3
137	Charlie	Wakefield				12.00	13
144	Jack	Hayman				17.00	2
153	Kieran	Rogers				13.50	9
154	Thomas	Derbyshire				5.50	18
158	Callum	Hopson				14.75	6
163	Joel	Burgess				6.00	17

Judges:

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**u11G****2 LAP**

No	Name	Club	Heats		2:55pm	Final	4:10pm	
			Time	Position	Qualify	Time	Position	
5	Abby	Flaxmer	CoNAC	28.1	17			
8	Imogen	LaChapelle	CoNAC	26	3	Qualify	25.5	2
9	Eden	Harrison	CoNAC	26.9	8			
12	Charlotte	Grundry	CoNAC	26.9	8			
13	Imogen	Milroy	CoNAC	29	20			
17	Emma	Ledward	CoNAC	28.8	19			
21	Erin	McNulty	Dereham	28	14			
30	Abigail	Rice	West Norfolk	26.4	5	Qualify	25.6	3
33	Lauren	Garrett	CoNAC	30.5	24			
40	Lucy	Koenigsberger	West Norfolk					
44	Serena	Grace	CoNAC	27	10			
51	Ellie	Morgan	GYDAC	28	14			
58	Imogen	Stubbs	Hethersett OHS	34.7	29			
65	Chloe	Quantrill	CoNAC	26.2	4	Qualify	25.9	5
70	Breeze	Redwine	Diss AC	27.7	13			
77	Faith	Willeard	GYDAC	30.5	24			
83	Abbie	Haynes	CoNAC	30.8	26			
85	Sophie	Long	GYDAC	30.2	23			
90	Elise	Cooper	CoNAC	29.7	22			
102	Hannah	Mayne	Waveney VAC	26.5	7			
107	Macey	Kelly	CoNAC	33.2	28			
108	Marnie	Kelly	CoNAC	26.4	5	Qualify	26.7	6
109	Grace	Forster	Waveney VAC	28.5	18			
114	Ellis	Stewart	Blofield School	29.6	21			
118	Lena	Matsuka-Williams	CoNAC	25.8	2	Qualify	25.6	3
136	Poppy	Wynes	GYDAC					
138	Niamh	Reilly	CoNAC	28	14			
142	Jessie	Lloyd	Hethersett OHS	25.3	1	Qualify	25.4	1
148	Rianna	Platten	CoNAC	31	27			
156	Olivia	Stevens	West Norfolk	27	10			
157	Mia	Hopson	Waveney VAC	27.6	12			

**u11G****2 LAP Hurdles**

No	Name	Club	Heats		1:10pm	Final	2:15pm	
			Time	Position	Qualify	Time	Position	
5	Abby	Flaxmer	CoNAC	29.8	12			
8	Imogen	LaChapelle	CoNAC	27.4	4	Qualify	27.3	3
12	Charlotte	Grundry	CoNAC	28.7	9			
22	Sophie	Peach	CoNAC	27.6	5	Qualify	27.6	6
30	Abigail	Rice	West Norfolk	29.8	12			
33	Lauren	Garrett	CoNAC	31.5	18			
40	Lucy	Koenigsberger	West Norfolk					
42	Emma	Hill	CoNAC	28.6	8			
50	Chanel	Morgan	GYDAC	33.1	23			
52	Madeleine	Feeley	CoNAC	30.4	15			
58	Imogen	Stubbs	Hethersett OHS	36.2	26			
60	Talia	Barret	GYDAC	30.4	15			
62	Femke	Rosbergen	CoNAC	28.3	7			
65	Chloe	Quantrill	CoNAC	26.6	1	Qualify	26.8	1
77	Faith	Willeard	GYDAC	33.5	24			
85	Sophie	Long	GYDAC	32.5	22			
89	Sian	Stoppani	CoNAC	30.9	17			
102	Hannah	Mayne	Waveney VAC	28	6	Qualify	27.3	4
107	Macey	Kelly	CoNAC	35.2	25			
116	Kate	Houldey	Norwich High	31.7	20			
117	Kacey	Elvin	Taverham	29.3	11			
127	Harriet	Gooch	Waveney VAC	31.6	19			
134	Sophia	Basset	West Norfolk	29.2	10			
136	Poppy	Wynes	GYDAC	32	21			
142	Jessie	Lloyd	Hethersett OHS	27.1	2	Qualify	27.0	2
143	Meredith	Winship	Hethersett OHS					
157	Mia	Hopson	Waveney VAC	30.1	14			
167	Maya	Lawlor	CoNAC	27.2	3	Qualify	27.4	5

**u11G****4 LAP**

No	Name	Club	Heats		1:30pm	Final	3:40pm	
			Time	Position	Qualify	Time	Position	
9	Eden	Harrison	CoNAC	57.1	4	Qualify	59.2	6
13	Imogen	Milroy	CoNAC	64.9	22			
17	Emma	Ledward	CoNAC	61.4	17			
21	Erin	McNulty	Dereham	60.4	15			
22	Sophie	Peach	CoNAC	56.1	3	Qualify	56.6	3
39	Eleanor	Brown	CoNAC	59.3	11			
42	Emma	Hill	CoNAC	57.9	9			
44	Serena	Grace	CoNAC	57.8	8			
51	Ellie	Morgan	GYDAC	58.7	10			
52	Madeleine	Feeley	CoNAC	59.9	13			
60	Talia	Barret	GYDAC	57.5	6	Qualify	59.1	5
62	Femke	Rosbergen	CoNAC	57.2	5	Qualify	57.8	4
69	Katie	Goldsmith	CoNAC	52.7	1	Qualify	52.9	1
70	Breeze	Redwine	Diss AC	62.6	18			
83	Abbie	Haynes	CoNAC	71.2	24			
89	Sian	Stoppani	CoNAC	64.4	21			
90	Elise	Cooper	CoNAC	62.9	19			
108	Marnie	Kelly	CoNAC	60.3	14			
109	Grace	Forster	Waveney VAC	60.5	16			
116	Kate	Houldey	Norwich High	65.8	23			
117	Kacey	Elvin	Taverham	64	20			
134	Sophia	Basset	West Norfolk	59.8	12			
143	Meredith	Winship	Hethersett OHS	57.6	7			
167	Maya	Lawlor	CoNAC	55.1	2	Qualify	55.4	2

**u11G****LONG JUMP**

1:20pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
5	Abby	Flaxmer	CoNAC			1.30	14
12	Charlotte	Grundry	CoNAC			1.69	7
39	Eleanor	Brown	CoNAC			1.80	2
40	Lucy	Koenigsberger	West Norfolk			0.00	
42	Emma	Hill	CoNAC			1.76	4
50	Chanel	Morgan	GYDAC			1.22	17
58	Imogen	Stubbs	Hethersett OHS			1.12	19
62	Femke	Rosbergen	CoNAC			1.78	3
69	Katie	Goldsmith	CoNAC			1.75	5
70	Breeze	Redwine	Diss AC			1.51	13
77	Faith	Willeard	GYDAC			1.20	18
89	Sian	Stoppani	CoNAC			1.54	12
102	Hannah	Mayne	Waveney VAC			1.73	6
114	Ellis	Stewart	Blofield School			1.25	16
138	Niamh	Reilly	CoNAC			1.64	10
142	Jessie	Lloyd	Hethersett OHS			1.58	11
143	Meredith	Winship	Hethersett OHS			1.66	9
148	Rianna	Platten	CoNAC			1.27	15
156	Olivia	Stevens	West Norfolk			1.68	8
157	Mia	Hopson	Waveney VAC			1.82	1

Judges:	

**u11G****TRIPLE JUMP**

2:00pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
8	Imogen	LaChapelle				5.47	1
9	Eden	Harrison				4.42	10
17	Emma	Ledward				4.28	12
22	Sophie	Peach				5.14	4
33	Lauren	Garrett				3.92	17
39	Eleanor	Brown				4.98	5
42	Emma	Hill				5.22	3
50	Chanel	Morgan				3.64	18
51	Ellie	Morgan				4.4	11
58	Imogen	Stubbs				3.08	20
62	Femke	Rosbergen				4.9	7
65	Chloe	Quantrill				5.44	2
70	Breeze	Redwine				4.16	14
85	Sophie	Long				4.07	16
112	Sophie	Pursehouse				4.22	13
117	Kacey	Elvin				4.15	15
138	Niamh	Reilly				4.44	9
143	Meredith	Winship				4.91	6
148	Rianna	Platten				3.41	19
167	Maya	Lawlor				4.88	8

Judges:

Judges:	
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# u11G

## VERTICAL JUMP

3:50pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
30	Abigail	Rice				40	6
52	Madeleine	Feeley				37	9
44	Serena	Grace				42	5
60	Talia	Barret				36	10
69	Katie	Goldsmith				48	3
90	Elise	Cooper				28	13
102	Hannah	Mayne				43	4
112	Sophie	Pursehouse				31	12
108	Marnie	Kelly				40	6
118	Lena	Matsuka-Williams				49	2
136	Poppy	Wynes				39	8
134	Sophia	Basset				34	11
142	Jessie	Lloyd				50	1
148	Rianna	Platten				26	14

Judges:	



**u11G****SPEED BOUNCE**

3:15pm

No	Name	Club	No of Bounces	Position	
5	Abby	Flaxmer	CoNAC	44	10
13	Imogen	Milroy	CoNAC	31	23
17	Emma	Ledward	CoNAC	45	8
21	Erin	McNulty	Dereham	0	
22	Sophie	Peach	CoNAC	49	4
30	Abigail	Rice	West Norfolk	48	5
33	Lauren	Garrett	CoNAC	39	16
44	Serena	Grace	CoNAC	52	2
51	Ellie	Morgan	GYDAC	41	13
52	Madeleine	Feeley	CoNAC	45	8
60	Talia	Barret	GYDAC	43	12
65	Chloe	Quantrill	CoNAC	55	1
77	Faith	Willeard	GYDAC	33	21
83	Abbie	Haynes	CoNAC	36	19
89	Sian	Stoppani	CoNAC	38	17
90	Elise	Cooper	CoNAC	35	20
109	Grace	Forster	Waveney VAC	32	22
114	Ellis	Stewart	Blofield School	20	24
116	Kate	Houldey	Norwich High	44	10
117	Kacey	Elvin	Taverham	41	13
127	Harriet	Gooch	Waveney VAC	46	7
134	Sophia	Basset	West Norfolk	50	3
136	Poppy	Wynes	GYDAC	48	5
156	Olivia	Stevens	West Norfolk	41	13
167	Maya	Lawlor	CoNAC	38	17

Judges:

# u11G

## Seated Ball Throw

2:40pm

No	Name	Club	1st Throw	2nd Throw	3rd Throw	Best Throw	Position
8	Imogen	LaChapelle				6.75	1
21	Erin	McNulty				5.00	6
40	Lucy	Koenigsberger				0.00	
69	Katie	Goldsmith				5.75	4
85	Sophie	Long				5.75	3
107	Macey	Kelly				4.50	7
112	Sophie	Pursehouse				5.25	5
156	Olivia	Stevens				6.25	2

Judges:

# u11G

# Turbo Javelin

4:30pm

No	Name	Club	1st Throw	2nd Throw	3rd Throw	Best Throw	Position
9	Eden	Harrison				9.25	6
12	Charlotte	Grundry				17.00	1
39	Eleanor	Brown				11.25	4
107	Macey	Kelly				5.25	9
108	Marnie	Kelly				12.00	3
112	Sophie	Pursehouse				10.25	5
114	Ellis	Stewart				8.75	7
127	Harriet	Gooch				6.50	8
157	Mia	Hopson				12.75	2

Judges:	

**u13B****2 LAP**

No	Name	Club	Heats		3:05pm	Final	4:15pm	
			Time	Position	Qualify	Time	Position	
1	Billy	Olley-Hindle	CoNAC	23.5	1	Qualify	23.3	2
7	James	McKillop	CoNAC	24.4	4	Qualify	24.6	6
24	Will	Gamson	CoNAC	25.1	9			
54	Sam	Brown	CoNAC	23.9	2	Qualify	23	1
67	Tyler	Blunden	CoNAC	25.4	10			
82	Joel	Clarke	Diss AC	24.5	5	Qualify	24.2	4
94	Louie	Alden	CoNAC	25	7			
110	Alfie	Tatt	CoNAC	25	7			
119	Wesley	Matsuka-Williams	CoNAC	24.1	3	Qualify	23.7	3
145	Connor	Dobson	GYDAC	24.6	6	Qualify	24.4	5
149	Jake	Empson	CoNAC	29.1	12			
159	John	Whitney	CoNAC	29.6	13			
166	Morgan	Taylor	CoNAC	26.8	11			

**u13B****4 LAP**

No	Name	Club	Heats		1:40pm	Final	3:45pm	
			Time	Position	Qualify	Time	Position	
1	Billy	Olley-Hindle	CoNAC	49.9	2	Qualify	52.2	2
7	James	McKillop	CoNAC	54.2	6			
11	Harry	Hudson	CoNAC					
25	Owen	Dearden	CoNAC					
28	Harrison	Death	CoNAC	53.5	5	Qualify	53.5	4
54	Sam	Brown	CoNAC	49.6	1	Qualify	49.4	1
57	Daniel	Harvey	West Norfolk	51.7	3	Qualify	52.7	3
67	Tyler	Blunden	CoNAC	54.8	8			
110	Alfie	Tatt	CoNAC	54.2	6	Qualify	54.2	6
121	Sam	Hayman	CoNAC	58.7	11			
145	Connor	Dobson	GYDAC	52.1	4	Qualify	53.6	5
147	Jaquan	Moore	CoNAC	58.3	10			
149	Jake	Empson	CoNAC	60.7	12			
166	Morgan	Taylor	CoNAC	55.5	9			

**u13B****6 LAP**

2:30pm

No	Name	Club	Time	Position
11	Harry	Hudson		
28	Harrison	Death	85.2	2
57	Daniel	Harvey	83.8	1
73	Benjamin	Horton	88.7	4
74	Matthew	Horton	85.4	3

**u13B****LONG JUMP**

1:50pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
1	Billy	Olley-Hindle				2.12	1
11	Harry	Hudson				0.00	
24	Will	Gamson				1.89	7
73	Benjamin	Horton				2.02	3
74	Matthew	Horton				2.00	4
82	Joel	Clarke				1.91	6
94	Louie	Alden				1.78	9
110	Alfie	Tatt				1.95	5
121	Sam	Hayman				1.24	10
119	Wesley	Matsuka-Williams				2.12	2
145	Connor	Dobson				1.86	8

Judges:	

**u13B**

**TRIPLE JUMP**

1:25pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
7	James	McKillop				6	6
24	Will	Gamson				5.7	7
25	Owen	Dearden				0	
54	Sam	Brown				6.35	3
57	Daniel	Harvey				6.12	5
73	Benjamin	Horton				5.4	8
94	Louie	Alden				6.26	4
119	Wesley	Matsuka-Williams				6.98	1
145	Connor	Dobson				6.43	2
147	Jaquan	Moore				5.32	9

Judges:	





**u13B**

**HIGH JUMP**

1:00pm

No	Name	Club	Best Jump	Position	
25	Owen	Dearden	CoNAC	0	
73	Benjamin	Horton	CoNAC	1.2	1
74	Matthew	Horton	CoNAC	1.1	3
159	John	Whitney	CoNAC	0	
166	Morgan	Taylor	CoNAC	1.15	2

Judges:	

**u13B**

**SHOT ( Kg)**

4:00pm

No	Name	Club	1st Throw	2nd Throw	3rd Throw	Best Throw	Position
24	Will	Gamson				5.73	5
54	Sam	Brown				7.65	2
119	Wesley	Matsuka-Williams				6.79	4
121	Sam	Hayman				7.29	3
147	Jaquan	Moore				8.59	1

Judges:	



**u13G****2 LAP**

Heats

3:15pm

Final

4:20pm

No	Name	Club	Time	Position	Qualify	Time	Position	
2	Madelaine	Parle	CoNAC	25.5	5	Qualify	25.8	5
6	Jessica	Scarlett	CoNAC	25.1	2	Qualify	26.4	6
29	Emma	Dewdney	West Norfolk	25.5	5	Qualify	25.4	3
37	Hannah	Greenhalgh	West Norfolk	26.4	8			
43	Eve	Leeder	CoNAC	25.4	3	Qualify	25.4	4
78	Alice	Wakeley	GYDAC	25.6	7			
84	Ella	Haynes	CoNAC	27.3	10			
97	Milli	Shaw	CoNAC	28	11			
105	Hayley	Chalcraft	CoNAC	25.4	3	Qualify	25.3	2
111	Caitlin	Clark	West Norfolk					
126	Charlotte	Gooch	Waveney VAC	26.7	9			
131	Alicia	Akinbiyi	CoNAC	24.4	1	Qualify	24.5	1
151	Roxy	Hollis	Stalham High					
164	Kelly	Scales	West Norfolk	29.5	12			

**u13G****4 LAP**

No	Name	Club	Heats time	Heats Position	1:50pm Qualify	Final time	3:50pm Position
2	Madelaine Parle	CoNAC	54.9	5	Qualify	56.1	6
3	Lauren Bradfield	CoNAC	54.9	5	Qualify	55.7	5
6	Jessica Scarlett	CoNAC	54.2	2	Qualify	54.4	2
41	Zara Koenigsberger	West Norfolk					
72	Erin Lake	CoNAC	59.1	14			
78	Alice Wakeley	GYDAC	55.1	7			
80	Holly Baker	GYDAC	56.9	10			
86	Chloe Long	GYDAC	54.8	4	Qualify	55	4
87	Katie Daniels	CoNAC	57.3	11			
95	Madison Stubbs	CoNAC	54.4	3	Qualify	54.9	3
96	Sophie Bishop	CoNAC	55.3	8			
98	Freya Biles	Dereham	54.1	1	Qualify	53.4	1
103	Agatha Durham-Matthews	CoNAC	64.6	16			
126	Charlotte Gooch	Waveney VAC	58.3	12			
130	Isobel Holroyd	CoNAC	58.3	12			
133	Sarah Costello	CoNAC	55.8	9			
139	Niamh Norris	CoNAC	62.5	15			
151	Roxy Hollis	Stalham High					

**u13G****6 LAP****2:35pm**

No	Name	Club	Time	Position	
3	Lauren	Bradfield	CoNAC	94.7	8
37	Hannah	Greenhalgh	West Norfolk	87.0	2
72	Erin	Lake	CoNAC	98.0	9
71	Daisy	Spurway	GYDAC	89.7	6
80	Holly	Baker	GYDAC	88.3	4
87	Katie	Daniels	CoNAC	93.2	7
86	Chloe	Long	GYDAC	88.9	5
95	Madison	Stubbs	CoNAC	88.3	3
103	Agatha	Durham-Matthews	CoNAC		
98	Freya	Biles	Dereham	86.6	1
111	Caitlin	Clark	West Norfolk		

**u13G**

**LONG JUMP**

2:45pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
6	Jessica	Scarlett				1.98	2
29	Emma	Dewdney				1.96	4
71	Daisy	Spurway				1.61	10
80	Holly	Baker				1.76	9
87	Katie	Daniels				1.88	6
84	Ella	Haynes				1.40	13
96	Sophie	Bishop				2.17	1
95	Madison	Stubbs				1.79	8
105	Hayley	Chalcraft				1.97	3
126	Charlotte	Gooch				1.58	11
130	Isobel	Holroyd				1.84	7
131	Alicia	Akinbiyi				1.94	5
139	Niamh	Norris				1.47	12

Judges:	



No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
2	Madelaine Parle	CoNAC				5.2	10
3	Lauren Bradfield	CoNAC				5.32	8
6	Jessica Scarlett	CoNAC				6.16	2
29	Emma Dewdney	West Norfolk				5.8	4
41	Zara Koenigsberger	West Norfolk				0	
72	Erin Lake	CoNAC				4.77	12
87	Katie Daniels	CoNAC				5.69	7
96	Sophie Bishop	CoNAC				7.16	1
97	Milli Shaw	CoNAC				5	11
98	Freya Biles	Dereham				5.76	5
105	Hayley Chalcraft	CoNAC				5.73	6
111	Caitlin Clark	West Norfolk				0	
130	Isobel Holroyd	CoNAC				5.3	9
133	Sarah Costello	CoNAC				6.04	3

Judges:	





# u13G

# SHOT ( Kg)

2:00pm

No	Name	Club	1st Throw	2nd Throw	3rd Throw	Best Throw	Position
29	Emma	Dewdney				6.30	4
71	Daisy	Spurway				5.04	8
78	Alice	Wakeley				7.37	2
95	Madison	Stubbs				8.08	1
105	Hayley	Chalcraft				6.93	3
111	Caitlin	Clark				0.00	
130	Isobel	Holroyd				5.36	7
133	Sarah	Costello				6.19	5
151	Roxy	Hollis				5.92	6

Judges:	



**u15B****2 LAP**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
23	Jack	Dearden	21.7	2	Qualify	22.8	4
38	James	Greenhalgh					
68	Daniel	Wong	21.2	1	Qualify	21.2	1
104	Ashley	Jarvis	23.5	5	Qualify	23	5
125	Alex	Bretton	25.9	7			
120	Ben	Matsuka-Williams	21.8	3	Qualify	21.5	2
141	Ashley	Cooper	22.7	4	Qualify	21.8	3
146	Sam	Eyres	23.7	6	Qualify	23.5	6

**u15B****4 LAP**Heats  
timeHeats  
Position

Qualify

Final  
time2:15pm  
Position

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
38	James	Greenhalgh					
76	Tom	Lake				45.5	2
125	Alex	Bretton				54.5	4
120	Ben	Matsuka-Williams				45.4	1
141	Ashley	Cooper				48.5	3











**u15G****2 LAP**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
14	Amy	Clarke	24.9	6	Qualify	24.8	5
27	Anna	Death	26.9	9			
32	Mia	Sewell					
35	Kelsey	Wenden	25.3	7			
36	Lauren	Stansbury	24.5	4	Qualify	24.3	4
45	Grace	Ashworth					
56	Lucy	Edwards	24.6	5	Qualify	25.5	6
64	Amy	Qauntrill					
79	Ella	Wakeley	26	8			
81	Phoebe	Baker	24	2	Qualify	23.7	3
93	Tallulah	Bell	23	1	Qualify	22.8	1
113	Katie	Pursehouse	24.1	3	Qualify	23.4	2

**u15G****4 LAP**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
14	Amy	Clarke	50.6	3	Qualify	50.6	2
18	Harriet	Searjeant	51.6	6	Qualify	52.2	5
27	Anna	Death	58.5	11			
36	Lauren	Stansbury	53	9			
45	Grace	Ashworth	50.7	4	Qualify		
56	Lucy	Edwards	51.5	5	Qualify	51.6	4
81	Phoebe	Baker	50.1	1	Qualify	49.8	1
101	Charlie	Hudson-Madge	52.1	7			
123	Sienna	Sexton	52.7	8			
128	Katie	Clark	50.5	2	Qualify	51	3
155	Eleanor	Derbyshire	54.3	10			

**u15G****LONG JUMP**

4:00pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
14	Amy	Clarke				1.99	6
18	Harriet	Searjeant				2.02	5
32	Mia	Sewell				1.91	7
35	Kelsey	Wenden				2.24	2
36	Lauren	Stansbury				1.73	10
45	Grace	Ashworth				2.07	3
56	Lucy	Edwards				2.06	4
64	Amy	Qauntrill				1.63	11
101	Charlie	Hudson-Madge				1.88	8
113	Katie	Pursehouse				2.37	1
155	Eleanor	Derbyshire				1.84	9

Judges:	

# u15G

# VERTICAL JUMP

2:00pm

No	Name	Club	1st Jump	2nd Jump	3rd Jump	Best Jump	Position
27	Anna	Death	CoNAC			45	8
32	Mia	Sewell	CoNAC			53	3
64	Amy	Qauntrill	CoNAC			45	8
79	Ella	Wakeley	GYDAC			44	10
81	Phoebe	Baker	GYDAC			53	2
93	Tallulah	Bell	CoNAC			59	1
101	Charlie	Hudson-Madge	CoNAC			43	11
113	Katie	Pursehouse	Diss AC			51	4
123	Sienna	Sexton	CoNAC			47	7
128	Katie	Clark	CoNAC			50	5
155	Eleanor	Derbyshire	Diss AC			48	6

Judges:	
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# u15G

# SPEED BOUNCE

3:00pm

No	Name	Club	No of Bounces	Position	
18	Harriet	Searjeant	CoNAC	77	5
27	Anna	Death	CoNAC	71	7
32	Mia	Sewell	CoNAC	0	
35	Kelsey	Wenden	Diss AC	0	
36	Lauren	Stansbury	CoNAC	86	1
56	Lucy	Edwards	West Norfolk	82	2
64	Amy	Qauntrill	CoNAC	0	
79	Ella	Wakeley	GYDAC	73	6
81	Phoebe	Baker	GYDAC	78	3
93	Tallulah	Bell	CoNAC	55	9
123	Sienna	Sexton	CoNAC	78	3
128	Katie	Clark	CoNAC	63	8

Judges:	



