

NORFOLK Sportshall Athletics

Date: 17OCT15

Location: UEA



Set Save As

Competition Details:

Team Events

Sat 17th Oct - Sportspark UEA

Sat 7th Nov - Taverham High School, Norwich

Sat 28th Nov - Taverham High School, Norwich

Individual entry

25th County Championship

Sat 9th Jan 2015 - Sportspark, UEA Norwich

Regional Competition (East)

Sat 30th Jan - Garons Park, Southend, Essex

National Final

t.b.c

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

u11B Overall Results

Team	2 Lap	4 Lap	2Lap Hurdles	Long Jump	Vert Jump	Speed Bounce	Seated Ball Throw	6 Lap Parlauf	Obstacle relay	Points	Position
A South Norfolk	16	14	19	14	16	24	39	18	17	177	10
B Beccles & Bungay H											
C											
D Dereham Ac											
E Harling AC											
F City of Norwich	11	17	17	14	37	18	21	16	18	187	9
G Great Yarmouth	39	35	40	35	36	32	31	19	23	314	3
H Harling AC											
I											
J North Norfolk Harrier	5	24	25	30	12	21	18	20	20	196	8
K W Norfolk	15		19	19	19					72	12
L											
M											
N Ryston Runners	43	42	34	29	47	48	25	24	21	336	2
O City of Norwich	36	34	39	39	20	18	44	22	24	298	4
P Bungay Black Dog	17	18	27	35	28	34	31	21	20	250	7
Q Bungay Black Dog											
R Great Yarmouth											
S Diss AC	39	43	41	42	39	21	23	23		271	5
T Thetford AC											
U											
V Waveney											
W Waveney	44	47	34	30	32	45	46	25	25	353	1
X City of Norwich											
Y City of Norwich	25	14	8	14		17	14			92	11
Z City of Norwich	29	28	19	18	31	34	36	17	22	254	6

u11B 2 Lap

		Time	Position	Points	Combined
A	Malachi Komalafe	28.8	16	10	16
AA	Caleb Komalafe	30.3	20	6	
B					
BB					
C					
CC					
5	Dylan Wilson	[27.8]			
8	Seth Frankland	[29.6]			
E					
EE					
F	Charlie Pain	30.0	19	7	11
FF	Hector Otton-Espinoza	33.2	22	4	
G	Malachi Lawson	26.4	8	18	39
GG	Oliver Shipp	25.6	5	21	
H					
HH					
I					
II					
J	Kian Fraser				5
JJ	Ben Coast	30.6	21	5	
K	Ryan Wood	27.3	11	15	15
KK	Benjamin Kingaby				
L					
LL					
M					
MM					
N	Kit Howlett	24.7	3	23	43
NN	David MacQueen	25.7	6	20	
O	Henry Whall	24.6	2	24	36
OO	Harvey Green	28.1	14	12	
P	Dexter Limpney	29.0	17	9	17
PP	Finnie Harrod	29.7	18	8	
Q					
QQ					
R					
RR					
S	Seb Edwards	26.5	9	17	39
SS	Barney Clarke	25.0	4	22	
T					
TT					
U					
UU					
V					
VV					
W	Joel Burgess	24.5	1	25	44
WW	Isaac Phillips	26.0	7	19	
X					
XX					
Y	Harry Heatley	28.0	12	14	25
YY	Thomas Whiting	28.5	15	11	
Z	Alfie Mayer	28.0	13	13	29
ZZ	Leo White	26.8	10	16	

u11B 4 Lap

		Time	Position	Points	Combined
A	Callum Harrison	87	21	5	14
AA	Jasper Debenham	65.1	17	9	
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Arlo Brown	60.3	15	11	17
FF	Joseph Diggins	67.6	20	6	
G	Oliver Shipp	56.3	5	21	35
GG	Andrew Mayne	59.8	12	14	
H					
HH					
I					
II					
J	Billy Wells	66.6	19	7	24
JJ	Brad Keay	57.7	9	17	
K					
KK					
L					
LL					
M					
MM					
N	Liam Clare	52.7	2	24	42
NN	Ben Smith	56.7	8	18	
O	Conrad Winter	56.6	7	19	34
OO	Oliver Yellop	58.7	11	15	
P	Ethan Cowley	60.9	16	10	18
PP	Joshua Bidnall	66	18	8	
Q					
QQ					
R					
RR					
S	Barney Clarke	52.8	3	23	43
SS	Riley Kemp	56.5	6	20	
T					
TT					
U					
UU					
V					
VV					
W	Joel Burgess	52.2	1	25	47
WW	Ben Cone	53.9	4	22	
X					
XX					
Y	Harry Heatley	59.8	12	14	14
YY					
Z	Benjamin Polley	57.9	10	16	28
ZZ	Lucas Hay	60.1	14	12	

u11B 2 Lap Hurdles		Time
A	Jasper Debenham	33.5
AA	Malachi Komalafe	31.7
B		
BB		
C		
CC		
5	Dylan Wilson	[30.6]
8	Seth Frankland	[31.7]
E		
EE		
F	Joel Fox	33.6
FF	Otto Hay	31.8
G	Malachi Lawson	28.3
GG	Andrew Mayne	30
H		
HH		
I		
II		
J	Kian Fraser	29.1
JJ	Ben Coast	33.6
K	Ryan Wood	29.1
KK	Benjamin Kingaby	
L		
LL		
M		
MM		
N	Kit Howlett	27.6
NN	George Evans	32.2
O	Josh Ingham	28.3
OO	Sam Borham	29.8
P	Ethan Cowley	30.7
PP	Sonny Muntendam	31.3
Q		
QQ		
R		
RR		
S	Seb Edwards	28.9
SS	Riley Kemp	28.5
T		
TT		
U		
UU		
V		
VV		
W	Vaughan Beckham	32.1
WW	Isaac Phillips	28.3
X		
XX		
Y	Thomas Whiting	32.8
YY		
Z	George Borham	33.8
ZZ	Ralph Downing	30.6

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

Combined
19
17
40
25
19
34
39
27
41
34
8
19

u11B Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A	Malachi Komalafe				1.45	16	10	14
AA	Callum Harrison				1.15	22	4	
B								
BB								
C								
CC								
8	Seth Frankland				[1.34]			
E								
EE								
F	Charlie Pain				1.39	18	8	14
FF	Joseph Diggins				1.29	20	6	
G	Andrew Mayne				1.63	11	15	35
GG	Oliver Shipp				1.69	6	20	
H								
HH								
I								
II								
J	Dexter Garret				1.4	17	9	30
JJ	Brad Keay				1.7	5	21	
K	Ryan Wood				1.68	7	19	19
KK	Benjamin Kingaby							
L								
LL								
M								
MM								
N	George Evans				1.37	19	7	29
NN	David MacQueen				1.75	4	22	
O	Conrad Winter				1.78	3	23	39
OO	Sam Borham				1.64	10	16	
P	Joshua Bidnall				1.47	15	11	35
PP	Sonny Muntendam				1.82	2	24	
Q								
QQ								
R								
RR								
S	Barney Clarke				1.65	9	17	42
SS	Riley Kemp				1.84	1	25	
T								
TT								
U								
UU								
V								
VV								
W	Joel Burgess				1.66	8	18	30
WW	Isaac Phillips				1.52	14	12	
X								
XX								
Y	Harry Heatley				1.62	12	14	14
YY								
Z	Alfie Mayer				1.23	21	5	18
ZZ	Ralph Downing				1.6	13	13	

u11B Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A	Jasper Debenham				24	20	6	16
AA	Caleb Komalafe				30	16	10	
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Arlo Brown				38	4	22	37
FF	Otto Hay				34	11	15	
G	Malachi Lawson				40	2	24	36
GG	Andrew Mayne				32	14	12	
H								
HH								
I								
II								
J	Kian Fraser				32	14	12	12
JJ	Billy Wells							
K	Ryan Wood				37	7	19	19
KK	Benjamin Kingaby							
L								
LL								
M								
MM								
N	Ben Smith				38	4	22	47
NN	Liam Clare				45	1	25	
O	Josh Ingham				27	19	7	20
OO	Oliver Yellop				33	13	13	
P	Dexter Limpney				29	17	9	28
PP	Ethan Cowley				37	7	19	
Q								
QQ								
R								
RR								
S	Riley Kemp				38	4	22	39
SS	Barney Clarke				36	9	17	
T								
TT								
U								
UU								
V								
VV								
W	Ben Cone				34	11	15	32
WW	Isaac Phillips				36	9	17	
X								
XX								
Y								
YY								
Z	Benjamin Polley				39	3	23	31
ZZ	Leo White				28	18	8	

1:20 pm

u11B Speed Bounce

		Total Jumps	Position	Points	Combined Total
A	Jasper Debenham	34	15	11	24
AA	Malachi Komalafe	36	13	13	
B					
BB					
C					
CC					
8	Seth Frankland	[42]			
E					
EE					
F	Joel Fox	31	16	10	18
FF	Joseph Diggins	28	18	8	
G	Malachi Lawson	47	3	23	32
GG	Dylan Wilson	30	17	9	
H					
HH					
I					
II					
J	Dexter Garret	39	12	14	21
JJ	Ben Coast	23	19	7	
K					
KK					
L					
LL					
M					
MM					
N	David MacQueen	47	3	23	48
NN	Kit Howlett	49	1	25	
O	Henry Whall				18
OO	Sam Borham	41	8	18	
P	Ethan Cowley	42	5	21	34
PP	Sonny Muntendam	36	13	13	
Q					
QQ					
R					
RR					
S	Seb Edwards	42	5	21	21
SS					
T					
TT					
U					
UU					
V					
VV					
W	Ben Cone	42	5	21	45
WW	Vaughan Beckham	48	2	24	
X					
XX					
Y	Thomas Whiting	40	9	17	17
YY					
Z	George Borham	40	9	17	34
ZZ	Leo White	40	9	17	

u11B 6 Lap Paarlauf

A	Malachi Komalafe
AA	Jasper Debenham
B	
BB	
C	
CC	
D	
DD	
E	
EE	
F	Charlie Pain
FF	Otto Hay
G	Andrew Mayne
GG	Dylan Wilson
H	
HH	
I	
II	
J	Dexter Garret
JJ	Brad Keay
K	
KK	
L	
LL	
M	
MM	
N	Kit Howlett
NN	Liam Clare
O	Josh Ingham
OO	Harvey Green
P	Ethan Cowley
PP	Sonny Muntendam
Q	
QQ	
R	
RR	
S	Seb Edwards
SS	Riley Kemp
T	
TT	
U	
UU	
V	
VV	
W	Joel Burgess
WW	Ben Cone
X	
XX	
Y	
YY	
Z	Alfie Mayer
ZZ	George Borham

Time
89.7
92.9
86.5
86
78.4
84
85.2
83.9
78
89.9

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

u11B Obstacle Race

A	Malachi Komalafe	Caleb Komalafe
AA	Jasper Debenham	Callum Harrison
B		
BB		
C		
CC		
D		
DD		
E		
EE		
F	Charlie Pain	Arlo Brown
FF	Joel Fox	Joseph Diggins
G	Malachi Lawson	Andrew Mayne
GG	Dylan Wilson	Oliver Shipp
H		
HH		
I		
II		
J	Billy Wells	Brad Key
JJ	Dexter Garret	Ben Coast
K		
KK		
L		
LL		
M		
MM		
N	Ben Smith	Kit Howlett
NN	David MacQueen	George Evans
O	Conrad Winter	Henry Whall
OO	Josh Ingham	Oliver Yellop
P	Finnie Harrod	Joshua Bidnall
PP	Dexter Limpney	Sonny Muntendam
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V		
VV		
W	Joel Burgess	Ben Cone
WW	Isaac Phillips	Vaughan Beckham
X		
XX		
Y		
YY		
Z	Lucas Hay	Alfie Mayer
ZZ	Ralph Downing	George Borham

Time
104.2
100.8
88.8
98
93.6
83.6
98
82.2
92.5

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

u11B 4 x 1 Relay

A AA	Caleb Komalafe Malachi Komalafe	Caleb Komalafe Jasper Debenham
B BB		
C CC		
D DD		
E EE		
F FF	ector Otton-Espinoz Joel Fox	Otto Hay Arlo Brown
G GG	Oliver Shipp Dylan Wilson	Andrew Mayne Malachi Lawson
H HH		
I II		
J JJ		
K KK		
L LL		
M MM		
N NN	Ben Smith David MacQueen	George Evans Liam Clare
O OO	Harvey Green Henry Whall	Oliver Yellop Sam Borham
P PP	Ethan Cowley Dexter Limpney	Sonny Muntendam Joshua Bidnall
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV		
W WW	Joel Burgess Isaac Phillips	Ben Cone Vaughan Beckham
X XX		
Y YY		

Time
58.3
52.3
55
53.3
54.7
57
51.1

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

YY		
Z	Lucas Hay	Benjamin Polley
ZZ	Ralph Downing	Leo White

56.7

6	20
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u11G Overall Results

Team	2 Lap	4 Lap	2Lap Hurdles	Long Jump	Vert Jump	Speed Bounce	Seated Ball Throw	6 Lap Parlauf	Obstacle relay	Points	Position
A South Norfolk	18		21		21		32	17		109	9
B Beccles & Bungay H	37	36	26	38	38	34	32	22	22	308	4
C											
D Dereham Ac											
E Harling AC											
F City of Norwich	33	31	35	31	46	43	40	19	21	319	3
G Great Yarmouth	40	36	29	30	21	24	25	20	20	267	6
H Harling AC											
I											
J North Norfolk Harrier	34	20	20	31	27	44		23		199	8
K W Norfolk	19		38	19	25					101	10
L											
M											
N Ryston Runners											
O City of Norwich	47	49	49	48	38	49	45	25	25	400	1
P Bungay Black Dog	18	25	23	16	20	26	27	18	19	211	7
Q Bungay Black Dog											
R Great Yarmouth											
S Diss AC											
T Thetford AC											
U											
V Waveney											
W Waveney											
X City of Norwich				21						21	11
Y City of Norwich	35	29	13	26	34	33	44	21	23	279	5
Z City of Norwich	25	45	44	45	46	31	42	24	24	350	2

u11G 2 Lap

		Time	Position	Points	Combined
A	Megan O'Connor	30.1	17	9	18
AA	Chanel Kirt	30.1	17	9	
B	Ella Spear	26.5	2	24	37
BB	Rebecca Sinden	28.8	13	13	
C					
CC					
D					
DD					
E					
EE					
F	Millie Hart	29.3	14	12	33
FF	Poppy Chapman	27.0	5	21	
G	Sienna Penson	26.7	3	23	40
GG	Emily Wright	27.7	9	17	
H					
5b	Hollie Willeard		[30.4]		
I					
II					
J	Fiona May Swanson	27.3	6	20	34
JJ	Ruby Love	28.1	12	14	
K	Bea Kinnear	27.6	7	19	19
KK					
L					
LL					
M					
MM					
N					
NN					
O	August Gara George	26.8	4	22	47
OO	Alice Daniels	25.9	1	25	
P	Megan Sergeant	29.5	15	11	18
PP	Emma Deal	31.5	19	7	
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X	Molly Gant	[28.1]			
XX	Chloe Gant	[29.4]			
Y	Erica Gara George	27.6	7	19	35
YY	Caitlin Bell	27.7	10	16	
Z	Kerrie Winter	29.8	16	10	25
ZZ	Rose Fairhurst	28.0	11	15	

u11G 4 Lap

		Time	Position	Points	Combined
A					
AA					
B	Kaitlin Sinden	58.8	7	19	36
BB	Enya Calver-Brown	60.7	9	17	
C					
CC					
D					
DD					
E					
EE					
F	Rosie Langley	62.3	12	14	31
FF	Nicole Kasczar	60.7	9	17	
G	Sienna Penson	57.6	5	21	36
GG	Maggie Bean	61.3	11	15	
H					
HH					
I					
II					
J	Georgia Pegg	57.9	6	20	20
JJ					
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O	Hannah Pain	56.1	2	24	49
OO	Kitty Whalen	54.8	1	25	
P	Evie Bidnal	68.5	13	13	25
PP	Saffron Bailey	70.1	14	12	
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X	Chloe Gant	[65.1]			
XX	Holly Gant	[66.7]			
Y	Millie Hay	59.5	8	18	29
YY	Georganna Heatley	70.3	15	11	
Z	Erin Waterfield	57.3	4	22	45
ZZ	Mary Hill	57.2	3	23	

u11G 2 Lap Hurdles

		Time	Position	Points	Combined
A		34.2	15	11	
AA	Jasmine Woods	34.7	16	10	21
B	Enya Calver-Brown	30.9	8	18	
BB	Rebecca Sinden	36.1	18	8	26
C					
CC					
D					
DD					
E					
EE					
F	Amelia Nesbit	32.9	11	15	
FF	Nicole Kasczar	30.2	6	20	35
G	Hollie Willeard	31	9	17	
GG	Khya Penn	33.9	14	12	29
5	Emily Wright	[31.7]			
5b	Maggie Bean	[32.5]			
I					
II					
J	Fiona May Swanson	30.2	6	20	
JJ					20
K	Bea Kinnear	29.2	4	22	
KK		31.2	10	16	38
L					
LL					
M					
MM					
N					
NN					
O	Amy Moses	28.7	1	25	
OO	Grace Daniels	29	2	24	49
P	Evie Bidnal	33.1	12	14	
PP	Saffron Bailey	35.9	17	9	23
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Moira Doleman	33.4	13	13	
YY	Natasha Bew				13
Z	Poppy Walker	30	5	21	
ZZ	Hannah Pain	29.1	3	23	44

u11G Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A	Chanel Kirt				[1.38]			
AA	Faye Debenham				[1.35]			
B	Ella Spear				1.64	5	21	38
BB	Enya Calver-Brown				1.57	9	17	
C								
CC								
D								
DD								
E								
EE								
F	Nicole Kasczar				1.58	8	18	31
FF	Millie Hart				1.47	13	13	
G	Sienna Penson				1.65	4	22	30
GG	Khya Penn				1.28	18	8	
5	Maggie Bean				[1.53]			
HH								
I								
II								
J	Georgia Pegg				1.55	10	16	31
JJ	Ruby Love				1.5	11	15	
K	Bea Kinnear				1.59	7	19	19
KK								
L								
LL								
M								
MM								
N								
NN								
O	Amy Moses				1.74	1	25	48
OO	Hannah Pain				1.66	3	23	
P	Megan Sergeant				1.3	17	9	16
PP	Emma Deal				1.21	19	7	
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X	Chloe Gant				1.4	15	11	21
XX	Holly Gant				1.36	16	10	
Y	Natasha Bew				1.44	14	12	26
YY	Georganna Heatley				1.49	12	14	
Z	Erin Waterfield				1.73	2	24	45
ZZ	Beth Scott-Amos				1.64	5	21	

u11G Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A	Chanel Kirt				29	15	11	21
AA	Faye Debenham				28	16	10	
B	Rebecca Sinden				33	10	16	38
BB	Ella Spear				36	4	22	
C								
CC								
D								
DD								
E								
EE								
F	Poppy Chapman				36	4	22	46
FF	Amelia Nesbit				37	2	24	
G	Hollie Willeard				32	13	13	21
GG	Khya Penn				25	18	8	
H								
5b	Maggie Bean				[24]			
I								
II								
J	Fiona May Swanson				35	8	18	27
JJ	Ruby Love				27	17	9	
K	Bea Kinnear				39	1	25	25
KK								
L								
LL								
M								
MM								
N								
NN								
O	August Gara George				36	4	22	38
OO	Kitty Whalen				33	10	16	
P	Evie Bidnal				31	14	12	20
PP	Saffron Bailey				25	18	8	
QQ								
Q								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y	Georganna Heatley				35	8	18	34
YY	Caitlin Bell				33	10	16	
Z	Poppy Walker				36	4	22	46
ZZ	Erin Waterfield				37	2	24	

u11G Speed Bounce

		Total Jumps	Position	Points	Combined Total
A	Faye Debenham	[27]			
AA	Chanel Kirt	[28]			
B	Enya Calver-Brown	37	10	16	34
BB	Kaitlin Sinden	40	8	18	
C					
CC					
D					
DD					
E					
EE					
F	Millie Hart	45	3	23	43
FF	Rosie Langley	42	6	20	
G	Sienna Penson	35	12	14	24
GG	Emily Wright	20	16	10	
H					
HH					
I					
II					
J	Fiona May Swanson	43	5	21	44
JJ	Georgia Pegg	45	3	23	
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O	August Gara George	52	1	25	49
OO	Grace Daniels	47	2	24	
P	Evie Bidnal	35	12	14	26
PP	Saffron Bailey	32	14	12	
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Millie Hay	36	11	15	33
YY	Erica Gara George	40	8	18	
Z	Kerrie Winter	31	15	11	31
ZZ	Beth Scott-Amos	42	6	20	

u11G 6 Lap Paarlauf

		Time	Position	Points
A AA	Faye Debenham Chanel Kirt	97.5	9	17
B BB	Ella Spear Kaitlin Sinden	86.3	4	22
C CC				
D DD				
E EE				
F FF	Rosie Langley Amelia Nesbit	90.2	7	19
G GG	Maggie Bean Hollie Willeard	88.4	6	20
H HH				
I II				
J JJ	Georgia Pegg Ruby Love	84.9	3	23
K KK				
L LL				
M MM				
N NN				
O OO	Alice Daniels Kitty Whalen	83.5	1	25
P PP	Evie Bidnal Saffron Bailey	93.1	8	18
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX				
Y YY	Erica Gara George Moira Doleman	88.3	5	21
Z ZZ	Mary Hill Rose Fairhurst	84.2	2	24

u11G Obstacle Race

A		
AA		
B	Rebecca Sinden	Enya Calver-Brown
BB	Ella Spear	Kaitlin Sinden
C		
CC		
D		
DD		
E		
EE		
F	Poppy Chapman	Rosie Langley
FF	Millie Hart	Amelia Nesbit
G	Hollie Willeard	Khya Penn
GG	Emily Wright	Sienna Penson
H		
HH		
I		
II		
J	Fiona May Swanson	Ruby Love
JJ	Georgia Pegg	
K		
KK		
L		
LL		
M		
MM		
N		
NN		
O	August Gara George	Amy Moses
OO	Kitty Whalen	Alice Daniels
P	Megan Sergeant	Evie Bidnal
PP	Emma Deal	Saffron Bailey
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V		
VV		
W		
WW		
X		
XX		
Y	Caitlin Bell	Georganna Heatley
YY	Natasha Bew	Millie Hay
Z	Kerrie Winter	Beth Scott-Amos
ZZ	Poppy Walker	Erin Waterfield

Time
94.6
96.1
97.4
[90.3]
84
97.8
93.3
92.9

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

u11G 4 x 1 Relay

A		
AA		
B	Enya Calver-Brown	Rebecca Sinden
BB	Ella Spear	Kaitlin Sinden
C		
CC		
D		
DD		
E		
EE		
F	Poppy Chapman	Rosie Langley
FF	Millie Hart	Nicole Kasczar
G	Maggie Bean	Hollie Willeard
GG	Emily Wright	Sienna Penson
H		
HH		
I		
II		
J		
JJ		
K		
KK		
L		
LL		
M		
MM		
N		
NN		
O	Grace Daniels	Amy Moses
OO	Hannah Pain	Alice Daniels
P	Megan Sergeant	Evie Bidnal
PP	Emma Deal	Saffron Bailey
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V		
VV		
W		
WW		
X		
XX		
Y	Caitlin Bell	Erica Gara George
YY	Millie Hay	Moira Doleman
Z	Rose Fairhurst	Kerrie Winter
ZZ	Mary Hill	Poppy Walker

Time
56.3
60.5
56.9
[55.6]
52.9
62.4
57.4
55.2

Positio	Points
3	23
6	20
4	22
1	25
7	19
5	21
2	24

u13B Overall Results

UEA

17OCT15

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	34	40	38	33	18	38	44	32	22	22	22	343	4
G Great Yarmouth					21							21	8
H Harling AC													
I													
J North Norfolk Harriers													
K W Norfolk	38	38	45	44	19	24	23	25				256	5
L													
M													
N Ryston Runners	18	25		19				20				82	7
O City of Norwich	49	46	49	40	46	47	46	47	25	25	25	445	1
P Bungay Black Dog	27	27		33			16	18	21			142	6
Q Bungay Black Dog													
R Great Yarmouth													
S Diss AC													
T Thetford AC													
U													
V Waveney													
W Waveney													
X City of Norwich													
Y City of Norwich	44	31	38	44	45	44	35	37	23	24	24	389	2
Z City of Norwich	38	40	35	35	42	39	42	41	24	23	23	382	3

u13B 2 Lap

		Time	Position	Points	Combined
A	Jacob Baugh				
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Austin Feeley	26.2	11	15	34
FF	Barney Hollidge	24.7	7	19	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Felix Young	25.9	10	16	38
KK	Jo Williams	24.2	4	22	
L					
LL					
M					
MM					
N	Bailey Took	25.0	8	18	18
NN					
O	Zak Young	23.4	1	25	49
OO	Jake Garside	23.8	2	24	
P	Ismael Manas El-Bou	27.1	12	14	27
PP	Reece Barton	28.7	13	13	
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Dillon Dennis	24.6	6	20	44
YY	Jack Hardy	23.8	2	24	
Z	Alex Whall	24.4	5	21	38
ZZ	Scott Leeder	25.3	9	17	

u13B 4 Lap

		Time	Position	Points	Combined
A	Jacob Baugh				
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Timo Kouroupis	57.4	9	17	40
FF	Zak Iddi-Collins	53.1	3	23	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Alfie Williams	55.3	6	20	38
KK	Felix Young	56.5	8	18	
L					
LL					
M					
MM					
N		51.6	1	25	25
NN					
O	Alex Mortimer	52.2	2	24	46
OO	Josh Page	53.9	4	22	
P	Ismael Manas El-Bou	65.2	12	14	27
PP	Reece Barton	65.7	13	13	
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Daniel Williams	59.8	11	15	31
YY	Luke Spencer	57.5	10	16	
Z	Alex Whall	55.0	5	21	40
ZZ	Luke Watker	56.0	7	19	

u13B 6 Lap

		Time	Position	Points	Combined
A AA					
B BB					
C CC					
D DD					
E EE					
F FF	Shawn Martin Zak Appleby	97.5 90.0	9 5	17 21	38
G GG					
H HH					
I II					
J JJ					
K KK	Alfie Williams Jo Williams	87.9 88.5	3 4	23 22	45
L LL					
M MM					
N NN	Bailey Took				
O OO	Toby Robinson Conrad Harrison	81.8 82.9	1 2	25 24	49
P PP					
Q QQ					
R RR					
S SS					
T TT					
U UU					
V VV					
W WW					
X XX					
Y YY	Luke Fox Jacob Brown	92.4 95.8	6 8	20 18	38
Z ZZ	Freddy Haddon Luke Watker	99.4 92.6	10 7	16 19	35

u13B

Long Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A	Jacob Baugh							
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Austin Feeley				1.77	10	16	33
FF	Zak Iddi-Collins				1.78	9	17	
G								
GG								
H								
HH								
I								
II								
J								
JJ								
K	Jo Williams				2.00	2	24	44
KK	Felix Young				1.83	6	20	
L								
LL								
M								
MM								
N	Bailey Took				1.82	7	19	19
NN								
O	Jake Garside				2.02	1	25	40
OO	Josh Page				1.76	11	15	
P	Ismael Manas El-Bouzidi				1.82	7	19	33
PP	Reece Barton				1.72	12	14	
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y	Dillon Dennis				1.97	3	23	44
YY	Jacob Brown				1.84	5	21	
Z	Alex Whall				1.94	4	22	35
ZZ	Scott Leeder				1.68	13	13	

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 FF	Shawn Martin Zak Appleby				37	8	18	18
G GG					43	5	21	21
H HH								
I II								
J JJ								
K KK	Felix Young				39	7	19	19
L LL								
M MM								
N NN								
O OO	Conrad Harrison Toby Robinson				43 50	5 1	21 25	46
P PP	Reece Barton							
Q QQ								
R RR								
S SS								
T TT								
U UU								
V VV								
W WW								
X XX								
Y YY	Dillon Dennis Luke Spencer				49 45	3 4	23 22	45
Z ZZ	Josh Gosling Freddy Haddon				50 36	1 9	25 17	42

u13B

Triple Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A	Jacob Baugh							
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Timo Kouroupis				5.69	5	21	38
FF	Barney Hollidge				4.95	9	17	
G								
GG								
H								
HH								
I								
II								
J								
JJ								
K	Alfie Williams				6.04	2	24	24
KK								
L								
LL								
M								
MM								
N								
NN								
O	Zak Young				6.76	1	25	47
OO	Alex Mortimer				5.94	4	22	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y	Jack Hardy				5.97	3	23	44
YY	Daniel Williams				5.69	5	21	
Z	Scott Leeder				5.69	5	21	39
ZZ	Freddy Haddon				5.28	8	18	

u13B

Speed Bounce

		Total Bounces	Position	Points	Combined
A					
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Austin Feeley	74	2	24	44
FF	Zak Iddi-Collins	64	6	20	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Jo Williams	72	3	23	23
KK					
L					
LL					
M					
MM					
N					
NN					
O	Alex Mortimer	65	5	21	46
OO	Jake Garside	79	1	25	
P	Ismael Manas El-Bouzidi	52	10	16	16
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Luke Spencer	60	9	17	35
YY	Jack Hardy	62	8	18	
Z	Alex Whall	67	4	22	42
ZZ	Luke Watker	64	6	20	

u13B Shot

		First throw	Second throw	Third throw		Best throw	Position	Points	Combined
A									
AA									
B									
BB									
C									
CC									
D									
DD									
E									
EE									
F	Shawn Martin					3.76	11	15	32
FF	Timo Kouroupis					4.86	9	17	
G									
GG									
H									
HH									
I									
II									
J									
JJ									
K	Alfie Williams					9.99	1	25	25
KK									
L									
LL									
M									
MM									
N	Bailey Took					5.98	6	20	20
NN									
O	Zak Young					8.03	2	24	47
OO	Conrad Harrison					6.95	3	23	
P	Reece Barton					4.96	8	18	18
PP									
Q									
QQ									
R									
RR									
S									
SS									
T									
TT									
U									
UU									
V									
VV									
W									
WW									
X									
XX									
Y	Luke Fox					4.29	10	16	37
YY	Jacob Brown					5.99	5	21	
Z	Josh Gosling					6.13	4	22	41
ZZ	Luke Watker					5.62	7	19	

u13B Obstacle Race

			Time	Pos	Points
A					
B					
C					
D					
E					
F	Shawn Martin Zak Appleby	Barney Hollidge Zak Iddi-Collins	89.8	4	22
G					
H					
I					
J					
K					
L					
M					
N					
O	Zak Young Jake Garside	Alex Mortimer Josh Page	76.7	1	25
P					
Q					
R					
S					
T					
U					
V					
W					
X					
Y	Luke Fox Daniel Williams	Luke Spencer Jack Hardy	79.0	2	24
Z	Alex Whall Freddy Haddon	Luke Watker Scott Leeder	80.1	3	23

u13G Overall Results

UEA

17OCT15

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	21				22	27				18			88 10
C													
D Dereham Ac													
E Harling AC													
F City of Norwich	30	34	43	31	40	31	36	38	22	21	22	348	3
G Great Yarmouth	43	38	11	14	24	42	43	14	23	23	23	298	6
H Harling AC													
I													
J North Norfolk Harriers	16	29	18	27	26		14	21	16	19		186	8
K W Norfolk	16				9	12		28	19			84	11
L													
M													
N Ryston Runners													
O City of Norwich	49	49	40	48	49	49	41	49	24	25	25	448	1
P Bungay Black Dog	23	14	13	31			11		10	20		122	9
Q Bungay Black Dog													
R Great Yarmouth													
S Diss AC													
T Thetford AC													
U													
V Waveney													
W Waveney	30	30	37	35	37	37	39	29	21	20	20	335	4
X City of Norwich	31	12	31	30	24	26	28	29			19	230	7
Y City of Norwich	15	31	36	25	34	31	33	38	17	22	21	303	5
Z City of Norwich	43	43	45	45	41	42	38	33	25	24	24	403	2

u13G 2 lap

		Time	Position	Points	Combined
A					
AA					
B	Emma Wicks	27.5	18	8	21
BB	Maisie McComish	26.8	13	13	
C					
CC					
D					
DD					
E					
EE					
F	Heidi Lamb	25.0	7	19	30
FF	Bethan Freeman	27.1	15	11	
G	Ellie Morgan	24.5	4	22	43
GG	Kayley Earl	24.8	5	21	
H					
HH					
I					
II					
J	Logan Wilson	26.0	10	16	16
JJ					
K		28.4	21	5	16
KK		27.1	15	11	
L					
LL					
M					
MM					
N					
NN					
O	Alisha Youngs	24.1	2	24	49
OO	Alice Hill	23.9	1	25	
P	Holly Bunn	27.7	19	7	23
PP	Abigail Mackensie-W	26.0	10	16	
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W	Farran Turner	25.7	8	18	30
WW	Maddie Archbold	27.0	14	12	
X	Kaia Peiris	25.9	9	17	31
XX	Ellen Jack	26.3	12	14	
Y	Lauren Garrett	27.4	17	9	15
YY	Abbie Haynes	27.8	20	6	
Z	Holly Harrison	24.4	3	23	43
ZZ	Annabelle Joynson	24.9	6	20	

u13 4 Lap

		Time	Position	Points	Combined
A					
AA					
B	Emma Wicks				
BB	Maisie McComish				
C					
CC					
D					
DD					
E					
EE					
F	Kirsty Sait-Steward	57.0	8	18	34
FF	Imogen Eisenman	58.2	10	16	
G	Ellie Morgan	54.5	3	23	38
GG	Louisa Johnstone	59.2	11	15	
H					
HH					
I					
II					
J	Harriet Coles	63.7	16	10	29
JJ	Logan Wilson	56.8	7	19	
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O	Serena Grace	51.7	1	25	49
OO	Eleanor Brown	53.1	2	24	
P	Abigail Mackensie-W	60.1	12	14	14
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W	Shamara Hammonds	57.7	9	17	30
WW	Farran Turner	60.3	13	13	
X	Kiri Watering				12
XX	Chantelle Russel	61.0	14	12	
Y	Kacey Elvin	56.7	6	20	31
YY	Ellis Steward	61.9	15	11	
Z	Annabelle Joykson	54.8	4	22	43
ZZ	Olivia Porter	55.4	5	21	

u13 6 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Imogen Milroy	89.9	6	20	43
FF	Heidi Stevens	87.8	3	23	
G	Chanel Morgan	101.4	15	11	11
GG	Talane Simpson				
H					
HH					
I					
II					
J	Emily Coles	91.9	8	18	18
JJ					
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O	Serena Grace	83.0	1	25	40
OO	Amy Money	92.3	11	15	
P	Holly Bunn	93.1	13	13	13
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W	Abeni Beckham	88.2	4	22	37
WW	Naiomi Boots	92.3	11	15	
X	Chantelle Russel	91.3	7	19	31
XX	Olivia Stevens	96.5	14	12	
Y	Isobel Whiting	91.9	8	18	36
YY	Olivia Brown	91.9	8	18	
Z	Eden Harrison	84.7	2	24	45
ZZ	Martha Bennett	88.6	5	21	

13G

Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B	Emma Wicks				1.54	12	14	22
BB	Maisie McComish				1.37	18	8	
C								
CC								
D								
DD								
E								
EE								
F	Imogen Milroy				1.39	17	9	31
FF	Bethan Freeman				1.88	4	22	
G	Chanel Morgan				1.54	12	14	14
GG	Talane Simpson							
H								
HH								
I								
II								
J	Harriet Coles				1.34	19	7	27
JJ	Emily Coles				1.82	6	20	
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O	Alisha Youngs				2.16	1	25	48
OO	Alice Hill				1.96	3	23	
P	Holly Bunn				1.49	15	11	31
PP	Abigail Mackensie-Websale				1.82	6	20	
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Shamara Hammonds				1.70	9	17	35
WW	Maddie Archbold				1.71	8	18	
X	Kaia Peiris				1.68	10	16	30
XX	Olivia Stevens				1.54	12	14	
Y	Kacey Elvin				1.66	11	15	25
YY	Abbie Haynes				1.43	16	10	
Z	Holly Harrison				2.08	2	24	45
ZZ	Olivia Porter				1.84	5	21	

13G

Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A								
AA								
B	Emma Wicks				31	16	10	27
BB	Maisie McComish				38	9	17	
C								
CC								
D								
DD								
E								
EE								
F	Kirsty Sait-Steward				50	2	24	40
FF	Imogen Milroy				37	10	16	
G	Kayley Earl				36	13	13	24
GG	Louisa Johnstone				34	15	11	
H								
HH								
I								
II								
J	Harriet Coles				26	18	8	26
JJ	Emily Coles				40	8	18	
K	Niamh Weber				29	17	9	9
KK								
L								
LL								
M								
MM								
N								
NN								
O	Alice Hill				51	1	25	49
OO	Amy Money				50	2	24	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Abeni Beckham				44	5	21	37
WW	Farran Turner				37	10	16	
X	Kiri Watering				26	18	8	24
XX	Ellen Jack				37	10	16	
Y	Lauren Garrett				36	13	13	34
YY	Olivia Brown				44	5	21	
Z	Eden Harrison				43	7	19	41
ZZ	Isabelle Moore				46	4	22	

13G

Triple Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Heidi Lamb				5.28	12	14	31
FF	Imogen Eisenman				5.44	9	17	
G	Ellie Morgan				6.54	3	23	42
GG	Kayley Earl				5.78	7	19	
H								
HH								
I								
II								
J								
JJ								
K	Daisy Stagg				4.97	14	12	12
KK								
L								
LL								
M								
MM								
N								
NN								
O	Eleanor Brown				7.04	1	25	49
OO	Serena Grace				6.65	2	24	
P	Abigail Mackensie-Websale				4.88	15	11	11
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Abeni Beckham				6.27	5	21	37
WW	Maddie Archbold				5.37	10	16	
X	Kaia Peiris				4.57	16	10	26
XX	Ellen Jack				5.37	10	16	
Y	Olivia Brown				5.27	13	13	31
YY	Isobel Whiting				5.62	8	18	
Z	Holly Harrison				6.44	4	22	42
ZZ	Eden Harrison				6.16	6	20	

13G Shot

		First throw	Second throw	Third throw	Best throw	Position	Points	Combined
A								
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Heidi Lamb				5.45	6	20	38
FF	Bethan Freeman				5.41	8	18	
G	Chanel Morgan				4.99	12	14	14
GG	Talane Simpson							
H								
HH								
I								
II								
J	Logan Wilson				6.21	5	21	21
JJ								
K	Daisy Stagg				5.43	7	19	28
KK	Niamh Weber				4.02	17	9	
L								
LL								
M								
MM								
N								
NN								
O	Eleanor Brown				7.85	2	24	49
OO	Amy Money				8.18	1	25	
P	Holly Bunn				4.22	16	10	10
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Farran Turner				5.38	9	17	29
WW	Naiomi Boots				4.51	14	12	
X	Kaia Peiris				4.59	13	13	29
XX	Kiri Watering				5.29	10	16	
Y	Kacey Elvin				6.96	3	23	38
YY	Lauren Garrett				5.02	11	15	
Z	Martha Bennett				6.27	4	22	33
ZZ	Olivia Porter				4.3	15	11	

13G 8 Lap Paarlaf

A	
B	Emma Wicks Maisie McComish
C	
D	
E	
F	Imogen Eisenman Heidi Lamb
G	Ellie Morgan Louisa Johnstone
H	
I	
J	Harriet Coles Emily Coles
K	Daisy Stagg Niamh Weber
L	
M	
N	
O	Alisha Youngs Alice Hill
P	Holly Bunn Abigail Mackensie-Websale
Q	
R	
S	
T	
U	
V	
W	Shamara Hammonds Abeni Beckham
X	Kria Peiris Isabella Mack
Y	Isobel Whiting Olivia Brown
Z	Isabelle Moore Eden Harrison

Time
77.6
68.8
67.4
78.6
75.5
64.8
74.1
69.9
77.9
62.2

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

13G Obstacle Race

A		
B		
C		
D		
E		
F	Imogen Milroy Bethan Freeman	Kirsty Sait-Steward Imogen Eisenman
G	Louisa Johnstone Chanel Morgan	Kayley Earl Talane Simpson
H		
I		
J	Harriet Coles Emily Coles	
K		
L		
M		
N		
O	Amy Money Eleanor Brown	Serena Grace Alisha Youngs
P		
Q		
R		
S		
T		
U		
V		
W	Shamara Hammonds Maddie Archbold	Naiomi Boots Farran Turner
X	Kaia Peiris Olivia Stevens	Ellen Jack Chantelle Russel
Y	Kacey Elvin Abbie Haynes	Ellis Steward Lauren Garrett
Z	Olivia Porter Martha Bennett	Holly Harrison Annabelle Joynson

Time
82.5
81.9
[90.4]
76.8
85.7
88.1
84.0
79.3

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

