

NORFOLK Sportshall Athletics

Date: 7 Nov 15

Location: Taverham



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 2016 - 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	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 South Norfolk	19	12	8	14	13	13	40	15	17	18	169	10	
B Beccles & Bungay H													
C				3							3	13	
D Ryston Runners	22	26	17	23	28	36		19			171	9	
E Harling AC													
F City of Norwich	21	22	18	32	18	26	9	18	22	19	205	8	
G Great Yarmouth	32	30	24	32	38	34	33	16	20	22	281	5	
H Harling AC													
I													
J North Norfolk Harrier	32	35	28	25	43	17	13	22			215	7	
K W Norfolk													
L													
M													
N Ryston Runners	29	43	47	41	36	40	43	24	23	23	349	1	
O City of Norwich	30	32	43	39	45	35	41	21	24	24	334	3	
P Bungay Black Dog	18		16	15			17				66	12	
Q Bungay Black Dog													
R Great Yarmouth													
S Diss AC	44	42	36	38	25	42	42	23	22	21	335	2	
T Thetford AC													
U													
V Waveney													
W Waveney	46	46	33	31	25	34	39	25	25	25	329	4	
X City of Norwich													
Y City of Norwich	8	6	18	9	25	17	13	17	18		131	11	
Z City of Norwich	18	22	37	21	32	24	10	20	19	20	223	6	

u11B 2 Lap

		Time
A	Malachi Komalafe	27.0
AA	Callum Harrison	36.0
B		
BB		
C		
CC		
D	Harry Wakefield	26.9
DD	George Evans	29.3
E		
EE		
F	Arlo Brown	27.2
FF	Otto Hay	28.9
G	Oliver Shipp	25.5
GG	Andrew Mayne	28.3
H		
5		[27.6]
I		
II		
J	Oliver Carpenter	25.6
JJ	Dexter Garret	28.2
K		
KK		
6A		[45.4]
LL		
M		
MM		
N	Harry Sharp	27.4
NN	Ben Smith	26.5
O	Josh Ingham	26.3
OO	Sam Borham	27.6
P	Sonny Muntendam	26.4
PP		
Q		
7A		[29.7]
R		
RR		
S	Seb Edwards	26.2
SS	Barney Clarke	24.4
T		
TT		
8A	Seth Frankland	[29.4]
8C	Issac Phillips	[25.8]
V		
VV		
W	Ben Cone	25.7
WW	Joel Burgess	24.2
X		
XX		
Y	Joel Fox	28.6
YY	Ralph Downing	
Z	George Borham	30.4
ZZ	Leo White	27.3

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

Combined
19
22
21
32
32
29
30
18
44
46
8
18

u11B 4 Lap

		Time
A	Malachi Komalafe	64.6
AA	Nick Castle	77.9
B		
BB		
C		
CC		
D	Harry Wakefield	56
DD	Tom Hipperson	59.5
E		
EE		
F	Charlie Pain	62.3
FF	Jaiden Dean	58.3
G	Oliver Shipp	55.71
GG	William Gwyer	58.4
H		
HH		
I		
II		
J	Nathan Hutchins	55.8
JJ	Brad Keay	54.4
K		
KK		
L		
LL		
M		
MM		
N	Kit Howlett	54.3
NN	Liam Clare	54.2
O	Henry Whall	53.3
OO	Harvey Green	61.4
P	Sonny Muntendam	
PP		
Q		
QQ		
R		
RR		
S	Riley Kemp	55.7
SS	Barney Clarke	53.1
T		
TT		
8B	Nathan Littlejohns	[64.8]
UU		
V		
VV		
W	Joel Burgess	50.8
WW	Ben Cone	54.3
X		
XX		
Y	Joel Fox	
YY	Tom Whiting	66.1
Z	Alfie Mayer	59.7
ZZ	Lucas Hay	58.5

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

Combined
12
26
22
30
35
43
32
42
46
6
22

u11B 2 Lap Hurdles		Time
A	Caleb Komalafe	33
AA	Joe Gore	57.1
B		
BB		
C		
CC		
D	George Evans	32.3
DD	Tom Hipperson	31
E		
EE		
F	Harry Heatley	30.4
FF	Joseph Diggins	32.8
G	William Gwyer	29.8
GG	Dylan Wilson	30.8
H		
HH		
I		
II		
J	Oliver Carpenter	28.5
JJ	Brad Key	31
K		
KK		
7A		[33.0]
LL		
M		
MM		
N	Kit Howlett	26.7
NN	David MacQueen	27.5
O	Conrad Winter	27.9
OO	Josh Ingham	28.1
P		29.4
PP		
Q		
QQ		
R		
RR		
S	Seb Edwards	28.7
SS	Riley Kemp	28.3
T		
TT		
8A	Vaughan Beckham	[33.2]
8C	Seth Frankland	[28.4]
V		
VV		
W	Finn Howes	26.2
WW	Vaughan Beckham	31.4
X		
XX		
Y	Elijah Elwell	29.7
YY	Tom Whiting	33.1
Z	Benjamin Polley	28.1
ZZ	Oliver Yellop	29.4

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

Combined
8
17
18
24
28
47
43
16
36
33
18
37

u11B Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A	Malachi Komalafe				1.53	16	10	14
AA	Nick Castle				1.1	22	4	
B								
BB								
6A					0.9	23	3	3
CC								
D	Tom Hipperson				1.27	21	5	23
DD	George Evans				1.69	8	18	
E								
EE								
F	Charlie Pain				1.55	14	12	32
FF	Jaiden Dean				1.72	6	20	
G	Oliver Shipp				1.75	5	21	32
GG	Andrew Mayne				1.54	15	11	
H								
HH								
I								
II								
J	Brad Keay				1.7	7	19	25
JJ	Dexter Garret				1.39	20	6	
K								
KK								
L								
LL								
M								
MM								
N	David MacQueen				1.84	2	24	41
NN	Ben Smith				1.67	9	17	
O	Conrad Winter				1.8	4	22	39
OO	Harvey Green				1.67	9	17	
P	Sonny Muntendam				1.64	11	15	15
PP								
Q								
QQ								
R								
RR								
S	Riley Kemp				1.94	1	25	38
SS	Thomas Savereaux				1.57	13	13	
T								
TT								
8A	Seth Frankland				[1.52]			
8b	Nathan Littlejohns				[1.67]			
V								
VV								
W	Joel Burgess				1.83	3	23	31
WW	Vaughan Beckham				1.45	18	8	
X								
XX								
Y	Elijah Elwell				1.52	17	9	9
YY	Hector Otton-Espinoza							
Z	Benjamin Polley				1.6	12	14	21
ZZ	Lucas Hay				1.42	19	7	

u11B Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A	Caleb Komalafe				31	18	8	13
AA	Callum Harrison				20	21	5	
B								
BB								
C								
CC								
D	Tom Hipperson				34	11	15	28
DD	Harry Wakefield				33	13	13	
E								
EE								
F	Charlie Pain				32	16	10	18
FF	Joseph Diggins				31	18	8	
G	Oliver Shipp				36	7	19	38
GG	Andrew Mayne				36	7	19	
H								
HH								
I								
II								
J	Nathan Hutchins				38	4	22	43
JJ	Brad Keay				37	5	21	
K								
KK								
L								
LL								
M								
MM								
N	Liam Clare				40	3	23	36
NN	Ben Smith				33	13	13	
O	Conrad Winter				42	2	24	45
OO	Harvey Green				37	5	21	
P								
PP								
Q								
QQ								
R								
RR								
S	Riley Kemp				36	7	19	25
SS	Thomas Savereaux				26	20	6	
T								
TT								
U								
UU								
8C	Isaac Phillips				[33]			
VV								
W	Ben Cone				32	16	10	25
WW	Vaughan Beckham				34	11	15	
X								
XX								
Y	Elijah Elwell				43	1	25	25
YY	Ralph Downing							
Z	Alfie Mayer				36	7	19	32
ZZ	Oliver Yellop				33	13	13	

u11B Speed Bounce

		Total Jumps	Position	Points	Combined Total
A	Malachi Komalafe	34	19	7	13
AA	Nick Castle	20	20	6	
B					
BB					
C					
CC					
D	Harry Wakefield	45	7	19	36
DD	George Evans	42	9	17	
E					
EE					
F	Arlo Brown	44	8	18	26
FF	Otto Hay	35	18	8	
G	William Gwyer	48	5	21	34
GG	Dylan Wilson	41	13	13	
H					
HH					
I					
II					
J	Nathan Hutchins	42	9	17	17
JJ	Oliver Carpenter				
K					
KK					
L					
LL					
M					
MM					
N	Kit Howlett	51	3	23	40
NN	Harry Sharp	42	9	17	
O	Josh Ingham	37	16	10	35
OO	Henry Whall	55	1	25	
P					
PP					
Q					
QQ					
R					
RR					
S	Seb Edwards	49	4	22	42
SS	Barney Clarke	47	6	20	
T					
TT					
U					
UU					
8A	Seth Frankland	[47]			
VV					
W	Ben Cone	37	16	10	34
WW	Finn Howes	52	2	24	
X					
XX					
Y	Tom Whiting	42	9	17	17
YY	Ralph Downing				
Z	Benjamin Polley	39	15	11	24
ZZ	Leo White	41	13	13	

u11B Chest Push

		First Throw	Second Throw	Third Throw	Best Throw	Position	Points	Combined
A	Caleb Komalafe				5.50	3	23	40
AA	Callum Harrison				4.75	9	17	
B								
BB								
C								
CC								
D	Tom Hipperson							
DD								
E								
EE								
F	Harry Heatley				2.75	17	9	9
FF	Joseph Diggins							
G	William Gwyer				5.25	4	22	33
GG	Dylan Wilson				4.00	15	11	
H								
HH								
I								
II								
J	Oliver Carpenter				4.25	13	13	13
JJ	Dexter Garret							
K								
KK								
L								
LL								
M								
MM								
N	Harry Sharp				5.00	7	19	43
NN	Liam Clare				5.75	2	24	
O	Henry Whall				5.25	4	22	41
OO	Sam Borham				5.00	7	19	
P	Sonny Muntendam				4.75	9	17	17
PP								
Q								
QQ								
R								
RR								
S	Seb Edwards				6.00	1	25	42
SS	Barney Clarke				4.75	9	17	
T								
TT								
8b	Nathan Littlejohns				[4.25]			
8c	Isaac Phillips				[5.5]			
V								
VV								
W	Joel Burgess				5.25	4	22	39
WW	Finn Howes				4.75	9	17	
X								
XX								
Y	Tom Whiting				4.25	13	13	13
YY	Hector Otton-Espinoza							
Z	George Borham				3.75			10
ZZ	Leo White							

u11B 6 Lap Paarlauf

		Time	Position	Points
A AA	Malachi Komalafe Nick Castle	98.6	11	15
B BB				
C CC				
D DD	Harry Wakefield George Evans	85	7	19
E EE				
F FF	Charlie Pain Jaiden Dean	87.1	8	18
G GG	Andrew Mayne Dylan Wilson	89.9	10	16
H HH				
I II				
J JJ	Nathan Hutchins Brad Keay	79.8	4	22
K KK				
L LL				
M MM				
N NN	Kit Howlett Liam Clare	78.3	2	24
O OO	Conrad Winter Sam Borham	81.8	5	21
P PP				
Q QQ				
R RR				
S SS	Riley Kemp Barney Clarke	79.2	3	23
T TT				
8c		[82.8]		
8		[87.3]		
W WW	Joel Burgess Finn Howes	74	1	25
X XX				
Y YY	Joel Fox Ralph Downing	88	9	17
Z ZZ	Leo White Oliver Yellop	84.4	6	20

u11B Obstacle Race

A AA	Malachi Komalafe Nick Castle	Caleb Komalafe Callum Harrison
B BB		
C CC		
D DD		
E EE		
F FF	Charlie Pain Otto Hay	Jaiden Dean Harry Heatley
G GG	William Gwyer Dylan Wilson	Andrew Mayne Oliver Shipp
H HH		
I II		
J JJ	Oliver Carpenter Dexter Garret	Brad Key Nathan Hutchins
K KK		
L LL		
M MM		
N NN	Ben Smith David MacQueen	Liam Clare Harry Sharp
O OO	Conrad Winter Josh Ingham	Henry Whall Sam Borham
P PP		
Q QQ		
R RR		
S SS	Thomas Savereaux Seb Edwards	Riley Kemp Barney Clarke
T TT		
U UU		
V VV		
W WW	Joel Burgess Vaughan Beckham	Ben Cone Finn Howes
X XX		
Y YY	Joel Fox Elijah Elwell	Tom Whiting Ralph Downing
Z ZZ	Lucas Hay Benjamin Polley	Alfie Mayer George Borham

Time
121.2
87.1
87.7
[84.8]
81.1
80.4
87.1
77
92.2
89.8

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

u11B 4 x 1 Relay

A AA	Caleb Komalafe Joe Gore	Callum Harrison Nick Castle
B BB		
C CC		
D DD		
E EE		
F FF	Joseph Diggins Harry Heatley	Otto Hay Arlo Brown
G GG	William Gwyer Dylan Wilson	Andrew Mayne Oliver Shipp
H HH		
I II		
J JJ	Oliver Carpenter Dexter Garret	Brad Key Nathan Hutchins
K KK		
L LL		
M MM		
N NN	Ben Smith Harry Sharp	Kit Howlett Liam Clare
O OO	Harvey Green Henry Whall	Josh Ingham Sam Borham
P PP		
Q QQ		
R RR		
S SS	Thomas Savereaux Seb Edwards	Riley Kemp Barney Clarke
T TT		
U UU		
8		
W WW	Joel Burgess Vaughan Beckham	Ben Cone Finn Howes
X XX		
Y YY	Joel Fox Elijah Elwell	Tom Whiting Hector Otton-Espinoza
Z ZZ	Lucas Hay George Borham	Alfie Mayer Oliver Yellop

Time
62.1
57.7
53.3
[54.3]
52.1
50.4
54.7
[53.7]
49.8
55.7

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

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 South Norfolk												
B Beccles & Bungay H	33	40	38	34	34	39	35	19	23	19	314	4
C												
D Dereham Ac												
E Harling AC												
F City of Norwich	29	39	29	33	49	35	38	21	24	23	320	3
G Great Yarmouth	33	35	31	30	18	40	31	18	22	22	280	5
H Harling AC												
I												
J North Norfolk Harrier	42	25	20		36	40		22			185	8
K W Norfolk	27	14	17	34	33						125	9
L												
M												
N Ryston Runners	19		26	25		29		20			119	10
O City of Norwich	47	43	46	45	36	49	37	25	25	25	378	1
P Bungay Black Dog	6	9		7	9						31	11
Q Bungay Black Dog												
R Great Yarmouth												
S Diss AC												
T Thetford AC												
U												
V Waveney												
W Waveney												
X City of Norwich	7	28	20	22	32	10	46	17		22	204	7
Y City of Norwich	27	23	36	32	20	21	35	23	21	22	260	6
Z City of Norwich	44	34	36	45	42	34	42	24		24	325	2

u11G 2 Lap

		Time	Position	Points	Combined
A	Megan O'Connor				
AA	Chanel Kirt				
B	Ella Spear	26.1	5	21	33
BB	Rebecca Sinden	28.3	14	12	
C					
CC					
D					
DD					
E					
EE					
F	Caitlin Bell	27.2	11	15	29
FF	Nicole Kasczar	27.5	12	14	
G	Sienna Penson	26.2	6	20	33
GG	Hollie Willeard	28.2	13	13	
H					
HH					
I					
II					
J	Georgia Pegg	25.9	1	25	42
JJ	Fiona May Swanson	26.6	9	17	
K	Jessica Milne	28.5	15	11	27
KK	Bea Kinnear	26.8	10	16	
L					
LL					
M					
MM					
N	Lily Teasdale	28.7	16	10	19
NN	Ella Hipperson	28.9	17	9	
O	Grace Daniels	25.9	1	25	47
OO	Hannah Pain	26.0	4	22	
P	Sapphire Warren-Bro	32.0	20	6	6
PP					
Q					
QQ					
5c	Kyha Penn	[30.7]			
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
8a	Daisy Knights	[27.5]			
WW					
X	Moira Doleman	30.1	19	7	7
XX	Chloe Gant				
Y	Millie Hay	26.5	7	19	27
YY	Amelia Nesbit	29.2	18	8	
Z	Mary Hill	25.9	1	25	44
ZZ	Molly Withers	26.5	7	19	

u11G 4 Lap

		Time	Position	Points	Combined
A	Megan O'Connor				
AA	Faye Debenham				
B	Kaitlin Sinden	58.4	4	22	40
BB	Enya Calver-Brown	60.9	8	18	
C					
CC					
5b	Megan Bland	[68.4]			
DD					
E					
EE					
F	Beth Scott-Amos	56.6	2	24	39
FF	Rosie Langley	61.5	11	15	
G	Jennifer Allen	61.4	10	16	35
GG	Maggie Bean	60.2	7	19	
H					
HH					
I					
II					
J	Georgia Pegg	56.6	1	25	25
JJ					
K	Jessica Milne	62	12	14	14
KK					
L					
LL					
M					
MM					
N					
NN					
O	Kitty Whalen	59.8	6	20	43
OO	Amy Moses	58.2	3	23	
P	Sapphire Warren-Br	74.8	17	9	9
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X	Annabelle Hill	60.9	8	18	28
XX	Natasha Bew	67.2	16	10	
Y	Isobel Harrington	65.4	14	12	23
YY	Kerrie Winter	66.3	15	11	
Z	Erin Waterfield	58.5	5	21	34
ZZ	Rose Fairhurst	62.6	13	13	

u11G 2 Lap Hurdles

		Time		Position	Points	Combined
A						
AA	Jasmine Woods					
B	Ella Spear	28.7		1	25	38
BB	Kaitlin Sinden	30.8		13	13	
C						
CC						
D						
DD						
E						
EE						
F	Poppy Chapman	29.7		8	18	29
FF	Millie Hart	31.6		15	11	
G	Sienna Penson	29.1		3	23	31
GG	Khya Penn	33.5		18	8	
H						
HH						
I						
II						
J	Fiona May Swanson	29.5		6	20	20
JJ						
K	Bea Kinnear	29.8		9	17	17
KK						
L						
LL						
M						
MM						
N	Lily Teasdale	30.5		12	14	26
NN	Ella Hipperson	31.2		14	12	
O	Alice Daniels	28.8		2	24	46
OO	August Gara George	29.2		4	22	
P						
PP						
8a	Daisy Knights	[31.2]				
5	Hollie Willeard	[31.5]				
5a	Jennifer Allen	[34.0]				
5b	Megan Bland	[34.9]				
2i	Lacey Newell	[40.3]				
SS						
T						
TT						
U						
UU						
V						
VV						
W						
WW						
X	Molly Gant	31.6		15	11	20
XX	Georganna Heatley	32.9		17	9	
Y	Erica Gara George	29.3		5	21	36
YY	Grace Greenhalf	30.1		11	15	
Z	Leah Collins	29.9		10	16	36
ZZ	Poppy Walker	29.5		6	20	

u11G Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A	Megan O'Connor							
AA	Jasmine Woods							
B	Kaitlin Sinden				1.64	8	18	34
BB	Enya Calver-Brown				1.6	10	16	
C								
CC								
D								
DD								
E								
EE								
F	Poppy Chapman				1.62	9	17	33
FF	Caitlin Bell				1.6	10	16	
G	Sienna Penson				1.7	6	20	30
GG	Khya Penn				1.42	16	10	
5d	MaggieBean				[1.62]			
5	Hollie				[1.59]			
I								
II								
J								
JJ								
K	Jessica Milne				1.39	17	9	34
KK	Bea Kinnear				1.87	1	25	
L								
LL								
M								
MM								
N	Lily Teasdale				1.5	15	11	25
NN	Ella Hipperson				1.59	12	14	
O	Amy Moses				1.79	2	24	45
OO	Grace Daniels				1.71	5	21	
P	Sapphire Warren-Brooks				1.32	19	7	7
PP								
Q								
QQ								
R								
RR								
2i	Lacwy Newell				[1.44]			
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X	Annabelle Hill				1.39	17	9	22
XX	Moira Doleman				1.56	13	13	
Y	Millie Hay				1.56	13	13	32
YY	Amelia Nesbit				1.67	7	19	
Z	Erin Waterfield				1.76	3	23	45
ZZ	Molly Withers				1.72	4	22	

u11G Vertical Jump

		First jump	Second jump	Third jump
A	Chanel Kirt			
AA	Faye Debenham			
B	Ella Spear			
BB	Rebecca Sinden			
C				
CC				
8a	Daisy Knights			
DD				
E				
EE				
F	Millie Hart			
FF	Nicole Kasczar			
G	Megan Bland			
GG	Khya Penn			
H				
HH				
2i	Lacey Newell			
II				
J	Georgia Pegg			
JJ	Fiona May Swanson			
K	Jessica Milne			
KK	Bea Kinnear			
L				
LL				
M				
MM				
N				
NN				
O	Alice Daniels			
OO	Hannah Pain			
P	Sapphire Warren-Brooks			
PP				
QQ				
Q				
R				
RR				
S				
SS				
T				
TT				
U				
UU				
V				
VV				
W				
WW				
X	Georganna Heatley			
XX	Molly Gant			
Y	Amelia Nesbit			
YY	Kerrie Winter			
Z	Rose Fairhurst			
ZZ	Leah Collins			

Best Jump
35
37
[33]
42
43
28
23
[28]
36
36
29
40
30
41
24
36
33
30
18
39
40

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

Combined
34
49
18
36
33
36
9
32
20
42

u11G Speed Bounce

		Total Jumps	Position	Points	Combined Total
A	Faye Debenham				
AA	Chanel Kirt				
B	Ella Spear	46	2	24	39
BB	Rebecca Sinden	39	11	15	
C					
CC					
D					
DD					
E					
EE					
F	Millie Hart	45	4	22	35
FF	Rosie Langley	36	13	13	
G	Sienna Penson	41	8	18	40
GG	Hollie Willeard	45	4	22	
5a	Jennifer Allen	[41]			
5b	Megan Bland	[37]			
I					
II					
J	Georgia Pegg	45	4	22	40
JJ	Fiona May Swanson	41	8	18	
K					
KK					
L					
LL					
M					
MM					
N	Lily Teasdale	41	8	18	29
NN	Ella Hipperson	33	15	11	
O	August Gara George	50	1	25	49
OO	Alice Daniels	46	2	24	
P					
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
8a	Daisy Knights	[41]			
WW					
X	Annabelle Hill	32	16	10	10
XX	Chloe Gant				
Y	Erica Gara George	35	14	12	21
YY	Isobel Harrington	29	17	9	
Z	Poppy Walker	42	7	19	34
ZZ	Erin Waterfield	39	11	15	

u11G Chest Push

		Best Throw	Third throw	Second throw	First Throw	Position	Points	Combined
A	Jasmine Woods							
AA	Megan O'Connor							
B	Kaitlin Sinden	5.00				7	19	35
BB	Enya Calver-Brown	4.25				10	16	
C								
CC								
D								
DD								
E								
EE								
F	Beth Scott-Amos	5.75				4	22	38
FF	Nicole Kasczar	4.25				10	16	
G	Maggie Bean	4.75				8	18	31
GG	Jennifer Allen	3.75				13	13	
H								
HH								
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O	Amy Moses	5.25				5	21	37
OO	Kitty Whalen	4.25				10	16	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X	Natasha Bew	5.25				5	21	46
XX	Georganna Heatley	7.00				1	25	
Y	Millie Hay	6.25				3	23	35
YY	Isobel Harrington	3.25				14	12	
Z	Mary Hill	6.75				2	24	42
ZZ	Poppy Walker	4.75				8	18	

u11G 6 Lap Paarlauf

		Time	Position	Points
A AA	Megan O'Connor			
B BB	Enya Calver-Brown Rebecca Sinden	87.4	7	19
C CC				
D DD				
E EE				
F FF	Caitlin Bell Rosie Langley	86.5	5	21
G GG	Maggie Bean Hollie Willeard	87.6	8	18
H HH				
I II				
J JJ	Georgia Pegg Fiona May Swanson	84.9	4	22
K KK				
L LL				
M MM				
N NN	Lily Teasdale Ella Hipperson	87.3	6	20
O OO	Hannah Pain Grace Daniels	80.4	1	25
P PP		[95.8]		
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX	Moira Doleman Natasha Bew	87.6	9	17
Y YY	Grace Greenhalf Erica Gara George	84.8	3	23
Z ZZ	Mary Hill Rose Fairhurst	83.6	2	24

u13B Overall Results

Taverham

7 Nov 15

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		35	31	38	36	42	33	37	33	22	22	24	353	4
G Great Yarmouth														
H Harling AC														
I														
J North Norfolk Harriers														
K W Norfolk		39	38	38	22	19	44	19	47		21	21	308	5
L														
M														
N Ryston Runners		20	22			19							61	6
O City of Norwich		48	48	48	49	48	47	46	47	25	25	25	456	1
P Bungay Black Dog		14	17						19				50	7
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		42	39	43	41	47	39	46	36	23	23	22	401	2
Z City of Norwich		37	39	38	41	36	42	42	38	24	24	23	384	3

u13B2 Lap

		Time	Position	Points	Combined
A	Jacob Baugh				
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Austin Feeley	26.5	11	15	35
FF	Barney Hollidge	25.0	6	20	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Jo Williams	24.4	4	22	39
KK	Felix Young	26.0	9	17	
L					
LL					
M					
MM					
N	Joe McNulty	25.0	6	20	20
NN					
O	Zak Young	23.3	1	25	48
OO	Rio Ward	24.2	3	23	
P		28.0	12	14	14
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Jack Hardy	24.0	2	24	42
YY	Dillon Dennis	25.9	8	18	
Z	Scott Leeder	24.5	5	21	37
ZZ	Joshua Page	26.1	10	16	

u13B4 Lap

		Time	Position	Points	Combined
A	Jacob Baugh				
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Austin Feeley	59.8	11	15	31
FF	Zak Appleby	58.4	10	16	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Alfie Williams	53.6	2	24	38
KK	Felix Young	61.6	12	14	
L					
LL					
M					
MM					
N	Joe McNulty	55.2	4	22	22
NN					
O	Alex Mortimer	52.3	1	25	48
OO	Rio Ward	53.7	3	23	
P	Ismael Manas El-Bou	57.7	9	17	17
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Luke Spencer	56.7	7	19	39
YY	Daniel Williams	55.8	6	20	
Z	Alex Whall	57.1	8	18	39
ZZ	Luke Watker	55.4	5	21	

u13B6 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Shawn Martin	95.6	9	17	38
FF	Adam Cottrel	85.2	5	21	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Alfie Williams	85.3	6	20	38
KK	Hobie Riches	92.1	8	18	
L					
LL					
M					
MM					
N					
NN					
O	Toby Robinson	82.9	1	25	48
OO	Michael Langley	84.6	3	23	
P	Ismael Manas El-Bou				
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Zak Collins-Idi	84.3	2	24	43
YY	Luke Fox	91.4	7	19	
Z	Alistair Halls	97.2	10	16	38
ZZ	Jake Hart	85.2	4	22	

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				1.46	9	17	36
FF	Barney Hollidge				1.75	7	19	
G								
GG								
H								
HH								
I								
II								
J								
JJ								
K	Jo Williams				1.87			22
KK	Felix Young				1.92	4	22	
L								
LL								
M								
MM								
N	Joe McNulty							
NN								
O	Michael Langley				2.01	2	24	49
OO	Jake Garside				2.04	1	25	
P	Ismael Manas El-Bouzidi				1.84			
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y	Dillon Dennis				1.79	6	20	41
YY	Daniel Williams				1.85	5	21	
Z	Scott Leeder				1.69	8	18	41
ZZ	Alex Whall				1.97	3	23	

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	Shawn Martin				39	7	19	42
FF	Zak Appleby				44	3	23	
G								
GG								
H								
HH								
I								
II								
J								
JJ								
K	Hobie Riches				39	7	19	19
KK								
L								
LL								
M								
MM								
N	Joe McNulty				39	7	19	19
NN								
O	Toby Robinson				52	1	25	48
OO	Michael Langley				44	3	23	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y	Zak Collins-Idi				44	3	23	47
YY	Dillon Dennis				48	2	24	
Z	Joshua Page				40	6	20	36
ZZ	Luke Watker				37	10	16	

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	Austin Feeley				5.32	9	17	33
FF	James Stolorthy				5.25	10	16	
G								
GG								
H								
HH								
I								
II								
J								
JJ								
K	Alfie Williams				6.28	2	24	44
KK	Jo Williams				5.65	6	20	
L								
LL								
M								
MM								
N								
NN								
O	Zak Young				6.60	1	25	47
OO	Alex Mortimer				5.87	4	22	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y	Jack Hardy				5.75	5	21	39
YY	Zak Collins-Idi				5.48	8	18	
Z	Scott Leeder				5.58	7	19	42
ZZ	Joshua Page				5.89	3	23	

u13B

Speed Bounce

		Total Bounces	Position	Points	Combined
A					
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Barney Hollidge	56	9	17	37
FF	Adam Cottrel	66	6	20	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Jo Williams	63	7	19	19
KK	Felix Young				
L					
LL					
M					
MM					
N					
NN					
O	Michael Langley	67	5	21	46
OO	Jake Garside	81	1	25	
P					
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y	Luke Fox	77	2	24	46
YY	Daniel Williams	71	4	22	
Z	Alex Whall	62	8	18	42
ZZ	Jake Hart	77	2	24	

u13B Shot

		First throw	Second throw	Third throw
A AA				
B BB				
C CC				
D DD				
E EE				
F FF	Shawn Martin James Stolworthy			
G GG				
H HH				
I II				
J JJ				
K KK	Alfie Williams Hobie Riches			
L LL				
M MM				
N NN				
O OO	Zak Young Alex Mortimer			
P PP	Ismael Manas El-Bouzidi			
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX				
Y YY	Luke Spencer Luke Fox			
Z ZZ	Alistair Halls Luke Watker			

Best throw
4.07
5.49
9.65
6.34
8.69
7.43
5.51
5.64
4.38
5.15
6.00

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

Combined
33
47
47
19
36
38

u13G Overall Results

Taverham

7 Nov 15

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	7	7					13		21	16		64	11
B Beccles & Bungay H													
C													
D Dereham Ac													
E Harling AC													
F City of Norwich	21	32	41	40	35	28	40	23	23	23	21	327	5
G Great Yarmouth	44	40		11	42	40	40	14	17	22	22	292	6
H Harling AC													
I													
J North Norfolk Harriers	23	25		13	41			21	20	19	19	181	9
K W Norfolk	26	14	27	26	13	30	23	16		17	17	209	8
L													
M													
N Ryston Runners	33	21		16	9	16	19		18			132	10
O City of Norwich	45	47	38	49	40	49	43	49	24	25	24	433	1
P Bungay Black Dog	12	15		18		11						56	12
Q Bungay Black Dog													
R Great Yarmouth													
S Diss AC													
T Thetford AC													
U													
V Waveney													
W Waveney	22	26	38	35	38	37	37	39	22	20	20	334	3
X City of Norwich	24	23	16	22	20	18	22	29	19	18	18	229	7
Y City of Norwich	22	30	41	38	30	26	42	38	21	21	23	332	4
Z City of Norwich	46	42	46	37	29	42	33	39	25	24	25	388	2

u13G 2 lap

		Time	Position	Points	Combined
A	Ruby McCabe	30.3	22	4	7
AA	Chanel Kirt	31.4	23	3	
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Imogen Milroy	26.1	14	12	21
FF	Bethan Freeman	26.6	17	9	
G	Ellie Morgan	24.6	3	23	44
GG	Kayley Earl	24.8	5	21	
H					
5	Louisa Johnstone	[25.5]			
I					
II					
J	Emily Coles	26.0	13	13	23
JJ	Logan Wilson	26.2	16	10	
K	Amber Scott	25.3	7	19	26
KK	Daisy Stagg	27.0	19	7	
L					
LL					
M					
MM					
N	Mia Moore	25.6	10	16	33
NN	Jessie Kite	25.5	9	17	
O	Alisha Youngs	24.1	1	25	45
OO	Amy Money	25.0	6	20	
P	Abigail Mackensie-W	26.1	14	12	12
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W	Farran Turner	25.9	12	14	22
WW	Maddie Archbold	26.9	18	8	
X	Kaia Peiris	25.3	7	19	24
XX	Olivia Stevens	27.1	21	5	
Y	Ellis Stewart	27.0	19	7	22
YY	Kacey Elvin	25.8	11	15	
Z	Holly Harrison	24.7	4	22	46
ZZ	Isabelle Moore	24.5	2	24	

u13 4 Lap

		Time	Position	Points	Combined
A	Ruby McCabe	68.0	22	4	7
AA	Chanel Kirt	69.4	23	3	
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Kirsty Sait-Steward	58.3	14	12	32
FF	Imogen Eisenman	55.8	6	20	
G	Ellie Morgan	53.6	3	23	40
GG	Louisa Johnstone	56.6	9	17	
H					
HH					
I					
II					
J	Emily Coles	58.8	15	11	25
JJ	Logan Wilson	57.8	12	14	
K	Elizabeth Wood	62.5	20	6	14
KK	Niamh Webber	61.3	18	8	
L					
LL					
M					
MM					
N	Mia Moore	57.2	10	16	21
NN	Saffron Teasdale	65.3	21	5	
O	Serena Grace	52.1	1	25	47
OO	Alisha Youngs	54.3	4	22	
P	Abigail Mackensie-W	57.5	11	15	15
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W	Gracie Parr	61.6	19	7	26
WW	Shamara Hammonds	56.4	7	19	
X	Raiya Newell	60.2	16	10	23
XX	Beth Greenwood	58.1	13	13	
Y	Isobel Whiting	55.0	5	21	30
YY	Kacey Elvin	61.0	17	9	
Z	Annabelle Joykson	52.9	2	24	42
ZZ	Olivia Porter	56.5	8	18	

u13 6 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C					
CC					
D					
DD					
E					
EE					
F	Heidi Lamb	91.4	7	19	41
FF	Imogen Milroy	87.1	4	22	
G					
GG					
H					
HH					
I					
II					
J					
JJ					
K	Elizabeth Wood	98.0	12	14	27
KK	Amber Scott	101.9	13	13	
L					
LL					
M					
MM					
N					
NN					
O	Eleanor Brown	90.1	6	20	38
OO	Alice Hill	91.6	8	18	
P					
PP					
Q					
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W	Abeni Beckham	87.0	3	23	38
WW	Farran Turner	97.4	11	15	
X	Kiri Watering	94.8	10	16	16
XX	Chantelle Russel				
Y	Grace Jermy	85.7	2	24	41
YY	Olivia Brown	92.8	9	17	
Z	Eden Harrison	84.3	1	25	46
ZZ	Martha Bennett	89.3	5	21	

13G

Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Imogen Eisenman				1.83	7	19	40
FF	Bethan Freeman				1.88	5	21	
G	Chanel Morgan				1.56	15	11	11
GG								
H								
HH								
I								
II								
J	Emily Coles				1.68	13	13	13
JJ								
K	Elizabeth Wood				1.80	9	17	26
KK	Niamh Webber				1.45	17	9	
L								
LL								
M								
MM								
N	Saffron Teasdale				1.43	18	8	16
NN	Jessie Kite				1.43	18	8	
O	Alisha Youngs				2.12	2	24	49
OO	Alice Hill				2.21	1	25	
P	Abigail Mackensie-Websale				1.82	8	18	18
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Shamara Hammonds				1.87	6	20	35
WW	Maddie Archbold				1.76	11	15	
X	Kiri Watering				1.52	16	10	22
XX	Chantelle Russel				1.58	14	12	
Y	Olivia Brown				1.92	4	22	38
YY	Isobel Whiting				1.78	10	16	
Z	Holly Harrison				2.03	3	23	37
ZZ	Olivia Porter				1.73	12	14	

13G

Vertical Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Kirsty Sait-Steward				49	1	25	35
FF	Imogen Eisenman				34	16	10	
G	Kayley Earl				47	4	22	42
GG	Louisa Johnstone				45	6	20	
H								
HH								
I								
II								
J	Emily Coles				48	3	23	41
JJ	Logan Wilson				43	8	18	
K	Amber Scott				37	13	13	13
KK	Daisy Stagg							
L								
LL								
M								
MM								
N	Saffron Teasdale				29	17	9	9
NN								
O	Eleanor Brown				47	4	22	40
OO	Zoe Powers				43	8	18	
P								
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Gracie Parr				37	13	13	38
WW	Shamara Hammonds				49	1	25	
X	Kaia Peiris				45	6	20	20
XX	Kiri Watering							
Y	Ellis Stewart				41	10	16	30
YY	Grace Jermy				39	12	14	
Z	Isabelle Moore				41	10	16	29
ZZ	Martha Bennett				37	13	13	

13G

Triple Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A	Ruby McCabe				3.72	19	7	13
AA	Chanel Kirt				3.23	20	6	
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F	Heidi Lamb				5.23	13	13	28
FF	Bethan Freeman				5.67	11	15	
G	Kayley Earl				6.05	7	19	40
GG	Ellie Morgan				6.18	5	21	
H								
HH								
I								
II								
J								
JJ								
K	Amber Scott				5.75	8	18	30
KK	Daisy Stagg				4.95	14	12	
L								
LL								
M								
MM								
N	Mia Moore				5.71	10	16	16
NN								
O	Eleanor Brown				6.95	1	25	49
OO	Serena Grace				6.62	2	24	
P	Abigail Mackensie-Websale				4.93	15	11	11
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W	Abeni Beckham				6.33	3	23	37
WW	Maddie Archbold				5.33	12	14	
X	Olivia Stevens				4.33	18	8	18
XX	Raiya Newell				4.90	16	10	
Y	Isobel Whiting				5.73	9	17	26
YY	Grace Jermy				4.79	17	9	
Z	Holly Harrison				6.27	4	22	42
ZZ	Eden Harrison				6.07	6	20	

13G 8 Lap Paarlauf

A	Ruby McCabe Chanel Kirt
B	
C	
D	
E	
F	Imogen Eisenman Heidi Lamb
G	Chanel Morgan Louisa Johnstone
H	
I	
J	Logan Wilson Emily Coles
K	
L	
M	
N	Mia Moore Saffron Teasdale
O	Serena Grace Amy Money
P	
Q	
R	
S	
T	
U	
V	
W	Farran Turner Abeni Beckham
X	Raiya Newell Beth Greenwood
Y	Ellis Stewart Grace Jermy
Z	Isabelle Moore Eden Harrison

Time
131.3
108
116.8
112.8
114.8
104.9
109.7
113.9
112
100

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

13G 4 x 2 Lap Relay

A		
B		
C		
D		
E		
F	Imogen Eisenman Bethan Freeman	Kirsty Sait-Steward
G	Kayley Earl Chanel Morgan	Louisa Johnstone Ellie Morgan
H		
I		
J		
K	Amber Scott Niamh Webber	Daisy Stagg Elizabeth Wood
L		
M		
N		
O	Alisha Youngs Alice Hill	Eleanor Brown Serena Grace
P		
Q		
R		
S		
T		
12		
V		
W	Shamara Hammonds Maddie Archbold	Abeni Beckham Gracie Parr
X	Kria Peiris Olivia Stevens	Raiya Newell Beth Greenwood
Y	Kacey Elvin Olivia Brown	Isobel Whiting Ellis Steward
Z	Holly Harrison Olivia Porter	Annabelle Joynson Martha Bennett

Time
101.1
102.2
106.0
107.2
95.7
[109.5]
102.9
106.4
102.4
99.9

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

13G Obstacle Race

A		
B		
C		
D		
E		
F	Bethan Freeman	Kirsty Sait-Steward Imogen Eisenman
G	Louisa Johnstone Chanel Morgan	Kayley Earl Ellie Morgan
H		
I		
J		
K	Amber Scott Niamh Webber	Daisy Stagg Elizabeth Wood
L		
M		
N		
O	Alisha Youngs Eleanor Brown	Alice Hill
P		
Q		
R		
S		
T		
U		
12		
V		
W	Shamara Hammonds Maddie Archbold	Gracie Parr Farran Turner
X	Kria Peiris Olivia Stevens	Kaia Peiris Chantelle Russel
Y	Kacey Elvin Isobel Whiting	Olivia Brown Grace Jermy
Z	Holly Harrison Eden Harrison	Isabelle Moore Annabelle Joynson

Time
81.3
80.8
83.6
88.6
77.1
[98.0]
82.0
86.1
77.3
75.0

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

