

Norfolk Sportshall Athletics

County Championships

Sat 12th Jan 2019

Sportspark UEA Norwich

u11B				2 LAP					2:00pm
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position	
14	Leon	Ogunnusi	CoNAC	27.2	12				
19	Micah	Avowlanu	CoNAC	26.1	8				
23	Jack	Browne	CoNAC	27.0	11				
25	Archie	Heather	CoNAC	26.0	7				
27	Taylor	McKean	N Norfolk Harriers	30.4	18				
28	Theo	Carus	CoNAC	24.7	2	Qualify	24.5	2	
45	Marcus	Wood	Ryston	28.1	15				
47	Nelson	Yarbo	N Norfolk Harriers	30.2	17				
53	George	Smith	GYDAC	25.4	3	Qualify	25.5	4	
55	Sebastion	Bennell	Ryston	26.5	9				
61	George	Pomfret	Diss AC	25.4	3	Qualify	25	3	
78	Kavanaugh	Remy	CoNAC	24.2	1	Qualify	23.9	1	
83	Mark	Devaney	CoNAC						
84	Kai	Peggs	West Norfolk	27.6	13				
90	Charlie	Broad	West Norfolk	25.9	6	Qualify	26	5	
96	Dylan	Guy	CoNAC	27.8	14				
97	James	Cox	West Norfolk	28.1	15				
110	Alfie	Furness	CoNAC	26.9	10				
133	Cameron	Wedon	GYDAC	25.8	5	Qualify	26.3	6	

u11B				2 LAP HURDLES				Heats	Heats	Final time		1 :15pm
No		Name		Club	time	Position	Qualify				Position	
14	Leon	Ogunnusi	CoNAC	28.5	7							
15	Daniel	Coles	N Norfolk Harri	26.9	3	Qualify	25.6				1	
19	Micah	Avowlanu	CoNAC	28.2	5	Qualify	28.4				6	
27	Taylor	McKean	N Norfolk Harri	31.9	10							
28	Theo	Carus	CoNAC	25.8	1	Qualify	25.9				2	
31	Alfie	Bone	West Norfolk	33.0	11							
45	Marcus	Wood	Ryston	29.4	8							
53	George	Smith	GYDAC	26.7	2	Qualify	27.3				4	
55	Sebastion	Bennell	Ryston	28.3	6	Qualify	27.9				5	
90	Charlie	Broad	West Norfolk	27.1	4	Qualify	26.5				3	
97	James	Cox	West Norfolk	30.2	9							

u11B				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:40pm Position
23	Jack	Browne	CoNAC	61.7	5	Qualify	60.6	6
25	Archie	Heather	CoNAC	58.7	3	Qualify	55.5	2
31	Alfie	Bone	West Norfolk					
78	Kavanaugh	Remy	CoNAC	53.9	1	Qualify	52.6	1
84	Kai	Peggs	West Norfolk	63.7	6	Qualify	57.5	5
96	Dylan	Guy	CoNAC	59.1	4	Qualify	55.7	3
97	James	Cox	West Norfolk	64.2	7			
133	Cameron	Wedon	GYDAC	56.2	2	Qualify	55.9	4

u11B **TRIPLE JUMP**

TRIPLE JUMP

1:40pm

[illegible]

u11B

LONG JUMP

1:00pm

[illegible]

u11B

VERTICAL JUMP

3:00pm

[illegible]

u11B

SPEED BOUNCE

3:30pm

[illegible]

u11B

Chest Push

1:25pm

[illegible]

u11B **Turbo Javelin**

Turbo Javelin

3:50pm

[illegible]

u11G**2 LAP**

1:45pm

No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position
12	Clarice	Cavill	Ryston	25.9	7		
17	Chloe	Thorne	CoNAC	25.7	3	Qualify	25.3
24	Lauren	Browne	CoNAC	29.1	21		
26	Lexie	Heather	CoNAC	28.2	17		
30	Aisha	Elouassi	Dereham	25.8	4	Qualify	25.7
38	Maya	Ellis	GYDAC	27.8	15		
42	Emily	Lowther	Bungay Black Dog	27.5	13		
54	Mia	Squires	GYDAC				
65	Chelsey	Irving	CoNAC	25.8	4	Qualify	25.9
72	Poppy	Harrison	CoNAC	25.8	4	Qualify	26.7
77	Lani	Woolsey	CoNAC	26.4	10		
88	Jasmine	Kiy	N Norfolk Harrier	26.2	9		
93	Isla	Greenhall	CoNAC	28.9	20		
98	Yasmina	Blade	CoNAC	28.7	19		
100	Marcella	Bartlette	CoNAC	28.3	18		
106	Anya	Faithorn	CoNAC	28	16		
107	Georgia	Shirley	CoNAC	26.5	11		
108	Belle	Hoy	CoNAC	27.6	14		
109	BB	Brook	CoNAC	26	8		
115	Imogen	Shipp	GYDAC	33.1	22		
122	Annabelle	Hill	CoNAC	25.2	2	Qualify	25.1
128	Lacey	Newell	CoNAC	27.1	12		
132	Edith	Avowlanu	CoNAC	24.7	1	Qualify	24.4

u11G**2 LAP Hurdles**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	1:00pm Position
4	Amber	Goddard	28.6	14			
5	Lily	Goddard	31.2	18			
10	Lilymae	Coote	27.5	4	Qualify	28.5	4
17	Chloe	Thorne	27.6	6			
18	Kyla	Langan	28.3	12			
24	Lauren	Browne	31.3	19			
30	Aisha	Elouassi	27.6	6			
56	Charlotte	Gilding	27.6	6	Qualify	27.3	3
63	Emily	Roberts	27.6	6			
65	Chelsey	Irving	26.9	2	Qualify	27.1	2
72	Poppy	Harrison	27.5	4	Qualify	29.1	5
74	Jennifer	Mardle	30.6	16			
77	Lani	Woolsey	28.0	11			
88	Jasmine	Kiy	27.6	6			
93	Isla	Greenhall	32.0	22			
100	Marcella	Bartlette	31.5	20			
105	Eloise	Eldridge	30.1	15			
109	BB	Brook	27.3	3	Qualify		
115	Imogen	Shipp	35.1	24			
122	Annabelle	Hill	26.6	1	Qualify	26.7	1
126	Sabina	Mariuzzo	33.6	23			
127	Iyla	Addison	31.7	21			
130	Abigail	Bansgrove	30.9	17			
54	Mia	Squires	28.4	13			

u11G				4 LAP				2:30pm	
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position		
4	Amber	Goddard	CoNAC	58.1	9				
5	Lily	Goddard	CoNAC	63.3	14				
10	Lilymae	Coote	GYDAC	57.3	8				
12	Clarice	Cavill	Ryston	56.1	3	Qualify	55.2	2	
18	Kyla	Langan		57.2	7				
26	Lexie	Heather	CoNAC	59.4	11				
38	Maya	Ellis	GYDAC	60.3	12				
54	Mia	Squires	GYDAC	57	5	Qualify	56.3	4	
63	Emily	Roberts	GYDAC	55.5	2	Qualify	55.7	3	
74	Jennifer	Mardle	CoNAC	64.4	15				
88	Jasmine	Kiy	N Norfolk Harriers	57.1	6	Qualify	56.6	6	
105	Eloise	Eldridge	N Norfolk Harriers	58.4	10				
107	Georgia	Shirley	CoNAC	56.3	4	Qualify	56.3	4	
130	Abigail	Bansgrove	Ryston	61	13				
132	Edith	Avowlanu	CoNAC	52.6	1	Qualify	53.3	1	

u11G **LONG JUMP**

LONG JUMP

2:05pm

No	Name		Club
30	Aisha	Elouassi	Dereham
56	Charlotte	Gilding	CoNAC
60	Lily	Ganley	CoNAC
63	Emily	Roberts	GYDAC
72	Poppy	Harrison	CoNAC
88	Jasmine	Kiy	N Norfolk Harriers
93	Isla	Greenhall	CoNAC
105	Eloise	Eldridge	N Norfolk Harriers
106	Anya	Faithorn	CoNAC
107	Georgia	Shirley	CoNAC
127	Iyla	Addison	CoNAC
128	Lacey	Newell	CoNAC

[illegible]

u11G

TRIPLE JUMP

2:45pm

[illegible]

u11G

VERTICAL JUMP

3:40pm

No	Name		Club
4	Amber	Goddard	CoNAC
5	Lily	Goddard	CoNAC
12	Clarice	Cavill	Ryston
17	Chloe	Thorne	CoNAC
18	Kyla	Langan	
24	Lauren	Browne	CoNAC
42	Emily	Lowther	Bungay Black Dog
52	Charlie	Wheatley	Ryston
60	Lily	Ganley	CoNAC
65	Chelsey	Irving	CoNAC
72	Poppy	Harrison	CoNAC
85	Emily	Jones	CoNAC
106	Anya	Faithorn	CoNAC
109	BB	Brook	CoNAC
122	Annabelle	Hill	CoNAC
127	Iyla	Addison	CoNAC
132	Edith	Avowlanu	CoNAC

[illegible]

u11G **SPEED BOUNCE**

u11G **SPEED BOUNCE**

1:25pm

[illegible]

u11G **Chest Push**

Chest Push

3:15pm

No	Name		Club
10	Lilymae	Coote	GYDAC
30	Aisha	Elouassi	Dereham
52	Charlie	Wheatley	Ryston
54	Mia	Squires	GYDAC
63	Emily	Roberts	GYDAC
65	Chelsey	Irving	CoNAC
115	Imogen	Shipp	GYDAC
122	Annabelle	Hill	CoNAC
126	Sabina	Mariuzzo	CoNAC
130	Abigail	Bansgrove	Ryston

[illegible]

u11G

Turbo Javelin

4:05pm

[illegible]

u13B**2 LAP**

u13B				2 LAP				
No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:10pm Position	
16	Ben	Sinar	Aylsham HS	23.6	4	Qualify	23.7	4
43	Jaiden	Dean	CoNAC	21.6	1	Qualify	21.2	1
46	Ryan	Wood	Ryston	24.9	6	Qualify	24.9	6
58	David	MacQueen	Ryston	23	3	Qualify	22	2
89	Alex	Scott	CoNAC					
112	Thomas	O'Neill	West Norfolk	26.6	9			
113	Eric	Hellebrandt	CoNAC	25.2	7			
116	Oliver	Shipp	GYDAC	24.3	5	Qualify	24.2	5
118	Barney	Clarke	CoNAC	22.7	2	Qualify	22.1	3
134	William	Wassmer	CoNAC	26.3	8			

u13B**4 LAP**

				Heats	Heats		Final	2:50pm
No	Name	Club		time	Position	Qualify	time	Position
2	William	Scates	CoNAC	49.4	3	Qualify	48	2
7	Joe	Machin	CoNAC	53.1	8			
13	Greg	Taylor	CoNAC	58.4	15			
21	Ethan	Rattenbury	CoNAC	51	5	Qualify	51	5
43	Jaiden	Dean	CoNAC	48.9	2	Qualify	46.5	1
46	Ryan	Wood	Ryston	61.2	16			
64	Kai	Wiseman	Dereham	54.9	10			
75	Benjamin	Polley	CoNAC	54.9	10			
87	Hal	Morritt	CoNAC	52.9	7			
89	Alex	Scott	CoNAC					
101	Riley	Bell	Ryston	55.4	12			
111	Ethan	Ellis	CoNAC	49.8	4	Qualify	48.2	3
112	Thomas	O'Neill	West Norfolk	56.3	13			
116	Oliver	Shipp	GYDAC	51.5	6	Qualify	52.1	6
118	Barney	Clarke	CoNAC	48.1	1	Qualify	49.5	4
121	Miles	Hovell	Ryston	54.2	9			
134	William	Wassmer	CoNAC	56.4	14			

u13B**6 LAP**Heats
timeHeats
Position

Qualify

Final
time

4:15pm

Position

No	Name	Club
2	William	Scates
7	Joe	Machin
8	Tim	Bongaerts
13	Greg	Taylor
21	Ethan	Rattenbury

80.3	1
81.5	3
85.2	4
91.5	5
80.6	2

u13B **LONG JUMP**

u13B **LONG JUMP**

3:00pm

[illegible]

u13B **TRIPLE JUMP**

TRIPLE JUMP

1:00pm

[illegible]

u13B

VERTICAL JUMP

1:40pm

[illegible]

u13B	SHOT (Kg)
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SHOT (Kg)

2:30pm

No	Name		Club
8	Tim	Bongaerts	CoNAC
64	Kai	Wiseman	Dereham
75	Benjamin	Polley	CoNAC
87	Hal	Morritt	CoNAC
113	Eric	Hellebrandt	CoNAC
118	Barney	Clarke	CoNAC
121	Miles	Hovell	Ryston
134	William	Wassmer	CoNAC
2	William	Scates	CoNAC

[illegible]

u13B

SPEED BOUNCE

4:00pm

[illegible]

u13G				2 LAP				2:15pm	
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position		
9	Evie	Patrick	CoNAC	23.8	2	Qualify	23.4	2	
11	Nicole	Kaszczak	CoNAC	24.1	4	Qualify	24.1	5	
22	Serena	Akomah	CoNAC	24.5	6	Qualify	23.3	1	
33	Freya	Chapman	CoNAC	25.2	8				
40	Tamara	Riches	Diss AC	26.1	12				
48	Erica	Gara George	CoNAC	25.4	10				
67	Isabelle	Rushmere	GYDAC	24.3	5	Qualify	24.1	5	
70	Rose	Fairhurst	CoNAC	24.9	7				
73	Isabelle	Mardle	CoNAC	23.5	1	Qualify	23.9	4	
81	Megan	Gough	CoNAC	25.3	9				
103	Lucy	Oakley	Ryston	25.6	11				
117	Demilade	Adegoke	Ryston	23.8	2	Qualify	23.7	3	
131	Maddy	Powells-Warren	CoNAC	27.2	13				

u13G				4 LAP				3:05pm	
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position		
1	Caitlin	Bell	CoNAC	55.2	8				
9	Evie	Patrick	CoNAC						
11	Nicole	Kaszczak	CoNAC						
22	Serena	Akomah	CoNAC	52.7	2	Qualify	53.51	5	
33	Freya	Chapman	CoNAC	55.1	7				
37	Eva	Ellis	GYDAC	54.1	5	Qualify	53.5	4	
40	Tamara	Riches	Diss AC	56	10				
48	Erica	Gara George	CoNAC	54.5	6	Qualify	58.7	6	
59	Lauren	Ward	GYDAC	53.9	4	Qualify	53.4	3	
67	Isabelle	Rushmere	GYDAC	52.9	3	Qualify	51.8	2	
73	Isabelle	Mardle	CoNAC	52.4	1	Qualify	51.3	1	
119	Sennen	Tonkin	West Norfolk	55.4	9				
120	Eliza	Upton	West Norfolk	56.5	11				
125	Liliana	Mariuzzo	CoNAC	57.1	12				
131	Maddy	Powells-Warren	CoNAC	58.2	13				

u13G

6 LAP

				Heats time	Heats Position	Qualify	Final time	4:20pm Position
No	Name		Club					
37	Eva	Ellis	GYDAC				87.0	3
51	Shannon	Wheatley	Ryston				99.7	6
49	Rosie	Langley	CoNAC				97.3	5
62	Alice	Craddock	GYDAC				82.3	2
79	Holly	Lawrence	West Norfolk					
81	Megan	Gough	CoNAC				96.2	4
91	Georgia	Pegg	CoNAC				80.1	1

u13G

LONG JUMP

3:30pm

[illegible]

u13G

TRIPLE JUMP

2:05pm

[illegible]

u13G

VERTICAL JUMP

1:00pm

[illegible]

u13G	SHOT (Kg)
0.00	0.00
0.01	0.00
0.02	0.00
0.03	0.00
0.04	0.00
0.05	0.00
0.06	0.00
0.07	0.00
0.08	0.00
0.09	0.00
0.10	0.00
0.11	0.00
0.12	0.00
0.13	0.00
0.14	0.00
0.15	0.00
0.16	0.00
0.17	0.00
0.18	0.00
0.19	0.00
0.20	0.00
0.21	0.00
0.22	0.00
0.23	0.00
0.24	0.00
0.25	0.00
0.26	0.00
0.27	0.00
0.28	0.00
0.29	0.00
0.30	0.00
0.31	0.00
0.32	0.00
0.33	0.00
0.34	0.00
0.35	0.00
0.36	0.00
0.37	0.00
0.38	0.00
0.39	0.00
0.40	0.00
0.41	0.00
0.42	0.00
0.43	0.00
0.44	0.00
0.45	0.00
0.46	0.00
0.47	0.00
0.48	0.00
0.49	0.00
0.50	0.00
0.51	0.00
0.52	0.00
0.53	0.00
0.54	0.00
0.55	0.00
0.56	0.00
0.57	0.00
0.58	0.00
0.59	0.00
0.60	0.00
0.61	0.00
0.62	0.00
0.63	0.00
0.64	0.00
0.65	0.00
0.66	0.00
0.67	0.00
0.68	0.00
0.69	0.00
0.70	0.00
0.71	0.00
0.72	0.00
0.73	0.00
0.74	0.00
0.75	0.00
0.76	0.00
0.77	0.00
0.78	0.00
0.79	0.00
0.80	0.00
0.81	0.00
0.82	0.00
0.83	0.00
0.84	0.00
0.85	0.00
0.86	0.00
0.87	0.00
0.88	0.00
0.89	0.00
0.90	0.00
0.91	0.00
0.92	0.00
0.93	0.00
0.94	0.00
0.95	0.00
0.96	0.00
0.97	0.00
0.98	0.00
0.99	0.00
1.00	0.00
1.01	0.00
1.02	0.00
1.03	0.00
1.04	0.00
1.05	0.00
1.06	0.00
1.07	0.00
1.08	0.00
1.09	0.00
1.10	0.00
1.11	0.00
1.12	0.00
1.13	0.00
1.14	0.00
1.15	0.00
1.16	0.00
1.17	0.00
1.18	0.00
1.19	0.00
1.20	0.00
1.21	0.00
1.22	0.00
1.23	0.00
1.24	0.00
1.25	0.00
1.26	0.00
1.27	0.00
1.28	0.00
1.29	0.00
1.30	0.00
1.31	0.00
1.32	0.00
1.33	0.00
1.34	0.00
1.35	0.00
1.36	0.00
1.37	0.00
1.38	0.00
1.39	0.00
1.40	0.00
1.41	0.00
1.42	0.00
1.43	0.00
1.44	0.00
1.45	0.00
1.46	0.00
1.47	0.00
1.48	0.00
1.49	0.00

SHOT (Kg)

1:40pm

[illegible]

u13G

SPEED BOUNCE

3:30pm

[illegible]

u15B**2 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	1:35pm Position
6	Zak	Iddi Collins	CoNAC	22.4	2	Qualify	23.1	5
36	Liam	Clare	Ryston	22.4	2	Qualify	22.2	2
50	Michael	Langley	CoNAC	22.5	4	Qualify	23.2	6
76	Jack	Hamment Russ	CoNAC	22.3	1	Qualify	21.9	1
94	Jake	Hart	CoNAC	22.6	5	Qualify	22.2	3
102	Kieran	Bell	Ryston	23.1	7			
114	Vaughan	Beckham	Waveney	23	6	Qualify	23	4

u15B				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:45pm Position
6	Zak	Iddi Collins	CoNAC	49.1	6	Qualify	50	6
36	Liam	Clare	Ryston	48.8	5	Qualify	49.9	5
41	Peter	Lowther	Bungay Black Dog	49.5	8			
44	Joel	Burgess	Waveney	46.9	1	Qualify	46.4	1
94	Jake	Hart	CoNAC	47.7	3	Qualify	46.7	3
102	Kieran	Bell	Ryston	49.4	7			
123	Luke	Watker	CoNAC	47.2	2	Qualify	47	4
129	Conrad	Winter	CoNAC	48.7	4	Qualify	46.5	2

u15B **LONG JUMP**

LONG JUMP

1:45pm

[illegible]

u15B TRIPLE JUMP

TRIPLE JUMP

3:45pm

[illegible]

u15B

SHOT (Kg)

3:15pm

[illegible]

u15B

SPEED BOUNCE

1:00pm

[illegible]

u15G

2 LAP

				Heats	Heats		Final	1:30pm
No	Name	Club		time	Position	Qualify	time	Position
3	Amber	Scott	West Norfolk	23.9	5	Qualify	24	4
20	Kitty	Whalen	CoNAC					
29	Mica	Carus	CoNAC	24.8	8			
32	Eden	Harrison	CoNAC	23	3	Qualify		
39	Beth	Greenwood	GYDAC	23.9	5	Qualify	24.5	5
57	Daisy	Dalrymple	CoNAC	22.9	2	Qualify	23.4	2
66	Sophie	Rushmere	GYDAC	22.8	1	Qualify	23	1
68	Isabelle	Moore	CoNAC					
71	Holly	Harrison	CoNAC	24.7	7			
86	Ellis	Stewart	GYDAC	23.8	4	Qualify	23.5	3

u15G				4 LAP					
No		Name		Club	Heats time	Heats Position	Qualify	Final time	2:25pm Position
32	Eden	Harrison	CoNAC					48.8	2
66	Sophie	Rushmere	GYDAC					49.7	3
68	Isabelle	Moore	CoNAC						
80	Poppy	Walker	CoNAC					53	4
92	Grace	Daniels	CoNAC					48.7	1

u15G **LONG JUMP**

LONG JUMP

3:55pm

[illegible]

u15G

VERTICAL JUMP

2:05pm

No	Name		Club
3	Amber	Scott	West Norfolk
20	Kitty	Whalen	CoNAC
29	Mica	Carus	CoNAC
57	Daisy	Dalrymple	CoNAC
71	Holly	Harrison	CoNAC
80	Poppy	Walker	CoNAC
86	Ellis	Stewart	GYDAC

[illegible]

u15G

SPEED BOUNCE

3:05pm

[illegible]

u15G

SHOT (3.25Kg)

1:00pm

No	Name		Club
3	Amber	Scott	West Norfolk
20	Kitty	Whalen	CoNAC
29	Mica	Carus	CoNAC
32	Eden	Harrison	CoNAC
39	Beth	Greenwood	GYDAC
80	Poppy	Walker	CoNAC

[illegible]