

Norfolk Sportshall

County Championships 2017

7th Jan 2017 UEA

u11B				2 LAP					
No	Name		Club	Heats time	Heats Position	Qualify	Final time	pm Position	
201	Alex	Scott	CoNAC	25.8	8				
202	Andrew	Mayne	GYDAC						
203	Barney	Clarke	CoNAC	23.2	1	Qualify	23.7	1	
204	Benjamin	Polley	CoNAC	25.5	6	Qualify	25.1	4	
210	George	Rivett	N Norfolk Harriers AC	27.0	11				
211	George	Coles	N Norfolk Harriers AC	26.4	9				
213	Joe	Machin	CoNAC	26.8	10				
214	Max	Cockburn	CoNAC	25.6	7				
215	Maximilian	Brookes	Diss & District AC	29.0	18				
216	Oliver	Shipp	GYDAC	25.3	4	Qualify	25.5	5	
217	Reuben	Colbridge	waveney valley ac						
218	Ryan	Wood	West Norfolk AC	25.2	3	Qualify	25.8	6	
220	Alfie	Furness	CoNAC	28.4	16				
221	Benjamin	Littlejohns	Waveney AC	27.6	14				
222	Ethan	Rattenbury	CoNAC	25.4	5	Qualify	25	3	
223	George	Davies	West Norfolk AC	27.2	12				
224	Liam	Bridges	Waveney AC	27.3	13				
225	Rafe	Short	CoNAC	28.6	17				
227	Thomas	O'Neill	West Norfolk AC	27.9	15				
230	Arturo	Gull	West Norfolk AC						
231	Jaiden	Dean	CoNAC	24.8	2	Qualify	25	2	

u11B				2 LAP HURDLES				1 :10pm	
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position	
201	Alex	Scott	CoNAC	29.7	8				
205	Charlie	Pain	CoNAC	30.2	10				
206	Charlie	Tunmore	West Norfolk AC	29.6	7				
207	Daniel	Coles	N Norfolk Harriers AC	28.5	5	Qualify	28	4	
208	David	Macqueen	Ryston Runners AC	27.2	4	Qualify	26.7	3	
212	Hal	Morritt	CoNAC	26.7	2	Qualify	26.6	2	
216	Oliver	Shipp	GYDAC	26.8	3	Qualify	28.5	5	
221	Benjamin	Littlejohns	Waveney AC	29.7	8				
223	George	Davies	West Norfolk AC	29.5	6	Qualify	31.2	6	
224	Liam	Bridges	Waveney AC	32.9	13				
226	Seth	Frankland	Waveney Valley	32.8	12				
228	Thomas	Smith	N Norfolk Harriers AC	31.4	11				
230	Arturo	Gull	West Norfolk AC						
231	Jaiden	Dean	CoNAC	26.4	1	Qualify	25.6	1	

u11B**4 LAP**

u11B				4 LAP		2:40pm		
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
202	Andrew	Mayne	GYDAC					
203	Barney	Clarke	CoNAC	52.8	1	Qualify	52.5	1
204	Benjamin	Polley	CoNAC	56.1	3	Qualify	57	4
206	Charlie	Tunmore	West Norfolk AC	58.8	10			
209	Freddie	Cox-Hartigan	Bungay Black Dog RC	64.9	15			
210	George	Rivett	N Norfolk Harriers AC	57.9	8			
212	Hal	Morritt	CoNAC	55.3	2	Qualify	53.9	3
213	Joe	Machin	CoNAC	57.9	8			
214	Max	Cockburn	CoNAC	56.7	5	Qualify	58.1	5
217	Reuben	Colbridge	waveney valley ac					
218	Ryan	Wood	West Norfolk AC	56.7	5	Qualify	58.6	6
219	Samuel	Yellop	CoNAC					
220	Alfie	Furness	CoNAC	61	11			
222	Ethan	Rattenbury	CoNAC	56.6	4	Qualify	53.7	2
225	Rafe	Short	CoNAC	61.8	12			
226	Seth	Frankland	Waveney Valley	57.7	7			
227	Thomas	O'Neill	West Norfolk AC	61.9	13			
228	Thomas	Smith	N Norfolk Harriers AC	63.2	14			
229	Jude	Benson-Smith	Waveney Valley					

u11B

TRIPLE JUMP

[illegible]

u11B

LONG JUMP

1:30pm

[illegible]

u11B

VERTICAL JUMP

No	Name		Club
207	Daniel	Coles	N Norfolk Harriers AC
208	David	Macqueen	Ryston Runners AC
211	George	Coles	N Norfolk Harriers AC
212	Hal	Morritt	CoNAC
213	Joe	Machin	CoNAC
214	Max	Cockburn	CoNAC
217	Reuben	Colbridge	waveney valley ac
218	Ryan	Wood	West Norfolk AC
220	Alfie	Furness	CoNAC
222	Ethan	Rattenbury	CoNAC
227	Thomas	O'Neill	West Norfolk AC

[illegible]

u11B **SPEED BOUNCE**

u11B **SPEED BOUNCE**

[illegible]

u11B

Chest Push

[illegible]

u11B

Turbo Javelin

[illegible]

u11G**2 LAP**

2:15pm

u11G				2 LAP		2:15pm		
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
232	Annabelle	Hill	CoNAC	27.5	14			
233	Caitlin	Bell	CoNAC	25.9	7			
234	Caroline	Cox-Hartigan	Bungay Black Dog RC	32.9	18			
236	D'Arcie	Ives	Waveney Valley	26.6	10			
237	Erica	Gara- George	CoNAC	25.6	4	Qualify	25.8	2
238	Eva	Ellis	GYDAC	26.3	9			
239	Georgia	Pegg	N Norfolk Harriers AC	24.8	1	Qualify	25.1	1
240	Holly	Lawrence	West Norfolk AC	25.8	5	Qualify	26	4
242	Isabella	Williams	CoNAC	26.8	11			
243	Jessica	Milnes	West Norfolk AC	27.3	13			
244	Khya	Penn	GYDAC	28.9	17			
246	Lola-Belle	Smith	CoNAC					
248	Phoebe	Bryant Owusu	CoNAC					
249	Rebecca	Sinden	Beccles & Bungay H AC	27.7	15			
250	Serena	Akomah	CoNAC	25.5	2	Qualify	26.1	5
251	Agatha	Gouldby	waveney valley ac	25.9	7			
253	Grace	Greenhalf	CoNAC					
254	Hollie	Willeard	GYDAC	26.9	12			
255	Isobel	Ward	GYDAC	25.5	2	Qualify	25.9	3
256	Jennifer	Allen	GYDAC					
257	Lauren	Ward	GYDAC	25.8	5	Qualify	26.3	6
260	Ruby	Benson - Smith	waveney valley ac					
262	Willow	Siddall	CoNAC	27.8	16			

u11G				2 LAP Hurdles					
No		Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position	
232	Annabelle	Hill	CoNAC	28.7	9				
235	Charlotte	Beck	West Norfolk AC	29.1	10				
236	D'Arcie	Ives	Waveney Valley	27.7	7				
237	Erica	Gara- George	CoNAC	27.3	3	Qualify	27.8	2	
241	Isabella	Christmas-Able	Waveney Valley	26.8	1	Qualify	26.7	1	
242	Isabella	Williams	CoNAC	29.3	11				
243	Jessica	Milnes	West Norfolk AC	29.5	12				
244	Khya	Penn	GYDAC	29.9	16				
245	Lil	Slaughter	CoNAC	30.0	17				
246	Lola-Belle	Smith	CoNAC						
247	Millie	Hart	CoNAC	29.8	15				
250	Serena	Akomah	CoNAC	27.2	2	Qualify	30.9	6	
252	Edith	Avowlanu	CoNAC	29.7	14				
254	Hollie	Willeard	GYDAC	27.4	4	Qualify	27.9	3	
255	Isobel	Ward	GYDAC	27.5	5	Qualify	28.3	4	
258	Rose	Fairhurst	CoNAC	28.2	8				
261	Nicole	Kaszczak	CoNAC	27.6	6	Qualify	28.5	5	
262	Willow	Siddall	CoNAC	29.5	12				

u11G**4 LAP**

				Heats	Heats		Final	2:15pm
No	Name	Club		time	Position	Qualify	time	Position
233	Caitlin	Bell	CoNAC	56.7	6	Qualify	56.5	5
238	Eva	Ellis	GYDAC	55.2	2	Qualify	55.1	2
239	Georgia	Pegg	N Norfolk Harriers AC	53.9	1	Qualify	53.6	1
240	Holly	Lawrence	West Norfolk AC	55.8	4	Qualify	55.4	3
241	Isabella	Christmas-Ab	Waveney Valley	57.6	8			
245	Lil	Slaughter	CoNAC	60.2	9			
251	Agatha	Gouldby	waveney valley ac	57.5	7			
252	Edith	Avowlanu	CoNAC	62.7	10			
253	Grace	Greenhalf	CoNAC					
256	Jennifer	Allen	GYDAC					
257	Lauren	Ward	GYDAC	55.7	3	Qualify	56.6	6
259	Rosie	Langley	CoNAC	62.8	11			
261	Nicole	Kaszczak	CoNAC	56.3	5	Qualify	56.4	4

u11G

LONG JUMP

No	Name	Club
232	Annabelle Hill	CoNAC
233	Caitlin Bell	CoNAC
236	D'Arcie Ives	Waveney Valley
240	Holly Lawrence	West Norfolk AC
242	Isabella Williams	CoNAC
243	Jessica Milnes	West Norfolk AC
246	Lola-Belle Smith	CoNAC
249	Rebecca Sinden	Beccles & Bungay H
251	Agatha Gouldby	waveney valley ac
252	Edith Avowlanu	CoNAC
255	Isobel Ward	GYDAC
256	Jennifer Allen	GYDAC
257	Lauren Ward	GYDAC
258	Rose Fairhurst	CoNAC
260	Ruby Benson - Smith	waveney valley ac
261	Nicole Kaszczak	CoNAC

[illegible]

u11G

TRIPLE JUMP

[illegible]

u11G

VERTICAL JUMP

[illegible]

u11G

SPEED BOUNCE

[illegible]

Chest Push

[illegible]

u11G

Turbo Javelin

[illegible]

u13B**2 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
263	Zak	Collins - Iddi	CoNAC	23.7	5	Qualify	23.41	3
264	Jacob	Brown	CoNAC	23.8	6	Qualify	23.8	5
266	Joel	Burgess	Waveney Valley	22.7	1	Qualify	23.4	2
267	Joseph	Williams	West Norfolk AC	23	2	Qualify	22.8	1
268	Liam	Clare	Ryston Runners AC	25.7	10			
269	Malachi	Lawson	GYDAC	26.8	11			
270	Tom	Cugnoni	CoNAC					
274	Charlie	Hollands	Ryston Runners AC	27.9	13			
276	Finn	Howes	Waveney Valley	24.2	7			
279	Nathan	Littlejohns	Waveney AC	25.1	9			
280	Daniel	Williams	CoNAC					
281	Henry	Whall	CoNAC	24.5	8			
282	Jack	Hardy	CoNAC	23.3	3	Qualify		
283	Jensen	Gull	West Norfolk AC					
284	Joe	McNulty	Ryston Runners AC					
285	Luke	Spencer	CoNAC	23.5	4	Qualify	23.5	4
287	Alfie	Wadham	Ryston Runners AC	27.8	12			

u13B**4 LAP**

				Heats time	Heats Position		Final time	2:15pm Position
No	Name		Club			Qualify		
265	Jake	Hart	CoNAC	53.9	5	Qualify	52.5	5
266	Joel	Burgess	Waveney Valley	49.8	2	Qualify	50.1	2
267	Joseph	Williams	West Norfolk AC	48.4	1	Qualify	49.4	1
268	Liam	Clare	Ryston Runners AC	55.8	6	Qualify	54.7	6
270	Tom	Cugnoni	CoNAC					
271	Oliver	Yellop	CoNAC	56.7	7			
273	Benjamin	Cone	waveney valley ac	53.7	4	Qualify	51.4	3
276	Finn	Howes	Waveney Valley	52.3	3	Qualify	51.41	4
277	Harvey	Green	CoNAC	58.7	8			
280	Daniel	Williams	CoNAC					
281	Henry	Whall	CoNAC					
284	Joe	McNulty	Ryston Runners AC					

u13B**6 LAP**

No	Name	Club
263	Zak	Collins - Iddi
273	Benjamin	waveney valley ac
271	Oliver	CoNAC
265	Jake	CoNAC
279	Nathan	Waveney AC

Heats
timeHeats
Position

Qualify

Final
time

2:15pm

Position

81.4

1

87.1

3

93.2

5

82.8

2

87.9

4

u13B **LONG JUMP**

LONG JUMP

[illegible]

u13B **TRIPLE JUMP**

TRIPLE JUMP

[illegible]

u13B

VERTICAL JUMP

[illegible]

u13B

SHOT (Kg)

[illegible]

SPEED BOUNCE

[illegible]

u13G				2 LAP					2:15pm
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position		
291	Amber	Scott	West Norfolk AC	24.5	4	Qualify	24.3	3	
292	Amy	Moses	CoNAC	26.1	17				
293	Annabelle	Joynson	CoNAC	24.4	3	Qualify	24	2	
294	August	Gara- George	CoNAC	25.6	14				
296	Chantelle	Russell	CoNAC	25.5	12				
298	Ellen	Cunningham	CoNAC	26.2	19				
299	Ellis	Stewart	CoNAC	25.5	12				
300	Erin	Waterfield	CoNAC	26.1	17				
301	Favor	Ogoba	CoNAC	25.7	15				
302	Fiona-May	Swanson	N Norfolk Harriers AC	27.1	26				
304	Grace	Daniels	CoNAC	24.8	7				
306	Harriet	Prior	CoNAC	25.9	16				
308	Joy	Akpan	CoNAC	25.0	9				
309	Kaia	Peiris	CoNAC	25.1	10				
310	Kaitlin	Sinden	Beccles & Bungay H AC	26.9	24				
311	Kitty	Whalen	CoNAC	26.5	20				
312	Louisa	Johnstone	GYDAC	24.1	1	Qualify	23.8	1	
313	Mary	Hill	CoNAC	25.1	10				
314	Mica	Carus	CoNAC	27	25				
315	Millie	Bastian	West Norfolk AC	26.6	22				
318	Abigail	Mackenzie-Webster	waveney valley ac	24.9	8				
319	Charlotte	Wise-Slack	CoNAC	24.6	6	Qualify	24.8	5	
320	Holly	Harrison	CoNAC	24.5	4	Qualify	25	6	
321	Kiera	Kane	Waveney Valley	26.7	23				
324	Olivia	Porter	CoNAC	24.3	2	Qualify	24.5	4	
325	Lily-May	Collison	Ryston Runners AC	27.3	27				
326	Poppy	Walker	CoNAC	26.5	20				

u13G				4 LAP		Heats	Heats		Final	
No	Name		Club	time	Position	Qualify	time	Position		
288	Abby	Watson	West Norfolk AC	57.9	12	Qualify	56.8	6		
290	Alice	Daniels	CoNAC	55.2	5					
291	Amber	Scott	West Norfolk AC	57.5	11					
292	Amy	Moses	CoNAC	57.2	9					
294	August	Gara- George	CoNAC	58.9	14					
296	Chantelle	Russell	CoNAC	57.9	12					
297	Eden	Harrison	CoNAC							
301	Favor	Ogoba	CoNAC	55.7	6	Qualify	55.7	5		
303	Fleur	Bentin	Diss & District AC	54.4	4	Qualify	54.8	4		
304	Grace	Daniels	CoNAC	53.4	1	Qualify	53.4	3		
306	Harriet	Prior	CoNAC	59.8	16					
308	Joy	Akpan	CoNAC							
309	Kaia	Peiris	CoNAC	56.3	7					
311	Kitty	Whalen	CoNAC							
312	Louisa	Johnstone	GYDAC	53.9	2	Qualify	52.5	1		
313	Mary	Hill	CoNAC	57.4	10					
314	Mica	Carus	CoNAC	62.1	17					
316	Poppy	Tunmore	West Norfolk AC	56.6	8					
319	Charlotte	Wise-Slack	CoNAC	54.3	3					
322	Maisie	Leonard	GYDAC			Qualify	53.2	2		
325	Lily-May	Collison	Ryston Runners AC							
326	Poppy	Walker	CoNAC	58.9	14					

u13G

6 LAP

No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
293	Annabelle	Joynson	CoNAC				81.9	2
290	Alice	Daniels	CoNAC				90.0	6
295	Beth	Greenwood	CoNAC				86.9	4
303	Fleur	Bentin	Diss & District AC					
305	Hannah	Pain	CoNAC				87.4	5
307	Isabelle	Moore	CoNAC				79.7	1
315	Millie	Bastian	West Norfolk AC				92.2	7
322	Maisie	Leonard	GYDAC					
323	Martha	Bennett	CoNAC				85.3	3

u13G

LONG JUMP

[illegible]

u13G

TRIPLE JUMP

[illegible]

u13G

VERTICAL JUMP

No	Name	Club		1st Jump	2nd Jump	3rd Jump	Best Jump	Position
289	Abeni	Beckham	Waveney \ 289				49	6
290	Alice	Daniels	CoNAC 290				38	15
291	Amber	Scott	West Norf 291				44	9
293	Annabelle	Joynson	CoNAC 293				52	3
295	Beth	Greenwood	CoNAC 295				43	10
298	Ellen	Cunningham	CoNAC 298				43	10
299	Ellis	Stewart	CoNAC 299				42	12
300	Erin	Waterfield	CoNAC 300				50	5
302	Fiona-May	Swanson	N Norfolk 302				33	19
303	Fleur	Bentin	Diss & Dist 303				35	18
304	Grace	Daniels	CoNAC 304				37	17
305	Hannah	Pain	CoNAC 305				45	8
309	Kaia	Peiris	CoNAC 309				46	7
310	Kaitlin	Sinden	Beccles & 310				41	14
312	Louisa	Johnstone	GYDAC 312				53	2
314	Mica	Carus	CoNAC 314				30	21
315	Millie	Bastian	West Norf 315				32	20
316	Poppy	Tunmore	West Norf 316				38	15
320	Holly	Harrison	CoNAC 320				52	4
321	Kiera	Kane	Waveney \ 321				42	12
324	Olivia	Porter	CoNAC 324				54	1

u13G

SHOT (Kg)[illegible]

u13G **SPEED BOUNCE**

u13G **SPEED BOUNCE**

[illegible]

u15B**2 LAP**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
329	Leroy	Honey				22.7	2
330	Levi	Lawson				23.1	5
332	Alex	Simpson				22.4	1
334	Haydn	Buffham				22.8	3
335	Tyler	Bilyard				22.9	4

u15B				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
327	Alfie	Williams	West Norfolk AC	49.3	5	Qualify	48.2	3
328	Charlie	Williams	West Norfolk AC	45.5	1	Qualify	44.7	1
329	Leroy	Honey	GYDAC	49	3	Qualify	50.8	5
331	Toby	Robinson	CoNAC	53.4	7			
332	Alex	Simpson	CoNAC	49.5	6	Qualify	48.8	4
333	Charlie	Green	CoNAC	49.2	4	Qualify	52.8	6
335	Tyler	Bilyard	GYDAC	48.4	2	Qualify	47.7	2

u15B **LONG JUMP**

LONG JUMP

[illegible]

u15B

TRIPLE JUMP

[illegible]

u15B

SHOT (Kg)

No	Name		Club
327	Alfie	Williams	West Norfolk AC
328	Charlie	Williams	West Norfolk AC
330	Levi	Lawson	GYDAC
333	Charlie	Green	CoNAC
335	Tyler	Bilyard	GYDAC

[illegible]

u15B

SPEED BOUNCE

[illegible]

u15G				2 LAP					
No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position		
336	Alice	Hill	CoNAC	22.8	4	Qualify	24.8	4	
337	Alicia	Bentin	Diss & District AC	24.9	8				
338	Ellie	Morgan	GYDAC	24.1	6	Qualify			
340	Gabrielle	Delarue	CoNAC	25.2	9		23.7	3	
341	Hannah	Mayne	GYDAC	22.7	3	Qualify			
342	Simone	Ogoba	CoNAC	22.6	2	Qualify			
343	Alisha	Youngs	CoNAC	23.8	5	Qualify	23.4	2	
344	Amy	Money	CoNAC	24.8	7				
346	Serena	Grace	CoNAC	22.5	1	Qualify	22.8	1	

u15G				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
336	Alice	Hill	CoNAC	51.7	3	Qualify		
337	Alicia	Bentin	Diss & District AC	54.4	7			
338	Ellie	Morgan	GYDAC	53.4	5	Qualify	53.7	5
339	Evie	Prior	CoNAC	56.3	8			
340	Gabrielle	Delarue	CoNAC	64.7	9			
341	Hannah	Mayne	GYDAC	53	4	Qualify	53.1	4
342	Simone	Ogoba	CoNAC	53.4	5	Qualify	51	3
345	Eleanor	Brown	CoNAC	51.1	2	Qualify	50.5	2
346	Serena	Grace	CoNAC	49.6	1	Qualify	48.8	1

u15G **LONG JUMP**

LONG JUMP

[illegible]

u15G

VERTICAL JUMP

No	Name		Club
336	Alice	Hill	CoNAC
338	Ellie	Morgan	GYDAC
340	Gabriell	Delarue	CoNAC
343	Alisha	Youngs	CoNAC
344	Amy	Money	CoNAC
346	Serena	Grace	CoNAC

[illegible]

u15G

SPEED BOUNCE

[illegible]

u15G

SHOT (3.25Kg)

[illegible]