

NORFOLK Sportshall Athletics

Date: 16Nov19

Location: Kings Lynn



Set Save As

Competition Details:

Team Events

Sat 19th Oct - Sportspark UEA

Sat 16th Nov - Lynnsport Kings Lynn

Sat 30th Nov - Sportspark UEA

Individual entry

29th County Championship

Sat Jan 2020 - Sportspark, UEA Norwich

Regional Competition (East)

Sat - Sportspark, UEA Norwich

National Final

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

u11B Overall Results

[illegible]

u11B 2 Lap

		Time
A	Keane Mann	28.6
AA	Harry Miller	29.4
B		[26.1]
BB		
C		
CC		
D		
DD		
E	Morgan Brown	27.0
EE	Mason Frost	28.8
F		
5b	Arthur Craddock	[26.8]
G	Toby Scully	26.0
GG	Oliver Nottage	28.2
H	Morgan Brown	
HH	Mason Frost	
10c	Freddie Morris	[29.2]
II		
J		
4B	Jak Hewitt	[28.5]
K	Charlie Broad	24.3
KK	Kai Peggs	25.0
L	Dylan Hope	27.6
LL	Oscar Elliot	29.5
M		
MM		
N	Marcus Wood	25.4
NN	Aiden Howard	27.4
O	Leonardo Gegaj	25.3
OO	Jack Browne	26.1
P		
PP		
10e	Harrison Newman	[27.2]
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V	Kyle Mace	27.7
VV	Callum Mace	28.2
W	Cameron Wedon	24.5
WW	Austin Starling	25.2
X	Izaak Hisgrove	26.0
XX	Lewis Daniels	31.5
Y		
YY		
Z		
ZZ		

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

Combined
18
25
30
48
21
35
38
25
46
25

u11B 4 Lap

		Time
A	Oscar Smith	59.2
AA	Oliver Boyce	58.1
B		
BB		
C		
CC		
D		
DD		
E	Freddie Morris	62.1
EE	Mason Frost	66.8
F		
FF		
G	Toby Scott	53.5
GG	Arthur Craddock	59.7
H	Freddie Morris	
HH	Mason Frost	
10F	Blake Frost	[66.9]
II		
4D	Herbie Gray	[58.6]
4B	Jak Hewitt	[65.6]
K	Kai Peggs	56.5
KK	Henry Gosnell	59.6
L	Harrison Drewry	64.9
LL	Joshua Brzecek	76.5
M		
MM		
N	James McDermid	57.6
NN	Thomas Elsdon	61.9
O	Leonardo Gegaj	53.8
OO	Geoffrey Thornton-	57.3
P		
PP		
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V	Alminas Vieraitis	52.8
VV	Callum Mace	62.3
W	Camron Middleton	57.7
WW	Luca Devine	59
X	Thomas Fairhurst	61.6
XX	Adam Ghairi	68.8
Y		
YY		
Z		
ZZ		

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

Combined
34
19
38
37
15
32
44
35
36
20

u11B

Time

Position

Points

Combine

25

u11B Long Jump

		First Jump	Second Jump	Third Jump
A	Kobi Pearson-White			
AA	Harry Miller			
B				
BB				
C				
CC				
D				
DD				
E	Morgan Brown			
EE	Blake Frost			
F				
FF				
G	Toby Scully			
GG	Arthur Craddock			
H	Morgan Brown			
HH	Blake Frost			
10D	Mason Frost			
II				
J				
4B	Jack Hewitt			
K	Charlie Broad			
KK	Henry Gosnell			
L	Oscar Elliot			
LL	Luke Pell			
M				
MM				
N	James McDermid			
NN	Aiden Howard			
O	Leon Harris			
OO	Jack Browne			
P				
PP				
Q				
QQ				
R				
RR				
S				
SS				
T				
TT				
U				
UU				
V	Callum Mace			
VV	Alminas Vieraitis			
W	Camron Middleton			
WW	Austin Starling			
X	Thomas Fairhurst			
XX	Joshua Rumsby			
Y				
YY				
Z				
ZZ				

Best Jump
155.1
126
133
138
179
154
[1.51]
[139]
197.1
151
149.1
149
163
167
197
182
159
177
164
169
166
155

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

Combined
20
15
34
36
19
35
47
36
37
31

u11B Vertical Jump

		First jump	Second jump	Third jump
A	Oscar Smith			
AA	Keane Mann			
B				
BB				
C				
CC				
D				
DD				
E	Freddie Morris			
EE	Harrison Newman			
F				
FF				
G	Toby Scott			
GG	Arthur Craddock			
H	Freddie Morris			
HH	Harrison Newman			
I				
II				
J				
4A	Brett Wood			
K	Kai Peggs			
KK	Herbie Gray			
L	Joseph Peachy			
LL	Joshua Brzecek			
M				
MM				
N	Marcus Wood			
NN	Aiden Howard			
O	Jack Browne			
OO	Jack Pritchard			
P				
PP				
Q				
QQ				
R				
RR				
S				
SS				
T				
TT				
U				
UU				
V	Aston Charlton			
VV	Joe Lynch			
W	Camron Middleton			
WW	Sonny Vlachos			
X	Izaak Hisgrove			
XX	Lewis Daniels			
Y				
YY				
Z				
ZZ				

Best Jump
29
34
27
29
31
33
[27]
34
31
36
28.01
40
39
43
33
36.01
33
35
37
32
28

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

Combined
28
16
28
29
28
47
41
37
41
20

u11B Speed Bounce	
A	Kobi Pearson-White
AA	Oliver Boyce
B	
BB	
C	
CC	
D	
DD	
E	Freddie Morris
EE	Blake Frost
F	
FF	
G	Harry Doran
GG	Oliver Nottage
H	Morgan Brown
HH	Ethan Gill
I	
II	
J	
JJ	
K	Kai Peggs
KK	Herbie Gray
L	Harrison Drewry
LL	Oscar Elliot
M	
MM	
N	Marcus Wood
NN	Thomas Elsdon
O	Leon Harris
OO	Geoffrey Thornton-Jones
P	
PP	
Q	
QQ	
R	
RR	
S	
SS	
T	
TT	
U	
UU	
V	Aiden Chirimunjiri
VV	Aston Charlton
W	Luca Devine
WW	Cameron Wedon
X	Izaac Hisgrove
XX	Lewis Daniels
Y	
YY	
Z	
ZZ	

Total Jumps
44
32
33
25
33
33
28
37
34
37
47
31
42
39
42
38
46
41
40
24

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

Combined Total
33
20
26
24
30
34
40
39
44
25

u11B Chest Push		First Throw	Second Throw	Third Throw	Best Throw
A AA	Harry Miller Keane Mann				4.0 4.00
B BB					
C CC					
D DD					
E EE	Ethan Gill Harrison Newman				4.75 4.00
F FF					
G GG	Toby Scott Toby Scully				5.25 5.50
H HH	Mason Frost Harrison Newman				
10C II	Freddie Morris				[3.75]
4A 4C	Brett Wood Henry Gosnell				[4.25] [5.25]
K KK	Charlie Broad Jak Hewitt				6.25 6.25
L LL	Luke Pell Dylan Hope				4.75 4.50
M MM					
N NN	Leo Aish James McDermid				6.25 4.00
O OO	Leonardo Gegaj Jack Pritchard				5.50 5.50
P PP					
Q QQ					
R RR					
S SS					
T TT					
U UU					
V VV	Kyle Mace Joe Lynch				5.50 4.00
W WW	Luca Devine Oakley Hutchings				6.50 5.25
X XX	Adam Ghairi Joshua Rumsby				3.50 4.00
Y YY					
Z ZZ					

[illegible]

u11B 6 Lap Paarlauf		Time	Position	Points
A AA	Connor Day Harry Miller	99.6	9	17
B BB				
C CC				
D DD				
E EE	Ethan Gill Morgan Brown	89.2	8	18
F FF				
G GG	Harry Doran Toby Scott	80.5	4	22
H HH	Freddie Morris Morgan Brown			
I II				
J JJ				
K KK	Kai Peggs Charlie Broad	77	3	23
L LL	Luke Pell Joseph Peachy	87	7	19
M MM				
N NN				
O OO	Jack Browne Geoffrey Thornton-Jones	82.4	5	21
P PP				
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV	Alminas Vieraitis Aiden Chirimunjiri	76.2	1	25
W WW	Cameron Wedon Sonny Vlachos	76.6	2	24
X XX	Izaac Hisgrove Joshua Rumsby	85.7	6	20
Y YY				
Z ZZ				

u11B 4 x 1 Relay

A AA	Oliver Boyce Connor Day	Kobi Pearson-White Keane Mann
B BB		
C CC		
D DD		
E EE	Ethan Gill Morgan Brown	Blake Frost Harrison Newman
F FF		
G GG	Toby Scully Oliver Nottage	Harry Doran Toby Scott
H HH	Mason Frost Blake Frost	Harrison Newman Morgan Brown
I II		
J JJ		
K KK	Charlie Broad Herbie Gray	Henry Gosnell Jak Hewitt
L LL	Joshua Brzecek Harrison Drewry	Joseph Peachy Luke Pell
M MM		
N NN	James McDermid Marcus Wood	Leo Aish Aiden Howard
O OO	Leon Harris Jack Browne	Jack Pritchard Leonardo Gegaj
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV	Kyle Mace Alminas Vieraitis	Aiden Chirimunjiri Joe Lynch
W WW	Camron Middleton Sonny Vlachos	Austin Starling Oakley Hutchings
X XX	Adam Ghairi Lewis Daniels	Thomas Fairhurst Izaak Hisgrove
Y YY		
Z ZZ		

Time
54.3
57.8
52.1
53.4
59.8
52.5
49.8
51.3
49.6
56

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

u11B Obstacle
Relay

A AA	Oscar Smith Harry Miller	Kobi Pearson-White Keane Mann
B BB		
C CC		
D DD		
E EE	Harrison Newman Mason Frost	Freddie Morris Blake Frost
F FF		
G GG	Harry Doran Arthur Craddock	Oliver Nottage Toby Scully
H HH	Mason Frost Blake Frost	Harrison Newman Freddie Morris
I II		
J JJ		
K KK	Kai Peggs Herbie Gray	Henry Gosnell Jak Hewitt
L LL	Oscar Elliot Dylan Hope	Joshua Brzeczek Joseph Peachy
M MM		
N NN	Thomas Elsdon Leo Aish	Aiden Howard James McDermid
O OO	Offrey Thornton-Jor Leon Harris	Leonardo Gegaj Jack Pritchard
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV	Joe Lynch Callum Mace	Kyle Mace Aston Charlton
W WW	Luca Devine Sonny Vlachos	Oakley Hutchings Camron Middleton
X XX	Adam Ghairi Joshua Rumsby	Thomas Fairhurst Lewis Daniels
Y YY		
Z ZZ		

Time
86.7
99
86.8
83.7
88.5
87
79.4
82.4
79.7
94.3

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

u11G Overall Results

Taverham

12OCT13

Team		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	Norwich Road Runner	34	13	24	31	4	14	13		18		151	10
B													
C													
D	Ryston Runners	17	23	13	25	31	11	11				131	12
E	Harling AC	4	12	14	7	12	20	31	17		16	133	11
F	City of Norwich												
G	Great Yarmouth	47	42	41	43	25	37	39	25	25	25	349	2
H													
I													
J													
K	W Norfolk	5	18	2	4	6	9		16			60	13
L	Woodland Primary	14	8	8	20	18	20	15	15	18	17	153	9
M													
N	Ryston Runners	35	35	39	40	47	26	23	24	22	23	314	3
O	City of Norwich	47	45	47	44	46	41	30	24	24	24	372	1
P	Bungay Black Dog												
Q	Bungay Black Dog												
R	Great Yarmouth												
S													
T													
U													
V	Woodland Primary	10	13	20	17	25	22	26	19	16	18	186	8
W	Woodland Primary	27	28	38	45	25	39	44	21	20	22	309	4
X	City of Norwich	31	36	35	25	42	46	25	22	23	21	306	5
Y	City of Norwich	38	23	10	13	23	23	25	20	19	20	214	7
Z	City of Norwich	20	30	35	11	22	28	35	18	21	19	239	6

u11G 2 Lap

		Time
A		26.6
AA		26.9
B		
BB		
C		
CC		
D	Chloe Pratt	28.7
DD	Molly Skerrit	28.2
E	Phoebe Rosher	
EE	Megan Rosher	29.3
F		
5C	Olivia Mukuya	[26.1]
G	Amy Feilding	25.3
GG	Maizie Boylan	24.6
5B	Maya Ellis	[25.9]
HH		
10	Emily Williams	[33.0]
II		
J		
JJ		
K	Emma Garrett	30.7
KK	Danielle Watham	30.1
L	Lara Holland	28.7
LL	Rebecca Thurgood	28.7
L		31.6]
MM		
N	Sarah Wright	26.1
NN	Evie Clayton	27.0
O	Lola Von Baaren	24.9
OO	Mia Thornton-Jones	24.7
P		
PP		
309	Ellie Bransgrove	[33.2]
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V	Jessie Delay	28.5
VV	Phoebe Gibbs	31.0
W	Imogen Dyer	27.2
WW	Saule Skirmontaite	27.1
X	Jennifer Mardle	26.4
XX	Lily Goddard	27.3
Y	Tara Cummings	26.7
YY	Sophie Gaskell	25.8
Z	Zoe Akomah	27.5
ZZ	Betty Appleton	28.5

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

Combined
34
17
4
47
5
14
35
47
10
27
31
38
20

u11G 4 Lap

		Time
A AA		59.6
B BB		
C CC		
D DD	Layla Barnett Chloe Pratt	61.6 59.7
E EE	Seren Williams Megan Rosher	68.8 62.3
5B 5C	Maya Ellis Olivia Mukuya	[55.6] [56.4]
G GG	Mia Squires Faye Nottage	52.8 58.1
10 HH	Emily Williams	[74.1]
I 5	Lola Liddiment	[60.5]
J JJ		
K KK	Emma Garrett	57.7
L LL	Rebecca Thurgood Tiana Allen	76.5 63.8
M MM		
N NN	Abigail Bansgrove Evie Clayton	59.2 57.3
O OO	Ava Munnings Lola Von Baaren	53.8 55
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV	Phoebe Gibbs Jessie Delay	64.9 63.5
W WW	Lottie Harwood Saule Skirmontaite	53.5 66.8
X XX	Abigall Hoadley Lily Ganly	57.6 58.1
Y YY	Madison Pratt Sophie Gaskell	63.5 59
Z ZZ	Betty Appleton Ellie Warman	62.1 57.5

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

Combined
13
23
12
42
18
8
35
45
13
28
36
23
30

u11G 2 Lap Hurdles

		Time
A		29.2
AA		29.7
B		
BB		
309	Ellie Bransgrove	[40.3]
CC		
D	Molly Skerrit	32.2
DD	Layla Barnett	32.8
E	Seren Williams	31.2
EE	Phoebe Rosher	33.5
F		
FF		
G	Tia Gray	27.7
GG	Lola Liddiment	27.8
H		
HH		
I		
II		
J		
JJ		
K	Danielle Watham	35.7
KK		
L	Lexi Huggins	33.2
LL	Isabelle Tomlinson	34.1
M		
MM		
N	Charley Wheatley	26.4
NN	Sarah Wright	28.9
O	Alexa Gartner	26.7
OO	Mia Thornton-Jones	27
P		
PP		
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V	Verity Starling	29.5
VV	Ebony Dyer	31.5
W	Lulah Holmes	27.6
WW	Lottie Harwood	28.6
X	Belle Hoy	28.1
XX	Lily Ganly	28.6
Y	Lauren Brown	31.5
YY	Beth Hoadley	36
Z	Ellie Warman	28.2
ZZ	Fleur Richie	28.2

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

Combined
24
13
14
41
2
8
39
47
20
38
35
10
35

u11G Long Jump

		First jump	Second jump	Third jump
A				
AA				
B				
BB				
C				
CC				
D	Molly Skerrit			
DD	Layla Barnett			
E	Seren Williams			
EE	Emily Williams			
F				
FF				
G	Mia Squires			
GG	Maizie Boylan			
H				
HH				
5e	Tia Gray			
5A	Faye Nottage			
5C	Maya Ellis			
5B	Olivia Mukuya			
K	Emma Garrett			
KK				
L	Lara Holland			
LL	Tiana Allen			
M				
MM				
N	Charley Wheatley			
NN	Abigail Bansgrove			
O	Mia Thornton-Jones			
OO	Lola Von Baaren			
P				
PP				
Q				
QQ				
R				
RR				
S				
SS				
T				
TT				
U				
UU				
V	Jessie Delay			
VV	Verity Starling			
W	Saule Skirmontaite			
WW	Lulah Holmes			
X	Belle Hoy			
XX	Jennifer Mardle			
Y	Tara Cummings			
YY	Beth Hoadley			
Z	Zoe Akomah			
ZZ	Sabina Mariuzzo			

Best Jump
1.63
1.53
1.38
1.58
1.25
0.9
1.88
1.71
[1.43]
[1.47]
[1.33]
[1.35]
1.23
1.34
1.44
1.73
1.79
1.86
1.76
1.43
1.24
1.801
1.8
1.37
1.6
1.41
1.04
1.12
1.36

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

Combined
31
25
7
43
4
20
40
44
17
45
25
13
11

u11G Vertical Jump

		First jump	Second jump	Third jump
A				
AA				
B				
BB				
309	Ellie Bransgrove			
CC				
D	Layla Barnett			
DD	Chloe Pratt			
E	Megan Rosher			
EE	Emily Williams			
F				
5D	Amy Feilding			
G	Tia Gray			
GG	Faye Nottage			
H				
HH				
I				
II				
J				
JJ				
K	Danielle Watham			
KK				
L	Lara Holland			
LL	Isabelle Tomlinson			
M				
MM				
N	Abigail Bansgrove			
NN	Charley Wheatley			
O	Mia Thornton-Jones			
OO	Anya Faithorn			
P				
PP				
QQ				
Q				
R				
RR				
S				
SS				
T				
TT				
U				
UU				
V	Jessie Delay			
VV	Phoebe Gibbs			
W	Lulah Holmes			
WW	Alexa Clarke			
X	Lily Goddard			
XX	Belle Hoy			
Y	Madison Pratt			
YY	Darcie Holmes			
Z	Fleur Richie			
ZZ	Zoe Akomah			

Best Jump
23
[24]
31.03
31.04
28
13
[37]
27
32
26
25
31
37.01
40
36
45
33
26.01
31.02
28.01
35
37
23
33.01
29
28

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

Combined
4
31
12
25
6
18
47
46
25
25
42
23
22

u11G Speed Bounce

A	
AA	
B	
BB	
C	
CC	
D	Molly Skerrit
DD	
E	Seren Williams
EE	Phoebe Rosher
F	
FF	
G	Amy Feilding
GG	Maizie Boylan
H	
HH	
5	Lola Liddement
5B	Olivia Mukuya
5C	Maya Ellis
JJ	
K	Emma Garrett
KK	Danielle Watham
L	Rebecca Thurgood
LL	Lexi Huggins
M	
MM	
N	Sarah Wright
NN	Evie Clayton
O	Ava Munnings
OO	Anya Faithorn
P	
PP	
Q	
QQ	
R	
RR	
S	
SS	
T	
TT	
U	
UU	
V	Verity Starling
VV	Ebony Dyer
W	Imogen Dyer
WW	Alexa Clarke
X	Jennifer Mardle
XX	Lily Ganly
Y	Tara Cummings
YY	Beth Hoadley
Z	Fleur Richie
ZZ	Sabina Mariuzzo

Total Jumps
35
33
36
36
35
47
38
[45]
[38]
[50]
34
32
33
39
40
35
40
47
41
32
41
42
48
44
45
25
38
39

Position	Points
17	9
21	5
15	11
15	11
17	9
2	24
13	13
20	6
23	3
21	5
11	15
9	17
17	9
9	17
2	24
7	19
23	3
7	19
6	20
1	25
5	21
4	22
25	1
13	13
11	15

Combined Total
14
11
20
37
9
20
26
41
22
39
46
23
28

u11G Chest Push

		Best Throw	Third throw	Second throw	First Throw
A AA		4.25			
B BB					
C CC					
D DD	Chloe Pratt	4.25			
E EE	Phoebe Rosher Megan Rosher	5.50 4.25			
F FF					
G GG	Mia Squires Lola Liddiment	7.00 4.25			
H HH					
I II					
J JJ					
K KK					
L LL	Lexi Huggins Tiana Allen	4.26			
M MM					
N NN	Sarah Wright Evie Clayton	3.25 4.50			
O OO	Alexa Gartner Ava Munnings	5.75 4.00			
P PP					
Q QQ					
R RR					
S SS					
T TT					
U UU					
V VV	Phoebe Gibbs Ebony Dyer	4.00 4.50			
W WW	Lottie Harwood Imogen Dyer	6.00 5.25			
X XX	Abigall Hoadley Darcie Holmes	4.50 4.00			
Y YY	Lauren Brown Madison Pratt	4.50 3.75			
Z ZZ	Betty Appleton Ellie Warman	4.25 5.75			

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

Combined
13
11
31
39
15
23
30
26
44
25
25
35

u11G 6 Lap Paarlauf	
A AA	
B BB	
C CC	
D DD	
E EE	Seren Williams Emily Williams
F 5C	
G GG	Mia Squires Amy Feilding
H HH	
I II	
J JJ	
K KK	Danielle Watham Emma Garrett
L LL	Lara Holland Isabelle Tomlinson
M MM	
N NN	Abigail Bansgrove Charley Wheatley
O OO	Lola Von Baaren Anya Faithorn
P PP	
Q QQ	
R RR	
S SS	
T TT	
U UU	
V VV	Verity Starling Ebony Dyer
W WW	Alexa Clarke Lulah Holmes
X XX	Abigall Hoadley Lily Goddard
Y YY	Madison Pratt Tara Cummings
Z ZZ	Sabina Mariuzzo Fleur Richie

Time
94.6
[78.7]
77.3
96.1
96.9
78.8
78.8
87
83.4
82.7
86.5
87.6

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

u11G 4 x 1 Relay

A		
AA		
B		
BB		
C		
CC		
D		
DD		
E	Emily Williams	Seren Williams
EE	Phoebe Rosher	Megan Rosher
F		
FF		
G	Maizie Boylan	Tia Gray
GG	Mia Squires	Amy Feilding
H		
HH		
I		
II		
J		
JJ		
K		
KK		
L	Rebecca Thurgood	Lara Holland
LL	Lexi Huggins	Isabelle Tomlinson
M		
MM		
N	Abigail Bansgrove	Sarah Wright
NN	Evie Clayton	Charley Wheatley
O	Mia Thornton-Jones	Alexa Gartner
OO	Ava Munnings	Lola Von Baaren
P		
PP		
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V	Verity Starling	Phoebe Gibbs
VV	Jessie Delay	Ebony Dyer
W	Imogen Dyer	Lottie Harwood
WW	Lulah Holmes	Saule Skirmontaite
X	Jennifer Mardle	Lily Ganly
XX	Belle Hoy	Lily Goddard
Y	Lauren Brown	Beth Hoadley
YY	Sophie Gaskell	Madison Pratt
Z	Betty Appleton	Sabina Mariuzzo
ZZ	Zoe Akomah	Ellie Warman

Time
[53.7]
64.9
49.7
58.8
51.1
50.8
57.1
51.9
51.9
55.9
56.5

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

u11G Obstacle Relay

A AA		
B BB		
C CC		
D DD		
E EE	Phoebe Rosher	Megan Rosher
F FF		
G GG	Tia Gray Faye Nottage	Lola Liddiment Maizie Boylan
H HH		
I II		
J JJ		
K KK		
L LL	Rebecca Thurgood Lexi Huggins	Tiana Allen Isabelle Tomlinson
M MM		
N NN	Abigail Bansgrove Evie Clayton	Sarah Wright Charley Wheatley
O OO	Alexa Gartner Mia Thornton-Jones	Anya Faithorn Ava Munnings
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV	Phoebe Gibbs Ebony Dyer	Verity Starling Jessie Delay
W WW	Saule Skirmontaite Imogen Dyer	Lottie Harwood Alexa Clarke
X XX	Belle Hoy Abigall Hoadley	Jennifer Mardle Lily Ganly
Y YY	Tara Cummings Beth Hoadley	Sophie Gaskell
Z ZZ	Betty Appleton Zoe Akomah	Fleur Richie Ellie Warman

Time
87.2
78.3
87.2
82.4
79.4
92.1
82.9
80.9
87
82.5

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

u13B Overall Results

Kings Lynn

16Nov19

[illegible]

u13B 2 Lap

		Time
A	Willaim Morgan	25.7
AA		25.3
B	Lachlan Haddon	
BB		
C		
CC		
D		
DD		
E		
EE		
F		
FF		
5d	George Smith	[23.8]
GG		
H		
HH		
I		
II		
J		
JJ		
K	Alfie Bone	25.8
KK	William Broad	
L		
LL		
M		
MM		
N	Riley Bell	23.7
NN		
O	Barney Clarke	21.5
OO	Billy Francis	22.1
P		
PP		
Q		
QQ		
R		
RR		
S		
SS		
T		
TT		
U		
UU		
V		
VV		
W		
WW		
X	Kavanaugh Remy	23.0
XX	Thomas Graham	24.8
Y		
YY		
Z		
ZZ		

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

Combined
39
18
22
49
44

u13B 4 Lap

L3B4 Lap		Time
A AA	Rohan Day Ray Faraday-Drake	59.7 59.2
B BB	Harry Youngman Marley Mann	[54.0] [52.3]
C CC		
D DD		
E EE		
F FF		
5d GG	George Smith	[52.5]
H HH		
I II		
J JJ		
K KK	Charlie Tunmore Alfie Bone	53.9 56.1
L LL		
M MM		
N NN	Riley Bell	51.7
O OO	Joe Machin Alex Scott	48.7 51.9
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV		
W WW		
X XX	Daniel Kenyon Alfie Furness	51.6 55.7
Y YY		
Z ZZ		

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

[illegible]

u13B 6 Lap

L3B6 Lap		Time
A AA	Joe Clark	93.6 98.6
B BB		
C CC		
D DD		
E EE		
F FF		
G GG		
H HH		
I II		
J JJ		
K KK	Charlie Tunmore William Broad	85.0
L LL		
M MM		
N NN		
O OO	Joe Machin Barney Clarke	76.2 79.4
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV		
W WW		
X XX	Daniel Kenyon Theo Carus	80.8 85.6
Y YY		
Z ZZ		

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

Combined
39
22
49
44

u13B

Long Jump

3B Long Jump		First jump	Second jump	Third jump
A AA	Willaim Morgan Joe Clark			
B BB	Ben Goldspink Harry Youngman			
C CC				
D DD				
E EE				
F FF				
5d GG	George Smith			
H HH				
I II				
J JJ				
K KK	William Broad			
L LL				
M MM				
N NN	Riley Bell			
O OO	Billy Francis Alex Scott			
P PP				
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX	Thomas Graham Kavanaugh Remy			
Y YY				
Z ZZ				

Best Jump
1.64
1.67
[1.53]
[1.76]
[1.84]
1.84
2.10
2.05

Position	Points
5	21
4	22
3	23
1	25
2	24

[illegible]

u13B

Vertical Jump

Vertical Jump		First jump	Second jump	Thirld jump
A AA	Rohan Day Ray Faraday-Drake			
B BB	Marley Mann Ben Goldspink			
C CC				
D DD				
E EE				
F FF				
G GG				
H HH				
I II				
J JJ				
K KK	Alfie Bone			
L LL				
M MM				
N NN				
O OO	Billy Francis Alex Scott			
P PP				
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX	Thomas Graham Theo Carus			
Y YY				
Z ZZ				

Best Jump
32
31
[33]
[33]
39
59
42
58
41

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

Combined
39
21
48
46

u13B

Triple Jump

3B Triple Jump		First jump	Second jump	Third jump
A AA	Rohan Day Ben Goldspink			
B BB	Ben Goldspink			
C CC				
D DD				
E EE				
F FF				
G GG				
H HH				
I II				
J JJ				
K KK	Charlie Tunmore			
L LL				
M MM				
N NN	Riley Bell			
O OO	Alex Scott Joe Machin			
P PP				
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX	Daniel Kenyon Kavanaugh Remy			
Y YY				
Z ZZ				

Best Jump
5.23
4.96
5.76
6.1
5.7
6.1
6.13
5.5

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

Combined
37
22
24
45
45

u13B

Speed
Bounce

A AA	Ray Faraday-Drake
B BB	Ben Goldspink
C CC	
D DD	
E EE	
F FF	
5d GG	George Smith
H HH	
I II	
J JJ	
K KK	Charlie Tunmore
L LL	
M MM	
N NN	
O OO	Barney Clarke Billy Francis
P PP	
Q QQ	
R RR	
S SS	
T TT	
U UU	
V VV	
W WW	
X XX	Alfie Furness Theo Carus
Y YY	
Z ZZ	

Total Bounces
62
[68]
73
85 80
70 75

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

Combined
20
22
49
44

u13B Shot

3B Shot		First throw	Second throw	Third throw
A AA	Willaim Morgan Lachlan Haddon			
B BB	Lachlan Haddon			
C CC				
D DD				
E EE				
F FF				
G GG				
H HH				
I II				
J JJ				
K KK	Alfie Bone William Broad			
L LL				
M MM				
N NN				
O OO	Barney Clarke Joe Machin			
P PP				
Q QQ				
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX	Daniel Kenyon Alfie Furness			
Y YY				
Z ZZ				

Best throw
5.29 6.13
5.80
8.76 8.38
5.95 4.81

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

Combined
43
21
49
41

u13B 8 Lap Paarlauf

A	
B	
C	
D	
E	
F	
G	
H	
I	
J	
K	Alfie Bone Charlie Tunmore
L	
M	
N	
O	
P	
Q	
R	
S	
T	
U	
V	
W	
X	Kavanaugh Remy Theo Carus
Y	
Z	

	Time
	146.4
	99.3

Points	
24	2
25	1

u13B

4 x 2 Lap Relay

A	Joe Clark Rohan Day	Ray Faraday-Drake Willaim Morgan
AA	Lachlan Haddon Ben Goldspink	Marley Mann Harry Youngman
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O	Barney Clarke Billy Francis	Alex Scott Joe Machin
P		
Q		
R		
S		
T		
U		
V		
W		
X	Kavanaugh Remy Alfie Furness	Thomas Graham Daniel Kenyon
Y	Barney Clarke Kai Wiseman	Theo Carus Alex Scott
Z		

Time
146.8
[151.2]
91.6
98.7

Pos	Points
3	23
1	25
2	24

u13B Obstacle Race

A	Joe Clark Rohan Day	Ray Faraday-Drake Willaim Morgan
B	Lachlan Haddon Ben Goldspink	Marley Mann Harry Youngman
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O	Barney Clarke Billy Francis	Alex Scott Joe Machin
P		
Q		
R		
S		
T		
U		
V		
W		
X	Theo Carus Alfie Furness	Thomas Graham Daniel Kenyon
Y	Barney Clarke Kai Wiseman	Theo Carus Alex Scott
Z		

[illegible]

Pos	Points
3	23
1	25
2	24

u13G Overall Results

Kings Lynn

16Nov19

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	Norwich Road Runners	14	15		27		29	15	14				114	7
B														
C														
D														
E														
F	City of Norwich													
G	Great Yarmouth	36	21	44	35	37	40	42	33	24	23	23	358	5
H														
I														
J														
K	W Norfolk	38	41	41	33	35	40	38	43	21	21	21	372	4
L														
M														
N	Ryston Runners	21	19		23	33			15	20			131	6
O	City of Norwich	49	49	41	41	47	46	46	48	25	25	25	442	1
P	Bungay Black Dog													
Q	Bungay Black Dog													
R	Great Yarmouth													
S														
T														
U														
V														
W														
X	City of Norwich	37	33	42	43	35	37	43	43	23	24	22	382	3
Y	City of Norwich													
Z	City of Norwich	41	42	37	45	48	42	36	38	22	22	24	397	2

u13G 2 lap		Time
A AA	Eva Dunphy	30.8
B BB		
C CC		
D DD		
E EE		
F 5E	Gracie Dean	[24.8]
G GG	Olivia Finch	24.9
	Ruby Scott	24.7
H HH		
I II		
J 4A	Sophie Garrett	[28.3]
K KK	Emma Broad	26.6
	Jessica Milne	24.1
L LL		
M MM		
N NN	Freya Knight	24.2
O OO	Serena Akomah	22.5
	Lily Bradley	24.0
P PP	Molly Bailey	
399 QQ	Aisha Elouassi	[24.9]
R RR		
S SS		
T TT		
U UU		
V VV		
W WW		
X XX	Erica Gara George	24.2
	Ellen Piggot	25.9
Y YY		
Z ZZ	Chloe Thorne	24.7
	Poppy Harrison	24.1

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

Combined
14
36
38
21
49
37
41

u13 4 Lap

		Time
A AA	Millie Dawson	68.8
B BB		
C CC		
D DD		
E EE		
F FF		
G GG	Bella Rushmere Gracie Dean	53.0
H HH		
I II		
J 4B	Erin Woodrow	[57.8]
K KK	Emma Broad Jessica Milne	54.0 52.2
L LL		
M MM		
N NN	Clarice Cavill	53.4
O OO	Isabelle Mardle Caitlin Bell	49.5 51.4
P PP		
Q QQ		
399 310	Aisha Elouassi Betty Schwarz	[53.8] [60.7]
S SS		
T TT		
U UU		
V VV		
W WW		
X XX	Sophia Reeve Lilliana Mariuzzo	54.4 57.8
Y YY		
Z ZZ	Chelsea Irving BB Brooke	52.7 53.0

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

Combined
15
21
41
19
49
33
42

u13 6 Lap

13.6 Lap		Time
A AA		
B BB		
C CC		
D DD		
E EE		
F FF		
G GG	Allyna Mukuya Emily Roberts	81.9 85.3
H HH		
I II		
4A 4B	Sophie Garret Erin Woodrow	[97.2] [91.9]
K KK	Amelia Gooding Jen Wood	80.3 99.7
L LL		
M MM		
N NN		
O OO	Edith Avowlanu Maddy Powles-Warr	77.0 100.1
P PP		
Q QQ		
R RR		
S SS		
T TT		
U UU		
V VV		
W WW		
X XX	Freya Chapman Maisie Patrick	82.0 86.2
Y YY		
Z ZZ	Charlotte Gilding Chloe Thorne	88.6 92.1

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

Combined	
	44
	41
Combined	
	41
Combined	
	42
Combined	
	37

13G

Long Jump

Long Jump		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A	Millie Dawson				1.19	12	14	27
AA	Eva Dunphy				1.00	13	13	
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F								
FF								
G	Allyna Mukuya				1.86	7	19	35
GG	Olivia Finch				1.78	10	16	
H								
HH								
I								
II								
J								
JJ								
K	Emma Broad				1.84	8	18	33
KK	Jen Wood				1.31	11	15	
310	Betty Schwarz				[1.42]			
LL								
M								
MM								
N	Freya Knight				2.03	3	23	23
NN								
O	Lily Bradley				2.10	2	24	41
OO	Edith Avowlanu				1.80	9	17	
P	Molly Bailey							
PP								
Q								
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X	Erica Gara George				1.97	4	22	43
XX	Freya Chapman				1.97	5	21	
Y								
YY								
Z	Charlotte Gilding				2.15	1	25	
ZZ	Chloe Thorne				1.88	6	20	45

13G

Vertical
Jump

		First jump	Second jump	Third jump
A				
AA				
B				
BB				
C				
CC				
D				
DD				
E				
EE				
F				
FF				
G	Allyna Mukuya			
GG	Ruby Scott			
H				
HH				
I				
II				
J				
4B	Erin Woodrow			
K	Emma Broad			
KK	Amelia Gooding			
L				
LL				
M				
MM				
N	Freya Knight			
NN	Clarice Cavill			
O	Serena Akomah			
OO	Caitlin Bell			
P				
PP				
Q				
QQ				
R				
RR				
S				
SS				
T				
TT				
U				
UU				
V				
VV				
W				
WW				
X	Sophia Reeve			
XX	Ellen Piggot			
Y				
YY				
Z	Poppy Harrison			
ZZ	BB Brooke			

Best Jump
42
45
[38]
31
46
43
35
55
50
39
43
55
51

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

Combined
37
35
33
47
35
48

13G

Triple Jump

Triple Jump		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A	Millie Dawson				3.86	12	14	29
AA	Eva Dunphy				3.96	11	15	
B								
BB								
C								
CC								
D								
DD								
E								
EE								
F								
FF								
G	Emily Roberts				5.22	8	18	40
GG	Gracie Dean				5.72	4	22	
5D	Isobelle Rushmere				[5.39]			
HH								
I								
II								
J								
JJ								
K	Sophie Garrett				4.88	10	16	40
KK	Amelia Gooding				6.14	2	24	
L								
LL								
M								
MM								
N								
NN								
O	Isabelle Mardle				7.20	1	25	46
OO	Serena Akomah				5.58	5	21	
P								
PP								
Q								
QQ								
399	Aisha Elouassi				[6.01]			
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X	Maisie Patrick				5.38	6	20	37
XX	Lilliana Mariuzzo				5.21	9	17	
Y								
YY								
Z	Chloe Thorne				5.36	7	19	42
ZZ	Poppy Harrison				5.83	3	23	

13G

Speed
Bounce

A AA	Millie Dawson
B BB	
C CC	
D DD	
E EE	
F FF	
G GG	Bella Rushmere Olivia Finch
H HH	
I II	
J 4C	Jennifer Wood
K KK	Jessica Milne Sophie Garrett
L 310	Betty Schwarz
M MM	
N NN	Karice Sherry
O OO	Caitlin Bell Maddy Powles-Warren
P PP	Molly Bailey
Q QQ	
R RR	
S SS	
T TT	
U UU	
V VV	
W WW	
X XX	Sophia Reeve Lilliana Mariuzzo
Y YY	
Z ZZ	Chelsea Irving BB Brooke

Total Bounces
51
76 57
[54]
71 53
[38]
79 66
73 62
60 56

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

Combined
15
42
38
46
43
36

13G

Shot

		First throw	Second throw	Third throw
A AA	Eva Dunphy			
B BB				
C CC				
D DD				
E EE				
F FF				
G GG	Emily Roberts Ruby Scott			
H HH				
I II				
J JJ				
K KK	Jessica Milne Erin Woodrow			
L LL				
M MM				
N NN	Clarice Cavill			
O OO	Isabelle Mardle Maddy Powles-Warren			
P PP				
399 QQ	Aisha Elouassi			
R RR				
S SS				
T TT				
U UU				
V VV				
W WW				
X XX	Erica Gara George Freya Chapman			
Y YY				
Z ZZ	Chelsea Irving Charlotte Gilding			

Best throw
2.86
4.94
5.32
7.63
5.76
4.53
8.95
7.54
[5.78]
6.68
6.42
5.55
5.82

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

Combined
14
33
43
15
48
43
38

13G 8 Lap Paarlauf

A	
B	
C	
D	
E	
F	
G	Emily Roberts Bella Rushmere
H	
I	
J	
K	Sophie Garrett Amelia Gooding
L	
M	
N	Freya Knight Clarice Cavill
O	Isabelle Mardle Edith Avowlanu
P	
Q	
R	
S	
T	
U	
V	
W	
X	Erica Gara George Freya Chapman
Y	
Z	Chloe Thorne Poppy Harrison

Time
99.3
147.7
147.8
97.1
143.3
145.6

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

13G 4 x 2 Lap Relay

A		
B		
C		
D		
E		
F		
G	Gracie Dean Emily Roberts	Allyna Mukuya Bella Rushmere
H		
I		
J		
K	Jessica Milne Emma Broad	Amelia Gooding Jen Wood
L		
M		
N		
O	Serena Akomah Isabelle Mardle	Lily Bradley Caitlin Bell
P		
Q		
R		
S		
T		
U		
V		
W		
X	Erica Gara George Freya Chapman	Maisie Patrick Ellen Piggot
Y		
Z	BB Brooke Chelsea Irving	Charlotte Gilding Poppy Harrison

Time
[135.0]
97.9
99.4
92.1
96.5
98.3

Pos	Points
3	23
5	21
1	25
2	24
4	22

13G Obstacle Race

A		
B		
C		
D		
E		
F		
G	Ruby Scott Olivia Finch	Gracie Dean Allyna Mukuya
5		
I		
J		
K	Erin Woodrow Emma Broad	Sophie Garrett Jen Wood
L		
M		
N		
O	Lily Bradley Maddy Powles-Warre	Edith Avowlanu Caitlin Bell
P		
Q		
R		
S		
T		
U		
V		
W		
X	Sophia Reeve Lilliana Mariuzzo	Ellen Piggot Maisie Patrick
Y		
Z	BB Brooke Chelsea Irving	Charlotte Gilding Poppy Harrison

Time
[101.0]
75.8
81.5
73.3
76.7
75.3

Pos	Points
3	23
5	21
1	25
4	22
2	24

u15B Overall Score

[illegible]

u15B 2 Lap

[illegible]

u15B 4 Lap

[illegible]

u15B Long Jump

[illegible]

u15B Triple Jump

[illegible]

[illegible][illegible][illegible]

u15B Shot

[illegible]

Overall Score

[illegible]

[illegible][illegible]

[illegible][illegible]

[illegible][illegible]

[illegible][illegible]

u15G Speed Bounce

[illegible][illegible][illegible]

u15G Shot

[illegible]