

Norfolk Sportshall Athletics

County Championships 2020

u11B				2 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	pm Position
2	Aidan	Howard	Ryston	28.0	20			
13	Charlie	Broad	West Norfolk	25.5	7			
29	Geoffrey	Jones	CoNAC	25.9	8			
33	Jack	Browne	CoNAC	27.4	17			
34	Joshua	Rumsby	CoNAC	27.4	17			
37	Kieran	Walpole	N Norfolk Harriers					
41	Leonardo	Gegaj	CoNAC	24.9	3	Qualify	25.3	3
46	Marcus	Wood	West Norfolk	25.3	5	Qualify	26.4	6
51	Micah	Avowlanu	CoNAC	24.8	1	Qualify	24.9	2
59	Sonny	Butler	GYDAC	26.6	12			
65	Kai	Peggs	West Norfolk					
71	Tyrone	Tettah	CoNAC	24.8	1	Qualify	24.4	1
72	Aiden	McLean	GYDAC	27.3	15			
77	Emilio	Williams	CoNAC	28.2	22			
81	Finlay	Haynes	CoNAC	25.9	8			
83	Herbie	Gray	West Norfolk	28.1	21			
85	Marley	Harrison	GYDAC	26.9	14			
87	Noah	Baker	GYDAC	26.7	13			
90	Samuel	Crane	Cliff Park Junior	27.3	15			
92	Wiliam	Morgan	Norwich RR					
98	Charlie	Fowler	Thetford	25.9	8			
102	Freddie	Smith	N Norfolk Harriers	29.8	24			
104	Harry	Doran	GYDAC	27.9	19			
106	Izaac	Hisgrove	CoNAC					
107	Jack	Pritchard	CoNAC	25.4	6	Qualify	25.4	4
112	Lewis	Daniels	CoNAC	31.7	25			
118	Mark	Devaney	CoNAC	28.2	22			
126	Toby	Scully	GYDAC	25.1	4	Qualify	26.2	5
127	Toby	Sutton	N Norfolk Harriers	26.4	11			

u11B 2 LAP HURDLES								
No		Name	Club	Heats time	Heats Position	Qualify	Final time	1 :10pm Position
11	Brett	Wood	West Norfolk	30.9	15			
13	Charlie	Broad	West Norfolk	26.7	2	Qualify	26.3	2
29	Geoffrey	Jones	CoNAC	27.3	6	Qualify	27.7	6
30	Harry	Sayer	CoNAC	28.0	10			
33	Jack	Browne	CoNAC	28.0	10			
44	Luke	Gilding	Alpington Prim	32.2	17			
46	Marcus	Wood	West Norfolk	26.6	1	Qualify	27	4
59	Sonny	Butler	GYDAC	27.2	4	Qualify	27.5	5
65	Kai	Peggs	West Norfolk					
71	Tyrone	Tettah	CoNAC	26.9	3	Qualify	26.6	3
83	Herbie	Gray	West Norfolk	30.3	14			
85	Marley	Harrison	GYDAC	27.6	7			
86	Mossy	Gray	West Norfolk	33.5	18			
87	Noah	Baker	GYDAC	29.9	13			
102	Freddie	Smith	N Norfolk Harri	31.6	16			
104	Harry	Doran	GYDAC	29.4	12			
106	Izaac	Hisgrove	CoNAC	27.8	8			
107	Jack	Pritchard	CoNAC	27.2	4	Qualify	26.2	1
111	Leon	Harris	CoNAC	27.8	8			
112	Lewis	Daniels	CoNAC	35.7	19			

u11B				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:40pm Position
30	Harry	Sayer	CoNAC	56.5	6	Qualify	56	5
34	Joshua	Rumsby	CoNAC	58.4	8			
37	Kieran	Walpole	N Norfolk Harriers					
41	Leonardo	Gegaj	CoNAC	54.8	2	Qualify	55.4	3
51	Micah	Avowlanu	CoNAC	54.9	3	Qualify	60.8	6
81	Finlay	Haynes	CoNAC	54.6	1	Qualify	54.5	1
82	Henry	Gosnell	West Norfolk	64.3	9			
92	Wiliam	Morgan	Norwich RR					
98	Charlie	Fowler	Thetford	55.2	4	Qualify	54.8	2
126	Toby	Scully	GYDAC	58.2	7			
127	Toby	Sutton	N Norfolk Harriers	55.3	5	Qualify	55.5	4

u11B **TRIPLE JUMP**

TRIPLE JUMP

3:15pm

[illegible]

u11B

LONG JUMP

1:30pm

[illegible]

u11B

VERTICAL JUMP

2:30pm

[illegible]

u11B **SPEED BOUNCE**

u11B **SPEED BOUNCE**

[illegible]

u11B

Chest Push

[illegible]

u11B

Foam Javelin

[illegible]

u11G**2 LAP**

2:15pm

u11G 2 LAP				Heats time	Heats Position		Final time	2:15pm
No	Name	Club				Qualify		Position
1	Abigail	Hoadley	CoNAC	27	13			
3	Alexa	Gartner	CoNAC	25.3	2	Qualify	25.4	4
5	Amy	Fielding	GYDAC	25.4	4	Qualify	25	3
7	Astrud	Mcfadyen	CoNAC	28.3	18			
9	Bethany	Hoadley	CoNAC	30.5	25			
20	Darcie	Holmes	CoNAC	26.1	9			
22	Ellie	Warman	CoNAC	25.6	8			
23	Elsie	Holmes	Cringleford Sch	26.8	12			
26	Fleur	Richie	CoNAC	25.4	4	Qualify	25.6	5
39	Lauren	Browne	CoNAC	28.4	20			
40	Leah	Beagles	Ryston	27.5	16			
43	Lola	Van Baaren	CoNAC	24.9	1	Qualify	24.6	1
45	Madison	Pratt	CoNAC	27	13			
48	Maya	Ellis	GYDAC	26.1	9			
52	Myley	Gilboy	Gayton Primary	29.3	22			
58	Sarah	Wright	Ryston	25.4	4	Qualify	26.1	6
60	Sophie	Gaskell	CoNAC					
63	Tia	Gray	GYDAC	25.5	7			
67	Maizie	Boylan	GYDAC	25.3	2	Qualify	24.9	2
76	Danielle	Watham	West Norfolk	30.5	25			
95	Belle	Hoy	CoNAC	26.4	11			
99	Effie	Newstead	Holt Harriers	29.4	23			
115	Lyla	Pitchford	Thetford	29.1	21			
117	Maisie	Powles-Warren	CoNAC	29.8	24			
119	Mia	Hollingsworth	Ryston	28.3	18			
121	Olivia	Pitchford	Thetford	27.2	15			
122	Poppy	Hollingsworth	Ryston	28.1	17			
130	Amber	Anderson	CoNAC					

u11G**2 LAP Hurdles**

				Heats	Heats		Final	2:15pm
No	Name		Club	time	Position	Qualify	time	Position
3	Alexa	Gartner	CoNAC	27.2	6	Qualify	27.0	4
5	Amy	Fielding	GYDAC	26.9	5	Qualify	27.7	5
7	Astrud	Mcfadyen	CoNAC	29.5	18			
9	Bethany	Hoadley	CoNAC	34.8	26			
20	Darcie	Holmes	CoNAC	27.4	8			
22	Ellie	Warman	CoNAC	28.7	14			
23	Elsie	Holmes	Cringleford Sch	28.1	11			
25	Evie	Clayton	Ryston	28.9	15			
26	Fleur	Richie	CoNAC	26.7	3	Qualify	27.8	6
40	Leah	Beagles	Ryston	30.3	19			
43	Lola	Van Baaren	CoNAC	26.2	1	Qualify	26.6	3
45	Madison	Pratt	CoNAC	29.2	16			
49	Mia	Jones	CoNAC	27.3	7			
52	Myley	Gilboy	Gayton Primary	32.2	24			
61	Tara	Cummings	CoNAC	30.9	21			
63	Tia	Gray	GYDAC	27.7	10			
67	Maizie	Boylan	GYDAC	26.4	2	Qualify	26.5	1
76	Danielle	Watham	West Norfolk	32.6	25			
79	Erin	McLean	GYDAC	29.4	17			
89	Sabina	Mariuzzo	CoNAC	31.3	23			
95	Belle	Hoy	CoNAC	27.4	8			
97	Charley	Wheatley	Ryston	26.7	3	Qualify	26.5	2
113	Lily	Ganley	CoNAC	28.2	12			
115	Lyla	Pitchford	Thetford	30.9	21			
121	Olivia	Pitchford	Thetford	28.4	13			
122	Poppy	Hollingsworth	Ryston	30.6	20			

u11G				4 LAP				Heats	Heats		Final time	2:15pm
No	Name		Club	time	Position	Qualify				Position		
1	Abigail	Hoadley	CoNAC	60.2	7							
25	Evie	Clayton	Ryston	59	6	Qualify	58.8			5		
31	Isabella	White	CoNAC	60.4	8							
39	Lauren	Browne	CoNAC	64.9	11							
48	Maya	Ellis	GYDAC	56.2	5	Qualify	58.1			4		
49	Mia	Jones	CoNAC	54.6	2	Qualify	53.4			2		
50	Mia	Squires	GYDAC	53.1	1	Qualify	52.6			1		
58	Sarah	Wright	Ryston	55.6	3	Qualify	60.1			6		
60	Sophie	Gaskell	CoNAC									
79	Erin	McLean	GYDAC	61.9	9							
89	Sabina	Mariuzzo	CoNAC	66.5	12							
99	Effie	Newstead	Holt Harriers	64.3	10							
113	Lily	Ganley	CoNAC	55.9	4	Qualify	57			3		
130	Amber	Anderson	CoNAC									

u11G **LONG JUMP**

LONG JUMP

No	Name		Club
1	Abigail	Hoadley	CoNAC
6	Anya	Faithorn	CoNAC
20	Darcie	Holmes	CoNAC
23	Elsie	Holmes	Cringleford Sch
25	Evie	Clayton	Ryston
26	Fleur	Richie	CoNAC
31	Isabella	White	CoNAC
50	Mia	Squires	GYDAC
52	Myley	Gilboy	Gayton Primary
58	Sarah	Wright	Ryston
60	Sophie	Gaskell	CoNAC
76	Danielle	Watham	West Norfolk
79	Erin	McLean	GYDAC
115	Lyla	Pitchford	Thetford
119	Mia	Hollingsworth	Ryston
121	Olivia	Pitchford	Thetford

[illegible]

u11G **TRIPLE JUMP**

u11G **TRIPLE JUMP**

[illegible]

u11G

VERTICAL JUMP

[illegible]

u11G

SPEED BOUNCE

[illegible]

u11G

Chest Push

[illegible]

u11G Foam Javelin

Foam Javelin

[illegible]

u13B**2 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
8	Barney	Clarke	CoNAC	22.8	1	Qualify	22.4	1
10	Billy	Francis	CoNAC	22.9	2	Qualify	22.6	2
35	Kavanaugh	Remy	CoNAC	23.9	3	Qualify	24.4	4
75	Daniel	Coles	Reepham High S	25.4	5	Qualify	25.1	5
93	Alfie	Furness	CoNAC	25.6	6	Qualify	26.2	6
120	Noah	Sutton	N Norfolk Harrie	24	4	Qualify	23.8	3
128	Thomas	Mendes	CoNAC	26.6	7			

u13B**4 LAP**Heats
timeHeats
Position

Qualify

Final
time2:15pm
Position

No	Name		Club
8	Barney	Clarke	CoNAC
35	Kavanaugh	Remy	CoNAC
55	Riley	Bell	Ryston
62	Theo	Carus	CoNAC
109	Joe	Machin	CoNAC
128	Thomas	Mendes	CoNAC

47.4

1

51

3

51.4

4

51.4

4

50

2

60.7

6

u13B**6 LAP**Heats
timeHeats
Position

Qualify

Final
time

2:15pm

Position

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
14	Charlie	Tunmore				89.6	4
62	Theo	Carus				85.6	3
109	Joe	Machin				77.1	1
120	Noah	Sutton				78.1	2

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**

				Heats	Heats		Final time	2:15pm
No	Name	Club		time	Position	Qualify		Position
16	Chelsey	Irvine	CoNAC	25	7			
17	Chloe	Thorne	CoNAC	23.9	3	Qualify	24.2	4
18	Clarice	Cavill	Ryston	25.2	11			
27	Freya	Chapman	CoNAC	25	7			
28	Freya	Knight	Ryston	24.9	6	Qualify	25.5	6
32	Isabelle	Rushmere	GYDAC	23.2	1	Qualify	22.8	1
53	Olivia	Finch	GYDAC	25.5	12			
54	Poppy	Harrison	CoNAC	24.6	5	Qualify	24.8	5
73	Amelia	Gooding	West Norfolk	23.7	2	Qualify	23.2	2
84	Maisie	Patrick	CoNAC	25.1	10			
91	Sophia	Reeve	CoNAC					
100	Emma	Broad	West Norfolk	25.6	13			
108	Jessica	Milnes	West Norfolk	25.0	7			
110	Lani	Woolsey	CoNAC	26	14			
124	Serena	Akomah	CoNAC	23.9	3	Qualify	23.4	3

u13G				4 LAP					
No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position		
12	Caitlin	Bell	CoNAC	54.2	5	Qualify	53	3	
15	Charlotte	Gilding	CoNAC	55.1	6	Qualify	56.7	6	
16	Chelsey	Irvine	CoNAC	54.1	3	Qualify	53.3	5	
18	Clarice	Cavill	Ryston	54.1	3	Qualify	53.2	4	
21	Edith	Avowlanu	CoNAC	49.7	1	Qualify	50.9	2	
28	Freya	Knight	Ryston	55.8	7				
32	Isabelle	Rushmere	GYDAC	50.1	2	Qualify	48.7	1	
91	Sophia	Reeve	CoNAC						
116	Maddie	Powles-Warren	CoNAC	58.3	8				

u13G

6 LAP

				Heats time	Heats Position	Qualify	Final time	2:15pm Position
No	Name		Club					
21	Edith	Avowlanu	CoNAC				81.0	1
27	Freya	Chapman	CoNAC				86.8	4
73	Amelia	Gooding	West Norfolk				85.5	2
78	Emily	Roberts	GYDAC				86.6	3
100	Emma	Broad	West Norfolk				87.7	5

u13G

LONG JUMP

[illegible]

TRIPLE JUMP

[illegible]

u13G **VERTICAL JUMP**

u13G **VERTICAL JUMP**

[illegible]

u13G	SHOT (Kg)
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SHOT (Kg)

[illegible]

u13G

SPEED BOUNCE

[illegible]

u15B**2 LAP**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position
36	Kieran	Bell				21.9	3
42	Liam	Clare				21.4	2
57	Ryan	Wood				22.8	4
96	Ben	Halliday				23.1	5
101	Ethan	Ellis				21.3	1

u15B				4 LAP					
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position	
19	Conrad	Winter	CoNAC				44.9	1	
42	Liam	Clare	Ryston				45.7	2	
68	Miles	Hovell	Ryston				51.4	4	
96	Ben	Halliday	CoNAC				48.1	3	

u15B **LONG JUMP**

LONG JUMP

No	Name		Club
19	Conrad	Winter	CoNAC
36	Kieran	Bell	Ryston
42	Liam	Clare	Ryston
68	Miles	Hovell	Ryston
96	Ben	Halliday	CoNAC
101	Ethan	Ellis	CoNAC

[illegible]

u15B TRIPLE JUMP

TRIPLE JUMP

[illegible]

u15B	SHOT (Kg)
1	10
2	10
3	10
4	10
5	10
6	10
7	10
8	10
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89	10
90	10
91	10
92	10
93	10
94	10
95	10
96	10
97	10
98	10
99	10
100	10

SHOT (Kg)

No	Name		Club
19	Conrad	Winter	CoNAC
42	Liam	Clare	Ryston
68	Miles	Hovell	Ryston

[illegible]

u15B

SPEED BOUNCE

[illegible]

u15G

2 LAP

				Heats time	Heats Position	Qualify	Final time	2:15pm Position
No	Name		Club					
24	Eva	Ellis	GYDAC					
56	Rose	Jones	N Norfolk Harriers					
80	Evie	Patrick	CoNAC					
88	Rutendo	Chikopa	CoNAC					
105	Hollie	Willeard	GYDAC					

24.6

2

27.9

5

23

1

24.9

4

24.8

3

u15G				4 LAP		Heats	Heats	Final	2:15pm	
No		Name		Club		time	Position	Qualify	time	Position
24	Eva	Ellis	GYDAC						52.3	2
66	Kaitlin	Sinden	Beccles & Bugay H						53.5	3
80	Evie	Patrick	CoNAC						51.2	1
105	Hollie	Willeard	GYDAC						55.2	4

u15G

LONG JUMP

[illegible]

u15G

VERTICAL JUMP

No	Name		Club
24	Eva	Ellis	GYDAC
66	Kaitlin	Sinden	Beccles & Bugay H
80	Evie	Patrick	CoNAC
88	Rutend	Chikopa	CoNAC

[illegible]

u15G

SPEED BOUNCE

[illegible]

u15G

SHOT (3.25Kg)

No	Name		Club
38	Kitty	Whalen	CoNAC
88	Rutendo	Chikopa	CoNAC
114	Lucy	Oakley	CoNAC

[illegible]