

Norfolk Sporsrtshall County Championships 2022

UEA Sat 15th Jan 2022

u11B				2 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:00pm Position
401	Olly	Lakutis	Attleborough Aca	26.2	7			
403	Ben	Lowe	Bungay Black Dog	25.8	5	Qualify	25.7	5
404	Aamil	Ganiyu	CoNAC	25.3	1	Qualify	25.2	3
406	Daniel	Matembera	CoNAC	29.0	15			
407	Harry	Sayer	CoNAC	25.3	1	Qualify	25.1	1
408	Joshua	Rumsby	CoNAC	25.6	4	Qualify	25.2	4
409	Jude	Osborne	CoNAC	29.7	16			
410	Nathan	Harris	CoNAC	27.1	13			
411	Samuel	Brown	CoNAC	26.7	9			
413	Harry	Doran	GYDAC	26.1	6			
414	Ollie	Scott	GYDAC	26.6	8			
415	Sonny	Butler	GYDAC	25.5	3	Qualify	25.1	2
416	Conor	Langan	—	30.6	17			
483	Aidan	Howard	Ryston Runners	27.0	12			
484	Benjamin	Rogers	CoNAC	27.7	14			
486	Harrison	Lesniak	West Norfolk	26.8	11			
488	Luke	Anderson	West Norfolk	26.7	10			
489	Rhys	Howard	Ryston Runners	32.8	18			

u11B				2 LAP HURDLES				Heats	Heats	Final time		1 :15pm
No		Name		Club	time	Position	Qualify				Position	
401	Olly	Lakutis	Attleborough A	28.1	5	Qualify	27.6				4	
402	Ethan	Glazer	Beccles & Bugay	28.2	6							
404	Aamil	Ganiyu	CoNAC	26.9	3	Qualify	27.2				2	
405	Archie	Bean	CoNAC	32.9	14							
406	Daniel	Matembera	CoNAC	30.8	11							
409	Jude	Osborne	CoNAC	32.0	13							
410	Nathan	Harris	CoNAC	26.6	1	Qualify	26.9				1	
411	Samuel	Brown	CoNAC	29.7	9							
418	Jude	Fowler	West Norfolk	30.7	10							
419	Mossy	Gray	West Norfolk	30.9	12							
483	Aidan	Howard	Ryston Runners	26.7	2	Qualify	27.2				3	
485	George	Ganley	CoNAC	27.9	4	Qualify	28				5	
486	Harrison	Lesniak	West Norfolk	28.3	7							
488	Luke	Anderson	West Norfolk	29.4	8							

u11B				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:40pm Position
402	Ethan	Glazer	Beccles & Bugay H	55.8	5	Qualify	56.5	5
407	Harry	Sayer	CoNAC	55.2	4	Qualify	54.4	4
408	Joshua	Rumsby	CoNAC	55	2	Qualify	54.4	3
413	Harry	Doran	GYDAC	56.3	6			
415	Sonny	Butler	GYDAC	54.6	1	Qualify	53.9	1
416	Conor	Langan	—					
417	Niall	Langan	—	55	2	Qualify	54.4	2

u11B

TRIPLE JUMP

2:00pm

[illegible]

u11B

LONG JUMP

1:30pm

[illegible]

u11B

VERTICAL JUMP

3:00pm

[illegible]

u11B

SPEED BOUNCE

3:30pm

[illegible]

u11B

Chest Push

1:00pm

[illegible]

u11B **Turbo Javelin**

Turbo Javelin

4:00pm

[illegible]

u11G**2 LAP**

1:45pm

2019				2020		2021		
No		Name	Club	Heats time	Heats Position	Qualify	Final time	Position
421	Alana	Hartford	CoNAC					
422	April	Green	CoNAC					
423	Betty	Appleton	CoNAC	26.7	4	Qualify	26.7	4
424	Darcie	Holmes	CoNAC	25	1	Qualify	25.5	1
425	Eleana	Osifo-Doe	CoNAC	25.5	2	Qualify	26	3
427	Imogen	Frame	CoNAC	29.6	9			
430	Maisie	Powles-Warren	CoNAC					
432	Tayla	Goodswen	CoNAC	25.5	2	Qualify	25.6	2
435	Jessica	Lawrence	Ryston Runners	31	10			
437	Myley	Gilboy	West Norfolk	27	5	Qualify	26.7	5
438	Sofia	Gilboy	West Norfolk	31.9	11			
492	Elsa	Lindsay	CoNAC	27.5	6			
494	Evie	Mountain	CoNAC	28.3	8			
495	Freya	Howard	CoNAC	36.9	12			
496	Imogen	Martin	CoNAC					
498	Poppy	Hollingsworth	Ryston Runners	27.6	7			

u11G				2 LAP Hurdles				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	1:00pm Position
420	Lucy	Archer	Attleborough Acad	30.7	8			
421	Alana	Hartford	CoNAC					
423	Betty	Appleton	CoNAC	28.2	5	Qualify	29.1	5
424	Darcie	Holmes	CoNAC	26.5	1	Qualify	27.3	2
425	Eleana	Osifo-Doe	CoNAC	26.8	3	Qualify	28.0	4
427	Imogen	Frame	CoNAC					
428	Isabella	White	CoNAC	27.6	4	Qualify	27.3	3
429	Jennifer	Mardle	CoNAC	26.6	2	Qualify	27.0	1
431	Molly	Ellard-Thurtle	CoNAC	28.6	6			
434	Ellie	Bransgrove	Ryston Runners	33.6	12			
436	Beattie	Fowler	West Norfolk	30.8	9			
438	Sofia	Gilboy	West Norfolk	33.6	12			
490	Alice	Ganley	CoNAC	31.2	10			
492	Elsa	Lindsay	CoNAC	29.1	7			
493	Esme	Renforth	CoNAC	36.5	14			
497	Jessica	Harding	CoNAC	32.7	11			

u11G				4 LAP				2:30pm	
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position	
420	Lucy	Archer	Attleborough Acade	57.8	6				
422	April	Green	CoNAC						
426	Emi	Muntingh	CoNAC						
428	Isabella	White	CoNAC	55.5	1	Qualify	54.5	1	
429	Jennifer	Mardle	CoNAC	56.6	3	Qualify	55.8	3	
431	Molly	Ellard-Thurtle	CoNAC	57.5	5	Qualify	58	4	
432	Tayla	Goodswen	CoNAC	56.2	2	Qualify	54.8	2	
433	Francesca	Greenless	GYDAC	59.5	8				
434	Ellie	Bransgrove	Ryston Runners	67.5	12				
435	Jessica	Lawrence	Ryston Runners	58.3	7				
436	Beattie	Fowler	West Norfolk	61.9	9				
437	Myley	Gilboy	West Norfolk	57.2	4	Qualify	58.3	5	
491	Eleanor	Coyle	CoNAC	67	11				
497	Jessica	Harding	CoNAC	64.4	10				

u11G **LONG JUMP**

LONG JUMP

2:05pm

No	Name		Club
420	Lucy	Archer	Attleborough Acade
424	Darcie	Holmes	CoNAC
425	Eleana	Osifo-Doe	CoNAC
427	Imogen	Frame	CoNAC
428	Isabella	White	CoNAC
435	Jessica	Lawrence	Ryston Runners
491	Eleanor	Coyle	CoNAC
492	Elsa	Lindsay	CoNAC
495	Freya	Howard	CoNAC
496	Imogen	Martin	CoNAC
498	Poppy	Hollingsworth	Ryston Runners

[illegible]

u11G

TRIPLE JUMP

2:30pm

[illegible]

u11G

VERTICAL JUMP

3:30pm

No	Name		Club
438	Sofia	Gilboy	West Norfolk
437	Myley	Gilboy	West Norfolk
432	Tayla	Goodswen	CoNAC
431	Molly	Ellard-Thurtle	CoNAC
428	Isabella	White	CoNAC
425	Eleana	Osifo-Doe	CoNAC
495	Freya	Howard	CoNAC
492	Elsa	Lindsay	CoNAC

[illegible]

u11G

SPEED BOUNCE

1:00pm

[illegible]

u11G

Chest Push

2:50pm

[illegible]

u11G

Turbo Javelin

4:00pm

[illegible]

u13B**2 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:10pm Position
439	Barnaby	Macdonald	CoNAC	25.1	5	Qualify	24.7	5
441	Geoffrey	Jones	CoNAC	25.8	6			
442	James	Lupton	CoNAC	23.8	2	Qualify	23.3	1
447	Sam	Barber	CoNAC	23.8	2	Qualify	24.5	4
449	Gilby	Higgins	Ryston Runners	26.1	7			
451	Finley	Morby-Jones	West Norfolk	23.5	1	Qualify	23.6	2
453	Herbie	Gray	West Norfolk	26.6	8			
500	Tyrone	Tetteh	CoNAC	24.2	4	Qualify	23.7	3

u13B**4 LAP**

				Heats	Heats		Final	2:50pm
No	Name		Club	time	Position	Qualify	time	Position
441	Geoffrey	Jones	CoNAC	57.3	8			
442	James	Lupton	CoNAC	52.1	3	Qualify	53.7	4
443	Leon	Harris	CoNAC	51.5	2	Qualify	51.3	2
444	Leonardo	Gegaj	CoNAC	53.3	7			
445	Matthew	Williams	CoNAC	58.3	10			
446	Patryk	Potrawski	CoNAC	53.2	6			
447	Sam	Barber	CoNAC	52.4	4	Qualify	52.9	3
451	Finley	Morby-Jones	West Norfolk	50.1	1	Qualify	51.1	1
453	Herbie	Gray	West Norfolk	57.8	9			
500	Tyrone	Tetteh	CoNAC	52.4	4	Qualify	55.3	5

u13B**6 LAP**Heats
timeHeats
Position

Qualify

Final
time

4:15pm

Position

No	Name	Club
445	Matthew	Williams
440	Finlay	Haynes
452	Henry	Gosnell
448	Toby	Scott

CoNAC

CoNAC

West Norfolk

GYDAC

93.9

83.1

87.3

83.4

4

1

3

2

u13B **LONG JUMP**

LONG JUMP

3:00pm

[illegible]

u13B

TRIPLE JUMP

3:45pm

[illegible]

u13B

VERTICAL JUMP

2:30pm

[illegible]

u13B	SHOT (Kg)
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SHOT (Kg)

1:00pm

[illegible]

u13B

SPEED BOUNCE

1:40pm

[illegible]

u13G				2 LAP					
No	Name	Club	Heats time	Heats Position	Qualify	Final time	2:15pm Position		
322	Mia	Hollingsworth	Ryston Runners	26.3	11				
456	Belle	Hoy	CoNAC	24.6	3	Qualify	25	4	
457	Daniella	Baldeo	CoNAC	24.9	5	Qualify	25.001	5	
458	Ellie	Warman	CoNAC	24.8	4	Qualify	24.7	3	
459	Isla	Hibbet	CoNAC	25	6				
460	Lola	Van-Baaren	CoNAC	24	1	Qualify	23.9	1	
461	Mia	Jones	CoNAC	25.3	8				
462	Olivia	White	CoNAC						
463	Amy	Fielding	GYDAC	24	1	Qualify	24.2	2	
464	Tia	Gray	GYDAC	25.7	10				
466	Charley	Wheatley	Ryston Runners	25.3	8				
468	Darcey	Fowler	West Norfolk	25.1	7				

u13G				4 LAP				3:05pm	
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position		
323	Lily	Ganley	CoNAC	55.8	5	Qualify	55.6	5	
324	Emilia	Fan	CoNAC						
454	Anya	Faithorn	CoNAC						
455	Beatrix	Brawn-Meek	CoNAC						
456	Belle	Hoy	CoNAC						
457	Daniella	Baldeo	CoNAC	56.3	7				
458	Ellie	Warman	CoNAC						
460	Lola	Van-Baaren	CoNAC						
461	Mia	Jones	CoNAC	53.3	2	Qualify	53.4	2	
462	Olivia	White	CoNAC	54.8	4	Qualify	54.4	4	
463	Amy	Fielding	GYDAC	56.6	9	Qualify	53.8	3	
465	Abigail	Bransgrove	Ryston Runners	53	1				
467	Sarah	Wright	Ryston Runners	56.5	8				

u13G

6 LAP

				Heats time	Heats Position	Qualify	Final time	4:20pm Position
No	Name		Club					
467	Sarah	Wright	Ryston Runners					92.3 4
465	Abigail	Bransgrove	Ryston Runners					83.6 1
455	Beatrix	Brawn-Meek	CoNAC					88.6 3
323	Lily	Ganley	CoNAC					88.0 2

u13G

LONG JUMP

3:30pm

[illegible]

u13G

TRIPLE JUMP

3:00pm

[illegible]

u13G

VERTICAL JUMP

1:00pm

[illegible]

u13G **SHOT (2.72Kg)**

SHOT (2.72Kg)

2:00pm

[illegible]

u13G

SPEED BOUNCE

2:30pm

[illegible]

u15B**2 LAP**

No	Name	Club
475	George	Smith
474	William	Lupton
473	Lewis	Dickerson
472	Kavanaugh	Remy
471	Finlay	Barnard
470	Billy	Francis

Heats
timeHeats
Position

Qualify

Final
time1:35pm
Position

22.5

3

23

4

23.1

5

22

1

22

2

u15B				4 LAP					
No	Name		Club	Heats time	Heats Position	Qualify	Final time	2:45pm Position	
475	George	Smith	GYDAC				48.8	1	
473	Lewis	Dickerson	CoNAC				50.2	2	
472	Kavanau	Remy	CoNAC						
471	Finlay	Barnard	CoNAC						

u15B **LONG JUMP**

LONG JUMP

1:50pm

[illegible]

u15B

TRIPLE JUMP

1:00pm

No	Name		Club
470	Billy	Francis	CoNAC
471	Finlay	Barnard	CoNAC
473	Lewis	Dickerson	CoNAC
474	William	Lupton	CoNAC
476	Daniel	Coles	—

[illegible]

u15B

SHOT (Kg)

3:00pm

No	Name		Club
473	Lewis	Dickerson	CoNAC
474	William	Lupton	CoNAC
475	George	Smith	GYDAC
476	Daniel	Coles	—

[illegible]

u15B

SPEED BOUNCE

3:20pm

[illegible]

u15G

2 LAP

Heats
time

Heats
Position

Qualify

Final
time

1:30pm
Position

No	Name	Club
478	Caitlin	Bell
481	Isabelle	Rushmere
482	Kyla	Langan
		—

23.2

1

u15G				4 LAP				Heats	Heats		Final	2:25pm
No		Name		Club			time	Position	Qualify		time	Position
477	BB	Brook	CoNAC								59	3
478	Caitlin	Bell	CoNAC								50.6	1
479	Charlotte	Gilding	CoNAC								55	2
481	Isabelle	Rushmere	GYDAC									

u15G

LONG JUMP

1:00pm

[illegible]

u15G

VERTICAL JUMP

2:00pm

No	Name	Club
477	BB	Brook
480	Maddy	Powles-Warren
482	Kyla	Langan

[illegible]

u15G

SPEED BOUNCE

3:00pm

[illegible]

u15G

SHOT (3Kg)

1:35pm

No	Name		Club
478	Caitlin	Bell	CoNAC
479	Charlott	Gilding	CoNAC
480	Maddy	Powles-Warren	CoNAC

[illegible]