

Norfolk Sportshall County Championships

15th January 2023

UEA Norwich

u11B				2 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	pm Position
10	Adam	Edwards	GYDAC	24.7	2	Qualify	24.6	2
12	Billy	Butler	GYDAC	27.9	18			
15	Charlie	Sutton	CoNAC	26.7	11			
16	Daniel	Matembra	CoNAC	28.8	19			
17	Fergus	Smitherman	CoNAC	27.2	14			
18	George	Crane	Diss AC	27.2	14			
20	Harrison	Lesniak	West Norfolk	26.3	8			
26	Isaac	Unsworth	CoNAC	25.7	4	Qualify	25.8	5
27	Jalen	Cornwell	Attleborough Acd	25.8	5	Qualify	25.3	4
38	Luke	Anderson	West Norfolk	25.9	6	Qualify	26	6
39	Marco	Pazos-Perez	CoNAC	26.9	13			
40	Matas	Petreikis	West Norfolk	26.2	7			
41	Ollie	Scott	GYDAC	26.8	12			
42	Ostin	Falgate	Attleborough Acd	27.3	16			
43	Riley	Price	Ryston	26.5	10			
45	Sam	Hamment	CoNAC	26.4	9			
46	Samuel	Brown	CoNAC	24.5	1	Qualify	24.2	1
47	Samuel	Trickey	CoNAC	24.8	3	Qualify	25	3
49	Zac	Pullen	Thetford	27.6	17			

u11B				2 LAP HURDLES				
No		Name	Club	Heats time	Heats Position	Qualify	Final time	Position
11	Archie	Bean	CoNAC	31.9	11			
12	Billy	Butler	GYDAC	30.3	8			
16	Daniel	Matembra	CoNAC	30.3	8			
19	George	Ganley	CoNAC	26.7	1	Qualify	26.8	2
29	Jude	Osborne	CoNAC	31.1	10			
35	Lewis	Martin	Attleborough A	29.8	7			
40	Matas	Petreikis	West Norfolk	26.8	2	Qualify	26.2	1
42	Ostin	Falgate	Attleborough A	28.7	5	Qualify	30.2	6
43	Riley	Price	Ryston	29.5	6	Qualify	28	4
44	Ryan	Bullimore	GYDAC	28.4	4	Qualify	29.3	5
48	Thomas	Cecil	(blank)	27.6	3	Qualify	27	3

u11B				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
10	Adam	Edwards	GYDAC	55.6	5	Qualify	53	2
15	Charlie	Sutton	CoNAC	60.6	13			
17	Fergus	Smitherman	CoNAC	57.4	9			
20	Harrison	Lesniak	West Norfolk	58.6	11			
21	Harry	Smith	(blank)	64.2	15			
26	Isaac	Unsworth	CoNAC	55.7	6	Qualify	54	4
27	Jalen	Cornwell	Attleborough Acdr	53.5	3	Qualify	55	5
29	Jude	Osborne	CoNAC	59.6	12			
35	Lewis	Martin	Attleborough Acdrmy					
36	Liam	Durrant	Beccles & Bugay H	56.3	8			
38	Luke	Anderson	West Norfolk	55.5	4	Qualify	56.1	6
41	Ollie	Scott	GYDAC	56	7			
45	Sam	Hamment	CoNAC	58.4	10			
46	Samuel	Brown	CoNAC	52.8	1	Qualify	52.6	1
47	Samuel	Trickey	CoNAC	53.3	2	Qualify	53.5	3
49	Zac	Pullen	Thetford	61.2	14			

u11B **TRIPLE JUMP**

TRIPLE JUMP

[illegible]

LONG JUMP

[illegible]

u11B

VERTICAL JUMP

[illegible]

u11B **SPEED BOUNCE**

u11B **SPEED BOUNCE**

[illegible]

u11B

Chest Push

[illegible]

u11B **Turbo Javelin**

Turbo Javelin

[illegible]

u11G 2 LAP Hurdles				Heats	Heats		Final	
No	Name		Club	time	Position	Qualify	time	Position
5	Alice	Ganley	CoNAC	28.6	3	Qualify	29.0	4
11	Caelah-Leigh	Whyte	GYDAC	27.0	2	Qualify	26.9	2
14	Courtney	Price	Ryston	29.2	5	Qualify	29.6	6
15	Eleanor	Coyle	CoNAC	31.9	14			
16	Eleanor	Wright	CoNAC					
17	Emi	Muntingh	CoNAC	30.7	11			
19	Florence	Spratt	Attleborough Acdr	29.5	7			
20	Flossy	Holdsworth	CoNAC	29.4	6	Qualify	28.9	3
26	Imogen	Martin	CoNAC	31.1	13			
36	Maria	Leire	CoNAC	33.1	15			
37	Olivia	Barber	CoNAC	24.9	1	Qualify	25.4	1
38	Ophelia	Fowell	N Norfolk Harriers	31.0	12			
40	Phoebe	Smith	CoNAC	30.2	9			
41	Sally	Kamagate	CoNAC	29.7	8			
42	Sofia	Gilboy	West Norfolk	30.5	10			
43	Sophia	Bullimore	GYDAC	28.9	4	Qualify	29	5

u11G

2 LAP

u11G 2 LAP				Heats time	Heats Position	Final time		
No	Name		Club			Qualify		Position
5	Alice	Ganley	CoNAC	26.6	7			
10	April	Green	CoNAC	27.5	11			
11	Caelah-Leigh	Whyte	GYDAC	25.1	3	Qualify	24.7	3
14	Courtney	Price	Ryston	27.2	9			
20	Flossy	Holdsworth	CoNAC	28.1	13			
24	Heather	Yellop	CoNAC	29.9	18			
26	Imogen	Martin	CoNAC	27.5	11			
28	Isabella	White	CoNAC	25.1	3	Qualify	25.1	4
32	Lexie	Simpson	N Norfolk Harriers					
34	Lucy	Archer	Attleborough Acd	26.5	6	Qualify	26.2	6
35	Macey	Phillips	CoNAC	25.4	5	Qualify	25.2	5
36	Maria	Leire	CoNAC	30.9	19			
37	Olivia	Barber	CoNAC	24.3	1	Qualify	24.1	1
39	Phoebe	Houten	CoNAC	29.6	17			
41	Sally	Kamagate	CoNAC	28.5	15			
42	Sofia	Gilboy	West Norfolk	28.8	16			
43	Sophia	Bullimore	GYDAC	27.2	9			
44	Talia	Stowers	CoNAC	28.2	14			
45	Tayla	Goodswen	CoNAC	24.8	2	Qualify	24.4	2
46	Zoe	Nesbitt-Clarke	CoNAC	27	8			

u11G				4 LAP			
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position
10	April	Green	CoNAC	59.7	7		
12	Casey	Ethridge	Attleborough Acdm	61	8		
17	Emi	Muntingh	CoNAC	59.2	6	Qualify	60 6
22	Francesca	Greenlees	GYDAC	58.5	5	Qualify	59.4 5
28	Isabella	White	CoNAC	53.3	2	Qualify	54.2 2
32	Lexie	Simpson	N Norfolk Harriers				
34	Lucy	Archer	Attleborough Acdm	57.8	4	Qualify	58.2 4
35	Macey	Phillips	CoNAC	56.2	3	Qualify	57.5 3
38	Ophelia	Fowell	N Norfolk Harriers	64.2	10		
40	Phoebe	Smith	CoNAC	61.1	9		
45	Tayla	Goodswen	CoNAC	53.1	1	Qualify	53.2 1

u11G **LONG JUMP**

LONG JUMP

No	Name		Club
12	Casey	Ethridge	Attleborough Acdm
14	Courtney	Price	Ryston
18	Erin	Woodcroft	CoNAC
24	Heather	Yellop	CoNAC
29	Laila	Ringer	Ryston
34	Lucy	Archer	Attleborough Acdm
35	Macey	Phillips	CoNAC
36	Maria	Leire	CoNAC
37	Olivia	Barber	CoNAC
40	Phoebe	Smith	CoNAC
41	Sally	Kamagate	CoNAC
44	Talia	Stowers	CoNAC
46	Zoe	Nesbitt-Clarke	CoNAC

[illegible]

u11G **TRIPLE JUMP**

u11G **TRIPLE JUMP**

[illegible]

u11G

VERTICAL JUMP

[illegible]

u11G

SPEED BOUNCE

[illegible]

u11G

Chest Push

[illegible]

u11G

Turbo Javelin

No	Name	Club
15	Eleanor Coyle	CoNAC
16	Eleanor Wright	CoNAC
22	Francesca Greenlees	GYDAC
26	Imogen Martin	CoNAC
27	Isabella Mortimer	CoNAC
29	Laila Ringer	Ryston
39	Phoebe Houten	CoNAC

[illegible]

u13B**2 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
11	Alexander	Singh	CoNAC				23.9	3
19	Ben	Lowe	Bungay Black Dog				24.2	4
30	Harry	Sayer	CoNAC				24.4	5
37	James	Lupton	CoNAC				22.2	1
40	Joshua	Rumsby	CoNAC				28.8	6
43	Tyrone	Tetteh	CoNAC				23.5	2

u13B**4 LAP**

				Heats time	Heats Position	Qualify	Final time	Position
No	Name		Club					
30	Harry	Sayer	CoNAC				55	3
40	Joshua	Rumsby	CoNAC				53.4	2
43	Tyrone	Tetteh	CoNAC				52.5	1

u13B

6 LAP

No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position
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u13B **LONG JUMP**

LONG JUMP

[illegible]

u13B **TRIPLE JUMP**

TRIPLE JUMP

[illegible]

u13B **VERTICAL JUMP**

u13B **VERTICAL JUMP**

[illegible]

u13B

SHOT (Kg)

No	Name		Club
37	James	Lupton	CoNAC
41	Luke	Gilding	CoNAC
42	Thomas	Fairhurst	CoNAC

[illegible]

SPEED BOUNCE

[illegible]

u13G				2 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
15	Betty	Appleton	CoNAC	25.7	9			
16	Daniella	Baldeo	CoNAC	24.5	5	Qualify	24.7	5
17	Darcie	Holmes	CoNAC	24.4	4	Qualify	24.2	3
19	Eleana	Osifo-Doe	CoNAC	25	7			
26	Ella	Goodswen	Beccles & Bugay	26.3	14			
37	Evelyn	Day	Diss AC	24.7	6	Qualify	24.8	6
38	Hetty	Bunkle	CoNAC					
39	Jennifer	Mardle	CoNAC	24	2	Qualify	24.4	4
40	Jessica	Lawrence	West Norfolk	26.6	16			
41	Katie	Cawson	West Norfolk	26.1	13			
42	Leah	Beagles	Ryston	26	12			
44	Mia	Lesniak	West Norfolk	25.8	11			
45	Minnie	Richardson	CoNAC	24.0	2	Qualify	23.8	2
47	Molly	Ellard-Thurtle	CoNAC	25.5	8			
48	Myley	Gilboy	West Norfolk	26.3	14			
49	Rebecca	Johnson	West Norfolk	23.9	1	Qualify	23.7	1
50	Siena	Bullimore	GYDAC	25.7	9			
51	Tilly	Beales	CoNAC					

u13G				4 LAP				
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position	
11	Adeola	Arole	CoNAC	53.1	2	Qualify	52.7	2
16	Daniella	Baldeo	CoNAC	54.3	5	Qualify	54.4	5
17	Darcie	Holmes	CoNAC	54.9	7			
19	Eleana	Osifo-Doe	CoNAC	57.8	10			
26	Ella	Goodswen	Beccles & Bugay H	56.7	8			
36	Elsa	Lindsay	CoNAC	58.2	12			
37	Evelyn	Day	Diss AC	53.6	3	Qualify	53.6	3
39	Jennifer	Mardle	CoNAC	54.2	4	Qualify	54.1	4
41	Katie	Cawson	West Norfolk	60.8	13			
43	Lily	Ganley	CoNAC	52.5	1	Qualify	51.9	1
46	Mirabell	Kamagate	CoNAC	58	11			
47	Molly	Ellard-Thurtle	CoNAC	54.5	6	Qualify	54.9	6
48	Myley	Gilboy	West Norfolk	57.6	9			

u13G

6 LAP

No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
11	Adeola	Arole	CoNAC				88.1	2
15	Betty	Appleton	CoNAC				91.2	3
40	Jessica	Lawrence	West Norfolk				94.4	4
51	Tilly	Beales	CoNAC					
46	Mirabell	Kamagate	CoNAC				97.0	5
43	Lily	Ganley	CoNAC				85.9	1

u13G

LONG JUMP

[illegible]

u13G

TRIPLE JUMP

[illegible]

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	Position
19	Aidan	Beagles				24.1	6
40	George	Smith				21.7	2
41	Herbie	Gray				23.8	5
42	Sam	Barber				22.2	3
44	William	Lupton				21.4	1
43	William	Gregson				22.5	4

u15B				4 LAP			
No	Name		Club	Heats time	Heats Position	Qualify	Final time Position
40	George	Smith	GYDAC				46.5 2
41	Herbie	Gray	West Norfolk				50.6 5
42	Sam	Barber	CoNAC				49.4 4
44	William	Lupton	CoNAC				45.7 1
43	William	Gregson	CoNAC				47.7 3

u15B **LONG JUMP**

LONG JUMP

[illegible]

u15B

TRIPLE JUMP

[illegible]

u15B	SHOT (Kg)
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SHOT (Kg)

[illegible]

u15B

SPEED BOUNCE

[illegible]

u15G

2 LAP

No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position
19	Abigail	Bransgrove				24.5	4
20	Amy	Fielding				23.6	2
39	Anya	Price				24.5	4
41	Isla	Hibbett				24	3
42	Lola	Van-Baaren				23	1
44	Nikki	Falgate				24.6	6

u15G				4 LAP			
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position
19	Abigail	Bransgrove				52.4	3
39	Anyia	Price				53.3	5
40	Charlotte	Gilding				50.3	2
42	Lola	Van-Baaren				49.8	1
44	Nikki	Falgate				52.7	4

u15G **LONG JUMP**

LONG JUMP

[illegible]

u15G

VERTICAL JUMP

[illegible]

u15G

SPEED BOUNCE

[illegible]

u15G

SHOT (3.25Kg)

[illegible]