

Norfolk Sportshall

County Championships

UEA Norwich

11th Jan 2025

u11B				2 LAP					
No	Name		Club	Heats time	Heats Position	Qualify	Final time	pm Position	
4	Archie	Bean	CoNAC						
5	Arthur	Blyth	N Norfolk Harriers	26.4	8				
6	Barnabas	Abbott	N Norfolk Harriers	30.0	16				
7	Barnaby	Chapman	Attleborough Academy						
8	Blake	Reynolds	Attleborough Aca	38.3	17				
9	Elijah	Bamfo	GYDAC	24.8	2	Qualify	25.6	5	
10	Finlay	Goodenough	Attleborough Aca	25.3	3	Qualify	24.8	2	
11	Freddie	Hubbard	Ryston	26.6	9				
12	George	Brown	CoNAC	28.5	15				
14	Harry	Parker	GYDAC	26.2	6	Qualify	26.3	6	
16	Henry	Edwards	CoNAC	26.0	5	Qualify	25.4	4	
17	Henry	Smith	CoNAC						
18	Isaac	Western	Ryston	27.3	12				
19	James	Watts	West Norfolk	26.3	7				
20	Joshua	Widdows-Coo	CoNAC	27.8	13				
21	Jude	Nicholls	Attleborough Aca	26.7	10				
22	Logan	Mcdonald	GYDAC	27.2	11				
25	Thaddaeus	Hall	N Norfolk Harriers	28.0	14				
26	Wanye	Bowen	CoNAC	25.7	4	Qualify	25.2	3	
27	Zachery	McBride	CoNAC	24.6	1	Qualify	24.5	1	

u11B				2 LAP HURDLES				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
3	Seb	King	GYDAC	31.9	11			
6	Barnabas	Abbott	N Norfolk Harri	31.7	10			
9	Elijah	Bamfo	GYDAC	27.2	2	Qualify	28.5	3
10	Finlay	Goodenough	Attleborough A	25.3	1	Qualify	26.4	1
13	Harry	Hollinger	N Norfolk Harri	29.9	6	Qualify	29.9	5
15	Harry	Wright	GYDAC	29.1	4	Qualify	29.7	4
18	Isaac	Western	Ryston	30.3	8			
20	Joshua	Widdows-Cook	CoNAC	30.8	9			
23	Noah	Clarke	GYDAC	30.0	7			
25	Thaddaeus	Hall	N Norfolk Harri	29.4	5	Qualify	30.3	6
26	Wanye	Bowen	CoNAC	28.5	3	Qualify	27.7	2

u11B**4 LAP**

No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position
1	Gus	McLean	CoNAC			60.6	12
2	Kartheeswar	Nandakumara	CoNAC			63	15
4	Archie	Bean	CoNAC				
5	Arthur	Blyth	N Norfolk Harriers			56.7	5
7	Barnaby	Chapman	Attleborough Academy				
11	Freddie	Hubbard	Ryston			56.2	4
12	George	Brown	CoNAC			61.4	14
13	Harry	Hollinger	N Norfolk Harriers			58.5	9
14	Harry	Parker	GYDAC			57.4	8
15	Harry	Wright	GYDAC			59.4	11
16	Henry	Edwards	CoNAC			59.1	10
17	Henry	Smith	CoNAC				
19	James	Watts	West Norfolk			54	1
21	Jude	Nicholls	Attleborough Academy			57.2	7
22	Logan	Mcdonald	GYDAC			60.9	13
23	Noah	Clarke	GYDAC			57	6
26	Wanye	Bowen	CoNAC			55.3	2
27	Zachery	McBride	CoNAC			55.4	3

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

Foam Javelin

[illegible]

u11G**2 LAP Hurdles**

u11G 2 LAP Hurdles				Heats time	Heats Position	Qualify	Final time	Position
No	Name		Club					
28	Ellie-May	Wright	CoNAC	33.4	18			
29	Imogen	Lyons	CoNAC	37.8	19			
34	Alba	Barrtlett	GYDAC	29.0	10			
38	Avah	Boothe	CoNAC	28.3	7			
39	Carmen	Coombes	CoNAC	32.5	17			
42	Eibhlin	Quinn-Offe	CoNAC	28.4	8			
43	Eleanor	Crane	CoNAC	27.1	1	Qualify	27.4	2
44	Ella-Joy	Hollinger	N Norfolk Harriers	29.9	14			
45	Elsie	Grimbly-Morale	GYDAC	28.1	5	Qualify	28.2	4
46	Erin	Edwards	CoNAC	28.9	9			
47	Felicia	Amadasun	Thetford	27.8	2	Qualify	26.2	1
49	Heather	Yellop	CoNAC	27.8	2	Qualify	28.9	5
50	Jessica	Lacey	CoNAC	29.3	11			
52	Lily-Mae	McBride	CoNAC	29.6	12			
53	Marlie	Janes	CoNAC	28.0	4	Qualify	90.0	6
54	Mia	Beales	Attleborough Acad	28.1	5	Qualify	28.1	3
55	Mia	Goodenough	Attleborough Acad	29.7	13			
57	Poppy	Pitcher	CoNAC	30.1	15			
58	Rosie	Robinson	Attleborough Acad	31.4	16			

u11G

2 LAP

u11G 2 LAP				Heats time	Heats Position	Qualify	Final time	Position
No	Name	Club						
28	Ellie-May	Wright	CoNAC	29.6	20			
30	Kayla	Osifo-Doe	CoNAC	25.5	4	Qualify	26.6	6
32	Melanie	Okolidoh	CoNAC	25.7	5	Qualify	26	4
33	Teal	Howell	N Norfolk Harrier	25.9	6	Qualify	26.3	5
35	Amaya	Daley	CoNAC	28.5	17			
37	Ava	Rosembert	CoNAC	29.6	20			
38	Avah	Boothe	CoNAC	27.9	15			
39	Carmen	Coombes	CoNAC	29.6	22			
41	Edie	Saunders	(blank)	24.5	1	Qualify	24.4	1
42	Eibhlin	Quinn-Offe	CoNAC	26.5	9			
44	Ella-Joy	Hollinger	N Norfolk Harrier	27.9	15			
45	Elsie	Grimbly-Moralee	GYDAC	27.3	13			
47	Felicia	Amadasun	Thetford	24.7	2	Qualify	24.7	2
48	Flossy	Holdsworth	CoNAC	26.0	7			
50	Jessica	Lacey	CoNAC	27.6	14			
51	Jessica	Watts	West Norfolk	28.7	18			
52	Lily-Mae	McBride	CoNAC	26.9	11			
53	Marlie	Janes	CoNAC	26.1	8			
55	Mia	Goodenough	Attleborough Aca	27.0	12			
58	Rosie	Robinson	Attleborough Aca	29.4	19			
60	Soraya	Scott	CoNAC	26.6	10			
61	Zara	Taiwo	Attleborough Aca	25.5	3	Qualify	25.2	3

u11G				4 LAP			
No	Name		Club	Heats time	Heats Position	Qualify	Final time Position
31	Maddie	Smith	CoNAC				62.3 13
32	Melanie	Okolidoh	CoNAC				58.7 6
43	Eleanor	Crane	CoNAC				56.6 2
46	Erin	Edwards	CoNAC				60.8 12
48	Flossy	Holdsworth	CoNAC				55.7 1
49	Heather	Yellop	CoNAC				60.1 11
51	Jessica	Watts	West Norfolk				59.8 10
54	Mia	Beales	Attleborough Academy				57.8 4
55	Mia	Goodenough	Attleborough Academy				58.4 5
56	Phoebe	Smith	CoNAC				56.8 3
57	Poppy	Pitcher	CoNAC				59.6 9
60	Soraya	Scott	CoNAC				59.2 8
61	Zara	Taiwo	Attleborough Academy				58.7 6

u11G

LONG JUMP

No	Name		Club
33	Teal	Howell	N Norfolk Harriers
34	Alba	Barrtlett	GYDAC
36	Antonia	Weston	Thetford
37	Ava	Rosembert	CoNAC
38	Avah	Boothe	CoNAC
41	Edie	Saunders	(blank)
44	Ella-Joy	Hollinger	N Norfolk Harriers
47	Felicia	Amadasun	Thetford
48	Flossy	Holdsworth	CoNAC
50	Jessica	Lacey	CoNAC
57	Poppy	Pitcher	CoNAC
59	Sofia	Gilboy	West Norfolk
60	Soraya	Scott	CoNAC
61	Zara	Taiwo	Attleborough Acade

[illegible]

u11G **TRIPLE JUMP**

u11G **TRIPLE JUMP**

[illegible]

u11G

VERTICAL JUMP

[illegible]

u11G

SPEED BOUNCE

[illegible]

u11G

Chest Push

No	Name		Club
36	Antonia	Weston	Thetford
37	Ava	Rosembert	CoNAC
43	Eleanor	Crane	CoNAC
49	Heather	Yellop	CoNAC
56	Phoebe	Smith	CoNAC
59	Sofia	Gilboy	West Norfolk
60	Soraya	Scott	CoNAC

[illegible]

u11G

Foam Javelin

[illegible]

u13B**2 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
63	Harry	Jones	CoNAC				23.7	3
65	Rhys	Howard	West Norfolk				26.3	5
68	Adam	Edwards	GYDAC				23.5	1
77	Samuel	Brown	CoNAC				23.51	2
78	Samuel	Howard	West Norfolk				24.8	4

u13B**4 LAP**

				Heats	Heats		Final	
No	Name		Club	time	Position	Qualify	time	Position
66	Samuel	Trickey	CoNAC	51	3	Qualify	52.2	4
69	Charlie	Sutton	CoNAC					
71	Isaac	Unsworth	CoNAC	52.6	4	Qualify	51.9	3
73	Luke	Anderson	West Norfolk	50.7	2	Qualify	49.1	1
75	Ostin	Falgate	Attleborough Ac	54.9	5	Qualify	55.5	5
76	Rory	Normanton	CoNAC	50.2	1	Qualify	49.5	2
77	Samuel	Brown	CoNAC					
79	Theodore	Abbott	N Norfolk Harrie	56.1	6	Qualify	56.8	6
84	Ryan	Bullimore	GYDAC	56.2	7			

u13B**6 LAP**

No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
66	Samuel	Trickey	CoNAC				82.2	3
72	Jude	Osborne	CoNAC					
71	Isaac	Unsworth	CoNAC				82.9	4
70	George	Ganley	CoNAC				81	2
73	Luke	Anderson	West Norfolk				80.2	1
76	Rory	Normanton	CoNAC				83.4	5

u13B **LONG JUMP**

LONG JUMP

[illegible]

u13B TRIPLE JUMP

TRIPLE JUMP

[illegible]

u13B **VERTICAL JUMP**

VERTICAL JUMP

[illegible]

u13B

SHOT (Kg)

[illegible]

SPEED BOUNCE

[illegible]

u13G				2 LAP				
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position	
81	Clodagh	Quinn-Offe	CoNAC	24.8	5	Qualify	24.7	3
87	Alice	Ganley	CoNAC	25.5	7			
88	Caelah	Whyte	GYDAC	23.4	1	Qualify	23.5	1
89	Eleanor	Wright	CoNAC	24.9	6	Qualify	26.8	6
90	Ella	Cooper	West Norfolk	28.7	8			
92	Imogen	Martin	CoNAC					
93	Isla	Unsworth	CoNAC	24.4	2	Qualify	25.1	4
94	Macey	Phillips	CoNAC	24.4	2	Qualify	25.4	5
96	Ophelia	Martin	CoNAC	24.5	4	Qualify	24.1	2

u13G				4 LAP				
No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position	
83	Poppy	Wilkinson	Attleborough Aca	54.5	7			
87	Alice	Ganley	CoNAC	53.9	5	Qualify	56.5	6
88	Caelah	Whyte	GYDAC	50.3	1	Qualify	52.8	1
89	Eleanor	Wright	CoNAC	55.4	8			
91	Emi	Muntingh	CoNAC					
93	Isla	Unsworth	CoNAC	53.5	3	Qualify	55.2	4
94	Macey	Phillips	CoNAC	54.1	6	Qualify	54.4	2
96	Ophelia	Martin	CoNAC	52.1	2	Qualify	55.5	5
97	Talia	Stowers	CoNAC	53.7	4	Qualify	54.8	3

u13G

6 LAP

No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
80	April	Green	CoNAC				89.9	4
91	Emi	Muntingh	CoNAC				86.9	3
83	Poppy	Wilkinson	Attleborough Acade				85.4	2
95	Ophelia	Fowell	CoNAC				92.8	5
98	Tayla	Goodswen	CoNAC				84.1	1

u13G

LONG JUMP

[illegible]

u13G

TRIPLE JUMP

[illegible]

u13G

VERTICAL JUMP

[illegible]

u13G	SHOT (Kg)
------	------------

SHOT (Kg)

[illegible]

u13G

SPEED BOUNCE

[illegible]

u15B**2 LAP**

No	Name	Club
102	Joshua	Rumsby
101	James	Lupton
100	Robert	Nicholls

Heats
timeHeats
Position

Qualify

Final
time

Position

24.6

2

22.4

1

u15B

4 LAP

No	Name		Club
101	James	Lupton	CoNAC
100	Robert	Nicholls	CoNAC

Heats time	Heats Position	Qualify	Final time	Position
---------------	-------------------	---------	---------------	----------

			46.6	1
--	--	--	------	---

u15B **LONG JUMP**

LONG JUMP

No	Name	Club
102	Joshua	Rumsby
101	James	Lupton
99	Aidan	Howard

[illegible]

u15B

TRIPLE JUMP

No	Name		Club
101	James	Lupton	CoNAC
102	Joshua	Rumsby	CoNAC

[illegible]

u15B

SHOT (Kg)

No	Name	Club
99	Aidan	Howard
		West Norfolk

[illegible]

u15B

SPEED BOUNCE

No		Name		Club	No of Bounces	Position
102	Joshua	Rumsby	CoNAC		79	1

u15G

2 LAP

U15G

2 LAP

No	Name	Club	Heats time	Heats Position	Qualify	Final time	Position	
107	Sofija	Krohmaluka	Attleborough Aca	25.3	6	Qualify	26.7	6
109	Emily	Doran	CoNAC	24.2	1	Qualify	23.8	2
110	Finlay-Rae	O'Shea	CoNAC	24.3	3	Qualify	24.3	4
111	Grace	Doran	CoNAC	24.6	4	Qualify	24.2	3
112	Hetty	Bunkle	CoNAC	26	7			
113	Lilianna	Butcher	CoNAC	24.9	5	Qualify	24.9	5
114	Lily	Ganley	CoNAC	24.2	1	Qualify	23.6	1

u15G				4 LAP				
No	Name		Club	Heats time	Heats Position	Qualify	Final time	Position
103	Betty	Appleton	CoNAC	54.9	5	Qualify	55.1	5
105	Saffron	Howell	N Norfolk Harriers	54.3	4	Qualify	53.9	4
107	Sofija	Krohmaluka	Attleborough Acade	55.6	6	Qualify	59.1	6
109	Emily	Doran	CoNAC	53.4	2	Qualify	53.2	2
111	Grace	Doran	CoNAC					
112	Hetty	Bunkle	CoNAC	56.1	7			
113	Lilianna	Butcher	CoNAC	53.5	3	Qualify	53.5	3
114	Lily	Ganley	CoNAC	51	1	Qualify	51.1	1

u15G **LONG JUMP**

LONG JUMP

[illegible]

u15G

VERTICAL JUMP

[illegible]

u15G

SPEED BOUNCE

No		Name		Club	No of Bounces	Position
103	Betty	Appleton	CoNAC		77	3
108	Anya	Faithorn	West Norfolk		78	1
109	Emily	Doran	CoNAC		72	4
113	Lilianna	Butcher	CoNAC		63	5
114	Lily	Ganley	CoNAC		78	1

u15G

SHOT (3.25Kg)

No	Name		Club
106	Siena	Bullimore	GYDAC
108	Anya	Faithorn	West Norfolk
110	Finlay-R	O'Shea	CoNAC
111	Grace	Doran	CoNAC
112	Hetty	Bunkle	CoNAC

[illegible]