



# Aviva Sportshall UK Championships

## Fun in Athletics Festivals 2009-2010

London Regional Festival  
Westcroft Leisure Centre, Sutton  
Saturday 9 January 2010

City of London	red
Kingston Kestrels	yellow
South London Harriers	green
Waltham Forest	blue
Wandsworth	purple

Skills > Awards > Competition

*Eveque*

  
ENGLAND ATHLETICS

  
AVIVA

# Competition Results

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	blue	456	30	26	30	30	30	26	30	30	30	29	28	28	30	22	27	30
2	Wandsworth	purple	443	28	24	28	28	28	28	26	28	26	29	30	30	28	30	30	22
3	South London Harriers	green	407	26	30	22	26	22	30	28	22	28	26	25	26	24	26	22	24
4	Kingston Kestrels	yellow	393	24	28	26	24	26	24	24	24	24	23	22	24	22	28	24	26
5	City of London	red	381	22	22	24	22	24	22	22	26	22	23	25	22	26	24	27	28

# Team Results

# City of London (red)

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	blue	456	30	26	30	30	30	26	30	30	30	29	28	28	30	22	27	30
2	Wandsworth	purple	443	28	24	28	28	28	28	26	28	26	29	30	30	28	30	30	22
3	South London Harriers	green	407	26	30	22	26	22	30	28	22	28	26	25	26	24	26	22	24
4	Kingston Kestrels	yellow	393	24	28	26	24	26	24	24	24	24	23	22	24	22	28	24	26
5	City of London	red	381	22	22	24	22	24	22	22	26	22	23	25	22	26	24	27	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Lara Patel	BT	10	5	2	4	21	14
1	Lara Patel	TT	2	4	2	0	8	6=
2	Lucy Humpries	SLJ	1.54	1.54	1.55		1.55	12
2	Lucy Humpries	TT	6	2	4	0	12	2
3	Miah Carlisle	CP	4.50	4.25	4.00		4.50	7
4	Amiee Douglas	BT	3	11	15	5	34	11
4	Amiee Douglas	VJ	20	25	30		30	11
5	Aditi Bhandairi	J	11	10	10		11	7
6	Sara Ammor	SB	31				31	15
6	Sara Ammor	STJ	3.42	3.45	3.42		3.45	13
7	Eden Ashby	BT	2	3	15	15	35	9=
7	Eden Ashby	STJ	4.25	4.15	4.26		4.26	8
8	Chloe Carke-McKeeve	SB	38				38	12=
8	Chloe Carke-McKeeve	STJ	3.89	3.82	4.10		4.10	10
9	Tara Lewis	CP	4.25	3.50	4.25		4.25	9
9	Tara Lewis	SLJ	1.51	1.50	1.58		1.58	11
10	Ulivier Konadu	J	9	10	10		10	8
10	Ulivier Konadu	SLJ	1.66	1.48	1.70		1.70	7
11	Marina Golshani	VJ	31	36	31		36	8
12	Lulu Watuta	SB	33				33	14
12	Lulu Watuta	VJ	33	33	36		36	7

# Team Results

# Kingston Kestrels (yellow)

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	blue	456	30	26	30	30	30	26	30	30	30	29	28	28	30	22	27	30
2	Wandsworth	purple	443	28	24	28	28	28	28	26	28	26	29	30	30	28	30	30	22
3	South London Harriers	green	407	26	30	22	26	22	30	28	22	28	26	25	26	24	26	22	24
4	Kingston Kestrels	yellow	393	24	28	26	24	26	24	24	24	24	23	22	24	22	28	24	26
5	City of London	red	381	22	22	24	22	24	22	22	26	22	23	25	22	26	24	27	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Elizabeth Rennie	SLJ	1.41	1.41	1.42		1.42	15
1	Elizabeth Rennie	TT	2	6	2	0	10	3=
2	Lilly Snelling	CP	4.50	3.50	4.00		4.50	8
3	Lucia Eales	BT	12	6	15	15	48	5=
3	Lucia Eales	SLJ	1.46	1.41	1.28		1.46	14
4	Stephanie Mitchell	SB	42				42	11
4	Stephanie Mitchell	STJ	4.53	4.40	4.57		4.57	7
5	Nina Gibbins	STJ	4.92	4.87	4.55		4.92	5
6	Rebecca Keddie	BT	3	7	8	15	33	12
6	Rebecca Keddie	VJ	31	32	0		32	9
7	Jessie Walters	SB	38				38	12=
7	Jessie Walters	STJ	3.36	0.00	3.28		3.36	14
8	Eleanor Bartle	BT	6	1	3	6	16	15
8	Eleanor Bartle	TT	0	2	0	0	2	9=
10	Hayley Dowling	J	11	11	11		11	6
10	Hayley Dowling	VJ	23	27	28		28	13
11	Sophie Dimbleby	SB	44				44	8
11	Sophie Dimbleby	VJ	36	39	39		39	5
12	Luisa Barnes	J	7	8	8		8	10
12	Luisa Barnes	SLJ	1.74	1.72	1.77		1.77	4
14	Olivia Siviter	CP	3.75	3.75	4.25		4.25	10

# Team Results

# South London Harriers (green)

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	blue	456	30	26	30	30	30	26	30	30	30	29	28	28	30	22	27	30
2	Wandsworth	purple	443	28	24	28	28	28	28	26	28	26	29	30	30	28	30	30	22
3	South London Harriers	green	407	26	30	22	26	22	30	28	22	28	26	25	26	24	26	22	24
4	Kingston Kestrels	yellow	393	24	28	26	24	26	24	24	24	24	23	22	24	22	28	24	26
5	City of London	red	381	22	22	24	22	24	22	22	26	22	23	25	22	26	24	27	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Pheobe Hodkinson	CP	4.50	4.00	5.00		5.00	5
1	Pheobe Hodkinson	SLJ	1.55	1.60	0.00		1.60	8
2	Hannah Nelson	J	7	9	8		9	9
2	Hannah Nelson	STJ	4.03	4.12	4.13		4.13	9
4	Amy Ayres	BT	3	15	15	15	48	5=
4	Amy Ayres	SB	54				54	2
4	Amy Ayres	SLJ	1.60	1.38	0.00		1.60	10
5	Keauna Phillips-Darko	BT	10	12	14	15	51	4
5	Keauna Phillips-Darko	SLJ	1.52	1.52	1.53		1.53	13
5	Keauna Phillips-Darko	STJ	4.03	3.53	3.78		4.03	11
6	Anna Wilson	TT	0	4	2	0	6	8
9	Hannah Mai Flynn	CP	4.75	4.50	4.25		4.75	6
10	Mary Kate Flynn	STJ	3.65	3.64	3.63		3.65	12
10	Mary Kate Flynn	TT	0	2	0	0	2	9=
10	Mary Kate Flynn	VJ	25	29	28		29	12
11	Kaeli Zonfrillo	BT	5	4	15	15	39	7
11	Kaeli Zonfrillo	J	7	4	12		12	5
11	Kaeli Zonfrillo	SB	48				48	6
11	Kaeli Zonfrillo	VJ	39	41	38		41	4
12	Sophie Zonfrillo	SB	43				43	9=
12	Sophie Zonfrillo	VJ	27	27	24		27	15

# Team Results

# Waltham Forest (blue)

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	blue	456	30	26	30	30	30	26	30	30	30	29	28	28	30	22	27	30
2	Wandsworth	purple	443	28	24	28	28	28	28	26	28	26	29	30	30	28	30	30	22
3	South London Harriers	green	407	26	30	22	26	22	30	28	22	28	26	25	26	24	26	22	24
4	Kingston Kestrels	yellow	393	24	28	26	24	26	24	24	24	24	23	22	24	22	28	24	26
5	City of London	red	381	22	22	24	22	24	22	22	26	22	23	25	22	26	24	27	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Abigail Phillips	SB	52				52	3
1	Abigail Phillips	VJ	40	43	50		50	1
2	Carina Cartland	BT	15	15	15	15	60	1=
2	Carina Cartland	SB	50				50	5
2	Carina Cartland	TT	4	2	2	2	10	3=
3	Deayndra Ford-Vour	CP	5.25	5.75	5.00		5.75	2
3	Deayndra Ford-Vour	SLJ	1.60	1.58	1.78		1.78	3
4	Elizabeth Berchie	BT	15	15	15	15	60	1=
4	Elizabeth Berchie	J	13	11	13		13	2
4	Elizabeth Berchie	TT	6	2	2	0	10	3=
5	Kai Onokah	SB	45				45	7
5	Kai Onokah	STJ	5.25	5.25	4.98		5.25	3
6	Kavina Surenthiran	BT	3	3	15	1	22	13
6	Kavina Surenthiran	VJ	45	44	46		46	2
7	Michelle Chigango	J	11	12	13		13	3
7	Michelle Chigango	VJ	41	43	43		43	3
8	Rachel Bawa	SLJ	1.73	1.68	1.72		1.73	6
8	Rachel Bawa	STJ	4.58	5.00	4.98		5.00	4
9	Shawna Harvey	CP	4.75	5.50	5.00		5.50	3
10	Tiah Price	SLJ	1.83	1.73	1.68		1.83	1

# Team Results

# Wandsworth (purple)

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	blue	456	30	26	30	30	30	26	30	30	30	29	28	28	30	22	27	30
2	Wandsworth	purple	443	28	24	28	28	28	28	26	28	26	29	30	30	28	30	30	22
3	South London Harriers	green	407	26	30	22	26	22	30	28	22	28	26	25	26	24	26	22	24
4	Kingston Kestrels	yellow	393	24	28	26	24	26	24	24	24	24	23	22	24	22	28	24	26
5	City of London	red	381	22	22	24	22	24	22	22	26	22	23	25	22	26	24	27	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Brittany King	BT	6	10	9	12	37	8
1	Brittany King	STJ	5.05	5.03	5.37		5.37	1
2	Yasmin Jones	BT	15	15	15	7	52	3
2	Yasmin Jones	VJ	36	37	36		37	6
3	Candice Johnson	J	12	14	16		16	1
3	Candice Johnson	STJ	5.22	5.29	5.25		5.29	2
4	Tanya Wooly	SB	56				56	1
4	Tanya Wooly	TT	6	4	4	2	16	1
5	Shannelle Taylor	J	12	10	11		12	4
5	Shannelle Taylor	SB	51				51	4
6	Sabrina McCann	SB	43				43	9=
8	Yasmin Donkwah	CP	5.50	6.00	5.75		6.00	1
8	Yasmin Donkwah	SLJ	1.52	1.39	1.60		1.60	9
9	Savannah Sullivan	BT	15	3	15	2	35	9=
9	Savannah Sullivan	STJ	4.52	4.59	4.62		4.62	6
10	Phoebe Shefki	VJ	26	31	0		31	10
11	Renee Cooper	VJ	21	28	25		28	14
12	Tazmin Dumont	SLJ	0.00	1.82	1.78		1.82	2
13	Katie Welsh	TT	2	4	2	0	8	6=
14	Allyah Boarmont	CP	5.25	4.75	4.75		5.25	4
14	Allyah Boarmont	SLJ	1.74	0.00	1.62		1.74	5

# Results Sheet

# Obstacle Relay

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Waltham Forest	blue	1:33.3	0.0	1:33.3	30.0
2	06	Wandsworth	purple	1:38.0	0.0	1:38.0	28.0
3	03	South London Harriers	green	1:39.6	0.0	1:39.6	26.0
4	02	Kingston Kestrels	yellow	1:40.3	0.0	1:40.3	24.0
5	01	City of London	red	1:54.2	0.0	1:54.2	22.0

# Results Sheet

# 1 + 1 Lap Relay

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	South London Harriers	green	0.0	0.0	0.0	30.0
2	02	Kingston Kestrels	yellow	0.0	0.0	0.0	28.0
3	04	Waltham Forest	blue	0.0	0.0	0.0	26.0
4	06	Wandsworth	purple	0.0	0.0	0.0	24.0
5	01	City of London	red	0.0	0.0	0.0	22.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Waltham Forest	blue	0.0	0.0	0.0	30.0
2	06	Wandsworth	purple	0.0	0.0	0.0	28.0
3	02	Kingston Kestrels	yellow	0.0	0.0	0.0	26.0
4	01	City of London	red	0.0	0.0	0.0	24.0
5	03	South London Harriers	green	0.0	0.0	0.0	22.0

# Results Sheet

# 6 Lap Paarlauf

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Waltham Forest	blue	1.0	0.0	1.0	30.0
2	06	Wandsworth	purple	2.0	0.0	2.0	28.0
3	03	South London Harriers	green	3.0	0.0	3.0	26.0
4	02	Kingston Kestrels	yellow	4.0	0.0	4.0	24.0
5	01	City of London	red	5.0	0.0	5.0	22.0

# Results Sheet

# Over and Under Relay

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Waltham Forest	blue	0.0	0.0	0.0	30.0
2	06	Wandsworth	purple	0.0	0.0	0.0	28.0
3	02	Kingston Kestrels	yellow	0.0	0.0	0.0	26.0
4	01	City of London	red	0.0	0.0	0.0	24.0
5	03	South London Harriers	green	0.0	0.0	0.0	22.0

# Results Sheet

# Grand Prix

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	South London Harriers	green	0.0	0.0	0.0	30.0
2	06	Wandsworth	purple	0.0	0.0	0.0	28.0
3	04	Waltham Forest	blue	0.0	0.0	0.0	26.0
4	02	Kingston Kestrels	yellow	0.0	0.0	0.0	24.0
5	01	City of London	red	0.0	0.0	0.0	22.0

# Results Sheet

# Hurdles Relay

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Waltham Forest	blue	0.0	0.0	0.0	30.0
2	03	South London Harriers	green	0.0	0.0	0.0	28.0
3	06	Wandsworth	purple	0.0	0.0	0.0	26.0
4	02	Kingston Kestrels	yellow	0.0	0.0	0.0	24.0
5	01	City of London	red	0.0	0.0	0.0	22.0

# Results Sheet

# Balance Test

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1	Waltham Forest	blue	142	30
2	South London Harriers	green	138	28
3	Wandsworth	purple	124	26
4	Kingston Kestrels	yellow	97	24
5	City of London	red	90	22

Ranking	Team	Colour	BibNo	Name	Total
1=	Waltham Forest	blue	2	Carina Cartland	60
1=	Waltham Forest	blue	4	Elizabeth Berchie	60
3	Wandsworth	purple	2	Yasmin Jones	52
4	South London Harriers	green	5	Keauna Phillips-Darko	51
5=	Kingston Kestrels	yellow	3	Lucia Eales	48
5=	South London Harriers	green	4	Amy Ayres	48
7	South London Harriers	green	11	Kaeli Zonfrillo	39
8	Wandsworth	purple	1	Brittany King	37
9=	City of London	red	7	Eden Ashby	35
9=	Wandsworth	purple	9	Savannah Sullivan	35
11	City of London	red	4	Amiee Douglas	34
12	Kingston Kestrels	yellow	6	Rebecca Keddie	33
13	Waltham Forest	blue	6	Kavina Surenthiran	22
14	City of London	red	1	Lara Patel	21
15	Kingston Kestrels	yellow	8	Eleanor Bartle	16

# Results Sheet

# Chest Push

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

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## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1=	Waltham Forest	blue	11.25	29
1=	Wandsworth	purple	11.25	29
3	South London Harriers	green	9.75	26
4=	City of London	red	8.75	23
4=	Kingston Kestrels	yellow	8.75	23

Ranking	Team	Colour	BibNo	Name	Best
1	Wandsworth	purple	8	Yasmin Donkwah	6.00
2	Waltham Forest	blue	3	Deayndra Ford-Vour	5.75
3	Waltham Forest	blue	9	Shawna Harvey	5.50
4	Wandsworth	purple	14	Allyah Boarmont	5.25
5	South London Harriers	green	1	Pheobe Hodgkinson	5.00
6	South London Harriers	green	9	Hannah Mai Flynn	4.75
7	City of London	red	3	Miah Carlisle	4.50
8	Kingston Kestrels	yellow	2	Lilly Snelling	4.50
9	City of London	red	9	Tara Lewis	4.25
10	Kingston Kestrels	yellow	14	Olivia Siviter	4.25

# Results Sheet

# Javelin

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

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## Date

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Ranking	Team	Colour	Total	Points
1	Wandsworth	purple	28	30
2	Waltham Forest	blue	26	28
3=	City of London	red	21	25
3=	South London Harriers	green	21	25
5	Kingston Kestrels	yellow	19	22

Ranking	Team	Colour	BibNo	Name	Best
1	Wandsworth	purple	3	Candice Johnson	16
2	Waltham Forest	blue	4	Elizabeth Berchie	13
3	Waltham Forest	blue	7	Michelle Chigango	13
4	Wandsworth	purple	5	Shannelle Taylor	12
5	South London Harriers	green	11	Kaeli Zonfrillo	12
6	Kingston Kestrels	yellow	10	Hayley Dowling	11
7	City of London	red	5	Aditi Bhandairi	11
8	City of London	red	10	Olivier Konadu	10
9	South London Harriers	green	2	Hannah Nelson	9
10	Kingston Kestrels	yellow	12	Luisa Barnes	8

# Results Sheet

# Speed Bounce

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1	Wandsworth	purple	150	30
2	Waltham Forest	blue	147	28
3	South London Harriers	green	145	26
4	Kingston Kestrels	yellow	124	24
5	City of London	red	102	22

Ranking	Team	Colour	BibNo	Name	Total
1	Wandsworth	purple	4	Tanya Wooly	56
2	South London Harriers	green	4	Amy Ayres	54
3	Waltham Forest	blue	1	Abigail Phillips	52
4	Wandsworth	purple	5	Shannelle Taylor	51
5	Waltham Forest	blue	2	Carina Cartland	50
6	South London Harriers	green	11	Kaeli Zonfrillo	48
7	Waltham Forest	blue	5	Kai Onokah	45
8	Kingston Kestrels	yellow	11	Sophie Dimbleby	44
9=	South London Harriers	green	12	Sophie Zonfrillo	43
9=	Wandsworth	purple	6	Sabrina McCann	43
11	Kingston Kestrels	yellow	4	Stephanie Mitchell	42
12=	City of London	red	8	Chloe Carke-McKeeve	38
12=	Kingston Kestrels	yellow	7	Jessie Walters	38
14	City of London	red	12	Lulu Watuta	33
15	City of London	red	6	Sara Ammor	31

# Results Sheet

# Standing Long Jump

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1	Waltham Forest	blue	5.34	30
2	Wandsworth	purple	5.16	28
3	City of London	red	4.83	26
4	South London Harriers	green	4.73	24
5	Kingston Kestrels	yellow	4.65	22

Ranking	Team	Colour	BibNo	Name	Best
1	Waltham Forest	blue	10	Tiah Price	1.83
2	Wandsworth	purple	12	Tazmin Dumont	1.82
3	Waltham Forest	blue	3	Deayndra Ford-Vour	1.78
4	Kingston Kestrels	yellow	12	Luisa Barnes	1.77
5	Wandsworth	purple	14	Allyah Boarmont	1.74
6	Waltham Forest	blue	8	Rachel Bawa	1.73
7	City of London	red	10	Ulivier Konadu	1.70
8	South London Harriers	green	1	Pheobe Hodgkinson	1.60
9	Wandsworth	purple	8	Yasmin Donkwah	1.60
10	South London Harriers	green	4	Amy Ayres	1.60
11	City of London	red	9	Tara Lewis	1.58
12	City of London	red	2	Lucy Humpries	1.55
13	South London Harriers	green	5	Keauna Phillips-Darko	1.53
14	Kingston Kestrels	yellow	3	Lucia Eales	1.46
15	Kingston Kestrels	yellow	1	Elizabeth Rennie	1.42

# Results Sheet

# Standing Triple Jump

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1	Wandsworth	purple	15.28	30
2	Kingston Kestrels	yellow	12.85	28
3	South London Harriers	green	11.81	26
4	City of London	red	11.81	24
5	Waltham Forest	blue	10.25	22

Ranking	Team	Colour	BibNo	Name	Best
1	Wandsworth	purple	1	Brittany King	5.37
2	Wandsworth	purple	3	Candice Johnson	5.29
3	Waltham Forest	blue	5	Kai Onokah	5.25
4	Waltham Forest	blue	8	Rachel Bawa	5.00
5	Kingston Kestrels	yellow	5	Nina Gibbins	4.92
6	Wandsworth	purple	9	Savannah Sullivan	4.62
7	Kingston Kestrels	yellow	4	Stephanie Mitchell	4.57
8	City of London	red	7	Eden Ashby	4.26
9	South London Harriers	green	2	Hannah Nelson	4.13
10	City of London	red	8	Chloe Carke-McKeeve	4.10
11	South London Harriers	green	5	Keauna Phillips-Darko	4.03
12	South London Harriers	green	10	Mary Kate Flynn	3.65
13	City of London	red	6	Sara Ammor	3.45
14	Kingston Kestrels	yellow	7	Jessie Walters	3.36

# Results Sheet

# Target Throw

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1	Wandsworth	purple	24	30
2=	City of London	red	20	27
2=	Waltham Forest	blue	20	27
4	Kingston Kestrels	yellow	12	24
5	South London Harriers	green	8	22

Ranking	Team	Colour	BibNo	Name	Total
1	Wandsworth	purple	4	Tanya Wooly	16
2	City of London	red	2	Lucy Humpries	12
3=	Kingston Kestrels	yellow	1	Elizabeth Rennie	10
3=	Waltham Forest	blue	2	Carina Cartland	10
3=	Waltham Forest	blue	4	Elizabeth Berchie	10
6=	City of London	red	1	Lara Patel	8
6=	Wandsworth	purple	13	Katie Welsh	8
8	South London Harriers	green	6	Anna Wilson	6
9=	Kingston Kestrels	yellow	8	Eleanor Bartle	2
9=	South London Harriers	green	10	Mary Kate Flynn	2

# Results Sheet

# Vertical Jump

## Competition:

AFIA-London Regional Festival Under 11 Girls

## Venue:

Westcroft Leisure Centre, Sutton

## Date

9 Jan 2010

Ranking	Team	Colour	Total	Points
1	Waltham Forest	blue	139	30
2	City of London	red	102	28
3	Kingston Kestrels	yellow	99	26
4	South London Harriers	green	97	24
5	Wandsworth	purple	96	22

Ranking	Team	Colour	BibNo	Name	Best
1	Waltham Forest	blue	1	Abigail Phillips	50
2	Waltham Forest	blue	6	Kavina Surenthiran	46
3	Waltham Forest	blue	7	Michelle Chigango	43
4	South London Harriers	green	11	Kaeli Zonfrillo	41
5	Kingston Kestrels	yellow	11	Sophie Dimpleby	39
6	Wandsworth	purple	2	Yasmin Jones	37
7	City of London	red	12	Lulu Watuta	36
8	City of London	red	11	Marina Golshani	36
9	Kingston Kestrels	yellow	6	Rebecca Keddie	32
10	Wandsworth	purple	10	Phoebe Shefki	31
11	City of London	red	4	Amiee Douglas	30
12	South London Harriers	green	10	Mary Kate Flynn	29
13	Kingston Kestrels	yellow	10	Hayley Dowling	28
14	Wandsworth	purple	11	Renee Cooper	28
15	South London Harriers	green	12	Sophie Zonfrillo	27

## Hi - Stepper - Girls

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Red	Aditi Bhandairi	15.7	2	15.9	50.1	3	26
	Lucy Humpries	15.6		15.6			
	Jolene Ampiah	18.6		18.6			
Yellow	Nina Gibbins	14.4		14.4	50.2	4	24
	Kathryn Bartle	16.6		16.6			
	Molly O'Sullivan	19.1	1	19.2			
Green	Keauna Phillips-Darko	15.5	2	15.7	51.4	5	22
	Tilly Brooks	18.9		18.9			
	Hannah Mai Flynn	16.6	2	16.8			
Blue	Shawna Harvey	17.0		17.0	47.2	1	30
	Carina Cartland	14.5		14.5			
	Tiah Price	15.6	1	15.7			
Purple	Saoirse Coyne	15.7		15.7	47.5	2	28
	Phoebe Shefki	15.8		15.8			
	Tazmin Dumont	16.0		16.0			