

Over Under Race - Girls

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	29	Emily Knight	Thurrock	20.8
	2	26	Ariyanna McGee	Basildon	20.9
	3	25	Alexandra Penny	CATS	21.0
	4	28	Eleanor Lennon	Thurrock	24.3

2	1	36	Rebecca Apps	Nelmes Pri	22.8
	2	33	Madeleine Putney	Basildon	22.9
	3	39	Theresa Ogunyemi	Basildon	23.6
	4				

3	1	171	Millie Ambrose	Basildon	21.0
	2	198	Ava Sparham	Basildon	22.8
	3	199	Ellie Johnson	Basildon	23.0
	4				

4 Lap Race - Girls

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	152	Emily Foster	Chelmsford	52.9
	2	164	Lottie Hinson	Basildon	53.0
	3	162	Lauren Strutt	Colch H	53.4
	4				

2	1	115	Ellie Young	Maltings Acad	55.6
	2	165	Mia Boulter	Chelmsford	58.6
	3	150	Amalia Dean	Colch H	60.0
	4	114	Lucy Upson	Maltings Acad	60.1

3	1	117	Jessica Hopkins	Maltings Acad	50.9
	2	266	Megan Penfold	Orion	51.8
	3	116	Abigail Weatherly	Maltings Acad	58.4
	4	174	Isabella Minder	Colch H	58.5

U15

1	1	83	Ellie Bartram-Sheppard	Chelmsford	53.1
	2				
	3				
	4				

1 Lap Race - Girls

Sportshall

U11 only

Heat	Position	No.	Name	Club / School	Time
1	1	77	Seanna Omogbai	Basildon	12.8
	2	31	Evelyn Pope	Pennyfields Jnr	13.2
	3	33	Madeleine Putney	Basildon	13.8
	4	25	Alexandra Penny	CATS	13.9

2	1	35	Nadia Lay	Basildon	13.1
	2	89	Amalie Mason	Chelmsford	13.7
	3	39	Theresa Ogunyemi	Basildon	13.8
	4	36	Rebecca Apps	Nelmes Pri	14.2

3	1	228	Isabella Tilbrook	Basildon	13.9
	2	229	Sophie Richer	Basildon	14.2
	3	28	Eleanor Lennon	Thurrock	14.5
	4				

4	1	273	Martha Smith	Basildon	13.0
	2	299	Olivia Sorrell	Upminster Jnr	13.4
	3	198	Ava Sparham	Basildon	13.9
	4				

6 Lap Race - Girls

Sportshall

u13 only

Heat	Position	No.	Name	Club / School	Time
1	1	161	Kiera Bainsfair	Basildon	1:26.9
	2	158	Jessica Krise	Basildon	1:31.4
	3	156	Hannah Rodgers	Colch H	1:35.7
	4				

2	1	112	Holly Randall	Maltings Acad	1:27.6
	2	168	Sophie Wetheridge	Basildon	1:34.0
	3	150	Amalia Dean	Colch H	1:41.4
	4				

3	1	170	Jemma Clarke	Benfleet	1:32.4
	2	174	Isabella Minder	Colch H	1:36.0
	3				
	4				

2 Lap Race - Girls

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	34	Mali Grant	Havering AC	25.5
	2	29	Emily Knight	Thurrock	26.2
	3	26	Ariyanna McGee	Basildon	26.5
	4				

2	1	35	Nadia Lay	Basildon	27.1
	2	37	Sasha Whiley	Chelmsford	27.5
	3	228	Isabella Tilbrook	Basildon	28.7
	4	32	Katie Taylor	Basildon	30.4

3	1	77	Seanna Omogbai	Basildon	25.6
	2	273	Martha Smith	Basildon	26.9
	3	229	Sophie Richer	Basildon	28.3
	4	39	Theresa Ogunyemi	Basildon	28.3

4	1	171	Millie Ambrose	Basildon	26.6
	2	299	Olivia Sorrell	Upminster Jnr	26.9
	3	89	Amalie Mason	Chelmsford	27.5
	4	173	Madeleine Horden-Gray	Basildon	30.3

2 Lap Race - Girls

Sportshall

U13

1	1	163	Lola Omowanile	Thurrock	24.5
	2	160	Jessica Welsh	Basildon	24.6
	3	152	Emily Foster	Chelmsford	24.6
	4				

2	1	153	Evie Howe	Basildon	24.5
	2	167	Sola Taiwo	Thurrock	24.8
	3	164	Lottie Hinson	Basildon	25.9
	4	217	Macey Rothern	Basildon	27.1

3	1	194	Evie Croom	Thurrock	25.0
	2	166	Robyn Moody	Havering AC	25.3
	3	151	Ellise Milan-Vega	Thurrock	25.8
	4	154	Grace Griffiths	Havering AC	26.8

4	1	113	Zoe Upson	Maltings Acad	26.1
	2	165	Mia Boulter	Chelmsford	26.8
	3	274	Lottie Weston	Basildon	28.6
	4				

5	1	111	Aimie Green	Maltings Acad	25.7
	2	88	Zoe Rixson	Basildon	25.8
	3	200	Sophie Brockman	Basildon	32.7
	4				

U15

1	1	82	Brogan Ravenall	Southend	23.5
	2	83	Ellie Bartram-Sheppard	Chelmsford	24.0
	3	84	Jodie Cooper	Basildon	25.4
	4				

2	1	87	Seniz Jessener	Thurrock	24.5
	2	86	Rochelle Constable	Havering AC	25.2
	3	85	Lauren Taylor	Basildon	28.5
	4				

Over Under Race - Boys

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	267	Regan Lawrence	Harlow	19.5
	2	179	Daniel Lucking	Thurrock	19.7
	3	188	Olamide Odupitan	Braintree	20.0
	4				

2	1	185	Joseph Graham	Basildon	21.9
	2	181	Henry Elvidge	St Mary's WF	22.4
	3	169	Harvey Chappell	Benfleet RC	23.8
	4				

4 Lap Race - Boys

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	105	Stephen Penaflor	Maltings Acad	51.0
	2	94	Henry Paul	Basildon	53.2
	3	268	Jake Barrett	St Martins Sch	56.5
	4				

2	1	196	Finley Hall	Chelmsford	50.5
	2	107	George Abbott	Maltings Acad	50.9
	3	264	Jack Bowring	St Martins Sch	57.9
	4				

1 Lap Race - Boys

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	187	Michael Adesiyan	Basildon	12.3
	2	188	Olamide Odupitan	Braintree	12.8
	3	177	Bradley James	Thurrock	13.1
	4				

2	1	195	Nathan Hall	Chelmsford	12.7
	2	191	Shaun Ebiwarebo	Basildon	12.8
	3	189	Owen Adams	Basildon	12.9
	4				

3	1	185	Joseph Graham	Basildon	13.3
	2	265	Adam Penfold	Orion	14.1
	3	195	Nathan Hall	Chelmsford	14.2
	4	178	Ciaran Newman	Basildon	15.6

4	1	267	Regan Lawrence	Harlow	12.4
	2	272	Joshua Oteng	Grove Wood Pri	12.6
	3	172	Rhys Cotter	Basildon	13.1
	4	192	Thomas Barden	Basildon	13.6

6 Lap Race - Boys

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	104	Zak Herlihy	Maltings Acad	1:25.4
	2	106	James Kettle	Maltings Acad	1:25.5
	3				
	4				

2 Lap Race - Boys

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	187	Michael Adesiyan	Basildon	25.4
	2	189	Owen Adams	Basildon	25.5
	3	188	Olamide Odupitan	Braintree	26.6
	4				

2	1	195	Nathan Hall	Chelmsford	25.5
	2	191	Shaun Ebiwarebo	Basildon	25.7
	3	183	Jake Yems	Basildon	26.5
	4				

3	1	176	Benjamin See	Basildon	25.8
	2	192	Thomas Barden	Basildon	27.5
	3	190	Sam McAlonan	Bournemouth Park	27.9
	4	193	Thomas Whitehead	Basildon	28.0

4	1	272	Joshua Oteng	Grove Wood Pri	25.8
	2	172	Rhys Cotter	Basildon	26.6
	3	270	Elliott Booth	Benfleet RC	27.6
	4	169	Harvey Chappell	Benfleet RC	29.6

2 Lap Race - Boys

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	94	Henry Paul	Basildon	24.6
	2	96	Jamie Simmons	Thurrock	26.0
	3	92	Cameron McMeekin	Basildon	27.9
	4				

2	1	298	Ola Bello	St Martins Sch	24.2
	2	97	Kyle Constable	Havering AC	25.9
	3	269	George Barrett	St Martins Sch	26.5
	4	93	Gerry Lennon	Thurrock	27.3

3	1	105	Stephen Penafior	Maltings Acad	23.7
	2	107	George Abbott	Maltings Acad	24.1
	3	104	Zak Herlihy	Maltings Acad	24.8
	4	106	James Kettle	Maltings Acad	25.0

4	1	108	Matthew Dennett	Maltings Acad	26.7
	2	109	Calum Stephenson	Maltings Acad	26.1
	3				
	4				

U15

1	1	76	Charlie Splarn	Thurrock	22.6
	2	100	Aaron Wong	Thurrock	23.0
	3	75	Brandon Raffo	Thurrock	24.2
	4	78	Mateusz Kowalski	Thurrock	24.5

Standing Long Jump

Sportshall

Girls U11 / U13 / U15

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11G	34	Mali Grant	Havering AC				1.82
U11G	31	Evelyn Pope	Pennyfields Jnr				1.82
U11G	26	Ariyanna McGee	Basildon				1.82
U11G	299	Olivia Sorrell	Upminster Jnr				1.68
U11G	25	Alexandra Penny	CATS				1.52
U11G	198	Ava Sparham	Basildon				1.52
U11G	273	Martha Smith	Basildon				1.50
U11G	228	Isabella Tilbrook	Basildon				1.46
U11G	37	Sasha Whiley	Chelmsford				1.42
U11G	39	Theresa Ogunyemi	Basildon				1.38
U11G	229	Sophie Richer	Basildon				1.38
U11G	32	Katie Taylor	Basildon				1.25
U11G	28	Eleanor Lennon	Thurrock				1.22
U13G	153	Evie Howe	Basildon				2.22
U13G	163	Lola Omowanile	Thurrock				2.13
U13G	194	Evie Croom	Thurrock				2.08
U13G	160	Jessica Welsh	Basildon				2.08
U13G	266	Megan Penfold	Orion				2.08
U13G	155	Hannah Bardo	Chelmsford				2.06
U13G	154	Grace Griffiths	Havering AC				2.04
U13G	167	Sola Taiwo	Thurrock				1.96
U13G	161	Kiera Bainsfair	Basildon				1.96
U13G	162	Lauren Strutt	Colch H				1.87
U13G	151	Ellise Milan-Vega	Thurrock				1.86
U13G	152	Emily Foster	Chelmsford				1.74
U13G	158	Jessica Krise	Basildon				1.62
U13G	164	Lottie Hinson	Basildon				1.62
U13G	166	Robyn Moody	Havering AC				1.57
U13G	112	Holly Randall	Maltings Acad				1.49
U13G	174	Isabella Minder	Colch H				1.42
U13G	168	Sophie Wetheridge	Basildon				1.38
U13G	274	Lottie Weston	Basildon				1.38
U13G	165	Mia Boulter	Chelmsford				1.36
U13G	156	Hannah Rodgers	Colch H				1.34
U13G	150	Amalia Dean	Colch H				1.32
U13G	200	Sophie Brockman	Basildon				1.24
U15G	82	Brogan Ravenall	Southend				2.12
U15G	83	Ellie Bartram-Sheppard	Chelmsford				2.03
U15G	84	Jodie Cooper	Basildon				1.69
U15G	175	Rhea Stavri	Thurrock				1.68
U15G	197	Annika Perrin	Basildon				1.62
U15G	85	Lauren Taylor	Basildon				1.44

Hi Stepper



Girls U11

	No.	Name	Club/School	Trial 1
U11G	171	Millie Ambrose	Basildon	15.1
U11G	273	Martha Smith	Basildon	15.4
U11G	36	Rebecca Apps	Nelmes Pri	15.6
U11G	35	Nadia Lay	Basildon	15.7
U11G	199	Ellie Johnson	Basildon	15.9
U11G	33	Madeleine Putney	Basildon	16.3
U11G	37	Sasha Whiley	Chelmsford	17.1
U11G	32	Katie Taylor	Basildon	17.4
U11G	173	Madeleine Horden-Gray	Basildon	18.4
U11G	77	Seanna Omogbai	Basildon	18.5
U11G	198	Ava Sparham	Basildon	18.6
U11G	39	Theresa Ogunyemi	Basildon	20.3
U11G	228	Isabella Tilbrook	Basildon	20.5
U13G	150	Amalia Dean	Colch H	16.8
U13G	174	Isabella Minder	Colch H	17.9

Target Throw



Girls U11

	No.	Name	Club/School	Total Points
U11G	34	Mali Grant	Havering AC	12
U11G	171	Millie Ambrose	Basildon	12
U11G	37	Sasha Whiley	Chelmsford	10
U11G	273	Martha Smith	Basildon	9
U11G	198	Ava Sparham	Basildon	5
U13G	200	Sophie Brockman	Basildon	5

Speed Bounce

Sportshall

Girls U11 (20 secs)

	No.	Name	Club/School	Trial 1
U11G	34	Mali Grant	Havering AC	50
U11G	36	Rebecca Apps	Nelmes Pri	47
U11G	89	Amalie Mason	Chelmsford	44
U11G	171	Millie Ambrose	Basildon	44
U11G	31	Evelyn Pope	Pennyfields Jnr	42
U11G	77	Seanna Omogbai	Basildon	41
U11G	28	Eleanor Lennon	Thurrock	40
U11G	228	Isabella Tilbrook	Basildon	38
U11G	25	Alexandra Penny	CATS	36
U11G	173	Madeleine Horden-Gray	Basildon	36
U11G	33	Madeleine Putney	Basildon	36
U11G	39	Theresa Ogunyemi	Basildon	24

Speed Bounce

Sportshall

Girls U13 / U15 (30 secs)

	No.	Name	Club/School	Trial 1
U13G	160	Jessica Welsh	Basildon	78
U13G	153	Evie Howe	Basildon	76
U13G	111	Aimie Green	Maltings Acad	72
U13G	164	Lottie Hinson	Basildon	70
U13G	151	Ellise Milan-Vega	Thurrock	68
U13G	162	Lauren Strutt	Colch H	66
U13G	114	Lucy Upson	Maltings Acad	64
U13G	116	Abigail Weatherly	Maltings Acad	63
U13G	150	Amalia Dean	Colch H	62
U13G	156	Hannah Rodgers	Colch H	62
U13G	170	Jemma Clarke	Benfleet	62
U13G	115	Ellie Young	Maltings Acad	62
U13G	88	Zoe Rixson	Basildon	60
U13G	165	Mia Boulter	Chelmsford	56
U13G	168	Sophie Wetheridge	Basildon	54
U13G	112	Holly Randall	Maltings Acad	54
U13G	174	Isabella Minder	Colch H	41
U15G	86	Rochelle Constable	Havering AC	76
U15G	84	Jodie Cooper	Basildon	69
U15G	175	Rhea Stavri	Thurrock	67
U15G	85	Lauren Taylor	Basildon	60
U15G	197	Annika Perrin	Basildon	50

EAN - SPORTSHALL COMPETITION

Rayleigh, Saturday 22nd November 2014

Speed Bounce

Sportshall

Boys U11 (20 secs)

	No.	Name	Club/School	Trial
				1
U11B	272	Joshua Oteng	Grove Wood Pr	54
U11B	267	Regan Lawrence	Harlow	52
U11B	179	Daniel Lucking	Thurrock	48
U11B	181	Henry Elvidge	St Mary's WF	48
U11B	185	Joseph Graham	Basildon	45
U11B	183	Jake Yems	Basildon	43
U11B	172	Rhys Cotter	Basildon	43
U11B	190	Sam McAlonan	Bournemouth P	42
U11B	188	Olamide Odupitan	Braintree	40
U11B	265	Adam Penfold	Orion	36
U11B	191	Shaun Ebiwarebo	Basildon	32

Speed Bounce

Sportshall

Boys U13 / U15 (30 secs)

	No.	Name	Club/School	Trial
				1
U13B	97	Kyle Constable	Havering AC	78
U13B	109	Calum Stephenson	Maltings Acad	78
U13B	298	Ola Bello	St Martins Sch	78
U13B	107	George Abbott	Maltings Acad	76
U13B	106	James Kettle	Maltings Acad	74
U13B	94	Henry Paul	Basildon	68
U13B	104	Zak Herlihy	Maltings Acad	64
U13B	93	Gerry Lennon	Thurrock	62
U13B	96	Jamie Simmons	Thurrock	58
U13B	92	Cameron McMeekin	Basildon	48
U15B	75	Brandon Raffo	Thurrock	68