

Competition Results

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

Team Results

Suffolk (maroon)

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Tia Duncan	STJ	5.16	5.24	4.96		5.24	5
2	Ana Colbridge	BT	15	2	15	5	37	9=
2	Ana Colbridge	STJ	4.74	4.74	4.94		4.94	13
3	Ruby Benson-Smith	BT	15	13	5	4	37	9=
3	Ruby Benson-Smith	J	9	5	8		9	12
4	Lily Vinyard	CP	6.00	5.50	6.25		6.25	7
4	Lily Vinyard	VJ	46	44	39		46	6
5	Isla Partridge-Kulczynski	SB	57				57	2
6	Izzy Harrold	J	8	6	9		9	11
6	Izzy Harrold	SLJ	1.44	1.40	1.36		1.44	17
7	Lily Carmen	STJ	5.00	5.10	5.02		5.10	7
8	Grace Pacquette-Dorsett	CP	6.00	6.25	6.00		6.25	6
8	Grace Pacquette-Dorsett	SLJ	1.78	1.85	1.66		1.85	8
9	Evie Armstrong	SB	48				48	11
9	Evie Armstrong	VJ	38	40	38		40	14
10	Tamiya Thurston	SB	56				56	3
10	Tamiya Thurston	TT	1	0	0	0	1	12
11	Sofia Burt	VJ	45	43	41		45	7
12	Evie Morris	BT	15	15	15	3	48	5
13	Nia Lloyd	SLJ	1.66	1.66	1.65		1.66	13
13	Nia Lloyd	TT	1	4	0	0	5	8=

Team Results

Norfolk (purple)

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Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Annabelle Hill	SLJ	1.90	1.96	1.92		1.96	3
2	Charlotte Gilding	J	14	15	10		15	1
2	Charlotte Gilding	STJ	5.56	5.94	5.72		5.94	2
3	Chloe Thorne	STJ	4.90	4.90	4.90		4.90	14
4	Aisha Elouassi	CP	6.75	6.50	6.25		6.75	3=
4	Aisha Elouassi	SLJ	1.88	1.86	1.80		1.88	6
5	BB Brook	BT	11	15	4	13	43	6
5	BB Brook	VJ	51	50	50		51	3
6	Edith Avowlanu	SB	51				51	7
6	Edith Avowlanu	VJ	42	43	38		43	10
7	Poppy Harrison	VJ	46	48	52		52	2
8	Amy Fielding	J	10	10	10		10	10
9	Mia Squires	TT	4	1	0	0	5	8=
10	Clarice Cavill	SB	47				47	12
11	Charley Wheatley	SLJ	1.62	1.88	1.76		1.88	7
11	Charley Wheatley	TT	6	4	1	0	11	1
13	Emily Roberts	BT	3	4	4	2	13	18
14	Lani Woolley	BT	2	8	14	15	39	7=
14	Lani Woolley	STJ	4.92	4.94	4.98		4.98	11
15	Lilymae Coote	CP	6.25	6.50	6.75		6.75	3=
15	Lilymae Coote	SB	58				58	1

Team Results

Essex (red)

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Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Millie Trotter	SB	46				46	13=
1	Millie Trotter	SLJ	2.00	1.98	2.01		2.01	2
2	Amelie Taylor	VJ	51	50	52		52	1
3	Jessica Lunt	BT	2	7	15	12	36	11=
3	Jessica Lunt	STJ	5.56	5.52	5.48		5.56	3
4	Emmie Fulker	SB	53				53	4=
4	Emmie Fulker	VJ	42	43	43		43	9
5	Alice Coshell	SLJ	1.84	1.92	1.84		1.92	5
6	Isobel Pickard	J	9	12	12		12	6
6	Isobel Pickard	VJ	45	42	42		45	8
7	Alicia Fairmaner	CP	6.25	6.50	6.50		6.50	5
7	Alicia Fairmaner	SLJ	1.83	1.92	1.85		1.92	4
8	Jessica Heath	BT	15	5	15	15	50	4
8	Jessica Heath	STJ	5.98	6.10	6.02		6.10	1
9	Emily Bailey	STJ	5.22	5.16	5.20		5.22	6
9	Emily Bailey	TT	5	2	2	0	9	3
10	Sienna Shipton	BT	9	2	4	2	17	16
10	Sienna Shipton	J	10	11	11		11	8
11	Brooke McClement	SB	52				52	6
11	Brooke McClement	TT	6	3	1	0	10	2
12	Sloane Nicholas	CP	0.00	7.25	7.25		7.25	1

Team Results

Cambridgeshire (sky)

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9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Zoe Bainton	BT	0	0	0	0	0	
1	Zoe Bainton	VJ	24	22	29		29	18
2	Holly Baines	CP	5.50	5.25	5.25		5.50	10
2	Holly Baines	VJ	42	37	42		42	11
3	Maggie Inman	SB	53				53	4=
3	Maggie Inman	STJ	2.84	4.14	3.94		4.14	18
4	Eleanor Kerswell	J	13	14	13		14	2
4	Eleanor Kerswell	STJ	4.64	4.80	4.76		4.80	15
7	Mabel Kilsby	BT	8	7	15	9	39	7=
7	Mabel Kilsby	SLJ	1.70	1.75	1.52		1.75	10
8	Cara Davies	SB	46				46	13=
8	Cara Davies	STJ	4.96	4.68	4.78		4.96	12
10	Willow Wallman	J	12	11	12		12	4=
10	Willow Wallman	VJ	34	37	38		38	15
11	Isobel Beeson	CP	4.50	5.50	5.75		5.75	9
11	Isobel Beeson	SB	50				50	8=
12	Eloise Warman	SLJ	1.55	1.65	1.65		1.65	14
12	Eloise Warman	TT	5	0	0	0	5	8=
13	Grace Hart	BT	3	4	2	6	15	17
13	Grace Hart	SLJ	1.55	1.52	1.52		1.55	15
13	Grace Hart	TT	4	2	1	0	7	6=
14	Anna Levitt	BT	6	6	6	10	28	14

Team Results

Herts Phoenix (black)

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Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ayina Osefo	CP	7.00	7.00	7.00		7.00	2
1	Ayina Osefo	STJ	4.28	4.52	4.32		4.52	17
2	Tilly Sampson	SB	46				46	13=
2	Tilly Sampson	SLJ	1.81	1.88	2.02		2.02	1
3	Mia Taruvinga	SLJ	1.70	1.76	1.74		1.76	9
4	Bethany Botheras	BT	3	6	6	6	21	15
4	Bethany Botheras	CP	5.75	5.75	5.50		5.75	8
5	Olivia Judge	J	12	12	11		12	4=
5	Olivia Judge	STJ	4.98	4.92	5.06		5.06	8
6	Sanaiya Nelson	VJ	48	46	47		48	5
7	Sofia Forryan	SB	44				44	17
7	Sofia Forryan	VJ	37	40	40		40	13
8	Sadie Felton	TT	4	4	0	0	8	4=
8	Sadie Felton	VJ	37	37	50		50	4
9	Mary Barrett	SB	50				50	8=
10	Amber Smits	BT	13	15	15	15	58	3
10	Amber Smits	J	11	12	11		12	7
11	Amelia Horn	STJ	5.16	5.24	5.30		5.30	4
12	Anniela Dodd	BT	15	15	15	15	60	1=
13	Grace Wagstaff	SLJ	1.68	1.69	1.70		1.70	11
14	Annabel Grainger	TT	4	2	2	0	8	4=

Team Results

Herts Pegasus (orange)

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Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Purple	472	30	22	30	28	29	28	30	26	30	22	28	28	28	28	28	27
2	Essex	Red	462	28	30	26	24	26	30	26	28	24	24	30	22	26	30	30	30
3	Herts Phoenix	Black	452	26	28	28	28	24	26	28	30	28	30	26	25	22	26	24	27
4	Suffolk	Maroon	419	22	26	24	28	29	24	24	24	26	26	24	20	30	22	26	20
5	Herts Pegasus	Orange	375	24	24	20	20	22	20	22	22	22	28	20	25	20	20	22	22
6	Cambridgeshire	Sky	370	20	20	22	22	20	22	20	20	20	20	22	30	24	24	20	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Amy Little	CP	4.00	3.50	4.75		4.75	12
2	Mary Peat	SB	49				49	10
2	Mary Peat	TT	4	0	0	0	4	11
3	Eva Sanderson	CP	5.25	5.00	5.00		5.25	11
3	Eva Sanderson	VJ	41	38	38		41	12
4	Ella Little	J	12	10	13		13	3
4	Ella Little	STJ	5.00	4.82	4.78		5.00	10
5	Kendra Wilberforce	SB	42				42	18
5	Kendra Wilberforce	VJ	31	35	29		35	17
6	Izzy Hawks	TT	4	1	2	0	7	6=
7	Zara Bell	STJ	4.32	4.52	4.58		4.58	16
8	Lali Lister	SLJ	1.20	1.14	1.08		1.20	18
9	Emilia Ciuffa	BT	15	15	15	15	60	1=
9	Emilia Ciuffa	SLJ	1.58	1.68	1.58		1.68	12
10	Niamh Comerford	SLJ	1.52	1.50	1.52		1.52	16
11	Lucy Stokes	SB	45				45	16
11	Lucy Stokes	STJ	4.88	5.02	4.96		5.02	9
12	Isobel Taylor	BT	3	14	15	4	36	11=
12	Isobel Taylor	J	9	10	11		11	9
13	Ava Clifford	BT	15	2	7	10	34	13
13	Ava Clifford	VJ	34	36	33		36	16

Results Sheet

Obstacle Relay

Competition:

East Regional Final 2019 Under 11 Girls

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9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Norfolk	Purple	0.0	1:23.6	1:23.6	30.0
2	03	Essex	Red	0.0	1:25.1	1:25.1	28.0
3	05	Herts Phoenix	Black	0.0	1:26.1	1:26.1	26.0
4	06	Herts Pegasus	Orange	0.0	1:27.1	1:27.1	24.0
5	01	Suffolk	Maroon	0.0	1:27.6	1:27.6	22.0
6	04	Cambridgeshire	Sky	0.0	1:30.9	1:30.9	20.0

Results Sheet

1 + 1 Lap Relay

Competition:

East Regional Final 2019 Under 11 Girls

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Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	0.0	26.9	26.9	30.0
2	05	Herts Phoenix	Black	0.0	27.2	27.2	28.0
3	01	Suffolk	Maroon	0.0	27.5	27.5	26.0
4	06	Herts Pegasus	Orange	0.0	27.8	27.8	24.0
5	02	Norfolk	Purple	0.0	28.1	28.1	22.0
6	04	Cambridgeshire	Sky	0.0	28.7	28.7	20.0

Results Sheet

2 + 2 Lap Relay

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Norfolk	Purple	0.0	53.5	53.5	30.0
2	05	Herts Phoenix	Black	0.0	55.3	55.3	28.0
3	03	Essex	Red	0.0	55.6	55.6	26.0
4	01	Suffolk	Maroon	0.0	56.2	56.2	24.0
5	04	Cambridgeshire	Sky	0.0	57.8	57.8	22.0
6	06	Herts Pegasus	Orange	0.0	59.3	59.3	20.0

Results Sheet

4 x 1 Lap Relay

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	01	Suffolk	Maroon	53.7	0.0	53.7	28.0
1=	02	Norfolk	Purple	53.7	0.0	53.7	28.0
1=	05	Herts Phoenix	Black	53.7	0.0	53.7	28.0
4	03	Essex	Red	54.1	0.0	54.1	24.0
5	04	Cambridgeshire	Sky	57.2	0.0	57.2	22.0
6	06	Herts Pegasus	Orange	59.3	0.0	59.3	20.0

Results Sheet

6 Lap Paarlauf

Competition:

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Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	01	Suffolk	Maroon	0.0	1:24.3	1:24.3	29.0
1=	02	Norfolk	Purple	0.0	1:24.3	1:24.3	29.0
3	03	Essex	Red	0.0	1:25.4	1:25.4	26.0
4	05	Herts Phoenix	Black	0.0	1:31.0	1:31.0	24.0
5	06	Herts Pegasus	Orange	0.0	1:34.8	1:34.8	22.0
6	04	Cambridgeshire	Sky	0.0	1:37.8	1:37.8	20.0

Results Sheet

Over and Under Relay

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	0.0	1:09.9	1:09.9	30.0
2	02	Norfolk	Purple	0.0	1:11.3	1:11.3	28.0
3	05	Herts Phoenix	Black	0.0	1:11.6	1:11.6	26.0
4	01	Suffolk	Maroon	0.0	1:15.4	1:15.4	24.0
5	04	Cambridgeshire	Sky	0.0	1:18.8	1:18.8	22.0
6	06	Herts Pegasus	Orange	0.0	1:22.5	1:22.5	20.0

Results Sheet

Hurdles Relay

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East Regional Final 2019 Under 11 Girls

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Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Norfolk	Purple	0.0	59.9	59.9	30.0
2	05	Herts Phoenix	Black	0.0	1:02.1	1:02.1	28.0
3	03	Essex	Red	0.0	1:03.1	1:03.1	26.0
4	01	Suffolk	Maroon	0.0	1:03.6	1:03.6	24.0
5	06	Herts Pegasus	Orange	0.0	1:09.8	1:09.8	22.0
6	04	Cambridgeshire	Sky	0.0	1:10.4	1:10.4	20.0

Results Sheet

Grand Prix

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Black	0.0	1:05.8	1:05.8	30.0
2	03	Essex	Red	0.0	1:07.7	1:07.7	28.0
3	02	Norfolk	Purple	0.0	1:08.9	1:08.9	26.0
4	01	Suffolk	Maroon	0.0	1:09.6	1:09.6	24.0
5	06	Herts Pegasus	Orange	0.0	1:12.2	1:12.2	22.0
6	04	Cambridgeshire	Sky	0.0	1:13.6	1:13.6	20.0

Results Sheet

Balance Test

Competition:

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9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Black	139	30
2	Herts Pegasus	Orange	130	28
3	Suffolk	Maroon	122	26
4	Essex	Red	103	24
5	Norfolk	Purple	95	22
6	Cambridgeshire	Sky	82	20

Ranking	Team	Colour	BibNo	Name	Total
1=	Herts Phoenix	Black	12	Anniela Dodd	60
1=	Herts Pegasus	Orange	9	Emilia Ciuffa	60
3	Herts Phoenix	Black	10	Amber Smits	58
4	Essex	Red	8	Jessica Heath	50
5	Suffolk	Maroon	12	Evie Morris	48
6	Norfolk	Purple	5	BB Brook	43
7=	Norfolk	Purple	14	Lani Woollsey	39
7=	Cambridgeshire	Sky	7	Mabel Kilsby	39
9=	Suffolk	Maroon	2	Ana Colbridge	37
9=	Suffolk	Maroon	3	Ruby Benson-Smith	37
11=	Essex	Red	3	Jessica Lunt	36
11=	Herts Pegasus	Orange	12	Isobel Taylor	36
13	Herts Pegasus	Orange	13	Ava Clifford	34
14	Cambridgeshire	Sky	14	Anna Levitt	28
15	Herts Phoenix	Black	4	Bethany Botheras	21
16	Essex	Red	10	Sienna Shipton	17
17	Cambridgeshire	Sky	13	Grace Hart	15
18	Norfolk	Purple	13	Emily Roberts	13
	Cambridgeshire	Sky	1	Zoe Bainton	0

Results Sheet

Chest Push

Competition:
East Regional Final 2019 Under 11 Girls

Venue:
Sportspark, UEA, Norwich

Date
9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Essex	Red	13.75	30
2	Norfolk	Purple	13.50	28
3	Herts Phoenix	Black	12.75	26
4	Suffolk	Maroon	12.50	24
5	Cambridgeshire	Sky	11.25	22
6	Herts Pegasus	Orange	10.00	20

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	12	Sloane Nicholas	7.25
2	Herts Phoenix	Black	1	Ayina Osefo	7.00
3=	Norfolk	Purple	4	Aisha Elouassi	6.75
3=	Norfolk	Purple	15	Lilymae Coote	6.75
5	Essex	Red	7	Alicia Fairmaner	6.50
6	Suffolk	Maroon	8	Grace Pacquette-Dorsett	6.25
7	Suffolk	Maroon	4	Lily Vinyard	6.25
8	Herts Phoenix	Black	4	Bethany Botheras	5.75
9	Cambridgeshire	Sky	11	Isobel Beeson	5.75
10	Cambridgeshire	Sky	2	Holly Baines	5.50
11	Herts Pegasus	Orange	3	Eva Sanderson	5.25
12	Herts Pegasus	Orange	1	Amy Little	4.75

Results Sheet

Javelin

Competition:
East Regional Final 2019 Under 11 Girls

Venue:
Sportspark, UEA, Norwich

Date
9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Cambridgeshire	Sky	26	30
2	Norfolk	Purple	25	28
3=	Herts Phoenix	Black	24	25
3=	Herts Pegasus	Orange	24	25
5	Essex	Red	23	22
6	Suffolk	Maroon	18	20

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Purple	2	Charlotte Gilding	15
2	Cambridgeshire	Sky	4	Eleanor Kerswell	14
3	Herts Pegasus	Orange	4	Ella Little	13
4=	Cambridgeshire	Sky	10	Willow Wallman	12
4=	Herts Phoenix	Black	5	Olivia Judge	12
6	Essex	Red	6	Isobel Pickard	12
7	Herts Phoenix	Black	10	Amber Smits	12
8	Essex	Red	10	Sienna Shipton	11
9	Herts Pegasus	Orange	12	Isobel Taylor	11
10	Norfolk	Purple	8	Amy Fielding	10
11	Suffolk	Maroon	6	Izzy Harrold	9
12	Suffolk	Maroon	3	Ruby Benson-Smith	9

Results Sheet

Speed Bounce

Competition:
East Regional Final 2019 Under 11 Girls

Venue:
Sportspark, UEA, Norwich

Date
9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Suffolk	Maroon	161	30
2	Norfolk	Purple	156	28
3	Essex	Red	151	26
4	Cambridgeshire	Sky	149	24
5	Herts Phoenix	Black	140	22
6	Herts Pegasus	Orange	136	20

Ranking	Team	Colour	BibNo	Name	Total
1	Norfolk	Purple	15	Lilymae Coote	58
2	Suffolk	Maroon	5	Isla Partridge-Kulczynski	57
3	Suffolk	Maroon	10	Tamiya Thurston	56
4=	Essex	Red	4	Emmie Fulker	53
4=	Cambridgeshire	Sky	3	Maggie Inman	53
6	Essex	Red	11	Brooke McClement	52
7	Norfolk	Purple	6	Edith Avowlanu	51
8=	Cambridgeshire	Sky	11	Isobel Beeson	50
8=	Herts Phoenix	Black	9	Mary Barrett	50
10	Herts Pegasus	Orange	2	Mary Peat	49
11	Suffolk	Maroon	9	Evie Armstrong	48
12	Norfolk	Purple	10	Clarice Cavill	47
13=	Essex	Red	1	Millie Trotter	46
13=	Cambridgeshire	Sky	8	Cara Davies	46
13=	Herts Phoenix	Black	2	Tilly Sampson	46
16	Herts Pegasus	Orange	11	Lucy Stokes	45
17	Herts Phoenix	Black	7	Sofia Forryan	44
18	Herts Pegasus	Orange	5	Kendra Wilberforce	42

Results Sheet

Standing Long Jump

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Essex	Red	5.85	30
2	Norfolk	Purple	5.72	28
3	Herts Phoenix	Black	5.48	26
4	Cambridgeshire	Sky	4.95	24
5	Suffolk	Maroon	4.95	22
6	Herts Pegasus	Orange	4.40	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	Black	2	Tilly Sampson	2.02
2	Essex	Red	1	Millie Trotter	2.01
3	Norfolk	Purple	1	Annabelle Hill	1.96
4	Essex	Red	7	Alicia Fairmaner	1.92
5	Essex	Red	5	Alice Coshell	1.92
6	Norfolk	Purple	4	Aisha Elouassi	1.88
7	Norfolk	Purple	11	Charley Wheatley	1.88
8	Suffolk	Maroon	8	Grace Pacquette-Dorsett	1.85
9	Herts Phoenix	Black	3	Mia Taruvinga	1.76
10	Cambridgeshire	Sky	7	Mabel Kilsby	1.75
11	Herts Phoenix	Black	13	Grace Wagstaff	1.70
12	Herts Pegasus	Orange	9	Emilia Ciuffa	1.68
13	Suffolk	Maroon	13	Nia Lloyd	1.66
14	Cambridgeshire	Sky	12	Eloise Warman	1.65
15	Cambridgeshire	Sky	13	Grace Hart	1.55
16	Herts Pegasus	Orange	10	Niamh Comerford	1.52
17	Suffolk	Maroon	6	Izzy Harrold	1.44
18	Herts Pegasus	Orange	8	Lali Lister	1.20

Results Sheet

Standing Triple Jump

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Essex	Red	16.88	30
2	Norfolk	Purple	15.82	28
3	Suffolk	Maroon	15.28	26
4	Herts Phoenix	Black	14.88	24
5	Herts Pegasus	Orange	14.60	22
6	Cambridgeshire	Sky	13.90	20

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	8	Jessica Heath	6.10
2	Norfolk	Purple	2	Charlotte Gilding	5.94
3	Essex	Red	3	Jessica Lunt	5.56
4	Herts Phoenix	Black	11	Amelia Horn	5.30
5	Suffolk	Maroon	1	Tia Duncan	5.24
6	Essex	Red	9	Emily Bailey	5.22
7	Suffolk	Maroon	7	Lily Carmen	5.10
8	Herts Phoenix	Black	5	Olivia Judge	5.06
9	Herts Pegasus	Orange	11	Lucy Stokes	5.02
10	Herts Pegasus	Orange	4	Ella Little	5.00
11	Norfolk	Purple	14	Lani Woollsey	4.98
12	Cambridgeshire	Sky	8	Cara Davies	4.96
13	Suffolk	Maroon	2	Ana Colbridge	4.94
14	Norfolk	Purple	3	Chloe Thorne	4.90
15	Cambridgeshire	Sky	4	Eleanor Kerswell	4.80
16	Herts Pegasus	Orange	7	Zara Bell	4.58
17	Herts Phoenix	Black	1	Ayina Osefo	4.52
18	Cambridgeshire	Sky	3	Maggie Inman	4.14

Results Sheet

Target Throw

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Essex	Red	19	30
2=	Norfolk	Purple	16	27
2=	Herts Phoenix	Black	16	27
4	Cambridgeshire	Sky	12	24
5	Herts Pegasus	Orange	11	22
6	Suffolk	Maroon	6	20

Ranking	Team	Colour	BibNo	Name	Total
1	Norfolk	Purple	11	Charley Wheatley	11
2	Essex	Red	11	Brooke McClement	10
3	Essex	Red	9	Emily Bailey	9
4=	Herts Phoenix	Black	8	Sadie Felton	8
4=	Herts Phoenix	Black	14	Annabel Grainger	8
6=	Cambridgeshire	Sky	13	Grace Hart	7
6=	Herts Pegasus	Orange	6	Izzy Hawks	7
8=	Suffolk	Maroon	13	Nia Lloyd	5
8=	Norfolk	Purple	9	Mia Squires	5
8=	Cambridgeshire	Sky	12	Eloise Warman	5
11	Herts Pegasus	Orange	2	Mary Peat	4
12	Suffolk	Maroon	10	Tamiya Thurston	1

Results Sheet

Vertical Jump

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Norfolk	Purple	146	30
2	Essex	Red	140	28
3	Herts Phoenix	Black	138	26
4	Suffolk	Maroon	131	24
5	Herts Pegasus	Orange	112	22
6	Cambridgeshire	Sky	109	20

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	2	Amelie Taylor	52
2	Norfolk	Purple	7	Poppy Harrison	52
3	Norfolk	Purple	5	BB Brook	51
4	Herts Phoenix	Black	8	Sadie Felton	50
5	Herts Phoenix	Black	6	Sanaiya Nelson	48
6	Suffolk	Maroon	4	Lily Vinyard	46
7	Suffolk	Maroon	11	Sofia Burt	45
8	Essex	Red	6	Isobel Pickard	45
9	Essex	Red	4	Emmie Fulker	43
10	Norfolk	Purple	6	Edith Avowlanu	43
11	Cambridgeshire	Sky	2	Holly Baines	42
12	Herts Pegasus	Orange	3	Eva Sanderson	41
13	Herts Phoenix	Black	7	Sofia Forryan	40
14	Suffolk	Maroon	9	Evie Armstrong	40
15	Cambridgeshire	Sky	10	Willow Wallman	38
16	Herts Pegasus	Orange	13	Ava Clifford	36
17	Herts Pegasus	Orange	5	Kendra Wilberforce	35
18	Cambridgeshire	Sky	1	Zoe Bainton	29

Results Sheet

Medley Relay

Competition:

East Regional Final 2019 Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Norfolk	Purple	0.0	40.2	40.2	30.0
2	05	Herts Phoenix	Black	0.0	42.7	42.7	28.0
3	01	Suffolk	Maroon	0.0	43.2	43.2	26.0
4	03	Essex	Red	0.0	43.9	43.9	24.0
5	06	Herts Pegasus	Orange	0.0	44.9	44.9	22.0
6	04	Cambridgeshire	Sky	0.0	48.6	48.6	20.0