

# Fun in Athletics

East Regional Festival  
UEA Sportspark, Norwich  
Saturday 25 November, 2006

We welcome teams today from ...

Essex Eagles	red
Essex Kestrels	yellow
Herts Pegasus	green
Herts Phoenix	blue
Norfolk Lions	purple
Norfolk Tigers	orange
Suffolk Gazelles	sky
Suffolk Starlets	white



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# Eventful Days ...



# Team Results

# Essex Eagles (red)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	George Pritchard	TT	10	7	0	1	18	6=
2	Michael Wood	BT	6	15	15	15	51	5
2	Michael Wood	J	14	12	14		14	10=
3	Miles Rayner	ST	6.00	6.00	5.50		6.00	9=
3	Miles Rayner	SB	47				47	11=
4	Jack Lewis	ST	6.00	6.00	6.00		6.00	8
5	Alex Juniper	CP	5.25	5.25	6.25		6.25	4
5	Alex Juniper	VJ	44	45	44		45	2
6	Matthew Butler	CP	6.00	5.75	6.25		6.25	2=
6	Matthew Butler	VJ	38	37	38		38	10
7	Scott Bingley	STJ	5.10	5.16	5.20		5.20	6
8	Seth Mukna	SB	48				48	8=
8	Seth Mukna	SLJ	1.92	1.97	2.04		2.04	4
9	Yoje Wikanka	J	17	18	18		18	4
10	Obaluwu Abiobun	SB	46				46	16=
10	Obaluwu Abiobun	STJ	6.10	6.30	6.40		6.40	1
11	Jack Waller	BT	15	15	15	15	60	1=
11	Jack Waller	STJ	4.84	4.90	5.06		5.06	9
12	Paul Inkpen	SLJ	1.86	1.66	1.82		1.86	9
13	Swanzini Mhlanga	BT	9	8	10	15	42	7=
13	Swanzini Mhlanga	SLJ	1.79	1.86	1.91		1.91	7
14	Lewis Wood	VJ	40	41	41		41	8
15	Tom Potter	TT	10	9	2	0	21	1=

# Team Results

# Essex Kestrels (yellow)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Harvey Swinbourne	ST	4.00	4.00	4.75		4.75	14
1	Harvey Swinbourne	VJ	30	31	32		32	19
2	Ryan Ollerton	TT	10	6	4	0	20	4
2	Ryan Ollerton	VJ	33	31	34		34	17
3	Robert Irving	CP	5.25	5.25	5.50		5.50	7
3	Robert Irving	STJ	3.88	4.10	3.90		4.10	18
4	Chay Robinson	J	17	17	14		17	6
4	Chay Robinson	SB	47				47	11=
5	Callum Fenton-Jones	J	18	21	19		21	2
5	Callum Fenton-Jones	SLJ	1.51	1.71	1.93		1.93	5
6	Samuel Hobbins	SB	46				46	16=
6	Samuel Hobbins	VJ	40	44	44		44	4
7	Sean Hobbins	SB	44				44	19
7	Sean Hobbins	SLJ	1.62	1.53	1.58		1.62	19
8	Harry Venables	BT	6	3	7	5	21	17=
9	Harry Ellis	TT	10	7	4	0	21	1=
10	Harry Philpot	BT	4	10	3	9	26	16
10	Harry Philpot	STJ	3.08	3.28	3.18		3.28	21
11	Joe Foster	BT	7	10	6	10	33	12
11	Joe Foster	STJ	3.90	3.84	3.66		3.90	19
12	Jack Johnson	SLJ	1.45	1.59	1.62		1.62	18
13	Lewis Stacey	CP	4.25	4.25	4.00		4.25	13
13	Lewis Stacey	ST	6.00	5.50	6.00		6.00	9=

# Team Results

# Herts Pegasus (green)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Andrew Goodman	ST	6.50	7.00	6.75		7.00	4
1	Andrew Goodman	SB	47				47	11=
1	Andrew Goodman	VJ	44	40	40		44	6
2	Jake Cable G	SB	48				48	8=
2	Jake Cable G	STJ	4.70	4.38	4.20		4.70	11
3	Jasper Carr	BT	15	12	9	6	42	7=
3	Jasper Carr	TT	6	3	3	2	14	10
4	Elliot Carr	BT	14	3	2	2	21	17=
4	Elliot Carr	TT	8	6	3	0	17	8
5	Cameron Westrope	J	14	16	16		16	7
5	Cameron Westrope	STJ	4.00	3.96	4.16		4.16	17
6	Philip Murphy	J	12	11	14		14	12
6	Philip Murphy	SLJ	1.38	1.60	1.42		1.60	20
7	Joshua Cracknell	ST	6.50	6.00	6.00		6.50	6
7	Joshua Cracknell	SLJ	1.65	1.52	1.59		1.65	14
8	Zachary Veitch	BT	3	2	8	2	15	19
8	Zachary Veitch	VJ	34	37	34		37	11
9	Robert Funnell	CP	4.50	4.50	5.00		5.00	9
9	Robert Funnell	SLJ	1.45	1.52	1.45		1.52	21
10	Matthew Sutherland	SB	47				47	11=
10	Matthew Sutherland	VJ	24	26	18		26	21
11	Charlie Turpin G	CP	5.75	6.25	6.00		6.25	2=
11	Charlie Turpin G	STJ	4.22	4.14	4.20		4.22	16

# Team Results

# Herts Phoenix (blue)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Louis Affor	SB	53				53	1
1	Louis Affor	STJ	5.22	4.98	5.04		5.22	5
2	Richard Gill	J	18	21	20		21	1
2	Richard Gill	VJ	45	48	48		48	1
3	Daniel Betts	BT	15	15	15	15	60	1=
3	Daniel Betts	SLJ	2.14	2.12	2.09		2.14	1
4	Callum Scutt	SB	52				52	2=
4	Callum Scutt	SLJ	1.89	1.88	1.83		1.89	8
5	Oliver Stopard-Fyfe	BT	15	10	6	10	41	9
5	Oliver Stopard-Fyfe	ST	7.00	7.25	6.00		7.25	1
6	Charlie Manning	BT	7	5	15	2	29	15
6	Charlie Manning	TT	8	3	0	0	11	12
7	Cameron Ashworth	TT	6	3	0	1	10	13=
7	Cameron Ashworth	VJ	43	44	42		44	5
8	Ciaran Hawley	CP	5.75	5.75	5.25		5.75	5
9	William Wilson	CP	6.50	6.25	6.75		6.75	1
9	William Wilson	STJ	5.20	5.20	5.30		5.30	3
10	Teddy Oliver	J	13	16	18		18	5
11	Adam Thrope	ST	6.75	6.00	6.50		6.75	5
11	Adam Thrope	STJ	5.06	5.04	5.14		5.14	7
12	James Resaer	SB	48				48	8=
12	James Resaer	VJ	43	45	42		45	3
13	Patrick Senark	SLJ	1.76	1.61	1.84		1.84	10

# Team Results

# Norfolk Lions (purple)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Luke Duvalwoods	TT	10	8	2	1	21	1=
1	Luke Duvalwoods	VJ	42	40	36		42	7
2	Tom Foreman	J	12	14	14		14	10=
2	Tom Foreman	SLJ	1.91	1.92	1.89		1.92	6
3	Ross Gilbert	CP	4.00	4.25	4.75		4.75	11
3	Ross Gilbert	VJ	37	31	34		37	12
4	James Carton	CP	4.75	5.00	5.00		5.00	8
4	James Carton	SLJ	1.61	1.65	1.61		1.65	13
5	Sam green	SB	50				50	5=
5	Sam green	VJ	41	39	41		41	9
6	Connor Laskey	SB	47				47	11=
7	Edward Borrmann	STJ	5.25	5.26	5.04		5.26	4
7	Edward Borrmann	TT	7	3	2	0	12	11
8	Kane Simmonds	SB	49				49	7
8	Kane Simmonds	STJ	4.40	4.48	4.44		4.48	14
9	Bradley Stansberry	BT	4	3	14	15	36	10=
9	Bradley Stansberry	J	16	17	20		20	3
10	William Moore	ST	7.25	5.00	7.00		7.25	2
10	William Moore	STJ	4.30	4.36	4.39		4.39	15
11	Luke Copping	BT	15	15	15	15	60	1=
11	Luke Copping	SLJ	1.65	1.54	1.54		1.65	15
12	Josh Jackson	BT	10	6	10	10	36	10=
12	Josh Jackson	ST	5.50	6.50	7.25		7.25	3

# Team Results

# Norfolk Tigers (orange)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Oliver Kenny	BT	4	2	2	3	11	21
1	Oliver Kenny	CP	5.25	5.50	5.75		5.75	6
2	Tim Buckley	SB	51				51	4
2	Tim Buckley	VJ	27	36	35		36	13
3	Ashton Elliot	BT	13	15	15	4	47	6
3	Ashton Elliot	ST	6.00	6.00	6.25		6.25	7
4	Thomas Dade	ST	6.00	6.00	5.00		6.00	11
4	Thomas Dade	SLJ	1.53	1.63	1.62		1.63	17
5	Cameron McKie	SB	46				46	16=
5	Cameron McKie	SLJ	1.63	1.63	1.62		1.63	16
6	Josh Witnall	J	16	15	14		16	8
6	Josh Witnall	STJ	4.90	4.70	4.80		4.90	10
7	Jake Shea	VJ	35	32	34		35	14
8	Ryan Martin	STJ	3.46	3.30	3.40		3.46	20
8	Ryan Martin	TT	5	3	2	0	10	13=
9	Luke Alden	SB	50				50	5=
9	Luke Alden	TT	8	7	2	2	19	5
10	Joe Hooton	BT	2	2	7	1	12	20
10	Joe Hooton	SLJ	1.68	1.65	1.65		1.68	12
11	Jack Warner	J	12	6	14		14	13
11	Jack Warner	VJ	35	27	30		35	16
12	Harry Simmonds	CP	4.50	4.50	4.75		4.75	10
12	Harry Simmonds	STJ	4.10	4.20	4.54		4.54	13



# Team Results

# Suffolk Gazelles (sky)

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	459	30	30	30	30	30	30	30	26	29	30	28	30	30	28	18	30
2	Essex Eagles	red	425	28	28	28	28	28	18	28	30	29	24	22	22	26	30	28	28
3	Norfolk Lions	purple	399	22	26	22	24	24	26	26	28	21	26	30	26	24	24	24	26
4	Essex Kestrels	yellow	363	26	24	20	20	22	24	24	22	21	28	18	20	22	18	30	24
5	Suffolk Gazelles	sky	362	18	20	26	26	26	28	22	24	18	18	20	18	28	26	26	18
6	Herts Pegasus	green	347	24	18	24	18	20	22	20	20	26	21	26	24	18	22	22	22
7	Norfolk Tigers	orange	333	20	22	18	22	18	20	18	18	24	21	24	28	20	20	20	20
8	Suffolk Starlets	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ieuan Alldis	CP	3.75	3.75	3.75		3.75	14
1	Ieuan Alldis	VJ	27	24	21		27	20
2	Tommy Ayoola	CP	4.50	4.25	4.50		4.50	12
2	Tommy Ayoola	STJ	4.90	5.10	4.86		5.10	8
3	Ian Chard	ST	5.25	6.00	5.25		6.00	12
3	Ian Chard	STJ	5.18	5.40	5.22		5.40	2
4	Westley Doyle	BT	12	8	4	6	30	14
4	Westley Doyle	SLJ	1.55	1.74	1.53		1.74	11
5	Arthur Glazin	BT	7	4	7	14	32	13
5	Arthur Glazin	TT	9	7	1	1	18	6=
6	Alister Guite	J	13	13	15		15	9
6	Alister Guite	VJ	32	32	31		32	18
7	Jake McCarthy	BT	15	15	15	12	57	4
7	Jake McCarthy	VJ	33	32	35		35	15
8	Mike Oakley	SLJ	2.06	2.00	1.89		2.06	2
9	Brandon Payne	SB	39				39	21
9	Brandon Payne	TT	10	6	0	0	16	9
10	Scot Ransom	SB	52				52	2=
10	Scot Ransom	SLJ	2.05	2.00	2.04		2.05	3
11	Torrin Read	ST	5.50	4.50	4.25		5.50	13
11	Torrin Read	STJ	4.26	4.08	4.60		4.60	12
12	Jack Strachan	J	8	9	7		9	14
12	Jack Strachan	SB	43				43	20

# Results Sheet

# Obstacle Relay

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:27.0	0.0	1:27.0	30.0
2	01	Essex Eagles	red	1:30.6	0.0	1:30.6	28.0
3	02	Essex Kestrels	yellow	1:32.5	0.0	1:32.5	26.0
4	03	Herts Pegasus	green	1:32.6	0.0	1:32.6	24.0
5	05	Norfolk Lions	purple	1:32.7	0.0	1:32.7	22.0
6	06	Norfolk Tigers	orange	1:34.5	0.0	1:34.5	20.0
7	07	Suffolk Gazelles	sky	1:35.1	0.0	1:35.1	18.0

# Results Sheet

# 1 + 1 Lap Relay

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	25.9	0.0	25.9	30.0
2	01	Essex Eagles	red	26.1	0.0	26.1	28.0
3	05	Norfolk Lions	purple	26.6	0.0	26.6	26.0
4	02	Essex Kestrels	yellow	27.7	0.0	27.7	24.0
5	06	Norfolk Tigers	orange	29.3	0.0	29.3	22.0
6	07	Suffolk Gazelles	sky	30.3	0.0	30.3	20.0
7	03	Herts Pegasus	green	31.4	0.0	31.4	18.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	54.1	0.0	54.1	30.0
2	01	Essex Eagles	red	54.3	0.0	54.3	28.0
3	07	Suffolk Gazelles	sky	56.1	0.0	56.1	26.0
4	03	Herts Pegasus	green	56.6	0.0	56.6	24.0
5	05	Norfolk Lions	purple	57.0	0.0	57.0	22.0
6	02	Essex Kestrels	yellow	57.6	0.0	57.6	20.0
7	06	Norfolk Tigers	orange	1:00.6	0.0	1:00.6	18.0

# Results Sheet

# 6 Lap Paarlauf

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:23.3	0.0	1:23.3	30.0
2	01	Essex Eagles	red	1:25.7	0.0	1:25.7	28.0
3	07	Suffolk Gazelles	sky	1:26.2	0.0	1:26.2	26.0
4	05	Norfolk Lions	purple	1:30.5	0.0	1:30.5	24.0
5	06	Norfolk Tigers	orange	1:31.0	0.0	1:31.0	22.0
6	02	Essex Kestrels	yellow	1:31.3	0.0	1:31.3	20.0
7	03	Herts Pegasus	green	1:32.2	0.0	1:32.2	18.0

# Results Sheet

# Over and Under Relay

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:16.4	0.0	1:16.4	30.0
2	01	Essex Eagles	red	1:17.6	0.0	1:17.6	28.0
3	07	Suffolk Gazelles	sky	1:23.3	0.0	1:23.3	26.0
4	05	Norfolk Lions	purple	1:26.1	0.0	1:26.1	24.0
5	02	Essex Kestrels	yellow	1:27.9	0.0	1:27.9	22.0
6	03	Herts Pegasus	green	1:28.3	0.0	1:28.3	20.0
7	06	Norfolk Tigers	orange	1:30.7	0.0	1:30.7	18.0

# Results Sheet

# Hurdles Relay

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:02.1	0.0	1:02.1	30.0
2	07	Suffolk Gazelles	sky	1:02.4	0.0	1:02.4	28.0
3	05	Norfolk Lions	purple	1:02.8	0.0	1:02.8	26.0
4	02	Essex Kestrels	yellow	1:04.8	0.0	1:04.8	24.0
5	03	Herts Pegasus	green	1:07.1	0.0	1:07.1	22.0
6	06	Norfolk Tigers	orange	1:07.5	0.0	1:07.5	20.0
7	01	Essex Eagles	red	1:07.7	0.0	1:07.7	18.0

# Results Sheet

# Grand Prix

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:03.7	0.0	1:03.7	30.0
2	01	Essex Eagles	red	1:06.5	0.0	1:06.5	28.0
3	05	Norfolk Lions	purple	1:09.1	0.0	1:09.1	26.0
4	02	Essex Kestrels	yellow	1:09.4	0.0	1:09.4	24.0
5	07	Suffolk Gazelles	sky	1:11.5	0.0	1:11.5	22.0
6	03	Herts Pegasus	green	1:11.7	0.0	1:11.7	20.0
7	06	Norfolk Tigers	orange	1:12.4	0.0	1:12.4	18.0



# Results Sheet

# Balance Test

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Essex Eagles	red	153	30
2	Norfolk Lions	purple	132	28
3	Herts Phoenix	blue	130	26
4	Suffolk Gazelles	sky	119	24
5	Essex Kestrels	yellow	80	22
6	Herts Pegasus	green	78	20
7	Norfolk Tigers	orange	70	18

Ranking	Team	Colour	BibNo	Name	Total
1=	Essex Eagles	red	11	Jack Waller	60
1=	Herts Phoenix	blue	3	Daniel Betts	60
1=	Norfolk Lions	purple	11	Luke Copping	60
4	Suffolk Gazelles	sky	7	Jake McCarthy	57
5	Essex Eagles	red	2	Michael Wood	51
6	Norfolk Tigers	orange	3	Ashton Elliot	47
7=	Essex Eagles	red	13	Swanzini Mhlanga	42
7=	Herts Pegasus	green	3	Jasper Carr	42
9	Herts Phoenix	blue	5	Oliver Stopard-Fyfe	41
10=	Norfolk Lions	purple	9	Bradley Stansberry	36
10=	Norfolk Lions	purple	12	Josh Jackson	36
12	Essex Kestrels	yellow	11	Joe Foster	33
13	Suffolk Gazelles	sky	5	Arthur Glazin	32
14	Suffolk Gazelles	sky	4	Westley Doyle	30
15	Herts Phoenix	blue	6	Charlie Manning	29
16	Essex Kestrels	yellow	10	Harry Philpot	26
17=	Essex Kestrels	yellow	8	Harry Venables	21
17=	Herts Pegasus	green	4	Elliot Carr	21
19	Herts Pegasus	green	8	Zachary Veitch	15
20	Norfolk Tigers	orange	10	Joe Hooton	12
21	Norfolk Tigers	orange	1	Oliver Kenny	11

# Results Sheet

# Chest Push

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1=	Essex Eagles	red	12.50	29
1=	Herts Phoenix	blue	12.50	29
3	Herts Pegasus	green	11.25	26
4	Norfolk Tigers	orange	10.50	24
5=	Essex Kestrels	yellow	9.75	21
5=	Norfolk Lions	purple	9.75	21
7	Suffolk Gazelles	sky	8.25	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	9	William Wilson	6.75
2=	Essex Eagles	red	6	Matthew Butler	6.25
2=	Herts Pegasus	green	11	Charlie Turpin G	6.25
4	Essex Eagles	red	5	Alex Juniper	6.25
5	Herts Phoenix	blue	8	Ciaran Hawley	5.75
6	Norfolk Tigers	orange	1	Oliver Kenny	5.75
7	Essex Kestrels	yellow	3	Robert Irving	5.50
8	Norfolk Lions	purple	4	James Carton	5.00
9	Herts Pegasus	green	9	Robert Funnell	5.00
10	Norfolk Tigers	orange	12	Harry Simmonds	4.75
11	Norfolk Lions	purple	3	Ross Gilbert	4.75
12	Suffolk Gazelles	sky	2	Tommy Ayoola	4.50
13	Essex Kestrels	yellow	13	Lewis Stacey	4.25
14	Suffolk Gazelles	sky	1	Ieuan Alldis	3.75

# Results Sheet

# Javelin

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	39	30
2	Essex Kestrels	yellow	38	28
3	Norfolk Lions	purple	34	26
4	Essex Eagles	red	32	24
5=	Herts Pegasus	green	30	21
5=	Norfolk Tigers	orange	30	21
7	Suffolk Gazelles	sky	24	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	2	Richard Gill	21
2	Essex Kestrels	yellow	5	Callum Fenton-Jones	21
3	Norfolk Lions	purple	9	Bradley Stansberry	20
4	Essex Eagles	red	9	Yoje Wikanka	18
5	Herts Phoenix	blue	10	Teddy Oliver	18
6	Essex Kestrels	yellow	4	Chay Robinson	17
7	Herts Pegasus	green	5	Cameron Westrope	16
8	Norfolk Tigers	orange	6	Josh Witnall	16
9	Suffolk Gazelles	sky	6	Alister Guite	15
10=	Essex Eagles	red	2	Michael Wood	14
10=	Norfolk Lions	purple	2	Tom Foreman	14
12	Herts Pegasus	green	6	Philip Murphy	14
13	Norfolk Tigers	orange	11	Jack Warner	14
14	Suffolk Gazelles	sky	12	Jack Strachan	9

# Results Sheet

# Sitting Throw

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	purple	14.50	30
2	Herts Phoenix	blue	14.00	28
3	Herts Pegasus	green	13.50	26
4	Norfolk Tigers	orange	12.25	24
5	Essex Eagles	red	12.00	22
6	Suffolk Gazelles	sky	11.50	20
7	Essex Kestrels	yellow	10.75	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	5	Oliver Stopard-Fyfe	7.25
2	Norfolk Lions	purple	10	William Moore	7.25
3	Norfolk Lions	purple	12	Josh Jackson	7.25
4	Herts Pegasus	green	1	Andrew Goodman	7.00
5	Herts Phoenix	blue	11	Adam Thrope	6.75
6	Herts Pegasus	green	7	Joshua Cracknell	6.50
7	Norfolk Tigers	orange	3	Ashton Elliot	6.25
8	Essex Eagles	red	4	Jack Lewis	6.00
9=	Essex Eagles	red	3	Miles Rayner	6.00
9=	Essex Kestrels	yellow	13	Lewis Stacey	6.00
11	Norfolk Tigers	orange	4	Thomas Dade	6.00
12	Suffolk Gazelles	sky	3	Ian Chard	6.00
13	Suffolk Gazelles	sky	11	Torrin Read	5.50
14	Essex Kestrels	yellow	1	Harvey Swinbourne	4.75

# Results Sheet

# Speed Bounce

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	153	30
2	Norfolk Tigers	orange	147	28
3	Norfolk Lions	purple	146	26
4	Herts Pegasus	green	142	24
5	Essex Eagles	red	141	22
6	Essex Kestrels	yellow	137	20
7	Suffolk Gazelles	sky	134	18

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Phoenix	blue	1	Louis Affor	53
2=	Herts Phoenix	blue	4	Callum Scutt	52
2=	Suffolk Gazelles	sky	10	Scot Ransom	52
4	Norfolk Tigers	orange	2	Tim Buckley	51
5=	Norfolk Lions	purple	5	Sam green	50
5=	Norfolk Tigers	orange	9	Luke Alden	50
7	Norfolk Lions	purple	8	Kane Simmonds	49
8=	Essex Eagles	red	8	Seth Mukna	48
8=	Herts Pegasus	green	2	Jake Cable G	48
8=	Herts Phoenix	blue	12	James Resaer	48
11=	Essex Eagles	red	3	Miles Rayner	47
11=	Essex Kestrels	yellow	4	Chay Robinson	47
11=	Herts Pegasus	green	1	Andrew Goodman	47
11=	Herts Pegasus	green	10	Matthew Sutherland	47
11=	Norfolk Lions	purple	6	Connor Laskey	47
16=	Essex Eagles	red	10	Obaluwu Abiobun	46
16=	Essex Kestrels	yellow	6	Samuel Hobbins	46
16=	Norfolk Tigers	orange	5	Cameron McKie	46
19	Essex Kestrels	yellow	7	Sean Hobbins	44
20	Suffolk Gazelles	sky	12	Jack Strachan	43
21	Suffolk Gazelles	sky	9	Brandon Payne	39

# Results Sheet

# Standing Long Jump

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	5.87	30
2	Suffolk Gazelles	sky	5.85	28
3	Essex Eagles	red	5.81	26
4	Norfolk Lions	purple	5.22	24
5	Essex Kestrels	yellow	5.17	22
6	Norfolk Tigers	orange	4.94	20
7	Herts Pegasus	green	4.77	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	3	Daniel Betts	2.14
2	Suffolk Gazelles	sky	8	Mike Oakley	2.06
3	Suffolk Gazelles	sky	10	Scot Ransom	2.05
4	Essex Eagles	red	8	Seth Mukna	2.04
5	Essex Kestrels	yellow	5	Callum Fenton-Jones	1.93
6	Norfolk Lions	purple	2	Tom Foreman	1.92
7	Essex Eagles	red	13	Swanzini Mhlanga	1.91
8	Herts Phoenix	blue	4	Callum Scutt	1.89
9	Essex Eagles	red	12	Paul Inkpen	1.86
10	Herts Phoenix	blue	13	Patrick Senark	1.84
11	Suffolk Gazelles	sky	4	Westley Doyle	1.74
12	Norfolk Tigers	orange	10	Joe Hooton	1.68
13	Norfolk Lions	purple	4	James Carton	1.65
14	Herts Pegasus	green	7	Joshua Cracknell	1.65
15	Norfolk Lions	purple	11	Luke Copping	1.65
16	Norfolk Tigers	orange	5	Cameron McKie	1.63
17	Norfolk Tigers	orange	4	Thomas Dade	1.63
18	Essex Kestrels	yellow	12	Jack Johnson	1.62
19	Essex Kestrels	yellow	7	Sean Hobbins	1.62
20	Herts Pegasus	green	6	Philip Murphy	1.60
21	Herts Pegasus	green	9	Robert Funnell	1.52

# Results Sheet

# Standing Triple Jump

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Essex Eagles	red	16.66	30
2	Herts Phoenix	blue	15.66	28
3	Suffolk Gazelles	sky	15.10	26
4	Norfolk Lions	purple	14.13	24
5	Herts Pegasus	green	13.08	22
6	Norfolk Tigers	orange	12.90	20
7	Essex Kestrels	yellow	11.28	18

Ranking	Team	Colour	BibNo	Name	Best
1	Essex Eagles	red	10	Obaluwu Abiobun	6.40
2	Suffolk Gazelles	sky	3	Ian Chard	5.40
3	Herts Phoenix	blue	9	William Wilson	5.30
4	Norfolk Lions	purple	7	Edward Borrmann	5.26
5	Herts Phoenix	blue	1	Louis Affor	5.22
6	Essex Eagles	red	7	Scott Bingley	5.20
7	Herts Phoenix	blue	11	Adam Thrope	5.14
8	Suffolk Gazelles	sky	2	Tommy Ayoola	5.10
9	Essex Eagles	red	11	Jack Waller	5.06
10	Norfolk Tigers	orange	6	Josh Witnall	4.90
11	Herts Pegasus	green	2	Jake Cable G	4.70
12	Suffolk Gazelles	sky	11	Torrin Read	4.60
13	Norfolk Tigers	orange	12	Harry Simmonds	4.54
14	Norfolk Lions	purple	8	Kane Simmonds	4.48
15	Norfolk Lions	purple	10	William Moore	4.39
16	Herts Pegasus	green	11	Charlie Turpin G	4.22
17	Herts Pegasus	green	5	Cameron Westrope	4.16
18	Essex Kestrels	yellow	3	Robert Irving	4.10
19	Essex Kestrels	yellow	11	Joe Foster	3.90
20	Norfolk Tigers	orange	8	Ryan Martin	3.46
21	Essex Kestrels	yellow	10	Harry Philpot	3.28

# Results Sheet

# Target Throw

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Essex Kestrels	yellow	41	30
2	Essex Eagles	red	39	28
3	Suffolk Gazelles	sky	34	26
4	Norfolk Lions	purple	33	24
5	Herts Pegasus	green	31	22
6	Norfolk Tigers	orange	29	20
7	Herts Phoenix	blue	21	18

Ranking	Team	Colour	BibNo	Name	Total
1=	Essex Eagles	red	15	Tom Potter	21
1=	Essex Kestrels	yellow	9	Harry Ellis	21
1=	Norfolk Lions	purple	1	Luke Duvalwoods	21
4	Essex Kestrels	yellow	2	Ryan Ollerton	20
5	Norfolk Tigers	orange	9	Luke Alden	19
6=	Essex Eagles	red	1	George Pritchard	18
6=	Suffolk Gazelles	sky	5	Arthur Glazin	18
8	Herts Pegasus	green	4	Elliot Carr	17
9	Suffolk Gazelles	sky	9	Brandon Payne	16
10	Herts Pegasus	green	3	Jasper Carr	14
11	Norfolk Lions	purple	7	Edward Borrmann	12
12	Herts Phoenix	blue	6	Charlie Manning	11
13=	Herts Phoenix	blue	7	Cameron Ashworth	10
13=	Norfolk Tigers	orange	8	Ryan Martin	10



# Results Sheet

# Vertical Jump

## Competition:

NUFIA-East Regional Festival Under 11 Boys

## Venue:

UEA Sportspark, Norwich

## Date

25 Nov 2006

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	137	30
2	Essex Eagles	red	124	28
3	Norfolk Lions	purple	120	26
4	Essex Kestrels	yellow	110	24
5	Herts Pegasus	green	107	22
6	Norfolk Tigers	orange	106	20
7	Suffolk Gazelles	sky	94	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	2	Richard Gill	48
2	Essex Eagles	red	5	Alex Juniper	45
3	Herts Phoenix	blue	12	James Resaer	45
4	Essex Kestrels	yellow	6	Samuel Hobbins	44
5	Herts Phoenix	blue	7	Cameron Ashworth	44
6	Herts Pegasus	green	1	Andrew Goodman	44
7	Norfolk Lions	purple	1	Luke Duvalwoods	42
8	Essex Eagles	red	14	Lewis Wood	41
9	Norfolk Lions	purple	5	Sam green	41
10	Essex Eagles	red	6	Matthew Butler	38
11	Herts Pegasus	green	8	Zachary Veitch	37
12	Norfolk Lions	purple	3	Ross Gilbert	37
13	Norfolk Tigers	orange	2	Tim Buckley	36
14	Norfolk Tigers	orange	7	Jake Shea	35
15	Suffolk Gazelles	sky	7	Jake McCarthy	35
16	Norfolk Tigers	orange	11	Jack Warner	35
17	Essex Kestrels	yellow	2	Ryan Ollerton	34
18	Suffolk Gazelles	sky	6	Alister Guite	32
19	Essex Kestrels	yellow	1	Harvey Swinbourne	32
20	Suffolk Gazelles	sky	1	Ieuan Alldis	27
21	Herts Pegasus	green	10	Matthew Sutherland	26