

East Regional Festival Sportspark, UEA, Norwich

Saturday 15 November 2008

We welcome teams today from...

Cambridgeshire Cheetahs	red
Cambridgeshire Cougars	yellow
Herts Pegasus	green
Herts Phoenix	blue
Norfolk Lions	purple
Norfolk Tigers	orange
Suffolk Gazelles	sky
Suffolk Stars	white



Fun in Athletics Festivals
2008 - 2009

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AVIVA

Competition Results

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

Team Results

Cambridgeshire Cheetahs (red)

Competition:

AFIA-East Regional Festival Under 11 Boys

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Sportspark, UEA, Norwich

Date

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Jack Camwell	SB	43				43	9=
1	Jack Camwell	TT	9	6	5	1	21	3
2	Alex McMoore	CP	6.50	7.00	0.00		7.00	2
2	Alex McMoore	J	14	17	17		17	5
2	Alex McMoore	SLJ	1.66	1.62	1.68		1.68	10
3	Sam Gulliver	J	12	7	11		12	14
4	Kieren Shepherson	SB	35				35	20=
4	Kieren Shepherson	STJ	4.93	4.83	4.83		4.93	6
5	Nathan Johnson	VJ	33	36	36		36	10
6	River McCarthy	BT	2	2	2	3	9	21
6	River McCarthy	STJ	4.42	4.16	4.70		4.70	9
7	Alex Stone	CP	4.50	4.25	4.75		4.75	13=
8	Daniel Stone	SB	43				43	9=
8	Daniel Stone	VJ	20	25	22		25	20
9	Luke Morris	SLJ	1.59	1.63	1.62		1.63	13
10	Harry Norman	STJ	3.65	3.30	3.20		3.65	20
10	Harry Norman	TT	3	8	0	0	11	12=
11	Thomas Procter	BT	15	13	5	15	48	1
11	Thomas Procter	SLJ	1.54	1.59	1.60		1.60	15
12	Max Cato	BT	9	4	5	2	20	15
12	Max Cato	VJ	30	30	28		30	17

Team Results

Cambridgeshire Cougars (yellow)

Competition:

AFIA-East Regional Festival Under 11 Boys

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ruairidy McDonald	BT	15	3	15	5	38	4
1	Ruairidy McDonald	SLJ	1.55	1.59	1.48		1.59	17
2	Toby Edwards	STJ	4.45	4.36	4.65		4.65	10
3	Samuel Rowbotham	SB	41				41	13=
3	Samuel Rowbotham	VJ	30	32	29		32	14
4	Aedan Slack	BT	8	4	15	15	42	2
4	Aedan Slack	J	16	15	18		18	3
5	Reuben-Scott Eyles	CP	4.75	4.50	4.25		4.75	13=
6	Callum Munden	J	12	15	13		15	9
6	Callum Munden	SLJ	1.60	1.57	1.50		1.60	16
7	Charlie O'Connor	BT	8	6	7	10	31	8
7	Charlie O'Connor	TT	10	4	4	1	19	4
7	Charlie O'Connor	VJ	31	37	35		37	9
8	Nathan Pennington	VJ	28	33	29		33	13
9	Oliver Grant	SB	37				37	19
9	Oliver Grant	SLJ	1.64	1.68	1.66		1.68	9
10	Joe Faillettez	STJ	4.00	3.94	4.02		4.02	17
11	Jake Butler	CP	5.00	4.50	4.50		5.00	12
12	Joe De Lucis	SB	40				40	15=
12	Joe De Lucis	TT	7	6	2	2	17	5=

Team Results

Herts Pegasus (green)

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15 Nov 2008

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Joshua Brand	STJ	3.93	3.78	4.03		4.03	16
1	Joshua Brand	TT	10	2	0	0	12	11
2	Jed Cowler	BT	15	1	15	6	37	5
2	Jed Cowler	J	15	15	16		16	6
3	Tom Colbert	VJ	34	37	37		37	7=
4	George Lynn	SLJ	1.72	1.54	1.61		1.72	7
5	Bradley Clark	BT	5	15	4	15	39	3
5	Bradley Clark	VJ	29	31	28		31	15
6	Dylan Manning	SLJ	1.34	1.46	1.44		1.46	20
7	James Narengian	CP	5.25	5.25	6.00		6.00	7
7	James Narengian	STJ	4.44	4.20	4.14		4.44	12
8	James Forbes	CP	6.00	6.00	5.50		6.00	5
8	James Forbes	STJ	4.65	4.94	4.92		4.94	4
9	Lorcan Hever	SB	40				40	15=
9	Lorcan Hever	SLJ	1.42	1.42	1.38		1.42	21
10	Deep Oozageer	BT	4	2	4	2	12	20
10	Deep Oozageer	J	14	13	13		14	11=
11	Sam Payne	SB	43				43	9=
11	Sam Payne	TT	9	5	6	3	23	1=
12	Theo Green	SB	48				48	6=
12	Theo Green	VJ	42	41	45		45	1

Team Results

Herts Phoenix (blue)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Joe Day	SB	50				50	3
1	Joe Day	VJ	40	39	40		40	3
2	Matthew Hollis	STJ	5.49	5.54	5.52		5.54	1
3	Oscar Crimes	BT	3	3	5	5	16	17
4	Hugo Evans	J	14	16	18		18	4
4	Hugo Evans	SLJ	1.69	1.64	1.74		1.74	5
5	Harry Bellano	BT	7	15	4	3	29	9
5	Harry Bellano	VJ	41	42	43		43	2
6	Jimmy Dalton	STJ	5.04	4.94	4.99		5.04	3
6	Jimmy Dalton	TT	9	5	3	0	17	5=
7	David Gillespie	CP	6.00	6.00	6.25		6.25	4
7	David Gillespie	SLJ	1.66	1.64	1.64		1.66	11
8	Harry Williams	J	16	18	17		18	2
9	Robert Green	SB	51				51	2
9	Robert Green	STJ	4.62	4.78	4.55		4.78	7
10	Luke Smith	SB	53				53	1
10	Luke Smith	SLJ	1.86	1.86	0.00		1.86	4
11	Freddie Clark	BT	3	15	3	15	36	6=
11	Freddie Clark	VJ	37	34	37		37	7=
12	Aaron Forman	CP	5.75	5.25	5.25		5.75	8
13	Ben Bowie	TT	10	7	5	1	23	1=

Team Results

Norfolk Lions (purple)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Toby Price	CP	6.25	6.25	6.00		6.25	3
1	Toby Price	SB	49				49	4=
2	Jonathon Tomes	CP	7.00	6.75	0.00		7.00	1
2	Jonathon Tomes	SLJ	1.96	1.92	1.96		1.96	2
3	Daniel Griffin	SLJ	1.85	1.85	1.88		1.88	3
4	Ben Martin	BT	6	10	15	5	36	6=
4	Ben Martin	SLJ	1.72	1.66	1.50		1.72	6
5	James Greenhalgh	SB	49				49	4=
5	James Greenhalgh	VJ	38	39	36		39	5
6	Ashley Jarvis	J	13	16	12		16	8
6	Ashley Jarvis	STJ	4.49	4.55	4.59		4.59	11
7	Callum Mooney	TT	5	4	4	1	14	10
7	Callum Mooney	VJ	40	38	36		40	4
8	Sam Forder	BT	4	4	8	9	25	12=
8	Sam Forder	TT	3	4	4	0	11	12=
9	Daniel Bainbridge	VJ	34	32	31		34	12
10	Thomas Middleton	STJ	4.18	4.83	4.94		4.94	5
11	Owen Stannard	J	13	13	14		14	11=
12	Jono Abbott	BT	5	3	3	3	14	18=
12	Jono Abbott	SB	44				44	8
12	Jono Abbott	STJ	4.46	4.50	4.70		4.70	8

Team Results

Norfolk Tigers (orange)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ryan Coates	SLJ	1.58	1.50	1.62		1.62	14
2	Braydon Harrison	CP	5.50	6.00	5.00		6.00	6
2	Braydon Harrison	SLJ	0.00	1.58	1.50		1.58	19
3	Alfie Linstead	BT	7	7	6	5	25	12=
3	Alfie Linstead	VJ	25	28	29		29	18
4	Matthew Wadey	VJ	36	34	32		36	11
5	Andrew Hadingham	J	8	15	16		16	7
5	Andrew Hadingham	SB	41				41	13=
6	Tye Copping	J	13	16	19		19	1
6	Tye Copping	STJ	3.81	3.80	4.00		4.00	18
7	Isaac King	BT	5	4	15	4	28	10
7	Isaac King	TT	10	2	4	0	16	8=
8	Adam Oakley	SB	48				48	6=
8	Adam Oakley	STJ	3.96	4.23	4.16		4.23	14
9	Greg McGarr	BT	7	3	2	2	14	18=
9	Greg McGarr	SLJ	1.66	1.55	1.43		1.66	12
10	Andrew Todd	TT	2	7	0	0	9	14
11	Bailey McQue	SB	42				42	12
11	Bailey McQue	STJ	4.05	3.84	4.04		4.05	15
12	Shaun Palmer	CP	4.75	5.00	4.25		5.00	11
13	Joe Nicholson	VJ	18	19	22		22	21

Team Results

Suffolk Gazelles (sky)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	464	30	28	29	28	30	30	30	30	26	27	30	30	26	30	30	30
2	Norfolk Lions	purple	430	26	30	29	30	28	28	26	26	22	30	23	28	30	28	19	27
3	Herts Pegasus	green	384	22	22	24	18	26	24	28	22	28	27	23	25	18	24	26	27
4	Suffolk Gazelles	sky	379	28	26	26	22	24	26	22	28	20	21	18	18	28	26	24	22
5	Cambridgeshire Cougars	yellow	348	18	18	22	24	22	20	20	18	30	18	26	20	22	18	28	24
6	Norfolk Tigers	orange	347	24	24	20	26	20	22	18	24	18	21	28	25	20	20	19	18
7	Cambridgeshire Cheetahs	red	336	20	20	18	20	18	18	24	20	24	24	20	22	24	22	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ewan Anderson	CP	0.00	4.50	5.50		5.50	10
1	Ewan Anderson	SB	35				35	20=
2	Johnathon Ayoola	BT	3	8	2	5	18	16
2	Johnathon Ayoola	SLJ	1.93	1.94	2.00		2.00	1
3	Tom Ayoola	STJ	5.17	5.26	5.50		5.50	2
4	Jordan Black	J	9	13	13		13	13
4	Jordan Black	SB	40				40	15=
5	Christian Burton	BT	8	4	8	4	24	14
5	Christian Burton	STJ	3.99	4.34	4.35		4.35	13
6	Matthew Culham	CP	5.00	4.75	5.50		5.50	9
6	Matthew Culham	SLJ	1.46	1.58	1.58		1.58	18
7	Oliver Dunbar	VJ	37	36	38		38	6
8	Joe Hogger	BT	6	13	5	3	27	11
9	Harry Mallet	SB	39				39	18
9	Harry Mallet	VJ	27	28	26		28	19
10	Sean Peterson	STJ	3.40	3.97	3.90		3.97	19
11	Alex Riley	J	12	9	15		15	10
12	Henry Saunders	TT	8	4	2	2	16	8=
13	Jack Taylor	TT	10	5	2	0	17	5=
13	Jack Taylor	VJ	30	30	29		30	16
14	Callum Woods	SLJ	1.68	1.66	1.70		1.70	8

Results Sheet

Obstacle Relay

Competition:

AFIA-East Regional Festival Under 11 Boys

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:26.5	0.0	1:26.5	30.0
2	07	Suffolk Gazelles	sky	1:30.9	0.0	1:30.9	28.0
3	05	Norfolk Lions	purple	1:32.4	0.0	1:32.4	26.0
4	06	Norfolk Tigers	orange	1:32.9	0.0	1:32.9	24.0
5	03	Herts Pegasus	green	1:33.0	0.0	1:33.0	22.0
6	01	Cambridgeshire Cheetahs	red	1:35.0	0.0	1:35.0	20.0
7	02	Cambridgeshire Cougars	yellow	1:39.1	0.0	1:39.1	18.0

Results Sheet

1 + 1 Lap Relay

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AFIA-East Regional Festival Under 11 Boys

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15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Norfolk Lions	purple	26.1	0.0	26.1	30.0
2	04	Herts Phoenix	blue	26.7	0.0	26.7	28.0
3	07	Suffolk Gazelles	sky	27.5	0.0	27.5	26.0
4	06	Norfolk Tigers	orange	27.6	0.0	27.6	24.0
5	03	Herts Pegasus	green	28.0	0.0	28.0	22.0
6	01	Cambridgeshire Cheetahs	red	30.1	0.0	30.1	20.0
7	02	Cambridgeshire Cougars	yellow	32.9	0.0	32.9	18.0

Results Sheet

4 x 1 Lap Relay

Competition:

AFIA-East Regional Festival Under 11 Boys

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15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	04	Herts Phoenix	blue	53.7	0.0	53.7	29.0
1=	05	Norfolk Lions	purple	53.7	0.0	53.7	29.0
3	07	Suffolk Gazelles	sky	54.3	0.0	54.3	26.0
4	03	Herts Pegasus	green	55.3	0.0	55.3	24.0
5	02	Cambridgeshire Cougars	yellow	55.9	0.0	55.9	22.0
6	06	Norfolk Tigers	orange	1:01.6	0.0	1:01.6	20.0
7	01	Cambridgeshire Cheetahs	red	1:01.9	0.0	1:01.9	18.0

Results Sheet

6 Lap Paarlauf

Competition:

AFIA-East Regional Festival Under 11 Boys

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Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Norfolk Lions	purple	1:24.2	0.0	1:24.2	30.0
2	04	Herts Phoenix	blue	1:26.2	0.0	1:26.2	28.0
3	06	Norfolk Tigers	orange	1:29.8	0.0	1:29.8	26.0
4	02	Cambridgeshire Cougars	yellow	1:32.8	0.0	1:32.8	24.0
5	07	Suffolk Gazelles	sky	1:33.7	0.0	1:33.7	22.0
6	01	Cambridgeshire Cheetahs	red	1:34.3	0.0	1:34.3	20.0
7	03	Herts Pegasus	green	1:34.4	0.0	1:34.4	18.0

Results Sheet

Over and Under Relay

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:17.9	0.0	1:17.9	30.0
2	05	Norfolk Lions	purple	1:21.2	0.0	1:21.2	28.0
3	03	Herts Pegasus	green	1:23.2	0.0	1:23.2	26.0
4	07	Suffolk Gazelles	sky	1:24.5	0.0	1:24.5	24.0
5	02	Cambridgeshire Cougars	yellow	1:26.0	0.0	1:26.0	22.0
6	06	Norfolk Tigers	orange	1:29.3	0.0	1:29.3	20.0
7	01	Cambridgeshire Cheetahs	red	1:30.4	0.0	1:30.4	18.0

Results Sheet

Hurdles Relay

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:00.5	0.0	1:00.5	30.0
2	05	Norfolk Lions	purple	1:01.7	0.0	1:01.7	28.0
3	07	Suffolk Gazelles	sky	1:04.8	0.0	1:04.8	26.0
4	03	Herts Pegasus	green	1:05.6	0.0	1:05.6	24.0
5	06	Norfolk Tigers	orange	1:08.3	0.0	1:08.3	22.0
6	02	Cambridgeshire Cougars	yellow	1:09.9	0.0	1:09.9	20.0
7	01	Cambridgeshire Cheetahs	red	1:12.0	0.0	1:12.0	18.0

Results Sheet

Grand Prix

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:08.7	0.0	1:08.7	30.0
2	03	Herts Pegasus	green	1:10.3	0.0	1:10.3	28.0
3	05	Norfolk Lions	purple	1:13.3	0.0	1:13.3	26.0
4	01	Cambridgeshire Cheetahs	red	1:13.8	0.0	1:13.8	24.0
5	07	Suffolk Gazelles	sky	1:14.3	0.0	1:14.3	22.0
6	02	Cambridgeshire Cougars	yellow	1:15.3	0.0	1:15.3	20.0
7	06	Norfolk Tigers	orange	1:21.1	0.0	1:21.1	18.0

Results Sheet

Balance Test

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Cambridgeshire Cougars	yellow	111	30
2	Herts Pegasus	green	88	28
3	Herts Phoenix	blue	81	26
4	Cambridgeshire Cheetahs	red	77	24
5	Norfolk Lions	purple	75	22
6	Suffolk Gazelles	sky	69	20
7	Norfolk Tigers	orange	67	18

Ranking	Team	Colour	BibNo	Name	Total
1	Cambridgeshire Cheetahs	red	11	Thomas Procter	48
2	Cambridgeshire Cougars	yellow	4	Aedan Slack	42
3	Herts Pegasus	green	5	Bradley Clark	39
4	Cambridgeshire Cougars	yellow	1	Ruairidy McDonald	38
5	Herts Pegasus	green	2	Jed Cowler	37
6=	Herts Phoenix	blue	11	Freddie Clark	36
6=	Norfolk Lions	purple	4	Ben Martin	36
8	Cambridgeshire Cougars	yellow	7	Charlie O'Connor	31
9	Herts Phoenix	blue	5	Harry Bellano	29
10	Norfolk Tigers	orange	7	Isaac King	28
11	Suffolk Gazelles	sky	8	Joe Hogger	27
12=	Norfolk Lions	purple	8	Sam Forder	25
12=	Norfolk Tigers	orange	3	Alfie Linstead	25
14	Suffolk Gazelles	sky	5	Christian Burton	24
15	Cambridgeshire Cheetahs	red	12	Max Cato	20
16	Suffolk Gazelles	sky	2	Johnathon Ayoola	18
17	Herts Phoenix	blue	3	Oscar Crimes	16
18=	Norfolk Lions	purple	12	Jono Abbott	14
18=	Norfolk Tigers	orange	9	Greg McGarr	14
20	Herts Pegasus	green	10	Deep Oozageer	12
21	Cambridgeshire Cheetahs	red	6	River McCarthy	9

Results Sheet

Chest Push

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	purple	13.25	30
2=	Herts Pegasus	green	12.00	27
2=	Herts Phoenix	blue	12.00	27
4	Cambridgeshire Cheetahs	red	11.75	24
5=	Norfolk Tigers	orange	11.00	21
5=	Suffolk Gazelles	sky	11.00	21
7	Cambridgeshire Cougars	yellow	9.75	18

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk Lions	purple	2	Jonathon Tomes	7.00
2	Cambridgeshire Cheetahs	red	2	Alex McMoore	7.00
3	Norfolk Lions	purple	1	Toby Price	6.25
4	Herts Phoenix	blue	7	David Gillespie	6.25
5	Herts Pegasus	green	8	James Forbes	6.00
6	Norfolk Tigers	orange	2	Braydon Harrison	6.00
7	Herts Pegasus	green	7	James Narengian	6.00
8	Herts Phoenix	blue	12	Aaron Forman	5.75
9	Suffolk Gazelles	sky	6	Matthew Culham	5.50
10	Suffolk Gazelles	sky	1	Ewan Anderson	5.50
11	Norfolk Tigers	orange	12	Shaun Palmer	5.00
12	Cambridgeshire Cougars	yellow	11	Jake Butler	5.00
13=	Cambridgeshire Cheetahs	red	7	Alex Stone	4.75
13=	Cambridgeshire Cougars	yellow	5	Reuben-Scott Eyles	4.75

Results Sheet

Javelin

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	36	30
2	Norfolk Tigers	orange	35	28
3	Cambridgeshire Cougars	yellow	33	26
4=	Herts Pegasus	green	30	23
4=	Norfolk Lions	purple	30	23
6	Cambridgeshire Cheetahs	red	29	20
7	Suffolk Gazelles	sky	28	18

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk Tigers	orange	6	Tye Copping	19
2	Herts Phoenix	blue	8	Harry Williams	18
3	Cambridgeshire Cougars	yellow	4	Aedan Slack	18
4	Herts Phoenix	blue	4	Hugo Evans	18
5	Cambridgeshire Cheetahs	red	2	Alex McMoore	17
6	Herts Pegasus	green	2	Jed Cowler	16
7	Norfolk Tigers	orange	5	Andrew Hadingham	16
8	Norfolk Lions	purple	6	Ashley Jarvis	16
9	Cambridgeshire Cougars	yellow	6	Callum Munden	15
10	Suffolk Gazelles	sky	11	Alex Riley	15
11=	Herts Pegasus	green	10	Deep Oozageer	14
11=	Norfolk Lions	purple	11	Owen Stannard	14
13	Suffolk Gazelles	sky	4	Jordan Black	13
14	Cambridgeshire Cheetahs	red	3	Sam Gulliver	12

Results Sheet

Speed Bounce

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	154	30
2	Norfolk Lions	purple	142	28
3=	Herts Pegasus	green	131	25
3=	Norfolk Tigers	orange	131	25
5	Cambridgeshire Cheetahs	red	121	22
6	Cambridgeshire Cougars	yellow	118	20
7	Suffolk Gazelles	sky	114	18

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Phoenix	blue	10	Luke Smith	53
2	Herts Phoenix	blue	9	Robert Green	51
3	Herts Phoenix	blue	1	Joe Day	50
4=	Norfolk Lions	purple	1	Toby Price	49
4=	Norfolk Lions	purple	5	James Greenhalgh	49
6=	Herts Pegasus	green	12	Theo Green	48
6=	Norfolk Tigers	orange	8	Adam Oakley	48
8	Norfolk Lions	purple	12	Jono Abbott	44
9=	Cambridgeshire Cheetahs	red	1	Jack Camwell	43
9=	Cambridgeshire Cheetahs	red	8	Daniel Stone	43
9=	Herts Pegasus	green	11	Sam Payne	43
12	Norfolk Tigers	orange	11	Bailey McQue	42
13=	Cambridgeshire Cougars	yellow	3	Samuel Rowbotham	41
13=	Norfolk Tigers	orange	5	Andrew Hadingham	41
15=	Cambridgeshire Cougars	yellow	12	Joe De Lucis	40
15=	Herts Pegasus	green	9	Lorcan Hever	40
15=	Suffolk Gazelles	sky	4	Jordan Black	40
18	Suffolk Gazelles	sky	9	Harry Mallet	39
19	Cambridgeshire Cougars	yellow	9	Oliver Grant	37
20=	Cambridgeshire Cheetahs	red	4	Kieren Shepherson	35
20=	Suffolk Gazelles	sky	1	Ewan Anderson	35

Results Sheet

Standing Long Jump

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	purple	5.56	30
2	Suffolk Gazelles	sky	5.28	28
3	Herts Phoenix	blue	5.26	26
4	Cambridgeshire Cheetahs	red	4.91	24
5	Cambridgeshire Cougars	yellow	4.87	22
6	Norfolk Tigers	orange	4.86	20
7	Herts Pegasus	green	4.60	18

Ranking	Team	Colour	BibNo	Name	Best
1	Suffolk Gazelles	sky	2	Johnathon Ayoola	2.00
2	Norfolk Lions	purple	2	Jonathon Tomes	1.96
3	Norfolk Lions	purple	3	Daniel Griffin	1.88
4	Herts Phoenix	blue	10	Luke Smith	1.86
5	Herts Phoenix	blue	4	Hugo Evans	1.74
6	Norfolk Lions	purple	4	Ben Martin	1.72
7	Herts Pegasus	green	4	George Lynn	1.72
8	Suffolk Gazelles	sky	14	Callum Woods	1.70
9	Cambridgeshire Cougars	yellow	9	Oliver Grant	1.68
10	Cambridgeshire Cheetahs	red	2	Alex McMoore	1.68
11	Herts Phoenix	blue	7	David Gillespie	1.66
12	Norfolk Tigers	orange	9	Greg McGarr	1.66
13	Cambridgeshire Cheetahs	red	9	Luke Morris	1.63
14	Norfolk Tigers	orange	1	Ryan Coates	1.62
15	Cambridgeshire Cheetahs	red	11	Thomas Procter	1.60
16	Cambridgeshire Cougars	yellow	6	Callum Munden	1.60
17	Cambridgeshire Cougars	yellow	1	Ruairidy McDonald	1.59
18	Suffolk Gazelles	sky	6	Matthew Culham	1.58
19	Norfolk Tigers	orange	2	Braydon Harrison	1.58
20	Herts Pegasus	green	6	Dylan Manning	1.46
21	Herts Pegasus	green	9	Lorcan Hever	1.42

Results Sheet

Standing Triple Jump

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	15.36	30
2	Norfolk Lions	purple	14.23	28
3	Suffolk Gazelles	sky	13.82	26
4	Herts Pegasus	green	13.41	24
5	Cambridgeshire Cheetahs	red	13.28	22
6	Norfolk Tigers	orange	12.28	20
7	Cambridgeshire Cougars	yellow	8.67	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	2	Matthew Hollis	5.54
2	Suffolk Gazelles	sky	3	Tom Ayoola	5.50
3	Herts Phoenix	blue	6	Jimmy Dalton	5.04
4	Herts Pegasus	green	8	James Forbes	4.94
5	Norfolk Lions	purple	10	Thomas Middleton	4.94
6	Cambridgeshire Cheetahs	red	4	Kieren Shepherson	4.93
7	Herts Phoenix	blue	9	Robert Green	4.78
8	Norfolk Lions	purple	12	Jono Abbott	4.70
9	Cambridgeshire Cheetahs	red	6	River McCarthy	4.70
10	Cambridgeshire Cougars	yellow	2	Toby Edwards	4.65
11	Norfolk Lions	purple	6	Ashley Jarvis	4.59
12	Herts Pegasus	green	7	James Narengian	4.44
13	Suffolk Gazelles	sky	5	Christian Burton	4.35
14	Norfolk Tigers	orange	8	Adam Oakley	4.23
15	Norfolk Tigers	orange	11	Bailey McQue	4.05
16	Herts Pegasus	green	1	Joshua Brand	4.03
17	Cambridgeshire Cougars	yellow	10	Joe Faillettez	4.02
18	Norfolk Tigers	orange	6	Tye Copping	4.00
19	Suffolk Gazelles	sky	10	Sean Peterson	3.97
20	Cambridgeshire Cheetahs	red	10	Harry Norman	3.65

Results Sheet

Target Throw

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	40	30
2	Cambridgeshire Cougars	yellow	36	28
3	Herts Pegasus	green	35	26
4	Suffolk Gazelles	sky	33	24
5	Cambridgeshire Cheetahs	red	32	22
6=	Norfolk Lions	purple	25	19
6=	Norfolk Tigers	orange	25	19

Ranking	Team	Colour	BibNo	Name	Total
1=	Herts Pegasus	green	11	Sam Payne	23
1=	Herts Phoenix	blue	13	Ben Bowie	23
3	Cambridgeshire Cheetahs	red	1	Jack Camwell	21
4	Cambridgeshire Cougars	yellow	7	Charlie O'Connor	19
5=	Cambridgeshire Cougars	yellow	12	Joe De Lucis	17
5=	Herts Phoenix	blue	6	Jimmy Dalton	17
5=	Suffolk Gazelles	sky	13	Jack Taylor	17
8=	Norfolk Tigers	orange	7	Isaac King	16
8=	Suffolk Gazelles	sky	12	Henry Saunders	16
10	Norfolk Lions	purple	7	Callum Mooney	14
11	Herts Pegasus	green	1	Joshua Brand	12
12=	Cambridgeshire Cheetahs	red	10	Harry Norman	11
12=	Norfolk Lions	purple	8	Sam Forder	11
14	Norfolk Tigers	orange	10	Andrew Todd	9

Results Sheet

Vertical Jump

Competition:

AFIA-East Regional Festival Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	120	30
2=	Herts Pegasus	green	113	27
2=	Norfolk Lions	purple	113	27
4	Cambridgeshire Cougars	yellow	102	24
5	Suffolk Gazelles	sky	96	22
6	Cambridgeshire Cheetahs	red	91	20
7	Norfolk Tigers	orange	87	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Pegasus	green	12	Theo Green	45
2	Herts Phoenix	blue	5	Harry Bellano	43
3	Herts Phoenix	blue	1	Joe Day	40
4	Norfolk Lions	purple	7	Callum Mooney	40
5	Norfolk Lions	purple	5	James Greenhalgh	39
6	Suffolk Gazelles	sky	7	Oliver Dunbar	38
7=	Herts Pegasus	green	3	Tom Colbert	37
7=	Herts Phoenix	blue	11	Freddie Clark	37
9	Cambridgeshire Cougars	yellow	7	Charlie O'Connor	37
10	Cambridgeshire Cheetahs	red	5	Nathan Johnson	36
11	Norfolk Tigers	orange	4	Matthew Wadey	36
12	Norfolk Lions	purple	9	Daniel Bainbridge	34
13	Cambridgeshire Cougars	yellow	8	Nathan Pennington	33
14	Cambridgeshire Cougars	yellow	3	Samuel Rowbotham	32
15	Herts Pegasus	green	5	Bradley Clark	31
16	Suffolk Gazelles	sky	13	Jack Taylor	30
17	Cambridgeshire Cheetahs	red	12	Max Cato	30
18	Norfolk Tigers	orange	3	Alfie Linstead	29
19	Suffolk Gazelles	sky	9	Harry Mallet	28
20	Cambridgeshire Cheetahs	red	8	Daniel Stone	25
21	Norfolk Tigers	orange	13	Joe Nicholson	22

Hi - Stepper - Boys

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Red	Luke Merris	15.0	3	15.3	49.2	6	20
	Sam Gulliver	17.3	0	17.3			
	Salex Stow	16.2	4	16.6			
Yellow	Jake Butler	17.5	0	17.5	49.7	7	18
	Nathan Rennington	17.0	0	17.0			
	Toby Edwards	14.6	6	15.2			
Green	Dillon Manning	15.1	0	15.1	46.0	5	22
	George Lynn	14.6	3	14.9			
	Tom Colbert	16.0	0	16.0			
Blue	Harry Williams	13.1	0	13.1	41.3	1	30
	Aaron Forman	13.6	3	13.9			
	Matthew Holis	14.2	1	14.3			
Purple	Thomas Middleton	14.7	1	14.8	44.5	3	26
	Daniel Griffin	13.2	2	13.4			
	Daniel Bainbridge	16.3	0	16.3			
Orange	Ryan Coates	15.4	0	15.4	45.2	4	24
	Andrew Todd	14.6	0	14.6			
	Matthew Wady	15.2	0	15.2			
Sky	Oliver Dunbar	13.0	1	13.1	42.1	2	28
	Henry Saunders	14.7	1	14.8			
	Tom Ayoola	14.2	0	14.2			