

# Competition Results

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Hertfordshire Sports Village, Hatfield

## Date

29 Jan 2011

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	500	30	30	28	30	30	30	28	30	28	30	30	30	30	30	28	28	30
2	Norfolk	purple	447	26	28	26	28	26	26	30	24	26	22	28	27	24	24	26	28	28
3	Essex Juniors	yellow	444	28	26	24	26	24	24	26	28	24	24	26	27	28	28	30	28	23
4	Herts Pegasus	green	438	24	24	30	24	28	28	24	26	30	26	24	24	26	26	24	24	26
5	Cambridgeshire	red	381	22	22	22	22	22	22	22	22	22	28	22	22	22	22	22	22	23

# Competition Results

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HI	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

# Team Results

# Bedfordshire (red)

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Holly Bywater	CP	4.00	3.75	3.75		4.00	12
1	Holly Bywater	STJ	3.82	0.00	3.86		3.86	18
2	Shannah Stubbs	BT	2	4	1	2	9	18
2	Shannah Stubbs	STJ	4.52	4.68	4.60		4.68	12
3	Freya Chapman	BT	5	3	5	2	15	17
3	Freya Chapman	J	13	10	14		14	4=
3	Freya Chapman	STJ	4.44	4.10	0.00		4.44	15
4	Katie Lansbury	SB	46				46	15=
4	Katie Lansbury	SLJ	1.50	1.70	1.58		1.70	12
5	Natalie Christey	BT	12	15	15	12	54	5
5	Natalie Christey	SB	48				48	9=
5	Natalie Christey	SLJ	1.90	1.88	1.88		1.90	4
6	Megan Wills	TT	4	2	0	0	6	5=
6	Megan Wills	VJ	29	31	32		32	15
7	Roisin Gittins	VJ	37	37	39		39	8
8	Kimran Bhogal	J	3	5	2		5	12
8	Kimran Bhogal	VJ	29	20	27		29	18
9	Shannon Monrow	CP	6.00	6.50	6.00		6.50	3
9	Shannon Monrow	SB	48				48	9=
10	Amelia Kirby	SLJ	1.56	1.46	1.52		1.56	16
10	Amelia Kirby	TT	6	4	0	0	10	2=

# Team Results

# Cambridgeshire (yellow)

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Frances Chapman	SB	41				41	18
1	Frances Chapman	TT	4	0	0	2	6	5=
2	Eve Meakin	CP	4.50	4.25	4.50		4.50	10
2	Eve Meakin	STJ	4.26	4.64	4.52		4.64	14
3	Ellen Chaplin	BT	3	13	3	7	26	14
3	Ellen Chaplin	VJ	33	37	34		37	10
4	Ella Greenwood	STJ	0.00	4.76	0.00		4.76	11
4	Ella Greenwood	TT	4	0	2	0	6	5=
5	Daisy Lihoreau	SLJ	1.62	1.70	1.64		1.70	11
7	Ellie Forrest	BT	13	8	6	4	31	12
7	Ellie Forrest	SLJ	1.82	1.78	1.78		1.82	7
8	Harriet Bruce	CP	5.00	5.50	5.50		5.50	7
8	Harriet Bruce	J	11	12	12		12	10
8	Harriet Bruce	SLJ	1.78	1.68	1.64		1.78	8
9	Theresa Norman-Dowson	SB	46				46	15=
9	Theresa Norman-Dowson	STJ	0.00	4.20	4.24		4.24	16
10	Tashie Donnelly	J	12	11	11		12	11
10	Tashie Donnelly	SB	54				54	2=
11	Molly Barios	BT	3	7	7	12	29	13
11	Molly Barios	VJ	29	31	29		31	16
12	Kayleigh Belt	VJ	28	29	29		29	17

# Team Results

# Essex Eagles (green)

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Eleanor Butt	J	10	14	13		14	4=
1	Eleanor Butt	STJ	4.68	5.02	5.02		5.02	6
2	Rochelle Constable	J	13	11	12		13	8
2	Rochelle Constable	STJ	4.94	4.90	5.08		5.08	5
3	Shannon Coombs	SB	48				48	9=
3	Shannon Coombs	TT	4	0	2	0	6	5=
4	Alex Gordon	BT	15	15	15	15	60	1=
4	Alex Gordon	VJ	42	42	41		42	5
5	Lauren Hooper	SB	43				43	17
6	Mayi Hughes	CP	6.75	7.50	7.00		7.50	1
7	Elena Iruskieta	SB	53				53	4
7	Elena Iruskieta	SLJ	1.78	1.90	1.70		1.90	5
9	Abena Oteng	SLJ	1.84	1.86	1.84		1.86	6
10	Isabella Purdie	SLJ	1.88	1.94	1.94		1.94	1
11	Brogan Ravenall	BT	9	15	12	15	51	6
11	Brogan Ravenall	CP	6.00	6.00	6.00		6.00	5
12	Yasmin Robinson	VJ	37	40	40		40	7
13	Ellie Rowan	BT	15	15	15	15	60	1=
13	Ellie Rowan	STJ	4.96	4.90	4.98		4.98	7
14	Jessica Smith	VJ	44	42	42		44	3
15	Felicity Wall	TT	6	0	2	0	8	4

# Team Results

# Herts Pegasus (blue)

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ellis Hawkes	J	13	10	6		13	9
1	Ellis Hawkes	STJ	5.12	4.96	4.98		5.12	4
2	Esther Mason	J	13	12	12		13	6=
2	Esther Mason	SB	48				48	9=
3	Ruby Smith	STJ	4.50	4.86	4.74		4.86	10
4	Liberty Neave	SB	50				50	7=
4	Liberty Neave	SLJ	1.46	1.38	1.60		1.60	15
5	Grace Stansall-Seiler	SLJ	1.50	1.52	1.50		1.52	17
6	Lizzie Alllott	STJ	4.52	4.52	4.66		4.66	13
8	Sophie Hanney	BT	6	15	2	15	38	10
9	Jodie Braithwaite	SB	48				48	9=
9	Jodie Braithwaite	VJ	32	34	34		34	12
10	Macey Weaver	TT	3	0	0	0	3	11
11	Rebecca Tether	BT	15	15	15	13	58	4
11	Rebecca Tether	SLJ	1.34	1.38	1.46		1.46	18
12	Agnes Brett	TT	6	2	2	0	10	2=
13	Katie Andrew	BT	5	3	13	4	25	15
13	Katie Andrew	VJ	34	30	31		34	13
14	Angelica Bowring	CP	5.00	4.50	5.00		5.00	9
15	Olivia Davies	CP	4.50	4.25	4.25		4.50	11
15	Olivia Davies	VJ	36	32	32		36	11

# Team Results

# Herts Phoenix (purple)

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Grace Gentry	STJ	5.96	5.98	6.08		6.08	1
2	Katie Liptrot	TT	2	6	1	2	11	1
3	Mollie Gumble	BT	15	7	15	4	41	9
3	Mollie Gumble	VJ	42	34	38		42	6
4	Milly Davies	J	16	15	12		16	3
4	Milly Davies	SB	54				54	2=
5	Kirsten Brown	SB	48				48	9=
5	Kirsten Brown	STJ	4.16	4.02	4.12		4.16	17
6	Lucie Blackman	SB	51				51	6
6	Lucie Blackman	SLJ	1.68	1.68	1.76		1.76	9
7	Niamh Crowley	BT	14	15	6	8	43	8
7	Niamh Crowley	TT	4	2	0	0	6	5=
8	Lotte Julian	SLJ	1.66	1.68	1.68		1.68	13
9	Beth Forrow	J	17	16	18		18	1
9	Beth Forrow	VJ	45	44	42		45	2
10	Amy Soldano	BT	15	12	4	14	45	7
10	Amy Soldano	CP	7.00	6.25	5.75		7.00	2
11	Christa Hetherington	CP	5.25	6.25	6.00		6.25	4
11	Christa Hetherington	SLJ	1.62	1.58	1.62		1.62	14
12	Jade Burrage	STJ	5.40	5.26	5.24		5.40	2
13	Tierney Kinsella	VJ	43	43	40		43	4

# Team Results

# Norfolk (orange)

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Score	OR	1+1	2+2	P6	OU	GP	HR	4x1	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Herts Phoenix	Purple	486	28	30	28	28	30	30	30	26	30	28	28	30	28	22	30	30
2	Essex Eagles	Green	474	30	28	30	24	28	28	28	30	26	30	30	26	24	30	28	26
3	Norfolk	Orange	446	26	26	26	30	26	26	26	28	24	24	26	28	30	28	26	20
4	Herts Pegasus	Blue	406	22	22	24	26	24	24	24	24	28	26	20	24	26	20	24	24
5	Cambridgeshire	Yellow	370	24	20	22	20	22	22	22	20	22	22	22	22	20	26	22	22
6	Bedfordshire	Red	368	20	24	20	22	20	20	20	22	20	20	24	20	22	24	20	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Alice Wakeley	J	12	11	17		17	2
1	Alice Wakeley	SB	52				52	5
2	Alicia Akinbiyi	SLJ	1.94	1.84	1.72		1.94	3
3	Caitlin Clark	BT	14	15	15	15	59	3
3	Caitlin Clark	STJ	0.00	4.92	4.76		4.92	9
4	Chloe Quantrill	SB	55				55	1
4	Chloe Quantrill	STJ	4.80	4.94	4.76		4.94	8
5	Daisy Spurway	J	12	13	12		13	6=
5	Daisy Spurway	VJ	36	37	38		38	9
6	Imogen La Chapelle	CP	5.50	5.25	5.75		5.75	6
6	Imogen La Chapelle	STJ	5.08	5.16	0.00		5.16	3
7	Katie Daniels	SLJ	1.84	1.82	1.94		1.94	2
8	Kaite Goldsmith	SB	50				50	7=
8	Kaite Goldsmith	VJ	45	44	44		45	1
9	Maya Layler	CP	5.50	5.00	5.25		5.50	8
9	Maya Layler	VJ	33	32	27		33	14
10	Sophie Peach	TT	4	0	0	0	4	10
11	Thea Howlett	BT	6	5	15	7	33	11
11	Thea Howlett	SLJ	1.72	1.72	1.74		1.74	10
12	Evie Cooper	BT	3	4	4	6	17	16
12	Evie Cooper	TT	0	2	0	0	2	12



# Results Sheet

# Obstacle Relay

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex Eagles	Green	1:29.3	0.0	1:29.3	30.0
2	05	Herts Phoenix	Purple	1:30.6	0.0	1:30.6	28.0
3	06	Norfolk	Orange	1:33.7	0.0	1:33.7	26.0
4	02	Cambridgeshire	Yellow	1:34.8	0.0	1:34.8	24.0
5	04	Herts Pegasus	Blue	1:36.2	0.0	1:36.2	22.0
6	01	Bedfordshire	Red	1:38.5	0.0	1:38.5	20.0

# Results Sheet

# 1 + 1 Lap Relay

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Purple	26.2	0.0	26.2	30.0
2	03	Essex Eagles	Green	26.5	0.0	26.5	28.0
3	06	Norfolk	Orange	26.6	0.0	26.6	26.0
4	01	Bedfordshire	Red	27.8	0.0	27.8	24.0
5	04	Herts Pegasus	Blue	28.3	0.0	28.3	22.0
6	02	Cambridgeshire	Yellow	30.1	0.0	30.1	20.0

# Results Sheet

# 2 + 2 Lap Relay

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex Eagles	Green	54.6	0.0	54.6	30.0
2	05	Herts Phoenix	Purple	56.2	0.0	56.2	28.0
3	06	Norfolk	Orange	56.6	0.0	56.6	26.0
4	04	Herts Pegasus	Blue	58.3	0.0	58.3	24.0
5	02	Cambridgeshire	Yellow	59.8	0.0	59.8	22.0
6	01	Bedfordshire	Red	1:01.6	0.0	1:01.6	20.0

# Results Sheet

# 6 Lap Paarlauf

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	Norfolk	Orange	1:25.2	0.0	1:25.2	30.0
2	05	Herts Phoenix	Purple	1:26.0	0.0	1:26.0	28.0
3	04	Herts Pegasus	Blue	1:27.4	0.0	1:27.4	26.0
4	03	Essex Eagles	Green	1:30.4	0.0	1:30.4	24.0
5	01	Bedfordshire	Red	1:32.6	0.0	1:32.6	22.0
6	02	Cambridgeshire	Yellow	1:37.1	0.0	1:37.1	20.0

# Results Sheet

# Over and Under Relay

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Purple	1:17.0	0.0	1:17.0	30.0
2	03	Essex Eagles	Green	1:17.2	0.0	1:17.2	28.0
3	06	Norfolk	Orange	1:18.6	0.0	1:18.6	26.0
4	04	Herts Pegasus	Blue	1:22.6	0.0	1:22.6	24.0
5	02	Cambridgeshire	Yellow	1:29.2	0.0	1:29.2	22.0
6	01	Bedfordshire	Red	1:31.7	0.0	1:31.7	20.0

# Results Sheet

# Grand Prix

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Purple	1:00.8	0.0	1:00.8	30.0
2	03	Essex Eagles	Green	1:08.5	0.0	1:08.5	28.0
3	06	Norfolk	Orange	1:09.5	0.0	1:09.5	26.0
4	04	Herts Pegasus	Blue	1:11.1	0.0	1:11.1	24.0
5	02	Cambridgeshire	Yellow	1:13.3	0.0	1:13.3	22.0
6	01	Bedfordshire	Red	1:13.5	0.0	1:13.5	20.0

# Results Sheet

# Hurdles Relay

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Purple	1:02.3	0.0	1:02.3	30.0
2	03	Essex Eagles	Green	1:03.0	0.0	1:03.0	28.0
3	06	Norfolk	Orange	1:04.0	0.0	1:04.0	26.0
4	04	Herts Pegasus	Blue	1:05.6	0.0	1:05.6	24.0
5	02	Cambridgeshire	Yellow	1:08.2	0.0	1:08.2	22.0
6	01	Bedfordshire	Red	1:11.6	0.0	1:11.6	20.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex Eagles	Green	54.2	0.0	54.2	30.0
2	06	Norfolk	Orange	54.4	0.0	54.4	28.0
3	05	Herts Phoenix	Purple	55.1	0.0	55.1	26.0
4	04	Herts Pegasus	Blue	56.8	0.0	56.8	24.0
5	01	Bedfordshire	Red	57.2	0.0	57.2	22.0
6	02	Cambridgeshire	Yellow	59.8	0.0	59.8	20.0



# Results Sheet

# Balance Test

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Essex Eagles	Green	171	30
2	Herts Phoenix	Purple	129	28
3	Herts Pegasus	Blue	121	26
4	Norfolk	Orange	109	24
5	Cambridgeshire	Yellow	86	22
6	Bedfordshire	Red	78	20

Ranking	Team	Colour	BibNo	Name	Total
1=	Essex Eagles	Green	4	Alex Gordon	60
1=	Essex Eagles	Green	13	Ellie Rowan	60
3	Norfolk	Orange	3	Caitlin Clark	59
4	Herts Pegasus	Blue	11	Rebecca Tether	58
5	Bedfordshire	Red	5	Natalie Christey	54
6	Essex Eagles	Green	11	Brogan Ravenall	51
7	Herts Phoenix	Purple	10	Amy Soldano	45
8	Herts Phoenix	Purple	7	Niamh Crowley	43
9	Herts Phoenix	Purple	3	Mollie Gumble	41
10	Herts Pegasus	Blue	8	Sophie Hanney	38
11	Norfolk	Orange	11	Thea Howlett	33
12	Cambridgeshire	Yellow	7	Ellie Forrest	31
13	Cambridgeshire	Yellow	11	Molly Barios	29
14	Cambridgeshire	Yellow	3	Ellen Chaplin	26
15	Herts Pegasus	Blue	13	Katie Andrew	25
16	Norfolk	Orange	12	Evie Cooper	17
17	Bedfordshire	Red	3	Freya Chapman	15
18	Bedfordshire	Red	2	Shannah Stubbs	9

# Results Sheet

# Chest Push

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Essex Eagles	Green	13.50	30
2	Herts Phoenix	Purple	13.25	28
3	Norfolk	Orange	11.25	26
4	Bedfordshire	Red	10.50	24
5	Cambridgeshire	Yellow	10.00	22
6	Herts Pegasus	Blue	9.50	20

Ranking	Team	Colour	BibNo	Name	Best
1	Essex Eagles	Green	6	Mayi Hughes	7.50
2	Herts Phoenix	Purple	10	Amy Soldano	7.00
3	Bedfordshire	Red	9	Shannon Monrow	6.50
4	Herts Phoenix	Purple	11	Christa Hetherington	6.25
5	Essex Eagles	Green	11	Brogan Ravenall	6.00
6	Norfolk	Orange	6	Imogen La Chapelle	5.75
7	Cambridgeshire	Yellow	8	Harriet Bruce	5.50
8	Norfolk	Orange	9	Maya Layler	5.50
9	Herts Pegasus	Blue	14	Angelica Bowring	5.00
10	Cambridgeshire	Yellow	2	Eve Meakin	4.50
11	Herts Pegasus	Blue	15	Olivia Davies	4.50
12	Bedfordshire	Red	1	Holly Bywater	4.00

# Results Sheet

# Javelin

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Purple	34	30
2	Norfolk	Orange	30	28
3	Essex Eagles	Green	27	26
4	Herts Pegasus	Blue	26	24
5	Cambridgeshire	Yellow	24	22
6	Bedfordshire	Red	19	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	Purple	9	Beth Farrow	18
2	Norfolk	Orange	1	Alice Wakeley	17
3	Herts Phoenix	Purple	4	Milly Davies	16
4=	Bedfordshire	Red	3	Freya Chapman	14
4=	Essex Eagles	Green	1	Eleanor Butt	14
6=	Herts Pegasus	Blue	2	Esther Mason	13
6=	Norfolk	Orange	5	Daisy Spurway	13
8	Essex Eagles	Green	2	Rochelle Constable	13
9	Herts Pegasus	Blue	1	Ellis Hawkes	13
10	Cambridgeshire	Yellow	8	Harriet Bruce	12
11	Cambridgeshire	Yellow	10	Tashie Donnelly	12
12	Bedfordshire	Red	8	Kimran Bhogal	5

# Results Sheet

# Speed Bounce

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Norfolk	Orange	157	30
2	Herts Phoenix	Purple	153	28
3	Herts Pegasus	Blue	146	26
4	Essex Eagles	Green	144	24
5	Bedfordshire	Red	142	22
6	Cambridgeshire	Yellow	141	20

Ranking	Team	Colour	BibNo	Name	Total
1	Norfolk	Orange	4	Chloe Quantrill	55
2=	Cambridgeshire	Yellow	10	Tashie Donnelly	54
2=	Herts Phoenix	Purple	4	Milly Davies	54
4	Essex Eagles	Green	7	Elena Iruskieta	53
5	Norfolk	Orange	1	Alice Wakeley	52
6	Herts Phoenix	Purple	6	Lucie Blackman	51
7=	Herts Pegasus	Blue	4	Liberty Neave	50
7=	Norfolk	Orange	8	Kaite Goldsmith	50
9=	Bedfordshire	Red	5	Natalie Christey	48
9=	Bedfordshire	Red	9	Shannon Monrow	48
9=	Essex Eagles	Green	3	Shannon Coombs	48
9=	Herts Pegasus	Blue	2	Esther Mason	48
9=	Herts Pegasus	Blue	9	Jodie Braithwaite	48
9=	Herts Phoenix	Purple	5	Kirsten Brown	48
15=	Bedfordshire	Red	4	Katie Lansbury	46
15=	Cambridgeshire	Yellow	9	Theresa Norman-Dowson	46
17	Essex Eagles	Green	5	Lauren Hooper	43
18	Cambridgeshire	Yellow	1	Frances Chapman	41

# Results Sheet

# Standing Long Jump

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Essex Eagles	Green	5.70	30
2	Norfolk	Orange	5.62	28
3	Cambridgeshire	Yellow	5.30	26
4	Bedfordshire	Red	5.16	24
5	Herts Phoenix	Purple	5.06	22
6	Herts Pegasus	Blue	4.58	20

Ranking	Team	Colour	BibNo	Name	Best
1	Essex Eagles	Green	10	Isabella Purdie	1.94
2	Norfolk	Orange	7	Katie Daniels	1.94
3	Norfolk	Orange	2	Alicia Akinbiyi	1.94
4	Bedfordshire	Red	5	Natalie Christey	1.90
5	Essex Eagles	Green	7	Elena Iruskieta	1.90
6	Essex Eagles	Green	9	Abena Oteng	1.86
7	Cambridgeshire	Yellow	7	Ellie Forrest	1.82
8	Cambridgeshire	Yellow	8	Harriet Bruce	1.78
9	Herts Phoenix	Purple	6	Lucie Blackman	1.76
10	Norfolk	Orange	11	Thea Howlett	1.74
11	Cambridgeshire	Yellow	5	Daisy Lihoreau	1.70
12	Bedfordshire	Red	4	Katie Lansbury	1.70
13	Herts Phoenix	Purple	8	Lotte Julian	1.68
14	Herts Phoenix	Purple	11	Christa Hetherington	1.62
15	Herts Pegasus	Blue	4	Liberty Neave	1.60
16	Bedfordshire	Red	10	Amelia Kirby	1.56
17	Herts Pegasus	Blue	5	Grace Stansall-Seiler	1.52
18	Herts Pegasus	Blue	11	Rebecca Tether	1.46

# Results Sheet

# Standing Triple Jump

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Purple	15.64	30
2	Essex Eagles	Green	15.08	28
3	Norfolk	Orange	15.02	26
4	Herts Pegasus	Blue	14.64	24
5	Cambridgeshire	Yellow	13.64	22
6	Bedfordshire	Red	12.98	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	Purple	1	Grace Gentry	6.08
2	Herts Phoenix	Purple	12	Jade Burrage	5.40
3	Norfolk	Orange	6	Imogen La Chapelle	5.16
4	Herts Pegasus	Blue	1	Ellis Hawkes	5.12
5	Essex Eagles	Green	2	Rochelle Constable	5.08
6	Essex Eagles	Green	1	Eleanor Butt	5.02
7	Essex Eagles	Green	13	Ellie Rowan	4.98
8	Norfolk	Orange	4	Chloe Quantrill	4.94
9	Norfolk	Orange	3	Caitlin Clark	4.92
10	Herts Pegasus	Blue	3	Ruby Smith	4.86
11	Cambridgeshire	Yellow	4	Ella Greenwood	4.76
12	Bedfordshire	Red	2	Shannah Stubbs	4.68
13	Herts Pegasus	Blue	6	Lizzie Alliot	4.66
14	Cambridgeshire	Yellow	2	Eve Meakin	4.64
15	Bedfordshire	Red	3	Freya Chapman	4.44
16	Cambridgeshire	Yellow	9	Theresa Norman-Dowson	4.24
17	Herts Phoenix	Purple	5	Kirsten Brown	4.16
18	Bedfordshire	Red	1	Holly Bywater	3.86

# Results Sheet

# Target Throw

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Purple	17	30
2	Bedfordshire	Red	16	28
3	Essex Eagles	Green	14	26
4	Herts Pegasus	Blue	13	24
5	Cambridgeshire	Yellow	12	22
6	Norfolk	Orange	6	20

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Phoenix	Purple	2	Katie Liptrot	11
2=	Bedfordshire	Red	10	Amelia Kirby	10
2=	Herts Pegasus	Blue	12	Agnes Brett	10
4	Essex Eagles	Green	15	Felicity Wall	8
5=	Bedfordshire	Red	6	Megan Wills	6
5=	Cambridgeshire	Yellow	1	Frances Chapman	6
5=	Cambridgeshire	Yellow	4	Ella Greenwood	6
5=	Essex Eagles	Green	3	Shannon Coombs	6
5=	Herts Phoenix	Purple	7	Niamh Crowley	6
10	Norfolk	Orange	10	Sophie Peach	4
11	Herts Pegasus	Blue	10	Macey Weaver	3
12	Norfolk	Orange	12	Evie Cooper	2

# Results Sheet

# Vertical Jump

## Competition:

AFIA-East Regional Festival Under 11 Girls

## Venue:

Sportspark, UEA, Norwich

## Date

21 Jan 2012

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Purple	130	30
2	Essex Eagles	Green	126	28
3	Norfolk	Orange	116	26
4	Herts Pegasus	Blue	104	24
5	Bedfordshire	Red	100	22
6	Cambridgeshire	Yellow	97	20

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Orange	8	Kaite Goldsmith	45
2	Herts Phoenix	Purple	9	Beth Forrow	45
3	Essex Eagles	Green	14	Jessica Smith	44
4	Herts Phoenix	Purple	13	Tierney Kinsella	43
5	Essex Eagles	Green	4	Alex Gordon	42
6	Herts Phoenix	Purple	3	Mollie Gumble	42
7	Essex Eagles	Green	12	Yasmin Robinson	40
8	Bedfordshire	Red	7	Roisin Gittins	39
9	Norfolk	Orange	5	Daisy Spurway	38
10	Cambridgeshire	Yellow	3	Ellen Chaplin	37
11	Herts Pegasus	Blue	15	Olivia Davies	36
12	Herts Pegasus	Blue	9	Jodie Braithwaite	34
13	Herts Pegasus	Blue	13	Katie Andrew	34
14	Norfolk	Orange	9	Maya Layler	33
15	Bedfordshire	Red	6	Megan Wills	32
16	Cambridgeshire	Yellow	11	Molly Barios	31
17	Cambridgeshire	Yellow	12	Kayleigh Belt	29
18	Bedfordshire	Red	8	Kimran Bhogal	29



# Hi - Stepper - Girls

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Red	Holly Bywater	20.3		20.3	54.0	6	20
	Roisin Gittins	16.3	1	16.4			
	Kimran Bhogal	17.3		17.3			
Yellow	Daisy Lihoreau	14.4		14.4	46.9	5	22
	Kayleigh Belt	16.3		16.3			
	Molly Barios	16.2		16.2			
Green	Hollie King	13.2	2	13.4	44.1	3	26
	Isabella Purdie	15.3		15.3			
	Jessica Smith	15.4		15.4			
Blue	Grace Stansall-Seiler	14.5		14.5	43.1	2	28
	Lizzie Alliot	14.7		14.7			
	Lily Prutton	13.8	1	13.9			
Purple	Grace Gentry	13.4		13.4	41.0	1	30
	Katie Liptrot	12.6	1	12.7			
	Jade Burrage	14.9		14.9			
Orange	Alicia Akinbiyi	14.3	5	14.8	45.0	4	24
	Katie Daniels	15.2	2	15.4			
	Sophie Peach	14.8		14.8			