



Aviva Sportshall UK Championships

Fun in Athletics Festivals 2009-2010

East Regional Festival
Hertfordshire Sports Village, Hatfield
Saturday 14 November 2009

Cambridgeshire Cheetahs	red
Cambridgeshire Cougars	yellow
Herts Pegasus	green
Herts Phoenix	blue
Norfolk	purple
Suffolk	orange

Skills > Awards > Competition

Eveque


ENGLAND ATHLETICS


AVIVA

Competition Results

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

Team Results

Cambridgeshire Cheetahs (red)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Findlay Marriot	SLJ	1.92	1.80	1.90		1.92	2
2	Ellie Forrest	BT	2	2	15	2	21	12
2	Ellie Forrest	SLJ	1.36	1.48	1.42		1.48	11
3	Lucy Parker	SB	47				47	11=
3	Lucy Parker	VJ	39	40	41		41	5
4	Jasmine Fakolujo	SB	35				35	18
4	Jasmine Fakolujo	VJ	22	28	30		30	15
5	Eleanor Shields	STJ	2.63	3.54	3.64		3.64	17
6	Ashley Bucke	STJ	3.48	3.28	3.82		3.82	12
7	Pippa Saunders	BT	4	7	1	1	13	14=
7	Pippa Saunders	J	7	8	6		8	9
8	Zoe Adamson	CP	6.00	5.50	5.25		6.00	2
9	Abbie Clarke	CP	5.00	4.75	5.00		5.00	9
9	Abbie Clarke	SB	47				47	11=
10	Thea Koty	J	7	7	6		7	10
10	Thea Koty	VJ	32	32	32		32	11
11	Adelaide Omitowoju	BT	12	15	15	4	46	7=
11	Adelaide Omitowoju	TT	6	6	0	2	14	1=
12	Elena Noe	STJ	3.66	3.65	0.00		3.66	16
13	Maggie Linysay	SLJ	0.00	1.45	1.60		1.60	9
13	Maggie Linysay	TT	6	4	0	0	10	6

Team Results

Cambridgeshire Cougars (yellow)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Sasha Vail	CP	4.75	4.25	4.50		4.75	11
1	Sasha Vail	SB	50				50	6=
3	Jess Robertson	SB	48				48	10
3	Jess Robertson	STJ	3.57	3.42	3.46		3.57	18
4	Rosie Robertson	TT	4	0	0	0	4	11=
5	Sophie Morris	BT	4	4	4	2	14	13
5	Sophie Morris	STJ	3.85	0.00	3.74		3.85	10
6	Molly Barrios	BT	11	8	8	10	37	11
6	Molly Barrios	STJ	3.68	3.54	3.62		3.68	15
7	Eleanor Casford	CP	5.25	5.25	5.00		5.25	5=
7	Eleanor Casford	VJ	23	25	27		27	16
8	Gemma Donnelly	SB	45				45	13=
8	Gemma Donnelly	SLJ	0.00	1.26	1.38		1.38	15
9	Tashie Donnelly	TT	4	4	1	3	12	4=
10	Cassie Bailey	VJ	29	31	32		32	13
11	Sarah Kerins	J	6	3	7		7	11
12	Emma Spray	SLJ	1.41	1.38	1.38		1.41	13
13	Rachel Brightwell	BT	1	1	2	6	10	16
13	Rachel Brightwell	J	7	7	9		9	7
14	Charlotte Smith	SLJ	1.31	1.29	1.38		1.38	14
14	Charlotte Smith	TT	0	0	0	0	0	

Team Results

Herts Pegasus (green)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Abi Stewart	VJ	31	35	33		35	10
2	Alice Fowler	CP	4.50	5.00	4.75		5.00	10
2	Alice Fowler	SLJ	1.64	1.63	1.61		1.64	8
3	Alice Taylor	BT	15	15	15	15	60	1=
3	Alice Taylor	VJ	35	34	34		35	9
4	Erin Carter	SB	49				49	8=
5	Amy Clayton	SLJ	1.54	1.51	1.66		1.66	6
7	Eppie Sharp	J	11	12	11		12	3
7	Eppie Sharp	STJ	4.76	4.88	4.84		4.88	5
8	Erin Breen	SLJ	1.62	1.65	1.62		1.65	7
9	Hannah Botterman	J	9	11	12		12	4
9	Hannah Botterman	STJ	4.66	4.68	4.59		4.68	7
10	Kia Stevens	CP	5.00	5.25	5.00		5.25	7
11	Kyianna Christie	SB	49				49	8=
12	Lily Jones	SB	54				54	4
12	Lily Jones	STJ	4.86	5.06	4.94		5.06	4
13	Natasha Hill	TT	4	0	2	0	6	9=
14	Romi Sharp	BT	15	15	15	15	60	1=
14	Romi Sharp	VJ	32	31	31		32	12
15	Victoria Parry	BT	15	15	2	15	47	6
15	Victoria Parry	TT	3	3	1	0	7	8

Team Results

Herts Phoenix (blue)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Zoe Benton	SB	53				53	5
1	Zoe Benton	STJ	5.55	5.66	5.68		5.68	1
2	Bintu Freeman	J	12	14	18		18	1
2	Bintu Freeman	SLJ	2.01	2.04	2.06		2.06	1
3	Georgia Satwick	SB	56				56	1
3	Georgia Satwick	STJ	4.92	5.39	5.11		5.39	2
4	Pippa Beauchamp	BT	15	15	15	15	60	1=
4	Pippa Beauchamp	VJ	41	39	37		41	6
7	Alice Semark	J	13	11	13		13	2
7	Alice Semark	SLJ	1.81	1.90	0.00		1.90	3
8	Nicole Parcell	BT	15	15	6	10	46	7=
8	Nicole Parcell	CP	6.25	5.75	6.00		6.25	1
9	Megan Fielding	BT	15	15	15	15	60	1=
9	Megan Fielding	TT	6	4	0	4	14	1=
10	Bethan Eyre	SLJ	1.59	1.59	1.42		1.59	10
10	Bethan Eyre	TT	6	6	2	0	14	1=
11	Elizabeth Francis	CP	5.25	5.00	5.25		5.25	5=
11	Elizabeth Francis	VJ	43	43	44		44	3
12	Madeleine Davies	VJ	43	45	45		45	1
13	Georgia Chambers	SB	55				55	2=
13	Georgia Chambers	STJ	4.78	0.00	4.88		4.88	6

Team Results

Norfolk (purple)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Lucy Edwards	SB	55				55	2=
1	Lucy Edwards	VJ	38	37	45		45	2
2	Izzy Chrysafi	STJ	5.08	5.20	5.36		5.36	3
3	Rhianna Campbell-Cann	SB	44				44	15
3	Rhianna Campbell-Cann	VJ	36	32	33		36	8
4	Carra Bignell	BT	4	2	3	4	13	14=
4	Carra Bignell	TT	6	4	2	0	12	4=
5	Annil Hamilton	CP	5.25	5.00	4.00		5.25	8
5	Annil Hamilton	J	5	7	9		9	8
5	Annil Hamilton	STJ	3.66	3.73	3.81		3.81	13
6	Madison Stubbs	CP	5.50	5.00	4.75		5.50	4
6	Madison Stubbs	STJ	4.20	3.98	4.08		4.20	8
7	Lauren Stansbury	BT	1	3	1	2	7	17
7	Lauren Stansbury	VJ	31	21	20		31	14
8	Eilish Croaghan	BT	12	15	4	12	43	9
8	Eilish Croaghan	J	11	11	7		11	5
9	Marcia Windsor-Waite	SLJ	1.78	1.68	1.64		1.78	4
10	Danielle Middleton	SLJ	1.38	1.72	1.30		1.72	5
11	Hannah Greenhalgh	SB	50				50	6=
11	Hannah Greenhalgh	SLJ	1.46	1.44	1.39		1.46	12
11	Hannah Greenhalgh	TT	4	4	0	0	8	7

Team Results

Suffolk (orange)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	GP	HR	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ	
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	28	30	30	30	30	30	30	30	30
2	Herts Pegasus	green	426	28	28	26	28	28	28	26	26	30	24	28	28	24	28	22	24	24
3	Norfolk	purple	416	26	26	28	24	24	26	28	28	22	26	26	26	26	26	26	26	28
4	Cambridgeshire Cheetahs	red	382	22	24	24	22	22	24	22	24	24	28	22	20	28	22	28	26	26
5	Suffolk	orange	358	24	22	22	26	26	20	24	20	26	20	20	22	20	24	20	22	22
6	Cambridgeshire Cougars	yellow	340	20	20	20	20	20	22	20	22	20	22	24	24	22	20	24	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Amy Sawyer	SLJ	1.02	1.21	1.12		1.21	18
1	Amy Sawyer	TT	2	2	2	0	6	9=
2	Eve Sawyer	SLJ	1.10	1.20	1.24		1.24	17
2	Eve Sawyer	TT	2	2	0	0	4	11=
3	Felicity Jarvis	BT	5	15	15	15	50	5
3	Felicity Jarvis	VJ	36	30	35		36	7
5	Lillian Wade	BT	7	13	15	5	40	10
5	Lillian Wade	STJ	3.77	3.73	3.72		3.77	14
6	Olivia Dickson	VJ	41	42	42		42	4
8	Maria Cusworth	SB	43				43	16=
8	Maria Cusworth	SLJ	0.00	1.38	0.00		1.38	16
9	Alice Kempson	J	8	8	9		9	6
9	Alice Kempson	STJ	4.01	4.06	3.86		4.06	9
10	Niamh Leeson	SB	43				43	16=
10	Niamh Leeson	STJ	0.00	3.82	3.84		3.84	11
13	Saskia Wright	CP	5.50	5.25	5.50		5.50	3
13	Saskia Wright	SB	45				45	13=

Results Sheet

Obstacle Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:24.4	0.0	1:24.4	30.0
2	03	Herts Pegasus	green	1:34.5	0.0	1:34.5	28.0
3	05	Norfolk	purple	1:38.1	0.0	1:38.1	26.0
4	06	Suffolk	orange	1:40.6	0.0	1:40.6	24.0
5	01	Cambridgeshire Cheetahs	red	1:44.9	0.0	1:44.9	22.0
6	02	Cambridgeshire Cougars	yellow	1:53.7	0.0	1:53.7	20.0

Results Sheet

1 + 1 Lap Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	25.7	0.0	25.7	30.0
2	03	Herts Pegasus	green	27.7	0.0	27.7	28.0
3	05	Norfolk	purple	27.7	0.0	27.7	26.0
4	01	Cambridgeshire Cheetahs	red	29.0	0.0	29.0	24.0
5	06	Suffolk	orange	30.9	0.0	30.9	22.0
6	02	Cambridgeshire Cougars	yellow	33.2	0.0	33.2	20.0

Results Sheet

4 x 1 Lap Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	53.9	0.0	53.9	30.0
2	05	Norfolk	purple	55.4	0.0	55.4	28.0
3	03	Herts Pegasus	green	55.9	0.0	55.9	26.0
4	01	Cambridgeshire Cheetahs	red	59.1	0.0	59.1	24.0
5	06	Suffolk	orange	1:02.6	0.0	1:02.6	22.0
6	02	Cambridgeshire Cougars	yellow	1:03.8	0.0	1:03.8	20.0

Results Sheet

6 Lap Paarlauf

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:22.0	0.0	1:22.0	30.0
2	03	Herts Pegasus	green	1:30.2	0.0	1:30.2	28.0
3	06	Suffolk	orange	1:32.5	0.0	1:32.5	26.0
4	05	Norfolk	purple	1:34.5	0.0	1:34.5	24.0
5	01	Cambridgeshire Cheetahs	red	1:34.9	0.0	1:34.9	22.0
6	02	Cambridgeshire Cougars	yellow	1:44.4	0.0	1:44.4	20.0

Results Sheet

Over and Under Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:17.4	0.0	1:17.4	30.0
2	03	Herts Pegasus	green	1:23.5	0.0	1:23.5	28.0
3	06	Suffolk	orange	1:26.4	0.0	1:26.4	26.0
4	05	Norfolk	purple	1:27.0	0.0	1:27.0	24.0
5	01	Cambridgeshire Cheetahs	red	1:30.6	0.0	1:30.6	22.0
6	02	Cambridgeshire Cougars	yellow	1:39.8	0.0	1:39.8	20.0

Results Sheet

Grand Prix

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:04.0	0.0	1:04.0	30.0
2	03	Herts Pegasus	green	1:09.5	0.0	1:09.5	28.0
3	05	Norfolk	purple	1:10.3	0.0	1:10.3	26.0
4	01	Cambridgeshire Cheetahs	red	1:13.6	0.0	1:13.6	24.0
5	02	Cambridgeshire Cougars	yellow	1:19.6	0.0	1:19.6	22.0
6	06	Suffolk	orange	1:24.1	0.0	1:24.1	20.0

Results Sheet

Hurdles Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:01.9	0.0	1:01.9	30.0
2	05	Norfolk	purple	1:04.1	0.0	1:04.1	28.0
3	03	Herts Pegasus	green	1:04.5	0.0	1:04.5	26.0
4	06	Suffolk	orange	1:06.3	0.0	1:06.3	24.0
5	01	Cambridgeshire Cheetahs	red	1:12.5	0.0	1:12.5	22.0
6	02	Cambridgeshire Cougars	yellow	1:21.2	0.0	1:21.2	20.0

Results Sheet

Balance Test

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Pegasus	green	167	30
2	Herts Phoenix	blue	166	28
3	Suffolk	orange	90	26
4	Cambridgeshire Cheetahs	red	80	24
5	Norfolk	purple	63	22
6	Cambridgeshire Cougars	yellow	61	20

Ranking	Team	Colour	BibNo	Name	Total
1=	Herts Pegasus	green	3	Alice Tayler	60
1=	Herts Pegasus	green	14	Romi Sharp	60
1=	Herts Phoenix	blue	4	Pippa Beauchamp	60
1=	Herts Phoenix	blue	9	Megan Fielding	60
5	Suffolk	orange	3	Felicity Jarvis	50
6	Herts Pegasus	green	15	Victoria Parry	47
7=	Cambridgeshire Cheetahs	red	11	Adelaide Omitowoju	46
7=	Herts Phoenix	blue	8	Nicole Parcell	46
9	Norfolk	purple	8	Eilish Croaghan	43
10	Suffolk	orange	5	Lillian Wade	40
11	Cambridgeshire Cougars	yellow	6	Molly Barrios	37
12	Cambridgeshire Cheetahs	red	2	Ellie Forrest	21
13	Cambridgeshire Cougars	yellow	5	Sophie Morris	14
14=	Cambridgeshire Cheetahs	red	7	Pippa Saunders	13
14=	Norfolk	purple	4	Carra Bignell	13
16	Cambridgeshire Cougars	yellow	13	Rachel Brightwell	10
17	Norfolk	purple	7	Lauren Stansbury	7

Results Sheet

Chest Push

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	11.50	30
2	Cambridgeshire Cheetahs	red	11.00	28
3	Norfolk	purple	10.75	26
4	Herts Pegasus	green	10.25	24
5	Cambridgeshire Cougars	yellow	10.00	22
6	Suffolk	orange	5.50	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	8	Nicole Parcell	6.25
2	Cambridgeshire Cheetahs	red	8	Zoe Adamson	6.00
3	Suffolk	orange	13	Saskia Wright	5.50
4	Norfolk	purple	6	Madison Stubbs	5.50
5=	Cambridgeshire Cougars	yellow	7	Eleanor Casford	5.25
5=	Herts Phoenix	blue	11	Elizabeth Francis	5.25
7	Herts Pegasus	green	10	Kia Stevens	5.25
8	Norfolk	purple	5	Annil Hamilton	5.25
9	Cambridgeshire Cheetahs	red	9	Abbie Clarke	5.00
10	Herts Pegasus	green	2	Alice Fowler	5.00
11	Cambridgeshire Cougars	yellow	1	Sasha Vail	4.75

Results Sheet

Javelin

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	31	30
2	Herts Pegasus	green	24	28
3	Norfolk	purple	20	26
4	Cambridgeshire Cougars	yellow	16	24
5	Cambridgeshire Cheetahs	red	15	22
6	Suffolk	orange	9	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	2	Bintu Freeman	18
2	Herts Phoenix	blue	7	Alice Semark	13
3	Herts Pegasus	green	7	Eppie Sharp	12
4	Herts Pegasus	green	9	Hannah Botterman	12
5	Norfolk	purple	8	Eilish Croaghan	11
6	Suffolk	orange	9	Alice Kempson	9
7	Cambridgeshire Cougars	yellow	13	Rachel Brightwell	9
8	Norfolk	purple	5	Annil Hamilton	9
9	Cambridgeshire Cheetahs	red	7	Pippa Saunders	8
10	Cambridgeshire Cheetahs	red	10	Thea Koty	7
11	Cambridgeshire Cougars	yellow	11	Sarah Kerins	7

Results Sheet

Speed Bounce

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	164	30
2	Herts Pegasus	green	152	28
3	Norfolk	purple	149	26
4	Cambridgeshire Cougars	yellow	143	24
5	Suffolk	orange	131	22
6	Cambridgeshire Cheetahs	red	129	20

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Phoenix	blue	3	Georgia Satwick	56
2=	Herts Phoenix	blue	13	Georgia Chambers	55
2=	Norfolk	purple	1	Lucy Edwards	55
4	Herts Pegasus	green	12	Lily Jones	54
5	Herts Phoenix	blue	1	Zoe Benton	53
6=	Cambridgeshire Cougars	yellow	1	Sasha Vail	50
6=	Norfolk	purple	11	Hannah Greenhalgh	50
8=	Herts Pegasus	green	4	Erin Carter	49
8=	Herts Pegasus	green	11	Kyianna Christie	49
10	Cambridgeshire Cougars	yellow	3	Jess Robertson	48
11=	Cambridgeshire Cheetahs	red	3	Lucy Parker	47
11=	Cambridgeshire Cheetahs	red	9	Abbie Clarke	47
13=	Cambridgeshire Cougars	yellow	8	Gemma Donnelly	45
13=	Suffolk	orange	13	Saskia Wright	45
15	Norfolk	purple	3	Rhianna Campbell-Cann	44
16=	Suffolk	orange	8	Maria Cusworth	43
16=	Suffolk	orange	10	Niamh Leeson	43
18	Cambridgeshire Cheetahs	red	4	Jasmine Fakolujo	35

Results Sheet

Standing Long Jump

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	5.55	30
2	Cambridgeshire Cheetahs	red	5.00	28
3	Norfolk	purple	4.96	26
4	Herts Pegasus	green	4.95	24
5	Cambridgeshire Cougars	yellow	4.17	22
6	Suffolk	orange	3.83	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	2	Bintu Freeman	2.06
2	Cambridgeshire Cheetahs	red	1	Findlay Marriot	1.92
3	Herts Phoenix	blue	7	Alice Semark	1.90
4	Norfolk	purple	9	Marcia Windsor-Waite	1.78
5	Norfolk	purple	10	Danielle Middleton	1.72
6	Herts Pegasus	green	5	Amy Clayton	1.66
7	Herts Pegasus	green	8	Erin Breen	1.65
8	Herts Pegasus	green	2	Alice Fowler	1.64
9	Cambridgeshire Cheetahs	red	13	Maggie Linysay	1.60
10	Herts Phoenix	blue	10	Bethan Eyre	1.59
11	Cambridgeshire Cheetahs	red	2	Ellie Forrest	1.48
12	Norfolk	purple	11	Hannah Greenhalgh	1.46
13	Cambridgeshire Cougars	yellow	12	Emma Spray	1.41
14	Cambridgeshire Cougars	yellow	14	Charlotte Smith	1.38
15	Cambridgeshire Cougars	yellow	8	Gemma Donnelly	1.38
16	Suffolk	orange	8	Maria Cusworth	1.38
17	Suffolk	orange	2	Eve Sawyer	1.24
18	Suffolk	orange	1	Amy Sawyer	1.21

Results Sheet

Standing Triple Jump

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	15.95	30
2	Herts Pegasus	green	14.62	28
3	Norfolk	purple	13.37	26
4	Suffolk	orange	11.67	24
5	Cambridgeshire Cheetahs	red	11.12	22
6	Cambridgeshire Cougars	yellow	11.10	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	1	Zoe Benton	5.68
2	Herts Phoenix	blue	3	Georgia Satwick	5.39
3	Norfolk	purple	2	Izzy Chrysafi	5.36
4	Herts Pegasus	green	12	Lily Jones	5.06
5	Herts Pegasus	green	7	Eppie Sharp	4.88
6	Herts Phoenix	blue	13	Georgia Chambers	4.88
7	Herts Pegasus	green	9	Hannah Botterman	4.68
8	Norfolk	purple	6	Madison Stubbs	4.20
9	Suffolk	orange	9	Alice Kempson	4.06
10	Cambridgeshire Cougars	yellow	5	Sophie Morris	3.85
11	Suffolk	orange	10	Niamh Leeson	3.84
12	Cambridgeshire Cheetahs	red	6	Ashley Bucke	3.82
13	Norfolk	purple	5	Annil Hamilton	3.81
14	Suffolk	orange	5	Lillian Wade	3.77
15	Cambridgeshire Cougars	yellow	6	Molly Barrios	3.68
16	Cambridgeshire Cheetahs	red	12	Elena Noe	3.66
17	Cambridgeshire Cheetahs	red	5	Eleanor Shields	3.64
18	Cambridgeshire Cougars	yellow	3	Jess Robertson	3.57

Results Sheet

Target Throw

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	28	30
2	Cambridgeshire Cheetahs	red	24	28
3	Norfolk	purple	20	26
4	Cambridgeshire Cougars	yellow	16	24
5	Herts Pegasus	green	13	22
6	Suffolk	orange	10	20

Ranking	Team	Colour	BibNo	Name	Total
1=	Cambridgeshire Cheetahs	red	11	Adelaide Omitowoju	14
1=	Herts Phoenix	blue	9	Megan Fielding	14
1=	Herts Phoenix	blue	10	Bethan Eyre	14
4=	Cambridgeshire Cougars	yellow	9	Tashie Donnelly	12
4=	Norfolk	purple	4	Carra Bignell	12
6	Cambridgeshire Cheetahs	red	13	Maggie Linysay	10
7	Norfolk	purple	11	Hannah Greenhalgh	8
8	Herts Pegasus	green	15	Victoria Parry	7
9=	Herts Pegasus	green	13	Natasha Hill	6
9=	Suffolk	orange	1	Amy Sawyer	6
11=	Cambridgeshire Cougars	yellow	4	Rosie Robertson	4
11=	Suffolk	orange	2	Eve Sawyer	4
	Cambridgeshire Cougars	yellow	14	Charlotte Smith	0

Results Sheet

Vertical Jump

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Hertfordshire Sports Village, Hatfield

Date

14 Nov 2009

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	130	30
2	Norfolk	purple	112	28
3	Cambridgeshire Cheetahs	red	103	26
4	Herts Pegasus	green	102	24
5	Suffolk	orange	78	22
6	Cambridgeshire Cougars	yellow	59	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	12	Madeleine Davies	45
2	Norfolk	purple	1	Lucy Edwards	45
3	Herts Phoenix	blue	11	Elizabeth Francis	44
4	Suffolk	orange	6	Olivia Dickson	42
5	Cambridgeshire Cheetahs	red	3	Lucy Parker	41
6	Herts Phoenix	blue	4	Pippa Beauchamp	41
7	Suffolk	orange	3	Felicity Jarvis	36
8	Norfolk	purple	3	Rhianna Campbell-Cann	36
9	Herts Pegasus	green	3	Alice Tayler	35
10	Herts Pegasus	green	1	Abi Stewart	35
11	Cambridgeshire Cheetahs	red	10	Thea Koty	32
12	Herts Pegasus	green	14	Romi Sharp	32
13	Cambridgeshire Cougars	yellow	10	Cassie Bailey	32
14	Norfolk	purple	7	Lauren Stansbury	31
15	Cambridgeshire Cheetahs	red	4	Jasmine Fakolujo	30
16	Cambridgeshire Cougars	yellow	7	Eleanor Casford	27

Hi - Stepper - Girls

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Red	Findlay Marriot	16.3		16.3	55.4	4	24
	Zoe Adamson	20.7	3	21.0			
	Elena Noe	18.1		18.1			
Yellow	Rosie Robertson	23.2		23.2	55.8	5	22
	Tashie Donnelly	15.8		15.8			
	Emma Spray	16.8		16.8			
Green	Ellie Williams	14.0	1	14.1	45.5	3	26
	Erin Breen	14.2		14.2			
	Kia Stevens	17.2		17.2			
Blue	Amelia Harvey	13.3	1	13.4	40.1	1	30
	Jessica Prutton	13.7	1	13.8			
	Madeleine Davies	12.9		12.9			
Purple	Izzy Chrysafi	13.5		13.5	43.5	2	28
	Marcia Windsor-Waite	15.0		15.0			
	Danielle Middleton	15.0		15.0			
Orange	No Competitor	30.0		30.0	74.2	6	20
	Olivia Dickson	14.0	2	14.2			
	No Competitor	30.0		30.0			