

NORWICH UNION

sports:hall

NORWICH UNION sports:hall Under 11 Girls Fun in Athletics

**East of England Regional
UEA Sportspark, Norwich
Saturday 12 November 2005**

Team Results

**Essex Bears
Essex Cats
Herts Pegasus
Herts Phoenix
Norfolk Lions
Norfolk Tigers**

Track Results

**Obstacle Relay
1 + 1 Lap Relay
4 x 1 Lap Relay
6 Lap Paarlaf
Over and Under Relay
4 x 1 Lap Hurdles Relay
Grand Prix**

Field Results

**Balance Test
Chest Push
Javelin
Sitting Throw
Speed Bounce
Standing Long Jump
Standing Triple Jump
Target Throw
Vertical Jump**



For more information go to www.sportshall.org

Competition Results

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

Team Results

Essex Bears (red)

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Lamar Flicier	ST	4.00	4.50	5.25		5.25	9
1	Lamar Flicier	SB	31				31	18
1	Lamar Flicier	SLJ	1.66	1.62	1.58		1.66	9
1	Lamar Flicier	TT	9	5	0	0	14	6
2	Megan Barter	CP	3.50	4.25	4.50		4.50	10=
2	Megan Barter	STJ	4.23	4.28	4.52		4.52	7
3	Abby Murphy	BT	2	5	13	5	25	16
3	Abby Murphy	STJ	3.39	3.41	3.48		3.48	17
3	Abby Murphy	VJ	32	34	34		34	11
4	Chelsea George	BT	10	11	15	15	51	7
4	Chelsea George	J	6	7	8		8	8
4	Chelsea George	ST	6.75	6.75	7.50		7.50	1
4	Chelsea George	SB	40				40	15=
4	Chelsea George	SLJ	1.56	1.53	1.58		1.58	12
4	Chelsea George	VJ	43	43	43		43	1
5	Sadie Goss	BT	12	2	12	4	30	13
5	Sadie Goss	CP	3.75	4.75	4.25		4.75	7
5	Sadie Goss	STJ	3.30	3.31	3.39		3.39	18
6	Leigh Docking	J	6	4	8		8	9
6	Leigh Docking	SB	40				40	15=
6	Leigh Docking	SLJ	1.26	1.28	1.42		1.42	16
6	Leigh Docking	TT	10	4	1	0	15	5
6	Leigh Docking	VJ	24	26	27		27	17

Team Results

Essex Cats (yellow)

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Kayleigh Duller	SLJ	1.68	1.85	1.85		1.85	5
1	Kayleigh Duller	TT	7	5	4	1	17	2=
2	Charlotte Wilkins	ST	4.00	5.25	6.25		6.25	7
2	Charlotte Wilkins	SLJ	1.33	1.39	1.37		1.39	17
3	Nikita Chandler	SB	38				38	17
3	Nikita Chandler	SLJ	1.49	1.49	1.59		1.59	11
4	Laura Jakobsons-Tabis	CP	5.25	5.25	5.75		5.75	5
4	Laura Jakobsons-Tabis	VJ	41	40	40		41	4
5	Abbi Lavallin	VJ	40	39	41		41	5
6	Claire Brandum	BT	14	8	15	6	43	10
6	Claire Brandum	VJ	36	32	33		36	9
7	Nicole Simmonds	SB	41				41	14
7	Nicole Simmonds	STJ	4.03	4.23	4.44		4.44	8
8	Chloe Binnington	SB	45				45	7=
8	Chloe Binnington	TT	6	7	3	1	17	2=
9	Eve Homan	ST	5.00	6.00	6.25		6.25	6
9	Eve Homan	STJ	3.81	3.81	3.67		3.81	15
10	Georgia Duffy	BT	15	12	15	15	57	2
10	Georgia Duffy	STJ	4.63	4.43	4.08		4.63	5
11	Grace Tweddell	BT	12	12	2	15	41	11
11	Grace Tweddell	CP	4.50	6.00	6.50		6.50	3
12	Ellie Freeman	J	12	17	11		17	1
13	Jamie Lee Lawrence	J	10	14	5		14	2

Team Results

Herts Pegasus (green)

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Emily Ruane	SB	48				48	3=
1	Emily Ruane	SLJ	1.60	1.59	1.59		1.60	10
2	Molly Wakeling	BT	15	15	15	15	60	1
2	Molly Wakeling	J	6	8	11		11	7
3	Melissa Hadley	CP	5.75	6.50	6.50		6.50	2
3	Melissa Hadley	STJ	4.27	4.26	4.19		4.27	10
4	Sasha Elliott	CP	4.50	3.75	4.50		4.50	9
5	Jordan Hodgson	BT	15	10	15	9	49	9
5	Jordan Hodgson	STJ	4.50	4.59	4.47		4.59	6
6	Danielle Wolfe	BT	10	3	4	5	22	17
6	Danielle Wolfe	VJ	27	27	27		27	16
7	Kier Armsby	TT	5	2	0	0	7	11=
8	Bethany Walker	ST	4.75	4.25	4.50		4.75	10
8	Bethany Walker	VJ	39	39	38		39	7
9	Katie Ellis	STJ	4.03	4.14	3.91		4.14	12
9	Katie Ellis	TT	7	2	2	2	13	7=
10	Abbie Short	VJ	26	25	25		26	18
11	Pearl Gilham	ST	5.25	5.25	5.00		5.25	8
11	Pearl Gilham	SLJ	1.33	1.45	1.49		1.49	15
12	Rhianna Bedford	SB	45				45	7=
12	Rhianna Bedford	SLJ	1.53	1.67	1.59		1.67	8
13	Katherine Woods	J	10	12	11		12	3=
13	Katherine Woods	SB	44				44	10

Team Results

Herts Phoenix (blue)

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Julia Bowen	CP	6.00	6.25	6.00		6.25	4
1	Julia Bowen	SLJ	1.98	2.04	1.96		2.04	2
2	Rachel Robertson	BT	15	12	8	15	50	8
2	Rachel Robertson	VJ	39	43	41		43	2
3	Natasha Hadley	CP	6.00	6.50	6.50		6.50	1
3	Natasha Hadley	STJ	4.93	4.88	4.60		4.93	2
4	Chantelle Western	SB	47				47	5=
4	Chantelle Western	STJ	4.42	4.18	4.29		4.42	9
5	Nellie Dalton	SB	45				45	7=
5	Nellie Dalton	TT	7	7	7	3	24	1
6	Shannon Procter	BT	15	15	11	15	56	3
6	Shannon Procter	TT	8	4	1	0	13	7=
7	Alice Smart	SLJ	1.80	1.77	1.76		1.80	6
8	Sian Atkins	J	11	10	12		12	3=
8	Sian Atkins	VJ	38	35	35		38	8
9	Grace Campbell	ST	5.00	5.25	6.75		6.75	3
9	Grace Campbell	VJ	34	35	30		35	10
10	Emma Langley-Jones	BT	15	9	15	14	53	5
10	Emma Langley-Jones	ST	5.75	6.00	6.25		6.25	5
11	Natalie Allen	J	12	10	9		12	6
11	Natalie Allen	SLJ	1.53	1.74	1.00		1.74	7
12	Bethany Shea	SB	47				47	5=
12	Bethany Shea	STJ	4.79	4.74	4.71		4.79	3

Team Results

Norfolk Lions (maroon)

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Clieo Stephenson	ST	6.00	6.50	5.00		6.50	4
1	Clieo Stephenson	SLJ	1.93	1.96	2.06		2.06	1
2	Gemma Thompson	J	5	6	6		6	11
2	Gemma Thompson	SLJ	1.96	1.96	1.94		1.96	3
3	Kelly Jay	SB	49				49	2
3	Kelly Jay	STJ	4.53	4.42	4.78		4.78	4
4	Victoria Mitchell	CP	3.50	4.25	4.50		4.50	10=
4	Victoria Mitchell	SLJ	1.85	1.87	1.86		1.87	4
5	Laura McDonald	ST	7.00	7.25	6.75		7.25	2
5	Laura McDonald	STJ	4.87	4.95	4.82		4.95	1
6	Rianna Ash	SB	48				48	3=
6	Rianna Ash	VJ	41	39	37		41	6
7	Bethany Rimmington	BT	9	5	6	8	28	14
7	Bethany Rimmington	CP	5.00	4.75	4.75		5.00	6
9	Charlotte Dellbridge	BT	3	6	4	3	16	18
9	Charlotte Dellbridge	J	7	12	11		12	5
10	Suzy Flowers	TT	4	5	0	1	10	10
10	Suzy Flowers	VJ	33	32	33		33	12
11	Lisa Goodrick	SB	51				51	1
11	Lisa Goodrick	VJ	39	43	36		43	3
12	Phone Vong	STJ	3.99	4.04	3.88		4.04	14
13	Ella Stephenson	BT	15	10	15	15	55	4
13	Ella Stephenson	TT	6	4	3	4	17	2=

Team Results

Norfolk Tigers (white)

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	Blue	462	30	28	30	26	30	30	30	30	30	28	28	28	28	30	30	26
2	Norfolk Lions	Maroon	436	26	30	28	30	28	28	28	20	24	24	30	30	30	28	24	28
3	Essex Cats	Yellow	404	22	24	20	28	20	26	24	28	28	30	24	22	26	24	28	30
4	Herts Pegasus	Green	398	28	26	26	22	26	24	26	26	26	26	22	26	24	26	22	22
5	Essex Bears	Red	358	20	22	24	24	24	20	20	22	22	22	26	20	22	20	26	24
6	Norfolk Tigers	White	342	24	20	22	20	22	22	22	24	20	20	20	24	20	22	20	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Francis Mullaney	SLJ	1.34	1.28	1.36		1.36	18
1	Francis Mullaney	TT	1	6	0	0	7	11=
2	Jemma Poyner	J	5	4	6		6	12
2	Jemma Poyner	VJ	30	30	28		30	14
3	Georgina Mitchell	SB	43				43	11=
3	Georgina Mitchell	SLJ	1.54	1.54	1.50		1.54	13
4	Louisa Marshall	CP	4.00	3.75	4.75		4.75	8
4	Louisa Marshall	STJ	4.10	3.92	4.17		4.17	11
5	Bethany Newell	BT	11	10	8	3	32	12
5	Bethany Newell	J	7	7	7		7	10
5	Bethany Newell	VJ	26	30	30		30	15
7	Hannah Roe	CP	4.00	4.25	4.25		4.25	12
7	Hannah Roe	STJ	3.05	3.40	3.53		3.53	16
8	Abbie Pitcher	SB	43				43	11=
8	Abbie Pitcher	STJ	4.10	4.05	4.13		4.13	13
9	Eden Simmonds	SB	43				43	11=
9	Eden Simmonds	TT	6	3	2	0	11	9
9	Eden Simmonds	VJ	31	29	25		31	13
10	Faye Dickerson	BT	4	8	3	11	26	15
10	Faye Dickerson	ST	4.50	4.50	4.25		4.50	11
11	Charlotte Smith	BT	15	15	15	7	52	6
11	Charlotte Smith	ST	4.25	4.50	4.25		4.50	12
11	Charlotte Smith	SLJ	1.54	1.49	1.46		1.54	14

Event Official Results Sheet

Obstacle Relay

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Blue	0.0	1:32.0	1:32.0	30
2	03	Herts Pegasus	Green	0.0	1:37.2	1:37.2	28
3	05	Norfolk Lions	Maroon	0.0	1:37.3	1:37.3	26
4	06	Norfolk Tigers	White	0.0	1:41.9	1:41.9	24
5	02	Essex Cats	Yellow	0.0	1:42.2	1:42.2	22
6	01	Essex Bears	Red	0.0	1:43.4	1:43.4	20

Event Official Results Sheet

1 + 1 Lap Relay

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Norfolk Lions	Maroon	0.0	26.4	26.4	30
2	04	Herts Phoenix	Blue	0.0	27.2	27.2	28
3	03	Herts Pegasus	Green	0.0	29.2	29.2	26
4	02	Essex Cats	Yellow	0.0	30.8	30.8	24
5	01	Essex Bears	Red	0.0	31.8	31.8	22
6	06	Norfolk Tigers	White	0.0	32.3	32.3	20

Event Official Results Sheet

4 x 1 Lap Relay

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Blue	0.0	55.4	55.4	30
2	05	Norfolk Lions	Maroon	0.0	57.0	57.0	28
3	03	Herts Pegasus	Green	0.0	1:00.2	1:00.2	26
4	01	Essex Bears	Red	0.0	1:00.8	1:00.8	24
5	06	Norfolk Tigers	White	0.0	1:02.2	1:02.2	22
6	02	Essex Cats	Yellow	0.0	1:02.6	1:02.6	20

Event Official Results Sheet

6 Lap Paarlauf

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Norfolk Lions	Maroon	0.0	1:27.9	1:27.9	30
2	02	Essex Cats	Yellow	0.0	1:28.2	1:28.2	28
3	04	Herts Phoenix	Blue	0.0	1:29.7	1:29.7	26
4	01	Essex Bears	Red	0.0	1:35.7	1:35.7	24
5	03	Herts Pegasus	Green	0.0	1:37.2	1:37.2	22
6	06	Norfolk Tigers	White	0.0	1:39.0	1:39.0	20

Event Official Results Sheet

Over and Under Relay

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Blue	0.0	1:21.6	1:21.6	30
2	05	Norfolk Lions	Maroon	0.0	1:24.0	1:24.0	28
3	03	Herts Pegasus	Green	0.0	1:27.3	1:27.3	26
4	01	Essex Bears	Red	0.0	1:29.4	1:29.4	24
5	06	Norfolk Tigers	White	0.0	1:30.6	1:30.6	22
6	02	Essex Cats	Yellow	0.0	1:31.6	1:31.6	20

Event Official Results Sheet

4 x 1 Lap Hurdles Relay

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Blue	0.0	1:04.1	1:04.1	30
2	05	Norfolk Lions	Maroon	0.0	1:05.1	1:05.1	28
3	02	Essex Cats	Yellow	0.0	1:08.3	1:08.3	26
4	03	Herts Pegasus	Green	0.0	1:11.7	1:11.7	24
5	06	Norfolk Tigers	White	0.0	1:14.8	1:14.8	22
6	01	Essex Bears	Red	0.0	1:19.8	1:19.8	20

Event Official Results Sheet

Grand Prix

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Blue	0.0	1:07.0	1:07.0	30
2	05	Norfolk Lions	Maroon	0.0	1:11.6	1:11.6	28
3	03	Herts Pegasus	Green	0.0	1:12.8	1:12.8	26
4	02	Essex Cats	Yellow	0.0	1:17.7	1:17.7	24
5	06	Norfolk Tigers	White	0.0	1:18.0	1:18.0	22
6	01	Essex Bears	Red	0.0	1:19.5	1:19.5	20

Results Sheet

Balance Test

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Blue	159	30
2	Essex Cats	Yellow	141	28
3	Herts Pegasus	Green	131	26
4	Norfolk Tigers	White	110	24
5	Essex Bears	Red	106	22
6	Norfolk Lions	Maroon	99	20

Ranking	Team	Colour	BibNo	Name	Total
1	Green	Green	2	Molly Wakeling	60
2	Yellow	Yellow	10	Georgia Duffy	57
3	Blue	Blue	6	Shannon Procter	56
4	Maroon	Maroon	13	Ella Stephenson	55
5	Blue	Blue	10	Emma Langley-Jones	53
6	White	White	11	Charlotte Smith	52
7	Red	Red	4	Chelsea George	51
8	Blue	Blue	2	Rachel Robertson	50
9	Green	Green	5	Jordan Hodgson	49
10	Yellow	Yellow	6	Claire Brandum	43
11	Yellow	Yellow	11	Grace Tweddell	41
12	White	White	5	Bethany Newell	32
13	Red	Red	5	Sadie Goss	30
14	Maroon	Maroon	7	Bethany Rimmington	28
15	White	White	10	Faye Dickerson	26
16	Red	Red	3	Abby Murphy	25
17	Green	Green	6	Danielle Wolfe	22
18	Maroon	Maroon	9	Charlotte Dellbridge	16

Results Sheet

Chest Push

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Blue	12.75	30
2	Essex Cats	Yellow	12.25	28
3	Herts Pegasus	Green	11.00	26
4	Norfolk Lions	Maroon	9.50	24
5	Essex Bears	Red	9.25	22
6	Norfolk Tigers	White	9.00	20

Ranking	Team	Colour	BibNo	Name	Best
1	Blue	Blue	3	Natasha Hadley	6.50
2	Green	Green	3	Melissa Hadley	6.50
3	Yellow	Yellow	11	Grace Tweddell	6.50
4	Blue	Blue	1	Julia Bowen	6.25
5	Yellow	Yellow	4	Laura Jakobsons-Tabis	5.75
6	Maroon	Maroon	7	Bethany Rimmington	5.00
7	Red	Red	5	Sadie Goss	4.75
8	White	White	4	Louisa Marshall	4.75
9	Green	Green	4	Sasha Elliott	4.50
10=	Red	Red	2	Megan Barter	4.50
10=	Maroon	Maroon	4	Victoria Mitchell	4.50
12	White	White	7	Hannah Roe	4.25

Results Sheet

Javelin

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Essex Cats	Yellow	31	30
2	Herts Phoenix	Blue	24	28
3	Herts Pegasus	Green	23	26
4	Norfolk Lions	Maroon	18	24
5	Essex Bears	Red	16	22
6	Norfolk Tigers	White	13	20

Ranking	Team	Colour	BibNo	Name	Best
1	Yellow	Yellow	12	Ellie Freeman	17
2	Yellow	Yellow	13	Jamie Lee Lawrence	14
3=	Green	Green	13	Katherine Woods	12
3=	Blue	Blue	8	Sian Atkins	12
5	Maroon	Maroon	9	Charlotte Dellbridge	12
6	Blue	Blue	11	Natalie Allen	12
7	Green	Green	2	Molly Wakeling	11
8	Red	Red	4	Chelsea George	8
9	Red	Red	6	Leigh Docking	8
10	White	White	5	Bethany Newell	7
11	Maroon	Maroon	2	Gemma Thompson	6
12	White	White	2	Jemma Poyner	6

Results Sheet

Sitting Throw

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	Maroon	13.75	30
2	Herts Phoenix	Blue	13.00	28
3	Essex Bears	Red	12.75	26
4	Essex Cats	Yellow	12.50	24
5	Herts Pegasus	Green	10.00	22
6	Norfolk Tigers	White	9.00	20

Ranking	Team	Colour	BibNo	Name	Best
1	Red	Red	4	Chelsea George	7.50
2	Maroon	Maroon	5	Laura McDonald	7.25
3	Blue	Blue	9	Grace Campbell	6.75
4	Maroon	Maroon	1	Clieo Stephenson	6.50
5	Blue	Blue	10	Emma Langley-Jones	6.25
6	Yellow	Yellow	9	Eve Homan	6.25
7	Yellow	Yellow	2	Charlotte Wilkins	6.25
8	Green	Green	11	Pearl Gilham	5.25
9	Red	Red	1	Lamar Flicier	5.25
10	Green	Green	8	Bethany Walker	4.75
11	White	White	10	Faye Dickerson	4.50
12	White	White	11	Charlotte Smith	4.50

Results Sheet

Speed Bounce

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	Maroon	148	30
2	Herts Phoenix	Blue	139	28
3	Herts Pegasus	Green	137	26
4	Norfolk Tigers	White	129	24
5	Essex Cats	Yellow	124	22
6	Essex Bears	Red	111	20

Ranking	Team	Colour	BibNo	Name	Total
1	Maroon	Maroon	11	Lisa Goodrick	51
2	Maroon	Maroon	3	Kelly Jay	49
3=	Green	Green	1	Emily Ruane	48
3=	Maroon	Maroon	6	Rianna Ash	48
5=	Blue	Blue	4	Chantelle Western	47
5=	Blue	Blue	12	Bethany Shea	47
7=	Yellow	Yellow	8	Chloe Binnington	45
7=	Green	Green	12	Rhianna Bedford	45
7=	Blue	Blue	5	Nellie Dalton	45
10	Green	Green	13	Katherine Woods	44
11=	White	White	3	Georgina Mitchell	43
11=	White	White	8	Abbie Pitcher	43
11=	White	White	9	Eden Simmonds	43
14	Yellow	Yellow	7	Nicole Simmonds	41
15=	Red	Red	4	Chelsea George	40
15=	Red	Red	6	Leigh Docking	40
17	Yellow	Yellow	3	Nikita Chandler	38
18	Red	Red	1	Lamar Flicier	31

Results Sheet

Standing Long Jump

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	Maroon	5.89	30
2	Herts Phoenix	Blue	5.58	28
3	Essex Cats	Yellow	4.83	26
4	Herts Pegasus	Green	4.76	24
5	Essex Bears	Red	4.66	22
6	Norfolk Tigers	White	4.44	20

Ranking	Team	Colour	BibNo	Name	Best
1	Maroon	Maroon	1	Clieo Stephenson	2.06
2	Blue	Blue	1	Julia Bowen	2.04
3	Maroon	Maroon	2	Gemma Thompson	1.96
4	Maroon	Maroon	4	Victoria Mitchell	1.87
5	Yellow	Yellow	1	Kayleigh Duller	1.85
6	Blue	Blue	7	Alice Smart	1.80
7	Blue	Blue	11	Natalie Allen	1.74
8	Green	Green	12	Rhianna Bedford	1.67
9	Red	Red	1	Lamar Flicier	1.66
10	Green	Green	1	Emily Ruane	1.60
11	Yellow	Yellow	3	Nikita Chandler	1.59
12	Red	Red	4	Chelsea George	1.58
13	White	White	3	Georgina Mitchell	1.54
14	White	White	11	Charlotte Smith	1.54
15	Green	Green	11	Pearl Gilham	1.49
16	Red	Red	6	Leigh Docking	1.42
17	Yellow	Yellow	2	Charlotte Wilkins	1.39
18	White	White	1	Francis Mullaney	1.36

Results Sheet

Standing Triple Jump

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Blue	14.14	30
2	Norfolk Lions	Maroon	13.77	28
3	Herts Pegasus	Green	13.00	26
4	Essex Cats	Yellow	12.88	24
5	Norfolk Tigers	White	11.83	22
6	Essex Bears	Red	11.39	20

Ranking	Team	Colour	BibNo	Name	Best
1	Maroon	Maroon	5	Laura McDonald	4.95
2	Blue	Blue	3	Natasha Hadley	4.93
3	Blue	Blue	12	Bethany Shea	4.79
4	Maroon	Maroon	3	Kelly Jay	4.78
5	Yellow	Yellow	10	Georgia Duffy	4.63
6	Green	Green	5	Jordan Hodgson	4.59
7	Red	Red	2	Megan Barter	4.52
8	Yellow	Yellow	7	Nicole Simmonds	4.44
9	Blue	Blue	4	Chantelle Western	4.42
10	Green	Green	3	Melissa Hadley	4.27
11	White	White	4	Louisa Marshall	4.17
12	Green	Green	9	Katie Ellis	4.14
13	White	White	8	Abbie Pitcher	4.13
14	Maroon	Maroon	12	Phone Vong	4.04
15	Yellow	Yellow	9	Eve Homan	3.81
16	White	White	7	Hannah Roe	3.53
17	Red	Red	3	Abby Murphy	3.48
18	Red	Red	5	Sadie Goss	3.39

Results Sheet

Target Throw

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Blue	37	30
2	Essex Cats	Yellow	34	28
3	Essex Bears	Red	29	26
4	Norfolk Lions	Maroon	27	24
5	Herts Pegasus	Green	20	22
6	Norfolk Tigers	White	18	20

Ranking	Team	Colour	BibNo	Name	Total
1	Blue	Blue	5	Nellie Dalton	24
2=	Yellow	Yellow	1	Kayleigh Duller	17
2=	Yellow	Yellow	8	Chloe Binnington	17
2=	Maroon	Maroon	13	Ella Stephenson	17
5	Red	Red	6	Leigh Docking	15
6	Red	Red	1	Lamar Flicier	14
7=	Green	Green	9	Katie Ellis	13
7=	Blue	Blue	6	Shannon Procter	13
9	White	White	9	Eden Simmonds	11
10	Maroon	Maroon	10	Suzy Flowers	10
11=	Green	Green	7	Kier Armsby	7
11=	White	White	1	Francis Mullaney	7

Results Sheet

Vertical Jump

Competition:

NUFIA - East Region Under 11 Girls

Venue:

UEA Sportspark, Norwich

Date

12 Nov 2005

Ranking	Team	Colour	Total	Points
1	Essex Cats	Yellow	118	30
2	Norfolk Lions	Maroon	117	28
3	Herts Phoenix	Blue	116	26
4	Essex Bears	Red	104	24
5	Herts Pegasus	Green	92	22
6	Norfolk Tigers	White	91	20

Ranking	Team	Colour	BibNo	Name	Best
1	Red	Red	4	Chelsea George	43
2	Blue	Blue	2	Rachel Robertson	43
3	Maroon	Maroon	11	Lisa Goodrick	43
4	Yellow	Yellow	4	Laura Jakobsons-Tabis	41
5	Yellow	Yellow	5	Abbi Lavallin	41
6	Maroon	Maroon	6	Rianna Ash	41
7	Green	Green	8	Bethany Walker	39
8	Blue	Blue	8	Sian Atkins	38
9	Yellow	Yellow	6	Claire Brandum	36
10	Blue	Blue	9	Grace Campbell	35
11	Red	Red	3	Abby Murphy	34
12	Maroon	Maroon	10	Suzy Flowers	33
13	White	White	9	Eden Simmonds	31
14	White	White	2	Jemma Poyner	30
15	White	White	5	Bethany Newell	30
16	Green	Green	6	Danielle Wolfe	27
17	Red	Red	6	Leigh Docking	27
18	Green	Green	10	Abbie Short	26