

The background of the entire page is a faded, high-angle photograph of a child in a white shirt and dark shorts climbing a colorful obstacle course. The course consists of several rectangular blocks in various colors (blue, yellow, orange, purple) stacked on top of each other. The child is currently on a blue block, reaching up towards a yellow one. Other children are visible in the background, also engaged in the activity.

Norwich Union Fun in Athletics Festival

East Regional Festival

Sportspark, University of East Anglia, Norwich

Saturday 17 November, 2007

We welcome teams today from...

Bedfordshire

red

Herts Pegasus

yellow

Herts Phoenix

green

Norfolk Lions

blue

Norfolk Tigers

purple

Suffolk

orange

The Cats

sky

Competition Results

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

Team Results

Bedfordshire (red)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Natasha Doyle	SLJ	1.61	1.64	1.66		1.66	11
1	Natasha Doyle	TT	7	2	0	0	9	12
2	Lucy Watt Lanning	STJ	5.14	5.04	5.04		5.14	5
2	Lucy Watt Lanning	TT	9	4	1	0	14	8=
3	Megan Roberts	VJ	32	35	36		36	12
4	Amelia Williams	BT	15	15	7	15	52	7
4	Amelia Williams	CP	6.00	6.50	7.25		7.25	1
5	Megan Prowse	SB	47				47	14=
6	Kathleen Gatward	BT	8	5	3	4	20	19
6	Kathleen Gatward	SLJ	1.50	1.66	1.62		1.66	12
7	Isabelle Maddocks	ST	5.25	5.00	6.25		6.25	5
7	Isabelle Maddocks	SB	50				50	4=
8	Ellie Wright	J	12	13	10		13	4
8	Ellie Wright	SB	45				45	16=
9	Amber Clark	J	11	11	13		13	5
9	Amber Clark	STJ	5.06	5.07	4.72		5.07	7
10	Kate Wilson	BT	12	14	11	8	45	11=
10	Kate Wilson	STJ	3.84	3.94	4.13		4.13	16
11	Mary Pollock	CP	4.75	4.75	4.75		4.75	9
11	Mary Pollock	SLJ	1.60	1.63	1.59		1.63	15
12	Amy Knightingale	ST	5.50	5.50	6.50		6.50	4
12	Amy Knightingale	VJ	39	40	39		40	5
13	Georgia Harris Love	VJ	22	33	35		35	14

Team Results

Herts Pegasus (yellow)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Megan Evans	CP	5.00	4.50	5.00		5.00	8
1	Megan Evans	SB	44				44	20
2	Carley Gill	J	8	7	9		9	10=
2	Carley Gill	SB	48				48	10=
3	Jasmine Amos	VJ	37	38	36		38	8
4	Dominique Somerville	STJ	5.09	4.96	4.90		5.09	6
4	Dominique Somerville	TT	6	4	0	0	10	11
5	Chloe Ring	ST	5.75	6.00	5.50		6.00	7
5	Chloe Ring	SLJ	1.69	1.61	1.69		1.69	10
6	Laura Armorgie	TT	9	6	4	1	20	1
7	Kate McQuaid	ST	4.75	5.00	4.00		5.00	13
7	Kate McQuaid	SLJ	1.71	1.74	1.67		1.74	8
8	Charlotte Butler	J	10	12	14		14	2
8	Charlotte Butler	VJ	35	33	37		37	10
9	Megan Breen	SB	49				49	7=
9	Megan Breen	SLJ	1.52	1.52	1.54		1.54	18
10	Tara Procter	CP	3.75	4.00	3.50		4.00	13
11	Jessica McCreery	BT	15	15	15	15	60	1=
11	Jessica McCreery	STJ	4.48	4.46	4.24		4.48	15
12	Romilly Scutt	VJ	26	32	32		32	17
13	Rebecca Cole	BT	15	15	15	15	60	1=
14	Alice Cole	BT	7	15	15	14	51	8
14	Alice Cole	STJ	3.74	3.64	3.65		3.74	20

Team Results

Herts Phoenix (green)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Emma Slater	CP	6.00	6.00	6.00		6.00	2
1	Emma Slater	STJ	5.15	5.27	5.37		5.37	2
2	Daizy Lee	J	12	11	10		12	6
2	Daizy Lee	SLJ	2.02	1.98	1.99		2.02	2
3	Anna Young	SB	51				51	2=
3	Anna Young	STJ	5.34	5.40	5.30		5.40	1
4	Emma Trehearn	CP	6.00	5.50	6.00		6.00	3
4	Emma Trehearn	VJ	36	43	39		43	3
5	Emily Moy	BT	15	15	15	15	60	1=
6	Nicole Chaytor	J	11	15	11		15	1
6	Nicole Chaytor	VJ	34	36	36		36	11
7	Hannah Williams	STJ	5.00	4.82	4.95		5.00	8
8	Lizzie Parry	ST	5.50	5.00	5.25		5.50	11
8	Lizzie Parry	SLJ	1.68	1.58	1.73		1.73	9
9	Emma Bouw	SLJ	1.61	1.77	1.66		1.77	7
10	Leila Gillani	BT	10	10	15	15	50	9
10	Leila Gillani	ST	7.25	8.00	7.75		8.00	1
11	Abigail Freeman	BT	15	15	15	15	60	1=
11	Abigail Freeman	TT	10	4	2	2	18	2=
12	Catherine Gill	SB	49				49	7=
12	Catherine Gill	TT	8	6	1	0	15	5=
13	Zoe Benton	VJ	34	36	38		38	9
14	Ellie Bandy	SB	50				50	4=

Team Results

Norfolk Lions (blue)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Ellie Blunt	ST	3.50	6.75	4.50		6.75	3
1	Ellie Blunt	SB	0				0	
1	Ellie Blunt	SLJ	1.99	2.01	2.04		2.04	1
1	Ellie Blunt	VJ	0	0	0		0	
2	Suzie Flowers	SB	52				52	1
2	Suzie Flowers	VJ	40	36	43		43	2
3	Mary Groves	CP	5.50	5.25	6.00		6.00	4
3	Mary Groves	SLJ	1.76	1.79	1.79		1.79	4
4	Hannah Maher	CP	4.00	4.50	5.25		5.25	7
4	Hannah Maher	STJ	4.02	3.60	3.90		4.02	18
5	Rhianna Flett	BT	5	11	9	10	35	14
5	Rhianna Flett	VJ	39	41	42		42	4
6	Grace Humby	J	10	9	10		10	8
6	Grace Humby	STJ	4.54	4.52	4.62		4.62	13
7	Ellie Drake	BT	3	14	4	4	25	18
7	Ellie Drake	TT	7	4	1	3	15	5=
8	Amy Shaw	VJ	37	39	36		39	7
9	Grace Ashworth	J	6	8	6		8	13
9	Grace Ashworth	SLJ	1.67	1.77	1.69		1.77	6
10	Aimee Rudd	BT	2	2	4	2	10	21
10	Aimee Rudd	TT	9	4	2	3	18	2=
11	Lucy Bernard	ST	6.00	6.25	6.75		6.75	2
11	Lucy Bernard	SB	48				48	10=
12	Charlotte Smith	SB	45				45	16=
12	Charlotte Smith	STJ	4.83	5.21	4.95		5.21	4

Team Results

Norfolk Tigers (purple)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Kate Pursehouse	BT	9	15	15	15	54	6
1	Kate Pursehouse	SLJ	1.78	1.52	1.65		1.78	5
2	Joanne Hutler	ST	5.00	6.25	4.75		6.25	6
2	Joanne Hutler	SLJ	1.64	1.56	1.52		1.64	14
3	Jade Nicholson	STJ	4.98	4.20	4.00		4.98	9
3	Jade Nicholson	TT	9	4	4	1	18	2=
4	Megan Wilson	VJ	33	33	33		33	15
5	Willow Haxby	J	13	11	12		13	3
5	Willow Haxby	STJ	4.08	4.00	3.96		4.08	17
6	Augustine Hammond	STJ	3.10	3.48	3.51		3.51	21
6	Augustine Hammond	TT	3	4	1	0	8	13
7	Octavia Campbell	BT	4	3	3	3	13	20
7	Octavia Campbell	CP	3.50	3.50	3.00		3.50	14
8	Natasha Gamble	SB	48				48	10=
8	Natasha Gamble	VJ	33	28	27		33	16
9	Jessica McNaughton	SB	49				49	7=
9	Jessica McNaughton	SLJ	1.64	1.54	1.62		1.64	13
10	Katlin Glover	BT	15	1	5	8	29	16
10	Katlin Glover	CP	3.00	4.00	4.00		4.00	12
11	Holly Holden	ST	4.00	4.75	4.00		4.75	14
11	Holly Holden	SB	24				24	21
12	Shannon Little	J	5	9	8		9	12
12	Shannon Little	VJ	30	32	31		32	18

Team Results

Suffolk (orange)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Paris Sterling	SB	48				48	10=
1	Paris Sterling	SLJ	1.56	1.61	1.55		1.61	16
2	Katie Hann	BT	5	15	7	6	33	15
2	Katie Hann	VJ	37	40	39		40	6
3	Jemmina Glazin	TT	10	4	0	0	14	8=
3	Jemmina Glazin	VJ	23	28	23		28	21
4	Charlottle Harding	SLJ	1.48	1.44	1.42		1.48	20
5	Ellie Coleman	BT	15	15	9	8	47	10
5	Ellie Coleman	SB	0				0	
5	Ellie Coleman	STJ	3.92	3.65	3.64		3.92	19
6	Georgie Kemp	SB	51				51	2=
6	Georgie Kemp	VJ	27	27	29		29	20
7	Lauren Grubb	STJ	4.44	4.50	4.74		4.74	12
8	Bridie Leigh	CP	5.75	5.00	4.75		5.75	5
8	Bridie Leigh	STJ	4.92	4.83	4.71		4.92	10
9	Josie Wade	J	11	11	10		11	7
9	Josie Wade	SB	45				45	16=
10	Chantell Kilpatrick	CP	4.25	4.25	3.75		4.25	11
10	Chantell Kilpatrick	SLJ	1.46	1.35	1.38		1.46	21
11	Emily Chard	J	7	5	6		7	14
12	Mollie Ollington	BT	10	4	12	10	36	13
12	Mollie Ollington	ST	5.75	6.00	4.75		6.00	8
13	Charlotte Bater	TT	2	3	1	0	6	14
14	Amber Clark	ST	5.00	4.50	6.00		6.00	9

Team Results

The Cats (sky)

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	green	468	28	29	30	30	30	30	30	28	29	30	29	30	28	30	29	28
2	Norfolk Lions	blue	405	22	29	28	28	24	18	22	18	26	20	29	28	30	24	29	30
3	Bedfordshire	red	396	30	20	26	26	26	22	24	24	29	28	26	23	20	26	20	26
4	Herts Pegasus	yellow	381	26	24	22	18	28	28	28	30	20	26	21	20	22	20	26	22
5	The Cats	sky	378	24	26	20	24	22	26	26	26	23	20	18	23	24	28	24	24
6	Suffolk	orange	333	20	18	24	22	20	20	18	22	23	20	24	26	18	22	18	18
7	Norfolk Tigers	purple	327	18	22	18	20	18	24	20	20	18	24	21	18	26	18	22	20

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Beth Ibbotson	SB	47				47	14=
1	Beth Ibbotson	STJ	4.14	4.34	4.92		4.92	11
2	Ellie Woolett	SLJ	1.52	1.56	1.47		1.56	17
2	Ellie Woolett	TT	8	1	6	0	15	5=
3	Samantha Hare	J	7	8	9		9	10=
3	Samantha Hare	STJ	0.00	0.00	0.00		0.00	
4	Zoe Neville	SB	45				45	16=
4	Zoe Neville	STJ	4.47	4.61	4.34		4.61	14
5	Georgia Ibbotson	SLJ	1.97	1.94	1.94		1.97	3
6	Christina Bonviti	BT	4	12	15	14	45	11=
6	Christina Bonviti	VJ	45	38	40		45	1
7	Helen Cosby	TT	10	4	0	0	14	8=
8	Talia Cullin	SB	50				50	4=
8	Talia Cullin	STJ	4.88	5.02	5.22		5.22	3
9	Clover Murry	BT	4	2	8	12	26	17
9	Clover Murry	CP	4.75	4.50	4.75		4.75	10
10	Chelsea Kear	ST	5.00	4.75	4.50		5.00	12
10	Chelsea Kear	VJ	26	29	29		29	19
11	Catherine Bladock	ST	5.75	5.75	5.75		5.75	10
11	Catherine Bladock	SLJ	1.48	1.42	1.50		1.50	19
11	Catherine Bladock	STJ	0.00	0.00	0.00		0.00	
12	Beth Bladock	CP	4.50	5.25	4.75		5.25	6
12	Beth Bladock	VJ	33	32	36		36	13
13	Chelsea Millwood	BT	15	15	15	15	60	1=
13	Chelsea Millwood	J	9	8	8		9	9

Results Sheet

Obstacle Relay

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Bedfordshire	red	1:28.0	0.0	1:28.0	30.0
2	03	Herts Phoenix	green	1:28.6	0.0	1:28.6	28.0
3	02	Herts Pegasus	yellow	1:32.9	0.0	1:32.9	26.0
4	07	The Cats	sky	1:34.8	0.0	1:34.8	24.0
5	04	Norfolk Lions	blue	1:34.9	0.0	1:34.9	22.0
6	06	Suffolk	orange	1:41.7	0.0	1:41.7	20.0
7	05	Norfolk Tigers	purple	1:45.7	0.0	1:45.7	18.0

Results Sheet

1 + 1 Lap Relay

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	03	Herts Phoenix	green	26.9	0.0	26.9	29.0
1=	04	Norfolk Lions	blue	26.9	0.0	26.9	29.0
3	07	The Cats	sky	27.5	0.0	27.5	26.0
4	02	Herts Pegasus	yellow	28.0	0.0	28.0	24.0
5	05	Norfolk Tigers	purple	28.8	0.0	28.8	22.0
6	01	Bedfordshire	red	28.9	0.0	28.9	20.0
7	06	Suffolk	orange	33.1	0.0	33.1	18.0

Results Sheet

4 x 1 Lap Relay

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Herts Phoenix	green	53.6	0.0	53.6	30.0
2	04	Norfolk Lions	blue	57.4	0.0	57.4	28.0
3	01	Bedfordshire	red	58.5	0.0	58.5	26.0
4	06	Suffolk	orange	59.1	0.0	59.1	24.0
5	02	Herts Pegasus	yellow	59.2	0.0	59.2	22.0
6	07	The Cats	sky	1:00.6	0.0	1:00.6	20.0
7	05	Norfolk Tigers	purple	1:00.8	0.0	1:00.8	18.0

Results Sheet

6 Lap Paarlauf

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Herts Phoenix	green	1:22.9	0.0	1:22.9	30.0
2	04	Norfolk Lions	blue	1:26.0	0.0	1:26.0	28.0
3	01	Bedfordshire	red	1:28.4	0.0	1:28.4	26.0
4	07	The Cats	sky	1:30.6	0.0	1:30.6	24.0
5	06	Suffolk	orange	1:30.7	0.0	1:30.7	22.0
6	05	Norfolk Tigers	purple	1:31.5	0.0	1:31.5	20.0
7	02	Herts Pegasus	yellow	1:32.5	0.0	1:32.5	18.0

Results Sheet

Over and Under Relay

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Herts Phoenix	green	1:16.7	0.0	1:16.7	30.0
2	02	Herts Pegasus	yellow	1:23.6	0.0	1:23.6	28.0
3	01	Bedfordshire	red	1:23.6	0.0	1:23.6	26.0
4	04	Norfolk Lions	blue	1:25.5	0.0	1:25.5	24.0
5	07	The Cats	sky	1:33.0	0.0	1:33.0	22.0
6	06	Suffolk	orange	1:33.6	0.0	1:33.6	20.0
7	05	Norfolk Tigers	purple	1:34.2	0.0	1:34.2	18.0

Results Sheet

Hurdles Relay

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Herts Phoenix	green	1:02.4	0.0	1:02.4	30.0
2	02	Herts Pegasus	yellow	1:06.9	0.0	1:06.9	28.0
3	07	The Cats	sky	1:07.0	0.0	1:07.0	26.0
4	05	Norfolk Tigers	purple	1:07.2	0.0	1:07.2	24.0
5	01	Bedfordshire	red	1:08.2	0.0	1:08.2	22.0
6	06	Suffolk	orange	1:08.6	0.0	1:08.6	20.0
7	04	Norfolk Lions	blue	1:09.3	0.0	1:09.3	18.0

Results Sheet

Grand Prix

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Herts Phoenix	green	59.7	0.0	59.7	30.0
2	02	Herts Pegasus	yellow	1:05.0	0.0	1:05.0	28.0
3	07	The Cats	sky	1:06.5	0.0	1:06.5	26.0
4	01	Bedfordshire	red	1:07.0	0.0	1:07.0	24.0
5	04	Norfolk Lions	blue	1:08.7	0.0	1:08.7	22.0
6	05	Norfolk Tigers	purple	1:12.9	0.0	1:12.9	20.0
7	06	Suffolk	orange	1:18.7	0.0	1:18.7	18.0

Results Sheet

Balance Test

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1	Herts Pegasus	yellow	171	30
2	Herts Phoenix	green	170	28
3	The Cats	sky	131	26
4	Bedfordshire	red	117	24
5	Suffolk	orange	116	22
6	Norfolk Tigers	purple	96	20
7	Norfolk Lions	blue	70	18

Ranking	Team	Colour	BibNo	Name	Total
1=	Herts Pegasus	yellow	11	Jessica McCreery	60
1=	Herts Pegasus	yellow	13	Rebecca Cole	60
1=	Herts Phoenix	green	5	Emily Moy	60
1=	Herts Phoenix	green	11	Abigail Freeman	60
1=	The Cats	sky	13	Chelsea Millwood	60
6	Norfolk Tigers	purple	1	Kate Pursehouse	54
7	Bedfordshire	red	4	Amelia Williams	52
8	Herts Pegasus	yellow	14	Alice Cole	51
9	Herts Phoenix	green	10	Leila Gillani	50
10	Suffolk	orange	5	Ellie Coleman	47
11=	Bedfordshire	red	10	Kate Wilson	45
11=	The Cats	sky	6	Christina Bonviti	45
13	Suffolk	orange	12	Mollie Ollington	36
14	Norfolk Lions	blue	5	Rhianna Flett	35
15	Suffolk	orange	2	Katie Hann	33
16	Norfolk Tigers	purple	10	Katlin Glover	29
17	The Cats	sky	9	Clover Murry	26
18	Norfolk Lions	blue	7	Ellie Drake	25
19	Bedfordshire	red	6	Kathleen Gatward	20
20	Norfolk Tigers	purple	7	Octavia Campbell	13
21	Norfolk Lions	blue	10	Aimee Rudd	10

Results Sheet

Chest Push

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1=	Bedfordshire	red	12.00	29
1=	Herts Phoenix	green	12.00	29
3	Norfolk Lions	blue	11.25	26
4=	Suffolk	orange	10.00	23
4=	The Cats	sky	10.00	23
6	Herts Pegasus	yellow	9.00	20
7	Norfolk Tigers	purple	7.50	18

Ranking	Team	Colour	BibNo	Name	Best
1	Bedfordshire	red	4	Amelia Williams	7.25
2	Herts Phoenix	green	1	Emma Slater	6.00
3	Herts Phoenix	green	4	Emma Trehearn	6.00
4	Norfolk Lions	blue	3	Mary Groves	6.00
5	Suffolk	orange	8	Bridie Leigh	5.75
6	The Cats	sky	12	Beth Bladock	5.25
7	Norfolk Lions	blue	4	Hannah Maher	5.25
8	Herts Pegasus	yellow	1	Megan Evans	5.00
9	Bedfordshire	red	11	Mary Pollock	4.75
10	The Cats	sky	9	Clover Murry	4.75
11	Suffolk	orange	10	Chantell Kilpatrick	4.25
12	Norfolk Tigers	purple	10	Katlin Glover	4.00
13	Herts Pegasus	yellow	10	Tara Procter	4.00
14	Norfolk Tigers	purple	7	Octavia Campbell	3.50

Results Sheet

Javelin

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	green	27	30
2	Bedfordshire	red	26	28
3	Herts Pegasus	yellow	23	26
4	Norfolk Tigers	purple	22	24
5=	Norfolk Lions	blue	18	20
5=	Suffolk	orange	18	20
5=	The Cats	sky	18	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	green	6	Nicole Chaytor	15
2	Herts Pegasus	yellow	8	Charlotte Butler	14
3	Norfolk Tigers	purple	5	Willow Haxby	13
4	Bedfordshire	red	8	Ellie Wright	13
5	Bedfordshire	red	9	Amber Clark	13
6	Herts Phoenix	green	2	Daizy Lee	12
7	Suffolk	orange	9	Josie Wade	11
8	Norfolk Lions	blue	6	Grace Humby	10
9	The Cats	sky	13	Chelsea Millwood	9
10=	Herts Pegasus	yellow	2	Carley Gill	9
10=	The Cats	sky	3	Samantha Hare	9
12	Norfolk Tigers	purple	12	Shannon Little	9
13	Norfolk Lions	blue	9	Grace Ashworth	8
14	Suffolk	orange	11	Emily Chard	7

Results Sheet

Sitting Throw

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1=	Herts Phoenix	green	13.50	29
1=	Norfolk Lions	blue	13.50	29
3	Bedfordshire	red	12.75	26
4	Suffolk	orange	12.00	24
5=	Herts Pegasus	yellow	11.00	21
5=	Norfolk Tigers	purple	11.00	21
7	The Cats	sky	10.75	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	green	10	Leila Gillani	8.00
2	Norfolk Lions	blue	11	Lucy Bernard	6.75
3	Norfolk Lions	blue	1	Ellie Blunt	6.75
4	Bedfordshire	red	12	Amy Nightingale	6.50
5	Bedfordshire	red	7	Isabelle Maddocks	6.25
6	Norfolk Tigers	purple	2	Joanne Hutler	6.25
7	Herts Pegasus	yellow	5	Chloe Ring	6.00
8	Suffolk	orange	12	Mollie Ollington	6.00
9	Suffolk	orange	14	Amber Clark	6.00
10	The Cats	sky	11	Catherine Bladock	5.75
11	Herts Phoenix	green	8	Lizzie Parry	5.50
12	The Cats	sky	10	Chelsea Kear	5.00
13	Herts Pegasus	yellow	7	Kate McQuaid	5.00
14	Norfolk Tigers	purple	11	Holly Holden	4.75

Results Sheet

Speed Bounce

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	green	150	30
2	Norfolk Lions	blue	145	28
3	Suffolk	orange	144	26
4=	Bedfordshire	red	142	23
4=	The Cats	sky	142	23
6	Herts Pegasus	yellow	141	20
7	Norfolk Tigers	purple	121	18

Ranking	Team	Colour	BibNo	Name	Total
1	Norfolk Lions	blue	2	Suzie Flowers	52
2=	Herts Phoenix	green	3	Anna Young	51
2=	Suffolk	orange	6	Georgie Kemp	51
4=	Bedfordshire	red	7	Isabelle Maddocks	50
4=	Herts Phoenix	green	14	Ellie Bandy	50
4=	The Cats	sky	8	Talia Cullin	50
7=	Herts Pegasus	yellow	9	Megan Breen	49
7=	Herts Phoenix	green	12	Catherine Gill	49
7=	Norfolk Tigers	purple	9	Jessica McNaughton	49
10=	Herts Pegasus	yellow	2	Carley Gill	48
10=	Norfolk Lions	blue	11	Lucy Bernard	48
10=	Norfolk Tigers	purple	8	Natasha Gamble	48
10=	Suffolk	orange	1	Paris Sterling	48
14=	Bedfordshire	red	5	Megan Prowse	47
14=	The Cats	sky	1	Beth Ibbotson	47
16=	Bedfordshire	red	8	Ellie Wright	45
16=	Norfolk Lions	blue	12	Charlotte Smith	45
16=	Suffolk	orange	9	Josie Wade	45
16=	The Cats	sky	4	Zoe Neville	45
20	Herts Pegasus	yellow	1	Megan Evans	44
21	Norfolk Tigers	purple	11	Holly Holden	24
	Norfolk Lions	blue	1	Ellie Blunt	0
	Suffolk	orange	5	Ellie Coleman	0

Results Sheet

Standing Long Jump

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	blue	5.60	30
2	Herts Phoenix	green	5.52	28
3	Norfolk Tigers	purple	5.06	26
4	The Cats	sky	5.03	24
5	Herts Pegasus	yellow	4.97	22
6	Bedfordshire	red	4.95	20
7	Suffolk	orange	4.55	18

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk Lions	blue	1	Ellie Blunt	2.04
2	Herts Phoenix	green	2	Daizy Lee	2.02
3	The Cats	sky	5	Georgia Ibbotson	1.97
4	Norfolk Lions	blue	3	Mary Groves	1.79
5	Norfolk Tigers	purple	1	Kate Pursehouse	1.78
6	Norfolk Lions	blue	9	Grace Ashworth	1.77
7	Herts Phoenix	green	9	Emma Bouw	1.77
8	Herts Pegasus	yellow	7	Kate McQuaid	1.74
9	Herts Phoenix	green	8	Lizzie Parry	1.73
10	Herts Pegasus	yellow	5	Chloe Ring	1.69
11	Bedfordshire	red	1	Natasha Doyle	1.66
12	Bedfordshire	red	6	Kathleen Gatward	1.66
13	Norfolk Tigers	purple	9	Jessica McNaughton	1.64
14	Norfolk Tigers	purple	2	Joanne Hutler	1.64
15	Bedfordshire	red	11	Mary Pollock	1.63
16	Suffolk	orange	1	Paris Sterling	1.61
17	The Cats	sky	2	Ellie Woolett	1.56
18	Herts Pegasus	yellow	9	Megan Breen	1.54
19	The Cats	sky	11	Catherine Bladock	1.50
20	Suffolk	orange	4	Charlottle Harding	1.48
21	Suffolk	orange	10	Chantell Kilpatrick	1.46

Results Sheet

Standing Triple Jump

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	green	15.77	30
2	The Cats	sky	14.75	28
3	Bedfordshire	red	14.34	26
4	Norfolk Lions	blue	13.85	24
5	Suffolk	orange	13.58	22
6	Herts Pegasus	yellow	13.31	20
7	Norfolk Tigers	purple	12.57	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	green	3	Anna Young	5.40
2	Herts Phoenix	green	1	Emma Slater	5.37
3	The Cats	sky	8	Talia Cullin	5.22
4	Norfolk Lions	blue	12	Charlotte Smith	5.21
5	Bedfordshire	red	2	Lucy Watt Lanning	5.14
6	Herts Pegasus	yellow	4	Dominique Somerville	5.09
7	Bedfordshire	red	9	Amber Clark	5.07
8	Herts Phoenix	green	7	Hannah Williams	5.00
9	Norfolk Tigers	purple	3	Jade Nicholson	4.98
10	Suffolk	orange	8	Bridie Leigh	4.92
11	The Cats	sky	1	Beth Ibbotson	4.92
12	Suffolk	orange	7	Lauren Grubb	4.74
13	Norfolk Lions	blue	6	Grace Humby	4.62
14	The Cats	sky	4	Zoe Neville	4.61
15	Herts Pegasus	yellow	11	Jessica McCreery	4.48
16	Bedfordshire	red	10	Kate Wilson	4.13
17	Norfolk Tigers	purple	5	Willow Haxby	4.08
18	Norfolk Lions	blue	4	Hannah Maher	4.02
19	Suffolk	orange	5	Ellie Coleman	3.92
20	Herts Pegasus	yellow	14	Alice Cole	3.74
21	Norfolk Tigers	purple	6	Augustine Hammond	3.51
	The Cats	sky	3	Samantha Hare	0.00
	The Cats	sky	11	Catherine Bladock	0.00

Results Sheet

Target Throw

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1=	Herts Phoenix	green	33	29
1=	Norfolk Lions	blue	33	29
3	Herts Pegasus	yellow	30	26
4	The Cats	sky	29	24
5	Norfolk Tigers	purple	26	22
6	Bedfordshire	red	23	20
7	Suffolk	orange	20	18

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Pegasus	yellow	6	Laura Armorgie	20
2=	Herts Phoenix	green	11	Abigail Freeman	18
2=	Norfolk Lions	blue	10	Aimee Rudd	18
2=	Norfolk Tigers	purple	3	Jade Nicholson	18
5=	Herts Phoenix	green	12	Catherine Gill	15
5=	Norfolk Lions	blue	7	Ellie Drake	15
5=	The Cats	sky	2	Ellie Woolett	15
8=	Bedfordshire	red	2	Lucy Watt Lanning	14
8=	Suffolk	orange	3	Jemmina Glazin	14
8=	The Cats	sky	7	Helen Cosby	14
11	Herts Pegasus	yellow	4	Dominique Somerville	10
12	Bedfordshire	red	1	Natasha Doyle	9
13	Norfolk Tigers	purple	6	Augustine Hammond	8
14	Suffolk	orange	13	Charlotte Bater	6

Results Sheet

Vertical Jump

Competition:

NUFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, Norwich

Date

17 Nov 2007

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	blue	124	30
2	Herts Phoenix	green	117	28
3	Bedfordshire	red	111	26
4	The Cats	sky	110	24
5	Herts Pegasus	yellow	107	22
6	Norfolk Tigers	purple	98	20
7	Suffolk	orange	97	18

Ranking	Team	Colour	BibNo	Name	Best
1	The Cats	sky	6	Christina Bonviti	45
2	Norfolk Lions	blue	2	Suzie Flowers	43
3	Herts Phoenix	green	4	Emma Trehearn	43
4	Norfolk Lions	blue	5	Rhianna Flett	42
5	Bedfordshire	red	12	Amy Knightingale	40
6	Suffolk	orange	2	Katie Hann	40
7	Norfolk Lions	blue	8	Amy Shaw	39
8	Herts Pegasus	yellow	3	Jasmine Amos	38
9	Herts Phoenix	green	13	Zoe Benton	38
10	Herts Pegasus	yellow	8	Charlotte Butler	37
11	Herts Phoenix	green	6	Nicole Chaytor	36
12	Bedfordshire	red	3	Megan Roberts	36
13	The Cats	sky	12	Beth Bladock	36
14	Bedfordshire	red	13	Georgia Harris Love	35
15	Norfolk Tigers	purple	4	Megan Wilson	33
16	Norfolk Tigers	purple	8	Natasha Gamble	33
17	Herts Pegasus	yellow	12	Romilly Scutt	32
18	Norfolk Tigers	purple	12	Shannon Little	32
19	The Cats	sky	10	Chelsea Kear	29
20	Suffolk	orange	6	Georgie Kemp	29
21	Suffolk	orange	3	Jemmina Glazin	28
	Norfolk Lions	blue	1	Ellie Blunt	0