

East Regional Festival Sportspark, UEA, Norwich

Saturday 15 November 2008

We welcome teams today from...

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



Fun in Athletics Festivals
2008 - 2009

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AVIVA

Competition Results

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

Team Results

Cambridgeshire Cheetahs (red)

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	India Baynes	J	13	11	13		13	3
1	India Baynes	SLJ	1.70	1.82	1.80		1.82	7
2	Molly Wright	J	8	9	8		9	12
2	Molly Wright	STJ	3.58	3.56	3.62		3.62	22
3	Lois Snart	VJ	31	32	33		33	11
4	Megan Hewett	TT	4	3	4	2	13	7=
4	Megan Hewett	VJ	32	33	30		33	12
5	Emma Spray	SLJ	1.41	1.18	1.32		1.41	20
6	Sasha Vail	SB	41				41	17=
6	Sasha Vail	VJ	29	27	29		29	16
7	Sophie Morris	BT	3	4	1	2	10	24
7	Sophie Morris	CP	3.00	3.75	3.50		3.75	15
8	Jessica Robinson	SB	40				40	20=
8	Jessica Robinson	TT	8	1	0	0	9	14
9	Aimee Robinson	SLJ	1.26	1.06	1.20		1.26	23
10	Eleanor Casford	SB	38				38	22=
10	Eleanor Casford	STJ	3.96	3.95	3.90		3.96	20
11	Towalla Nche	BT	7	10	15	15	47	10=
11	Towalla Nche	CP	5.75	5.75	5.50		5.75	4
12	Phoebe Vail	BT	10	4	2	2	18	21=
12	Phoebe Vail	STJ	3.84	3.72	3.68		3.84	21

Team Results

Cambridgeshire Cougars (yellow)

Competition:

AFIA-East Regional Festival Under 11 Girls

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Sportspark, UEA, Norwich

Date

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Melissa Tyson	BT	11	15	2	3	31	17
1	Melissa Tyson	SLJ	1.45	1.46	1.44		1.46	19
2	Alisha Morgan	SB	30				30	24
3	Charlotte Batty	J	10	8	7		10	8
3	Charlotte Batty	SLJ	1.38	1.99	1.95		1.99	1
4	Hannah Howe	CP	4.50	4.50	4.75		4.75	11
4	Hannah Howe	VJ	29	31	29		31	14
5	Katie Reynolds	SB	44				44	12=
5	Katie Reynolds	SLJ	1.54	1.06	1.54		1.54	16
6	Millie Oddi	BT	4	9	3	2	18	21=
6	Millie Oddi	CP	5.75	5.25	5.25		5.75	6
7	Elle Taylor	SB	41				41	17=
7	Elle Taylor	STJ	3.95	4.18	4.27		4.27	15
8	Jessica Savage	J	9	7	8		9	13
8	Jessica Savage	VJ	29	28	30		30	15
9	Emily Orne	TT	5	2	5	0	12	9
10	Emma Heath	STJ	4.10	3.74	3.90		4.10	18
11	Stacie Boon	STJ	3.26	4.18	4.15		4.18	17
12	Chloe Wilson	VJ	16	19	19		19	23
13	Charlotte Hilton	BT	4	3	15	3	25	20
13	Charlotte Hilton	TT	6	4	4	1	15	6

Team Results

Herts Pegasus (green)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
2	Alice Cole	BT	6	15	2	9	32	16
3	Rebecca Cole	BT	15	15	15	15	60	1=
3	Rebecca Cole	VJ	28	31	31		31	13
4	Kia Stevens	SB	46				46	8=
4	Kia Stevens	TT	5	4	1	0	10	11=
5	Mia Simmons	J	12	10	11		12	4
5	Mia Simmons	VJ	37	34	36		37	8
6	Georgia Chambers	SB	45				45	10=
6	Georgia Chambers	SLJ	1.46	1.52	1.68		1.68	12
7	Emma Lloyd-Jones	STJ	4.16	4.18	4.05		4.18	16
8	Megan Fielding	TT	8	5	5	2	20	3=
9	Pippa Beauchamp	J	8	9	10		10	7
9	Pippa Beauchamp	STJ	4.44	4.41	4.50		4.50	9
10	Anna Kalganova	CP	5.50	5.00	6.00		6.00	3
10	Anna Kalganova	STJ	4.40	5.36	5.38		5.38	1
11	Madeline Hindson	BT	15	15	15	15	60	1=
11	Madeline Hindson	VJ	27	38	34		38	6
12	Madeliene Herbert	CP	5.25	5.50	0.00		5.50	9
12	Madeliene Herbert	SLJ	1.66	1.60	1.60		1.66	13
14	Jordan Nash	SB	44				44	12=
14	Jordan Nash	SLJ	1.56	1.36	1.34		1.56	15

Team Results

Herts Phoenix (blue)

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1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Zoe Benton	STJ	5.12	5.11	5.13		5.13	4
2	Charlotte Skipp	CP	5.25	6.25	5.75		6.25	1
2	Charlotte Skipp	VJ	42	44	42		44	2
3	Sally Cowler	BT	15	15	15	15	60	1=
3	Sally Cowler	VJ	45	46	43		46	1
4	Olivia Barfoot	STJ	5.19	4.99	5.02		5.19	3
5	Elli Bandy	SLJ	1.82	1.88	1.86		1.88	5
6	Chloe Ring	SB	50				50	4=
6	Chloe Ring	SLJ	1.40	1.90	1.74		1.90	3
7	Alice Seemark	BT	15	3	15	15	48	8=
7	Alice Seemark	J	9	11	11		11	5
8	Georgia Satwick	SB	50				50	4=
8	Georgia Satwick	TT	10	8	4	2	24	2
9	Laura Armorgie	BT	15	15	14	15	59	6
9	Laura Armorgie	TT	9	9	3	5	26	1
10	Kate McQuaid	SB	51				51	3
10	Kate McQuaid	SLJ	1.64	1.80	1.84		1.84	6
11	Charlotte Butler	J	15	13	16		16	1
11	Charlotte Butler	VJ	38	39	40		40	3
12	Kiera Bayliss	CP	5.25	5.50	5.50		5.50	7
12	Kiera Bayliss	STJ	4.82	4.84	4.84		4.84	6

Team Results

Norfolk Lions (purple)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Grace Ashworth	CP	5.00	5.00	5.00		5.00	10
1	Grace Ashworth	SLJ	1.86	1.84	1.94		1.94	2
2	Emily Collison	SLJ	1.88	1.78	1.88		1.88	4
3	Katie Purcehouse	SLJ	1.72	1.74	1.73		1.74	9
4	Katie Francis	SB	52				52	2
4	Katie Francis	STJ	5.16	5.10	5.25		5.25	2
5	Augustine Hammond	SB	55				55	1
5	Augustine Hammond	STJ	4.34	4.28	4.10		4.34	12
6	Harriett Blunt	SB	48				48	6
6	Harriett Blunt	TT	9	6	2	1	18	5
7	Lucy Edwards	J	9	7	6		9	14
7	Lucy Edwards	VJ	38	37	33		38	5
8	Kate Canham	BT	15	15	15	4	49	7
8	Kate Canham	VJ	37	36	37		37	7
9	Amiee Rudd	VJ	37	34	34		37	9
10	Jade Nicholson	BT	15	15	15	15	60	1=
10	Jade Nicholson	CP	5.25	5.50	5.75		5.75	5
11	Grace Johnson	J	7	9	9		9	11
11	Grace Johnson	STJ	4.30	4.30	4.24		4.30	13
12	Ellie Bushell	BT	9	5	6	8	28	18
12	Ellie Bushell	TT	5	4	2	0	11	10

Team Results

Norfolk Tigers (orange)

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT	VJ
1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Hannah Greenhalgh	SB	46				46	8=
1	Hannah Greenhalgh	STJ	3.40	3.12	3.05		3.40	24
2	Danielle Middleton	SLJ	1.50	1.56	1.68		1.68	11
3	Georgia Perks	SB	47				47	7
3	Georgia Perks	STJ	4.43	4.30	4.25		4.43	11
4	Sophie Baxter	BT	7	9	15	15	46	13
4	Sophie Baxter	J	8	8	7		8	15
5	Abbie Mckinna	VJ	28	25	26		28	20=
6	Hannah Cole	CP	5.50	5.00	5.50		5.50	8
7	Catlin Glover	TT	9	5	4	2	20	3=
7	Catlin Glover	VJ	24	29	27		29	19
8	Anna Harrison	BT	3	15	15	15	48	8=
8	Anna Harrison	VJ	35	39	33		39	4
9	Ashleigh Britnell	BT	15	7	15	10	47	10=
9	Ashleigh Britnell	SLJ	1.50	1.42	1.43		1.50	17
10	Izzy Ckysasi	STJ	4.20	4.80	4.82		4.82	7
10	Izzy Ckysasi	TT	8	0	2	0	10	11=
11	Kerrly Watkinson	CP	4.00	4.00	3.75		4.00	14
11	Kerrly Watkinson	SB	40				40	20=
12	Elizabeth Beckett	J	13	14	14		14	2
12	Elizabeth Beckett	SLJ	1.40	1.50	1.43		1.50	18

Team Results

Suffolk Gazelles (sky)

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1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Lauren Grub	STJ	4.87	4.96	4.96		4.96	5
2	Chantelle Killpatrick	J	8	9	9		9	9=
2	Chantelle Killpatrick	SB	44				44	12=
2	Chantelle Killpatrick	SLJ	1.70	1.60	1.66		1.70	10
3	Esmee Scot	CP	5.50	6.00	5.50		6.00	2
3	Esmee Scot	SLJ	1.74	1.76	1.64		1.76	8
4	Olivia Dixon	STJ	4.43	4.50	4.50		4.50	8
5	Felicity Jarvis	BT	15	15	15	15	60	1=
5	Felicity Jarvis	SB	45				45	10=
5	Felicity Jarvis	VJ	32	33	34		34	10
6	Emily Chard	BT	5	7	15	14	41	14=
6	Emily Chard	STJ	4.44	4.48	4.28		4.48	10
7	Elin Anderson	SB	41				41	17=
7	Elin Anderson	SLJ	1.60	1.45	1.50		1.60	14
8	Georgina Burke	CP	4.25	4.50	4.25		4.50	12
8	Georgina Burke	VJ	27	28	29		29	17
9	Sophie J Bowler	J	9	10	9		10	6
10	Emma Wade	TT	8	1	1	0	10	11=
10	Emma Wade	VJ	28	29	26		29	18
11	Corrine Clampin	BT	2	9	15	15	41	14=
11	Corrine Clampin	TT	7	5	1	0	13	7=

Team Results

Suffolk Stars (white)

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1	Herts Phoenix	blue	478	30	30	30	30	30	30	30	30	30	30	30	28	30	30	30	30
2	Herts Pegasus	green	417	24	28	26	20	28	26	28	26	28	28	26	26	22	28	27	26
3	Norfolk Lions	purple	407	28	25	24	26	26	28	26	24	22	26	18	30	28	24	24	28
4	Suffolk Gazelles	sky	377	26	25	28	22	22	22	20	28	26	23	21	22	26	26	20	20
5	Norfolk Tigers	orange	348	22	18	20	24	16	20	22	20	24	19	26	24	20	22	27	24
6	Cambridgeshire Cougars	yellow	334	20	22	22	28	18	24	24	16	16	23	21	16	24	20	22	18
7	Cambridgeshire Cheetahs	red	295	18	16	18	16	20	18	16	18	18	19	26	18	18	16	18	22
8	Suffolk Stars	white	256	0	20	16	18	24	16	18	22	20	16	16	20	16	18	0	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Saskia Wright	BT	3	2	7	5	17	23
1	Saskia Wright	VJ	26	25	28		28	20=
2	Jasmine Mallet	J	9	9	8		9	9=
2	Jasmine Mallet	SLJ	1.26	1.16	1.14		1.26	24
3	Megan Russel	SB	43				43	15=
3	Megan Russel	SLJ	1.12	1.30	1.30		1.30	22
4	Francesca Betson	SB	38				38	22=
4	Francesca Betson	SLJ	1.34	1.26	1.38		1.38	21
5	Charlotte Baker	BT	7	6	11	3	27	19
5	Charlotte Baker	CP	4.00	4.25	4.00		4.25	13
5	Charlotte Baker	STJ	3.35	3.43	3.50		3.50	23
6	Suzie Woodlsy	BT	10	12	10	15	47	10=
6	Suzie Woodlsy	VJ	24	24	25		25	22
7	Rebecca Kemsley	SB	43				43	15=
7	Rebecca Kemsley	STJ	4.04	3.97	4.00		4.04	19
8	Charlotte Harding	J	8	4	8		8	16
8	Charlotte Harding	STJ	4.16	4.28	4.30		4.30	14

Results Sheet

Obstacle Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:29.1	0.0	1:29.1	30.0
2	05	Norfolk Lions	purple	1:31.7	0.0	1:31.7	28.0
3	07	Suffolk Gazelles	sky	1:32.3	0.0	1:32.3	26.0
4	03	Herts Pegasus	green	1:32.8	0.0	1:32.8	24.0
5	06	Norfolk Tigers	orange	1:38.1	0.0	1:38.1	22.0
6	02	Cambridgeshire Cougars	yellow	1:39.2	0.0	1:39.2	20.0
7	01	Cambridgeshire Cheetahs	red	1:41.9	0.0	1:41.9	18.0

Results Sheet

1 + 1 Lap Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	26.8	0.0	26.8	30.0
2	03	Herts Pegasus	green	28.1	0.0	28.1	28.0
3=	05	Norfolk Lions	purple	28.1	0.0	28.1	25.0
3=	07	Suffolk Gazelles	sky	28.1	0.0	28.1	25.0
5	02	Cambridgeshire Cougars	yellow	30.8	0.0	30.8	22.0
6	08	Suffolk Stars	white	31.2	0.0	31.2	20.0
7	06	Norfolk Tigers	orange	31.5	0.0	31.5	18.0
8	01	Cambridgeshire Cheetahs	red	33.9	0.0	33.9	16.0

Results Sheet

4 x 1 Lap Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	54.4	0.0	54.4	30.0
2	07	Suffolk Gazelles	sky	55.2	0.0	55.2	28.0
3	03	Herts Pegasus	green	55.5	0.0	55.5	26.0
4	05	Norfolk Lions	purple	56.2	0.0	56.2	24.0
5	02	Cambridgeshire Cougars	yellow	58.1	0.0	58.1	22.0
6	06	Norfolk Tigers	orange	1:00.5	0.0	1:00.5	20.0
7	01	Cambridgeshire Cheetahs	red	1:02.3	0.0	1:02.3	18.0
8	08	Suffolk Stars	white	1:03.5	0.0	1:03.5	16.0

Results Sheet

6 Lap Paarlauf

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:24.7	0.0	1:24.7	30.0
2	02	Cambridgeshire Cougars	yellow	1:27.9	0.0	1:27.9	28.0
3	05	Norfolk Lions	purple	1:28.0	0.0	1:28.0	26.0
4	06	Norfolk Tigers	orange	1:29.9	0.0	1:29.9	24.0
5	07	Suffolk Gazelles	sky	1:30.9	0.0	1:30.9	22.0
6	03	Herts Pegasus	green	1:31.2	0.0	1:31.2	20.0
7	08	Suffolk Stars	white	1:40.8	0.0	1:40.8	18.0
8	01	Cambridgeshire Cheetahs	red	1:52.4	0.0	1:52.4	16.0

Results Sheet

Over and Under Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

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	1:22.7	0.0	1:22.7	28.0
3	05	Norfolk Lions	purple	1:26.4	0.0	1:26.4	26.0
4	08	Suffolk Stars	white	1:31.9	0.0	1:31.9	24.0
5	07	Suffolk Gazelles	sky	1:32.1	0.0	1:32.1	22.0
6	01	Cambridgeshire Cheetahs	red	1:32.4	0.0	1:32.4	20.0
7	02	Cambridgeshire Cougars	yellow	1:34.1	0.0	1:34.1	18.0
8	06	Norfolk Tigers	orange	1:34.4	0.0	1:34.4	16.0

Results Sheet

Hurdles Relay

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:03.3	0.0	1:03.3	30.0
2	05	Norfolk Lions	purple	1:05.2	0.0	1:05.2	28.0
3	03	Herts Pegasus	green	1:06.8	0.0	1:06.8	26.0
4	02	Cambridgeshire Cougars	yellow	1:08.6	0.0	1:08.6	24.0
5	07	Suffolk Gazelles	sky	1:10.8	0.0	1:10.8	22.0
6	06	Norfolk Tigers	orange	1:11.4	0.0	1:11.4	20.0
7	01	Cambridgeshire Cheetahs	red	1:12.8	0.0	1:12.8	18.0
8	08	Suffolk Stars	white	1:15.4	0.0	1:15.4	16.0

Results Sheet

Grand Prix

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	blue	1:09.4	0.0	1:09.4	30.0
2	03	Herts Pegasus	green	1:11.1	0.0	1:11.1	28.0
3	05	Norfolk Lions	purple	1:16.5	0.0	1:16.5	26.0
4	02	Cambridgeshire Cougars	yellow	1:17.2	0.0	1:17.2	24.0
5	06	Norfolk Tigers	orange	1:21.4	0.0	1:21.4	22.0
6	07	Suffolk Gazelles	sky	1:21.5	0.0	1:21.5	20.0
7	08	Suffolk Stars	white	1:30.4	0.0	1:30.4	18.0
8	01	Cambridgeshire Cheetahs	red	1:31.3	0.0	1:31.3	16.0

Results Sheet

Balance Test

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	167	30
2	Herts Pegasus	green	152	28
3	Suffolk Gazelles	sky	142	26
4	Norfolk Tigers	orange	141	24
5	Norfolk Lions	purple	137	22
6	Suffolk Stars	white	91	20
7	Cambridgeshire Cheetahs	red	75	18
8	Cambridgeshire Cougars	yellow	74	16

Ranking	Team	Colour	BibNo	Name	Total
1=	Herts Pegasus	green	3	Rebecca Cole	60
1=	Herts Pegasus	green	11	Madeline Hindson	60
1=	Herts Phoenix	blue	3	Sally Cowler	60
1=	Norfolk Lions	purple	10	Jade Nicholson	60
1=	Suffolk Gazelles	sky	5	Felicity Jarvis	60
6	Herts Phoenix	blue	9	Laura Armorgie	59
7	Norfolk Lions	purple	8	Kate Canham	49
8=	Herts Phoenix	blue	7	Alice Seemark	48
8=	Norfolk Tigers	orange	8	Anna Harrison	48
10=	Cambridgeshire Cheetahs	red	11	Towalla Nche	47
10=	Norfolk Tigers	orange	9	Ashleigh Britnell	47
10=	Suffolk Stars	white	6	Suzie Woodlsy	47
13	Norfolk Tigers	orange	4	Sophie Baxter	46
14=	Suffolk Gazelles	sky	6	Emily Chard	41
14=	Suffolk Gazelles	sky	11	Corrine Clampin	41
16	Herts Pegasus	green	2	Alice Cole	32
17	Cambridgeshire Cougars	yellow	1	Melissa Tyson	31
18	Norfolk Lions	purple	12	Ellie Bushell	28
19	Suffolk Stars	white	5	Charlotte Baker	27
20	Cambridgeshire Cougars	yellow	13	Charlotte Hilton	25
21=	Cambridgeshire Cheetahs	red	12	Phoebe Vail	18
21=	Cambridgeshire Cougars	yellow	6	Millie Oddi	18
23	Suffolk Stars	white	1	Saskia Wright	17
24	Cambridgeshire Cheetahs	red	7	Sophie Morris	10

Results Sheet

Chest Push

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	11.75	30
2	Herts Pegasus	green	11.50	28
3	Norfolk Lions	purple	10.75	26
4=	Cambridgeshire Cougars	yellow	10.50	23
4=	Suffolk Gazelles	sky	10.50	23
6=	Cambridgeshire Cheetahs	red	9.50	19
6=	Norfolk Tigers	orange	9.50	19
8	Suffolk Stars	white	4.25	16

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	2	Charlotte Skipp	6.25
2	Suffolk Gazelles	sky	3	Esmee Scot	6.00
3	Herts Pegasus	green	10	Anna Kalganova	6.00
4	Cambridgeshire Cheetahs	red	11	Towalla Nche	5.75
5	Norfolk Lions	purple	10	Jade Nicholson	5.75
6	Cambridgeshire Cougars	yellow	6	Millie Oddi	5.75
7	Herts Phoenix	blue	12	Kiera Bayliss	5.50
8	Norfolk Tigers	orange	6	Hannah Cole	5.50
9	Herts Pegasus	green	12	Madeliene Herbert	5.50
10	Norfolk Lions	purple	1	Grace Ashworth	5.00
11	Cambridgeshire Cougars	yellow	4	Hannah Howe	4.75
12	Suffolk Gazelles	sky	8	Georgina Burke	4.50
13	Suffolk Stars	white	5	Charlotte Baker	4.25
14	Norfolk Tigers	orange	11	Kerrly Watkinson	4.00
15	Cambridgeshire Cheetahs	red	7	Sophie Morris	3.75

Results Sheet

Javelin

Competition:
AFIA-East Regional Festival Under 11 Girls

Venue:
Sportspark, UEA, Norwich

Date
15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	27	30
2=	Cambridgeshire Cheetahs	red	22	26
2=	Herts Pegasus	green	22	26
2=	Norfolk Tigers	orange	22	26
5=	Cambridgeshire Cougars	yellow	19	21
5=	Suffolk Gazelles	sky	19	21
7	Norfolk Lions	purple	18	18
8	Suffolk Stars	white	17	16

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	11	Charlotte Butler	16
2	Norfolk Tigers	orange	12	Elizabeth Beckett	14
3	Cambridgeshire Cheetahs	red	1	India Baynes	13
4	Herts Pegasus	green	5	Mia Simmons	12
5	Herts Phoenix	blue	7	Alice Seemark	11
6	Suffolk Gazelles	sky	9	Sophie J Bowler	10
7	Herts Pegasus	green	9	Pippa Beauchamp	10
8	Cambridgeshire Cougars	yellow	3	Charlotte Batty	10
9=	Suffolk Gazelles	sky	2	Chantelle Killpatrick	9
9=	Suffolk Stars	white	2	Jasmine Mallet	9
11	Norfolk Lions	purple	11	Grace Johnson	9
12	Cambridgeshire Cheetahs	red	2	Molly Wright	9
13	Cambridgeshire Cougars	yellow	8	Jessica Savage	9
14	Norfolk Lions	purple	7	Lucy Edwards	9
15	Norfolk Tigers	orange	4	Sophie Baxter	8
16	Suffolk Stars	white	8	Charlotte Harding	8

Results Sheet

Speed Bounce

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Norfolk Lions	purple	155	30
2	Herts Phoenix	blue	151	28
3	Herts Pegasus	green	135	26
4	Norfolk Tigers	orange	133	24
5	Suffolk Gazelles	sky	130	22
6	Suffolk Stars	white	124	20
7	Cambridgeshire Cheetahs	red	119	18
8	Cambridgeshire Cougars	yellow	115	16

Ranking	Team	Colour	BibNo	Name	Total
1	Norfolk Lions	purple	5	Augustine Hammond	55
2	Norfolk Lions	purple	4	Katie Francis	52
3	Herts Phoenix	blue	10	Kate McQuaid	51
4=	Herts Phoenix	blue	6	Chloe Ring	50
4=	Herts Phoenix	blue	8	Georgia Satwick	50
6	Norfolk Lions	purple	6	Harriett Blunt	48
7	Norfolk Tigers	orange	3	Georgia Perks	47
8=	Herts Pegasus	green	4	Kia Stevens	46
8=	Norfolk Tigers	orange	1	Hannah Greenhalgh	46
10=	Herts Pegasus	green	6	Georgia Chambers	45
10=	Suffolk Gazelles	sky	5	Felicity Jarvis	45
12=	Cambridgeshire Cougars	yellow	5	Katie Reynolds	44
12=	Herts Pegasus	green	14	Jordan Nash	44
12=	Suffolk Gazelles	sky	2	Chantelle Killpatrick	44
15=	Suffolk Stars	white	3	Megan Russel	43
15=	Suffolk Stars	white	7	Rebecca Kemsley	43
17=	Cambridgeshire Cheetahs	red	6	Sasha Vail	41
17=	Cambridgeshire Cougars	yellow	7	Elle Taylor	41
17=	Suffolk Gazelles	sky	7	Elin Anderson	41
20=	Cambridgeshire Cheetahs	red	8	Jessica Robinson	40
20=	Norfolk Tigers	orange	11	Kerrly Watkinson	40
22=	Cambridgeshire Cheetahs	red	10	Eleanor Casford	38
22=	Suffolk Stars	white	4	Francesca Betson	38
24	Cambridgeshire Cougars	yellow	2	Alisha Morgan	30

Results Sheet

Standing Long Jump

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	5.62	30
2	Norfolk Lions	purple	5.56	28
3	Suffolk Gazelles	sky	5.06	26
4	Cambridgeshire Cougars	yellow	4.99	24
5	Herts Pegasus	green	4.90	22
6	Norfolk Tigers	orange	4.68	20
7	Cambridgeshire Cheetahs	red	4.49	18
8	Suffolk Stars	white	3.94	16

Ranking	Team	Colour	BibNo	Name	Best
1	Cambridgeshire Cougars	yellow	3	Charlotte Batty	1.99
2	Norfolk Lions	purple	1	Grace Ashworth	1.94
3	Herts Phoenix	blue	6	Chloe Ring	1.90
4	Norfolk Lions	purple	2	Emily Collison	1.88
5	Herts Phoenix	blue	5	Elli Bandy	1.88
6	Herts Phoenix	blue	10	Kate McQuaid	1.84
7	Cambridgeshire Cheetahs	red	1	India Baynes	1.82
8	Suffolk Gazelles	sky	3	Esmee Scot	1.76
9	Norfolk Lions	purple	3	Katie Purcehouse	1.74
10	Suffolk Gazelles	sky	2	Chantelle Killpatrick	1.70
11	Norfolk Tigers	orange	2	Danielle Middleton	1.68
12	Herts Pegasus	green	6	Georgia Chambers	1.68
13	Herts Pegasus	green	12	Madeliene Herbert	1.66
14	Suffolk Gazelles	sky	7	Elin Anderson	1.60
15	Herts Pegasus	green	14	Jordan Nash	1.56
16	Cambridgeshire Cougars	yellow	5	Katie Reynolds	1.54
17	Norfolk Tigers	orange	9	Ashleigh Britnell	1.50
18	Norfolk Tigers	orange	12	Elizabeth Beckett	1.50
19	Cambridgeshire Cougars	yellow	1	Melissa Tyson	1.46
20	Cambridgeshire Cheetahs	red	5	Emma Spray	1.41
21	Suffolk Stars	white	4	Francesca Betson	1.38
22	Suffolk Stars	white	3	Megan Russel	1.30
23	Cambridgeshire Cheetahs	red	9	Aimee Robinson	1.26
24	Suffolk Stars	white	2	Jasmine Mallet	1.26

Results Sheet

Standing Triple Jump

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	15.16	30
2	Herts Pegasus	green	14.06	28
3	Suffolk Gazelles	sky	13.94	26
4	Norfolk Lions	purple	13.89	24
5	Norfolk Tigers	orange	12.65	22
6	Cambridgeshire Cougars	yellow	12.55	20
7	Suffolk Stars	white	11.84	18
8	Cambridgeshire Cheetahs	red	11.42	16

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Pegasus	green	10	Anna Kalganova	5.38
2	Norfolk Lions	purple	4	Katie Francis	5.25
3	Herts Phoenix	blue	4	Olivia Barfoot	5.19
4	Herts Phoenix	blue	1	Zoe Benton	5.13
5	Suffolk Gazelles	sky	1	Lauren Grub	4.96
6	Herts Phoenix	blue	12	Kiera Bayliss	4.84
7	Norfolk Tigers	orange	10	Izzy Ckysasi	4.82
8	Suffolk Gazelles	sky	4	Olivia Dixon	4.50
9	Herts Pegasus	green	9	Pippa Beauchamp	4.50
10	Suffolk Gazelles	sky	6	Emily Chard	4.48
11	Norfolk Tigers	orange	3	Georgia Perks	4.43
12	Norfolk Lions	purple	5	Augustine Hammond	4.34
13	Norfolk Lions	purple	11	Grace Johnson	4.30
14	Suffolk Stars	white	8	Charlotte Harding	4.30
15	Cambridgeshire Cougars	yellow	7	Elle Taylor	4.27
16	Herts Pegasus	green	7	Emma Lloyd-Jones	4.18
17	Cambridgeshire Cougars	yellow	11	Stacie Boon	4.18
18	Cambridgeshire Cougars	yellow	10	Emma Heath	4.10
19	Suffolk Stars	white	7	Rebecca Kemsley	4.04
20	Cambridgeshire Cheetahs	red	10	Eleanor Casford	3.96
21	Cambridgeshire Cheetahs	red	12	Phoebe Vail	3.84
22	Cambridgeshire Cheetahs	red	2	Molly Wright	3.62
23	Suffolk Stars	white	5	Charlotte Baker	3.50
24	Norfolk Tigers	orange	1	Hannah Greenhalgh	3.40

Results Sheet

Target Throw

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	50	30
2=	Herts Pegasus	green	30	27
2=	Norfolk Tigers	orange	30	27
4	Norfolk Lions	purple	29	24
5	Cambridgeshire Cougars	yellow	27	22
6	Suffolk Gazelles	sky	23	20
7	Cambridgeshire Cheetahs	red	22	18

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Phoenix	blue	9	Laura Armorgie	26
2	Herts Phoenix	blue	8	Georgia Satwick	24
3=	Herts Pegasus	green	8	Megan Fielding	20
3=	Norfolk Tigers	orange	7	Catlin Glover	20
5	Norfolk Lions	purple	6	Harriett Blunt	18
6	Cambridgeshire Cougars	yellow	13	Charlotte Hilton	15
7=	Cambridgeshire Cheetahs	red	4	Megan Hewett	13
7=	Suffolk Gazelles	sky	11	Corrine Clampin	13
9	Cambridgeshire Cougars	yellow	9	Emily Orne	12
10	Norfolk Lions	purple	12	Ellie Bushell	11
11=	Herts Pegasus	green	4	Kia Stevens	10
11=	Norfolk Tigers	orange	10	Izzy Ckysasi	10
11=	Suffolk Gazelles	sky	10	Emma Wade	10
14	Cambridgeshire Cheetahs	red	8	Jessica Robinson	9

Results Sheet

Vertical Jump

Competition:

AFIA-East Regional Festival Under 11 Girls

Venue:

Sportspark, UEA, Norwich

Date

15 Nov 2008

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	blue	130	30
2	Norfolk Lions	purple	112	28
3	Herts Pegasus	green	106	26
4	Norfolk Tigers	orange	96	24
5	Cambridgeshire Cheetahs	red	95	22
6	Suffolk Gazelles	sky	92	20
7	Cambridgeshire Cougars	yellow	80	18
8	Suffolk Stars	white	53	16

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	blue	3	Sally Cowler	46
2	Herts Phoenix	blue	2	Charlotte Skipp	44
3	Herts Phoenix	blue	11	Charlotte Butler	40
4	Norfolk Tigers	orange	8	Anna Harrison	39
5	Norfolk Lions	purple	7	Lucy Edwards	38
6	Herts Pegasus	green	11	Madeline Hindson	38
7	Norfolk Lions	purple	8	Kate Canham	37
8	Herts Pegasus	green	5	Mia Simmons	37
9	Norfolk Lions	purple	9	Amiee Rudd	37
10	Suffolk Gazelles	sky	5	Felicity Jarvis	34
11	Cambridgeshire Cheetahs	red	3	Lois Snart	33
12	Cambridgeshire Cheetahs	red	4	Megan Hewett	33
13	Herts Pegasus	green	3	Rebecca Cole	31
14	Cambridgeshire Cougars	yellow	4	Hannah Howe	31
15	Cambridgeshire Cougars	yellow	8	Jessica Savage	30
16	Cambridgeshire Cheetahs	red	6	Sasha Vail	29
17	Suffolk Gazelles	sky	8	Georgina Burke	29
18	Suffolk Gazelles	sky	10	Emma Wade	29
19	Norfolk Tigers	orange	7	Catlin Glover	29
20=	Norfolk Tigers	orange	5	Abbie Mckinna	28
20=	Suffolk Stars	white	1	Saskia Wright	28
22	Suffolk Stars	white	6	Suzie Woodlsy	25
23	Cambridgeshire Cougars	yellow	12	Chloe Wilson	19

Hi - Stepper - Girls

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Red	Emma Spray	17.0	0	17.0	51.4	7	18
	Aimee Robinson	17.9	0	17.9			
	Emma Heath	16.5	0	16.5			
Yellow	Chloe Wilson	21.8	0	21.8	53.3	8	16
	Emily Orne	15.1	1	15.2			
	Katie Reynolds	16.2	1	16.3			
Green	Emma Lloyd-Jones	14.9	0	14.9	45.7	3	26
	Tara Proctor	14.9	0	14.9			
	Megan Bishop	15.8	1	15.9			
Blue	Olivia Barfoot	13.3	1	13.4	40.9	1	30
	Ellie Bandy	13.3	0	13.3			
	Joe Benton	14.0	2	14.2			
Purple	Katie Pursehouse	15.2	0	15.2	46.2	4	24
	Emily Collison	14.2	1	14.3			
	Amie Rudd	16.7	0	16.7			
Orange	Hannah Cole	15.0	2	15.2	48.7	6	20
	Danielle Middleton	15.4	2	15.6			
	Abbie McKinna	17.9	0	17.9			
Sky	Oliva Dixon	13.5	1	13.6	44.6	2	28
	Lauren Grubb	14.6	0	14.6			
	Sophie Bowler	16.0	4	16.4			
White	Megan Russell	15.1	0	15.1	47.5	5	22
	Jasmine Mallott	16.3	1	16.4			
	Charlotte Bater	15.8	2	16.0			