

NORWICH UNION

sports:hall

NORWICH UNION sports:hall Under 11 Boys Fun in Athletics

London Regional Crystal Palace National Sports Centre Saturday 14 January 2006

Team Results

All Saints
Herne Hill Harriers
Highgate Harriers
Millwall Lions
South London Harriers
Tower Hamlets
Waltham Forest
Wandsworth
West Ham & Plaistow

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-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

Team Results

All Saints (red)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Simon Mander	J	13	12	13		13	11
1	Simon Mander	SLJ	2.04	0.00	2.04		2.04	10
2	Luke Bywater	ST	8.00	8.00	8.75		8.75	1
2	Luke Bywater	SLJ	2.08	2.02	2.04		2.08	5
3	Josh Mackley	SB	54				54	1
3	Josh Mackley	STJ	4.52	4.84	4.84		4.84	16
4	Robert Foulkes	J	13	5	5		13	14
4	Robert Foulkes	SLJ	1.96	1.96	1.98		1.98	12
5	Ryan Timms	BT	3	3	3	2	11	18
5	Ryan Timms	STJ	5.42	5.32	5.42		5.42	10
6	Robert Tarn	TT	8	8	1	3	20	3
6	Robert Tarn	VJ	26	32	34		34	17
7	Cameran Starr	VJ	25	30	0		30	21
8	Nicky Page	ST	6.25	6.25	6.50		6.50	12
8	Nicky Page	SB	49				49	4
9	Elliot Cheeseman	BT	6	10	15	15	46	3
9	Elliot Cheeseman	CP	3.75	4.50	3.75		4.50	15
10	Josh Smith	SB	38				38	19=
10	Josh Smith	STJ	4.26	4.22	4.38		4.38	22
11	Ben Whitaker	CP	5.00	4.75	4.75		5.00	11
11	Ben Whitaker	VJ	33	31	33		33	18
12	Josh Tarn	BT	3	3	3	5	14	15=
12	Josh Tarn	TT	7	6	0	1	14	9=

Team Results

Herne Hill Harriers (green)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Taj	TT	0	0	0	0	0	
2	Shemi	J	8	11	12		12	15
2	Shemi	SB	32				32	21=
2	Shemi	SLJ	1.84	1.76	1.84		1.84	18
3	Daniel	CP	7.00	7.00	6.75		7.00	2
3	Daniel	J	11	14	15		15	10
3	Daniel	STJ	5.84	5.46	5.76		5.84	5
4	Tashan	BT	15	8	15	7	45	4
4	Tashan	VJ	31	36	33		36	12
5	Rochane	SB	41				41	14=
5	Rochane	TT	8	3	1	2	14	9=
6	Tyrell	VJ	38	35	36		38	10
7	Jordan	BT	2	2	3	1	8	20=
7	Jordan	SLJ	1.66	1.64	1.62		1.66	22
7	Jordan	TT	9	4	2	0	15	7=
8	Max	CP	0.00	5.25	5.25		5.25	10
9	Jack	ST	6.75	7.25	7.75		7.75	4
9	Jack	SLJ	1.76	1.76	0.00		1.76	19
9	Jack	STJ	4.52	4.48	4.50		4.52	20
10	George	ST	5.25	5.75	6.50		6.50	13
10	George	SB	32				32	21=
10	George	STJ	4.18	4.48	4.64		4.64	19
11	Cameron	BT	13	3	9	2	27	8=

Team Results

Highgate Harriers (blue)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Lewis Enstone watts	SLJ	1.72	1.66	1.58		1.72	20
1	Lewis Enstone watts	TT	4	1	1	1	7	16
2	Milo Black	STJ	3.46	3.58	3.34		3.58	26
2	Milo Black	TT	6	2	1	0	9	15
3	Josh Hockney	CP	5.50	0.00	5.50		5.50	8
3	Josh Hockney	J	7	10	13		13	13
3	Josh Hockney	STJ	4.76	4.52	4.96		4.96	15
4	Stanley Harrison	CP	4.75	4.75	4.75		4.75	14
4	Stanley Harrison	STJ	4.02	4.08	4.18		4.18	23
5	Peter Caine	J	8	9	9		9	17
5	Peter Caine	SLJ	1.44	1.48	1.64		1.64	23

Team Results

Millwall Lions (orange)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Dre	J	7	16	17		17	5
1	Dre	SB	40				40	17
1	Dre	SLJ	0.00	1.64	1.68		1.68	21
2	Kewwi	BT	2	1	4	5	12	17
2	Kewwi	SLJ	1.82	1.86	0.00		1.86	17
3	Simran	ST	3.50	5.00	4.75		5.00	15
3	Simran	STJ	4.46	4.50	4.50		4.50	21
4	Benedict	CP	7.50	0.00	6.75		7.50	1
4	Benedict	STJ	4.76	5.14	5.52		5.52	8
5	Gemini	SLJ	1.56	1.76	1.92		1.92	15
6	Keevan	BT	3	3	4	5	15	14
6	Keevan	VJ	31	30	35		35	15
7	Majid	SB	38				38	19=
7	Majid	VJ	28	31	31		31	19
8	Daniel	SB	45				45	11
8	Daniel	TT	10	8	5	1	24	1=
9	Derek	BT	15	15	15	8	53	1
9	Derek	TT	9	6	0	1	16	5=
10	Landa	J	17	18	11		18	3
10	Landa	STJ	5.80	5.52	5.50		5.80	6
11	Evans	CP	6.50	6.75	6.00		6.75	5
11	Evans	ST	6.75	6.25	6.50		6.75	11
11	Evans	VJ	45	45	40		45	4

Team Results

South London Harriers (white)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Robert Dunning	J	16	17	12		17	4
1	Robert Dunning	SB	48				48	5
2	Danny Holmes	SB	46				46	9=
2	Danny Holmes	VJ	34	34	34		34	16
3	Joseph Honey	BT	13	12	12	15	52	2
3	Joseph Honey	STJ	4.64	4.62	4.60		4.64	18
4	Ben Foreman	TT	8	5	2	0	15	7=
5	William Reis	ST	3.75	6.00	7.25		7.25	7
5	William Reis	SLJ	1.52	0.00	0.00		1.52	24
6	Matthew Beaumont	J	10	12	13		13	12
6	Matthew Beaumont	SB	47				47	6=
7	Henry Kirby	CP	3.50	4.00	3.50		4.00	16
7	Henry Kirby	STJ	4.50	4.58	4.78		4.78	17
8	Thomas Harrington	ST	6.00	6.00	5.25		6.00	14
8	Thomas Harrington	VJ	34	36	35		36	11
9	Max Goodwin	TT	5	5	0	0	10	13=
9	Max Goodwin	VJ	27	31	28		31	20
10	Tyree Obuks	SLJ	2.04	2.02	2.04		2.04	9
11	Jerome Mason	BT	9	2	3	2	16	13
11	Jerome Mason	STJ	3.84	3.68	0.00		3.84	25
12	Donal Davis	BT	1	2	1	4	8	20=
12	Donal Davis	SLJ	1.94	2.00	2.00		2.00	11
13	Reece Young	CP	0.00	4.75	5.00		5.00	12=

Team Results

Tower Hamlets (maroon)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Tyrell Goadon	ST	8.00	8.00	7.25		8.00	2
1	Tyrell Goadon	SLJ	2.06	1.96	1.94		2.06	8
1	Tyrell Goadon	VJ	46	34	30		46	3
2	Tariq Owsu	J	8	5	10		10	16
2	Tariq Owsu	STJ	3.74	3.62	3.96		3.96	24
3	Jonathan Habte	SB	51				51	2
3	Jonathan Habte	STJ	6.16	6.82	6.00		6.82	1

Team Results

Waltham Forest (navy)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Alexander Cruksham	SLJ	0.00	2.10	1.74		2.10	4
1	Alexander Cruksham	VJ	43	43	43		43	6
2	Jermaine Hamilton	STJ	6.00	6.45	6.20		6.45	2
2	Jermaine Hamilton	VJ	50	48	51		51	1
3	Dwight Morrison	CP	6.50	6.75	6.75		6.75	3
3	Dwight Morrison	J	15	22	23		23	1
3	Dwight Morrison	SB	50				50	3
4	Selorm Gsormittah	CP	6.50	6.50	6.50		6.50	6
4	Selorm Gsormittah	SB	43				43	12
5	Christopher Hanson	BT	10	5	7	15	37	5
5	Christopher Hanson	J	6	9	16		16	8
5	Christopher Hanson	SLJ	2.02	2.04	2.14		2.14	2
6	Wade Charles	SLJ	2.16	1.84	2.12		2.16	1
6	Wade Charles	STJ	6.00	6.08	6.18		6.18	4
7	Steven Maitland	ST	5.25	6.75	7.00		7.00	8=
8	Joge Divinkinkana	SB	46				46	9=
8	Joge Divinkinkana	STJ	5.40	5.45	5.48		5.48	9
8	Joge Divinkinkana	VJ	45	50	47		50	2
9	Olaoluwa Abidun	BT	5	4	4	7	20	10
9	Olaoluwa Abidun	TT	6	4	2	0	12	12
10	Jermaine Kinesley Osem	BT	3	15	7	7	32	6
10	Jermaine Kinesley Osem	ST	7.25	7.00	7.00		7.25	5
11	Davl Inkpen	TT	8	9	5	2	24	1=

Team Results

Wandsworth (brown)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	William Figueira	TT	6	7	3	0	16	5=
1	William Figueira	VJ	32	34	35		35	13
2	Walter Figueira	SB	47				47	6=
2	Walter Figueira	VJ	39	35	42		42	8
3	Takyrie Codnor	SB	39				39	18
3	Takyrie Codnor	SLJ	1.94	1.96	1.98		1.98	13
4	Luke Keen	BT	3	6	13	5	27	8=
4	Luke Keen	J	15	15	17		17	6
5	Abdul Meraj	ST	5.25	6.50	8.00		8.00	3
5	Abdul Meraj	SLJ	2.14	1.96	1.94		2.14	3
6	Terrell Bernard	J	20	19	14		20	2
6	Terrell Bernard	STJ	6.18	6.08	6.04		6.18	3
7	Warren Lyn	BT	1	5	3	1	10	19
7	Warren Lyn	TT	10	5	1	3	19	4
8	Laurence Nague	CP	5.50	5.75	6.25		6.25	7
8	Laurence Nague	STJ	5.06	4.90	4.70		5.06	13
9	Craig Nobuisr	SB	47				47	6=
9	Craig Nobuisr	VJ	0	0	44		44	5
10	Hiram Boateng	ST	5.25	7.00	6.75		7.00	8=
10	Hiram Boateng	STJ	0.00	5.64	5.40		5.64	7
11	Daniel Dixon	CP	5.50	0.00	5.25		5.50	9
11	Daniel Dixon	SLJ	1.98	1.96	1.92		1.98	14
12	Chrisian Flowers	BT	1	2	3	8	14	15=

Team Results

West Ham & Plaistow (plum)

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	4x1H	GP	BT	CP	J	ST	SB	SLJ	STJ	TT	VJ
1	Waltham Forest	navy	460	28	30	28	30	28	30	30	30	28	30	24	26	30	30	28	30
2	Wandsworth	brown	430	30	28	30	28	30	26	28	18	23	28	28	24	27	28	26	28
3	West Ham & Plaistow	plum	375	24	26	26	18	24	28	24	20	23	24	24	22	24	24	18	26
4	Millwall Lions	orange	367	22	20	24	14	22	24	20	27	30	26	18	20	20	26	30	24
5	All Saints	red	351	16	22	21	26	16	16	26	22	18	18	30	29	27	20	24	20
6	Herne Hill Harriers	green	330	20	16	21	24	18	18	18	27	26	20	24	18	18	22	22	18
7	South London Harriers	white	327	26	18	18	16	20	22	14	24	16	22	20	29	22	18	20	22
8	Tower Hamlets	maroon	202	0	24	0	20	26	20	22	0	0	14	16	16	14	14	0	16
9	Highgate Harriers	blue	154	18	14	0	22	0	0	16	0	20	16	0	0	16	16	16	0

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Shaun	BT	6	8	7	10	31	7
1	Shaun	VJ	0	38	39		39	9
2	Patrick	J	14	1	17		17	7
2	Patrick	VJ	41	0	42		42	7
3	Eric	STJ	5.18	5.00	5.24		5.24	12
3	Eric	TT	8	3	3	0	14	9=
4	Jollson	SLJ	1.84	1.50	1.86		1.86	16
5	Martin	CP	5.00	4.75	0.00		5.00	12=
5	Martin	SB	42				42	13
6	Jack	BT	3	3	5	6	17	12
6	Jack	STJ	4.58	4.75	5.06		5.06	14
7	Jamie	J	15	12	14		15	9
7	Jamie	SB	41				41	14=
8	Hamza	SLJ	2.06	2.06	1.94		2.06	6
9	Aejen	ST	6.75	7.25	5.50		7.25	6
10	Joshua	STJ	4.84	5.12	5.40		5.40	11
11	Matthew	ST	6.00	5.00	7.00		7.00	10
12	Cofi	CP	6.25	6.75	6.75		6.75	4
12	Cofi	VJ	32	35	31		35	14
13	Keiran	SB	41				41	14=
13	Keiran	TT	6	2	2	0	10	13=
14	Leslie	BT	3	5	4	7	19	11
14	Leslie	SLJ	2.00	2.00	2.06		2.06	7

Event Official Results Sheet

Obstacle Relay

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	10	Wandsworth	brown	1:20.3	0.0	1:20.3	30
2	09	Waltham Forest	navy	1:21.9	0.0	1:21.9	28
3	07	South London Harriers	white	1:26.1	0.0	1:26.1	26
4	11	West Ham & Plaistow	plum	1:27.6	0.0	1:27.6	24
5	05	Millwall Lions	orange	1:29.2	0.0	1:29.2	22
6	03	Herne Hill Harriers	green	1:32.3	0.0	1:32.3	20
7	04	Highgate Harriers	blue	1:33.2	0.0	1:33.2	18
8	01	All Saints	red	1:35.6	0.0	1:35.6	16

Event Official Results Sheet

1 + 1 Lap Relay

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	09	Waltham Forest	navy	23.2	0.0	23.2	30
2	10	Wandsworth	brown	23.4	0.0	23.4	28
3	11	West Ham & Plaistow	plum	23.8	0.0	23.8	26
4	08	Tower Hamlets	maroon	24.5	0.0	24.5	24
5	01	All Saints	red	24.6	0.0	24.6	22
6	05	Millwall Lions	orange	25.1	0.0	25.1	20
7	07	South London Harriers	white	25.6	0.0	25.6	18
8	03	Herne Hill Harriers	green	25.7	0.0	25.7	16
9	04	Highgate Harriers	blue	27.9	0.0	27.9	14

Event Official Results Sheet

4 x 1 Lap Relay

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	10	Wandsworth	brown	42.2	0.0	42.2	30
2	09	Waltham Forest	navy	45.1	0.0	45.1	28
3	11	West Ham & Plaistow	plum	46.9	0.0	46.9	26
4	05	Millwall Lions	orange	50.0	0.0	50.0	24
5=	01	All Saints	red	51.6	0.0	51.6	21
5=	03	Herne Hill Harriers	green	51.6	0.0	51.6	21
7	07	South London Harriers	white	55.4	0.0	55.4	18

Event Official Results Sheet

6 Lap Paarlauf

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	09	Waltham Forest	navy	1:13.3	0.0	1:13.3	30
2	10	Wandsworth	brown	1:14.6	0.0	1:14.6	28
3	01	All Saints	red	1:14.9	0.0	1:14.9	26
4	03	Herne Hill Harriers	green	1:16.5	0.0	1:16.5	24
5	04	Highgate Harriers	blue	1:18.1	0.0	1:18.1	22
6	08	Tower Hamlets	maroon	1:19.9	0.0	1:19.9	20
7	11	West Ham & Plaistow	plum	1:23.4	0.0	1:23.4	18
8	07	South London Harriers	white	1:23.6	0.0	1:23.6	16
9	05	Millwall Lions	orange	1:28.7	0.0	1:28.7	14

Event Official Results Sheet

Over and Under Relay

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	10	Wandsworth	brown	1:08.6	0.0	1:08.6	30
2	09	Waltham Forest	navy	1:09.3	0.0	1:09.3	28
3	08	Tower Hamlets	maroon	1:11.6	0.0	1:11.6	26
4	11	West Ham & Plaistow	plum	1:14.2	0.0	1:14.2	24
5	05	Millwall Lions	orange	1:14.8	0.0	1:14.8	22
6	07	South London Harriers	white	1:15.5	0.0	1:15.5	20
7	03	Herne Hill Harriers	green	1:15.8	0.0	1:15.8	18
8	01	All Saints	red	1:22.5	0.0	1:22.5	16

Event Official Results Sheet

4 x 1 Lap Hurdles Relay

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	09	Waltham Forest	navy	52.8	0.0	52.8	30
2	11	West Ham & Plaistow	plum	53.6	0.0	53.6	28
3	10	Wandsworth	brown	54.6	0.0	54.6	26
4	05	Millwall Lions	orange	55.4	0.0	55.4	24
5	07	South London Harriers	white	55.5	0.0	55.5	22
6	08	Tower Hamlets	maroon	55.6	0.0	55.6	20
7	03	Herne Hill Harriers	green	56.7	0.0	56.7	18
8	01	All Saints	red	1:01.6	0.0	1:01.6	16

Event Official Results Sheet

Grand Prix

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	09	Waltham Forest	navy	59.5	0.0	59.5	30
2	10	Wandsworth	brown	1:03.3	0.0	1:03.3	28
3	01	All Saints	red	1:03.7	0.0	1:03.7	26
4	11	West Ham & Plaistow	plum	1:04.3	0.0	1:04.3	24
5	08	Tower Hamlets	maroon	1:05.2	0.0	1:05.2	22
6	05	Millwall Lions	orange	1:05.5	0.0	1:05.5	20
7	03	Herne Hill Harriers	green	1:10.3	0.0	1:10.3	18
8	04	Highgate Harriers	blue	1:13.6	0.0	1:13.6	16
9	07	South London Harriers	white	1:15.6	0.0	1:15.6	14

Results Sheet

Balance Test

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	89	30
2=	Herne Hill Harriers	green	80	27
2=	Millwall Lions	orange	80	27
4	South London Harriers	white	76	24
5	All Saints	red	71	22
6	West Ham & Plaistow	plum	67	20
7	Wandsworth	brown	51	18

Ranking	Team	Colour	BibNo	Name	Total
1	orange	orange	9	Derek	53
2	white	white	3	Joseph Honey	52
3	red	red	9	Elliot Cheeseman	46
4	green	green	4	Tashan	45
5	navy	navy	5	Christopher Hanson	37
6	navy	navy	10	Jermaine Kinesley Osem	32
7	plum	plum	1	Shaun	31
8=	green	green	11	Cameron	27
8=	brown	brown	4	Luke Keen	27
10	navy	navy	9	Olaoluwa Abidun	20
11	plum	plum	14	Leslie	19
12	plum	plum	6	Jack	17
13	white	white	11	Jerome Mason	16
14	orange	orange	6	Keevan	15
15=	red	red	12	Josh Tarn	14
15=	brown	brown	12	Chrisian Flowers	14
17	orange	orange	2	Kewi	12
18	red	red	5	Ryan Timms	11
19	brown	brown	7	Warren Lyn	10
20=	green	green	7	Jordan	8
20=	white	white	12	Donal Davis	8

Results Sheet

Chest Push

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Millwall Lions	orange	14.25	30
2	Waltham Forest	navy	13.25	28
3	Herne Hill Harriers	green	12.25	26
4=	Wandsworth	brown	11.75	23
4=	West Ham & Plaistow	plum	11.75	23
6	Highgate Harriers	blue	10.25	20
7	All Saints	red	9.50	18
8	South London Harriers	white	9.00	16

Ranking	Team	Colour	BibNo	Name	Best
1	orange	orange	4	Benedict	7.50
2	green	green	3	Daniel	7.00
3	navy	navy	3	Dwight Morrison	6.75
4	plum	plum	12	Cofi	6.75
5	orange	orange	11	Evans	6.75
6	navy	navy	4	Selorm Gsormittah	6.50
7	brown	brown	8	Laurence Nague	6.25
8	blue	blue	3	Josh Hockney	5.50
9	brown	brown	11	Daniel Dixon	5.50
10	green	green	8	Max	5.25
11	red	red	11	Ben Whitaker	5.00
12=	white	white	13	Reece Young	5.00
12=	plum	plum	5	Martin	5.00
14	blue	blue	4	Stanley Harrison	4.75
15	red	red	9	Elliot Cheeseman	4.50
16	white	white	7	Henry Kirby	4.00

Results Sheet

Javelin

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	39	30
2	Wandsworth	brown	37	28
3	Millwall Lions	orange	35	26
4	West Ham & Plaistow	plum	32	24
5	South London Harriers	white	30	22
6	Herne Hill Harriers	green	27	20
7	All Saints	red	26	18
8	Highgate Harriers	blue	22	16
9	Tower Hamlets	maroon	10	14

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	3	Dwight Morrison	23
2	brown	brown	6	Terrell Bernard	20
3	orange	orange	10	Landa	18
4	white	white	1	Robert Dunning	17
5	orange	orange	1	Dre	17
6	brown	brown	4	Luke Keen	17
7	plum	plum	2	Patrick	17
8	navy	navy	5	Christopher Hanson	16
9	plum	plum	7	Jamie	15
10	green	green	3	Daniel	15
11	red	red	1	Simon Mander	13
12	white	white	6	Matthew Beaumont	13
13	blue	blue	3	Josh Hockney	13
14	red	red	4	Robert Foulkes	13
15	green	green	2	Shemi	12
16	maroon	maroon	2	Tariq Owsu	10
17	blue	blue	5	Peter Caine	9

Results Sheet

Sitting Throw

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	All Saints	red	15.25	30
2	Wandsworth	brown	15.00	28
3=	Herne Hill Harriers	green	14.25	24
3=	Waltham Forest	navy	14.25	24
3=	West Ham & Plaistow	plum	14.25	24
6	South London Harriers	white	13.25	20
7	Millwall Lions	orange	11.75	18
8	Tower Hamlets	maroon	8.00	16

Ranking	Team	Colour	BibNo	Name	Best
1	red	red	2	Luke Bywater	8.75
2	maroon	maroon	1	Tyrell Goadon	8.00
3	brown	brown	5	Abdul Meraj	8.00
4	green	green	9	Jack	7.75
5	navy	navy	10	Jermaine Kinesley Osem	7.25
6	plum	plum	9	Aejen	7.25
7	white	white	5	William Reis	7.25
8=	navy	navy	7	Steven Maitland	7.00
8=	brown	brown	10	Hiram Boateng	7.00
10	plum	plum	11	Matthew	7.00
11	orange	orange	11	Evans	6.75
12	red	red	8	Nicky Page	6.50
13	green	green	10	George	6.50
14	white	white	8	Thomas Harrington	6.00
15	orange	orange	3	Simran	5.00

Results Sheet

Speed Bounce

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1=	All Saints	red	141	29
1=	South London Harriers	white	141	29
3	Waltham Forest	navy	139	26
4	Wandsworth	brown	133	24
5	West Ham & Plaistow	plum	124	22
6	Millwall Lions	orange	123	20
7	Herne Hill Harriers	green	105	18
8	Tower Hamlets	maroon	51	16

Ranking	Team	Colour	BibNo	Name	Total
1	red	red	3	Josh Mackley	54
2	maroon	maroon	3	Jonathan Habte	51
3	navy	navy	3	Dwight Morrison	50
4	red	red	8	Nicky Page	49
5	white	white	1	Robert Dunning	48
6=	white	white	6	Matthew Beaumont	47
6=	brown	brown	2	Walter Figueira	47
6=	brown	brown	9	Craig Nobuisr	47
9=	white	white	2	Danny Holmes	46
9=	navy	navy	8	Joge Divinkinkana	46
11	orange	orange	8	Daniel	45
12	navy	navy	4	Selorm Gsormittah	43
13	plum	plum	5	Martin	42
14=	green	green	5	Rochane	41
14=	plum	plum	7	Jamie	41
14=	plum	plum	13	Keiran	41
17	orange	orange	1	Dre	40
18	brown	brown	3	Takyrie Codnor	39
19=	red	red	10	Josh Smith	38
19=	orange	orange	7	Majid	38
21=	green	green	2	Shemi	32
21=	green	green	10	George	32

Results Sheet

Standing Long Jump

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	6.40	30
2=	All Saints	red	6.10	27
2=	Wandsworth	brown	6.10	27
4	West Ham & Plaistow	plum	5.98	24
5	South London Harriers	white	5.56	22
6	Millwall Lions	orange	5.46	20
7	Herne Hill Harriers	green	5.26	18
8	Highgate Harriers	blue	3.36	16
9	Tower Hamlets	maroon	2.06	14

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	6	Wade Charles	2.16
2	navy	navy	5	Christopher Hanson	2.14
3	brown	brown	5	Abdul Meraj	2.14
4	navy	navy	1	Alexander Cruksham	2.10
5	red	red	2	Luke Bywater	2.08
6	plum	plum	8	Hamza	2.06
7	plum	plum	14	Leslie	2.06
8	maroon	maroon	1	Tyrell Goadon	2.06
9	white	white	10	Tyree Obuks	2.04
10	red	red	1	Simon Mander	2.04
11	white	white	12	Donal Davis	2.00
12	red	red	4	Robert Foulkes	1.98
13	brown	brown	3	Takyrie Codnor	1.98
14	brown	brown	11	Daniel Dixon	1.98
15	orange	orange	5	Gemini	1.92
16	plum	plum	4	Jollson	1.86
17	orange	orange	2	Kevwi	1.86
18	green	green	2	Shemi	1.84
19	green	green	9	Jack	1.76
20	blue	blue	1	Lewis Enstone watts	1.72
21	orange	orange	1	Dre	1.68
22	green	green	7	Jordan	1.66
23	blue	blue	5	Peter Caine	1.64
24	white	white	5	William Reis	1.52

Results Sheet

Standing Triple Jump

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	18.11	30
2	Wandsworth	brown	16.88	28
3	Millwall Lions	orange	15.82	26
4	West Ham & Plaistow	plum	15.70	24
5	Herne Hill Harriers	green	15.00	22
6	All Saints	red	14.64	20
7	South London Harriers	white	13.26	18
8	Highgate Harriers	blue	12.72	16
9	Tower Hamlets	maroon	10.78	14

Ranking	Team	Colour	BibNo	Name	Best
1	maroon	maroon	3	Jonathan Habte	6.82
2	navy	navy	2	Jermaine Hamilton	6.45
3	brown	brown	6	Terrell Bernard	6.18
4	navy	navy	6	Wade Charles	6.18
5	green	green	3	Daniel	5.84
6	orange	orange	10	Landa	5.80
7	brown	brown	10	Hiram Boateng	5.64
8	orange	orange	4	Benedict	5.52
9	navy	navy	8	Joge Divinkinkana	5.48
10	red	red	5	Ryan Timms	5.42
11	plum	plum	10	Joshua	5.40
12	plum	plum	3	Eric	5.24
13	brown	brown	8	Laurence Nague	5.06
14	plum	plum	6	Jack	5.06
15	blue	blue	3	Josh Hockney	4.96
16	red	red	3	Josh Mackley	4.84
17	white	white	7	Henry Kirby	4.78
18	white	white	3	Joseph Honey	4.64
19	green	green	10	George	4.64
20	green	green	9	Jack	4.52
21	orange	orange	3	Simran	4.50
22	red	red	10	Josh Smith	4.38
23	blue	blue	4	Stanley Harrison	4.18
24	maroon	maroon	2	Tariq Owsu	3.96
25	white	white	11	Jerome Mason	3.84
26	blue	blue	2	Milo Black	3.58

Results Sheet

Target Throw

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Millwall Lions	orange	40	30
2	Waltham Forest	navy	36	28
3	Wandsworth	brown	35	26
4	All Saints	red	34	24
5	Herne Hill Harriers	green	29	22
6	South London Harriers	white	25	20
7	West Ham & Plaistow	plum	24	18
8	Highgate Harriers	blue	16	16

Ranking	Team	Colour	BibNo	Name	Total
1=	orange	orange	8	Daniel	24
1=	navy	navy	11	Davi Inkpen	24
3	red	red	6	Robert Tarn	20
4	brown	brown	7	Warren Lyn	19
5=	orange	orange	9	Derek	16
5=	brown	brown	1	William Figueira	16
7=	green	green	7	Jordan	15
7=	white	white	4	Ben Foreman	15
9=	red	red	12	Josh Tarn	14
9=	green	green	5	Rochane	14
9=	plum	plum	3	Eric	14
12	navy	navy	9	Olaoluwa Abidun	12
13=	white	white	9	Max Goodwin	10
13=	plum	plum	13	Keiran	10
15	blue	blue	2	Milo Black	9
16	blue	blue	1	Lewis Enstone watts	7
	green	green	1	Taj	0

Results Sheet

Vertical Jump

Competition:

NUFIA-London Regional Under 11 Boys

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	144	30
2	Wandsworth	brown	121	28
3	West Ham & Plaistow	plum	116	26
4	Millwall Lions	orange	111	24
5	South London Harriers	white	101	22
6	All Saints	red	97	20
7	Herne Hill Harriers	green	74	18
8	Tower Hamlets	maroon	46	16

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	2	Jermaine Hamilton	51
2	navy	navy	8	Joge Divinkinkana	50
3	maroon	maroon	1	Tyrell Goadon	46
4	orange	orange	11	Evans	45
5	brown	brown	9	Craig Nobuisr	44
6	navy	navy	1	Alexander Cruksham	43
7	plum	plum	2	Patrick	42
8	brown	brown	2	Walter Figueira	42
9	plum	plum	1	Shaun	39
10	green	green	6	Tyrell	38
11	white	white	8	Thomas Harrington	36
12	green	green	4	Tashan	36
13	brown	brown	1	William Figueira	35
14	plum	plum	12	Cofi	35
15	orange	orange	6	Keevan	35
16	white	white	2	Danny Holmes	34
17	red	red	6	Robert Tarn	34
18	red	red	11	Ben Whitaker	33
19	orange	orange	7	Majid	31
20	white	white	9	Max Goodwin	31
21	red	red	7	Cameran Starr	30