

NORWICH UNION

sports:hall

NORWICH UNION sports:hall Under 11 Girls 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 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

Team Results

All Saints (red)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Jenny Paxton	J	11	10	10		11	7=
1	Jenny Paxton	STJ	4.96	5.12	5.26		5.26	7
2	Esme Prior	SB	43				43	19=
2	Esme Prior	STJ	4.36	4.50	4.52		4.52	15
3	Emma Andrews	CP	6.75	0.00	6.75		6.75	3
3	Emma Andrews	VJ	36	37	36		37	12
4	Kelly Goldstone	ST	5.75	4.75	5.75		5.75	8
4	Kelly Goldstone	STJ	4.18	4.36	4.66		4.66	14
5	Shaka Martin	CP	5.75	5.75	5.50		5.75	6
5	Shaka Martin	SLJ	1.94	1.84	1.96		1.96	10
6	Heidi Folksmith	BT	10	4	5	15	34	10=
6	Heidi Folksmith	TT	6	3	1	0	10	12=
7	Emily Starbetter	J	3	4	4		4	17
7	Emily Starbetter	VJ	33	33	36		36	14
8	Lydia Hepworth	SB	49				49	5=
8	Lydia Hepworth	SLJ	1.76	1.76	1.76		1.76	17
9	Naomi Meakin	VJ	28	0	24		28	24
10	Jarmera Millar	SB	46				46	13=
10	Jarmera Millar	SLJ	1.48	1.32	1.56		1.56	23
11	Amber Mackley	BT	3	8	5	7	23	16
11	Amber Mackley	TT	6	6	0	0	12	8=
12	Madaleine Garrod	BT	4	15	14	15	48	2
12	Madaleine Garrod	ST	5.25	5.25	5.75		5.75	9

Team Results

Herne Hill Harriers (green)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Destiny	J	3	4	7		7	15
2	Rebecca	BT	4	11	13	5	33	12
2	Rebecca	ST	4.25	6.00	6.75		6.75	6
2	Rebecca	VJ	29	39	39		39	10
3	Myah	STJ	3.80	4.00	4.94		4.94	11
4	Faith	SB	50				50	3=
4	Faith	VJ	32	30	33		33	17=
5	Sarah	STJ	4.48	4.52	4.82		4.82	12
6	Lakesha	STJ	3.60	3.78	3.68		3.78	24
6	Lakesha	TT	6	4	0	0	10	12=
7	Hazel	SLJ	1.84	1.92	1.76		1.92	13
7	Hazel	VJ	35	37	41		41	7
8	Leah	SB	49				49	5=
8	Leah	SLJ	2.04	1.98	1.98		2.04	9
9	Ayana	CP	4.50	4.50	5.25		5.25	12
9	Ayana	TT	6	3	2	2	13	5=
10	Monique	BT	15	10	15	3	43	5=
10	Monique	CP	3.75	4.00	4.00		4.00	15
11	Alana	SB	31				31	24
11	Alana	SLJ	1.44	1.56	1.60		1.60	22
12	Shaney	BT	6	4	7	3	20	18=
12	Shaney	J	11	9	11		11	6

Team Results

Highgate Harriers (blue)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Alida Haworth	BT	15	10	15	3	43	5=
1	Alida Haworth	TT	8	5	1	0	14	4
1	Alida Haworth	VJ	23	27	27		27	25
2	Alba Norris	SLJ	1.64	1.56	1.56		1.64	21
3	Alex Housden	ST	3.25	3.75	5.75		5.75	10
3	Alex Housden	SLJ	1.84	1.86	1.86		1.86	15
4	Susie Housden	ST	3.25	3.25	2.00		3.25	16
5	Natalie Stonehouse	TT	0	0	0	0	0	
5	Natalie Stonehouse	VJ	30	26	29		30	21
6	Emily Stonehouse	J	11	10	6		11	10
7	Lulu Szego	BT	1	2	1	3	7	
7	Lulu Szego	J	5	11	7		11	12
7	Lulu Szego	VJ	22	23	23		23	26

Team Results

Millwall Lions (orange)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Tamar	BT	4	4	3	5	16	21=
1	Tamar	SB	44				44	16=
1	Tamar	STJ	4.30	4.28	4.20		4.30	20
2	labamba	CP	5.25	5.75	3.25		5.75	9
2	labamba	J	5	3	4		5	16
2	labamba	SLJ	2.04	1.94	2.04		2.04	7
3	Mima	BT	4	14	6	15	39	7
4	Kyanna	SB	48				48	7=
4	Kyanna	STJ	3.40	4.38	0.00		4.38	19
4	Kyanna	VJ	33	37	41		41	8
5	Melody	ST	4.00	5.25	5.25		5.25	12
5	Melody	STJ	4.40	4.50	4.48		4.50	16
6	Edna	SLJ	1.94	2.46	2.06		2.46	1
6	Edna	TT	8	3	2	2	15	3
6	Edna	VJ	0	43	44		44	4
7	Nekema	SB	44				44	16=
7	Nekema	VJ	29	30	36		36	15
8	Desan	BT	5	3	3	5	16	21=
8	Desan	J	9	8	7		9	14
8	Desan	ST	4.00	3.00	5.00		5.00	14
8	Desan	SLJ	1.68	1.92	1.96		1.96	11
8	Desan	TT	8	1	0	0	9	14

Team Results

South London Harriers (white)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Leah Denny	ST	4.25	3.50	5.00		5.00	13
1	Leah Denny	SLJ	1.84	1.74	1.76		1.84	16
2	Sophie Spain	BT	4	2	4	3	13	23
2	Sophie Spain	STJ	4.14	4.42	4.00		4.42	18
3	Rosie McDaniel	CP	5.50	5.25	5.25		5.50	10
3	Rosie McDaniel	SB	39				39	22
4	Emma Newton	CP	0.00	5.00	5.50		5.50	11
4	Emma Newton	SB	43				43	19=
5	Elisha Wilson	TT	6	7	3	0	16	2
5	Elisha Wilson	VJ	37	35	34		37	13
6	Sophie Foreman	STJ	4.12	4.14	4.20		4.20	21
7	Hayley Waterer	BT	3	9	6	8	26	15
7	Hayley Waterer	STJ	3.80	3.78	3.82		3.82	23
8	Caitlin Riordan	VJ	29	30	31		31	20
9	Ellie Riordan	SLJ	1.74	1.62	1.56		1.74	19
10	Jahisha Thomas	J	16	19	17		19	1
10	Jahisha Thomas	SB	52				52	2
11	Jessica Meta	J	10	10	11		11	7=
11	Jessica Meta	SLJ	1.52	1.64	1.66		1.66	20
12	Megan Waller	ST	4.50	4.25	3.75		4.50	15
12	Megan Waller	VJ	0	30	28		30	22
13	Maria Kavannagh	BT	5	2	6	5	18	20
13	Maria Kavannagh	TT	8	5	0	0	13	5=

Team Results

Tower Hamlets (maroon)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Joanna Daba	TT	0	0	0	0	0	
2	Serlina Swab Constantine	CP	5.75	5.25	5.75		5.75	7
2	Serlina Swab Constantine	STJ	5.30	5.30	5.43		5.43	6
3	Tyronne Monville	SB	47				47	9=
3	Tyronne Monville	SLJ	2.16	2.14	2.18		2.18	2
4	Tara St Louis	CP	4.50	4.25	4.50		4.50	14
4	Tara St Louis	STJ	4.40	4.60	4.70		4.70	13
5	Shequila Joseph	BT	12	15	4	15	46	4
5	Shequila Joseph	J	10	10	10		10	13
5	Shequila Joseph	STJ	4.94	0.00	4.30		4.94	10
6	Vanessa Alexis	ST	5.50	6.25	6.00		6.25	7
6	Vanessa Alexis	VJ	33	30	32		33	17=
7	Sara Habte	SB	38				38	23
7	Sara Habte	SLJ	1.36	1.26	1.44		1.44	26
7	Sara Habte	VJ	25	28	24		28	23
8	Paris Walker	BT	8	15	4	7	34	10=
8	Paris Walker	SB	41				41	21
8	Paris Walker	SLJ	1.48	1.46	1.46		1.48	24

Team Results

Waltham Forest (navy)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Hannah Smith	BT	15	4	15	3	37	8
1	Hannah Smith	SLJ	1.94	2.04	2.06		2.06	6
2	Natalia Bethold	CP	6.75	6.25	5.75		6.75	4
2	Natalia Bethold	SLJ	2.16	2.02	2.04		2.16	3
3	Eliza Lewis	J	9	4	15		15	3
3	Eliza Lewis	STJ	4.86	5.10	5.16		5.16	8
4	Osaro Otobo	CP	7.00	7.00	7.50		7.50	1
4	Osaro Otobo	STJ	5.54	5.94	6.20		6.20	1
5	Shianne Scott	ST	3.00	8.00	8.00		8.00	2
5	Shianne Scott	VJ	42	40	34		42	5
6	Blaize Campbell	TT	7	4	1	0	12	8=
6	Blaize Campbell	VJ	44	43	50		50	1
7	Lennie Cunningham	BT	15	8	15	9	47	3
7	Lennie Cunningham	SLJ	1.84	2.02	2.04		2.04	8
8	Jasmine Perry	J	13	10	14		14	4
8	Jasmine Perry	SB	47				47	9=
9	Dionne Atkins	ST	8.75	9.25	10.00		10.00	1
10	Kirsty Smith	BT	15	12	15	15	57	1
10	Kirsty Smith	VJ	41	40	41		41	6
11	Jessica Amoah	SB	46				46	13=
11	Jessica Amoah	STJ	5.75	5.92	5.90		5.92	2
12	Philomena Yawson	SB	44				44	16=
13	Chris Westcott	TT	8	4	2	3	17	1

Team Results

Wandsworth (brown)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Curstisha Kruythoff	SB	47				47	9=
1	Curstisha Kruythoff	SLJ	2.06	2.06	1.94		2.06	4=
2	Candice Williams	BT	5	4	9	2	20	18=
2	Candice Williams	ST	5.25	3.75	5.50		5.50	11
3	Sash Gilbert	SB	50				50	3=
3	Sash Gilbert	VJ	44	43	42		44	3
4	Nicoling Jones	J	12	13	13		13	5
4	Nicoling Jones	STJ	4.86	4.82	5.50		5.50	5
5	Kamina Brown	VJ	35	34	33		35	16
6	Destassia Hird	BT	2	10	4	5	21	17
6	Destassia Hird	VJ	42	46	43		46	2
7	Tahera Grant	CP	5.50	5.75	4.50		5.75	8
7	Tahera Grant	STJ	5.06	5.12	5.10		5.12	9
8	Elisia Nobleisi	SLJ	1.84	1.84	1.92		1.92	12
9	Georgia Clarke	ST	7.25	7.00	7.75		7.75	3
10	Destara Hird	TT	5	7	1	0	13	5=
11	Louise Coudry	TT	5	1	0	0	6	15
12	Roschain Wright	CP	7.25	5.25	7.00		7.25	2
12	Roschain Wright	SLJ	1.94	2.06	2.06		2.06	4=
13	Kike Thomas	J	8	9	11		11	11
13	Kike Thomas	STJ	5.14	5.50	5.60		5.60	3
14	Davina Agyei	SB	53				53	1

Team Results

West Ham & Plaistow (plum)

Competition:

NUFIA-London Regional Under 11 Girls

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	457	28	25	28	30	28	30	29	30	30	28	30	24	28	30	29	30
2	Wandsworth	brown	423	30	29	30	28	30	28	26	14	28	24	26	30	26	28	18	28
3	Millwall Lions	orange	365	24	22	26	16	26	26	29	20	16	16	22	22	30	18	26	26
4	West Ham & Plaistow	plum	361	22	18	22	24	24	19	18	24	24	26	28	28	17	22	23	22
5	South London Harriers	white	348	26	29	20	20	22	24	14	18	22	30	20	20	20	16	29	18
6	All Saints	red	334	20	20	16	18	18	14	20	28	26	18	24	26	22	24	20	20
7	Herne Hill Harriers	green	328	16	25	18	22	20	16	22	26	18	20	16	18	24	20	23	24
8	Tower Hamlets	maroon	266	14	16	24	26	0	19	24	22	20	14	14	16	17	26	0	14
9	Highgate Harriers	blue	172	18	0	0	14	0	22	16	16	0	22	18	0	14	0	16	16

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Charleigh	J	16	14	10		16	2
1	Charleigh	ST	7.25	7.00	7.25		7.25	4
1	Charleigh	VJ	29	33	32		33	19
2	Daniella	BT	3	11	14	7	35	9
3	Kehinde	BT	4	7	3	13	27	14
3	Kehinde	STJ	3.80	4.10	3.92		4.10	22
4	Olu	ST	6.00	6.75	7.25		7.25	5
4	Olu	VJ	32	34	38		38	11
5	Valerie	SB	46				46	13=
5	Valerie	SLJ	1.90	1.88	1.88		1.90	14
6	Ellis	SB	48				48	7=
6	Ellis	VJ	32	40	39		40	9
7	Keisha	SLJ	1.44	1.74	1.64		1.74	18
7	Keisha	TT	7	2	1	2	12	8=
8	Rachel	BT	14	10	2	6	32	13
8	Rachel	J	9	10	11		11	9
9	Paige	SB	47				47	9=
10	Yvonne	CP	4.75	4.50	5.00		5.00	13
10	Yvonne	SLJ	1.42	1.46	1.38		1.46	25
11	Ishraic	STJ	5.04	5.46	5.58		5.58	4
11	Ishraic	TT	8	3	0	0	11	11
12	Michelle	CP	6.25	6.00	6.25		6.25	5
12	Michelle	STJ	4.42	4.00	4.22		4.42	17

Event Official Results Sheet

Obstacle Relay

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	10	Wandsworth	brown	1:21.4	0.0	1:21.4	30
2	09	Waltham Forest	navy	1:24.1	0.0	1:24.1	28
3	07	South London Harriers	white	1:25.2	0.0	1:25.2	26
4	05	Millwall Lions	orange	1:28.0	0.0	1:28.0	24
5	11	West Ham & Plaistow	plum	1:29.1	0.0	1:29.1	22
6	01	All Saints	red	1:30.8	0.0	1:30.8	20
7	04	Highgate Harriers	blue	1:32.2	0.0	1:32.2	18
8	03	Herne Hill Harriers	green	1:35.2	0.0	1:35.2	16
9	08	Tower Hamlets	maroon	1:39.4	0.0	1:39.4	14

Event Official Results Sheet

1 + 1 Lap Relay

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	07	South London Harriers	white	23.2	0.0	23.2	29
1=	10	Wandsworth	brown	23.2	0.0	23.2	29
3=	03	Herne Hill Harriers	green	23.7	0.0	23.7	25
3=	09	Waltham Forest	navy	23.7	0.0	23.7	25
5	05	Millwall Lions	orange	23.8	0.0	23.8	22
6	01	All Saints	red	25.0	0.0	25.0	20
7	11	West Ham & Plaistow	plum	25.3	0.0	25.3	18
8	08	Tower Hamlets	maroon	29.2	0.0	29.2	16

Event Official Results Sheet

4 x 1 Lap Relay

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	10	Wandsworth	brown	45.9	0.0	45.9	30
2	09	Waltham Forest	navy	46.6	0.0	46.6	28
3	05	Millwall Lions	orange	49.5	0.0	49.5	26
4	08	Tower Hamlets	maroon	49.7	0.0	49.7	24
5	11	West Ham & Plaistow	plum	52.8	0.0	52.8	22
6	07	South London Harriers	white	52.9	0.0	52.9	20
7	03	Herne Hill Harriers	green	53.6	0.0	53.6	18
8	01	All Saints	red	57.5	0.0	57.5	16

Event Official Results Sheet

6 Lap Paarlauf

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	09	Waltham Forest	navy	1:12.8	0.0	1:12.8	30
2	10	Wandsworth	brown	1:14.2	0.0	1:14.2	28
3	08	Tower Hamlets	maroon	1:17.2	0.0	1:17.2	26
4	11	West Ham & Plaistow	plum	1:18.2	0.0	1:18.2	24
5	03	Herne Hill Harriers	green	1:18.3	0.0	1:18.3	22
6	07	South London Harriers	white	1:19.5	0.0	1:19.5	20
7	01	All Saints	red	1:21.4	0.0	1:21.4	18
8	05	Millwall Lions	orange	1:22.0	0.0	1:22.0	16
9	04	Highgate Harriers	blue	1:22.1	0.0	1:22.1	14

Event Official Results Sheet

Over and Under Relay

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	10	Wandsworth	brown	1:10.3	0.0	1:10.3	30
2	09	Waltham Forest	navy	1:11.4	0.0	1:11.4	28
3	05	Millwall Lions	orange	1:15.0	0.0	1:15.0	26
4	11	West Ham & Plaistow	plum	1:16.3	0.0	1:16.3	24
5	07	South London Harriers	white	1:20.0	0.0	1:20.0	22
6	03	Herne Hill Harriers	green	1:20.5	0.0	1:20.5	20
7	01	All Saints	red	1:24.0	0.0	1:24.0	18

Event Official Results Sheet

4 x 1 Lap Hurdles Relay

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	09	Waltham Forest	navy	53.6	0.0	53.6	30
2	10	Wandsworth	brown	56.7	0.0	56.7	28
3	05	Millwall Lions	orange	57.3	0.0	57.3	26
4	07	South London Harriers	white	57.6	0.0	57.6	24
5	04	Highgate Harriers	blue	59.2	0.0	59.2	22
6=	08	Tower Hamlets	maroon	59.5	0.0	59.5	19
6=	11	West Ham & Plaistow	plum	59.5	0.0	59.5	19
8	03	Herne Hill Harriers	green	1:00.0	0.0	1:00.0	16
9	01	All Saints	red	1:02.1	0.0	1:02.1	14

Event Official Results Sheet

Grand Prix

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	05	Millwall Lions	orange	1:06.0	0.0	1:06.0	29
1=	09	Waltham Forest	navy	1:06.0	0.0	1:06.0	29
3	10	Wandsworth	brown	1:07.5	0.0	1:07.5	26
4	08	Tower Hamlets	maroon	1:07.9	0.0	1:07.9	24
5	03	Herne Hill Harriers	green	1:08.3	0.0	1:08.3	22
6	01	All Saints	red	1:08.4	0.0	1:08.4	20
7	11	West Ham & Plaistow	plum	1:08.8	0.0	1:08.8	18
8	04	Highgate Harriers	blue	1:08.9	0.0	1:08.9	16
9	07	South London Harriers	white	1:11.4	0.0	1:11.4	14

Results Sheet

Balance Test

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	142	30
2	All Saints	red	107	28
3	Herne Hill Harriers	green	96	26
4	West Ham & Plaistow	plum	94	24
5	Tower Hamlets	maroon	87	22
6	Millwall Lions	orange	71	20
7	South London Harriers	white	57	18
8	Highgate Harriers	blue	44	16
9	Wandsworth	brown	41	14

Ranking	Team	Colour	BibNo	Name	Total
1	navy	navy	10	Kirsty Smith	57
2	red	red	12	Madaleine Garrod	48
3	navy	navy	7	Lennie Cunningham	47
4	maroon	maroon	5	Shequila Joseph	46
5=	green	green	10	Monique	43
5=	blue	blue	1	Alida Haworth	43
7	orange	orange	3	Mima	39
8	navy	navy	1	Hannah Smith	37
9	plum	plum	2	Daniella	35
10=	red	red	6	Heidi Folksmith	34
10=	maroon	maroon	8	Paris Walker	34
12	green	green	2	Rebecca	33
13	plum	plum	8	Rachel	32
14	plum	plum	3	Kehinde	27
15	white	white	7	Hayley Waterer	26
16	red	red	11	Amber Mackley	23
17	brown	brown	6	Destassia Hird	21
18=	green	green	12	Shaney	20
18=	brown	brown	2	Candice Williams	20
20	white	white	13	Maria Kavannagh	18
21=	orange	orange	1	Tamar	16
21=	orange	orange	8	Desan	16
23	white	white	2	Sophie Spain	13
	blue	blue	7	Lulu Szego	7

Results Sheet

Chest Push

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	14.25	30
2	Wandsworth	brown	13.00	28
3	All Saints	red	12.50	26
4	West Ham & Plaistow	plum	11.25	24
5	South London Harriers	white	11.00	22
6	Tower Hamlets	maroon	10.25	20
7	Herne Hill Harriers	green	9.25	18
8	Millwall Lions	orange	5.75	16

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	4	Osaro Otobo	7.50
2	brown	brown	12	Roschain Wright	7.25
3	red	red	3	Emma Andrews	6.75
4	navy	navy	2	Natalia Bethold	6.75
5	plum	plum	12	Michelle	6.25
6	red	red	5	Shaka Martin	5.75
7	maroon	maroon	2	Serlina Swab Constantine	5.75
8	brown	brown	7	Tahera Grant	5.75
9	orange	orange	2	labamba	5.75
10	white	white	3	Rosie McDaniel	5.50
11	white	white	4	Emma Newton	5.50
12	green	green	9	Ayana	5.25
13	plum	plum	10	Yvonne	5.00
14	maroon	maroon	4	Tara St Louis	4.50
15	green	green	10	Monique	4.00

Results Sheet

Javelin

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	South London Harriers	white	30	30
2	Waltham Forest	navy	29	28
3	West Ham & Plaistow	plum	27	26
4	Wandsworth	brown	24	24
5	Highgate Harriers	blue	22	22
6	Herne Hill Harriers	green	18	20
7	All Saints	red	15	18
8	Millwall Lions	orange	14	16
9	Tower Hamlets	maroon	10	14

Ranking	Team	Colour	BibNo	Name	Best
1	white	white	10	Jahisha Thomas	19
2	plum	plum	1	Charleigh	16
3	navy	navy	3	Eliza Lewis	15
4	navy	navy	8	Jasmine Perry	14
5	brown	brown	4	Nicoling Jones	13
6	green	green	12	Shaney	11
7=	red	red	1	Jenny Paxton	11
7=	white	white	11	Jessica Meta	11
9	plum	plum	8	Rachel	11
10	blue	blue	6	Emily Stonehouse	11
11	brown	brown	13	Kike Thomas	11
12	blue	blue	7	Lulu Szego	11
13	maroon	maroon	5	Shequila Joseph	10
14	orange	orange	8	Desan	9
15	green	green	1	Destiny	7
16	orange	orange	2	labamba	5
17	red	red	7	Emily Starbetter	4

Results Sheet

Sitting Throw

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	18.00	30
2	West Ham & Plaistow	plum	14.50	28
3	Wandsworth	brown	13.25	26
4	All Saints	red	11.50	24
5	Millwall Lions	orange	10.25	22
6	South London Harriers	white	9.50	20
7	Highgate Harriers	blue	9.00	18
8	Herne Hill Harriers	green	6.75	16
9	Tower Hamlets	maroon	6.25	14

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	9	Dionne Atkins	10.00
2	navy	navy	5	Shianne Scott	8.00
3	brown	brown	9	Georgia Clarke	7.75
4	plum	plum	1	Charleigh	7.25
5	plum	plum	4	Olu	7.25
6	green	green	2	Rebecca	6.75
7	maroon	maroon	6	Vanessa Alexis	6.25
8	red	red	4	Kelly Goldstone	5.75
9	red	red	12	Madaleine Garrod	5.75
10	blue	blue	3	Alex Housden	5.75
11	brown	brown	2	Candice Williams	5.50
12	orange	orange	5	Melody	5.25
13	white	white	1	Leah Denny	5.00
14	orange	orange	8	Desan	5.00
15	white	white	12	Megan Waller	4.50
16	blue	blue	4	Susie Housden	3.25

Results Sheet

Speed Bounce

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Wandsworth	brown	150	30
2	West Ham & Plaistow	plum	141	28
3	All Saints	red	138	26
4	Waltham Forest	navy	137	24
5	Millwall Lions	orange	136	22
6	South London Harriers	white	134	20
7	Herne Hill Harriers	green	130	18
8	Tower Hamlets	maroon	126	16

Ranking	Team	Colour	BibNo	Name	Total
1	brown	brown	14	Davina Agyei	53
2	white	white	10	Jahisha Thomas	52
3=	green	green	4	Faith	50
3=	brown	brown	3	Sash Gilbert	50
5=	red	red	8	Lydia Hepworth	49
5=	green	green	8	Leah	49
7=	orange	orange	4	Kyanna	48
7=	plum	plum	6	Ellis	48
9=	maroon	maroon	3	Tyronne Monville	47
9=	navy	navy	8	Jasmine Perry	47
9=	brown	brown	1	Curstisha Kruythoff	47
9=	plum	plum	9	Paige	47
13=	red	red	10	Jarmera Millar	46
13=	navy	navy	11	Jessica Amoah	46
13=	plum	plum	5	Valerie	46
16=	orange	orange	1	Tamar	44
16=	orange	orange	7	Nekema	44
16=	navy	navy	12	Philomena Yawson	44
19=	red	red	2	Esme Prior	43
19=	white	white	4	Emma Newton	43
21	maroon	maroon	8	Paris Walker	41
22	white	white	3	Rosie McDaniel	39
23	maroon	maroon	7	Sara Habte	38
24	green	green	11	Alana	31

Results Sheet

Standing Long Jump

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Millwall Lions	orange	6.46	30
2	Waltham Forest	navy	6.26	28
3	Wandsworth	brown	6.04	26
4	Herne Hill Harriers	green	5.56	24
5	All Saints	red	5.28	22
6	South London Harriers	white	5.24	20
7=	Tower Hamlets	maroon	5.10	17
7=	West Ham & Plaistow	plum	5.10	17
9	Highgate Harriers	blue	3.50	14

Ranking	Team	Colour	BibNo	Name	Best
1	orange	orange	6	Edna	2.46
2	maroon	maroon	3	Tyronne Monville	2.18
3	navy	navy	2	Natalia Bethold	2.16
4=	brown	brown	1	Curstisha Kruythoff	2.06
4=	brown	brown	12	Roschain Wright	2.06
6	navy	navy	1	Hannah Smith	2.06
7	orange	orange	2	labamba	2.04
8	navy	navy	7	Lennie Cunningham	2.04
9	green	green	8	Leah	2.04
10	red	red	5	Shaka Martin	1.96
11	orange	orange	8	Desan	1.96
12	brown	brown	8	Elisia Nobleisi	1.92
13	green	green	7	Hazel	1.92
14	plum	plum	5	Valerie	1.90
15	blue	blue	3	Alex Housden	1.86
16	white	white	1	Leah Denny	1.84
17	red	red	8	Lydia Hepworth	1.76
18	plum	plum	7	Keisha	1.74
19	white	white	9	Ellie Riordan	1.74
20	white	white	11	Jessica Meta	1.66
21	blue	blue	2	Alba Norris	1.64
22	green	green	11	Alana	1.60
23	red	red	10	Jarmera Millar	1.56
24	maroon	maroon	8	Paris Walker	1.48
25	plum	plum	10	Yvonne	1.46
26	maroon	maroon	7	Sara Habte	1.44

Results Sheet

Standing Triple Jump

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	17.28	30
2	Wandsworth	brown	16.22	28
3	Tower Hamlets	maroon	15.07	26
4	All Saints	red	14.44	24
5	West Ham & Plaistow	plum	14.10	22
6	Herne Hill Harriers	green	13.54	20
7	Millwall Lions	orange	13.18	18
8	South London Harriers	white	12.44	16

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	4	Osaro Otobo	6.20
2	navy	navy	11	Jessica Amoah	5.92
3	brown	brown	13	Kike Thomas	5.60
4	plum	plum	11	Ishraic	5.58
5	brown	brown	4	Nicoling Jones	5.50
6	maroon	maroon	2	Serlina Swab Constantine	5.43
7	red	red	1	Jenny Paxton	5.26
8	navy	navy	3	Eliza Lewis	5.16
9	brown	brown	7	Tahera Grant	5.12
10	maroon	maroon	5	Shequila Joseph	4.94
11	green	green	3	Myah	4.94
12	green	green	5	Sarah	4.82
13	maroon	maroon	4	Tara St Louis	4.70
14	red	red	4	Kelly Goldstone	4.66
15	red	red	2	Esme Prior	4.52
16	orange	orange	5	Melody	4.50
17	plum	plum	12	Michelle	4.42
18	white	white	2	Sophie Spain	4.42
19	orange	orange	4	Kyanna	4.38
20	orange	orange	1	Tamar	4.30
21	white	white	6	Sophie Foreman	4.20
22	plum	plum	3	Kehinde	4.10
23	white	white	7	Hayley Waterer	3.82
24	green	green	6	Lakesha	3.78

Results Sheet

Target Throw

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1=	South London Harriers	white	29	29
1=	Waltham Forest	navy	29	29
3	Millwall Lions	orange	24	26
4=	Herne Hill Harriers	green	23	23
4=	West Ham & Plaistow	plum	23	23
6	All Saints	red	22	20
7	Wandsworth	brown	19	18
8	Highgate Harriers	blue	14	16

Ranking	Team	Colour	BibNo	Name	Total
1	navy	navy	13	Chris Westcott	17
2	white	white	5	Elisha Wilson	16
3	orange	orange	6	Edna	15
4	blue	blue	1	Alida Haworth	14
5=	green	green	9	Ayana	13
5=	white	white	13	Maria Kavannagh	13
5=	brown	brown	10	Destara Hird	13
8=	red	red	11	Amber Mackley	12
8=	navy	navy	6	Blaize Campbell	12
8=	plum	plum	7	Keisha	12
11	plum	plum	11	Ishraic	11
12=	red	red	6	Heidi Folksmith	10
12=	green	green	6	Lakesha	10
14	orange	orange	8	Desan	9
15	brown	brown	11	Louise Coudry	6
	blue	blue	5	Natalie Stonehouse	0
	maroon	maroon	1	Joanna Daba	0

Results Sheet

Vertical Jump

Competition:

NUFIA-London Regional Under 11 Girls

Venue:

Crystal Palace NSC, London

Date

14 Jan 2006

Ranking	Team	Colour	Total	Points
1	Waltham Forest	navy	133	30
2	Wandsworth	brown	125	28
3	Millwall Lions	orange	121	26
4	Herne Hill Harriers	green	113	24
5	West Ham & Plaistow	plum	111	22
6	All Saints	red	101	20
7	South London Harriers	white	98	18
8	Highgate Harriers	blue	80	16
9	Tower Hamlets	maroon	61	14

Ranking	Team	Colour	BibNo	Name	Best
1	navy	navy	6	Blaize Campbell	50
2	brown	brown	6	Destassia Hird	46
3	brown	brown	3	Sash Gilbert	44
4	orange	orange	6	Edna	44
5	navy	navy	5	Shianne Scott	42
6	navy	navy	10	Kirsty Smith	41
7	green	green	7	Hazel	41
8	orange	orange	4	Kyanna	41
9	plum	plum	6	Ellis	40
10	green	green	2	Rebecca	39
11	plum	plum	4	Olu	38
12	red	red	3	Emma Andrews	37
13	white	white	5	Elisha Wilson	37
14	red	red	7	Emily Starbetter	36
15	orange	orange	7	Nekema	36
16	brown	brown	5	Kamina Brown	35
17=	green	green	4	Faith	33
17=	maroon	maroon	6	Vanessa Alexis	33
19	plum	plum	1	Charleigh	33
20	white	white	8	Caitlin Riordan	31
21	blue	blue	5	Natalie Stonehouse	30
22	white	white	12	Megan Waller	30
23	maroon	maroon	7	Sara Habte	28
24	red	red	9	Naomi Meakin	28
25	blue	blue	1	Alida Haworth	27
26	blue	blue	7	Lulu Szego	23