

# Competition Results

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

University of East Anglia, Norwich

## Date

19 Feb 2011

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	purple	707	60	70	60	70	58	42	42	49	46	58	54	48	50
2	Hertfordshire	yellow	681	70	60	70	60	34	42	56	43	44	44	46	58	54
3	Essex	red	533	30	50	40	50	39	58	38	40	46	42	30	44	26
4	Suffolk	orange	490	50	30	50	30	43	30	38	38	40	31	44	28	38
5	Cambridgeshire	green	429	40	40	30	40	36	38	24	28	34	35	36	32	16

# Team Results

# Cambridgeshire (green)

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	purple	707	60	70	60	70	58	42	42	49	46	58	54	48	50
2	Hertfordshire	yellow	681	70	60	70	60	34	42	56	43	44	44	46	58	54
3	Essex	red	533	30	50	40	50	39	58	38	40	46	42	30	44	26
4	Suffolk	orange	490	50	30	50	30	43	30	38	38	40	31	44	28	38
5	Cambridgeshire	green	429	40	40	30	40	36	38	24	28	34	35	36	32	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Rachel Basham	2LR	28.2	0.0			28.2	10	12
13	Rachel Basham	S	5.95	5.95	6.30	5.34	6.30	9	14
14	Rosie Kerr	VJ	37	38	37	36	38	8	16
15	Ola Anderson	4LR	1:02.6	0.0			1:02.6	10	12
15	Ola Anderson	SLJ	1.90	1.93	1.89	1.89	1.93	6	20
16	Emily Dowsett	HJ	1.25				1.25		
16	Emily Dowsett	STJ	5.04	4.70	0.00	4.78	5.04	9	14
17	Betty Porter	STJ	5.04	5.26	5.00	5.04	5.26	7	18
18	Melissa Tyson	4LR	58.6	59.1			59.1	3	26
18	Melissa Tyson	SLJ	1.78	1.88	1.80	1.78	1.88	8	16
20	Alisha Morgan	SB	65				65	9=	13
21	Eleanor Scales	HJ	1.40				1.40	2	28
22	Massie Cassidy	2LR	26.5	26.6			26.6	4	24
22	Massie Cassidy	SB	71				71	5	22
23	Inola Browne	6LR	1:34.0				1:34.0	4	24
23	Inola Browne	S	6.20	6.48	6.70	6.64	6.70	6	20

# Team Results

# Essex (red)

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19 Feb 2011

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	purple	707	60	70	60	70	58	42	42	49	46	58	54	48	50
2	Hertfordshire	yellow	681	70	60	70	60	34	42	56	43	44	44	46	58	54
3	Essex	red	533	30	50	40	50	39	58	38	40	46	42	30	44	26
4	Suffolk	orange	490	50	30	50	30	43	30	38	38	40	31	44	28	38
5	Cambridgeshire	green	429	40	40	30	40	36	38	24	28	34	35	36	32	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Amy Coleman	SB	67				67	8	16
26	Amy Shildrake	STJ	5.50	5.42	5.48	5.40	5.50	6	20
27	Rebecca Millard	HJ	1.00				1.00	9	14
28	Erin Minton-Branfoot	4LR	55.9	55.2			55.2	2	28
28	Erin Minton-Branfoot	SLJ	1.79	1.82	1.89	1.76	1.89	7	18
29	Natasha Bird	6LR	1:35.7				1:35.7	7	18
29	Natasha Bird	VJ	43	46	45	46	46	3	26
30	Michelle Hughes	4LR	56.4	54.9			54.9	1	30
30	Michelle Hughes	HJ	1.40				1.40	3	26
31	Amy Baggs	6LR	1:35.5				1:35.5	6	20
31	Amy Baggs	SB	75				75	3	26
32	Jordan Richardson	SLJ	1.56	1.49	1.42	1.56	1.56	10	12
33	Shannon Jameson	STJ	5.60	5.82	5.82	5.86	5.86	4	24
34	Nicole Massey	2LR	27.1	0.0			27.1	7=	17
34	Nicole Massey	S	6.81	6.07	4.67	4.63	6.81	5	22
35	Lucy Jewell	2LR	26.6	26.7			26.7	5	22
35	Lucy Jewell	S	6.59	6.20	7.06	6.53	7.06	4	24

# Team Results

# Hertfordshire (yellow)

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	purple	707	60	70	60	70	58	42	42	49	46	58	54	48	50
2	Hertfordshire	yellow	681	70	60	70	60	34	42	56	43	44	44	46	58	54
3	Essex	red	533	30	50	40	50	39	58	38	40	46	42	30	44	26
4	Suffolk	orange	490	50	30	50	30	43	30	38	38	40	31	44	28	38
5	Cambridgeshire	green	429	40	40	30	40	36	38	24	28	34	35	36	32	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Madeleine Herbert	6LR	1:28.5				1:28.5	1	30
37	Madeleine Herbert	VJ	60	59	62	61	62	1	30
38	Chloe Ring	STJ	6.44	6.62	6.28	6.44	6.62	1	30
39	Rebecca Pickard	6LR	1:31.4				1:31.4	3	26
39	Rebecca Pickard	HJ	1.35				1.35	4	24
40	Sarah McDonnell	4LR	59.8	0.0			59.8	7	18
40	Sarah McDonnell	SB	70				70	6	20
41	Pippa Corbett	4LR	58.1	59.4			59.4	4	24
41	Pippa Corbett	S	7.20	7.03	7.77	6.98	7.77	3	26
42	Bethany Harley	HJ	1.20				1.20	6=	19
43	Phobe Love	STJ	6.22	6.34	6.50	6.48	6.50	2	28
44	Alice Semark	SLJ	1.99	2.00	2.04	1.99	2.04	4	24
45	Eliza Holder	2LR	26.7	0.0			26.7	6	20
45	Eliza Holder	SLJ	2.00	1.94	2.00	1.93	2.00	5	22
46	Melissa Doran	VJ	44	44	44	46	46	4	24
47	Eppie Sharp	2LR	27.8	0.0			27.8	9	14
47	Eppie Sharp	SB	74				74	4	24
48	Emily Hack	S	6.68	5.50	6.46	6.27	6.68	7	18

# Team Results

# Norfolk (purple)

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ASHA-East Regional Final Under 13 Girls

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## Date

19 Feb 2011

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	purple	707	60	70	60	70	58	42	42	49	46	58	54	48	50
2	Hertfordshire	yellow	681	70	60	70	60	34	42	56	43	44	44	46	58	54
3	Essex	red	533	30	50	40	50	39	58	38	40	46	42	30	44	26
4	Suffolk	orange	490	50	30	50	30	43	30	38	38	40	31	44	28	38
5	Cambridgeshire	green	429	40	40	30	40	36	38	24	28	34	35	36	32	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Grace Ashworth	2LR	25.8	25.7			25.7	1	30
49	Grace Ashworth	SLJ	2.06	2.10	2.13	2.14	2.14	2	28
50	Katie Pursehouse	2LR	25.8	26.0			26.0	2	28
50	Katie Pursehouse	STJ	6.48	5.84	6.42	6.46	6.48	3	26
51	Harry Searjeant	4LR	59.1	0.0			59.1	6	20
51	Harry Searjeant	HJ	1.20				1.20	6=	19
52	Lucy Edwards	4LR	57.7	1:02.1			1:02.1	5	22
52	Lucy Edwards	SLJ	2.07	2.01	2.02	1.96	2.07	3	26
53	Amy Dowsett	6LR	1:29.0				1:29.0	2	28
53	Amy Dowsett	STJ	5.65	5.30	5.72	5.75	5.75	5	22
54	Harriet Blunt	6LR	1:36.5				1:36.5	9	14
54	Harriet Blunt	SB	77				77	2	28
55	Katie Francis	SB	84				84	1	30
56	Lucy Brice	S	8.76	9.16	8.88	8.98	9.16	1	30
57	Jessica Doncaster	VJ	54	55	55	56	56	2	28
58	Pheobe Baker	VJ	44	39	45	45	45	5	22
59	Rhiannan Clarke	S	6.68	6.39	6.16	6.02	6.68	8	16
60	Sieanna Sexton	HJ	1.45				1.45	1	30

# Team Results

# Suffolk (orange)

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ASHA-East Regional Final Under 13 Girls

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University of East Anglia, Norwich

## Date

19 Feb 2011

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	purple	707	60	70	60	70	58	42	42	49	46	58	54	48	50
2	Hertfordshire	yellow	681	70	60	70	60	34	42	56	43	44	44	46	58	54
3	Essex	red	533	30	50	40	50	39	58	38	40	46	42	30	44	26
4	Suffolk	orange	490	50	30	50	30	43	30	38	38	40	31	44	28	38
5	Cambridgeshire	green	429	40	40	30	40	36	38	24	28	34	35	36	32	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Chloe Furzer	4LR	1:00.3	0.0			1:00.3	9	14
61	Chloe Furzer	S	7.88	8.72	8.96	8.91	8.96	2	28
62	Zoe Beckley	2LR	25.9	26.3			26.3	3	26
62	Zoe Beckley	VJ	40	41	40	41	41	7	18
63	Philippa Griffith	2LR	27.1	0.0			27.1	7=	17
63	Philippa Griffith	SLJ	2.12	2.11	2.18	2.15	2.18	1	30
64	Holly Davies	6LR	1:34.7				1:34.7	5	22
64	Holly Davies	STJ	5.22	5.10	5.02	5.12	5.22	8	16
65	Hannah Curwen	HJ	1.25				1.25	5	22
66	Alana Hart	6LR	1:35.9				1:35.9	8	16
66	Alana Hart	HJ	1.20				1.20	8	16
67	Charlotte Clark	4LR	1:00.2	0.0			1:00.2	8	16
67	Charlotte Clark	SB	69				69	7	18
68	Elisha Smith	SB	65				65	9=	13
69	Charlotte Bater	S	5.43	5.28	5.73	5.62	5.73	10	12
70	Suleika Horrocks	SLJ	1.80	1.73	1.80	1.79	1.80	9	14
71	Bronwyn Jacobs	STJ	4.75	4.52	4.30	4.64	4.75	10	12
72	Franchesca Betson	VJ	40	45	43	41	45	6	20

# Results Sheet

# Obstacle Relay

## Competition:

ASHA-East Regional Final Under 13 Girls

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## Date

19 Feb 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	yellow	1:24.5	0.0	1:24.5	70.0
2	04	Norfolk	purple	1:26.5	0.0	1:26.5	60.0
3	05	Suffolk	orange	1:27.5	0.0	1:27.5	50.0
4	01	Cambridgeshire	green	1:29.0	0.0	1:29.0	40.0
5	02	Essex	red	1:32.6	0.0	1:32.6	30.0

# Results Sheet

# 2 Lap Race

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

University of East Anglia, Norwich

## Date

19 Feb 2011

Ranking	Team	Colour	Points
1	Norfolk	purple	58
2	Suffolk	orange	43
3	Essex	red	39
4	Cambridgeshire	green	36
5	Hertfordshire	yellow	34

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	purple	49	Grace Ashworth	25.7	30
2	Norfolk	purple	50	Katie Pursehouse	26.0	28
3	Suffolk	orange	62	Zoe Beckley	26.3	26
4	Cambridgeshire	green	22	Massie Cassidy	26.6	24
5	Essex	red	35	Lucy Jewell	26.7	22
6	Hertfordshire	yellow	45	Eliza Holder	26.7	20
7=	Essex	red	34	Nicole Massey	27.1	17
7=	Suffolk	orange	63	Philippa Griffith	27.1	17
9	Hertfordshire	yellow	47	Eppie Sharp	27.8	14
10	Cambridgeshire	green	13	Rachel Basham	28.2	12



# Results Sheet

# 4 Lap Race

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

University of East Anglia, Norwich

## Date

19 Feb 2011

Ranking	Team	Colour	Points
1	Essex	red	58
2=	Hertfordshire	yellow	42
2=	Norfolk	purple	42
4	Cambridgeshire	green	38
5	Suffolk	orange	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	red	30	Michelle Hughes	54.9	30
2	Essex	red	28	Erin Minton-Branfoot	55.2	28
3	Cambridgeshire	green	18	Melissa Tyson	59.1	26
4	Hertfordshire	yellow	41	Pippa Corbett	59.4	24
5	Norfolk	purple	52	Lucy Edwards	1:02.1	22
6	Norfolk	purple	51	Harry Searjeant	59.1	20
7	Hertfordshire	yellow	40	Sarah McDonnell	59.8	18
8	Suffolk	orange	67	Charlotte Clark	1:00.2	16
9	Suffolk	orange	61	Chloe Furzer	1:00.3	14
10	Cambridgeshire	green	15	Ola Anderson	1:02.6	12

# Results Sheet

# 6 Lap Time Trial

## Competition:

ASHA-East Regional Final Under 13 Girls

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## Date

19 Feb 2011

Ranking	Team	Colour	Points
1	Hertfordshire	yellow	56
2	Norfolk	purple	42
3=	Essex	red	38
3=	Suffolk	orange	38
5	Cambridgeshire	green	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	yellow	37	Madeleine Herbert	1:28.5	30
2	Norfolk	purple	53	Amy Dowsett	1:29.0	28
3	Hertfordshire	yellow	39	Rebecca Pickard	1:31.4	26
4	Cambridgeshire	green	23	Inola Browne	1:34.0	24
5	Suffolk	orange	64	Holly Davies	1:34.7	22
6	Essex	red	31	Amy Baggs	1:35.5	20
7	Essex	red	29	Natasha Bird	1:35.7	18
8	Suffolk	orange	66	Alana Hart	1:35.9	16
9	Norfolk	purple	54	Harriet Blunt	1:36.5	14

# Results Sheet

# 8 Lap Paarlauf

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

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## Date

19 Feb 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	purple	1:51.2	0.0	1:51.2	70.0
2	03	Hertfordshire	yellow	1:53.9	0.0	1:53.9	60.0
3	02	Essex	red	1:55.1	0.0	1:55.1	50.0
4	01	Cambridgeshire	green	1:56.5	0.0	1:56.5	40.0
5	05	Suffolk	orange	1:59.6	0.0	1:59.6	30.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

ASHA-East Regional Final Under 13 Girls

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	yellow	50.8	0.0	50.8	70.0
2	04	Norfolk	purple	51.9	0.0	51.9	60.0
3	05	Suffolk	orange	54.8	0.0	54.8	50.0
4	02	Essex	red	54.9	0.0	54.9	40.0
5	01	Cambridgeshire	green	59.8	0.0	59.8	30.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

University of East Anglia, Norwich

## Date

19 Feb 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	purple	1:43.9	0.0	1:43.9	70.0
2	03	Hertfordshire	yellow	1:44.0	0.0	1:44.0	60.0
3	02	Essex	red	1:48.8	0.0	1:48.8	50.0
4	01	Cambridgeshire	green	1:49.4	0.0	1:49.4	40.0
5	05	Suffolk	orange	1:50.5	0.0	1:50.5	30.0

# Results Sheet

# High Jump

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

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## Date

19 Feb 2011

Ranking	Team	Colour	Points
1	Norfolk	purple	49
2	Hertfordshire	yellow	43
3	Essex	red	40
4	Suffolk	orange	38
5	Cambridgeshire	green	28

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	purple	60	Sieanna Sexton	1.45	30
2	Cambridgeshire	green	21	Eleanor Scales	1.40	28
3	Essex	red	30	Michelle Hughes	1.40	26
4	Hertfordshire	yellow	39	Rebecca Pickard	1.35	24
5	Suffolk	orange	65	Hannah Curwen	1.25	22
6=	Hertfordshire	yellow	42	Bethany Harley	1.20	19
6=	Norfolk	purple	51	Harry Searjeant	1.20	19
8	Suffolk	orange	66	Alana Hart	1.20	16
9	Essex	red	27	Rebecca Millard	1.00	14
	Cambridgeshire	green	16	Emily Dowsett	1.25	0

# Results Sheet

# Shot

## Competition:

ASHA-East Regional Final Under 13 Girls

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Ranking	Team	Colour	Points
1=	Essex	red	46
1=	Norfolk	purple	46
3	Hertfordshire	yellow	44
4	Suffolk	orange	40
5	Cambridgeshire	green	34

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	purple	56	Lucy Brice	9.16	30
2	Suffolk	orange	61	Chloe Furzer	8.96	28
3	Hertfordshire	yellow	41	Pippa Corbett	7.77	26
4	Essex	red	35	Lucy Jewell	7.06	24
5	Essex	red	34	Nicole Massey	6.81	22
6	Cambridgeshire	green	23	Inola Browne	6.70	20
7	Hertfordshire	yellow	48	Emily Hack	6.68	18
8	Norfolk	purple	59	Rhiannan Clarke	6.68	16
9	Cambridgeshire	green	13	Rachel Basham	6.30	14
10	Suffolk	orange	69	Charlotte Bater	5.73	12

# Results Sheet

# Speed Bounce

## Competition:

ASHA-East Regional Final Under 13 Girls

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Ranking	Team	Colour	Points
1	Norfolk	purple	58
2	Hertfordshire	yellow	44
3	Essex	red	42
4	Cambridgeshire	green	35
5	Suffolk	orange	31

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	purple	55	Katie Francis	84	30
2	Norfolk	purple	54	Harriet Blunt	77	28
3	Essex	red	31	Amy Baggs	75	26
4	Hertfordshire	yellow	47	Eppie Sharp	74	24
5	Cambridgeshire	green	22	Massie Cassidy	71	22
6	Hertfordshire	yellow	40	Sarah McDonnell	70	20
7	Suffolk	orange	67	Charlotte Clark	69	18
8	Essex	red	25	Amy Coleman	67	16
9=	Cambridgeshire	green	20	Alisha Morgan	65	13
9=	Suffolk	orange	68	Elisha Smith	65	13



# Results Sheet

# Standing Long Jump

## Competition:

ASHA-East Regional Final Under 13 Girls

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## Date

19 Feb 2011

Ranking	Team	Colour	Points
1	Norfolk	purple	54
2	Hertfordshire	yellow	46
3	Suffolk	orange	44
4	Cambridgeshire	green	36
5	Essex	red	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	orange	63	Philippa Griffith	2.18	30
2	Norfolk	purple	49	Grace Ashworth	2.14	28
3	Norfolk	purple	52	Lucy Edwards	2.07	26
4	Hertfordshire	yellow	44	Alice Semark	2.04	24
5	Hertfordshire	yellow	45	Eliza Holder	2.00	22
6	Cambridgeshire	green	15	Ola Anderson	1.93	20
7	Essex	red	28	Erin Minton-Branfoot	1.89	18
8	Cambridgeshire	green	18	Melissa Tyson	1.88	16
9	Suffolk	orange	70	Suleika Horrocks	1.80	14
10	Essex	red	32	Jordan Richardson	1.56	12

# Results Sheet

# Standing Triple Jump

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ASHA-East Regional Final Under 13 Girls

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19 Feb 2011

Ranking	Team	Colour	Points
1	Hertfordshire	yellow	58
2	Norfolk	purple	48
3	Essex	red	44
4	Cambridgeshire	green	32
5	Suffolk	orange	28

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	yellow	38	Chloe Ring	6.62	30
2	Hertfordshire	yellow	43	Phobe Love	6.50	28
3	Norfolk	purple	50	Katie Pursehouse	6.48	26
4	Essex	red	33	Shannon Jameson	5.86	24
5	Norfolk	purple	53	Amy Dowsett	5.75	22
6	Essex	red	26	Amy Shldrake	5.50	20
7	Cambridgeshire	green	17	Betty Porter	5.26	18
8	Suffolk	orange	64	Holly Davies	5.22	16
9	Cambridgeshire	green	16	Emily Dowsett	5.04	14
10	Suffolk	orange	71	Bronwyn Jacobs	4.75	12

# Results Sheet

# Vertical Jump

## Competition:

ASHA-East Regional Final Under 13 Girls

## Venue:

University of East Anglia, Norwich

## Date

19 Feb 2011

Ranking	Team	Colour	Points
1	Hertfordshire	yellow	54
2	Norfolk	purple	50
3	Suffolk	orange	38
4	Essex	red	26
5	Cambridgeshire	green	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	yellow	37	Madeleine Herbert	62	30
2	Norfolk	purple	57	Jessica Doncaster	56	28
3	Essex	red	29	Natasha Bird	46	26
4	Hertfordshire	yellow	46	Melissa Doran	46	24
5	Norfolk	purple	58	Pheobe Baker	45	22
6	Suffolk	orange	72	Franchesca Betson	45	20
7	Suffolk	orange	62	Zoe Beckley	41	18
8	Cambridgeshire	green	14	Rosie Kerr	38	16