

# Aviva Sportshall UK Championships

**East Regional Final**  
**Sportspark, University of East Anglia, Norwich**  
**Saturday 14 February 2009**

Bedfordshire  
Cambridgeshire  
Hertfordshire  
Norfolk  
Suffolk

purple  
red  
green  
orange  
grey



# 2009 Regional Finals

uk:athletics 

  
**AVIVA**

# Competition Results

**Competition:**

ASHA-East Regional Final Under 15 Boys

**Venue:**

Sportspark, UEA, Norwich

**Date**

14 Feb 2009

| Ranking | Team           | Score | Individual | P8 | 4x2 |
|---------|----------------|-------|------------|----|-----|
| 1       | Norfolk        | 663   | 533        | 70 | 60  |
| 2       | Hertfordshire  | 615   | 545        | 0  | 70  |
| 3       | Cambridgeshire | 571   | 511        | 60 | 0   |
| 4       | Suffolk        | 110   | 110        | 0  | 0   |

# Athlete Results

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | BibNo | Athlete           | Team           | Score | 2LR | 4LR | S  | SB | SLJ | STJ |
|---------|-------|-------------------|----------------|-------|-----|-----|----|----|-----|-----|
| 1       | 75    | Ola Amosu         | Hertfordshire  | 148   | 50  |     | 48 |    | 50  |     |
| 2       | 82    | Danny Clayton     | Norfolk        | 144   | 46  |     | 50 |    | 48  |     |
| 3       | 83    | Callum Brown      | Norfolk        | 143   | 43  |     |    | 50 |     | 50  |
| 4       | 70    | Matthew Nicholson | Cambridgeshire | 140   |     | 50  |    | 44 |     | 46  |
| 5       | 68    | Ashley Watson     | Cambridgeshire | 136   | 48  |     | 42 |    | 46  |     |
| 6       | 78    | Michael Edwards   | Hertfordshire  | 134   |     | 46  |    | 46 | 42  |     |
| 7       | 77    | Jack Mansfield    | Hertfordshire  | 132   |     | 44  |    | 48 |     | 40  |
| 8       | 79    | Prince Richman    | Hertfordshire  | 131   | 39  |     | 44 |    |     | 48  |
| 9       | 76    | George Burton     | Hertfordshire  | 127   | 43  |     | 40 |    | 44  |     |
| 10      | 85    | Michael Painter   | Norfolk        | 124   | 36  |     | 46 |    |     | 42  |
| 11      | 84    | Ryan Howard       | Norfolk        | 122   |     | 38  |    | 40 |     | 44  |
| 12=     | 73    | Simon Pullen      | Cambridgeshire | 120   |     | 48  |    | 36 | 36  |     |
| 12=     | 87    | Jamie Abbott      | Norfolk        | 120   |     | 40  |    | 42 | 38  |     |
| 14      | 69    | Zoheb Arif        | Cambridgeshire | 115   | 39  |     | 36 |    | 40  |     |
| 15      | 86    | Will Davies       | Norfolk        | 114   |     | 42  | 38 |    | 34  |     |
| 16      | 95    | James Blythe      | Suffolk        | 110   | 34  |     |    | 38 |     | 38  |
| 17=     | 72    | Peter Godly       | Cambridgeshire | 0     |     |     |    |    |     |     |
| 17=     | 88    | Alex Lubbock      | Norfolk        | 0     |     |     |    |    |     |     |

# Team Results

# Cambridgeshire (red)

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | Team           | Score | Individual | P8 | 4x2 |
|---------|----------------|-------|------------|----|-----|
| 1       | Norfolk        | 663   | 533        | 70 | 60  |
| 2       | Hertfordshire  | 615   | 545        | 0  | 70  |
| 3       | Cambridgeshire | 571   | 511        | 60 | 0   |
| 4       | Suffolk        | 110   | 110        | 0  | 0   |

| Comp No | Name              | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best  | Ranking | Points |
|---------|-------------------|-------|-------|-------|-------|-------|-------|---------|--------|
| 68      | Ashley Watson     | 2LR   | 23.1  |       |       |       | 23.1  | 2       | 48     |
| 68      | Ashley Watson     | S     | 9.87  | 10.01 | 9.46  |       | 10.01 | 5       | 42     |
| 68      | Ashley Watson     | SLJ   | 2.23  | 2.40  | 2.42  |       | 2.42  | 3       | 46     |
| 69      | Zoheb Arif        | 2LR   | 23.8  |       |       |       | 23.8  | 6=      | 39     |
| 69      | Zoheb Arif        | S     | 0.00  | 7.62  | 7.62  |       | 7.62  | 8       | 36     |
| 69      | Zoheb Arif        | SLJ   | 1.87  | 2.06  | 2.06  |       | 2.06  | 6       | 40     |
| 70      | Matthew Nicholson | 4LR   | 51.5  |       |       |       | 51.5  | 1       | 50     |
| 70      | Matthew Nicholson | SB    | 77    |       |       |       | 77    | 4       | 44     |
| 70      | Matthew Nicholson | STJ   | 7.20  | 0.00  | 7.38  |       | 7.38  | 3       | 46     |
| 72      | Peter Godly       | S     | 7.61  | 7.80  | 8.15  |       | 8.15  |         |        |
| 72      | Peter Godly       | STJ   | 6.64  | 6.74  | 6.96  |       | 6.96  |         |        |
| 73      | Simon Pullen      | 4LR   | 51.6  |       |       |       | 51.6  | 2       | 48     |
| 73      | Simon Pullen      | SB    | 63    |       |       |       | 63    | 8       | 36     |
| 73      | Simon Pullen      | SLJ   | 1.66  | 1.84  | 1.95  |       | 1.95  | 8       | 36     |

## Team Results

## Hertfordshire (green)

### Competition:

ASHA-East Regional Final Under 15 Boys

### Venue:

Sportspark, UEA, Norwich

### Date

14 Feb 2009

| Ranking | Team           | Score | Individual | P8 | 4x2 |
|---------|----------------|-------|------------|----|-----|
| 1       | Norfolk        | 663   | 533        | 70 | 60  |
| 2       | Hertfordshire  | 615   | 545        | 0  | 70  |
| 3       | Cambridgeshire | 571   | 511        | 60 | 0   |
| 4       | Suffolk        | 110   | 110        | 0  | 0   |

| Comp No | Name            | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best  | Ranking | Points |
|---------|-----------------|-------|-------|-------|-------|-------|-------|---------|--------|
| 75      | Ola Amosu       | 2LR   | 22.8  |       |       |       | 22.8  | 1       | 50     |
| 75      | Ola Amosu       | S     | 10.52 | 10.99 | 10.31 |       | 10.99 | 2       | 48     |
| 75      | Ola Amosu       | SLJ   | 2.55  | 2.65  | 2.67  |       | 2.67  | 1       | 50     |
| 76      | George Burton   | 2LR   | 23.6  |       |       |       | 23.6  | 4=      | 43     |
| 76      | George Burton   | S     | 9.25  | 8.84  | 8.79  |       | 9.25  | 6       | 40     |
| 76      | George Burton   | SLJ   | 2.31  | 2.37  | 2.03  |       | 2.37  | 4       | 44     |
| 77      | Jack Mansfield  | 4LR   | 52.9  |       |       |       | 52.9  | 4       | 44     |
| 77      | Jack Mansfield  | SB    | 85    |       |       |       | 85    | 2       | 48     |
| 77      | Jack Mansfield  | STJ   | 0.00  | 0.00  | 6.34  |       | 6.34  | 6       | 40     |
| 78      | Michael Edwards | 4LR   | 52.6  |       |       |       | 52.6  | 3       | 46     |
| 78      | Michael Edwards | SB    | 78    |       |       |       | 78    | 3       | 46     |
| 78      | Michael Edwards | SLJ   | 2.21  | 2.07  | 2.11  |       | 2.21  | 5       | 42     |
| 79      | Prince Richman  | 2LR   | 23.8  |       |       |       | 23.8  | 6=      | 39     |
| 79      | Prince Richman  | S     | 0.00  | 0.00  | 10.39 |       | 10.39 | 4       | 44     |
| 79      | Prince Richman  | STJ   | 7.48  | 7.70  | 8.08  |       | 8.08  | 2       | 48     |

# Team Results

# Norfolk (orange)

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | Team           | Score | Individual | P8 | 4x2 |
|---------|----------------|-------|------------|----|-----|
| 1       | Norfolk        | 663   | 533        | 70 | 60  |
| 2       | Hertfordshire  | 615   | 545        | 0  | 70  |
| 3       | Cambridgeshire | 571   | 511        | 60 | 0   |
| 4       | Suffolk        | 110   | 110        | 0  | 0   |

| Comp No | Name            | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best  | Ranking | Points |
|---------|-----------------|-------|-------|-------|-------|-------|-------|---------|--------|
| 82      | Danny Clayton   | 2LR   | 23.4  |       |       |       | 23.4  | 3       | 46     |
| 82      | Danny Clayton   | S     | 12.26 | 13.25 | 12.80 |       | 13.25 | 1       | 50     |
| 82      | Danny Clayton   | SLJ   | 2.61  | 2.60  | 2.55  |       | 2.61  | 2       | 48     |
| 83      | Callum Brown    | 2LR   | 23.6  |       |       |       | 23.6  | 4=      | 43     |
| 83      | Callum Brown    | SB    | 87    |       |       |       | 87    | 1       | 50     |
| 83      | Callum Brown    | STJ   | 7.66  | 8.02  | 8.20  |       | 8.20  | 1       | 50     |
| 84      | Ryan Howard     | 4LR   | 54.7  |       |       |       | 54.7  | 7       | 38     |
| 84      | Ryan Howard     | SB    | 70    |       |       |       | 70    | 6       | 40     |
| 84      | Ryan Howard     | STJ   | 7.18  | 7.06  | 7.04  |       | 7.18  | 4       | 44     |
| 85      | Michael Painter | 2LR   | 26.6  |       |       |       | 26.6  | 8       | 36     |
| 85      | Michael Painter | S     | 10.59 | 9.63  | 10.90 |       | 10.90 | 3       | 46     |
| 85      | Michael Painter | STJ   | 6.42  | 6.26  | 6.36  |       | 6.42  | 5       | 42     |
| 86      | Will Davies     | 4LR   | 54.3  |       |       |       | 54.3  | 5       | 42     |
| 86      | Will Davies     | S     | 7.82  | 8.13  | 7.75  |       | 8.13  | 7       | 38     |
| 86      | Will Davies     | SLJ   | 1.82  | 1.73  | 1.84  |       | 1.84  | 9       | 34     |
| 87      | Jamie Abbott    | 4LR   | 54.4  |       |       |       | 54.4  | 6       | 40     |
| 87      | Jamie Abbott    | SB    | 76    |       |       |       | 76    | 5       | 42     |
| 87      | Jamie Abbott    | SLJ   | 1.95  | 2.03  | 2.00  |       | 2.03  | 7       | 38     |

Team Results

Suffolk (grey)

Competition:  
ASHA-East Regional Final Under 15 Boys

Venue:  
Sportspark, UEA, Norwich

Date  
14 Feb 2009

| Ranking | Team           | Score | Individual | P8 | 4x2 |
|---------|----------------|-------|------------|----|-----|
| 1       | Norfolk        | 663   | 533        | 70 | 60  |
| 2       | Hertfordshire  | 615   | 545        | 0  | 70  |
| 3       | Cambridgeshire | 571   | 511        | 60 | 0   |
| 4       | Suffolk        | 110   | 110        | 0  | 0   |

| Comp No | Name         | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking | Points |
|---------|--------------|-------|-------|-------|-------|-------|------|---------|--------|
| 95      | James Blythe | 2LR   | 29.7  |       |       |       | 29.7 | 9       | 34     |
| 95      | James Blythe | SB    | 68    |       |       |       | 68   | 7       | 38     |
| 95      | James Blythe | STJ   | 0.00  | 5.24  | 5.50  |       | 5.50 | 7       | 38     |

# Results Sheet

## 2 Lap Race

### Competition:

ASHA-East Regional Final Under 15 Boys

### Venue:

Sportspark, UEA, Norwich

### Date

14 Feb 2009

| Ranking | Team           | Colour | BibNo | Name            | Best | Points |
|---------|----------------|--------|-------|-----------------|------|--------|
| 1       | Hertfordshire  | green  | 75    | Ola Amosu       | 22.8 | 50     |
| 2       | Cambridgeshire | red    | 68    | Ashley Watson   | 23.1 | 48     |
| 3       | Norfolk        | orange | 82    | Danny Clayton   | 23.4 | 46     |
| 4=      | Hertfordshire  | green  | 76    | George Burton   | 23.6 | 43     |
| 4=      | Norfolk        | orange | 83    | Callum Brown    | 23.6 | 43     |
| 6=      | Cambridgeshire | red    | 69    | Zoheb Arif      | 23.8 | 39     |
| 6=      | Hertfordshire  | green  | 79    | Prince Richman  | 23.8 | 39     |
| 8       | Norfolk        | orange | 85    | Michael Painter | 26.6 | 36     |
| 9       | Suffolk        | grey   | 95    | James Blythe    | 29.7 | 34     |

# Results Sheet

## 4 Lap Race

### Competition:

ASHA-East Regional Final Under 15 Boys

### Venue:

Sportspark, UEA, Norwich

### Date

14 Feb 2009

| Ranking | Team           | Colour | BibNo | Name              | Best | Points |
|---------|----------------|--------|-------|-------------------|------|--------|
| 1       | Cambridgeshire | red    | 70    | Matthew Nicholson | 51.5 | 50     |
| 2       | Cambridgeshire | red    | 73    | Simon Pullen      | 51.6 | 48     |
| 3       | Hertfordshire  | green  | 78    | Michael Edwards   | 52.6 | 46     |
| 4       | Hertfordshire  | green  | 77    | Jack Mansfield    | 52.9 | 44     |
| 5       | Norfolk        | orange | 86    | Will Davies       | 54.3 | 42     |
| 6       | Norfolk        | orange | 87    | Jamie Abbott      | 54.4 | 40     |
| 7       | Norfolk        | orange | 84    | Ryan Howard       | 54.7 | 38     |

Results Sheet

8 Lap Paarlauf

Competition:  
ASHA-East Regional Final Under 15 Boys

Venue:  
Sportspark, UEA, Norwich

Date  
14 Feb 2009

| Ranking | Code | Team           | Colour |
|---------|------|----------------|--------|
| 1       | 04   | Norfolk        | orange |
| 2       | 02   | Cambridgeshire | red    |

| Heat   | Final | Performance | Points |
|--------|-------|-------------|--------|
| 1:39.9 | 0.0   | 1:39.9      | 70.0   |
| 1:39.9 | 0.0   | 1:39.9      | 60.0   |

Results Sheet

4 x 2 Lap Relay

Competition:  
ASHA-East Regional Final Under 15 Boys

Venue:  
Sportspark, UEA, Norwich

Date  
14 Feb 2009

| Ranking | Code | Team          | Colour |
|---------|------|---------------|--------|
| 1       | 03   | Hertfordshire | green  |
| 2       | 04   | Norfolk       | orange |

| Heat   | Final | Performance | Points |
|--------|-------|-------------|--------|
| 1:33.6 | 0.0   | 1:33.6      | 70.0   |
| 1:38.5 | 0.0   | 1:38.5      | 60.0   |

# Results Sheet

# Shot

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | Team           | Colour | BibNo | Name            | Best  | Points |
|---------|----------------|--------|-------|-----------------|-------|--------|
| 1       | Norfolk        | orange | 82    | Danny Clayton   | 13.25 | 50     |
| 2       | Hertfordshire  | green  | 75    | Ola Amosu       | 10.99 | 48     |
| 3       | Norfolk        | orange | 85    | Michael Painter | 10.90 | 46     |
| 4       | Hertfordshire  | green  | 79    | Prince Richman  | 10.39 | 44     |
| 5       | Cambridgeshire | red    | 68    | Ashley Watson   | 10.01 | 42     |
| 6       | Hertfordshire  | green  | 76    | George Burton   | 9.25  | 40     |
| 7       | Norfolk        | orange | 86    | Will Davies     | 8.13  | 38     |
| 8       | Cambridgeshire | red    | 69    | Zoheb Arif      | 7.62  | 36     |
|         | Cambridgeshire | red    | 72    | Peter Godly     | 8.15  | 0      |

# Results Sheet

# Speed Bounce

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | Team           | Colour | BibNo | Name              | Total | Points |
|---------|----------------|--------|-------|-------------------|-------|--------|
| 1       | Norfolk        | orange | 83    | Callum Brown      | 87    | 50     |
| 2       | Hertfordshire  | green  | 77    | Jack Mansfield    | 85    | 48     |
| 3       | Hertfordshire  | green  | 78    | Michael Edwards   | 78    | 46     |
| 4       | Cambridgeshire | red    | 70    | Matthew Nicholson | 77    | 44     |
| 5       | Norfolk        | orange | 87    | Jamie Abbott      | 76    | 42     |
| 6       | Norfolk        | orange | 84    | Ryan Howard       | 70    | 40     |
| 7       | Suffolk        | grey   | 95    | James Blythe      | 68    | 38     |
| 8       | Cambridgeshire | red    | 73    | Simon Pullen      | 63    | 36     |

# Results Sheet

# Standing Long Jump

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | Team           | Colour | BibNo | Name            | Best | Points |
|---------|----------------|--------|-------|-----------------|------|--------|
| 1       | Hertfordshire  | green  | 75    | Ola Amosu       | 2.67 | 50     |
| 2       | Norfolk        | orange | 82    | Danny Clayton   | 2.61 | 48     |
| 3       | Cambridgeshire | red    | 68    | Ashley Watson   | 2.42 | 46     |
| 4       | Hertfordshire  | green  | 76    | George Burton   | 2.37 | 44     |
| 5       | Hertfordshire  | green  | 78    | Michael Edwards | 2.21 | 42     |
| 6       | Cambridgeshire | red    | 69    | Zoheb Arif      | 2.06 | 40     |
| 7       | Norfolk        | orange | 87    | Jamie Abbott    | 2.03 | 38     |
| 8       | Cambridgeshire | red    | 73    | Simon Pullen    | 1.95 | 36     |
| 9       | Norfolk        | orange | 86    | Will Davies     | 1.84 | 34     |

# Results Sheet

# Standing Triple Jump

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

14 Feb 2009

| Ranking | Team           | Colour | BibNo | Name              | Best | Points |
|---------|----------------|--------|-------|-------------------|------|--------|
| 1       | Norfolk        | orange | 83    | Callum Brown      | 8.20 | 50     |
| 2       | Hertfordshire  | green  | 79    | Prince Richman    | 8.08 | 48     |
| 3       | Cambridgeshire | red    | 70    | Matthew Nicholson | 7.38 | 46     |
| 4       | Norfolk        | orange | 84    | Ryan Howard       | 7.18 | 44     |
| 5       | Norfolk        | orange | 85    | Michael Painter   | 6.42 | 42     |
| 6       | Hertfordshire  | green  | 77    | Jack Mansfield    | 6.34 | 40     |
| 7       | Suffolk        | grey   | 95    | James Blythe      | 5.50 | 38     |
|         | Cambridgeshire | red    | 72    | Peter Godly       | 6.96 | 0      |