

 **NORWICH UNION**

sports:hall 

NORWICH UNION sports:hall Under 15 Girls All Rounder

**East of England Regional
UEA Sportspark, Norwich
Saturday 4 February 2006**

Team Results

**Bedfordshire
Cambridgeshire
Hertfordshire
Norfolk
Suffolk**

Track Results

**2 Lap Race
4 Lap Race
8 Lap Paarlauf
4 x 2 Lap Relay**

Field Results

**Shot
Speed Bounce
Standing Long Jump
Vertical Jump**



For more information go to www.sportshall.org

Competition Results

Competition:
NUS-East Regional Under 15 Girls

Venue:
UEA Sportspark, Norwich

Date
4 Feb 2006

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	680	550	60	70
2	Norfolk	657	527	70	60
3	Cambridgeshire	594	494	50	50
4	Suffolk	112	112	0	0
5	Bedfordshire	95	95	0	0

Athlete Results

Competition:
NUS-East Regional Under 15 Girls

Venue:
UEA Sportspark, Norwich

Date
4 Feb 2006

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	84	Carly Brown	Norfolk	145		50		47		48
2	75	Bunmi Awokoya	Hertfordshire	142		42	50			50
3	78	Laura Wake	Hertfordshire	139		47	48			44
4	76	Helen Van Kempen	Hertfordshire	136	48			47		41
5	77	Stephanie Gaynor	Hertfordshire	133	46			37	50	
6	82	Harriet Lucas	Norfolk	132	50		34		48	
7	70	Ellie Rhodes	Cambridgeshire	128	44		45		39	
8	83	Lauren Brown	Norfolk	126		44	36		46	
9	69	Daniella McGrory	Cambridgeshire	125		47	42			36
10=	79	Katie Grehan	Hertfordshire	124		40	45		39	
10=	86	Mimi Denmark	Norfolk	124		38		50	36	
12	72	Jackie Llaneza	Cambridgeshire	123	40			41	42	
13	80	Danielle Currie	Hertfordshire	119	34			41	44	
14	68	Kayleigh Borkett	Cambridgeshire	118	40			44	34	
15	85	Zoe Banhan	Norfolk	113	34			33		46
16=	87	Laura Warman	Norfolk	112	40		38			34
16=	89	Amy Donegan	Suffolk	112	34			37		41
18	74	Yasmin Collins	Cambridgeshire	104		34	40			30
19	61	Kome Adhokorie	Bedfordshire	95	30			33		32
20	73	Tara Mnisko	Cambridgeshire	74		36				38
21=	71	Jenna Payne	Cambridgeshire	0						
21=	81	Nina Edwards	Hertfordshire	0						
21=	88	Victoria Bormann	Norfolk	0						

Team Results

Bedfordshire (orange)

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	680	550	60	70
2	Norfolk	657	527	70	60
3	Cambridgeshire	594	494	50	50
4	Suffolk	112	112	0	0
5	Bedfordshire	95	95	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Kome Adhokorie	2LR	26.2				26.2	11	30
61	Kome Adhokorie	SB	71				71	9=	33
61	Kome Adhokorie	VJ	45	45	41		45	10	32

Team Results

Cambridgeshire (navy)

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	680	550	60	70
2	Norfolk	657	527	70	60
3	Cambridgeshire	594	494	50	50
4	Suffolk	112	112	0	0
5	Bedfordshire	95	95	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
68	Kayleigh Borkett	2LR	24.6				24.6	5=	40
68	Kayleigh Borkett	SB	77				77	4	44
68	Kayleigh Borkett	SLJ	1.64	1.75	1.70		1.75	9	34
69	Daniella McGrory	4LR	50.6				50.6	2=	47
69	Daniella McGrory	S	7.39	8.06	7.46		8.06	5	42
69	Daniella McGrory	VJ	52	50	50		52	8	36
70	Ellie Rhodes	2LR	24.1				24.1	4	44
70	Ellie Rhodes	S	7.81	8.39	0.00		8.39	3=	45
70	Ellie Rhodes	SLJ	2.18	2.10	2.14		2.18	6=	39
71	Jenna Payne	VJ	43	44	44		44		
72	Jackie Llanaeza	2LR	24.6				24.6	5=	40
72	Jackie Llanaeza	SB	76				76	5=	41
72	Jackie Llanaeza	SLJ	2.08	2.22	2.22		2.22	5	42
73	Tara Mnisko	4LR	53.9				53.9	8	36
73	Tara Mnisko	VJ	51	51	53		53	7	38
74	Yasmin Collins	4LR	58.8				58.8	9	34
74	Yasmin Collins	S	7.51	7.72	6.89		7.72	6	40
74	Yasmin Collins	VJ	43	43	44		44	11	30

Team Results

Hertfordshire (red)

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	680	550	60	70
2	Norfolk	657	527	70	60
3	Cambridgeshire	594	494	50	50
4	Suffolk	112	112	0	0
5	Bedfordshire	95	95	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
75	Bunmi Awokoya	4LR	51.3				51.3	5	42
75	Bunmi Awokoya	S	0.00	10.31	0.00		10.31	1	50
75	Bunmi Awokoya	VJ	58	58	62		62	1	50
76	Helen Van Kempen	2LR	23.2				23.2	2	48
76	Helen Van Kempen	SB	84				84	2=	47
76	Helen Van Kempen	VJ	55	54	53		55	5=	41
77	Stephanie Gaynor	2LR	23.9				23.9	3	46
77	Stephanie Gaynor	SB	74				74	7=	37
77	Stephanie Gaynor	SLJ	2.22	2.19	2.36		2.36	1	50
78	Laura Wake	4LR	50.6				50.6	2=	47
78	Laura Wake	S	8.08	9.10	7.68		9.10	2	48
78	Laura Wake	VJ	56	56	56		56	4	44
79	Katie Grehan	4LR	51.4				51.4	6	40
79	Katie Grehan	S	7.74	8.39	0.00		8.39	3=	45
79	Katie Grehan	SLJ	2.14	2.18	2.12		2.18	6=	39
80	Danielle Currie	2LR	24.7				24.7	8=	34
80	Danielle Currie	SB	76				76	5=	41
80	Danielle Currie	SLJ	2.18	2.12	2.23		2.23	4	44

Team Results

Norfolk (green)

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	680	550	60	70
2	Norfolk	657	527	70	60
3	Cambridgeshire	594	494	50	50
4	Suffolk	112	112	0	0
5	Bedfordshire	95	95	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
82	Harriet Lucas	2LR	22.6				22.6	1	50
82	Harriet Lucas	S	5.55	5.12	5.61		5.61	9	34
82	Harriet Lucas	SLJ	2.22	2.22	2.35		2.35	2	48
83	Lauren Brown	4LR	50.9				50.9	4	44
83	Lauren Brown	S	6.66	6.20	6.48		6.66	8	36
83	Lauren Brown	SLJ	2.14	2.24	2.20		2.24	3	46
84	Carly Brown	4LR	50.0				50.0	1	50
84	Carly Brown	SB	84				84	2=	47
84	Carly Brown	VJ	57	57	59		59	2	48
85	Zoe Banhan	2LR	24.7				24.7	8=	34
85	Zoe Banhan	SB	71				71	9=	33
85	Zoe Banhan	VJ	51	55	57		57	3	46
86	Mimi Denmark	4LR	52.6				52.6	7	38
86	Mimi Denmark	SB	87				87	1	50
86	Mimi Denmark	SLJ	1.98	1.98	2.04		2.04	8	36
87	Laura Warman	2LR	24.6				24.6	5=	40
87	Laura Warman	S	6.19	5.67	6.89		6.89	7	38
87	Laura Warman	VJ	48	49	50		50	9	34

Team Results

Suffolk (royal)

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	680	550	60	70
2	Norfolk	657	527	70	60
3	Cambridgeshire	594	494	50	50
4	Suffolk	112	112	0	0
5	Bedfordshire	95	95	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
89	Amy Donegan	2LR	24.7				24.7	8=	34
89	Amy Donegan	SB	74				74	7=	37
89	Amy Donegan	VJ	49	52	55		55	5=	41

Results Sheet

2 Lap Race

Competition:
NUS-East Regional Under 15 Girls

Venue:
UEA Sportspark, Norwich

Date
4 Feb 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	82	Harriet Lucas	22.6	50
2	Hertfordshire	red	76	Helen Van Kempen	23.2	48
3	Hertfordshire	red	77	Stephanie Gaynor	23.9	46
4	Cambridgeshire	navy	70	Ellie Rhodes	24.1	44
5=	Cambridgeshire	navy	68	Kayleigh Borkett	24.6	40
5=	Cambridgeshire	navy	72	Jackie Llanaeza	24.6	40
5=	Norfolk	green	87	Laura Warman	24.6	40
8=	Hertfordshire	red	80	Danielle Currie	24.7	34
8=	Norfolk	green	85	Zoe Banhan	24.7	34
8=	Suffolk	royal	89	Amy Donegan	24.7	34
11	Bedfordshire	orange	61	Kome Adhokorie	26.2	30

Results Sheet

4 Lap Race

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	84	Carly Brown	50.0	50
2=	Cambridgeshire	navy	69	Daniella McGrory	50.6	47
2=	Hertfordshire	red	78	Laura Wake	50.6	47
4	Norfolk	green	83	Lauren Brown	50.9	44
5	Hertfordshire	red	75	Bunmi Awokoya	51.3	42
6	Hertfordshire	red	79	Katie Grehan	51.4	40
7	Norfolk	green	86	Mimi Denmark	52.6	38
8	Cambridgeshire	navy	73	Tara Mnisko	53.9	36
9	Cambridgeshire	navy	74	Yasmin Collins	58.8	34

Event Official Results Sheet

8 Lap Paarlauf

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	green	1:37.8	0.0	1:37.8	70
2	03	Hertfordshire	red	1:40.8	0.0	1:40.8	60
3	02	Cambridgeshire	navy	1:41.5	0.0	1:41.5	50

Event Official Results Sheet

4 x 2 Lap Relay

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	red	1:32.3	0.0	1:32.3	70
2	04	Norfolk	green	1:36.0	0.0	1:36.0	60
3	02	Cambridgeshire	navy	1:39.1	0.0	1:39.1	50

Results Sheet

Shot

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	red	75	Bunmi Awokoya	10.31	50
2	Hertfordshire	red	78	Laura Wake	9.10	48
3=	Cambridgeshire	navy	70	Ellie Rhodes	8.39	45
3=	Hertfordshire	red	79	Katie Grehan	8.39	45
5	Cambridgeshire	navy	69	Daniella McGrory	8.06	42
6	Cambridgeshire	navy	74	Yasmin Collins	7.72	40
7	Norfolk	green	87	Laura Warman	6.89	38
8	Norfolk	green	83	Lauren Brown	6.66	36
9	Norfolk	green	82	Harriet Lucas	5.61	34

Results Sheet

Speed Bounce

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	green	86	Mimi Denmark	87	50
2=	Hertfordshire	red	76	Helen Van Kempen	84	47
2=	Norfolk	green	84	Carly Brown	84	47
4	Cambridgeshire	navy	68	Kayleigh Borkett	77	44
5=	Cambridgeshire	navy	72	Jackie Llaneza	76	41
5=	Hertfordshire	red	80	Danielle Currie	76	41
7=	Hertfordshire	red	77	Stephanie Gaynor	74	37
7=	Suffolk	royal	89	Amy Donegan	74	37
9=	Bedfordshire	orange	61	Kome Adhokorie	71	33
9=	Norfolk	green	85	Zoe Banhan	71	33

Results Sheet

Standing Long Jump

Competition:
NUS-East Regional Under 15 Girls

Venue:
UEA Sportspark, Norwich

Date
4 Feb 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	red	77	Stephanie Gaynor	2.36	50
2	Norfolk	green	82	Harriet Lucas	2.35	48
3	Norfolk	green	83	Lauren Brown	2.24	46
4	Hertfordshire	red	80	Danielle Currie	2.23	44
5	Cambridgeshire	navy	72	Jackie Llana	2.22	42
6=	Cambridgeshire	navy	70	Ellie Rhodes	2.18	39
6=	Hertfordshire	red	79	Katie Grehan	2.18	39
8	Norfolk	green	86	Mimi Denmark	2.04	36
9	Cambridgeshire	navy	68	Kayleigh Borkett	1.75	34

Results Sheet

Vertical Jump

Competition:

NUS-East Regional Under 15 Girls

Venue:

UEA Sportspark, Norwich

Date

4 Feb 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	red	75	Bunmi Awokoya	62	50
2	Norfolk	green	84	Carly Brown	59	48
3	Norfolk	green	85	Zoe Banhan	57	46
4	Hertfordshire	red	78	Laura Wake	56	44
5=	Hertfordshire	red	76	Helen Van Kempen	55	41
5=	Suffolk	royal	89	Amy Donegan	55	41
7	Cambridgeshire	navy	73	Tara Mnisko	53	38
8	Cambridgeshire	navy	69	Daniella McGrory	52	36
9	Norfolk	green	87	Laura Warman	50	34
10	Bedfordshire	orange	61	Kome Adhokorie	45	32
11	Cambridgeshire	navy	74	Yasmin Collins	44	30
	Cambridgeshire	navy	71	Jenna Payne	44	0