



SPORTSHALL

Aviva Sportshall UK Championships Regional Finals 2010

East Regional Final

Sportspark, University of East Anglia, Norwich

Saturday 30 January 2010

Bedfordshire	yellow
Cambridgeshire	purple
Hertfordshire	sky
Norfolk	green
Suffolk	orange

Competition Results

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	673	533	70	70
2	Hertfordshire	614	504	50	60
3	Cambridgeshire	579	489	40	50
4	Bedfordshire	298	238	60	0
5	Suffolk	229	229	0	0

Athlete Results

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	84	Katie Vickery	Norfolk	142		48		44		50
2=	82	Emily Pursehouse	Norfolk	134	45		42			47
2=	86	Louise Stevens	Norfolk	134		50		34	50	
4	75	Shannen Proctor	Hertfordshire	131	42			48	41	
5=	68	Jessica Fox	Cambridgeshire	129	48			40	41	
5=	89	Chelsea Wade	Suffolk	129	45		50			34
7	79	Kara Peck	Hertfordshire	128		46	34		48	
8	74	Martha George	Cambridgeshire	127	40		40			47
9	76	Holly Walker	Hertfordshire	125		40		42		43
10	85	Rhianna Bailey	Norfolk	123	37			50	36	
11	72	Amber Kenny	Cambridgeshire	121		34	44			43
12=	62	Lorie Moli	Bedfordshire	120	30		46		44	
12=	77	Alison Campbell	Hertfordshire	120		42		46		32
12=	87	Stephanie Griffin	Norfolk	120	34		48			38
15	61	Sabrina Bakare	Bedfordshire	118	50		32			36
16	73	Laurel Phehan	Cambridgeshire	112		44	28			40
17	78	Rebecca Cartwright	Hertfordshire	110	26		38		46	
18=	69	Grace Newton-Livers	Cambridgeshire	104		38		36	30	
18=	83	Lucy Hadingham	Norfolk	104		36	36		32	
20	71	Iram Arif	Cambridgeshire	102	30			38	34	
21	90	Ellie De Wild	Suffolk	100	30			32	38	
22	80	Emma Shearsby	Hertfordshire	97	37		30			30
23=	81	Beatrice Omirin	Hertfordshire	0						
23=	88	Louisa Marshall	Norfolk	0						
23=	96	Sarah Kett	Norfolk	0						

Team Results

Bedfordshire (yellow)

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	673	533	70	70
2	Hertfordshire	614	504	50	60
3	Cambridgeshire	579	489	40	50
4	Bedfordshire	298	238	60	0
5	Suffolk	229	229	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Sabrina Bakare	2LR	24.6				24.6	1	50
61	Sabrina Bakare	S	5.73	0.00	0.00		5.73	10	32
61	Sabrina Bakare	VJ	47	50	51		51	8	36
62	Lorie Moli	2LR	26.7				26.7	10=	30
62	Lorie Moli	S	6.61	7.44	7.00		7.44	3	46
62	Lorie Moli	SLJ	2.06	1.90	2.06		2.06	4	44

Team Results

Cambridgeshire (purple)

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	673	533	70	70
2	Hertfordshire	614	504	50	60
3	Cambridgeshire	579	489	40	50
4	Bedfordshire	298	238	60	0
5	Suffolk	229	229	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
68	Jessica Fox	2LR	25.5				25.5	2	48
68	Jessica Fox	SB	78				78	6	40
68	Jessica Fox	SLJ	2.02	2.04	0.00		2.04	5=	41
69	Grace Newton-Livers	4LR	1:01.6				1:01.6	7	38
69	Grace Newton-Livers	SB	67				67	8	36
69	Grace Newton-Livers	SLJ	1.76	1.78	1.76		1.78	11	30
71	Iram Arif	2LR	26.7				26.7	10=	30
71	Iram Arif	SB	72				72	7	38
71	Iram Arif	SLJ	1.90	1.90	1.92		1.92	9	34
72	Amber Kenny	4LR	1:11.4				1:11.4	9	34
72	Amber Kenny	S	7.00	6.80	6.68		7.00	4	44
72	Amber Kenny	VJ	49	46	59		59	4=	43
73	Laurel Phehan	4LR	57.1				57.1	4	44
73	Laurel Phehan	S	5.22	5.33	4.62		5.33	12	28
73	Laurel Phehan	VJ	48	53	55		55	6	40
74	Martha George	2LR	26.3				26.3	6	40
74	Martha George	S	0.00	6.80	6.50		6.80	6	40
74	Martha George	VJ	57	60	60		60	2=	47

Team Results

Hertfordshire (sky)

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	673	533	70	70
2	Hertfordshire	614	504	50	60
3	Cambridgeshire	579	489	40	50
4	Bedfordshire	298	238	60	0
5	Suffolk	229	229	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
75	Shannen Proctor	2LR	26.0				26.0	5	42
75	Shannen Proctor	SB	91				91	2	48
75	Shannen Proctor	SLJ	2.04	2.02	1.92		2.04	5=	41
76	Holly Walker	4LR	1:00.5				1:00.5	6	40
76	Holly Walker	SB	79				79	5	42
76	Holly Walker	VJ	45	44	59		59	4=	43
77	Alison Campbell	4LR	58.0				58.0	5	42
77	Alison Campbell	SB	82				82	3	46
77	Alison Campbell	VJ	44	46	42		46	10	32
78	Rebecca Cartwright	2LR	26.8				26.8	13	26
78	Rebecca Cartwright	S	0.00	5.63	6.73		6.73	7	38
78	Rebecca Cartwright	SLJ	2.08	2.04	1.80		2.08	3	46
79	Kara Peck	4LR	56.7				56.7	3	46
79	Kara Peck	S	6.32	5.80	6.24		6.32	9	34
79	Kara Peck	SLJ	2.12	2.04	2.08		2.12	2	48
80	Emma Shearsby	2LR	26.4				26.4	7=	37
80	Emma Shearsby	S	5.56	5.37	5.30		5.56	11	30
80	Emma Shearsby	VJ	38	41	43		43	11	30

Team Results

Norfolk (green)

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	673	533	70	70
2	Hertfordshire	614	504	50	60
3	Cambridgeshire	579	489	40	50
4	Bedfordshire	298	238	60	0
5	Suffolk	229	229	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
82	Emily Pursehouse	2LR	25.7				25.7	3=	45
82	Emily Pursehouse	S	6.85	6.85	6.44		6.85	5	42
82	Emily Pursehouse	VJ	51	60	50		60	2=	47
83	Lucy Hadingham	4LR	1:02.6				1:02.6	8	36
83	Lucy Hadingham	S	6.50	0.00	6.55		6.55	8	36
83	Lucy Hadingham	SLJ	1.86	1.90	1.75		1.90	10	32
84	Katie Vickery	4LR	56.5				56.5	2	48
84	Katie Vickery	SB	80				80	4	44
84	Katie Vickery	VJ	63	62	55		63	1	50
85	Rhianna Bailey	2LR	26.4				26.4	7=	37
85	Rhianna Bailey	SB	96				96	1	50
85	Rhianna Bailey	SLJ	1.94	1.92	1.96		1.96	8	36
86	Louise Stevens	4LR	54.3				54.3	1	50
86	Louise Stevens	SB	66				66	9	34
86	Louise Stevens	SLJ	2.24	2.20	2.18		2.24	1	50
87	Stephanie Griffin	2LR	26.6				26.6	9	34
87	Stephanie Griffin	S	9.15	8.29	8.84		9.15	2	48
87	Stephanie Griffin	VJ	54	52	54		54	7	38

Team Results

Suffolk (orange)

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	673	533	70	70
2	Hertfordshire	614	504	50	60
3	Cambridgeshire	579	489	40	50
4	Bedfordshire	298	238	60	0
5	Suffolk	229	229	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
89	Chelsea Wade	2LR	25.7				25.7	3=	45
89	Chelsea Wade	S	9.55	9.63	0.00		9.63	1	50
89	Chelsea Wade	VJ	44	50	47		50	9	34
90	Ellie De Wild	2LR	26.7				26.7	10=	30
90	Ellie De Wild	SB	44				44	10	32
90	Ellie De Wild	SLJ	1.96	2.00	1.94		2.00	7	38

Results Sheet

2 Lap Race

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Bedfordshire	yellow	61	Sabrina Bakare	24.6	50
2	Cambridgeshire	purple	68	Jessica Fox	25.5	48
3=	Norfolk	green	82	Emily Pursehouse	25.7	45
3=	Suffolk	orange	89	Chelsea Wade	25.7	45
5	Hertfordshire	sky	75	Shannen Proctor	26.0	42
6	Cambridgeshire	purple	74	Martha George	26.3	40
7=	Hertfordshire	sky	80	Emma Shearsby	26.4	37
7=	Norfolk	green	85	Rhianna Bailey	26.4	37
9	Norfolk	green	87	Stephanie Griffin	26.6	34
10=	Bedfordshire	yellow	62	Lorie Moli	26.7	30
10=	Cambridgeshire	purple	71	Iram Arif	26.7	30
10=	Suffolk	orange	90	Ellie De Wild	26.7	30
13	Hertfordshire	sky	78	Rebecca Cartwright	26.8	26

Results Sheet

4 Lap Race

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	86	Louise Stevens	54.3	50
2	Norfolk	green	84	Katie Vickery	56.5	48
3	Hertfordshire	sky	79	Kara Peck	56.7	46
4	Cambridgeshire	purple	73	Laurel Phehan	57.1	44
5	Hertfordshire	sky	77	Alison Campbell	58.0	42
6	Hertfordshire	sky	76	Holly Walker	1:00.5	40
7	Cambridgeshire	purple	69	Grace Newton-Livers	1:01.6	38
8	Norfolk	green	83	Lucy Hadingham	1:02.6	36
9	Cambridgeshire	purple	72	Amber Kenny	1:11.4	34

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	green	1:48.1	0.0	1:48.1	70.0
2	01	Bedfordshire	yellow	1:51.7	0.0	1:51.7	60.0
3	03	Hertfordshire	sky	1:53.9	0.0	1:53.9	50.0
4	02	Cambridgeshire	purple	1:54.3	0.0	1:54.3	40.0

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	green	1:43.3	0.0	1:43.3	70.0
2	03	Hertfordshire	sky	1:43.3	0.0	1:43.3	60.0
3	02	Cambridgeshire	purple	1:49.8	0.0	1:49.8	50.0

Results Sheet

Shot

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	orange	89	Chelsea Wade	9.63	50
2	Norfolk	green	87	Stephanie Griffin	9.15	48
3	Bedfordshire	yellow	62	Lorie Moli	7.44	46
4	Cambridgeshire	purple	72	Amber Kenny	7.00	44
5	Norfolk	green	82	Emily Pursehouse	6.85	42
6	Cambridgeshire	purple	74	Martha George	6.80	40
7	Hertfordshire	sky	78	Rebecca Cartwright	6.73	38
8	Norfolk	green	83	Lucy Hadingham	6.55	36
9	Hertfordshire	sky	79	Kara Peck	6.32	34
10	Bedfordshire	yellow	61	Sabrina Bakare	5.73	32
11	Hertfordshire	sky	80	Emma Shearsby	5.56	30
12	Cambridgeshire	purple	73	Laurel Phehan	5.33	28

Results Sheet

Speed Bounce

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	green	85	Rhianna Bailey	96	50
2	Hertfordshire	sky	75	Shannen Proctor	91	48
3	Hertfordshire	sky	77	Alison Campbell	82	46
4	Norfolk	green	84	Katie Vickery	80	44
5	Hertfordshire	sky	76	Holly Walker	79	42
6	Cambridgeshire	purple	68	Jessica Fox	78	40
7	Cambridgeshire	purple	71	Iram Arif	72	38
8	Cambridgeshire	purple	69	Grace Newton-Livers	67	36
9	Norfolk	green	86	Louise Stevens	66	34
10	Suffolk	orange	90	Ellie De Wild	44	32

Results Sheet

Standing Long Jump

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	86	Louise Stevens	2.24	50
2	Hertfordshire	sky	79	Kara Peck	2.12	48
3	Hertfordshire	sky	78	Rebecca Cartwright	2.08	46
4	Bedfordshire	yellow	62	Lorie Moli	2.06	44
5=	Cambridgeshire	purple	68	Jessica Fox	2.04	41
5=	Hertfordshire	sky	75	Shannen Proctor	2.04	41
7	Suffolk	orange	90	Ellie De Wild	2.00	38
8	Norfolk	green	85	Rhianna Bailey	1.96	36
9	Cambridgeshire	purple	71	Iram Arif	1.92	34
10	Norfolk	green	83	Lucy Hadingham	1.90	32
11	Cambridgeshire	purple	69	Grace Newton-Livers	1.78	30

Results Sheet

Vertical Jump

Competition:

ASHA-East Regional Final Under 15 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	84	Katie Vickery	63	50
2=	Cambridgeshire	purple	74	Martha George	60	47
2=	Norfolk	green	82	Emily Pursehouse	60	47
4=	Cambridgeshire	purple	72	Amber Kenny	59	43
4=	Hertfordshire	sky	76	Holly Walker	59	43
6	Cambridgeshire	purple	73	Laurel Phehan	55	40
7	Norfolk	green	87	Stephanie Griffin	54	38
8	Bedfordshire	yellow	61	Sabrina Bakare	51	36
9	Suffolk	orange	89	Chelsea Wade	50	34
10	Hertfordshire	sky	77	Alison Campbell	46	32
11	Hertfordshire	sky	80	Emma Shearsby	43	30