

# **Norfolk Sportshall Athletics League**

League Fixture 1 of 3  
Sat 7 October 2006  
UEA Sportspark, Norwich

## **GIRLS Results**

[www.NorfolkSportshall.org.uk](http://www.NorfolkSportshall.org.uk)

# Norfolk sports:hall League Team Result Sheet

Date & Venue

UEA

07/10/06

| <b>U11 Girls</b> | 2 lap | 4 lap | 2 Lap<br>Hurdles | SLJ | SBT | V/J | Speed<br>Bounce | Paarlauf<br>Relay | Obstacle<br>Relay | Total     | Position |
|------------------|-------|-------|------------------|-----|-----|-----|-----------------|-------------------|-------------------|-----------|----------|
| Conac O          | 10    | 10    | 10               | 10  | 10  | 10  | 10              | 10                | 10                | <b>90</b> | <b>1</b> |
| Conac Z          | 9     | 9     | 9                | 9   | 9   | 9   | 7               | 9                 | 9                 | <b>79</b> | <b>2</b> |
| NRR              | 8     | 8     | 8                | 8   | 8   | 7   | 6               | 7                 | 8                 | <b>68</b> | <b>3</b> |
| Ryston           | 7     | 5     | 6                | 5   | 5   | 8   | 9               | 8                 | 6                 | <b>59</b> | <b>4</b> |
| Gt. Yarmouth     | 4     | 6     | 7                | 7   | 7   | 6   | 5               | 6                 | 7                 | <b>55</b> | <b>5</b> |
| Dereham J        | 6     | 7     | 5                | 6   | 6   | 5   | 8               | 5                 | 5                 | <b>53</b> | <b>6</b> |
| Thetford         | 5     | 0     | 4                | 4   | 0   | 4   | 0               | 0                 | 0                 | <b>17</b> | <b>7</b> |

**Under 11 Girls 2 Lap**

|           | A    | B    | TOTAL | POINTS |
|-----------|------|------|-------|--------|
| CONAC O   | 25.8 | 24.8 | 50.6  | 10     |
| CONAC Z   | 26.9 | 27.4 | 54.3  | 9      |
| NRR       | 29   | 25.7 | 54.7  | 8      |
| RYSTON    | 25.8 | 35.6 | 61.4  | 7      |
| DEREHAM J | 29.1 | 39.7 | 68.8  | 6      |
| THET      | 30.4 |      | 30.4  | 5      |
| GYDAC     | 32.6 |      | 32.6  | 4      |

**Under 11 Girls 4 Lap**

|           | A    | B    | TOTAL | POINTS |
|-----------|------|------|-------|--------|
| CONAC O   | 56.3 | 64.5 | 120.8 | 10     |
| CONAC Z   | 58.1 | 63.4 | 121.5 | 9      |
| NRR       | 61.2 | 64.9 | 126.1 | 8      |
| DEREHAM J | 65.2 | 63.4 | 128.6 | 7      |
| GYDAC     | 61.3 | 71.9 | 133.2 | 6      |
| RYSTON    | 65.4 | 82.1 | 147.5 | 5      |
| THET      |      |      | 0     | 0      |

**Under 11 Girls 2 Lap Hurdles**

|           | A    | B    | TOTAL | POINTS |
|-----------|------|------|-------|--------|
| CONAC O   | 30.1 | 29   | 59.1  | 10     |
| CONAC Z   | 30.6 | 31   | 61.6  | 9      |
| NRR       | 31.7 | 33.1 | 64.8  | 8      |
| GYDAC     | 30.3 | 37   | 67.3  | 7      |
| RYSTON    | 32.6 | 35.8 | 68.4  | 6      |
| DEREHAM J | 34.4 | 48   | 82.4  | 5      |
| THET      | 35.7 |      | 35.7  | 4      |

**Under 11 Girls Standing Long Jump**

|           | A    | B    | TOTAL | POINTS |
|-----------|------|------|-------|--------|
| CONAC O   | 1.76 | 1.8  | 3.56  | 10     |
| CONAC Z   | 1.58 | 1.68 | 3.26  | 9      |
| NRR       | 1.8  | 1.4  | 3.2   | 8      |
| GYDAC     | 1.12 | 1.68 | 2.8   | 7      |
| DEREHAM J | 1.32 | 1.38 | 2.7   | 6      |
| RYSTON    | 1.58 | 1.1  | 2.68  | 5      |
| THET      | 1.24 |      | 1.24  | 4      |

**Under 11 Girls Speed Bounce**

|           | A  | B  | TOTAL | POINTS |
|-----------|----|----|-------|--------|
| CONAC O   | 54 | 44 | 98    | 10     |
| RYSTON    | 52 | 41 | 93    | 9      |
| DEREHAM J | 47 | 42 | 89    | 8      |

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|         |    |    |    |   |
|---------|----|----|----|---|
| CONAC Z | 47 | 40 | 87 | 7 |
| NRR     | 38 | 43 | 81 | 6 |
| GYDAC   | 49 |    | 49 | 5 |
| THET    |    |    | 0  | 0 |

**Under 11 Girls Seated Ball Throw**

|           | A    | B    | TOTAL | POINTS |
|-----------|------|------|-------|--------|
| CONAC O   | 5.25 | 5    | 10.25 | 10     |
| CONAC Z   | 4.75 | 5    | 9.75  | 9      |
| NRR       | 4.5  | 5    | 9.5   | 8      |
| GYDAC     | 4.5  | 3.75 | 8.25  | 7      |
| DEREHAM J | 4    | 3    | 7     | 6      |
| RYSTON    | 2.75 | 3.5  | 6.25  | 5      |
| THET      |      |      | 0     | 0      |

**Under 11 Girls Vertical Jump**

|           | A | B  | TOTAL | POINTS |    |
|-----------|---|----|-------|--------|----|
| CONAC Z   |   | 36 | 34    | 70     | 10 |
| CONAC O   |   | 34 | 35    | 69     | 9  |
| RYSTON    |   | 40 | 18    | 58     | 8  |
| NRR       |   | 25 | 28    | 53     | 7  |
| GYDAC     |   | 18 | 26    | 44     | 6  |
| DEREHAM J |   | 25 | 16    | 41     | 5  |
| THET      |   | 22 |       | 22     | 4  |

**Under 11 GIRLS PAARLAUF**

|           | A | B    | TOTAL | POINTS |
|-----------|---|------|-------|--------|
| CONAC O   |   | 81.2 | 81.2  | 10     |
| CONAC Z   |   | 85.6 | 85.6  | 9      |
| RYSTON    |   | 87.6 | 87.6  | 8      |
| NRR       |   | 88.1 | 88.1  | 7      |
| GYDAC     |   | 91.7 | 91.7  | 6      |
| DEREHAM J |   | 94.6 | 94.6  | 5      |
| THET      |   |      | 0     | 0      |

**Under 11 GIRLS OBSTACLE**

|           | A | B     | TOTAL | POINTS |
|-----------|---|-------|-------|--------|
| CONAC O   |   | 90.6  | 90.6  | 10     |
| CONAC Z   |   | 93    | 93    | 9      |
| NRR       |   | 97.3  | 97.3  | 8      |
| GYDAC     |   | 102.5 | 102.5 | 7      |
| RYSTON    |   | 103.8 | 103.8 | 6      |
| DEREHAM J |   | 111.5 | 111.5 | 5      |
| THET      |   |       | 0     | 0      |

# Norfolk sports:hall League Team Result Sheet

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07/10/06

| <b>U13 Girls</b> | 2 lap | 4 lap | 6 Lap | 2 Lap<br>Hurdles | SLJ | STJ | Shot | V/J | Speed<br>Bounce | 4x2 Lap<br>Relay | Obstacle<br>Relay | Total      | Position |
|------------------|-------|-------|-------|------------------|-----|-----|------|-----|-----------------|------------------|-------------------|------------|----------|
| Conac O          | 10    | 10    | 10    | 10               | 10  | 10  | 10   | 8   | 9               | 10               | 10                | <b>107</b> | <b>1</b> |
| Conac Z          | 8     | 9     | 8     | 6                | 8   | 9   | 7    | 6   | 10              | 7                | 9                 | <b>87</b>  | <b>2</b> |
| West Norfolk     | 9     | 8     | 9     | 9                | 9   | 0   | 9    | 10  | 6               | 9                | 8                 | <b>86</b>  | <b>3</b> |
| Ryston           | 7     | 6     | 7     | 7                | 5   | 7   | 0    | 9   | 7               | 6                | 6                 | <b>67</b>  | <b>4</b> |
| Gt.Yarmouth      | 6     | 4     | 0     | 8                | 7   | 6   | 6    | 7   | 8               | 8                | 0                 | <b>60</b>  | <b>5</b> |
| NRR              | 4     | 7     | 6     | 5                | 4   | 8   | 8    | 5   | 5               | 5                | 0                 | <b>57</b>  | <b>6</b> |
| Thetford         | 5     | 5     | 0     | 4                | 6   | 5   | 5    | 4   | 4               | 0                | 7                 | <b>45</b>  | <b>7</b> |

**Under 13 Girls 2 Lap**

|              | A    | B    | TOTAL | POINTS |
|--------------|------|------|-------|--------|
| CONAC O      | 23.5 | 25.1 | 48.6  | 10     |
| WEST NORFOLK | 25.5 | 26.7 | 52.2  | 9      |
| CONAC Z      | 26.9 | 26.4 | 53.3  | 8      |
| RYSTON       | 26.9 | 27.6 | 54.5  | 7      |
| GYDAC        | 25.5 | 29.7 | 55.2  | 6      |
| THET         | 26.8 | 28.9 | 55.7  | 5      |
| NRR          | 26.7 | 29.2 | 55.9  | 4      |

**Under 13 Girls 4 Lap**

|              | A    | B    | TOTAL | POINTS |
|--------------|------|------|-------|--------|
| CONAC O      | 51.6 | 53.4 | 105   | 10     |
| CONAC Z      | 59.1 | 54.3 | 113.4 | 9      |
| WEST NORFOLK | 57.2 | 58.4 | 115.6 | 8      |
| NRR          | 58.2 | 62.3 | 120.5 | 7      |
| RYSTON       | 60.3 | 60.9 | 121.2 | 6      |
| THET         | 58.6 | 63.4 | 122   | 5      |
| GYDAC        | 59.8 |      | 59.8  | 4      |

**Under 13 Girls 2 Lap Hurdles**

|              | A    | B    | TOTAL | POINTS |
|--------------|------|------|-------|--------|
| CONAC O      | 26.6 | 26.6 | 53.2  | 10     |
| WEST NORFOLK | 27.2 | 28.6 | 55.8  | 9      |
| GYDAC        | 27.3 | 29.1 | 56.4  | 8      |
| RYSTON       | 28.1 | 29.9 | 58    | 7      |
| CONAC Z      | 28.3 | 30   | 58.3  | 6      |
| NRR          | 30   | 28.7 | 58.7  | 5      |
| THET         | 31.2 |      | 31.2  | 4      |

**Under 13 Girls 6 Lap**

|              | A     | B     | TOTAL | POINTS |
|--------------|-------|-------|-------|--------|
| CONAC O      | 83.8  | 85.9  | 169.7 | 10     |
| WEST NORFOLK | 90.2  | 90.7  | 180.9 | 9      |
| CONAC Z      | 90.8  | 92.8  | 183.6 | 8      |
| RYSTON       | 91.6  | 100.8 | 192.4 | 7      |
| NRR          | 101.1 | 94    | 195.1 | 6      |
| GYDAC        |       |       | 0     | 0      |
| THET         |       |       | 0     | 0      |
|              |       |       | 0     | 0      |

**Under 13 Girls Speed Bounce**

|         | A  | B  | TOTAL | POINTS |
|---------|----|----|-------|--------|
| CONAC Z | 75 | 76 | 151   | 10     |
| CONAC O | 81 | 65 | 146   | 9      |
| GYDAC   | 73 | 66 | 139   | 8      |

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|              |    |    |     |   |
|--------------|----|----|-----|---|
| RYSTON       | 69 | 61 | 130 | 7 |
| WEST NORFOLK | 65 | 61 | 126 | 6 |
| NRR          | 71 |    | 71  | 5 |
| THET         | 57 |    | 57  | 4 |

**Under 13 Girls Veritcal Jump**

|              | A  | B  | TOTAL | POINTS |
|--------------|----|----|-------|--------|
| WEST NORFOLK | 42 | 44 | 86    | 10     |
| RYSTON       | 36 | 42 | 78    | 9      |
| CONAC O      | 35 | 42 | 77    | 8      |
| GYDAC        | 45 | 28 | 73    | 7      |
| CONAC Z      | 37 | 34 | 71    | 6      |
| NRR          | 36 |    | 36    | 5      |
| THET         | 30 |    | 30    | 4      |

**Under 13 Girls Standing Triple Jump**

|              | A    | B    | TOTAL | POINTS |
|--------------|------|------|-------|--------|
| CONAC O      | 5.66 | 6.17 | 11.83 | 10     |
| CONAC Z      | 4.86 | 5.77 | 10.63 | 9      |
| NRR          | 5.12 | 4.2  | 9.32  | 8      |
| RYSTON       | 4.34 | 4.55 | 8.89  | 7      |
| GYDAC        | 5.16 |      | 5.16  | 6      |
| THET         | 4.88 |      | 4.88  | 5      |
| WEST NORFOLK |      |      | 0     | 0      |
|              |      |      | 0     | 0      |
|              |      |      | 0     | 0      |

**Under 13 Girls Standing Long Jump**

|              | A    | B    | TOTAL | POINTS |
|--------------|------|------|-------|--------|
| CONAC O      | 2.26 | 1.94 | 4.2   | 10     |
| WEST NORFOLK | 2    | 1.76 | 3.76  | 9      |
| CONAC Z      | 1.84 | 1.76 | 3.6   | 8      |
| GYDAC        | 1.68 | 1.86 | 3.54  | 7      |
| THET         | 1.88 | 1.48 | 3.36  | 6      |
| RYSTON       | 1.42 | 1.92 | 3.34  | 5      |
| NRR          | 1.56 | 1.54 | 3.1   | 4      |
|              |      |      | 0     | 0      |
|              |      |      | 0     | 0      |

**Under 13 Girls Shot**

|              | A    | B    | TOTAL | POINTS |
|--------------|------|------|-------|--------|
| CONAC O      | 7.55 | 7.04 | 14.59 | 10     |
| WEST NORFOLK | 6.5  | 5.72 | 12.22 | 9      |
| NRR          | 5.25 | 4.68 | 9.93  | 8      |
| CONAC Z      | 5.25 | 3.63 | 8.88  | 7      |
| GYDAC        | 3.8  | 4.05 | 7.85  | 6      |
| THET         | 7.13 |      | 7.13  | 5      |
| RYSTON       |      |      | 0     | 0      |
|              |      |      | 0     | 0      |
|              |      |      | 0     | 0      |

**Under 13 Girls 4 x 2 Relay**

|         | A    | B | TOTAL | POINTS |
|---------|------|---|-------|--------|
| CONAC O | 95.9 |   | 95.9  | 10     |

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|              |       |       |   |
|--------------|-------|-------|---|
| WEST NORFOLK | 105.3 | 105.3 | 9 |
| GYDAC        | 107.2 | 107.2 | 8 |
| CONAC Z      | 107.5 | 107.5 | 7 |
| RYSTON       | 110.5 | 110.5 | 6 |
| NRR          | 115.1 | 115.1 | 5 |
| THET         |       | 0     | 0 |
|              |       | 0     | 0 |
|              |       | 0     | 0 |

|              | Obstacle Relay |   | TOTAL | POINTS |
|--------------|----------------|---|-------|--------|
|              | A              | B |       |        |
| CONAC O      | 81.6           |   | 81.6  | 10     |
| CONAC Z      | 84.7           |   | 84.7  | 9      |
| WEST NORFOLK | 86.1           |   | 86.1  | 8      |
| GYDAC        | 90.1           |   | 90.1  | 7      |
| RYSTON       | 91.2           |   | 91.2  | 6      |
| THET         |                |   | 0     | 0      |
| NRR          |                |   | 0     | 0      |
|              |                |   | 0     | 0      |
|              |                |   | 0     | 0      |



