

Norfolk Sportshall Athletics League

League Fixture 2 of 3
Sun 19 November 2006
Kings Lynn

Results

www.NorfolkSportshall.org.uk

Norfolk sports:hall League Team Result Sheet

Date & Venue

KINGS LYNN

19/11/06

| U11 Boys | 2 lap | 4 lap | 2 Lap Hurdles | SLJ | SBT | V/J | Speed Bounce | Paarlauf Relay | Obstacle Relay | Total | Position |
|-----------------|-------|-------|------------------|-----|-----|-----|-----------------|-------------------|-------------------|-----------|----------|
| DISS AC | 9 | 10 | 9 | 9 | 5 | 9 | 9 | 8 | 8 | 76 | 1 |
| Conac O | 10 | 8 | 7 | 10 | 0 | 10 | 10 | 9 | 10 | 74 | 2 |
| Ryston | 5 | 9 | 10 | 8 | 8 | 0 | 8 | 10 | 0 | 58 | 3 |
| Gt.Yarmouth | 6 | 4 | 6 | 7 | 7 | 8 | 7 | 3 | 9 | 57 | 4 |
| West Norfolk K | 8 | 6 | 5 | 5 | 10 | 4 | 5 | 6 | 7 | 56 | 5 |
| West Norfolk N | 7 | 7 | 8 | 2 | 9 | 7 | 2 | 7 | 0 | 49 | 6 |
| Dereham J | 3 | 6 | 3 | 6 | 5 | 5 | 6 | 4 | 6 | 44 | 7 |
| Dereham D | 2 | 3 | 4 | 4 | 6 | 6 | 4 | 5 | 5 | 39 | 8 |
| NRR | 4 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 4 | 27 | 9 |

Norfolk sports:hall League Team Result Sheet

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19/11/06

| U11 Girls | 2 lap | 4 lap | 2 Lap Hurdles | SLJ | SBT | V/J | Speed Bounce | Paarlauf Relay | Obstacle Relay | Total | Position |
|------------------|-------|-------|------------------|-----|-----|-----|-----------------|-------------------|-------------------|-----------|-----------|
| CONAC O | 10 | 10 | 10 | 7 | 10 | 8 | 10 | 10 | 10 | 85 | 1 |
| DISS AC S | 9 | 7 | 9 | 9 | 8 | 10 | 9 | 9 | 9 | 79 | 2 |
| NRR | 7 | 6 | 4 | 8 | 9 | 3 | 7 | 7 | 5 | 56 | 3 |
| CONAC Z | 6 | 4 | 8 | 10 | 6 | 4 | 4 | 6 | 8 | 56 | 4 |
| WEST NORFOLK | 5 | 9 | 7 | 5 | 7 | 5 | 6 | 4 | 7 | 55 | 5 |
| RYSTON | 8 | 3 | 6 | 6 | 6 | 7 | 1 | 8 | 6 | 51 | 6 |
| DISS AC A | 4 | 8 | 5 | 2 | 4 | 9 | 4 | 3 | 4 | 43 | 7 |
| THETFORD | 3 | 1 | 3 | 3 | 3 | 7 | 6 | 0 | 0 | 26 | 8 |
| DEREHAM J | 1 | 5 | 1 | 4 | 1 | 1 | 8 | 2 | 0 | 23 | 9 |
| GYDAC | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 5 | 0 | 19 | 10 |

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| U13 BOYS | 2 lap | 4 lap | 6 Lap | 2 Lap Hurdles | SLJ | STJ | Shot | V/J | Speed Bounce | 4x2 Lap Relay | Obstacle Relay | Total | Position |
|-----------------|-------|-------|-------|------------------|-----|-----|------|-----|-----------------|------------------|-------------------|-----------|----------|
| Conac | 9 | 8 | 8 | 10 | 10 | 8 | 6 | 10 | 10 | 10 | 10 | 99 | 1 |
| West Norfolk | 7 | 10 | 9 | 8 | 9 | 10 | 9 | 8 | 9 | 8 | 9 | 96 | 2 |
| Diss AC | 10 | 9 | 10 | 9 | 0 | 9 | 10 | 7 | 7 | 9 | 8 | 88 | 3 |
| Dereham | 6 | 7 | 7 | 7 | 8 | 0 | 8 | 9 | 5 | 0 | 0 | 57 | 4 |
| Ryston | 8 | 6 | 0 | 6 | 6 | 0 | 7 | 6 | 8 | 0 | 0 | 47 | 5 |
| Thetford | 5 | 0 | 0 | 5 | 7 | 0 | 0 | 0 | 7 | 0 | 0 | 24 | 6 |
| | | | | | | | | | | | | 0 | 7 |

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| U13 Girls | 2 lap | 4 lap | 6 Lap | 2 Lap Hurdles | SLJ | STJ | Shot | V/J | Speed Bounce | 4x2 Lap Relay | Obstacle Relay | Total | Position |
|------------------|-------|-------|-------|------------------|-----|-----|------|-----|-----------------|------------------|-------------------|------------|----------|
| Conac O | 10 | 10 | 6 | 10 | 8 | 10 | 9 | 9 | 9 | 10 | 10 | 101 | 1 |
| West Norfolk | 8 | 8 | 9 | 7 | 7 | 8 | 10 | 10 | 8 | 9 | 9 | 93 | 2 |
| Conac Z | 9 | 7 | 8 | 6 | 10 | 4 | 6 | 8 | 10 | 8 | 8 | 84 | 3 |
| Diss AC | 7 | 7 | 10 | 9 | 6 | 7 | 5 | 4 | 4 | 7 | 7 | 73 | 4 |
| NRR | 4 | 9 | 7 | 8 | 5 | 9 | 7 | 5 | 7 | 6 | 5 | 72 | 5 |
| Ryston | 6 | 5 | 0 | 5 | 9 | 6 | 8 | 8 | 6 | 5 | 6 | 64 | 6 |
| Gt.Yarmouth | 6 | 4 | 0 | 4 | 4 | 5 | 4 | 6 | 5 | 4 | 4 | 46 | 7 |
| Thetford | 3 | 0 | 0 | 3 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 12 | 7 |

Norfolk Sportshall League 2006

Under 15 Boys Challenge

Venue
Date

KINGS LYNN
19/11/2006

| 2 Lap | 4 Lap | Speed Bounce | Triple Jump | Standing Long Jump | Shot Put |
|----------|----------|-----------------|----------------|-----------------------|-------------|
|----------|----------|-----------------|----------------|-----------------------|-------------|

Total

| Position | No. | Name | 2 Lap | | 4 Lap | | Speed Bounce | | Triple Jump | | Standing Long Jump | | Shot Put | | Total |
|----------|-----|------------------------------|-----------|----|-----------|----|--------------|----|-------------|----|--------------------|----|------------|----|------------|
| 1 | 262 | GORDON COE DISS AC | 23.9 | 20 | 52.5 | 20 | 58 | 12 | 6.93 | 18 | 2.64 | 19 | 12.57 | 20 | 109 |
| | | | 20 | | 40 | | 52 | | 70 | | 89 | | 109 | | 109 |
| 1 | 273 | DANIEL BEEBY RYSTON | 24.7 | 18 | 52.7 | 19 | 76 | 20 | 7.1 | 19 | 2.29 | 18 | 6.45 | 15 | 109 |
| | | | 18 | | 37 | | 57 | | 76 | | 94 | | 109 | | 109 |
| 3 | 263 | MAX BURROWS DISS AC | 25.5 | 17 | 52.7 | 19 | 70 | 18 | 6.16 | 16 | 2.04 | 14 | 7.69 | 19 | 103 |
| | | | 17 | | 36 | | 54 | | 70 | | 84 | | 103 | | 103 |
| 4 | 274 | JOSH CHAPLAIN-BARTON WNAC | 24.3 | 19 | 53.2 | 17 | 61 | 16 | 6.12 | 15 | 2.27 | 16 | 6.64 | 17 | 100 |
| | | | 19 | | 36 | | 52 | | 67 | | 83 | | 100 | | 100 |
| 5 | 266 | WESLEY ATTEW GYDAC | 25.6 | 16 | 59.7 | 15 | 76 | 20 | 6.68 | 17 | 2.28 | 17 | 5.93 | 13 | 98 |
| | | | 16 | | 31 | | 51 | | 68 | | | | 13 | | 98 |
| 6 | 261 | ADAM HOWARD CONAC | 26.3 | 15 | 62.1 | 12 | 61 | 16 | 7.6 | 20 | 2.65 | 20 | 6.28 | 14 | 97 |
| | | | 15 | | 27 | | 43 | | 63 | | 83 | | 97 | | 97 |
| 7 | 270 | BEN JOHNSON GYDAC | 26.9 | 13 | 58.2 | 16 | 61 | 16 | 5.72 | 13 | 1.96 | 12 | 6.63 | 16 | 86 |
| | | | 13 | | 29 | | 45 | | 58 | | 70 | | 86 | | 86 |
| 8 | 255 | DUNCAN JAY NRR | 26.3 | 15 | 59.7 | 15 | 59 | 13 | 5.58 | 12 | 1.83 | 11 | 6.82 | 18 | 84 |
| | | | 15 | | 30 | | 43 | | 55 | | 66 | | 84 | | 84 |
| 9 | 272 | ROBERT TAYLOR RYSTON | 27.5 | 12 | 61.4 | 13 | 64 | 17 | 6.18 | 14 | 2.05 | 15 | 5.52 | 12 | 83 |
| | | | 12 | | 25 | | 42 | | 56 | | 71 | | 83 | | 83 |

Norfolk Sportshall League 2006

Under 15 Girls Challenge

Venue
Date

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| 2 Lap | 4 Lap | Speed Bounce | Vertical Jump | Standing Long Jump | Shot Put |
|----------|----------|-----------------|------------------|-----------------------|-------------|
|----------|----------|-----------------|------------------|-----------------------|-------------|

Total

| Position | No. | Name | 2 Lap | | 4 Lap | | Speed Bounce | | Vertical Jump | | Standing Long Jump | | Shot Put | | Total |
|----------|-----|----------------------------|-----------|-----------|-----------|-----------|--------------|------------|---------------|----|--------------------|----|----------|----|-------|
| 1 | 256 | LAURA GREEN CONAC | 25.1 | 20 | 59.1 | 17 | 87 | 19 | 55 | 20 | 2.15 | 20 | 6.35 | 18 | 114 |
| | | | 20 | 37 | 56 | 76 | 96 | 114 | 114 | | | | | | |
| 2 | 271 | VICTORIA BORRMAN RYSTON | 25.6 | 19 | 55.3 | 20 | 85 | 18 | 43 | 17 | 2.05 | 18 | 6.05 | 15 | 107 |
| | | | 19 | 39 | 57 | 74 | 92 | 107 | 107 | | | | | | |
| 3 | 259 | CHLOE SMITH CONAC | 25.7 | 18 | 56.7 | 18 | 67 | 15 | 52 | 19 | 2.14 | 19 | 6.05 | 16 | 105 |
| | | | 18 | 36 | 51 | 70 | 89 | 105 | 105 | | | | | | |
| 3 | 269 | MIMI DENMARK CONAC | 25.9 | 16 | 55.7 | 19 | 89 | 20 | 39 | 15 | 2 | 15 | 7.54 | 20 | 105 |
| | | | 16 | 35 | 55 | 70 | 85 | 105 | 105 | | | | | | |
| 5 | 258 | SOPHIE POYNER CONAC | 25.7 | 18 | 60.8 | 16 | 63 | 12 | 39 | 15 | 2.02 | 16 | 5.45 | 13 | 90 |
| | | | 18 | 34 | 46 | 61 | 77 | 90 | 90 | | | | | | |
| 6 | 257 | ERICA SULLIVAN NRR | 28 | 12 | 63.9 | 15 | 81 | 17 | 38 | 12 | 1.78 | 13 | | | 69 |
| | | | 12 | 27 | 44 | 56 | 69 | 69 | 69 | | | | | | |
| 7 | 260 | CHLOE CRISP CONAC | 27.3 | 13 | | | 67 | 15 | 39 | 13 | 1.67 | 12 | 4.7 | 12 | 65 |
| | | | 13 | 13 | 28 | 41 | 53 | 65 | 65 | | | | | | |
| 7 | 267 | JADE CHESTNEY CONAC | 26.3 | 15 | | | | | 40 | 16 | 2.02 | 17 | 6.32 | 17 | 65 |
| | | | 15 | 15 | 15 | 31 | 48 | 65 | 65 | | | | | | |
| 7 | 268 | JOANNA ROY CONAC | 27 | 14 | | | | | 44 | 18 | 1.85 | 14 | 6.9 | 19 | 65 |
| | | | 14 | 14 | 14 | 32 | 46 | 65 | 65 | | | | | | |
| 10 | 265 | LAURA ROUT DISS AC | 28.9 | 11 | | | 64 | 13 | 37 | 10 | 1.62 | 11 | | | 45 |
| | | | 11 | 11 | 24 | 34 | 45 | 45 | 45 | | | | | | |
| 11 | 264 | SARAH WOODS DISS AC | | | | | 69 | 16 | | | | | 5.75 | 14 | 30 |
| | | | 0 | 0 | 16 | 16 | 16 | 30 | 30 | | | | | | |