

## Highwoods Suffolk Sportshall League

27 October 2011

Under 11 - Boys

|                         |                   | Red                  | Yellow       | Green        | Blue                  | Purple    |           |
|-------------------------|-------------------|----------------------|--------------|--------------|-----------------------|-----------|-----------|
|                         |                   | Northgate Juniors    | Heathlands   | CATS         | Colchester Harriers A | Holbrook  |           |
| <b>TRACK</b>            | <b>Individual</b> |                      |              |              |                       |           |           |
|                         | <b>Relay</b>      | Obstacle Relay       |              | 18           | 16                    |           |           |
|                         |                   | 6 Lap Paarlauf       | 18           | 14           | 16                    |           |           |
|                         |                   | 1 + 1 Lap Relay      | 14           | 18           | 16                    |           | 12        |
|                         |                   | 4 x 1 Lap Relay      | 18           | 16           |                       |           |           |
| <b>FIELD</b>            | <b>Jumps</b>      | Speed Bounce         | 16.5         | 14.5         | 14                    | 12        |           |
|                         |                   | Standing Long Jump   | 16           | 18           | 9                     | 10        |           |
|                         |                   | Standing Triple Jump | 12           | 17           | 14                    |           | 10        |
|                         | <b>Throws</b>     | Chest Push           | 11           | 18           |                       |           | 15        |
|                         |                   | <b>Total</b>         | <b>105.5</b> | <b>133.5</b> | <b>85</b>             | <b>22</b> | <b>37</b> |
| <b>Overall Position</b> |                   | <b>2</b>             | <b>1</b>     | <b>3</b>     | <b>5</b>              | <b>4</b>  |           |



| Speed Bounce               |                   |                       |         |      |        |
|----------------------------|-------------------|-----------------------|---------|------|--------|
| No                         | Name              | Club                  | Bounces | Rank | Points |
| 21                         | Alexander Hopkins | Heathlands            | 31      | B 3  | 4      |
| 19                         | Ben Wright        | Heathlands            | 39      | A 2  | 10.5   |
| 24                         | Calum Cathill     | Colchester Harriers A | 40      | A 1  | 12     |
| 11                         | Joshua Kent       | Northgate Juniors     | 39      | A 2  | 10.5   |
| 13                         | Matthew Roper     | Northgate Juniors     | 38      | B 1  | 6      |
| 48                         | Tom Finn          | CATS                  | 34      | B 2  | 5      |
| 46                         | Alfie Kelway      | CATS                  | 26      |      |        |
| 49                         | Gabriel Sewides   | CATS                  | 36      | A 4  | 9      |
| 47                         | Jay Stacey        | CATS                  | 32      |      |        |
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| Speed Bounce - Non Scoring |                   |                       |         |      |        |
| No                         | Name              | Club                  | Bounces | NS   |        |
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| Standing Long Jump               |                   |                       |              |      |        |
|----------------------------------|-------------------|-----------------------|--------------|------|--------|
| No                               | Name              | Club                  | Distance (m) | Rank | Points |
| 11                               | Joshua Kent       | Northgate Juniors     | 1.49         | B 2  | 5      |
| 13                               | Matthew Roper     | Northgate Juniors     | 1.72         | A 2  | 11     |
| 20                               | Craig Anja-Joseph | Heathlands            | 2.13         | A 1  | 12     |
| 19                               | Ben Wright        | Heathlands            | 1.50         | B 1  | 6      |
| 24                               | Calum Cathill     | Colchester Harriers A | 1.70         | A 3  | 10     |
| 49                               | Gabriel Sewides   | CATS                  | 1.46         | A 4  | 9      |
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| Standing Long Jump - Non Scoring |                   |                       |              |      |        |
| No                               | Name              | Club                  | Distance (m) | NS   |        |
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| Standing Triple Jump               |                   |                   |              |      |        |
|------------------------------------|-------------------|-------------------|--------------|------|--------|
| No                                 | Name              | Club              | Distance (m) | Rank | Points |
| 12                                 | Daniel Oyebade    | Northgate Juniors | 4.94         | A 1  | 12     |
| 50                                 | Oliver Johnson    | Holbrook          | 3.65         | A 3  | 10     |
| 21                                 | Alexander Hopkins | Heathlands        | 3.50         | B 1  | 6      |
| 18                                 | Oscar Richards    | Heathlands        | 3.93         | A 2  | 11     |
| 49                                 | Gabriel Sewides   | CATS              | 3.29         | A 4  | 9      |
| 48                                 | Tom Finn          | CATS              | 3.02         |      |        |
| 46                                 | Alfie Kelway      | CATS              | 3.25         | B 2  | 5      |
| 47                                 | Jay Stacey        | CATS              | 2.48         |      |        |
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| Standing Triple Jump - Non Scoring |                   |                   |              |      |        |
| No                                 | Name              | Club              | Distance (m) | NS   |        |
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| Chest Push               |                   |                   |         |      |        |
|--------------------------|-------------------|-------------------|---------|------|--------|
| No                       | Name              | Club              | Dis (m) | Rank | Points |
| 12                       | Daniel Oyebade    | Northgate Juniors | 5.40    | A 2  | 11     |
| 54                       | Sammy Johnson     | Holbrook          | 4.25    | A 3  | 10     |
| 50                       | Oliver Johnson    | Holbrook          | 3.70    | B 2  | 5      |
| 20                       | Craig Anja-Joseph | Heathlands        | 5.50    | A 1  | 12     |
| 18                       | Oscar Richards    | Heathlands        | 4.70    | B 1  | 6      |
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| Chest Push - Non Scoring |                   |                   |         |      |        |
| No                       | Name              | Club              | Dis (m) | NS   |        |
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| Shot Put               |      |      |         |      |        |
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| No                     | Name | Club | Dis (m) | Rank | Points |
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| Shot Put - Non Scoring |      |      |         |      |        |
| No                     | Name | Club | Dis (m) | NS   |        |
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| Soft Javelin               |      |      |         |      |        |
|----------------------------|------|------|---------|------|--------|
| No                         | Name | Club | Dis (m) | Rank | Points |
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| Soft Javelin - Non Scoring |      |      |         |      |        |
| No                         | Name | Club | Dis (m) | NS   |        |
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| Team   |                   | Obstacle Relay |               | 6 Lap Paarlauf |               | 1 + 1 Lap Relay |               | 4 x 1 Lap Relay |               |
|--------|-------------------|----------------|---------------|----------------|---------------|-----------------|---------------|-----------------|---------------|
|        |                   | Time in secs   | Rank / Points | Time in secs   | Rank / Points | Time in secs    | Rank / Points | Time in secs    | Rank / Points |
| Red    | Northgate Juniors |                |               | 83.30          | 1             | 27.60           | 3             | 52.90           | 1             |
|        |                   |                |               |                | 18            |                 | 14            |                 | 18            |
| Yellow | Heathlands        | 91.00          | 1             | 90.20          | 3             | 25.80           | 1             | 53.50           | 2             |
|        |                   |                | 18            |                | 14            |                 | 18            |                 | 16            |
| Green  | CATS              | 93.00          | 2             | 86.40          | 2             | 27.50           | 2             |                 |               |
|        |                   |                | 16            |                | 16            |                 | 16            |                 |               |
| Purple | Holbrook          |                |               |                |               | 28.50           | 4             |                 |               |
|        |                   |                |               |                |               |                 | 12            |                 |               |

## Highwoods Suffolk Sportshall League

27 October 2011

Under 13 - Boys

|                         |            |                 | Green                 | Blue                  | Red               | Purple           | Orange    |
|-------------------------|------------|-----------------|-----------------------|-----------------------|-------------------|------------------|-----------|
|                         |            |                 | Colchester & Tendring | Colchester Harriers A | Northgate Juniors | CATS Non Scorers | CATS B    |
| TRACK                   | Individual | 2 Lap Race      | 12                    | 6                     | 7                 |                  |           |
|                         |            | 6 Lap Race      | 8                     | 7                     |                   |                  |           |
|                         | Relay      | Obstacle Relay  | 10                    |                       |                   | 12               |           |
|                         |            | 8 Lap Paarlauf  | 8                     | 6                     | 10                |                  | 12        |
|                         |            | 4 x 2 Lap Relay | 12                    |                       |                   |                  |           |
|                         | FIELD      | Jumps           | Speed Bounce          | 12                    |                   |                  |           |
| Standing Long Jump      |            |                 | 12                    |                       | 6                 |                  | 10        |
| Standing Triple Jump    |            |                 |                       |                       |                   |                  |           |
| Vertical Jump           |            |                 | 12                    | 6                     |                   |                  | 7         |
| Throws                  |            | Shot Put        | 12                    | 7                     |                   |                  |           |
| <b>Total</b>            |            |                 | <b>98</b>             | <b>32</b>             | <b>23</b>         | <b>12</b>        | <b>29</b> |
| <b>Overall Position</b> |            |                 | <b>1</b>              | <b>2</b>              | <b>4</b>          | <b>5</b>         | <b>3</b>  |



| 2 Lap Race               |                |                       |      |      |        |  |
|--------------------------|----------------|-----------------------|------|------|--------|--|
| No                       | Name           | Club                  | Time | Rank | Points |  |
| 30                       | Ben Mann       | Colchester & Tendring | 25.5 | A 1  | 8      |  |
| 39                       | Luke Courfier  | Colchester & Tendring | 25.6 | B 1  | 4      |  |
| 10                       | Jamie Allard   | Northgate Juniors     | 25.8 | A 2  | 7      |  |
| 22                       | Cameron Gentle | Colchester Harriers A | 26.5 | A 3  | 6      |  |
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| 2 Lap Race - Non Scoring |                |                       |      |      |        |  |
| No                       | Name           | Club                  | Time | NS   |        |  |
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| 6 Lap Race               |                |                       |      |      |        |  |
|--------------------------|----------------|-----------------------|------|------|--------|--|
| No                       | Name           | Club                  | Time | Rank | Points |  |
| 40                       | Ben Wheeler    | Colchester & Tendring | 89.2 | A 1  | 8      |  |
| 22                       | Cameron Gentle | Colchester Harriers A | 89.6 | A 2  | 7      |  |
|                          |                |                       |      |      |        |  |
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| 6 Lap Race - Non Scoring |                |                       |      |      |        |  |
| No                       | Name           | Club                  | Time | NS   |        |  |
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| Individual Track 3               |      |      |      |      |        |  |
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| No                               | Name | Club | Time | Rank | Points |  |
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| Individual Track 3 - Non Scoring |      |      |      |      |        |  |
| No                               | Name | Club | Time | NS   |        |  |
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| Speed Bounce               |                |                       |         |      |        |
|----------------------------|----------------|-----------------------|---------|------|--------|
| No                         | Name           | Club                  | Bounces | Rank | Points |
| 40                         | Ben Wheeler    | Colchester & Tendring | 65      |      |        |
| 30                         | Ben Mann       | Colchester & Tendring | 55      |      |        |
| 39                         | Luke Courfier  | Colchester & Tendring | 66      | B 1  | 4      |
| 38                         | Jacob Wilson   | Colchester & Tendring | 78      | A 1  | 8      |
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| Speed Bounce - Non Scoring |                |                       |         |      |        |
| No                         | Name           | Club                  | Bounces | NS   |        |
| 26                         | Henry Webster  | CATS B                | 61      | N S  |        |
| 41                         | James Dellow   | CATS B                | 59      | N S  |        |
| 22                         | Cameron Gentle | Colchester Harriers A | 59      | N S  |        |
| 53                         | Ryan Dale      | CATS B                | 60      | N S  |        |
|                            |                |                       |         |      |        |

| Standing Long Jump               |                |                       |              |      |        |
|----------------------------------|----------------|-----------------------|--------------|------|--------|
| No                               | Name           | Club                  | Distance (m) | Rank | Points |
| 27                               | Jordan Poulson | CATS B                | 1.47         |      |        |
| 10                               | Jamie Allard   | Northgate Juniors     | 1.74         | A 3  | 6      |
| 38                               | Jacob Wilson   | Colchester & Tendring | 2.00         | B 1  | 4      |
| 40                               | Ben Wheeler    | Colchester & Tendring | 2.05         | A 1  | 8      |
| 39                               | Luke Courfier  | Colchester & Tendring | 1.75         |      |        |
| 30                               | Ben Mann       | Colchester & Tendring | 1.58         |      |        |
| 26                               | Henry Webster  | CATS B                | 1.78         | B 2  | 3      |
| 53                               | Ryan Dale      | CATS B                | 1.96         | A 2  | 7      |
| 41                               | James Dellow   | CATS B                | 1.68         |      |        |
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| Standing Long Jump - Non Scoring |                |                       |              |      |        |
| No                               | Name           | Club                  | Distance (m) | NS   |        |
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| Standing Triple Jump               |      |      |              |      |        |
|------------------------------------|------|------|--------------|------|--------|
| No                                 | Name | Club | Distance (m) | Rank | Points |
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| Standing Triple Jump - Non Scoring |      |      |              |      |        |
| No                                 | Name | Club | Distance (m) | NS   |        |
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| Vertical Jump               |                |                       |               |      |        |
|-----------------------------|----------------|-----------------------|---------------|------|--------|
| No                          | Name           | Club                  | Distance (cm) | Rank | Points |
| 27                          | Jordan Poulson | CATS B                | 36            | A 2  | 7      |
| 40                          | Ben Wheeler    | Colchester & Tendring | 46            | B 1  | 4      |
| 39                          | Luke Courfier  | Colchester & Tendring | 46            |      |        |
| 38                          | Jacob Wilson   | Colchester & Tendring | 51            | A 1  | 8      |
| 22                          | Cameron Gentle | Colchester Harriers A | 34            | A 3  | 6      |
| 30                          | Ben Mann       | Colchester & Tendring | 34            |      |        |
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| Vertical Jump - Non Scoring |                |                       |               |      |        |
| No                          | Name           | Club                  | Distance (cm) | NS   |        |
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| High Jump               |      |      |              |              |              |      |        |
|-------------------------|------|------|--------------|--------------|--------------|------|--------|
| No                      | Name | Club | Distance (m) | Final Faults | Total Faults | Rank | Points |
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| High Jump - Non Scoring |      |      |              |              |              |      |        |
| No                      | Name | Club | Distance (m) |              |              | NS   |        |
|                         |      |      |              |              |              |      |        |
|                         |      |      |              |              |              |      |        |
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| Jumps 6               |      |      |              |      |        |
|-----------------------|------|------|--------------|------|--------|
| No                    | Name | Club | Distance (m) | Rank | Points |
|                       |      |      |              |      |        |
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| Jumps 6 - Non Scoring |      |      |              |      |        |
| No                    | Name | Club | Distance (m) | Rank | NS     |
|                       |      |      |              |      |        |
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| Vertical Jump               |                 |                       |               |  |      |        |
|-----------------------------|-----------------|-----------------------|---------------|--|------|--------|
| No                          | Name            | Club                  | Distance (cm) |  | Rank | Points |
| 27                          | Jordan Poulson  | CATS B                | 36            |  | A 2  | 7      |
| 40                          | Ben Wheeler     | Colchester & Tendring | 46            |  | B 1  | 4      |
| 39                          | Luke Courierier | Colchester & Tendring | 46            |  |      |        |
| 38                          | Jacob Wilson    | Colchester & Tendring | 51            |  | A 1  | 8      |
| 22                          | Cameron Gentle  | Colchester Harriers A | 34            |  | A 3  | 6      |
| 30                          | Ben Mann        | Colchester & Tendring | 34            |  |      |        |
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| Vertical Jump - Non Scoring |                 |                       |               |  |      |        |
| No                          | Name            | Club                  | Distance (cm) |  | NS   |        |
|                             |                 |                       |               |  |      |        |
|                             |                 |                       |               |  |      |        |
|                             |                 |                       |               |  |      |        |
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| High Jump               |      |      |              |              |              |  |      |        |
|-------------------------|------|------|--------------|--------------|--------------|--|------|--------|
| No                      | Name | Club | Distance (m) | Final Faults | Total Faults |  | Rank | Points |
|                         |      |      |              |              |              |  |      |        |
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| High Jump - Non Scoring |      |      |              |              |              |  |      |        |
| No                      | Name | Club | Distance (m) |              |              |  | NS   |        |
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| Jumps 6               |      |      |              |  |      |        |
|-----------------------|------|------|--------------|--|------|--------|
| No                    | Name | Club | Distance (m) |  | Rank | Points |
|                       |      |      |              |  |      |        |
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| Jumps 6 - Non Scoring |      |      |              |  |      |        |
| No                    | Name | Club | Distance (m) |  | NS   |        |
|                       |      |      |              |  |      |        |
|                       |      |      |              |  |      |        |
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| Chest Push               |      |      |         |      |        |
|--------------------------|------|------|---------|------|--------|
| No                       | Name | Club | Dis (m) | Rank | Points |
|                          |      |      |         |      |        |
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| Chest Push - Non Scoring |      |      |         |      |        |
| No                       | Name | Club | Dis (m) | NS   |        |
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| Shot Put               |                |                       |         |      |        |  |
|------------------------|----------------|-----------------------|---------|------|--------|--|
| No                     | Name           | Club                  | Dis (m) | Rank | Points |  |
| 22                     | Cameron Gentle | Colchester Harriers A | 3.20    | A 2  | 7      |  |
| 39                     | Luke Courfier  | Colchester & Tendring | 5.25    | A 1  | 8      |  |
| 40                     | Ben Wheeler    | Colchester & Tendring | 4.95    |      |        |  |
| 38                     | Jacob Wilson   | Colchester & Tendring | 5.00    | B 1  | 4      |  |
| 30                     | Ben Mann       | Colchester & Tendring | 4.35    |      |        |  |
|                        |                |                       |         |      |        |  |
|                        |                |                       |         |      |        |  |
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|                        |                |                       |         |      |        |  |
| Shot Put - Non Scoring |                |                       |         |      |        |  |
| No                     | Name           | Club                  | Dis (m) | NS   |        |  |
|                        |                |                       |         |      |        |  |
|                        |                |                       |         |      |        |  |
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| Soft Javelin               |      |      |         |      |        |
|----------------------------|------|------|---------|------|--------|
| No                         | Name | Club | Dis (m) | Rank | Points |
|                            |      |      |         |      |        |
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|                            |      |      |         |      |        |
| Soft Javelin - Non Scoring |      |      |         |      |        |
| No                         | Name | Club | Dis (m) | NS   |        |
|                            |      |      |         |      |        |
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|        |                       | Obstacle Relay |               | 8 Lap Paarlauf |               | 4 x 2 Lap Relay |               |
|--------|-----------------------|----------------|---------------|----------------|---------------|-----------------|---------------|
| Team   |                       | Time in secs   | Rank / Points | Time in secs   | Rank / Points | Time in secs    | Rank / Points |
| Green  | Colchester & Tending  | 83.40          | 2<br>10       | 110.70         | 3<br>8        | 102.40          | 1<br>12       |
| Blue   | Colchester Harriers A |                |               | 119.10         | 4<br>6        |                 |               |
| Red    | Northgate Juniors     |                |               | 107.00         | 2<br>10       |                 |               |
| Purple | CATS Non Scorers      | 82.10          | 1<br>12       |                |               |                 |               |
| Orange | CATS B                |                |               | 106.10         | 1<br>12       |                 |               |