

16 March 2016

Garon Park, Southend

		Red		Yellow		Green		Blue		Pink		Orange		Sky		Maroon	
		Basildon		Castle Point		Chelmsford		Colchester		Colne		Harlow		North West Essex		Shenfield	
		Lee Chapel		Grove Wood		Moulsham		Heathlands		Chase Lane		Church Langley		Howbridge		St Helens	
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	16	12	24	26	20	18	14	18	2	4	4	10	28	20	14	26
	1 + 1 Lap Relay	26	30	18	20	6	16	8	12	24	8	2	4	30	32	14	26
	2 + 2 Lap Relay	32	28	24	8	8	10	10	18	4	16	16	24	26	14	22	32
	6 Lap Paarlauf	32	20	10	14	18	22	6	10	4	4	8	24	30	26	20	6
	Over / Under Relay	22	12	18	28	24	10	2	4	20	8	26	16	28	30	16	20
	4 x 1 Lap Relay	32	20	16	8	22	18	10	2	20	10	8	4	30	16	24	28
Field	Chest Push	30	26	2	32	32	10	16	28	26	20	8	4	14	14	28	30
	Speed Bounce	22	12	24	30	18	14	12	26	6	2	4	4	16	8	30	26
	Standing Long Jump	18	26	20	30	24	26	2	10	18	2	12	10	28	6	14	32
	Standing Triple Jump	32	26	12	24	18	28	2	18	10	6	4	10	20	16	30	22
	Vertical Jump	6	20	12	18	24	6	16	12	24	4	6	8	24	12	28	28
	Soft Javelin	32	6	24	20	28	4	14	12	2	10	18	22	14	26	8	16
Total		300	238	204	258	242	182	112	170	160	94	116	140	288	220	248	292
Combined Total		538		462		424		282		254		256		508		540	
Combined Position		5		7		8		12		15		14		6		4	
Virtual Total		1581		1525		1546		1427		1390		1336		1508		1640	
Virtual Team Award		BRONZE		BRONZE		BRONZE		STEP 10		STEP 9		STEP 8		BRONZE		SILVER	

For more information on the Sportshall pathway go to www.sportshall.org



BRITISH
ATHLETICS



16 March 2016

Garon Park, Southend

		Brown		Silver		Dark Green		White		Violet		Amber		Black		Lime	
		Southend East		Southend West		Thurrock		Uttlesford		WDF		West Essex		Colchester		WDF	
		Bournes Green		Earls Hall		Belmont Castle		Dame Bradbury		Buttsbury		St Johns COE		Great Totham		Grange	
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	10	22	30	32	18	30	6	10	22	14	32	28	28	2	10	6
	1 + 1 Lap Relay	14	6	30	28	32	22	16	20	24	12	14	24	24	14	4	2
	2 + 2 Lap Relay	20	6	30	26	2	30	8	20	28	12	12	22	14	2	18	4
	6 Lap Paarlauf	12	8	28	32	24	30	16	18	2	16	26	28	14	2	22	12
	Over / Under Relay	10	14	12	26	30	24	16	22	6	18	32	32	8	6	4	2
	4 x 1 Lap Relay	4	26	14	30	28	32	6	14	12	22	26	24	2	8	18	12
Field	Chest Push	4	16	18	26	12	26	20	6	8	12	22	18	26	10	12	2
	Speed Bounce	16	16	32	18	28	28	10	32	8	26	26	26	2	6	22	10
	Standing Long Jump	8	20	32	16	22	28	6	16	10	18	30	26	4	4	26	12
	Standing Triple Jump	6	8	16	12	22	30	8	14	26	20	28	32	14	2	24	4
	Vertical Jump	26	24	32	26	14	22	2	16	18	32	30	30	10	2	8	16
	Soft Javelin	6	30	28	20	30	28	24	24	18	16	24	32	14	2	6	10
Total		136	196	302	292	262	330	138	212	182	218	302	322	160	60	174	92
Combined Total		332		594		592		350		400		624		220		266	
Combined Position		11		2		3		10		9		1		16		13	
Virtual Total		1463		1618		1612		1440		1537		1735		1300		1386	
Virtual Team Award		STEP 10		SILVER		SILVER		STEP 10		BRONZE		GOLD		STEP 7		STEP 9	

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BRITISH
ATHLETICS



Girls Track Events

Girls		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlaf		Over / Under Relay		4 x 1 Lap Relay					
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
Red	Lee Chapel	98.5	9	28.2	4	54.2	1	86.1	1	83.1	6	56.7	1		0		0
			16		26		32		32		22		32			0	
Yellow	Grove Wood	96	5	29.1	8	58	5	94.4	12	83.9	8	61.2	9		0		0
			24		18		24		10		18		16			0	
Green	Moulisham	97.1	7	31	14	61.1	13	92.7	8	82.5	5	58.2	6		0		0
			20		6		8		18		24		22			0	
Blue	Heathlands	100	10	30.1	13	61	12	97.6	14	90.7	16	61.9	12		0		0
			14		8		10		6		2		10			0	
Pink	Chase Lane	106	16	29	5	61.6	15	99.6	15	83.5	7	59.2	7		0		0
			2		24		4		4		20		20			0	
Orange	Church Langley	104	15	32	16	60.3	9	96.4	13	81.4	4	62.4	13		0		0
			4		2		16		8		26		8			0	
Sky	Howbridge	94	3	28	2	57.6	4	87.6	2	80.3	3	57.1	2		0		0
			28		30		26		30		28		30			0	
Maroon	St Helens	100	10	30	10	58.3	6	91.4	7	84.3	9	57.9	5		0		0
			14		14		22		20		16		24			0	

Girls Field Events

Girls		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin					
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points
Red	Lee Chapel	1	7.25	18	51.00	147	1.78	5.02	5.03	15.77	32.00	89	14.00	45		0	0
		2	4.50	2	49.00	6	1.50	8	5.75	1	35.00	14	15.00	1		0	0
		3	6.25	30	47.00	22	1.74	18	4.99	32	22.00	6	16.00	32		0	0
Yellow	Grove Wood	1	5.50	9.75	46.00	148	1.82	5.04	4.43	13.38	33.00	101	13.00	38		0	0
		2	4.25	16	47.00	5	1.56	7	5.16	11	36.00	11	14.00	5		0	0
		3	0.00	2	55.00	24	1.66	20	3.79	12	32.00	12	11.00	24		0	0
Green	Moulisham	1	6.75	20.25	45.00	146	1.64	5.08	4.42	14.01	32.00	118	12.00	39		0	0
		2	6.75	1	51.00	8	1.94	5	4.53	8	44.00	5	14.00	3		0	0
		3	6.75	32	50.00	18	1.50	24	5.06	18	42.00	24	13.00	28		0	0
Blue	Heathlands	1	5.75	15.25	46.00	140	1.50	4.28	4.02	12.68	42.00	113	11.00	32		0	0
		2	5.00	9	48.00	11	1.44	16	4.31	16	38.00	9	11.00	10		0	0
		3	4.50	16	46.00	12	1.34	2	4.35	2	33.00	16	10.00	14		0	0
Pink	Chase Lane	1	5.75	16.5	48.00	135	1.74	5.02	4.04	13.32	35.00	118	10.00	27		0	0
		2	6.00	4	45.00	14	1.46	8	4.67	12	34.00	5	11.00	16		0	0
		3	4.75	26	42.00	6	1.82	18	4.61	10	49.00	24	6.00	2		0	0
Orange	Church Langley	1	4.75	14	44.00	134	1.66	4.96	3.86	12.71	32.00	89	10.00	35		0	0
		2	4.25	13	43.00	15	1.70	11	4.78	15	28.00	14	14.00	8		0	0
		3	5.00	8	47.00	4	1.60	12	4.07	4	29.00	6	11.00	18		0	0
Sky	Howbridge	1	5.25	15	49.00	143	1.60	5.24	4.84	14.72	43.00	118	11.00	32		0	0
		2	4.50	10	46.00	9	1.86	3	4.21	7	33.00	5	8.00	10		0	0
		3	5.25	14	48.00	16	1.78	28	5.67	20	42.00	24	13.00	14		0	0
Maroon	St Helens	1	6.00	17.5	51.00	156	1.66	5	4.66	15.13	37.00	122	10.00	31		0	0
		2	6.00	3	52.00	2	1.62	10	5.54	2	42.00	3	10.00	13		0	0
		3	5.50	28	53.00	30	1.72	14	4.93	30	43.00	28	11.00	8		0	0

Girls Track Events

Girls Field Events

Girls		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlaf		Over / Under Relay		4 x 1 Lap Relay					
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
Brown	Bournes Green	101	12	30	10	58.9	7	94.1	11	85	12	63.7	15		0		0
			10		14		20		12		10		4		0		0
Silver	Earls Hall	92.5	2	28	2	56	2	88.5	3	84.5	11	61.3	10		0		0
			30		30		30		28		12		14		0		0
Dark Green	Belmont Castle	97.5	8	27.5	1	61.8	16	89.4	5	76.8	2	57.2	3		0		0
			18		32		2		24		30		28		0		0
White	Dame Bradbury	102	14	29.2	9	61.1	13	93.4	9	84.3	9	62.9	14		0		0
			6		16		8		16		16		6		0		0
Violet	Buttsbury	96.5	6	29	5	56.4	3	103	16	89.5	14	61.6	11		0		0
			22		24		28		2		6		12		0		0
Amber	St Johns COE	91	1	30	10	60.8	11	88.8	4	76.7	1	57.4	4		0		0
			32		14		12		26		32		26		0		0
Black	Great Totham	94	3	29	5	60.4	10	93.7	10	86.2	13	64	16		0		0
			28		24		14		14		8		2		0		0
Lime	Grange	101	12	31.2	15	59.7	8	90.1	6	90.2	15	60.8	8		0		0
			10		4		18		22		4		18		0		0

Girls		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin					
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points
Brown	Bournes Green	1	4.50 13.75	50.00 143	1.46 4.64	4.07 12.9	49.00 121	9.00 29		0		0		0		0	
		2	4.00 15	45.00 9	1.72 13	4.33 14	38.00 4	10.00 14		0		0		0		0	
		3	5.25 4	48.00 16	1.46 8	4.50 6	34.00 26	10.00 6		0		0		0		0	
Silver	Earls Hall	1	6.00 15.5	53.00 157	1.78 5.6	3.77 13.88	42.00 137	12.00 39		0		0		0		0	
		2	5.00 8	53.00 1	2.14 1	4.45 9	53.00 1	14.00 3		0		0		0		0	
		3	4.50 18	51.00 32	1.68 32	5.66 16	42.00 32	13.00 28		0		0		0		0	
Dark Green	Belmont Castle	1	5.25 14.25	54.00 153	1.64 5.06	5.03 14.92	36.00 103	14.00 40		0		0		0		0	
		2	4.75 11	52.00 3	1.82 6	4.75 6	41.00 10	14.00 2		0		0		0		0	
		3	4.25 12	47.00 28	1.60 22	5.14 22	26.00 14	12.00 30		0		0		0		0	
White	Dame Bradbury	1	5.50 15.75	47.00 139	1.44 4.62	4.17 13.21	28.00 77	14.00 38		0		0		0		0	
		2	5.25 7	44 12	1.64 14	4.44 13	26 16	11 5		0		0		0		0	
		3	5.00 20	48 10	1.54 6	4.60 8	23 2	13 24		0		0		0		0	
Violet	Buttsbury	1	5.50 14	48 138	1.72 4.92	5.03 15.04	33 114	12 35		0		0		0		0	
		2	4.00 13	44 13	1.64 12	5.41 4	38 8	10 8		0		0		0		0	
		3	4.50 8	46 8	1.56 10	4.60 26	43 18	13 18		0		0		0		0	
Amber	St Johns COE	1	5.50 16	43 152	1.74 5.32	5.03 15.06	42 129	13 38		0		0		0		0	
		2	5.00 6	54 4	1.72 2	4.98 3	37 2	12 5		0		0		0		0	
		3	5.50 22	55 26	1.86 30	5.05 28	50 30	13 24		0		0		0		0	
Black	Great Totham	1	6.75 16.5	40 131	1.66 4.6	5.04 13.45	34 99	7 32		0		0		0		0	
		2	4.75 4	49 16	1.54 15	4.20 10	28 12	14 10		0		0		0		0	
		3	5.00 26	42 2	1.40 4	4.21 14	37 10	11 14		0		0		0		0	
Lime	Grange	1	5.00 14.25	45 147	1.88 5.1	5.25 15.02	18 95	13 29		0		0		0		0	
		2	4.25 11	56 6	1.64 4	5.23 5	42 13	10 14		0		0		0		0	
		3	5.00 12	46 22	1.58 26	4.54 24	35 8	6 6		0		0		0		0	

Boys Track Events

Boys		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlaf		Over / Under Relay		4 x 1 Lap Relay					
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
Red	Lee Chapel	92.5	11	26.2	2	54.3	3	87.1	7	78.1	11	56.1	7		0		0
			12		30		28		20		12		20			0	
Yellow	Grove Wood	88.5	4	27.6	7	58.1	13	88.3	10	75.4	3	58.1	13		0		0
			26		20		8		14		28		8			0	
Green	Moulisham	91.5	8	28	9	56.8	12	86.8	6	79.3	12	56.5	8		0		0
			18		16		10		22		10		18			0	
Blue	Heathlands	91.5	8	28.5	11	56.1	8	88.7	12	84.1	15	60.7	16		0		0
			18		12		18		10		4		2			0	
Pink	Chase Lane	95	15	29.5	13	56.4	9	91.9	15	80.2	13	57.6	12		0		0
			4		8		16		4		8		10			0	
Orange	Church Langley	93	12	30.4	15	54.9	5	86.2	5	77.4	9	59.9	15		0		0
			10		4		24		24		16		4			0	
Sky	Howbridge	90.5	7	26.1	1	56.5	10	85.9	4	75.3	2	56.7	9		0		0
			20		32		14		26		30		16			0	
Maroon	St Helens	88.5	4	26.7	4	53.9	1	90.8	14	77.1	7	54.2	3		0		0
			26		26		32		6		20		28			0	

Boys Field Events

Boys		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin					
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points
Red	Lee Chapel	1	7.00	19.25	146	1.80	5.2	5.38	15.68	42.00	115	16.00	39		0		0
		2	6.25	4	48.00	11	1.66	4	4.84	36.00	7	12.00	14		0		0
		3	6.00	26	53.00	12	1.74	26	5.46	37.00	20	11.00	6		0		0
Yellow	Grove Wood	1	7.75	21.25	47.00	164	1.92	5.32	4.95	15.58	42.00	114	17.00	44		0	0
		2	7.50	1	60.00	2	1.72	2	5.32	37.00	8	13.00	7		0		0
		3	6.00	32	57.00	30	1.68	30	5.31	35.00	18	14.00	20		0		0
Green	Moulisham	1	5.00	15.75	49.00	150	1.82	5.2	5.60	15.71	36.00	103	11.00	37		0	0
		2	5.75	12	49.00	10	1.60	4	4.86	33.00	14	10.00	15		0		0
		3	5.00	10	52.00	14	1.78	26	5.25	34.00	6	16.00	4		0		0
Blue	Heathlands	1	7.00	20	51.00	155	1.58	4.88	4.74	15.33	36.00	105	14.00	41		0	0
		2	6.50	3	47.00	4	1.72	12	5.12	32.00	11	14.00	11		0		0
		3	6.50	28	57.00	26	1.58	10	5.47	37.00	12	13.00	12		0		0
Pink	Chase Lane	1	7.00	19	38.00	128	1.56	4.64	4.48	13.83	31.00	102	13.00	40		0	0
		2	6.00	7	39.00	16	1.50	16	4.90	31.00	15	14.00	12		0		0
		3	6.00	20	51.00	2	1.58	2	4.45	40.00	4	13.00	10		0		0
Orange	Church Langley	1	4.50	15	42.00	129	1.42	4.88	3.93	14.21	30.00	104	12.00	45		0	0
		2	4.50	15	44.00	15	1.96	12	4.74	37.00	13	17.00	6		0		0
		3	6.00	4	43.00	4	1.50	10	5.54	37.00	8	16.00	22		0		0
Sky	Howbridge	1	6.75	17.75	49.00	139	1.64	4.86	5.22	15.05	33.00	105	14.00	47		0	0
		2	6.00	10	47.00	13	1.72	14	4.60	33.00	11	16.00	4		0		0
		3	5.00	14	43.00	8	1.50	6	5.23	39.00	12	17.00	26		0		0
Maroon	St Helens	1	7.75	20.5	54.00	155	2.10	5.46	4.92	15.39	37.00	129	12.00	42		0	0
		2	6.50	2	50.00	4	1.72	1	5.22	47.00	3	13.00	9		0		0
		3	6.25	30	51.00	26	1.64	32	5.25	45.00	28	17.00	16		0		0

Boys Track Events

Boys Field Events

Boys		Obstacle Relay		1 + 1 Lap Relay		2 + 2 Lap Relay		6 Lap Paarlaf		Over / Under Relay		4 x 1 Lap Relay					
Colour	Team	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points	Time (in secs) or position	Position / Points
Brown	Bournes Green	89	6	29.9	14	58.3	14	89.9	13	77.8	10	54.3	4		0		0
			22		6		6		8		14		26		0		0
Silver	Earls Hall	85.5	1	26.6	3	54.5	4	82.9	1	76.5	4	53.4	2		0		0
			32		28		26		32		26		30		0		0
Dark Green	Belmont Castle	87	2	27.3	6	54	2	83.3	2	76.6	5	52.8	1		0		0
			30		22		30		30		24		32		0		0
White	Dame Bradbury	93	12	27.6	7	56	7	87.7	8	76.9	6	56.9	10		0		0
			10		20		20		18		22		14		0		0
Violet	Buttsbury	92	10	28.5	11	56.6	11	87.9	9	77.3	8	55.6	6		0		0
			14		12		12		16		18		22		0		0
Amber	St Johns COE	87.5	3	27.1	5	55	6	85.7	3	70.5	1	54.6	5		0		0
			28		24		22		28		32		24		0		0
Black	Great Totham	95.5	16	28.1	10	59.1	16	93.1	16	83.1	14	58.1	13		0		0
			2		14		2		2		6		8		0		0
Lime	Grange	94.5	14	32.5	16	58.7	15	88.5	11	87.5	16	57.1	11		0		0
			6		2		4		12		2		12		0		0

Boys		Chest Push		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Soft Javelin					
Colour	Team	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points	Best Performances	Total / Position / Points
Brown	Bournes Green	1	5.00 18	50.00 151	1.70 5.16	4.37 14.02	42.00 121	15.00 49		0		0		0		0	
		2	6.75 9	55.00 9	1.76 7	4.82 13	36.00 5	19.00 2		0		0		0		0	
		3	6.25 16	46.00 16	1.70 20	4.83 8	43.00 24	15.00 30		0		0		0		0	
Silver	Earls Hall	1	7.25 19.25	48.00 153	1.66 5.1	4.84 14.22	44.00 122	13.00 44		0		0		0		0	
		2	6.25 4	51.00 8	1.74 9	4.73 11	37.00 4	15.00 7		0		0		0		0	
		3	5.75 26	54.00 18	1.70 16	4.65 12	41.00 26	16.00 20		0		0		0		0	
Dark Green	Belmont Castle	1	6.50 19.25	58.00 163	1.68 5.26	5.24 15.82	46.00 117	14.00 48		0		0		0		0	
		2	6.50 4	54.00 3	1.78 3	5.18 2	38.00 6	15.00 3		0		0		0		0	
		3	6.25 26	51.00 28	1.80 28	5.40 30	33.00 22	19.00 28		0		0		0		0	
White	Dame Bradbury	1	6.00 15.5	56.00 167	1.80 5.1	5.05 14.89	43.00 111	15.00 46		0		0		0		0	
		2	4.50 14	56 1	1.68 9	4.88 10	30 9	16 5		0		0		0		0	
		3	5.00 6	55 32	1.62 16	4.96 14	38 16	15 24		0		0		0		0	
Violet	Buttsbury	1	6.25 17	51 155	1.74 5.12	4.43 15.34	48 134	15 42		0		0		0		0	
		2	5.75 11	49 4	1.82 8	5.38 7	37 1	14 9		0		0		0		0	
		3	5.00 12	55 26	1.56 18	5.53 20	49 32	13 16		0		0		0		0	
Amber	St Johns COE	1	6.25 18.75	55 155	1.70 5.2	5.58 16.64	46 131	22 65		0		0		0		0	
		2	7.00 8	49 4	1.78 4	5.83 1	40 2	20 1		0		0		0		0	
		3	5.50 18	51 26	1.72 26	5.23 32	45 30	23 32		0		0		0		0	
Black	Great Totham	1	6.00 15.75	38 131	1.71 4.75	4.13 13.04	36 97	10 34		0		0		0		0	
		2	5.00 12	43 14	1.58 15	4.63 16	35 16	11 16		0		0		0		0	
		3	4.75 10	50 6	1.46 4	4.28 2	26 2	13 2		0		0		0		0	
Lime	Grange	1	6.00 13.75	46 144	1.48 4.92	5.01 13.49	37 111	12 40		0		0		0		0	
		2	3.75 16	48 12	1.76 11	4.07 15	38 9	13 12		0		0		0		0	
		3	4.00 2	50 10	1.68 12	4.41 4	36 16	15 10		0		0		0		0	