

Competition Results

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

Team Results

Bedfordshire (white)

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Isabelle Thackery	CP	3.00	3.75	3.50		3.75	13
1	Isabelle Thackery	SB	41				41	21
2	Sophia Watt	BT	5	5	2	14	26	19
2	Sophia Watt	TT	4	3	2	1	10	2=
3	Katie Killick	BT	15	15	15	15	60	1=
3	Katie Killick	TT	4	4	0	0	8	7=
4	Eleanor Green	J	8	7	9		9	11=
4	Eleanor Green	STJ	3.68	3.70	3.90		3.90	21
5	Bethany Woodhams	BT	14	2	10	8	34	17
5	Bethany Woodhams	VJ	37	33	30		37	16
6	Charlotte Williams	STJ	4.28	4.38	0.00		4.38	15
7	Leah Wagstaff	SB	49				49	10=
7	Leah Wagstaff	SLJ	1.82	1.84	1.77		1.84	9
8	Charlotte Coton	SLJ	1.61	1.50	1.55		1.61	19
9	Orlagh Brunning	J	7	0	0		7	14
9	Orlagh Brunning	STJ	5.06	4.20	4.39		5.06	10
11	Ava Rawlins	CP	3.00	3.75	3.25		3.75	14
11	Ava Rawlins	VJ	17	17	18		18	21
12	Maddison Ball	SB	45				45	19
13	Sophie Lesley	VJ	23	25	22		25	20
14	Morgan Stears	SLJ	1.52	1.46	1.39		1.52	20

Team Results

Cambridgeshire (sky)

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	ISABEL BEESON	J	7	0	8		8	13
1	ISABEL BEESON	STJ	3.86	4.12	3.81		4.12	18
2	ABBEY BROWNE	J	12	10	11		12	4=
2	ABBEY BROWNE	STJ	2.86	4.12	4.05		4.12	17
3	RUBY CHARTER	SLJ	1.65	1.65	1.29		1.65	16
4	ERIN COX	BT	15	3	15	15	48	10
4	ERIN COX	VJ	34	35	37		37	15
5	TAMZIN DIGPAL-RACE	VJ	38	38	40		40	10
6	AMELIE FAIRCLOUGH	VJ	40	37	38		40	11
7	ERIN GENT	CP	5.50	6.25	5.75		6.25	5
8	AMELIE HACKER	BT	15	11	15	15	56	6
8	AMELIE HACKER	TT	4	3	0	0	7	9=
9	HALLE HASKISSON	BT	15	2	15	15	47	11
9	HALLE HASKISSON	TT	2	0	0	4	6	11
10	MORIA HOWARD	SB	49				49	10=
10	MORIA HOWARD	SLJ	1.87	1.88	1.92		1.92	6
11	CELIA TABAKOVA	CP	5.50	6.25	0.00		6.25	6
11	CELIA TABAKOVA	SLJ	1.81	1.81	1.81		1.81	11
12	EVE TARLOW	SB	44				44	20
12	EVE TARLOW	STJ	4.04	3.96	3.82		4.04	19
13	LEIA WILSON	SB	47				47	13=

Team Results

Essex (red)

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Stephanie Okoro	SB	56				56	4=
1	Stephanie Okoro	SLJ	2.06	1.95	0.00		2.06	2
2	Lauren Holmes	J	11	13	11		13	2
2	Lauren Holmes	SB	54				54	7=
3	Mabel Cowley	SB	55				55	6
3	Mabel Cowley	STJ	5.22	5.36	5.54		5.54	1
4	Grace Tremelling	VJ	39	39	41		41	8
5	Olivia Caves	BT	8	6	9	15	38	13=
5	Olivia Caves	J	11	12	10		12	4=
6	Matilda Canty	TT	6	2	2	0	10	2=
7	Maisie Fulker	VJ	51	51	50		51	1
8	Sophia Bridal	BT	12	11	15	15	53	8=
8	Sophia Bridal	CP	6.25	6.25	6.00		6.25	1=
9	Elise Jennings	CP	6.00	6.25	6.25		6.25	1=
9	Elise Jennings	STJ	5.20	5.44	5.27		5.44	3
10	Nneka Okoh	SLJ	1.65	1.81	0.00		1.81	12
10	Nneka Okoh	TT	6	4	0	0	10	2=
11	Sophie McCallum	STJ	4.83	4.87	4.92		4.92	12
12	Freya Coley	BT	3	15	11	15	44	12
12	Freya Coley	VJ	40	40	43		43	6
13	Charlotte Grundy	SLJ	1.97	1.84	1.94		1.97	5

Team Results

Herts Phoenix (black)

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East Regional Final Under 11 Girls

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Hertfordshire Sports Village

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Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Trinity Meikle	VJ	44	42	45		45	3
2	Zoe Demetriou	J	12	0	8		12	7
2	Zoe Demetriou	SB	57				57	2=
3	Sophie Chen	SB	57				57	2=
3	Sophie Chen	SLJ	1.88	1.88	1.89		1.89	8
4	D'Arcy Wright	J	10	9	13		13	3
4	D'Arcy Wright	SLJ	1.64	0.00	1.62		1.64	18
6	Alisha Pereira	BT	2	15	4	15	36	16
6	Alisha Pereira	STJ	5.16	5.08	5.14		5.16	7
7	Amber Hawtin	SB	51				51	9
7	Amber Hawtin	TT	6	1	2	0	9	6
8	Ena Olivier	SLJ	2.14	2.13	2.10		2.14	1
9	Caitie Reid	BT	15	15	15	15	60	1=
9	Caitie Reid	VJ	43	43	44		44	5
10	Natalia Kenward	CP	5.75	5.75	5.75		5.75	7
10	Natalia Kenward	VJ	36	37	35		37	14
11	Abigail Jakes	BT	15	15	15	15	60	1=
11	Abigail Jakes	TT	4	4	0	0	8	7=
12	Adele Pereira	CP	5.75	5.50	5.00		5.75	8
12	Adele Pereira	STJ	5.25	5.17	5.37		5.37	4
13	Amy Summers	STJ	4.73	5.02	5.08		5.08	9

Team Results

Herts Pegasus (orange)

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Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Natasha Nickolds	TT	2	2	0	0	4	12=
2	Izzy Butt	BT	15	15	15	9	54	7
2	Izzy Butt	J	9	8	7		9	11=
3	Amelie Frizelle	SLJ	1.62	1.65	1.62		1.65	17
4	Tessa Day	CP	4.25	4.50	4.50		4.50	11
5	Daisy Murdoch	SLJ	1.44	1.52	1.41		1.52	21
6	Kara Morrice	CP	5.00	5.00	4.50		5.00	10
6	Kara Morrice	SB	47				47	13=
7	Jessie Webb	BT	2	4	8	10	24	20
7	Jessie Webb	TT	6	4	2	0	12	1
8	Poppy Friedner	J	10	9	0		10	9
8	Poppy Friedner	VJ	33	28	31		33	19
9	Sophie Ellerd-Elliott	SB	47				47	13=
9	Sophie Ellerd-Elliott	VJ	38	42	41		42	7
10	Evie Wake	STJ	4.45	4.38	4.31		4.45	14
11	Grace Wake	BT	6	15	5	11	37	15
11	Grace Wake	VJ	35	35	35		35	17
12	Isabella Stewart	SLJ	1.72	1.60	1.71		1.72	13
13	Freya Brown	SB	47				47	13=
13	Freya Brown	STJ	4.00	3.72	3.72		4.00	20
14	Hannah Greaves	STJ	4.63	0.00	4.78		4.78	13

Team Results

Norfolk (yellow)

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East Regional Final Under 11 Girls

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Hertfordshire Sports Village

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Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Rose Fairhurst	STJ	4.21	5.45	5.43		5.45	2
2	Caitlin Bell	BT	15	12	15	15	57	5
2	Caitlin Bell	STJ	0.00	5.03	5.14		5.14	8
3	Georgia Pegg	SB	58				58	1
3	Georgia Pegg	VJ	45	42	43		45	4
4	Lauren Ward	CP	6.25	6.25	5.75		6.25	3
5	Nicole Kaszazak	BT	15	4	4	15	38	13=
5	Nicole Kaszazak	SLJ	2.01	1.98	1.98		2.01	3
6	Erica Gara-George	J	9	8	8		9	10
7	Hollie Willeard	J	13	15	11		15	1
7	Hollie Willeard	SB	56				56	4=
8	Holly Lawrence	SB	54				54	7=
8	Holly Lawrence	SLJ	1.78	1.83	1.80		1.83	10
9	Isabella Williams	CP	2.75	0.00	4.25		4.25	12
9	Isabella Williams	VJ	32	32	33		33	18
10	Millie Hart	BT	15	15	15	15	60	1=
10	Millie Hart	VJ	45	45	41		45	2
11	Grace Greenhalf	SLJ	1.65	1.65	1.64		1.65	15
11	Grace Greenhalf	TT	4	0	0	0	4	12=
13	Alice Craddock	STJ	4.86	4.97	5.00		5.00	11
13	Alice Craddock	TT	6	1	0	0	7	9=

Team Results

Suffolk (maroon)

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Hertfordshire Sports Village

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Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Essex	Red	487	28	30	30	30	28	30	30	28	24	24	29	29	27	30	30	30
2	Herts Phoenix	Black	455	30	22	26	24	24	24	27	30	28	30	24	29	27	28	28	26
3	Norfolk	Yellow	435	26	24	22	26	26	28	27	26	30	28	22	26	30	24	26	18
4	Suffolk	Maroon	416	20	28	28	28	30	26	24	20	26	18	26	24	24	26	24	20
5	Cambridgeshire	Sky	377	22	26	24	22	22	18	22	22	18	26	29	22	20	22	18	22
6	Herts Pegasus	Orange	356	24	20	20	20	20	22	20	24	22	20	20	20	22	18	20	24
7	Bedfordshire	White	330	18	18	18	18	18	20	18	18	20	22	18	18	18	20	22	28

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Charlotte Sayer	J	8	10	12		12	6
2	Layo Laguda	VJ	34	37	40		40	12
3	Lana Inniss	STJ	5.21	5.18	5.31		5.31	5
4	Blyth Boreham	SB	49				49	10=
4	Blyth Boreham	SLJ	1.89	1.91	1.98		1.98	4
5	Ruby Vinton	SLJ	1.66	1.63	1.62		1.66	14
5	Ruby Vinton	TT	4	6	0	0	10	2=
6	IO Van Haren	BT	2	8	5	2	17	21
6	IO Van Haren	CP	6.25	6.00	6.00		6.25	4
7	D'arcie Ives	J	5	10	10		10	8
7	D'arcie Ives	SLJ	1.82	1.88	1.92		1.92	7
8	Agatha Gouldby	SB	47				47	13=
8	Agatha Gouldby	STJ	5.20	4.92	4.98		5.20	6
9	Adeline Faro	SB	47				47	13=
9	Adeline Faro	VJ	37	41	36		41	9
10	Ella Newman	STJ	3.86	4.24	4.22		4.24	16
10	Ella Newman	TT	2	0	0	0	2	14
11	Belle Armstrong	BT	14	15	9	15	53	8=
11	Belle Armstrong	VJ	37	37	37		37	13
12	Ruth Westland	BT	6	11	4	6	27	18
12	Ruth Westland	CP	4.50	5.25	5.75		5.75	9

Results Sheet

Obstacle Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Black	1:21.3	0.0	1:21.3	30.0
2	03	Essex	Red	1:23.5	0.0	1:23.5	28.0
3	06	Norfolk	Yellow	1:26.1	0.0	1:26.1	26.0
4	05	Herts Pegasus	Orange	1:29.7	0.0	1:29.7	24.0
5	02	Cambridgeshire	Sky	1:30.0	0.0	1:30.0	22.0
6	07	Suffolk	Maroon	1:30.5	0.0	1:30.5	20.0
7	01	Bedfordshire	White	1:43.6	0.0	1:43.6	18.0

Results Sheet

1 + 1 Lap Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	26.8	0.0	26.8	30.0
2	07	Suffolk	Maroon	27.0	0.0	27.0	28.0
3	02	Cambridgeshire	Sky	27.3	0.0	27.3	26.0
4	06	Norfolk	Yellow	27.5	0.0	27.5	24.0
5	04	Herts Phoenix	Black	27.6	0.0	27.6	22.0
6	05	Herts Pegasus	Orange	28.6	0.0	28.6	20.0
7	01	Bedfordshire	White	28.7	0.0	28.7	18.0

Results Sheet

2 + 2 Lap Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	53.4	0.0	53.4	30.0
2	07	Suffolk	Maroon	54.6	0.0	54.6	28.0
3	04	Herts Phoenix	Black	55.0	0.0	55.0	26.0
4	02	Cambridgeshire	Sky	56.5	0.0	56.5	24.0
5	06	Norfolk	Yellow	57.5	0.0	57.5	22.0
6	05	Herts Pegasus	Orange	1:00.5	0.0	1:00.5	20.0
7	01	Bedfordshire	White	1:01.1	0.0	1:01.1	18.0

Results Sheet

4 x 1 Lap Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	52.4	0.0	52.4	30.0
2	07	Suffolk	Maroon	53.2	0.0	53.2	28.0
3	06	Norfolk	Yellow	53.5	0.0	53.5	26.0
4	04	Herts Phoenix	Black	54.4	0.0	54.4	24.0
5	02	Cambridgeshire	Sky	56.8	0.0	56.8	22.0
6	05	Herts Pegasus	Orange	58.5	0.0	58.5	20.0
7	01	Bedfordshire	White	59.4	0.0	59.4	18.0

Results Sheet

6 Lap Paarlauf

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Suffolk	Maroon	1:24.7	0.0	1:24.7	30.0
2	03	Essex	Red	1:25.3	0.0	1:25.3	28.0
3	06	Norfolk	Yellow	1:25.9	0.0	1:25.9	26.0
4	04	Herts Phoenix	Black	1:26.1	0.0	1:26.1	24.0
5	02	Cambridgeshire	Sky	1:29.7	0.0	1:29.7	22.0
6	05	Herts Pegasus	Orange	1:34.8	0.0	1:34.8	20.0
7	01	Bedfordshire	White	1:36.9	0.0	1:36.9	18.0

Results Sheet

Over and Under Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	1:09.9	0.0	1:09.9	30.0
2	06	Norfolk	Yellow	1:11.7	0.0	1:11.7	28.0
3	07	Suffolk	Maroon	1:13.9	0.0	1:13.9	26.0
4	04	Herts Phoenix	Black	1:14.6	0.0	1:14.6	24.0
5	05	Herts Pegasus	Orange	1:22.4	0.0	1:22.4	22.0
6	01	Bedfordshire	White	1:27.9	0.0	1:27.9	20.0
7	02	Cambridgeshire	Sky	1:28.7	0.0	1:28.7	18.0

Results Sheet

Hurdles Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Essex	Red	1:00.2	0.0	1:00.2	30.0
2=	04	Herts Phoenix	Black	1:01.7	0.0	1:01.7	27.0
2=	06	Norfolk	Yellow	1:01.7	0.0	1:01.7	27.0
4	07	Suffolk	Maroon	1:03.9	0.0	1:03.9	24.0
5	02	Cambridgeshire	Sky	1:05.0	0.0	1:05.0	22.0
6	05	Herts Pegasus	Orange	1:11.1	0.0	1:11.1	20.0
7	01	Bedfordshire	White	1:17.6	0.0	1:17.6	18.0

Results Sheet

Grand Prix

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Herts Phoenix	Black	53.3	0.0	53.3	30.0
2	03	Essex	Red	54.3	0.0	54.3	28.0
3	06	Norfolk	Yellow	54.9	0.0	54.9	26.0
4	05	Herts Pegasus	Orange	1:00.0	0.0	1:00.0	24.0
5	02	Cambridgeshire	Sky	1:01.1	0.0	1:01.1	22.0
6	07	Suffolk	Maroon	1:06.3	0.0	1:06.3	20.0
7	01	Bedfordshire	White	1:08.7	0.0	1:08.7	18.0

Results Sheet

Balance Test

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Black	156	30
2	Norfolk	Yellow	155	28
3	Cambridgeshire	Sky	151	26
4	Essex	Red	135	24
5	Bedfordshire	White	120	22
6	Herts Pegasus	Orange	115	20
7	Suffolk	Maroon	97	18

Ranking	Team	Colour	BibNo	Name	Total
1=	Bedfordshire	White	3	Katie Killick	60
1=	Herts Phoenix	Black	9	Caitie Reid	60
1=	Herts Phoenix	Black	11	Abigail Jakes	60
1=	Norfolk	Yellow	10	Millie Hart	60
5	Norfolk	Yellow	2	Caitlin Bell	57
6	Cambridgeshire	Sky	8	AMELIE HACKER	56
7	Herts Pegasus	Orange	2	Izzy Butt	54
8=	Essex	Red	8	Sophia Bridal	53
8=	Suffolk	Maroon	11	Belle Armstrong	53
10	Cambridgeshire	Sky	4	ERIN COX	48
11	Cambridgeshire	Sky	9	HALLE HASKISSON	47
12	Essex	Red	12	Freya Coley	44
13=	Essex	Red	5	Olivia Caves	38
13=	Norfolk	Yellow	5	Nicole Kaszazak	38
15	Herts Pegasus	Orange	11	Grace Wake	37
16	Herts Phoenix	Black	6	Alisha Pereira	36
17	Bedfordshire	White	5	Bethany Woodhams	34
18	Suffolk	Maroon	12	Ruth Westland	27
19	Bedfordshire	White	2	Sophia Watt	26
20	Herts Pegasus	Orange	7	Jessie Webb	24
21	Suffolk	Maroon	6	IO Van Haren	17

Results Sheet

Chest Push

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1=	Cambridgeshire	Sky	12.50	29
1=	Essex	Red	12.50	29
3	Suffolk	Maroon	12.00	26
4	Herts Phoenix	Black	11.50	24
5	Norfolk	Yellow	10.50	22
6	Herts Pegasus	Orange	9.50	20
7	Bedfordshire	White	7.50	18

Ranking	Team	Colour	BibNo	Name	Best
1=	Essex	Red	8	Sophia Bridal	6.25
1=	Essex	Red	9	Elise Jennings	6.25
3	Norfolk	Yellow	4	Lauren Ward	6.25
4	Suffolk	Maroon	6	IO Van Haren	6.25
5	Cambridgeshire	Sky	7	ERIN GENT	6.25
6	Cambridgeshire	Sky	11	CELIA TABAKOVA	6.25
7	Herts Phoenix	Black	10	Natalia Kenward	5.75
8	Herts Phoenix	Black	12	Adele Pereira	5.75
9	Suffolk	Maroon	12	Ruth Westland	5.75
10	Herts Pegasus	Orange	6	Kara Morrice	5.00
11	Herts Pegasus	Orange	4	Tessa Day	4.50
12	Norfolk	Yellow	9	Isabella Williams	4.25
13	Bedfordshire	White	1	Isabelle Thackery	3.75
14	Bedfordshire	White	11	Ava Rawlins	3.75

Results Sheet

Javelin

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1=	Essex	Red	25	29
1=	Herts Phoenix	Black	25	29
3	Norfolk	Yellow	24	26
4	Suffolk	Maroon	22	24
5	Cambridgeshire	Sky	20	22
6	Herts Pegasus	Orange	19	20
7	Bedfordshire	White	16	18

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Yellow	7	Hollie Willeard	15
2	Essex	Red	2	Lauren Holmes	13
3	Herts Phoenix	Black	4	D'Arcy Wright	13
4=	Cambridgeshire	Sky	2	ABBEY BROWNE	12
4=	Essex	Red	5	Olivia Caves	12
6	Suffolk	Maroon	1	Charlotte Sayer	12
7	Herts Phoenix	Black	2	Zoe Demetriou	12
8	Suffolk	Maroon	7	D'arcie Ives	10
9	Herts Pegasus	Orange	8	Poppy Friedner	10
10	Norfolk	Yellow	6	Erica Gara-George	9
11=	Bedfordshire	White	4	Eleanor Green	9
11=	Herts Pegasus	Orange	2	Izzy Butt	9
13	Cambridgeshire	Sky	1	ISABEL BEESON	8
14	Bedfordshire	White	9	Orlagh Brunning	7

Results Sheet

Speed Bounce

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1	Norfolk	Yellow	168	30
2=	Essex	Red	165	27
2=	Herts Phoenix	Black	165	27
4	Suffolk	Maroon	143	24
5	Herts Pegasus	Orange	141	22
6	Cambridgeshire	Sky	140	20
7	Bedfordshire	White	135	18

Ranking	Team	Colour	BibNo	Name	Total
1	Norfolk	Yellow	3	Georgia Pegg	58
2=	Herts Phoenix	Black	2	Zoe Demetriou	57
2=	Herts Phoenix	Black	3	Sophie Chen	57
4=	Essex	Red	1	Stephanie Okoro	56
4=	Norfolk	Yellow	7	Hollie Willeard	56
6	Essex	Red	3	Mabel Cowley	55
7=	Essex	Red	2	Lauren Holmes	54
7=	Norfolk	Yellow	8	Holly Lawrence	54
9	Herts Phoenix	Black	7	Amber Hawtin	51
10=	Bedfordshire	White	7	Leah Wagstaff	49
10=	Cambridgeshire	Sky	10	MORIA HOWARD	49
10=	Suffolk	Maroon	4	Blyth Boreham	49
13=	Cambridgeshire	Sky	13	LEIA WILSON	47
13=	Herts Pegasus	Orange	6	Kara Morrice	47
13=	Herts Pegasus	Orange	9	Sophie Ellerd-Elliott	47
13=	Herts Pegasus	Orange	13	Freya Brown	47
13=	Suffolk	Maroon	8	Agatha Gouldby	47
13=	Suffolk	Maroon	9	Adeline Faro	47
19	Bedfordshire	White	12	Maddison Ball	45
20	Cambridgeshire	Sky	12	EVE TARLOW	44
21	Bedfordshire	White	1	Isabelle Thackery	41

Results Sheet

Standing Long Jump

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1	Essex	Red	5.84	30
2	Herts Phoenix	Black	5.67	28
3	Suffolk	Maroon	5.56	26
4	Norfolk	Yellow	5.49	24
5	Cambridgeshire	Sky	5.38	22
6	Bedfordshire	White	4.97	20
7	Herts Pegasus	Orange	4.89	18

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	Black	8	Ena Olivier	2.14
2	Essex	Red	1	Stephanie Okoro	2.06
3	Norfolk	Yellow	5	Nicole Kaszazak	2.01
4	Suffolk	Maroon	4	Blyth Boreham	1.98
5	Essex	Red	13	Charlotte Grundy	1.97
6	Cambridgeshire	Sky	10	MORIA HOWARD	1.92
7	Suffolk	Maroon	7	D'arcie Ives	1.92
8	Herts Phoenix	Black	3	Sophie Chen	1.89
9	Bedfordshire	White	7	Leah Wagstaff	1.84
10	Norfolk	Yellow	8	Holly Lawrence	1.83
11	Cambridgeshire	Sky	11	CELIA TABAKOVA	1.81
12	Essex	Red	10	Nneka Okoh	1.81
13	Herts Pegasus	Orange	12	Isabella Stewart	1.72
14	Suffolk	Maroon	5	Ruby Vinton	1.66
15	Norfolk	Yellow	11	Grace Greenhalf	1.65
16	Cambridgeshire	Sky	3	RUBY CHARTER	1.65
17	Herts Pegasus	Orange	3	Amelie Frizelle	1.65
18	Herts Phoenix	Black	4	D'Arcy Wright	1.64
19	Bedfordshire	White	8	Charlotte Coton	1.61
20	Bedfordshire	White	14	Morgan Stears	1.52
21	Herts Pegasus	Orange	5	Daisy Murdoch	1.52

Results Sheet

Standing Triple Jump

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1	Essex	Red	15.90	30
2	Herts Phoenix	Black	15.61	28
3	Norfolk	Yellow	15.59	26
4	Suffolk	Maroon	14.75	24
5	Bedfordshire	White	13.34	22
6	Herts Pegasus	Orange	13.23	20
7	Cambridgeshire	Sky	12.28	18

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	3	Mabel Cowley	5.54
2	Norfolk	Yellow	1	Rose Fairhurst	5.45
3	Essex	Red	9	Elise Jennings	5.44
4	Herts Phoenix	Black	12	Adele Pereira	5.37
5	Suffolk	Maroon	3	Lana Inniss	5.31
6	Suffolk	Maroon	8	Agatha Gouldby	5.20
7	Herts Phoenix	Black	6	Alisha Pereira	5.16
8	Norfolk	Yellow	2	Caitlin Bell	5.14
9	Herts Phoenix	Black	13	Amy Summers	5.08
10	Bedfordshire	White	9	Orlagh Brunning	5.06
11	Norfolk	Yellow	13	Alice Craddock	5.00
12	Essex	Red	11	Sophie McCallum	4.92
13	Herts Pegasus	Orange	14	Hannah Greaves	4.78
14	Herts Pegasus	Orange	10	Evie Wake	4.45
15	Bedfordshire	White	6	Charlotte Williams	4.38
16	Suffolk	Maroon	10	Ella Newman	4.24
17	Cambridgeshire	Sky	2	ABBEY BROWNE	4.12
18	Cambridgeshire	Sky	1	ISABEL BEESON	4.12
19	Cambridgeshire	Sky	12	EVE TARLOW	4.04
20	Herts Pegasus	Orange	13	Freya Brown	4.00
21	Bedfordshire	White	4	Eleanor Green	3.90

Results Sheet

Target Throw

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1	Essex	Red	20	30
2	Bedfordshire	White	18	28
3	Herts Phoenix	Black	17	26
4	Herts Pegasus	Orange	16	24
5	Cambridgeshire	Sky	13	22
6	Suffolk	Maroon	12	20
7	Norfolk	Yellow	11	18

Ranking	Team	Colour	BibNo	Name	Total
1	Herts Pegasus	Orange	7	Jessie Webb	12
2=	Bedfordshire	White	2	Sophia Watt	10
2=	Essex	Red	6	Matilda Canty	10
2=	Essex	Red	10	Nneka Okoh	10
2=	Suffolk	Maroon	5	Ruby Vinton	10
6	Herts Phoenix	Black	7	Amber Hawtin	9
7=	Bedfordshire	White	3	Katie Killick	8
7=	Herts Phoenix	Black	11	Abigail Jakes	8
9=	Cambridgeshire	Sky	8	AMELIE HACKER	7
9=	Norfolk	Yellow	13	Alice Craddock	7
11	Cambridgeshire	Sky	9	HALLE HASKISSON	6
12=	Herts Pegasus	Orange	1	Natasha Nickolds	4
12=	Norfolk	Yellow	11	Grace Greenhalf	4
14	Suffolk	Maroon	10	Ella Newman	2

Results Sheet

Vertical Jump

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Team	Colour	Total	Points
1	Essex	Red	135	30
2	Herts Phoenix	Black	126	28
3	Norfolk	Yellow	123	26
4	Suffolk	Maroon	118	24
5	Cambridgeshire	Sky	117	22
6	Herts Pegasus	Orange	110	20
7	Bedfordshire	White	80	18

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	7	Maisie Fulker	51
2	Norfolk	Yellow	10	Millie Hart	45
3	Herts Phoenix	Black	1	Trinity Meikle	45
4	Norfolk	Yellow	3	Georgia Pegg	45
5	Herts Phoenix	Black	9	Caitie Reid	44
6	Essex	Red	12	Freya Coley	43
7	Herts Pegasus	Orange	9	Sophie Ellerd-Elliott	42
8	Essex	Red	4	Grace Tremelling	41
9	Suffolk	Maroon	9	Adeline Faro	41
10	Cambridgeshire	Sky	5	TAMZIN DIGPAL-RACE	40
11	Cambridgeshire	Sky	6	AMELIE FAIRCLOUGH	40
12	Suffolk	Maroon	2	Layo Laguda	40
13	Suffolk	Maroon	11	Belle Armstrong	37
14	Herts Phoenix	Black	10	Natalia Kenward	37
15	Cambridgeshire	Sky	4	ERIN COX	37
16	Bedfordshire	White	5	Bethany Woodhams	37
17	Herts Pegasus	Orange	11	Grace Wake	35
18	Norfolk	Yellow	9	Isabella Williams	33
19	Herts Pegasus	Orange	8	Poppy Friedner	33
20	Bedfordshire	White	13	Sophie Lesley	25
21	Bedfordshire	White	11	Ava Rawlins	18

Results Sheet

Medley Relay

Competition:

East Regional Final Under 11 Girls

Venue:

Hertfordshire Sports Village

Date

12 Feb 2017

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	Norfolk	Yellow	0.0	42.6	42.6	30.0
2	04	Herts Phoenix	Black	0.0	44.3	44.3	28.0
3	07	Suffolk	Maroon	0.0	45.4	45.4	26.0
4	03	Essex	Red	0.0	45.6	45.6	24.0
5	05	Herts Pegasus	Orange	0.0	46.0	46.0	22.0
6	01	Bedfordshire	White	0.0	51.1	51.1	20.0
7	02	Cambridgeshire	Sky	0.0	51.5	51.5	18.0

Hi - Stepper - Girls

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Bedfordshire	Charlotte	18.1		18.1	51.1	6	20
	Sophie	18.0		18.0			
	Holly	15.0		15.0			
Cambs	Tamsin	16.4		16.4	51.5	7	18
	Amelie	14.7		14.7			
	Erin	20.4		20.4			
Essex	Grace	15.3		15.3	45.6	4	24
	Maisie	15.1		15.1			
	Sophie	15.2		15.2			
Herts Phoenix	Amy	15.4		15.4	44.3	2	28
	Danielle	15.5		15.5			
	Trinity	13.4		13.4			
Herts Pegasus	Daisy	16.6		16.6	46.0	5	22
	Evie	15.4		15.4			
	Izzy	14.0		14.0			
Norfolk	Erica	14.4		14.4	42.6	1	30
	Lauren	13.8		13.8			
	Rose	14.4		14.4			
Suffolk	Lana	15.6		15.6	45.4	3	26
	Layo	15.7		15.7			
	Charlotte	14.1		14.1			

Hi - Stepper - Boys

Team Colour	Name	Trial		Adjusted Time	Team Total	Position	Points
		Time Taken	Faults				
Bedfordshire	Ash	17.2		17.2	47.3	6	20
	Thomas	13.9		13.9			
	Sid	16.2		16.2			
Cambs	Benjie	13.7		13.7	42.6	4	24
	Nigal	13.7		13.7			
	Lucas	15.2		15.2			
Essex	Callum	13.1		13.1	40.2	1	30
	Jake	13.0		13.0			
	Frank	14.1		14.1			
Herts	Toby	13.1		13.1	42.5	3	26
Phoenix	Edward	15.2		15.2			
	Fergus	14.2		14.2			
Herts	Luke	17.1		17.1	43.2	5	22
Pegasus	Dylan	13.7		13.7			
	Elis	12.4		12.4			
Norfolk	Alex	13.7		13.7	42.4	2	28
	Oliver	14.0		14.0			
	David	14.7		14.7			
Suffolk	William	16.2		16.2	47.5	7	18
	Jack	16.2		16.2			
	Ben	15.1		15.1			