

Competition Results

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

Team Results

Suffolk (maroon)

Competition:

East Regional Final 2019 Under 11 Boys

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Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Jack Lugo	SB	58				58	1
1	Jack Lugo	STJ	5.36	5.31	5.44		5.44	6
2	Ricky Nicholls	CP	6.50	6.25	5.75		6.50	2
2	Ricky Nicholls	STJ	6.18	6.14	6.00		6.18	1
3	Bailey English-Sutton	J	21	22	9		22	1
3	Bailey English-Sutton	SB	52				52	6=
4	Okeri Hambira	SB	51				51	8=
4	Okeri Hambira	SLJ	1.90	1.95	1.94		1.95	5
5	Travis Crisp	TT	4	0	2	2	8	6=
5	Travis Crisp	VJ	38	41	43		43	6
6	Lewis Barnes	BT	4	15	15	10	44	6
6	Lewis Barnes	TT	6	4	2	1	13	3
8	Cohen Copeman	SLJ	1.68	1.65	1.71		1.71	14
9	Deante Mavimbela	J	14	14	14		14	8
10	James Bigg	STJ	4.41	4.61	3.88		4.61	18
11	Ben Littlejohns	BT	13	4	15	15	47	4
11	Ben Littlejohns	VJ	42	41	46		46	3
12	Ollie Read	CP	5.50	5.25	6.25		6.25	3
12	Ollie Read	SLJ	1.78	1.77	1.78		1.78	10
13	Theo Chong	BT	3	2	3	8	16	16
14	Harry Aldous	VJ	35	31	32		35	16

Team Results

Norfolk (purple)

Competition:

East Regional Final 2019 Under 11 Boys

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Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Alfie Furness	STJ	5.20	5.13	5.31		5.31	8
1	Alfie Furness	TT	2	2	0	0	4	12
2	Archie Heather	TT	6	0	2	0	8	6=
3	Charlie Broad	SB	49				49	13
3	Charlie Broad	SLJ	1.91	1.92	1.97		1.97	4
4	Daniel Coles	CP	5.75	6.00	5.25		6.00	6
4	Daniel Coles	STJ	5.64	6.10	5.86		6.10	2
5	George Pomfret	J	11	12	16		16	5
5	George Pomfret	SLJ	1.82	1.91	1.91		1.91	7
6	George Smith	SB	56				56	2=
6	George Smith	STJ	5.00	5.24	5.08		5.24	9
7	Jack Browne	SLJ	1.88	1.74	1.78		1.88	8
8	Leon Harris	BT	15	4	3	3	25	13
8	Leon Harris	VJ	43	36	40		43	7
9	Ruban Xuereb	BT	3	15	8	15	41	7=
9	Ruban Xuereb	VJ	40	40	40		40	9
10	Seb Bennell	BT	7	15	15	3	40	9
10	Seb Bennell	VJ	43	43	42		43	5
11	Theo Carus	J	10	10	10		10	11
11	Theo Carus	SB	55				55	4
12	William Broad	CP	7.25	0.00	7.00		7.25	1

Team Results

Essex (red)

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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	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Jimi Aderin	SLJ	2.03	1.86	1.87		2.03	2
2	Jimi Braund	BT	9	12	15	5	41	7=
2	Jimi Braund	VJ	38	38	38		38	10
3	Jack Warren-Gunn	BT	15	15	3	15	48	3
3	Jack Warren-Gunn	SLJ	1.85	1.94	2.04		2.04	1
4	Harry McGee	CP	5.75	5.50	5.25		5.75	8
4	Harry McGee	VJ	37	37	38		38	11
5	Dylan Robins	SB	56				56	2=
5	Dylan Robins	STJ	4.92	4.83	5.07		5.07	11
6	Oliver Fisher	TT	6	2	4	3	15	1
6	Oliver Fisher	VJ	44	41	46		46	2
7	Joseph Rogers	CP	5.25	5.00	4.50		5.25	11
8	Samuel Burdett	J	14	15	15		15	6
8	Samuel Burdett	STJ	4.93	5.04	4.92		5.04	12
9	Findlay McLaren	SB	48				48	14
9	Findlay McLaren	TT	6	2	2	1	11	4
10	Zak Williams	BT	11	6	11	2	30	12
10	Zak Williams	J	15	20	19		20	2
11	Ellis Cross	SB	52				52	6=
11	Ellis Cross	SLJ	1.73	1.38	1.55		1.73	13
12	Riley Hamsworth	STJ	4.93	4.98	4.90		4.98	14

Team Results

Cambridgeshire (sky)

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9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Tom Neish	BT	1	4	8	4	17	15
1	Tom Neish	TT	6	0	0	0	6	9=
2	Adebare Oyeniran	J	15	11	15		15	7
2	Adebare Oyeniran	STJ	5.70	5.77	5.86		5.86	4
3	Lucas Levitt	CP	6.00	5.75	5.50		6.00	5
3	Lucas Levitt	SLJ	1.67	1.77	1.65		1.77	11
4	Simon Courtois	J	20	19	3		20	3
4	Simon Courtois	SLJ	1.91	1.91	2.02		2.02	3
6	Max Beeson	TT	4	2	0	0	6	9=
7	Elliot Sly	BT	4	2	5	2	13	17
7	Elliot Sly	STJ	5.22	5.37	5.29		5.37	7
8	Tom Robinson	SB	51				51	8=
8	Tom Robinson	VJ	29	34	34		34	17
9	George Fowler	SB	51				51	8=
9	George Fowler	SLJ	1.77	1.59	1.79		1.79	9
10	Tom D'Ayala	SB	43				43	17
10	Tom D'Ayala	STJ	4.67	4.62	4.77		4.77	16
11	Thomas Portieri	BT	1	5	1	5	12	18
11	Thomas Portieri	VJ	31	26	27		31	18
12	Reuben Tarlow	VJ	31	32	36		36	14

Team Results

Herts Phoenix (black)

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9 Feb 2019

Ranking	Team	Colour	Score	OR	1+1	2+2	4x1	P6	OU	HR	GP	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Alfie Franklin	VJ	52	53	52		53	1
2	Luke Jameson	SB	51				51	8=
2	Luke Jameson	TT	4	4	1	0	9	5
3	Jack Sayer	BT	3	15	13	15	46	5
3	Jack Sayer	STJ	4.99	5.23	5.16		5.23	10
4	Ross Hydon	J	6	6	17		17	4
4	Ross Hydon	SB	53				53	5
5	Comelius Scheck-Brako	CP	5.75	5.75	6.00		6.00	4
5	Comelius Scheck-Brako	STJ	5.57	5.56	5.62		5.62	5
6	Ejiro Efimini	J	10	11	12		12	10
6	Ejiro Efimini	STJ	6.01	5.91	5.82		6.01	3
7	Finlay Paxton	VJ	42	41	38		42	8
8	Max Berryman	SB	51				51	8=
8	Max Berryman	SLJ	1.82	1.87	1.94		1.94	6
9	James Ambler	BT	15	15	15	15	60	1=
9	James Ambler	SLJ	1.70	1.76	1.69		1.76	12
10	Max Cracknell	SLJ	1.54	1.49	1.58		1.58	17
11	Oscar Drake	CP	5.00	5.00	5.25		5.25	10
11	Oscar Drake	VJ	33	35	36		36	13
12	Callum Wright	BT	15	15	15	15	60	1=
12	Callum Wright	TT	6	0	1	1	8	6=

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	Suffolk	Maroon	474	28	30	28	30	30	28	30	28	24	26	28	30	30	24	26	28
2	Herts Phoenix	Black	462	30	26	26	26	28	30	28	30	30	30	24	24	24	22	30	24
3	Norfolk	Purple	438	24	28	24	28	22	25	24	26	28	24	30	22	28	28	28	21
4	Essex	Red	421	26	22	22	24	24	22	26	24	22	28	22	27	26	30	22	30
5	Cambridgeshire	Sky	382	20	24	30	20	26	20	20	22	20	20	20	27	22	26	24	21
6	Herts Pegasus	Orange	373	22	20	20	22	20	25	22	20	26	22	26	20	20	20	20	26

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Oliver Curran	J	11	12	12		12	9
1	Oliver Curran	STJ	4.70	4.62	4.66		4.70	17
2	Nate McIntyre	VJ	42	44	42		44	4
3	Neo Hammond	BT	6	4	9	3	22	14
3	Neo Hammond	CP	5.25	6.00	5.25		6.00	7
4	Jake Fawcitt	SB	38				38	18
4	Jake Fawcitt	STJ	4.81	4.54	4.62		4.81	15
5	Joe Julian	SB	45				45	15=
5	Joe Julian	VJ	34	30	35		35	15
6	Joshua Hearn	SB	45				45	15=
6	Joshua Hearn	TT	0	0	0	0	0	
8	Dexter Moor	BT	3	15	5	15	38	10
8	Dexter Moor	SLJ	1.62	1.66	1.63		1.66	15
9	Charlie Tackley	STJ	4.76	5.01	4.96		5.01	13
9	Charlie Tackley	TT	4	1	0	1	6	9=
10	Deven Tosun	SLJ	1.44	1.62	1.60		1.62	16
11	Ntchindi Gondwe	BT	14	3	9	9	35	11
11	Ntchindi Gondwe	CP	0.00	4.75	5.50		5.50	9
11	Ntchindi Gondwe	SLJ	1.40	1.38	1.46		1.46	18
12	Flynn Stewart	SLJ	0.00	0.00	0.00		0.00	
13	Oliver Thompson	TT	6	4	2	2	14	2
13	Oliver Thompson	VJ	37	34	30		37	12

Results Sheet

Obstacle Relay

Competition:

East Regional Final 2019 Under 11 Boys

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Sportspark, UEA, Norwich

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9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Black	1:22.4	0.0	1:22.4	30.0
2	01	Suffolk	Maroon	1:24.5	0.0	1:24.5	28.0
3	03	Essex	Red	1:25.2	0.0	1:25.2	26.0
4	02	Norfolk	Purple	1:25.9	0.0	1:25.9	24.0
5	06	Herts Pegasus	Orange	1:26.5	0.0	1:26.5	22.0
6	04	Cambridgeshire	Sky	1:30.5	0.0	1:30.5	20.0

Results Sheet

1 + 1 Lap Relay

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Suffolk	Maroon	25.6	0.0	25.6	30.0
2	02	Norfolk	Purple	26.2	0.0	26.2	28.0
3	05	Herts Phoenix	Black	26.4	0.0	26.4	26.0
4	04	Cambridgeshire	Sky	27.1	0.0	27.1	24.0
5	03	Essex	Red	27.2	0.0	27.2	22.0
6	06	Herts Pegasus	Orange	27.9	0.0	27.9	20.0

Results Sheet

2 + 2 Lap Relay

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Cambridgeshire	Sky	53.9	0.0	53.9	30.0
2	01	Suffolk	Maroon	54.2	0.0	54.2	28.0
3	05	Herts Phoenix	Black	54.7	0.0	54.7	26.0
4	02	Norfolk	Purple	55.4	0.0	55.4	24.0
5	03	Essex	Red	56.1	0.0	56.1	22.0
6	06	Herts Pegasus	Orange	57.1	0.0	57.1	20.0

Results Sheet

4 x 1 Lap Relay

Competition:

East Regional Final 2019 Under 11 Boys

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Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Suffolk	Maroon	50.4	0.0	50.4	30.0
2	02	Norfolk	Purple	51.6	0.0	51.6	28.0
3	05	Herts Phoenix	Black	52.3	0.0	52.3	26.0
4	03	Essex	Red	53.9	0.0	53.9	24.0
5	06	Herts Pegasus	Orange	56.6	0.0	56.6	22.0
6	04	Cambridgeshire	Sky	56.9	0.0	56.9	20.0

Results Sheet

6 Lap Paarlauf

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Suffolk	Maroon	1:20.4	0.0	1:20.4	30.0
2	05	Herts Phoenix	Black	1:24.3	0.0	1:24.3	28.0
3	04	Cambridgeshire	Sky	1:25.5	0.0	1:25.5	26.0
4	03	Essex	Red	1:26.5	0.0	1:26.5	24.0
5	02	Norfolk	Purple	1:26.9	0.0	1:26.9	22.0
6	06	Herts Pegasus	Orange	1:28.0	0.0	1:28.0	20.0

Results Sheet

Over and Under Relay

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9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Black	1:07.4	0.0	1:07.4	30.0
2	01	Suffolk	Maroon	1:13.6	0.0	1:13.6	28.0
3=	02	Norfolk	Purple	1:13.7	0.0	1:13.7	25.0
3=	06	Herts Pegasus	Orange	1:13.7	0.0	1:13.7	25.0
5	03	Essex	Red	1:17.4	0.0	1:17.4	22.0
6	04	Cambridgeshire	Sky	1:19.3	0.0	1:19.3	20.0

Results Sheet

Hurdles Relay

Competition:

East Regional Final 2019 Under 11 Boys

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Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Suffolk	Maroon	1:00.3	0.0	1:00.3	30.0
2	05	Herts Phoenix	Black	1:00.5	0.0	1:00.5	28.0
3	03	Essex	Red	1:01.0	0.0	1:01.0	26.0
4	02	Norfolk	Purple	1:02.2	0.0	1:02.2	24.0
5	06	Herts Pegasus	Orange	1:05.8	0.0	1:05.8	22.0
6	04	Cambridgeshire	Sky	1:06.6	0.0	1:06.6	20.0

Results Sheet

Grand Prix

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Black	59.7	0.0	59.7	30.0
2	01	Suffolk	Maroon	1:01.5	0.0	1:01.5	28.0
3	02	Norfolk	Purple	1:03.1	0.0	1:03.1	26.0
4	03	Essex	Red	1:07.0	0.0	1:07.0	24.0
5	04	Cambridgeshire	Sky	1:09.3	0.0	1:09.3	22.0
6	06	Herts Pegasus	Orange	1:11.3	0.0	1:11.3	20.0

Results Sheet

Balance Test

Competition:

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9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Black	166	30
2	Essex	Red	119	28
3	Suffolk	Maroon	107	26
4	Norfolk	Purple	106	24
5	Herts Pegasus	Orange	95	22
6	Cambridgeshire	Sky	42	20

Ranking	Team	Colour	BibNo	Name	Total
1=	Herts Phoenix	Black	9	James Ambler	60
1=	Herts Phoenix	Black	12	Callum Wright	60
3	Essex	Red	3	Jack Warren-Gunn	48
4	Suffolk	Maroon	11	Ben Littlejohns	47
5	Herts Phoenix	Black	3	Jack Sayer	46
6	Suffolk	Maroon	6	Lewis Barnes	44
7=	Norfolk	Purple	9	Ruban Xuereb	41
7=	Essex	Red	2	Jimi Braund	41
9	Norfolk	Purple	10	Seb Bennell	40
10	Herts Pegasus	Orange	8	Dexter Moor	38
11	Herts Pegasus	Orange	11	Ntchindi Gondwe	35
12	Essex	Red	10	Zak Williams	30
13	Norfolk	Purple	8	Leon Harris	25
14	Herts Pegasus	Orange	3	Neo Hammond	22
15	Cambridgeshire	Sky	1	Tom Neish	17
16	Suffolk	Maroon	13	Theo Chong	16
17	Cambridgeshire	Sky	7	Elliot Sly	13
18	Cambridgeshire	Sky	11	Thomas Portieri	12

Results Sheet

Chest Push

Competition:
East Regional Final 2019 Under 11 Boys

Venue:
Sportspark, UEA, Norwich

Date
9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Norfolk	Purple	13.25	30
2	Suffolk	Maroon	12.75	28
3	Herts Pegasus	Orange	11.50	26
4	Herts Phoenix	Black	11.25	24
5	Essex	Red	11.00	22
6	Cambridgeshire	Sky	6.00	20

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Purple	12	William Broad	7.25
2	Suffolk	Maroon	2	Ricky Nicholls	6.50
3	Suffolk	Maroon	12	Ollie Read	6.25
4	Herts Phoenix	Black	5	Comelius Scheck-Brako	6.00
5	Cambridgeshire	Sky	3	Lucas Levitt	6.00
6	Norfolk	Purple	4	Daniel Coles	6.00
7	Herts Pegasus	Orange	3	Neo Hammond	6.00
8	Essex	Red	4	Harry McGee	5.75
9	Herts Pegasus	Orange	11	Ntchindi Gondwe	5.50
10	Herts Phoenix	Black	11	Oscar Drake	5.25
11	Essex	Red	7	Joseph Rogers	5.25

Results Sheet

Javelin

Competition:
East Regional Final 2019 Under 11 Boys

Venue:
Sportspark, UEA, Norwich

Date
9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Suffolk	Maroon	36	30
2=	Essex	Red	35	27
2=	Cambridgeshire	Sky	35	27
4	Herts Phoenix	Black	29	24
5	Norfolk	Purple	26	22
6	Herts Pegasus	Orange	12	20

Ranking	Team	Colour	BibNo	Name	Best
1	Suffolk	Maroon	3	Bailey English-Sutton	22
2	Essex	Red	10	Zak Williams	20
3	Cambridgeshire	Sky	4	Simon Courtois	20
4	Herts Phoenix	Black	4	Ross Hydon	17
5	Norfolk	Purple	5	George Pomfret	16
6	Essex	Red	8	Samuel Burdett	15
7	Cambridgeshire	Sky	2	Adebare Oyeniran	15
8	Suffolk	Maroon	9	Deante Mavimbela	14
9	Herts Pegasus	Orange	1	Oliver Curran	12
10	Herts Phoenix	Black	6	Ejoro Efirini	12
11	Norfolk	Purple	11	Theo Carus	10

Results Sheet

Speed Bounce

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Suffolk	Maroon	161	30
2	Norfolk	Purple	160	28
3	Essex	Red	156	26
4	Herts Phoenix	Black	155	24
5	Cambridgeshire	Sky	145	22
6	Herts Pegasus	Orange	128	20

Ranking	Team	Colour	BibNo	Name	Total
1	Suffolk	Maroon	1	Jack Lugo	58
2=	Norfolk	Purple	6	George Smith	56
2=	Essex	Red	5	Dylan Robins	56
4	Norfolk	Purple	11	Theo Carus	55
5	Herts Phoenix	Black	4	Ross Hydon	53
6=	Suffolk	Maroon	3	Bailey English-Sutton	52
6=	Essex	Red	11	Ellis Cross	52
8=	Suffolk	Maroon	4	Okeri Hambira	51
8=	Cambridgeshire	Sky	8	Tom Robinson	51
8=	Cambridgeshire	Sky	9	George Fowler	51
8=	Herts Phoenix	Black	2	Luke Jameson	51
8=	Herts Phoenix	Black	8	Max Berryman	51
13	Norfolk	Purple	3	Charlie Broad	49
14	Essex	Red	9	Findlay McLaren	48
15=	Herts Pegasus	Orange	5	Joe Julian	45
15=	Herts Pegasus	Orange	6	Joshua Hearn	45
17	Cambridgeshire	Sky	10	Tom D'Ayala	43
18	Herts Pegasus	Orange	4	Jake Fawcitt	38

Results Sheet

Standing Long Jump

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Essex	Red	5.80	30
2	Norfolk	Purple	5.76	28
3	Cambridgeshire	Sky	5.58	26
4	Suffolk	Maroon	5.44	24
5	Herts Phoenix	Black	5.28	22
6	Herts Pegasus	Orange	4.74	20

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	3	Jack Warren-Gunn	2.04
2	Essex	Red	1	Jimi Aderin	2.03
3	Cambridgeshire	Sky	4	Simon Courtois	2.02
4	Norfolk	Purple	3	Charlie Broad	1.97
5	Suffolk	Maroon	4	Okeri Hambira	1.95
6	Herts Phoenix	Black	8	Max Berryman	1.94
7	Norfolk	Purple	5	George Pomfret	1.91
8	Norfolk	Purple	7	Jack Browne	1.88
9	Cambridgeshire	Sky	9	George Fowler	1.79
10	Suffolk	Maroon	12	Ollie Read	1.78
11	Cambridgeshire	Sky	3	Lucas Levitt	1.77
12	Herts Phoenix	Black	9	James Ambler	1.76
13	Essex	Red	11	Ellis Cross	1.73
14	Suffolk	Maroon	8	Cohen Copeman	1.71
15	Herts Pegasus	Orange	8	Dexter Moor	1.66
16	Herts Pegasus	Orange	10	Deven Tosun	1.62
17	Herts Phoenix	Black	10	Max Cracknell	1.58
18	Herts Pegasus	Orange	11	Ntchindi Gondwe	1.46
	Herts Pegasus	Orange	12	Flynn Stewart	0.00

Results Sheet

Standing Triple Jump

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Black	16.86	30
2	Norfolk	Purple	16.65	28
3	Suffolk	Maroon	16.23	26
4	Cambridgeshire	Sky	16.00	24
5	Essex	Red	15.09	22
6	Herts Pegasus	Orange	14.52	20

Ranking	Team	Colour	BibNo	Name	Best
1	Suffolk	Maroon	2	Ricky Nicholls	6.18
2	Norfolk	Purple	4	Daniel Coles	6.10
3	Herts Phoenix	Black	6	Ejoro Efimini	6.01
4	Cambridgeshire	Sky	2	Adebare Oyeniran	5.86
5	Herts Phoenix	Black	5	Comelius Scheck-Brako	5.62
6	Suffolk	Maroon	1	Jack Lugo	5.44
7	Cambridgeshire	Sky	7	Elliot Sly	5.37
8	Norfolk	Purple	1	Alfie Furness	5.31
9	Norfolk	Purple	6	George Smith	5.24
10	Herts Phoenix	Black	3	Jack Sayer	5.23
11	Essex	Red	5	Dylan Robins	5.07
12	Essex	Red	8	Samuel Burdett	5.04
13	Herts Pegasus	Orange	9	Charlie Tackley	5.01
14	Essex	Red	12	Riley Hamsworth	4.98
15	Herts Pegasus	Orange	4	Jake Fawcitt	4.81
16	Cambridgeshire	Sky	10	Tom D'Ayala	4.77
17	Herts Pegasus	Orange	1	Oliver Curran	4.70
18	Suffolk	Maroon	10	James Bigg	4.61

Results Sheet

Target Throw

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Essex	Red	26	30
2	Suffolk	Maroon	21	28
3	Herts Pegasus	Orange	20	26
4	Herts Phoenix	Black	17	24
5=	Norfolk	Purple	12	21
5=	Cambridgeshire	Sky	12	21

Ranking	Team	Colour	BibNo	Name	Total
1	Essex	Red	6	Oliver Fisher	15
2	Herts Pegasus	Orange	13	Oliver Thompson	14
3	Suffolk	Maroon	6	Lewis Barnes	13
4	Essex	Red	9	Findlay McLaren	11
5	Herts Phoenix	Black	2	Luke Jameson	9
6=	Suffolk	Maroon	5	Travis Crisp	8
6=	Norfolk	Purple	2	Archie Heather	8
6=	Herts Phoenix	Black	12	Callum Wright	8
9=	Cambridgeshire	Sky	1	Tom Neish	6
9=	Cambridgeshire	Sky	6	Max Beeson	6
9=	Herts Pegasus	Orange	9	Charlie Tackley	6
12	Norfolk	Purple	1	Alfie Furness	4
	Herts Pegasus	Orange	6	Joshua Hearn	0

Results Sheet

Vertical Jump

Competition:
East Regional Final 2019 Under 11 Boys

Venue:
Sportspark, UEA, Norwich

Date
9 Feb 2019

Ranking	Team	Colour	Total	Points
1	Herts Phoenix	Black	131	30
2	Norfolk	Purple	126	28
3	Suffolk	Maroon	124	26
4	Essex	Red	122	24
5	Herts Pegasus	Orange	116	22
6	Cambridgeshire	Sky	101	20

Ranking	Team	Colour	BibNo	Name	Best
1	Herts Phoenix	Black	1	Alfie Franklin	53
2	Essex	Red	6	Oliver Fisher	46
3	Suffolk	Maroon	11	Ben Littlejohns	46
4	Herts Pegasus	Orange	2	Nate McIntyre	44
5	Norfolk	Purple	10	Seb Bennell	43
6	Suffolk	Maroon	5	Travis Crisp	43
7	Norfolk	Purple	8	Leon Harris	43
8	Herts Phoenix	Black	7	Finlay Paxton	42
9	Norfolk	Purple	9	Ruban Xuereb	40
10	Essex	Red	2	Jimi Braund	38
11	Essex	Red	4	Harry McGee	38
12	Herts Pegasus	Orange	13	Oliver Thompson	37
13	Herts Phoenix	Black	11	Oscar Drake	36
14	Cambridgeshire	Sky	12	Reuben Tarlow	36
15	Herts Pegasus	Orange	5	Joe Julian	35
16	Suffolk	Maroon	14	Harry Aldous	35
17	Cambridgeshire	Sky	8	Tom Robinson	34
18	Cambridgeshire	Sky	11	Thomas Portieri	31

Results Sheet

Medley Relay

Competition:

East Regional Final 2019 Under 11 Boys

Venue:

Sportspark, UEA, Norwich

Date

9 Feb 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Herts Phoenix	Black	40.7	0.0	40.7	30.0
2	02	Norfolk	Purple	40.9	0.0	40.9	28.0
3	06	Herts Pegasus	Orange	41.3	0.0	41.3	26.0
4	01	Suffolk	Maroon	44.0	0.0	44.0	24.0
5	03	Essex	Red	59.3	0.0	59.3	22.0
6	04	Cambridgeshire	Sky	1:05.0	0.0	1:05.0	20.0