

# Competition Results

**Competition:**  
East Regional Final Competition 1

**Venue:**  
UEA Sportspark

**Date**  
5 Mar 2022

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	666	536	60	70
2	Essex	625	515	50	60
3	Hertfordshire	476	426	0	50
4	Cambridgeshire	458	418	0	40
5	Suffolk	446	376	70	0

# Athlete Results

**Competition:**  
East Regional Final Competition 1

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UEA Sportspark

**Date**  
5 Mar 2022

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	STJ
1	165	Billy Francis	Norfolk	147	47			50	50	
2	152	Oreanuoluwa Adepegba	Essex	139	41		50			48
3	175	Tom Supple	Suffolk	134		50	48			36
4=	168	George Smith	Norfolk	132		48		44		40
4=	172	Ollie Read	Suffolk	132	50			46	36	
6	167	Kananaugh Remy	Norfolk	130	47			40	43	
7=	161	Bobby Pitman	Hertfordshire	127	37		46			44
7=	166	William Lupton	Norfolk	127	41		40		46	
9	154	Samuel Bernard	Essex	126	44		44		38	
10=	153	Chekemeka Nzekwe	Essex	125		37	42			46
10=	155	Cameron Wood	Essex	125	37			38		50
12	151	Stephen Adesina	Essex	124		42		42	40	
13	144	Theo Macon	Cambridgeshire	120	34		38		48	
14=	159	Adam Bungay	Hertfordshire	116		46	32			38
14=	170	Lewis Dickerson	Norfolk	116		40	34			42
16	169	Thomas O'Neil	Norfolk	112		44	36			32
17	173	Jack Lugo-Hankins	Suffolk	110	30			48	32	
18	147	Bryn Cock Starkey	Cambridgeshire	106		37		35	34	
19	158	Emmanuel Abugo	Hertfordshire	101	28			30	43	
20	156	Joshua James-Leach	Essex	97		32		35	30	
21=	145	Adebare Oyeniran	Cambridgeshire	96	32		30			34
21=	148	William Crowther	Cambridgeshire	96		34		32		30
23	160	Feyi Osuntubo	Hertfordshire	82	26		28		28	
24=	146	James Hornsby	Cambridgeshire	0						
24=	149	Isaiah Kamara-Musa	Cambridgeshire	0						
24=	157	Samuel Esenwa	Essex	0						
24=	171	Finlay Barnard	Norfolk	0						

# Team Results

# Cambridgeshire (sky)

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	666	536	60	70
2	Essex	625	515	50	60
3	Hertfordshire	476	426	0	50
4	Cambridgeshire	458	418	0	40
5	Suffolk	446	376	70	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
144	Theo Macon	2LR	24.0				24.0	9	34
144	Theo Macon	S	8.77	9.13	8.42		9.13	7	38
144	Theo Macon	SLJ	2.42	2.49	2.53		2.53	2	48
145	Adebare Oyeniran	2LR	24.3				24.3	10	32
145	Adebare Oyeniran	S	5.39	5.96	5.20		5.96	11	30
145	Adebare Oyeniran	STJ	6.78	6.72	6.42		6.78	9	34
146	James Hornsby	S	0.00	0.00	0.00		0.00		
147	Bryn Cock Starkey	4LR	54.1				54.1	7=	37
147	Bryn Cock Starkey	SB	73				73	8=	35
147	Bryn Cock Starkey	SLJ	2.21	2.09	2.15		2.21	9	34
148	William Crowther	4LR	55.5				55.5	9	34
148	William Crowther	SB	61				61	10	32
148	William Crowther	STJ	6.02	6.00	0.00		6.02	11	30
149	Isaiah Kamara-Musa	SB	0				0		

# Team Results

# Essex (red)

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	666	536	60	70
2	Essex	625	515	50	60
3	Hertfordshire	476	426	0	50
4	Cambridgeshire	458	418	0	40
5	Suffolk	446	376	70	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
151	Stephen Adesina	4LR	51.7				51.7	5	42
151	Stephen Adesina	SB	76				76	5	42
151	Stephen Adesina	SLJ	2.50	2.46	2.48		2.50	6	40
152	Oreanuoluwa Adepegba	2LR	23.3				23.3	5=	41
152	Oreanuoluwa Adepegba	S	11.73	12.58	13.24		13.24	1	50
152	Oreanuoluwa Adepegba	STJ	7.42	7.54	7.66		7.66	2	48
153	Chekwemeka Nzekwe	4LR	54.1				54.1	7=	37
153	Chekwemeka Nzekwe	S	9.07	8.81	9.41		9.41	5	42
153	Chekwemeka Nzekwe	STJ	7.38	7.24	7.48		7.48	3	46
154	Samuel Bernard	2LR	23.2				23.2	4	44
154	Samuel Bernard	S	8.51	9.66	9.51		9.66	4	44
154	Samuel Bernard	SLJ	2.28	2.41	2.44		2.44	7	38
155	Cameron Wood	2LR	23.4				23.4	7=	37
155	Cameron Wood	SB	74				74	7	38
155	Cameron Wood	STJ	0.00	8.02	8.16		8.16	1	50
156	Joshua James-Leach	4LR	56.5				56.5	10	32
156	Joshua James-Leach	SB	73				73	8=	35
156	Joshua James-Leach	SLJ	1.94	1.90	1.98		1.98	11	30
157	Samuel Esenwa	STJ	0.00	0.00	6.72		6.72		

# Team Results

# Hertfordshire (orange)

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East Regional Final Competition 1

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UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	666	536	60	70
2	Essex	625	515	50	60
3	Hertfordshire	476	426	0	50
4	Cambridgeshire	458	418	0	40
5	Suffolk	446	376	70	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
158	Emmanuel Abugo	2LR	25.1				25.1	12	28
158	Emmanuel Abugo	SB	55				55	11	30
158	Emmanuel Abugo	SLJ	2.42	2.51	2.40		2.51	4=	43
159	Adam Bungay	4LR	50.7				50.7	3	46
159	Adam Bungay	S	6.58	0.00	6.79		6.79	10	32
159	Adam Bungay	STJ	0.00	6.88	6.78		6.88	7	38
160	Feyi Osuntubo	2LR	27.1				27.1	13	26
160	Feyi Osuntubo	S	0.00	3.67	3.88		3.88	12	28
160	Feyi Osuntubo	SLJ	1.73	1.72	1.70		1.73	12	28
161	Bobby Pitman	2LR	23.4				23.4	7=	37
161	Bobby Pitman	S	9.99	10.22	8.32		10.22	3	46
161	Bobby Pitman	STJ	7.34	7.36	6.98		7.36	4	44

# Team Results

# Norfolk (royal blue)

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	666	536	60	70
2	Essex	625	515	50	60
3	Hertfordshire	476	426	0	50
4	Cambridgeshire	458	418	0	40
5	Suffolk	446	376	70	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
165	Billy Francis	2LR	23.1				23.1	2=	47
165	Billy Francis	SB	90				90	1	50
165	Billy Francis	SLJ	2.64	2.59	2.69		2.69	1	50
166	William Lupton	2LR	23.3				23.3	5=	41
166	William Lupton	S	8.63	9.34	8.39		9.34	6	40
166	William Lupton	SLJ	2.48	2.49	2.52		2.52	3	46
167	Kananaugh Remy	2LR	23.1				23.1	2=	47
167	Kananaugh Remy	SB	75				75	6	40
167	Kananaugh Remy	SLJ	2.51	2.44	2.45		2.51	4=	43
168	George Smith	4LR	50.5				50.5	2	48
168	George Smith	SB	83				83	4	44
168	George Smith	STJ	6.90	6.70	6.92		6.92	6	40
169	Thomas O'Neil	4LR	50.9				50.9	4	44
169	Thomas O'Neil	S	7.65	8.40	8.85		8.85	8	36
169	Thomas O'Neil	STJ	6.22	6.18	6.28		6.28	10	32
170	Lewis Dickerson	4LR	53.7				53.7	6	40
170	Lewis Dickerson	S	7.00	7.35	6.39		7.35	9	34
170	Lewis Dickerson	STJ	7.04	7.12	7.22		7.22	5	42
171	Finlay Barnard	2LR	24.0				24.0		

# Team Results

# Suffolk (maroon)

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	666	536	60	70
2	Essex	625	515	50	60
3	Hertfordshire	476	426	0	50
4	Cambridgeshire	458	418	0	40
5	Suffolk	446	376	70	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
172	Ollie Read	2LR	22.8				22.8	1	50
172	Ollie Read	SB	84				84	3	46
172	Ollie Read	SLJ	2.42	2.41	2.38		2.42	8	36
172	Ollie Read	STJ	0.00	0.00	0.00		0.00		
173	Jack Lugo-Hankins	2LR	24.8				24.8	11	30
173	Jack Lugo-Hankins	SB	86				86	2	48
173	Jack Lugo-Hankins	SLJ	1.95	1.99	2.01		2.01	10	32
175	Tom Supple	4LR	50.3				50.3	1	50
175	Tom Supple	S	9.97	10.42	10.98		10.98	2	48
175	Tom Supple	STJ	6.76	6.82	6.70		6.82	8	36

# Results Sheet

# 2 Lap Race

**Competition:**  
East Regional Final Competition 1

**Venue:**  
UEA Sportspark

**Date**  
5 Mar 2022

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	Maroon	172	Ollie Read	22.8	50
2=	Norfolk	Royal Blue	165	Billy Francis	23.1	47
2=	Norfolk	Royal Blue	167	Kananaugh Remy	23.1	47
4	Essex	Red	154	Samuel Bernard	23.2	44
5=	Essex	Red	152	Oreanuoluwa Adepegba	23.3	41
5=	Norfolk	Royal Blue	166	William Lupton	23.3	41
7=	Essex	Red	155	Cameron Wood	23.4	37
7=	Hertfordshire	Orange	161	Bobby Pitman	23.4	37
9	Cambridgeshire	Sky	144	Theo Macon	24.0	34
10	Cambridgeshire	Sky	145	Adebare Oyeniran	24.3	32
11	Suffolk	Maroon	173	Jack Lugo-Hankins	24.8	30
12	Hertfordshire	Orange	158	Emmanuel Abugo	25.1	28
13	Hertfordshire	Orange	160	Feyi Osuntubo	27.1	26
	Norfolk	Royal Blue	171	Finlay Barnard	24.0	0



# Results Sheet

# 4 Lap Race

**Competition:**  
East Regional Final Competition 1

**Venue:**  
UEA Sportspark

**Date**  
5 Mar 2022

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	Maroon	175	Tom Supple	50.3	50
2	Norfolk	Royal Blue	168	George Smith	50.5	48
3	Hertfordshire	Orange	159	Adam Bungay	50.7	46
4	Norfolk	Royal Blue	169	Thomas O'Neil	50.9	44
5	Essex	Red	151	Stephen Adesina	51.7	42
6	Norfolk	Royal Blue	170	Lewis Dickerson	53.7	40
7=	Cambridgeshire	Sky	147	Bryn Cock Starkey	54.1	37
7=	Essex	Red	153	Chekwemeka Nzekwe	54.1	37
9	Cambridgeshire	Sky	148	William Crowther	55.5	34
10	Essex	Red	156	Joshua James-Leach	56.5	32

# Results Sheet

# 8 Lap Paarlauf

**Competition:**  
East Regional Final Competition 1

**Venue:**  
UEA Sportspark

**Date**  
5 Mar 2022

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Suffolk	Maroon	0.0	1:38.7	1:38.7	70.0
2	04	Norfolk	Royal Blue	0.0	1:40.1	1:40.1	60.0
3	02	Essex	Red	0.0	1:44.5	1:44.5	50.0

# Results Sheet

# 4 x 2 Lap Relay

**Competition:**  
East Regional Final Competition 1

**Venue:**  
UEA Sportspark

**Date**  
5 Mar 2022

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Royal Blue	0.0	1:32.3	1:32.3	70.0
2	02	Essex	Red	0.0	1:33.8	1:33.8	60.0
3	03	Hertfordshire	Orange	0.0	1:39.6	1:39.6	50.0
4	01	Cambridgeshire	Sky	0.0	1:47.6	1:47.6	40.0

# Results Sheet

# Shot

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	Red	152	Oreanuoluwa Adepegba	13.24	50
2	Suffolk	Maroon	175	Tom Supple	10.98	48
3	Hertfordshire	Orange	161	Bobby Pitman	10.22	46
4	Essex	Red	154	Samuel Bernard	9.66	44
5	Essex	Red	153	Chekemeka Nzekwe	9.41	42
6	Norfolk	Royal Blue	166	William Lupton	9.34	40
7	Cambridgeshire	Sky	144	Theo Macon	9.13	38
8	Norfolk	Royal Blue	169	Thomas O'Neil	8.85	36
9	Norfolk	Royal Blue	170	Lewis Dickerson	7.35	34
10	Hertfordshire	Orange	159	Adam Bungay	6.79	32
11	Cambridgeshire	Sky	145	Adebare Oyeniran	5.96	30
12	Hertfordshire	Orange	160	Feyi Osuntubo	3.88	28
	Cambridgeshire	Sky	146	James Hornsby	0.00	0

# Results Sheet

# Speed Bounce

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	Royal Blue	165	Billy Francis	90	50
2	Suffolk	Maroon	173	Jack Lugo-Hankins	86	48
3	Suffolk	Maroon	172	Ollie Read	84	46
4	Norfolk	Royal Blue	168	George Smith	83	44
5	Essex	Red	151	Stephen Adesina	76	42
6	Norfolk	Royal Blue	167	Kananaugh Remy	75	40
7	Essex	Red	155	Cameron Wood	74	38
8=	Cambridgeshire	Sky	147	Bryn Cock Starkey	73	35
8=	Essex	Red	156	Joshua James-Leach	73	35
10	Cambridgeshire	Sky	148	William Crowther	61	32
11	Hertfordshire	Orange	158	Emmanuel Abugo	55	30
	Cambridgeshire	Sky	149	Isaiah Kamara-Musa	0	0

# Results Sheet

# Standing Long Jump

**Competition:**  
East Regional Final Competition 1

**Venue:**  
UEA Sportspark

**Date**  
5 Mar 2022

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Royal Blue	165	Billy Francis	2.69	50
2	Cambridgeshire	Sky	144	Theo Macon	2.53	48
3	Norfolk	Royal Blue	166	William Lupton	2.52	46
4=	Hertfordshire	Orange	158	Emmanuel Abugo	2.51	43
4=	Norfolk	Royal Blue	167	Kananaugh Remy	2.51	43
6	Essex	Red	151	Stephen Adesina	2.50	40
7	Essex	Red	154	Samuel Bernard	2.44	38
8	Suffolk	Maroon	172	Ollie Read	2.42	36
9	Cambridgeshire	Sky	147	Bryn Cock Starkey	2.21	34
10	Suffolk	Maroon	173	Jack Lugo-Hankins	2.01	32
11	Essex	Red	156	Joshua James-Leach	1.98	30
12	Hertfordshire	Orange	160	Feyi Osuntubo	1.73	28

# Results Sheet

# Standing Triple Jump

## Competition:

East Regional Final Competition 1

## Venue:

UEA Sportspark

## Date

5 Mar 2022

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	Red	155	Cameron Wood	8.16	50
2	Essex	Red	152	Oreanuoluwa Adepegba	7.66	48
3	Essex	Red	153	Chekhemeka Nzekwe	7.48	46
4	Hertfordshire	Orange	161	Bobby Pitman	7.36	44
5	Norfolk	Royal Blue	170	Lewis Dickerson	7.22	42
6	Norfolk	Royal Blue	168	George Smith	6.92	40
7	Hertfordshire	Orange	159	Adam Bungay	6.88	38
8	Suffolk	Maroon	175	Tom Supple	6.82	36
9	Cambridgeshire	Sky	145	Adebare Oyeniran	6.78	34
10	Norfolk	Royal Blue	169	Thomas O'Neil	6.28	32
11	Cambridgeshire	Sky	148	William Crowther	6.02	30
	Essex	Red	157	Samuel Esenwa	6.72	0
	Suffolk	Maroon	172	Ollie Read	0.00	0