

Competition Results

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	2+2	4x2	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	473	30	26	26	28	30	26	30	30	30	26	27	24	30	24	28	30
2	Essex	Red	467	28	30	30	30	28	28	26	28	26	28	30	27	24	30	26	22
3	Hertfordshire	Black	429	24	24	24	26	26	22	24	24	28	30	27	30	22	26	24	26
4	Cambridgeshire	Sky	423	22	28	28	22	22	24	22	22	24	24	22	27	28	28	22	28
5	Suffolk	Maroon	418	26	22	22	24	24	30	28	26	22	22	24	22	26	22	30	24

Team Results

Cambridgeshire (sky)

Competition:

East Regional Final Under 11 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	2+2	4x2	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	473	30	26	26	28	30	26	30	30	30	26	27	24	30	24	28	30
2	Essex	Red	467	28	30	30	30	28	28	26	28	26	28	30	27	24	30	26	22
3	Hertfordshire	Black	429	24	24	24	26	26	22	24	24	28	30	27	30	22	26	24	26
4	Cambridgeshire	Sky	423	22	28	28	22	22	24	22	22	24	24	22	27	28	28	22	28
5	Suffolk	Maroon	418	26	22	22	24	24	30	28	26	22	22	24	22	26	22	30	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Rowan Alcock	SLJ	2.01	2.01	2.01		2.01	4
1	Rowan Alcock	TT	6	6	1	1	14	2
2	Hugo Lindeman	SB	46				46	7=
2	Hugo Lindeman	SLJ	1.82	1.81	1.85		1.85	9
3	Immanuel Ntale	SLJ	1.86	1.85	1.92		1.92	7
3	Immanuel Ntale	STJ	5.02	5.18	5.28		5.28	9
4	Ethan Pierre	VJ	46	45	49		49	2
5	Tauras Sirmelis	BT	3	15	15	9	42	7
5	Tauras Sirmelis	VJ	39	37	37		39	8
6	Finley Caravan	TT	2	2	0	0	4	9
6	Finley Caravan	VJ	44	43	41		44	5
7	Jamar Eason	CP	0.00	5.50	5.00		5.50	9
7	Jamar Eason	STJ	0.00	4.79	4.75		4.79	13
8	Logan McGin	BT	14	9	5	10	38	8
8	Logan McGin	STJ	4.23	0.00	4.03		4.23	15
10	Konstante Parris	CP	4.50	5.25	5.25		5.25	10
10	Konstante Parris	SB	44				44	11
11	Matthew Winter	BT	8	8	4	6	26	11
12	Ollie Moreau	J	14	8	13		14	3
12	Ollie Moreau	SB	51				51	3
13	Milo Inman	J	6	13	12		13	4

Team Results

Essex (red)

Competition:

East Regional Final Under 11 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	2+2	4x2	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	473	30	26	26	28	30	26	30	30	30	26	27	24	30	24	28	30
2	Essex	Red	467	28	30	30	30	28	28	26	28	26	28	30	27	24	30	26	22
3	Hertfordshire	Black	429	24	24	24	26	26	22	24	24	28	30	27	30	22	26	24	26
4	Cambridgeshire	Sky	423	22	28	28	22	22	24	22	22	24	24	22	27	28	28	22	28
5	Suffolk	Maroon	418	26	22	22	24	24	30	28	26	22	22	24	22	26	22	30	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Stanley Sokolowski	BT	9	2	6	5	22	12
1	Stanley Sokolowski	J	14	15	14		15	2
2	Max Good	SB	49				49	4=
2	Max Good	TT	6	0	2	0	8	6
3	Max Parrott	SB	43				43	12
3	Max Parrott	SLJ	1.93	1.93	1.89		1.93	6
4	Finbar Petherbridge	CP	5.00	5.50	6.50		6.50	4
4	Finbar Petherbridge	SLJ	2.10	2.14	2.17		2.17	2
5	Zachary Petherbridge	BT	15	15	15	15	60	1
5	Zachary Petherbridge	SLJ	2.17	2.23	2.01		2.23	1
6	Sky Reevee	TT	2	3	1	0	6	7
7	Sebastian Simpson	J	12	8	10		12	6
7	Sebastian Simpson	STJ	5.44	5.23	5.40		5.44	6
8	Jude Olympion Shepherd	SB	45				45	9=
8	Jude Olympion Shepherd	VJ	48	48	49		49	1
9	Theo Stankovic-Gibbons	CP	6.50	6.25	6.25		6.50	1
9	Theo Stankovic-Gibbons	VJ	39	39	38		39	7
10	Toby Stothard	STJ	5.14	5.40	5.48		5.48	5
11	Motiejus Norkus	VJ	38	37	37		38	9
12	Samuel Ward	BT	15	14	15	5	49	5
12	Samuel Ward	STJ	5.33	5.36	5.24		5.36	7

Team Results

Hertfordshire (black)

Competition:

East Regional Final Under 11 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	2+2	4x2	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	473	30	26	26	28	30	26	30	30	30	26	27	24	30	24	28	30
2	Essex	Red	467	28	30	30	30	28	28	26	28	26	28	30	27	24	30	26	22
3	Hertfordshire	Black	429	24	24	24	26	26	22	24	24	28	30	27	30	22	26	24	26
4	Cambridgeshire	Sky	423	22	28	28	22	22	24	22	22	24	24	22	27	28	28	22	28
5	Suffolk	Maroon	418	26	22	22	24	24	30	28	26	22	22	24	22	26	22	30	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Miles Boston	J	18	17	17		18	1
1	Miles Boston	SLJ	2.16	2.15	2.10		2.16	3
2	William Sales	CP	6.50	5.75	6.25		6.50	3
2	William Sales	STJ	0.00	5.04	5.16		5.16	10
3	Ethan Hunt	CP	5.50	0.00	6.00		6.00	6=
4	Alister Forryan	BT	15	15	5	15	50	4
5	Archie Hearne	J	8	11	11		11	7
6	George Nolan	BT	15	15	2	3	35	9
6	George Nolan	SLJ	1.80	1.86	1.83		1.86	8
7	Jakob Harmel	VJ	30	30	29		30	13
8	Alban Wadley	SB	39				39	14
8	Alban Wadley	STJ	4.90	4.90	4.88		4.90	12
9	Nathan Waite	TT	6	5	1	0	12	4
9	Nathan Waite	VJ	28	28	28		28	15
10	Finley Carter	SB	40				40	13
10	Finley Carter	SLJ	1.43	1.41	1.42		1.43	15
11	Alex Weston	BT	15	8	15	15	53	3
11	Alex Weston	STJ	4.48	4.58	4.56		4.58	14
12	Zach Chrisodoulou	TT	4	1	0	0	5	8
12	Zach Chrisodoulou	VJ	32	34	34		34	10

Team Results

Norfolk (pink)

Competition:

East Regional Final Under 11 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	2+2	4x2	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	473	30	26	26	28	30	26	30	30	30	26	27	24	30	24	28	30
2	Essex	Red	467	28	30	30	30	28	28	26	28	26	28	30	27	24	30	26	22
3	Hertfordshire	Black	429	24	24	24	26	26	22	24	24	28	30	27	30	22	26	24	26
4	Cambridgeshire	Sky	423	22	28	28	22	22	24	22	22	24	24	22	27	28	28	22	28
5	Suffolk	Maroon	418	26	22	22	24	24	30	28	26	22	22	24	22	26	22	30	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Samuel Brown	SB	52				52	1=
1	Samuel Brown	VJ	40	39	39		40	6
2	Samuel Tricky	J	7	1	10		10	8
3	George Ganley	SB	52				52	1=
3	George Ganley	STJ	0.00	5.48	5.54		5.54	4
4	Riley Price	BT	6	6	3	2	17	14
4	Riley Price	VJ	44	44	44		44	4
5	Harrison Lesniak	SLJ	1.69	1.67	1.71		1.71	10
5	Harrison Lesniak	TT	6	6	1	0	13	3
6	Matas Petreizik	VJ	46	45	45		46	3
7	Isaac Unsworth	J	12	12	12		12	5
8	Luke Anderson	CP	6.00	6.50	6.25		6.50	2
9	Thomas Cecil	STJ	5.68	5.41	5.30		5.68	2
9	Thomas Cecil	TT	6	3	0	0	9	5
10	George Crane	BT	15	15	13	14	57	2
10	George Crane	SLJ	1.69	1.71	1.65		1.71	11
11	Adam Edwards	SB	47				47	6
11	Adam Edwards	SLJ	0.00	1.93	1.99		1.99	5
12	Ollie Scott	CP	5.50	5.75	6.00		6.00	5
13	Ostin Falgate	BT	8	15	14	9	46	6
13	Ostin Falgate	STJ	4.98	5.36	5.32		5.36	8

Team Results

Suffolk (maroon)

Competition:

East Regional Final Under 11 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	2+2	4x2	MR	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	473	30	26	26	28	30	26	30	30	30	26	27	24	30	24	28	30
2	Essex	Red	467	28	30	30	30	28	28	26	28	26	28	30	27	24	30	26	22
3	Hertfordshire	Black	429	24	24	24	26	26	22	24	24	28	30	27	30	22	26	24	26
4	Cambridgeshire	Sky	423	22	28	28	22	22	24	22	22	24	24	22	27	28	28	22	28
5	Suffolk	Maroon	418	26	22	22	24	24	30	28	26	22	22	24	22	26	22	30	24

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
2	Malachi Enenmoh	CP	5.50	6.00	0.00		6.00	6=
2	Malachi Enenmoh	STJ	5.58	5.60	5.66		5.66	3
3	Alfie P-K	SB	46				46	7=
3	Alfie P-K	STJ	5.78	5.91	6.10		6.10	1
4	Aiden Thompson	SB	49				49	4=
4	Aiden Thompson	STJ	5.02	4.88	4.83		5.02	11
5	Luke Birch	CP	0.00	5.75	5.25		5.75	8
5	Luke Birch	VJ	29	31	28		31	12
6	Dylan Jeffery	SLJ	1.64	1.62	1.63		1.64	13
7	Joe Armes	J	9	4	9		9	9
10	Caleb Rhodes	SB	45				45	9=
10	Caleb Rhodes	SLJ	1.61	1.69	1.63		1.69	12
11	Augustine Matondo	SLJ	0.00	1.51	1.45		1.51	14
11	Augustine Matondo	TT	6	6	3	0	15	1
12	George Davies	BT	9	9	7	9	34	10
12	George Davies	VJ	32	33	32		33	11
13	Theo Palmer	BT	5	2	4	9	20	13
13	Theo Palmer	VJ	30	30	27		30	14

Results Sheet

Obstacle Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:23.0	0.0	1:23.0	30.0
2	02	Essex	Red	1:23.8	0.0	1:23.8	28.0
3	05	Suffolk	Maroon	1:26.9	0.0	1:26.9	26.0
4	03	Hertfordshire	Black	1:28.4	0.0	1:28.4	24.0
5	01	Cambridgeshire	Sky	1:28.9	0.0	1:28.9	22.0

Results Sheet

1 + 1 Lap Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	26.0	0.0	26.0	30.0
2	01	Cambridgeshire	Sky	26.4	0.0	26.4	28.0
3	04	Norfolk	Pink	27.0	0.0	27.0	26.0
4	03	Hertfordshire	Black	28.3	0.0	28.3	24.0
5	05	Suffolk	Maroon	29.6	0.0	29.6	22.0

Results Sheet

4 x 1 Lap Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	52.4	0.0	52.4	30.0
2	01	Cambridgeshire	Sky	53.1	0.0	53.1	28.0
3	04	Norfolk	Pink	53.3	0.0	53.3	26.0
4	03	Hertfordshire	Black	54.2	0.0	54.2	24.0
5	05	Suffolk	Maroon	55.4	0.0	55.4	22.0

Results Sheet

6 Lap Paarlauf

Competition:

East Regional Final Under 11 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	1:22.4	0.0	1:22.4	30.0
2	04	Norfolk	Pink	1:23.7	0.0	1:23.7	28.0
3	03	Hertfordshire	Black	1:25.0	0.0	1:25.0	26.0
4	05	Suffolk	Maroon	1:28.5	0.0	1:28.5	24.0
5	01	Cambridgeshire	Sky	1:30.3	0.0	1:30.3	22.0

Results Sheet

Over and Under Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:00.0	0.0	1:00.0	30.0
2	02	Essex	Red	1:00.7	0.0	1:00.7	28.0
3	03	Hertfordshire	Black	1:03.9	0.0	1:03.9	26.0
4	05	Suffolk	Maroon	1:08.5	0.0	1:08.5	24.0
5	01	Cambridgeshire	Sky	1:09.4	0.0	1:09.4	22.0

Results Sheet

Hurdles Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Suffolk	Maroon	1:05.6	0.0	1:05.6	30.0
2	02	Essex	Red	1:10.6	0.0	1:10.6	28.0
3	04	Norfolk	Pink	1:11.5	0.0	1:11.5	26.0
4	01	Cambridgeshire	Sky	1:12.7	0.0	1:12.7	24.0
5	03	Hertfordshire	Black	1:17.4	0.0	1:17.4	22.0

Results Sheet

Balance Test

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Hertfordshire	Black	138	30
2	Essex	Red	131	28
3	Norfolk	Pink	120	26
4	Cambridgeshire	Sky	106	24
5	Suffolk	Maroon	54	22

Ranking	Team	Colour	BibNo	Name	Total
1	Essex	Red	5	Zachary Petherbridge	60
2	Norfolk	Pink	10	George Crane	57
3	Hertfordshire	Black	11	Alex Weston	53
4	Hertfordshire	Black	4	Alister Forryan	50
5	Essex	Red	12	Samuel Ward	49
6	Norfolk	Pink	13	Ostin Falgate	46
7	Cambridgeshire	Sky	5	Taurus Sirmelis	42
8	Cambridgeshire	Sky	8	Logan McGin	38
9	Hertfordshire	Black	6	George Nolan	35
10	Suffolk	Maroon	12	George Davies	34
11	Cambridgeshire	Sky	11	Matthew Winter	26
12	Essex	Red	1	Stanley Sokolowski	22
13	Suffolk	Maroon	13	Theo Palmer	20
14	Norfolk	Pink	4	Riley Price	17

Results Sheet

Chest Push

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Essex	Red	13.00	30
2=	Hertfordshire	Black	12.50	27
2=	Norfolk	Pink	12.50	27
4	Suffolk	Maroon	11.75	24
5	Cambridgeshire	Sky	10.75	22

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	9	Theo Stankovic-Gibbons	6.50
2	Norfolk	Pink	8	Luke Anderson	6.50
3	Hertfordshire	Black	2	William Sales	6.50
4	Essex	Red	4	Finbar Petherbridge	6.50
5	Norfolk	Pink	12	Ollie Scott	6.00
6=	Hertfordshire	Black	3	Ethan Hunt	6.00
6=	Suffolk	Maroon	2	Malachi Enenmoh	6.00
8	Suffolk	Maroon	5	Luke Birch	5.75
9	Cambridgeshire	Sky	7	Jamar Eason	5.50
10	Cambridgeshire	Sky	10	Konstante Parris	5.25

Results Sheet

Javelin

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Hertfordshire	Black	29	30
2=	Cambridgeshire	Sky	27	27
2=	Essex	Red	27	27
4	Norfolk	Pink	22	24
5	Suffolk	Maroon	9	22

Ranking	Team	Colour	BibNo	Name	Best
1	Hertfordshire	Black	1	Miles Boston	18
2	Essex	Red	1	Stanley Sokolowski	15
3	Cambridgeshire	Sky	12	Ollie Moreau	14
4	Cambridgeshire	Sky	13	Milo Inman	13
5	Norfolk	Pink	7	Isaac Unsworth	12
6	Essex	Red	7	Sebastian Simpson	12
7	Hertfordshire	Black	5	Archie Hearne	11
8	Norfolk	Pink	2	Samuel Tricky	10
9	Suffolk	Maroon	7	Joe Armes	9

Results Sheet

Speed Bounce

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	151	30
2	Cambridgeshire	Sky	141	28
3	Suffolk	Maroon	140	26
4	Essex	Red	137	24
5	Hertfordshire	Black	79	22

Ranking	Team	Colour	BibNo	Name	Total
1=	Norfolk	Pink	1	Samuel Brown	52
1=	Norfolk	Pink	3	George Ganley	52
3	Cambridgeshire	Sky	12	Ollie Moreau	51
4=	Essex	Red	2	Max Good	49
4=	Suffolk	Maroon	4	Aiden Thompson	49
6	Norfolk	Pink	11	Adam Edwards	47
7=	Cambridgeshire	Sky	2	Hugo Lindeman	46
7=	Suffolk	Maroon	3	Alfie P-K	46
9=	Essex	Red	8	Jude Olyimpion Shepherd	45
9=	Suffolk	Maroon	10	Caleb Rhodes	45
11	Cambridgeshire	Sky	10	Konstante Parris	44
12	Essex	Red	3	Max Parrott	43
13	Hertfordshire	Black	10	Finley Carter	40
14	Hertfordshire	Black	8	Alban Wadley	39

Results Sheet

Standing Long Jump

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Essex	Red	6.33	30
2	Cambridgeshire	Sky	5.78	28
3	Hertfordshire	Black	5.45	26
4	Norfolk	Pink	5.41	24
5	Suffolk	Maroon	4.84	22

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	5	Zachary Petherbridge	2.23
2	Essex	Red	4	Finbar Petherbridge	2.17
3	Hertfordshire	Black	1	Miles Boston	2.16
4	Cambridgeshire	Sky	1	Rowan Alcock	2.01
5	Norfolk	Pink	11	Adam Edwards	1.99
6	Essex	Red	3	Max Parrott	1.93
7	Cambridgeshire	Sky	3	Immanuel Ntale	1.92
8	Hertfordshire	Black	6	George Nolan	1.86
9	Cambridgeshire	Sky	2	Hugo Lindeman	1.85
10	Norfolk	Pink	5	Harrison Lesniak	1.71
11	Norfolk	Pink	10	George Crane	1.71
12	Suffolk	Maroon	10	Caleb Rhodes	1.69
13	Suffolk	Maroon	6	Dylan Jeffery	1.64
14	Suffolk	Maroon	11	Augustine Matondo	1.51
15	Hertfordshire	Black	10	Finley Carter	1.43

Results Sheet

Standing Triple Jump

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Suffolk	Maroon	16.78	30
2	Norfolk	Pink	16.58	28
3	Essex	Red	16.28	26
4	Hertfordshire	Black	14.64	24
5	Cambridgeshire	Sky	14.30	22

Ranking	Team	Colour	BibNo	Name	Best
1	Suffolk	Maroon	3	Alfie P-K	6.10
2	Norfolk	Pink	9	Thomas Cecil	5.68
3	Suffolk	Maroon	2	Malachi Enenmoh	5.66
4	Norfolk	Pink	3	George Ganley	5.54
5	Essex	Red	10	Toby Stothard	5.48
6	Essex	Red	7	Sebastian Simpson	5.44
7	Essex	Red	12	Samuel Ward	5.36
8	Norfolk	Pink	13	Ostin Falgate	5.36
9	Cambridgeshire	Sky	3	Immanuel Ntale	5.28
10	Hertfordshire	Black	2	William Sales	5.16
11	Suffolk	Maroon	4	Aiden Thompson	5.02
12	Hertfordshire	Black	8	Alban Wadley	4.90
13	Cambridgeshire	Sky	7	Jamar Eason	4.79
14	Hertfordshire	Black	11	Alex Weston	4.58
15	Cambridgeshire	Sky	8	Logan McGin	4.23

Results Sheet

Target Throw

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	22	30
2	Cambridgeshire	Sky	18	28
3	Hertfordshire	Black	17	26
4	Suffolk	Maroon	15	24
5	Essex	Red	14	22

Ranking	Team	Colour	BibNo	Name	Total
1	Suffolk	Maroon	11	Augustine Matondo	15
2	Cambridgeshire	Sky	1	Rowan Alcock	14
3	Norfolk	Pink	5	Harrison Lesniak	13
4	Hertfordshire	Black	9	Nathan Waite	12
5	Norfolk	Pink	9	Thomas Cecil	9
6	Essex	Red	2	Max Good	8
7	Essex	Red	6	Sky Reevee	6
8	Hertfordshire	Black	12	Zach Chrisodoulou	5
9	Cambridgeshire	Sky	6	Finley Caravan	4

Results Sheet

Vertical Jump

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Cambridgeshire	Sky	132	30
2	Norfolk	Pink	130	28
3	Essex	Red	126	26
4	Suffolk	Maroon	94	24
5	Hertfordshire	Black	92	22

Ranking	Team	Colour	BibNo	Name	Best
1	Essex	Red	8	Jude Olympion Shepherd	49
2	Cambridgeshire	Sky	4	Ethan Pierre	49
3	Norfolk	Pink	6	Matas Petreizik	46
4	Norfolk	Pink	4	Riley Price	44
5	Cambridgeshire	Sky	6	Finley Caravan	44
6	Norfolk	Pink	1	Samuel Brown	40
7	Essex	Red	9	Theo Stankovic-Gibbons	39
8	Cambridgeshire	Sky	5	Tauras Sirmelis	39
9	Essex	Red	11	Motiejus Norkus	38
10	Hertfordshire	Black	12	Zach Chrisodoulou	34
11	Suffolk	Maroon	12	George Davies	33
12	Suffolk	Maroon	5	Luke Birch	31
13	Hertfordshire	Black	7	Jakob Harmel	30
14	Suffolk	Maroon	13	Theo Palmer	30
15	Hertfordshire	Black	9	Nathan Waite	28

Results Sheet

2 + 2 Lap Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	52.0	0.0	52.0	30.0
2	05	Suffolk	Maroon	53.3	0.0	53.3	28.0
3	02	Essex	Red	53.6	0.0	53.6	26.0
4	03	Hertfordshire	Black	53.8	0.0	53.8	24.0
5	01	Cambridgeshire	Sky	56.7	0.0	56.7	22.0

Results Sheet

4 x 2 Lap Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:05.9	0.0	1:05.9	30.0
2	02	Essex	Red	1:06.3	0.0	1:06.3	28.0
3	05	Suffolk	Maroon	1:09.9	0.0	1:09.9	26.0
4	03	Hertfordshire	Black	1:16.4	0.0	1:16.4	24.0
5	01	Cambridgeshire	Sky	1:17.5	0.0	1:17.5	22.0

Results Sheet

Medley Relay

Competition:
East Regional Final Under 11 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	40.4	0.0	40.4	30.0
2	03	Hertfordshire	Black	40.7	0.0	40.7	28.0
3	02	Essex	Red	42.9	0.0	42.9	26.0
4	01	Cambridgeshire	Sky	44.4	0.0	44.4	24.0
5	05	Suffolk	Maroon	45.3	0.0	45.3	22.0