

Competition Results

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Pink	700	70	70	70	60	46	50	58	54	54	54	58	56
2	Essex	Red	628	60	60	60	70	48	50	50	48	36	46	48	52
3	Cambridgeshire	Sky	542	50	50	50	40	60	48	40	48	32	40	44	40
4	Hertfordshire	Black	322	40	30	0	30	16	34	20	30	42	28	16	36
5	Suffolk	Maroon	314	30	40	0	50	40	16	0	18	46	42	32	0

Team Results

Cambridgeshire (sky)

Competition:

East Regional Final Under 13 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Pink	700	70	70	70	60	46	50	58	54	54	54	58	56
2	Essex	Red	628	60	60	60	70	48	50	50	48	36	46	48	52
3	Cambridgeshire	Sky	542	50	50	50	40	60	48	40	48	32	40	44	40
4	Hertfordshire	Black	322	40	30	0	30	16	34	20	30	42	28	16	36
5	Suffolk	Maroon	314	30	40	0	50	40	16	0	18	46	42	32	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Samantha Horman	2LR	0.0	0.0			0.0	1	30
1	Samantha Horman	6LR	0.0				0.0		
1	Samantha Horman	STJ	5.79	6.05	6.12	0.00	6.12	4	24
2	Francesca Bush	4LR	54.9	0.0			54.9	1	30
2	Francesca Bush	S	8.44	8.63	8.88	0.00	8.88	2	28
3	Shouchen Wu	4LR	59.4	0.0			59.4	7	18
3	Shouchen Wu	SLJ	1.97	1.95	2.01	0.00	2.01	7	18
4	Stella Convey	2LR	27.6	0.0			27.6	7	18
4	Stella Convey	VJ	32	34	36	0	36	7	18
6	Elizabeth Gelson	6LR	1:35.0				1:35.0	5	22
6	Elizabeth Gelson	VJ	41	43	46	0	46	5	22
7	Kesniia Kulikova	SLJ	1.99	2.03	2.05	0.00	2.05	5	22
8	Anjola Opeleye	6LR	1:44.7				1:44.7	7	18
8	Anjola Opeleye	S	6.41	6.80	6.70	0.00	6.80	6	20
9	Elena Stewart	2LR	29.9	0.0			29.9	10	12
9	Elena Stewart	STJ	5.51	4.47	5.46	0.00	5.51	6	20
10	Michelle Hristokova	SB	67				67	7	18
11	Juliette Russell	SB	62				62	9	14

Team Results

Essex (red)

Competition:

East Regional Final Under 13 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Pink	700	70	70	70	60	46	50	58	54	54	54	58	56
2	Essex	Red	628	60	60	60	70	48	50	50	48	36	46	48	52
3	Cambridgeshire	Sky	542	50	50	50	40	60	48	40	48	32	40	44	40
4	Hertfordshire	Black	322	40	30	0	30	16	34	20	30	42	28	16	36
5	Suffolk	Maroon	314	30	40	0	50	40	16	0	18	46	42	32	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Lily Hartman	4LR	55.7	0.0			55.7	3	26
13	Lily Hartman	SLJ	1.97	2.05	1.85	0.00	2.05	6	20
14	Alicja Yalaju	2LR	25.0	0.0			25.0	2	28
14	Alicja Yalaju	STJ	5.95	0.00	6.25	0.00	6.25	3	26
15	Evie Boygie	2LR	26.8	0.0			26.8	6	20
16	Nicole Hawkins	4LR	55.8	0.0			55.8	4	24
16	Nicole Hawkins	SB	68				68	6	20
17	Saya Saunders	6LR	1:33.3				1:33.3	3	26
17	Saya Saunders	S	7.42	8.09	8.61	0.00	8.61	3	26
19	Olivia Mullineaux	S	7.17	6.69	7.38	0.00	7.38	5	22
20	Honey Peck	SB	65				65	8	16
21	Jasmin Recasa-Lunn	S	0.00	0.00	0.00	0.00	0.00		
21	Jasmin Recasa-Lunn	VJ	45	46	44	0	46	4	24
22	Elouise Thomas	SLJ	2.03	2.03	2.09	0.00	2.09	3	26
23	Martha May	6LR	1:33.6				1:33.6	4	24
23	Martha May	STJ	5.84	6.03	5.96	0.00	6.03	5	22
24	Pixie-Ray Oakley	VJ	47	49	48	0	49	2	28

Team Results

Hertfordshire (black)

Competition:

East Regional Final Under 13 Girls

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UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Pink	700	70	70	70	60	46	50	58	54	54	54	58	56
2	Essex	Red	628	60	60	60	70	48	50	50	48	36	46	48	52
3	Cambridgeshire	Sky	542	50	50	50	40	60	48	40	48	32	40	44	40
4	Hertfordshire	Black	322	40	30	0	30	16	34	20	30	42	28	16	36
5	Suffolk	Maroon	314	30	40	0	50	40	16	0	18	46	42	32	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Florence Armstead	SLJ	1.87	1.99	2.00	0.00	2.00	8	16
26	Josephine Lewis	2LR	28.3	0.0			28.3	8	16
26	Josephine Lewis	SLJ	0.00	0.00	0.00	0.00	0.00		
26	Josephine Lewis	VJ	33	35	33	0	35	8	16
27	Emily Wines	4LR	58.4	0.0			58.4	6	20
27	Emily Wines	SB	79				79	1	30
28	Isla Gardner	4LR	1:00.3	0.0			1:00.3	9	14
28	Isla Gardner	SB	55				55	10	12
28	Isla Gardner	STJ	0.00	0.00	5.29	0.00	5.29	8	16
29	Cora Naylor	6LR	1:37.7				1:37.7	6	20
29	Cora Naylor	VJ	37	32	35	0	37	6	20
30	Alexa Hillman	6LR	0.0				0.0		
31	Jessica Botheras	S	5.28	5.64	6.09	0.00	6.09	8	16
32	Izzy Lewis	SLJ	1.69	1.71	1.61	0.00	1.71	10	12
33	Niamh Comerford	S	3.37	4.00	4.38	0.00	4.38	9	14

Team Results

Norfolk (pink)

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East Regional Final Under 13 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Pink	700	70	70	70	60	46	50	58	54	54	54	58	56
2	Essex	Red	628	60	60	60	70	48	50	50	48	36	46	48	52
3	Cambridgeshire	Sky	542	50	50	50	40	60	48	40	48	32	40	44	40
4	Hertfordshire	Black	322	40	30	0	30	16	34	20	30	42	28	16	36
5	Suffolk	Maroon	314	30	40	0	50	40	16	0	18	46	42	32	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Rebecca Johnson	2LR	25.6	0.0			25.6	4	24
37	Rebecca Johnson	SLJ	2.31	2.23	2.23	0.00	2.31	1	30
38	Minnie Richardson	2LR	25.8	0.0			25.8	5	22
38	Minnie Richardson	S	9.20	9.48	9.63	0.00	9.63	1	30
39	Emily Doran	4LR	56.6	0.0			56.6	5	22
39	Emily Doran	SLJ	1.97	2.03	2.07	0.00	2.07	4	24
40	Evelyn Day	4LR	55.6	0.0			55.6	2	28
41	Lily Ganley	6LR	1:31.1				1:31.1	1	30
41	Lily Ganley	SB	77				77	2	28
42	Adeola Arole	6LR	1:31.9				1:31.9	2	28
43	Jennifer Mardle	STJ	6.08	6.21	6.37	0.00	6.37	2	28
44	Darcie Holmes	STJ	6.32	6.48	6.70	0.00	6.70	1	30
45	Daniella Baldeo	SB	76				76	3	26
46	Eleana Osifo-Doe	VJ	49	49	49	0	49	1	30
47	Ellie Warman	VJ	48	46	43	0	48	3	26
48	Mia Lesniak	S	8.27	7.90	7.74	0.00	8.27	4	24

Team Results

Suffolk (maroon)

Competition:

East Regional Final Under 13 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Pink	700	70	70	70	60	46	50	58	54	54	54	58	56
2	Essex	Red	628	60	60	60	70	48	50	50	48	36	46	48	52
3	Cambridgeshire	Sky	542	50	50	50	40	60	48	40	48	32	40	44	40
4	Hertfordshire	Black	322	40	30	0	30	16	34	20	30	42	28	16	36
5	Suffolk	Maroon	314	30	40	0	50	40	16	0	18	46	42	32	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Adele Stalnionis	2LR	25.1	0.0			25.1	3	26
49	Adele Stalnionis	SB	75				75	4	24
50	Ava Partridge-Kulczynski	2LR	28.8	0.0			28.8	9	14
50	Ava Partridge-Kulczynski	SB	73				73	5	22
51	Abbie Cook	SLJ	1.73	1.75	1.81	0.00	1.81	9	14
52	Erin Stocking	SLJ	2.09	1.95	2.05	0.00	2.09	2	28
53	Holly Supple	S	5.73	6.38	5.61	0.00	6.38	7	18
54	Hanna Edwards	4LR	59.7	0.0			59.7	8	16
54	Hanna Edwards	STJ	5.24	5.29	5.38	0.00	5.38	7	18
56	Rosie Manister	STJ	4.15	0.00	5.02	0.00	5.02	9	14

Results Sheet

Obstacle Relay

Competition:
East Regional Final Under 13 Girls

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Date
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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:19.2	0.0	1:19.2	70.0
2	02	Essex	Red	1:20.3	0.0	1:20.3	60.0
3	01	Cambridgeshire	Sky	1:25.7	0.0	1:25.7	50.0
4	03	Hertfordshire	Black	1:26.4	0.0	1:26.4	40.0
5	05	Suffolk	Maroon	1:30.2	0.0	1:30.2	30.0

Results Sheet

4 x 1 Lap Relay

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	50.7	0.0	50.7	70.0
2	02	Essex	Red	52.1	0.0	52.1	60.0
3	01	Cambridgeshire	Sky	53.2	0.0	53.2	50.0
4	05	Suffolk	Maroon	55.0	0.0	55.0	40.0
5	03	Hertfordshire	Black	56.7	0.0	56.7	30.0

Results Sheet

2 Lap Race

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Points
1	Cambridgeshire	Sky	60
2	Essex	Red	48
3	Norfolk	Pink	46
4	Suffolk	Maroon	40
5	Hertfordshire	Black	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cambridgeshire	Sky	1	Samantha Horman	0.0	30
2	Essex	Red	14	Alicja Yalaju	25.0	28
3	Suffolk	Maroon	49	Adele Stalnionis	25.1	26
4	Norfolk	Pink	37	Rebecca Johnson	25.6	24
5	Norfolk	Pink	38	Minnie Richardson	25.8	22
6	Essex	Red	15	Evie Boygie	26.8	20
7	Cambridgeshire	Sky	4	Stella Convey	27.6	18
8	Hertfordshire	Black	26	Josephine Lewis	28.3	16
9	Suffolk	Maroon	50	Ava Partridge-Kulczynski	28.8	14
10	Cambridgeshire	Sky	9	Elena Stewart	29.9	12

Results Sheet

4 Lap Race

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Points
1=	Essex	Red	50
1=	Norfolk	Pink	50
3	Cambridgeshire	Sky	48
4	Hertfordshire	Black	34
5	Suffolk	Maroon	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cambridgeshire	Sky	2	Francesca Bush	54.9	30
2	Norfolk	Pink	40	Evelyn Day	55.6	28
3	Essex	Red	13	Lily Hartman	55.7	26
4	Essex	Red	16	Nicole Hawkins	55.8	24
5	Norfolk	Pink	39	Emily Doran	56.6	22
6	Hertfordshire	Black	27	Emily Wines	58.4	20
7	Cambridgeshire	Sky	3	Shouchen Wu	59.4	18
8	Suffolk	Maroon	54	Hanna Edwards	59.7	16
9	Hertfordshire	Black	28	Isla Gardner	1:00.3	14

Results Sheet

6 Lap Time Trial

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Points
	Suffolk	Maroon	0
1	Norfolk	Pink	58
2	Essex	Red	50
3	Cambridgeshire	Sky	40
4	Hertfordshire	Black	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	41	Lily Ganley	1:31.1	30
2	Norfolk	Pink	42	Adeola Arole	1:31.9	28
3	Essex	Red	17	Saya Saunders	1:33.3	26
4	Essex	Red	23	Martha May	1:33.6	24
5	Cambridgeshire	Sky	6	Elizabeth Gelson	1:35.0	22
6	Hertfordshire	Black	29	Cora Naylor	1:37.7	20
7	Cambridgeshire	Sky	8	Anjola Opeleye	1:44.7	18
	Cambridgeshire	Sky	1	Samantha Horman	0.0	0
	Hertfordshire	Black	30	Alexa Hillman	0.0	0

Results Sheet

8 Lap Paarlauf

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:12.2	0.0	1:12.2	70.0
2	02	Essex	Red	1:15.5	0.0	1:15.5	60.0
3	01	Cambridgeshire	Sky	1:20.3	0.0	1:20.3	50.0

Results Sheet

4 x 2 Lap Relay

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	1:00.3	0.0	1:00.3	70.0
2	04	Norfolk	Pink	1:01.1	0.0	1:01.1	60.0
3	05	Suffolk	Maroon	1:06.5	0.0	1:06.5	50.0
4	01	Cambridgeshire	Sky	1:07.9	0.0	1:07.9	40.0
5	03	Hertfordshire	Black	1:15.7	0.0	1:15.7	30.0

Results Sheet

Shot

Competition:

East Regional Final Under 13 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Points
1	Norfolk	Pink	54
2=	Cambridgeshire	Sky	48
2=	Essex	Red	48
4	Hertfordshire	Black	30
5	Suffolk	Maroon	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	38	Minnie Richardson	9.63	30
2	Cambridgeshire	Sky	2	Francesca Bush	8.88	28
3	Essex	Red	17	Saya Saunders	8.61	26
4	Norfolk	Pink	48	Mia Lesniak	8.27	24
5	Essex	Red	19	Olivia Mullineaux	7.38	22
6	Cambridgeshire	Sky	8	Anjola Opeleye	6.80	20
7	Suffolk	Maroon	53	Holly Supple	6.38	18
8	Hertfordshire	Black	31	Jessica Botheras	6.09	16
9	Hertfordshire	Black	33	Niamh Comerford	4.38	14
	Essex	Red	21	Jasmin Recasa-Lunn	0.00	0

Results Sheet

Speed Bounce

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Points
1	Norfolk	Pink	54
2	Suffolk	Maroon	46
3	Hertfordshire	Black	42
4	Essex	Red	36
5	Cambridgeshire	Sky	32

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Hertfordshire	Black	27	Emily Wines	79	30
2	Norfolk	Pink	41	Lily Ganley	77	28
3	Norfolk	Pink	45	Daniella Baldeo	76	26
4	Suffolk	Maroon	49	Adele Stalnionis	75	24
5	Suffolk	Maroon	50	Ava Partridge-Kulczynski	73	22
6	Essex	Red	16	Nicole Hawkins	68	20
7	Cambridgeshire	Sky	10	Michelle Hristokova	67	18
8	Essex	Red	20	Honey Peck	65	16
9	Cambridgeshire	Sky	11	Juliette Russell	62	14
10	Hertfordshire	Black	28	Isla Gardner	55	12

Results Sheet

Standing Long Jump

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Points
1	Norfolk	Pink	54
2	Essex	Red	46
3	Suffolk	Maroon	42
4	Cambridgeshire	Sky	40
5	Hertfordshire	Black	28

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	37	Rebecca Johnson	2.31	30
2	Suffolk	Maroon	52	Erin Stocking	2.09	28
3	Essex	Red	22	Elouise Thomas	2.09	26
4	Norfolk	Pink	39	Emily Doran	2.07	24
5	Cambridgeshire	Sky	7	Kesniiia Kulikova	2.05	22
6	Essex	Red	13	Lily Hartman	2.05	20
7	Cambridgeshire	Sky	3	Shouchen Wu	2.01	18
8	Hertfordshire	Black	25	Florence Armstead	2.00	16
9	Suffolk	Maroon	51	Abbie Cook	1.81	14
10	Hertfordshire	Black	32	Izzy Lewis	1.71	12
	Hertfordshire	Black	26	Josephine Lewis	0.00	0

Results Sheet

Standing Triple Jump

Competition:
East Regional Final Under 13 Girls

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UEA Sportspark

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28 Jan 2023

Ranking	Team	Colour	Points
1	Norfolk	Pink	58
2	Essex	Red	48
3	Cambridgeshire	Sky	44
4	Suffolk	Maroon	32
5	Hertfordshire	Black	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	44	Darcie Holmes	6.70	30
2	Norfolk	Pink	43	Jennifer Mardle	6.37	28
3	Essex	Red	14	Alicja Yalaju	6.25	26
4	Cambridgeshire	Sky	1	Samantha Horman	6.12	24
5	Essex	Red	23	Martha May	6.03	22
6	Cambridgeshire	Sky	9	Elena Stewart	5.51	20
7	Suffolk	Maroon	54	Hanna Edwards	5.38	18
8	Hertfordshire	Black	28	Isla Gardner	5.29	16
9	Suffolk	Maroon	56	Rosie Manister	5.02	14

Results Sheet

Vertical Jump

Competition:
East Regional Final Under 13 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Points
	Suffolk	Maroon	0
1	Norfolk	Pink	56
2	Essex	Red	52
3	Cambridgeshire	Sky	40
4	Hertfordshire	Black	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	46	Eleana Osifo-Doe	49	30
2	Essex	Red	24	Pixie-Ray Oakley	49	28
3	Norfolk	Pink	47	Ellie Warman	48	26
4	Essex	Red	21	Jasmin Recasa-Lunn	46	24
5	Cambridgeshire	Sky	6	Elizabeth Gelson	46	22
6	Hertfordshire	Black	29	Cora Naylor	37	20
7	Cambridgeshire	Sky	4	Stella Convey	36	18
8	Hertfordshire	Black	26	Josephine Lewis	35	16