

Competition Results

Competition:

East Regional Final Under 11 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	4x2	MR	2+2	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	489	28	30	28	29	28	30	28	30	30	30	26	30	26	30	30	26
2	Essex	Red	457	30	28	26	26	30	26	26	26	28	24	26	24	29	28	24	30
3	Suffolk	Maroon	446	26	26	30	29	26	24	30	24	24	22	26	28	29	24	28	28
4	Hertfordshire	Black	430	24	24	24	24	24	28	24	28	26	28	22	26	24	26	26	24
5	Cambridgeshire	Sky	388	22	22	22	22	22	22	22	22	22	26	30	22	22	22	22	22

Team Results

Cambridgeshire (sky)

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East Regional Final Under 11 Girls

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UEA Sportspark

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	4x2	MR	2+2	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	489	28	30	28	29	28	30	28	30	30	30	26	30	26	30	30	26
2	Essex	Red	457	30	28	26	26	30	26	26	26	28	24	26	24	29	28	24	30
3	Suffolk	Maroon	446	26	26	30	29	26	24	30	24	24	22	26	28	29	24	28	28
4	Hertfordshire	Black	430	24	24	24	24	24	28	24	28	26	28	22	26	24	26	26	24
5	Cambridgeshire	Sky	388	22	22	22	22	22	22	22	22	22	26	30	22	22	22	22	22

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Chelsea DeGuzman	SLJ	1.49	1.53	1.39		1.53	14
2	Amelia Robinson	SB	48				48	5=
2	Amelia Robinson	VJ	35	39	30		39	5
3	Ava Finn	SLJ	1.59	1.69	1.63		1.69	11
4	Eva Korny	J	8	7	8		8	9=
4	Eva Korny	SLJ	1.47	1.58	1.58		1.58	13
5	Ellie Bailey	SB	40				40	14
5	Ellie Bailey	STJ	4.08	4.19	0.00		4.19	14
6	Connie Abraham	CP	4.75	0.00	4.75		4.75	8
6	Connie Abraham	STJ	3.94	4.39	0.00		4.39	13
7	Izzy Hilton	BT	3	15	15	13	46	8=
7	Izzy Hilton	STJ	3.98	0.00	0.00		3.98	15
8	Layla Gee	CP	5.00	5.25	5.00		5.25	
8	Layla Gee	VJ	29	27	29		29	15
9	Lucy Hilton	SB	31				31	15
10	Lyla Graves	BT	15	15	4	15	49	4=
10	Lyla Graves	J	8	8	7		8	9=
11	Annabel Clarke	BT	5	12	15	15	47	6=
11	Annabel Clarke	TT	4	0	0	0	4	8=
12	Callee Goodrick	VJ	31	31	28		31	12
13	Lillya Bellaboid	CP	3.50	3.25	3.50		3.50	10
14	Nell Brewer	TT	2	2	0	0	4	8=

Team Results

Essex (red)

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East Regional Final Under 11 Girls

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UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	4x2	MR	2+2	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	489	28	30	28	29	28	30	28	30	30	30	26	30	26	30	30	26
2	Essex	Red	457	30	28	26	26	30	26	26	26	28	24	26	24	29	28	24	30
3	Suffolk	Maroon	446	26	26	30	29	26	24	30	24	24	22	26	28	29	24	28	28
4	Hertfordshire	Black	430	24	24	24	24	24	28	24	28	26	28	22	26	24	26	26	24
5	Cambridgeshire	Sky	388	22	22	22	22	22	22	22	22	22	26	30	22	22	22	22	22

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Hattie Blackburn	SB	51				51	1=
1	Hattie Blackburn	SLJ	1.75	1.71	1.79		1.79	10
1	Hattie Blackburn	TT	0	0	0	0	0	
2	Elsie Burrell	CP	5.25	5.50	0.00		5.50	6
3	Nicole Dennison	SB	50				50	4
3	Nicole Dennison	VJ	20	36	36		36	9
4	Breanna Dosumu	SLJ	2.01	2.01	2.01		2.01	3
5	Emma Frisby	SLJ	1.75	1.75	1.85		1.85	8
5	Emma Frisby	TT	6	6	2	0	14	1
6	Libbie Gordon	BT	8	12	15	11	46	8=
6	Libbie Gordon	STJ	4.26	4.54	0.00		4.54	11
7	Orla Martin	J	9	8	7		9	7
7	Orla Martin	VJ	38	37	36		38	8
8	Rosie Mower	CP	5.50	6.00	6.00		6.00	3
8	Rosie Mower	STJ	5.07	4.97	0.00		5.07	6
9	Sadie Owen	BT	3	12	6	3	24	13
9	Sadie Owen	J	8	9	9		9	5=
10	Lucinda Palmer	SB	44				44	12
10	Lucinda Palmer	STJ	4.60	4.76	0.00		4.76	10
11	Joni Saunders	BT	15	15	15	15	60	1=
11	Joni Saunders	VJ	32	35	34		35	11

Team Results

Hertfordshire (black)

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East Regional Final Under 11 Girls

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Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	4x2	MR	2+2	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	489	28	30	28	29	28	30	28	30	30	30	26	30	26	30	30	26
2	Essex	Red	457	30	28	26	26	30	26	26	26	28	24	26	24	29	28	24	30
3	Suffolk	Maroon	446	26	26	30	29	26	24	30	24	24	22	26	28	29	24	28	28
4	Hertfordshire	Black	430	24	24	24	24	24	28	24	28	26	28	22	26	24	26	26	24
5	Cambridgeshire	Sky	388	22	22	22	22	22	22	22	22	22	26	30	22	22	22	22	22

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Eva Harmel	STJ	5.04	4.69	0.00		5.04	7
2	Ruby Mahamba	BT	12	9	15	6	42	11
2	Ruby Mahamba	STJ	4.44	3.97	0.00		4.44	12
3	Amelie Axam	J	6	9	5		9	8
4	Hannah Minikin	SB	43				43	13
4	Hannah Minikin	SLJ	1.63	1.67	1.67		1.67	12
5	Bella Marshment	SB	46				46	8=
5	Bella Marshment	SLJ	1.91	1.98	1.93		1.98	4
6	Willow Griffiths	BT	15	15	15	15	60	1=
6	Willow Griffiths	SLJ	1.69	1.81	1.79		1.81	9
7	Penny Field	J	8	5	10		10	4
8	Erin Macfarlane	TT	4	1	0	0	5	6=
8	Erin Macfarlane	VJ	37	37	38		38	7
9	Bria Boamah	SB	45				45	10=
9	Bria Boamah	STJ	5.60	5.81	0.00		5.81	3
10	Sophie Watson	CP	6.25	0.00	6.00		6.25	1
10	Sophie Watson	VJ	41	39	38		41	3
11	Isla McHugh	TT	6	0	0	0	6	4=
11	Isla McHugh	VJ	40	36	38		40	4
12	Lily Zalin	BT	15	15	6	11	47	6=
12	Lily Zalin	CP	4.00	4.00	2.75		4.00	9

Team Results

Norfolk (pink)

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East Regional Final Under 11 Girls

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UEA Sportspark

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28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	4x2	MR	2+2	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	489	28	30	28	29	28	30	28	30	30	30	26	30	26	30	30	26
2	Essex	Red	457	30	28	26	26	30	26	26	26	28	24	26	24	29	28	24	30
3	Suffolk	Maroon	446	26	26	30	29	26	24	30	24	24	22	26	28	29	24	28	28
4	Hertfordshire	Black	430	24	24	24	24	24	28	24	28	26	28	22	26	24	26	26	24
5	Cambridgeshire	Sky	388	22	22	22	22	22	22	22	22	22	26	30	22	22	22	22	22

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Olivia Barber	STJ	6.37	6.06	0.00		6.37	1
2	Tayla Goodswen	SB	51				51	1=
2	Tayla Goodswen	VJ	49	49	50		50	1
3	Isabella White	CP	5.75	6.25	0.00		6.25	2
3	Isabella White	STJ	5.64	5.58	0.00		5.64	4
4	Caelah-Leigh Whyte	SB	45				45	10=
4	Caelah-Leigh Whyte	SLJ	1.71	1.81	1.87		1.87	6
5	Macey Phillips	SLJ	2.13	2.13	2.09		2.13	1
6	Laila Ringer	J	8	11	8		11	3
6	Laila Ringer	SLJ	1.85	1.83	1.85		1.85	7
7	Nell Fulcher	TT	4	0	1	0	5	6=
8	Florence Spratt	BT	15	15	15	4	49	4=
8	Florence Spratt	CP	5.25	5.25	5.00		5.25	7
9	Edith Downing	BT	13	15	2	14	44	10
9	Edith Downing	VJ	41	40	42		42	2
11	Lucy Archer	BT	15	15	15	15	60	1=
11	Lucy Archer	VJ	34	39	32		39	6
12	Alice Ganley	TT	4	1	1	1	7	2=
13	April Green	STJ	4.71	4.89	0.00		4.89	8
14	Francesca Greenlees	J	14	10	12		14	1
14	Francesca Greenlees	SB	48				48	5=

Team Results

Suffolk (maroon)

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East Regional Final Under 11 Girls

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UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Colour	Score	OR	1+1	4x1	P6	OU	HR	4x2	MR	2+2	BT	CP	J	SB	SLJ	STJ	TT
1	Norfolk	Pink	489	28	30	28	29	28	30	28	30	30	30	26	30	26	30	30	26
2	Essex	Red	457	30	28	26	26	30	26	26	26	28	24	26	24	29	28	24	30
3	Suffolk	Maroon	446	26	26	30	29	26	24	30	24	24	22	26	28	29	24	28	28
4	Hertfordshire	Black	430	24	24	24	24	24	28	24	28	26	28	22	26	24	26	26	24
5	Cambridgeshire	Sky	388	22	22	22	22	22	22	22	22	22	26	30	22	22	22	22	22

	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking
1	Daisy Mullett	SB	51				51	1=
1	Daisy Mullett	STJ	6.04	6.08	0.00		6.08	2
2	Freya Stocking	SB	46				46	8=
2	Freya Stocking	SLJ	1.95	1.99	2.05		2.05	2
3	Tia Leaver	CP	5.25	5.75	5.00		5.75	5
3	Tia Leaver	STJ	5.22	5.01	0.00		5.22	5
4	Lucy Mansell	CP	5.75	5.50	5.25		5.75	4
4	Lucy Mansell	VJ	34	35	34		35	10
5	Imogen Bucys	J	8	9	9		9	5=
5	Imogen Bucys	STJ	4.54	4.86	0.00		4.86	9
6	Layla White	J	0	0	0		0	
6	Layla White	SLJ	1.85	1.91	1.87		1.91	5
6	Layla White	TT	4	3	0	0	7	2=
7	Bella Wood	SB	48				48	5=
7	Bella Wood	VJ	31	28	29		31	13
8	Grace Houghton	BT	2	7	14	10	33	12
8	Grace Houghton	J	11	12	11		12	2
10	Eden Vihm	SLJ	1.45	1.49	1.49		1.49	15
11	Florence Barnard	CP	0.00	0.00	0.00		0.00	
11	Florence Barnard	TT	4	2	0	0	6	4=
12	Mollie Smith	VJ	28	30	29		30	14
13	Ellie Cater	STJ	0.00	0.00	0.00		0.00	

Results Sheet

Obstacle Relay

Competition:

East Regional Final Under 11 Girls

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UEA Sportspark

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	1:24.9	0.0	1:24.9	30.0
2	04	Norfolk	Pink	1:26.2	0.0	1:26.2	28.0
3	05	Suffolk	Maroon	1:27.4	0.0	1:27.4	26.0
4	03	Hertfordshire	Black	1:32.5	0.0	1:32.5	24.0
5	01	Cambridgeshire	Sky	1:39.8	0.0	1:39.8	22.0

Results Sheet

1 + 1 Lap Relay

Competition:
East Regional Final Under 11 Girls

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	26.4	0.0	26.4	30.0
2	02	Essex	Red	27.3	0.0	27.3	28.0
3	05	Suffolk	Maroon	27.7	0.0	27.7	26.0
4	03	Hertfordshire	Black	28.8	0.0	28.8	24.0
5	01	Cambridgeshire	Sky	29.0	0.0	29.0	22.0

Results Sheet

4 x 1 Lap Relay

Competition:
East Regional Final Under 11 Girls

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UEA Sportspark

Date
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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Suffolk	Maroon	53.8	0.0	53.8	30.0
2	04	Norfolk	Pink	53.9	0.0	53.9	28.0
3	02	Essex	Red	54.2	0.0	54.2	26.0
4	03	Hertfordshire	Black	58.4	0.0	58.4	24.0
5	01	Cambridgeshire	Sky	59.2	0.0	59.2	22.0

Results Sheet

6 Lap Paarlauf

Competition:

East Regional Final Under 11 Girls

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UEA Sportspark

Date

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1=	04	Norfolk	Pink	1:21.2	0.0	1:21.2	29.0
1=	05	Suffolk	Maroon	1:21.2	0.0	1:21.2	29.0
3	02	Essex	Red	1:27.7	0.0	1:27.7	26.0
4	03	Hertfordshire	Black	1:28.6	0.0	1:28.6	24.0
5	01	Cambridgeshire	Sky	1:36.1	0.0	1:36.1	22.0

Results Sheet

Over and Under Relay

Competition:
East Regional Final Under 11 Girls

Venue:
UEA Sportspark

Date
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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	1:12.3	0.0	1:12.3	30.0
2	04	Norfolk	Pink	1:13.7	0.0	1:13.7	28.0
3	05	Suffolk	Maroon	1:17.2	0.0	1:17.2	26.0
4	03	Hertfordshire	Black	1:19.6	0.0	1:19.6	24.0
5	01	Cambridgeshire	Sky	1:30.1	0.0	1:30.1	22.0

Results Sheet

Hurdles Relay

Competition:
East Regional Final Under 11 Girls

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UEA Sportspark

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:02.0	0.0	1:02.0	30.0
2	03	Hertfordshire	Black	1:05.5	0.0	1:05.5	28.0
3	02	Essex	Red	1:07.3	0.0	1:07.3	26.0
4	05	Suffolk	Maroon	1:10.5	0.0	1:10.5	24.0
5	01	Cambridgeshire	Sky	1:12.0	0.0	1:12.0	22.0

Results Sheet

Balance Test

Competition:
East Regional Final Under 11 Girls

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Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	153	30
2	Hertfordshire	Black	149	28
3	Cambridgeshire	Sky	142	26
4	Essex	Red	130	24
5	Suffolk	Maroon	33	22

Ranking	Team	Colour	BibNo	Name	Total
1=	Essex	Red	11	Joni Saunders	60
1=	Hertfordshire	Black	6	Willow Griffiths	60
1=	Norfolk	Pink	11	Lucy Archer	60
4=	Cambridgeshire	Sky	10	Lyla Graves	49
4=	Norfolk	Pink	8	Florence Spratt	49
6=	Cambridgeshire	Sky	11	Annabel Clarke	47
6=	Hertfordshire	Black	12	Lily Zalin	47
8=	Cambridgeshire	Sky	7	Izzy Hilton	46
8=	Essex	Red	6	Libbie Gordon	46
10	Norfolk	Pink	9	Edith Downing	44
11	Hertfordshire	Black	2	Ruby Mahamba	42
12	Suffolk	Maroon	8	Grace Houghton	33
13	Essex	Red	9	Sadie Owen	24

Results Sheet

Chest Push

Competition:
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Ranking	Team	Colour	Total	Points
1	Cambridgeshire	Sky	13.50	30
2=	Essex	Red	11.50	26
2=	Norfolk	Pink	11.50	26
2=	Suffolk	Maroon	11.50	26
5	Hertfordshire	Black	10.25	22

Ranking	Team	Colour	BibNo	Name	Best
1	Hertfordshire	Black	10	Sophie Watson	6.25
2	Norfolk	Pink	3	Isabella White	6.25
3	Essex	Red	8	Rosie Mower	6.00
4	Suffolk	Maroon	4	Lucy Mansell	5.75
5	Suffolk	Maroon	3	Tia Leaver	5.75
6	Essex	Red	2	Elsie Burrell	5.50
7	Norfolk	Pink	8	Florence Spratt	5.25
8	Cambridgeshire	Sky	6	Connie Abraham	4.75
9	Hertfordshire	Black	12	Lily Zalin	4.00
10	Cambridgeshire	Sky	13	Lillya Bellaboid	3.50
	Cambridgeshire	Sky	8	Layla Gee	5.25
	Suffolk	Maroon	11	Florence Barnard	0.00

Results Sheet

Javelin

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Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	25	30
2	Suffolk	Maroon	21	28
3	Hertfordshire	Black	19	26
4	Essex	Red	18	24
5	Cambridgeshire	Sky	16	22

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Pink	14	Francesca Greenlees	14
2	Suffolk	Maroon	8	Grace Houghton	12
3	Norfolk	Pink	6	Laila Ringer	11
4	Hertfordshire	Black	7	Penny Field	10
5=	Essex	Red	9	Sadie Owen	9
5=	Suffolk	Maroon	5	Imogen Bucys	9
7	Essex	Red	7	Orla Martin	9
8	Hertfordshire	Black	3	Amelie Axam	9
9=	Cambridgeshire	Sky	4	Eva Korny	8
9=	Cambridgeshire	Sky	10	Lyla Graves	8
	Suffolk	Maroon	6	Layla White	0

Results Sheet

Speed Bounce

Competition:
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Ranking	Team	Colour	Total	Points
1=	Essex	Red	145	29
1=	Suffolk	Maroon	145	29
3	Norfolk	Pink	144	26
4	Hertfordshire	Black	134	24
5	Cambridgeshire	Sky	119	22

Ranking	Team	Colour	BibNo	Name	Total
1=	Essex	Red	1	Hattie Blackburn	51
1=	Norfolk	Pink	2	Tayla Goodswen	51
1=	Suffolk	Maroon	1	Daisy Mullett	51
4	Essex	Red	3	Nicole Dennison	50
5=	Cambridgeshire	Sky	2	Amelia Robinson	48
5=	Norfolk	Pink	14	Francesca Greenlees	48
5=	Suffolk	Maroon	7	Bella Wood	48
8=	Hertfordshire	Black	5	Bella Marshment	46
8=	Suffolk	Maroon	2	Freya Stocking	46
10=	Hertfordshire	Black	9	Bria Boamah	45
10=	Norfolk	Pink	4	Caelah-Leigh Whyte	45
12	Essex	Red	10	Lucinda Palmer	44
13	Hertfordshire	Black	4	Hannah Minikin	43
14	Cambridgeshire	Sky	5	Ellie Bailey	40
15	Cambridgeshire	Sky	9	Lucy Hilton	31

Results Sheet

Standing Long Jump

Competition:
East Regional Final Under 11 Girls

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Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	5.85	30
2	Essex	Red	5.65	28
3	Hertfordshire	Black	5.46	26
4	Suffolk	Maroon	5.45	24
5	Cambridgeshire	Sky	4.80	22

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Pink	5	Macey Phillips	2.13
2	Suffolk	Maroon	2	Freya Stocking	2.05
3	Essex	Red	4	Breanna Dosumu	2.01
4	Hertfordshire	Black	5	Bella Marshment	1.98
5	Suffolk	Maroon	6	Layla White	1.91
6	Norfolk	Pink	4	Caelah-Leigh Whyte	1.87
7	Norfolk	Pink	6	Laila Ringer	1.85
8	Essex	Red	5	Emma Frisby	1.85
9	Hertfordshire	Black	6	Willow Griffiths	1.81
10	Essex	Red	1	Hattie Blackburn	1.79
11	Cambridgeshire	Sky	3	Ava Finn	1.69
12	Hertfordshire	Black	4	Hannah Minikin	1.67
13	Cambridgeshire	Sky	4	Eva Korny	1.58
14	Cambridgeshire	Sky	1	Chelsea DeGuzman	1.53
15	Suffolk	Maroon	10	Eden Vihm	1.49

Results Sheet

Standing Triple Jump

Competition:
East Regional Final Under 11 Girls

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Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	16.90	30
2	Suffolk	Maroon	16.16	28
3	Hertfordshire	Black	15.29	26
4	Essex	Red	14.37	24
5	Cambridgeshire	Sky	12.56	22

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Pink	1	Olivia Barber	6.37
2	Suffolk	Maroon	1	Daisy Mullett	6.08
3	Hertfordshire	Black	9	Bria Boamah	5.81
4	Norfolk	Pink	3	Isabella White	5.64
5	Suffolk	Maroon	3	Tia Leaver	5.22
6	Essex	Red	8	Rosie Mower	5.07
7	Hertfordshire	Black	1	Eva Harmel	5.04
8	Norfolk	Pink	13	April Green	4.89
9	Suffolk	Maroon	5	Imogen Bucys	4.86
10	Essex	Red	10	Lucinda Palmer	4.76
11	Essex	Red	6	Libbie Gordon	4.54
12	Hertfordshire	Black	2	Ruby Mahamba	4.44
13	Cambridgeshire	Sky	6	Connie Abraham	4.39
14	Cambridgeshire	Sky	5	Ellie Bailey	4.19
15	Cambridgeshire	Sky	7	Izzy Hilton	3.98
	Suffolk	Maroon	13	Ellie Cater	0.00

Results Sheet

Target Throw

Competition:
East Regional Final Under 11 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Essex	Red	14	30
2	Suffolk	Maroon	13	28
3	Norfolk	Pink	12	26
4	Hertfordshire	Black	11	24
5	Cambridgeshire	Sky	8	22

Ranking	Team	Colour	BibNo	Name	Total
1	Essex	Red	5	Emma Frisby	14
2=	Norfolk	Pink	12	Alice Ganley	7
2=	Suffolk	Maroon	6	Layla White	7
4=	Hertfordshire	Black	11	Isla McHugh	6
4=	Suffolk	Maroon	11	Florence Barnard	6
6=	Hertfordshire	Black	8	Erin Macfarlane	5
6=	Norfolk	Pink	7	Nell Fulcher	5
8=	Cambridgeshire	Sky	11	Annabel Clarke	4
8=	Cambridgeshire	Sky	14	Nell Brewer	4
	Essex	Red	1	Hattie Blackburn	0

Results Sheet

Vertical Jump

Competition:
East Regional Final Under 11 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	Total	Points
1	Norfolk	Pink	131	30
2	Hertfordshire	Black	119	28
3	Essex	Red	109	26
4	Cambridgeshire	Sky	99	24
5	Suffolk	Maroon	96	22

Ranking	Team	Colour	BibNo	Name	Best
1	Norfolk	Pink	2	Tayla Goodswen	50
2	Norfolk	Pink	9	Edith Downing	42
3	Hertfordshire	Black	10	Sophie Watson	41
4	Hertfordshire	Black	11	Isla McHugh	40
5	Cambridgeshire	Sky	2	Amelia Robinson	39
6	Norfolk	Pink	11	Lucy Archer	39
7	Hertfordshire	Black	8	Erin Macfarlane	38
8	Essex	Red	7	Orla Martin	38
9	Essex	Red	3	Nicole Dennison	36
10	Suffolk	Maroon	4	Lucy Mansell	35
11	Essex	Red	11	Joni Saunders	35
12	Cambridgeshire	Sky	12	Callee Goodrick	31
13	Suffolk	Maroon	7	Bella Wood	31
14	Suffolk	Maroon	12	Mollie Smith	30
15	Cambridgeshire	Sky	8	Layla Gee	29

Results Sheet

4 x 2 Lap Relay

Competition:
East Regional Final Under 11 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Suffolk	Maroon	1:04.3	0.0	1:04.3	30.0
2	04	Norfolk	Pink	1:11.6	0.0	1:11.6	28.0
3	02	Essex	Red	1:12.9	0.0	1:12.9	26.0
4	03	Hertfordshire	Black	1:19.7	0.0	1:19.7	24.0
5	01	Cambridgeshire	Sky	1:22.9	0.0	1:22.9	22.0

Results Sheet

Medley Relay

Competition:
East Regional Final Under 11 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	44.7	0.0	44.7	30.0
2	03	Hertfordshire	Black	44.9	0.0	44.9	28.0
3	02	Essex	Red	46.2	0.0	46.2	26.0
4	05	Suffolk	Maroon	50.6	0.0	50.6	24.0
5	01	Cambridgeshire	Sky	51.9	0.0	51.9	22.0

Results Sheet

2 + 2 Lap Relay

Competition:

East Regional Final Under 11 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	53.0	0.0	53.0	30.0
2	02	Essex	Red	54.2	0.0	54.2	28.0
3	03	Hertfordshire	Black	54.9	0.0	54.9	26.0
4	05	Suffolk	Maroon	56.9	0.0	56.9	24.0
5	01	Cambridgeshire	Sky	58.3	0.0	58.3	22.0