

Competition Results

Competition:
East Regional Final Under 15 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	662	532	70	60
2	Essex	611	541	0	70
3	Hertfordshire	518	418	60	40
4	Suffolk	488	438	0	50
5	Cambridgeshire	396	366	0	30

Athlete Results

Competition:
East Regional Final Under 15 Boys

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Ranking	BibNo Athlete	Team	Score	2LR	4LR	S	SB	SLJ	STJ
1	165 Will Lupton	Norfolk	146	50		50			46
2	153 Stephen Adesina	Essex	142		48	48		46	
3	172 Ollie Read	Suffolk	141		50		48	43	
4	151 Daniel Headley	Essex	140	46		44			50
5	154 Melchisedec Berkoh-Gyamfi	Essex	136	48		40			48
6	174 Jack Lugo-Hankins	Suffolk	134		44		50		40
7	169 Will Gregson	Norfolk	131		46		41		44
8	167 Sam Barber	Norfolk	129	43		36		50	
9=	166 Charlie Sheeran	Norfolk	126	40			46	40	
9=	168 Finlay Morby-Jones	Norfolk	126		40		44		42
11	152 Oscar Phillips	Essex	123		38		37	48	
12	170 Will Spratt	Norfolk	114		42	38		34	
13	160 George Watson	Hertfordshire	109	36			41		32
14	159 James Ambler	Hertfordshire	106	32			37	37	
15	146 Fred Greaves	Cambridgeshire	105	43		32		30	
16	161 Ryan Senanayake	Hertfordshire	103		32	28		43	
17	162 Reuben Smith	Hertfordshire	100		30		34		36
18	155 Luis Stefan	Essex	97		28		32	37	
19	158 Tofunmi Falegan	Hertfordshire	96	38		34		24	
20	149 Alex Westbury	Cambridgeshire	93		36	30		27	
21	163 Joshua Hearne	Hertfordshire	90		34	26			30
22	147 Noah Randall	Cambridgeshire	86	28			30		28
23	176 Cyril Matondo	Suffolk	83	34		22		27	
24	148 Zack Rodriguez	Cambridgeshire	82		26	24		32	
25=	173 Zak Collett	Suffolk	80			42			38
25=	177 Alfie Jay-Girling	Suffolk	80			46			34
27	175 Lester Palmer	Suffolk	30	30					
28	171 Charlie Broad	Norfolk	0						

Team Results

Cambridgeshire (sky)

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Date

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Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	662	532	70	60
2	Essex	611	541	0	70
3	Hertfordshire	518	418	60	40
4	Suffolk	488	438	0	50
5	Cambridgeshire	396	366	0	30

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
146	Fred Greaves	2LR	24.3				24.3	4=	43
146	Fred Greaves	S	6.74	6.65	6.69		6.74	10	32
146	Fred Greaves	SLJ	2.03	1.97	2.01		2.03	11	30
147	Noah Randall	2LR	27.7				27.7	12	28
147	Noah Randall	SB	59				59	11	30
147	Noah Randall	STJ	5.85	5.78	0.00		5.85	12	28
148	Zack Rodriguez	4LR	58.3				58.3	13	26
148	Zack Rodriguez	S	5.05	4.80	4.98		5.05	14	24
148	Zack Rodriguez	SLJ	2.01	2.04	2.01		2.04	10	32
149	Alex Westbury	4LR	52.7				52.7	8	36
149	Alex Westbury	S	0.00	6.34	6.34		6.34	11	30
149	Alex Westbury	SLJ	1.99	1.79	1.81		1.99	12=	27

Team Results

Essex (red)

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Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	662	532	70	60
2	Essex	611	541	0	70
3	Hertfordshire	518	418	60	40
4	Suffolk	488	438	0	50
5	Cambridgeshire	396	366	0	30

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
151	Daniel Headley	2LR	23.2				23.2	3	46
151	Daniel Headley	S	8.59	10.08	8.42		10.08	4	44
151	Daniel Headley	STJ	8.44	8.71	8.82		8.82	1	50
152	Oscar Phillips	4LR	52.6				52.6	7	38
152	Oscar Phillips	SB	68				68	7=	37
152	Oscar Phillips	SLJ	2.30	2.31	2.45		2.45	2	48
153	Stephen Adesina	4LR	50.4				50.4	2	48
153	Stephen Adesina	S	10.44	9.62	11.08		11.08	2	48
153	Stephen Adesina	SLJ	2.39	2.41	2.37		2.41	3	46
154	Melchisedec Berkoh-Gyam	2LR	23.1				23.1	2	48
154	Melchisedec Berkoh-Gyam	S	8.14	9.50	7.82		9.50	6	40
154	Melchisedec Berkoh-Gyam	STJ	7.56	7.88	8.08		8.08	2	48
155	Luis Stefan	4LR	55.7				55.7	12	28
155	Luis Stefan	SB	60				60	10	32
155	Luis Stefan	SLJ	2.23	2.33	2.33		2.33	7=	37

Team Results

Hertfordshire (black)

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East Regional Final Under 15 Boys

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Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	662	532	70	60
2	Essex	611	541	0	70
3	Hertfordshire	518	418	60	40
4	Suffolk	488	438	0	50
5	Cambridgeshire	396	366	0	30

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
158	Tofunmi Falegan	2LR	25.0				25.0	7	38
158	Tofunmi Falegan	S	0.00	6.20	6.86		6.86	9	34
158	Tofunmi Falegan	SB	0				0		
158	Tofunmi Falegan	SLJ	1.85	0.00	1.97		1.97	14	24
159	James Ambler	2LR	26.8				26.8	10	32
159	James Ambler	SB	68				68	7=	37
159	James Ambler	SLJ	2.33	2.31	2.25		2.33	7=	37
160	George Watson	2LR	25.6				25.6	8	36
160	George Watson	SB	69				69	5=	41
160	George Watson	STJ	6.08	0.00	5.69		6.08	10	32
161	Ryan Senanayake	4LR	54.6				54.6	10	32
161	Ryan Senanayake	S	3.98	0.00	5.82		5.82	12	28
161	Ryan Senanayake	SLJ	2.31	2.39	2.37		2.39	4=	43
162	Reuben Smith	4LR	55.3				55.3	11	30
162	Reuben Smith	SB	64				64	9	34
162	Reuben Smith	STJ	6.13	6.18	6.28		6.28	8	36
163	Joshua Hearne	4LR	54.0				54.0	9	34
163	Joshua Hearne	S	5.23	5.77	5.51		5.77	13	26
163	Joshua Hearne	STJ	6.05	5.98	5.99		6.05	11	30

Team Results

Norfolk (pink)

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Date
28 Jan 2023

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	662	532	70	60
2	Essex	611	541	0	70
3	Hertfordshire	518	418	60	40
4	Suffolk	488	438	0	50
5	Cambridgeshire	396	366	0	30

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
165	Will Lupton	2LR	22.8				22.8	1	50
165	Will Lupton	S	0.00	11.09	12.01		12.01	1	50
165	Will Lupton	STJ	7.78	7.81	7.65		7.81	3	46
166	Charlie Sheeran	2LR	24.6				24.6	6	40
166	Charlie Sheeran	SB	76				76	3	46
166	Charlie Sheeran	SLJ	2.35	2.35	2.35		2.35	6	40
167	Sam Barber	2LR	24.3				24.3	4=	43
167	Sam Barber	S	7.40	7.77	7.00		7.77	8	36
167	Sam Barber	SLJ	2.65	2.67	2.61		2.67	1	50
168	Finlay Morby-Jones	4LR	52.0				52.0	6	40
168	Finlay Morby-Jones	SB	71				71	4	44
168	Finlay Morby-Jones	STJ	6.88	6.81	6.40		6.88	5	42
169	Will Gregson	4LR	50.5				50.5	3	46
169	Will Gregson	SB	69				69	5=	41
169	Will Gregson	STJ	6.45	6.81	6.93		6.93	4	44
170	Will Spratt	4LR	51.9				51.9	5	42
170	Will Spratt	S	8.36	7.03	8.09		8.36	7	38
170	Will Spratt	SLJ	2.09	2.05	1.97		2.09	9	34

Team Results

Suffolk (maroon)

Competition:

East Regional Final Under 15 Boys

Venue:

UEA Sportspark

Date

28 Jan 2023

Ranking	Team	Score	Individual	P8	4x2
1	Norfolk	662	532	70	60
2	Essex	611	541	0	70
3	Hertfordshire	518	418	60	40
4	Suffolk	488	438	0	50
5	Cambridgeshire	396	366	0	30

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
172	Ollie Read	4LR	50.3				50.3	1	50
172	Ollie Read	SB	80				80	2	48
172	Ollie Read	SLJ	2.39	2.35	2.29		2.39	4=	43
173	Zak Collett	S	9.32	9.67	9.52		9.67	5	42
173	Zak Collett	STJ	6.14	6.45	6.61		6.61	7	38
174	Jack Lugo-Hankins	4LR	51.6				51.6	4	44
174	Jack Lugo-Hankins	SB	86				86	1	50
174	Jack Lugo-Hankins	STJ	6.57	6.42	6.63		6.63	6	40
175	Lester Palmer	2LR	27.3				27.3	11	30
175	Lester Palmer	4LR	0.0				0.0		
175	Lester Palmer	SB	0				0		
175	Lester Palmer	SLJ	0.00	0.00	0.00		0.00		
176	Cyril Matondo	2LR	25.9				25.9	9	34
176	Cyril Matondo	S	4.97	4.60	0.00		4.97	15	22
176	Cyril Matondo	SLJ	1.77	1.99	1.87		1.99	12=	27
177	Alfie Jay-Girling	S	10.57	10.56	10.95		10.95	3	46
177	Alfie Jay-Girling	STJ	6.09	5.92	0.00		6.09	9	34

Results Sheet

2 Lap Race

Competition:
East Regional Final Under 15 Boys

Venue:
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Date
28 Jan 2023

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	165	Will Lupton	22.8	50
2	Essex	Red	154	Melchisedec Berkoh-Gyamfi	23.1	48
3	Essex	Red	151	Daniel Headley	23.2	46
4=	Cambridgeshire	Sky	146	Fred Greaves	24.3	43
4=	Norfolk	Pink	167	Sam Barber	24.3	43
6	Norfolk	Pink	166	Charlie Sheeran	24.6	40
7	Hertfordshire	Black	158	Tofunmi Falegan	25.0	38
8	Hertfordshire	Black	160	George Watson	25.6	36
9	Suffolk	Maroon	176	Cyril Matondo	25.9	34
10	Hertfordshire	Black	159	James Ambler	26.8	32
11	Suffolk	Maroon	175	Lester Palmer	27.3	30
12	Cambridgeshire	Sky	147	Noah Randall	27.7	28

Results Sheet

4 Lap Race

Competition:
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Venue:
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Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	Maroon	172	Ollie Read	50.3	50
2	Essex	Red	153	Stephen Adesina	50.4	48
3	Norfolk	Pink	169	Will Gregson	50.5	46
4	Suffolk	Maroon	174	Jack Lugo-Hankins	51.6	44
5	Norfolk	Pink	170	Will Spratt	51.9	42
6	Norfolk	Pink	168	Finlay Morby-Jones	52.0	40
7	Essex	Red	152	Oscar Phillips	52.6	38
8	Cambridgeshire	Sky	149	Alex Westbury	52.7	36
9	Hertfordshire	Black	163	Joshua Hearne	54.0	34
10	Hertfordshire	Black	161	Ryan Senanayake	54.6	32
11	Hertfordshire	Black	162	Reuben Smith	55.3	30
12	Essex	Red	155	Luis Stefan	55.7	28
13	Cambridgeshire	Sky	148	Zack Rodriguez	58.3	26
	Suffolk	Maroon	175	Lester Palmer	0.0	0

Results Sheet

8 Lap Paarlauf

Competition:
East Regional Final Under 15 Boys

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UEA Sportspark

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Pink	1:04.4	0.0	1:04.4	70.0
2	03	Hertfordshire	Black	1:07.1	0.0	1:07.1	60.0

Results Sheet

4 x 2 Lap Relay

Competition:
East Regional Final Under 15 Boys

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Date
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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	1:32.2	0.0	1:32.2	70.0
2	04	Norfolk	Pink	1:34.3	0.0	1:34.3	60.0
3	05	Suffolk	Maroon	1:38.5	0.0	1:38.5	50.0
4	03	Hertfordshire	Black	1:42.5	0.0	1:42.5	40.0
5	01	Cambridgeshire	Sky	1:43.3	0.0	1:43.3	30.0

Results Sheet

Shot

Competition:
East Regional Final Under 15 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	165	Will Lupton	12.01	50
2	Essex	Red	153	Stephen Adesina	11.08	48
3	Suffolk	Maroon	177	Alfie Jay-Girling	10.95	46
4	Essex	Red	151	Daniel Headley	10.08	44
5	Suffolk	Maroon	173	Zak Collett	9.67	42
6	Essex	Red	154	Melchisedec Berkoh-Gyamfi	9.50	40
7	Norfolk	Pink	170	Will Spratt	8.36	38
8	Norfolk	Pink	167	Sam Barber	7.77	36
9	Hertfordshire	Black	158	Tofunmi Falegan	6.86	34
10	Cambridgeshire	Sky	146	Fred Greaves	6.74	32
11	Cambridgeshire	Sky	149	Alex Westbury	6.34	30
12	Hertfordshire	Black	161	Ryan Senanayake	5.82	28
13	Hertfordshire	Black	163	Joshua Hearne	5.77	26
14	Cambridgeshire	Sky	148	Zack Rodriguez	5.05	24
15	Suffolk	Maroon	176	Cyril Matondo	4.97	22

Results Sheet

Speed Bounce

Competition:
East Regional Final Under 15 Boys

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UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Suffolk	Maroon	174	Jack Lugo-Hankins	86	50
2	Suffolk	Maroon	172	Ollie Read	80	48
3	Norfolk	Pink	166	Charlie Sheeran	76	46
4	Norfolk	Pink	168	Finlay Morby-Jones	71	44
5=	Hertfordshire	Black	160	George Watson	69	41
5=	Norfolk	Pink	169	Will Gregson	69	41
7=	Essex	Red	152	Oscar Phillips	68	37
7=	Hertfordshire	Black	159	James Ambler	68	37
9	Hertfordshire	Black	162	Reuben Smith	64	34
10	Essex	Red	155	Luis Stefan	60	32
11	Cambridgeshire	Sky	147	Noah Randall	59	30
	Hertfordshire	Black	158	Tofunmi Falegan	0	0
	Suffolk	Maroon	175	Lester Palmer	0	0

Results Sheet

Standing Long Jump

Competition:
East Regional Final Under 15 Boys

Venue:
UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Pink	167	Sam Barber	2.67	50
2	Essex	Red	152	Oscar Phillips	2.45	48
3	Essex	Red	153	Stephen Adesina	2.41	46
4=	Hertfordshire	Black	161	Ryan Senanayake	2.39	43
4=	Suffolk	Maroon	172	Ollie Read	2.39	43
6	Norfolk	Pink	166	Charlie Sheeran	2.35	40
7=	Essex	Red	155	Luis Stefan	2.33	37
7=	Hertfordshire	Black	159	James Ambler	2.33	37
9	Norfolk	Pink	170	Will Spratt	2.09	34
10	Cambridgeshire	Sky	148	Zack Rodriguez	2.04	32
11	Cambridgeshire	Sky	146	Fred Greaves	2.03	30
12=	Cambridgeshire	Sky	149	Alex Westbury	1.99	27
12=	Suffolk	Maroon	176	Cyril Matondo	1.99	27
14	Hertfordshire	Black	158	Tofunmi Falegan	1.97	24
	Suffolk	Maroon	175	Lester Palmer	0.00	0

Results Sheet

Standing Triple Jump

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UEA Sportspark

Date
28 Jan 2023

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	Red	151	Daniel Headley	8.82	50
2	Essex	Red	154	Melchisedec Berkoh-Gyamfi	8.08	48
3	Norfolk	Pink	165	Will Lupton	7.81	46
4	Norfolk	Pink	169	Will Gregson	6.93	44
5	Norfolk	Pink	168	Finlay Morby-Jones	6.88	42
6	Suffolk	Maroon	174	Jack Lugo-Hankins	6.63	40
7	Suffolk	Maroon	173	Zak Collett	6.61	38
8	Hertfordshire	Black	162	Reuben Smith	6.28	36
9	Suffolk	Maroon	177	Alfie Jay-Girling	6.09	34
10	Hertfordshire	Black	160	George Watson	6.08	32
11	Hertfordshire	Black	163	Joshua Hearne	6.05	30
12	Cambridgeshire	Sky	147	Noah Randall	5.85	28