

# 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	Tauras 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 Olympion 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 Olyimpion 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	40.5	0.0	40.5	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	44.5	0.0	44.5	24.0
5	05	Suffolk	Maroon	45.3	0.0	45.3	22.0

