

Results Sheet

Obstacle Relay

Competition:
East Regional Final Under 11 Girls

Venue:
UEA Sportspark

Date
28 Jan 2023

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

Venue:

UEA Sportspark

Date

28 Jan 2023

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

Venue:
UEA Sportspark

Date
28 Jan 2023

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

Venue:
UEA Sportspark

Date
28 Jan 2023

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

28 Jan 2023

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

Venue:
UEA Sportspark

Date
28 Jan 2023

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

Venue:

UEA Sportspark

Date

28 Jan 2023

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:

East Regional Final Under 11 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

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

Competition:

East Regional Final Under 11 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

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:

East Regional Final Under 11 Girls

Venue:

UEA Sportspark

Date

28 Jan 2023

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

Venue:

UEA Sportspark

Date

28 Jan 2023

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

Venue:

UEA Sportspark

Date

28 Jan 2023

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	45.0	0.0	45.0	28.0
3	02	Essex	Red	46.2	0.0	46.2	26.0
4	05	Suffolk	Maroon	50.7	0.0	50.7	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

