

# Competition Results

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Green	664	70	70	70	50	44	46	50	56	56	52	46	54
2	Essex	Red	638	60	60	50	70	54	58	50	46	46	46	52	46
3	Cambridgeshire	Sky	544	40	50	60	60	52	38	34	38	42	48	32	50
4	Suffolk	Maroon	336	0	0	40	40	30	30	50	44	24	22	38	18
5	Hertfordshire	Orange	190	50	0	0	0	30	38	0	0	30	0	42	0

# Team Results

# Cambridgeshire (sky)

## Competition:

East Regional Final 2024 Under 13 Boys

## Venue:

UEA Sportspark

## Date

17 Feb 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Green	664	70	70	70	50	44	46	50	56	56	52	46	54
2	Essex	Red	638	60	60	50	70	54	58	50	46	46	46	52	46
3	Cambridgeshire	Sky	544	40	50	60	60	52	38	34	38	42	48	32	50
4	Suffolk	Maroon	336	0	0	40	40	30	30	50	44	24	22	38	18
5	Hertfordshire	Orange	190	50	0	0	0	30	38	0	0	30	0	42	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Joshua Dawes	2LR	23.6	23.9			23.9	1	30
61	Joshua Dawes	VJ	53	57	59	59	59	1	30
62	Hugo Lindeman	2LR	25.4	25.7			25.7	5	22
62	Hugo Lindeman	SB	64				64	6	20
63	Rowan Alcock	STJ	5.79	5.93	5.93	0.00	5.93	7	18
64	Dexter Moore	SLJ	2.16	2.26	2.32	1.60	2.32	1	30
65	Rocco Spinale	6LR	1:35.7				1:35.7	7	18
65	Rocco Spinale	STJ	5.73	0.00	5.68	0.00	5.73	9	14
66	Toby Beardon	4LR	58.2	0.0			58.2	7	18
66	Toby Beardon	SB	66				66	5	22
67	James Bloore	S	6.06	5.50	5.30	5.44	6.06	5	22
68	Jamar Eason	SLJ	1.81	1.97	1.94	1.20	1.97	7	18
69	Arthur Evanson	6LR	1:37.7				1:37.7	8	16
69	Arthur Evanson	VJ	33	29	31	33	33	6	20
71	Kenzo Rwegoshora	4LR	55.2	56.9			56.9	6	20
71	Kenzo Rwegoshora	S	4.70	4.97	4.71	4.47	4.97	8	16

# Team Results

# Essex (red)

## Competition:

East Regional Final 2024 Under 13 Boys

## Venue:

UEA Sportspark

## Date

17 Feb 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Green	664	70	70	70	50	44	46	50	56	56	52	46	54
2	Essex	Red	638	60	60	50	70	54	58	50	46	46	46	52	46
3	Cambridgeshire	Sky	544	40	50	60	60	52	38	34	38	42	48	32	50
4	Suffolk	Maroon	336	0	0	40	40	30	30	50	44	24	22	38	18
5	Hertfordshire	Orange	190	50	0	0	0	30	38	0	0	30	0	42	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Arron Watson	SB	62				62	7	18
74	Ellis Knivett	6LR	1:33.1				1:33.1	5	22
75	Finn Petherbridge	SB	73				73	2	28
76	Freddie Seymour	6LR	1:28.3				1:28.3	2	28
76	Freddie Seymour	VJ	39	41	38	0	41	5	22
77	Reggie Wood	4LR	55.9	53.6			53.6	2	28
77	Reggie Wood	STJ	6.25	6.24	6.20	0.00	6.25	4	24
78	Ronnie Marchant	S	4.95	5.49	4.73	4.84	5.49	7	18
79	Stanislaw Sokolowski	4LR	53.3	52.8			52.8	1	30
79	Stanislaw Sokolowski	SLJ	2.06	2.05	2.06	2.08	2.08	6	20
80	Thomas Davies	VJ	42	45	44	45	45	4	24
81	Timi Oluborode Oluseye	2LR	24.7	24.7			24.7	3	26
81	Timi Oluborode Oluseye	STJ	6.49	6.89	6.26	0.00	6.89	2	28
82	Tobi Oluborode Oluseye	2LR	24.4	24.7			24.7	2	28
82	Tobi Oluborode Oluseye	SLJ	2.03	2.30	2.10	0.00	2.30	3	26
83	Zac Petherbridge	S	0.00	8.10	8.49	8.13	8.49	2	28

# Team Results

# Hertfordshire (orange)

## Competition:

East Regional Final 2024 Under 13 Boys

## Venue:

UEA Sportspark

## Date

17 Feb 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Green	664	70	70	70	50	44	46	50	56	56	52	46	54
2	Essex	Red	638	60	60	50	70	54	58	50	46	46	46	52	46
3	Cambridgeshire	Sky	544	40	50	60	60	52	38	34	38	42	48	32	50
4	Suffolk	Maroon	336	0	0	40	40	30	30	50	44	24	22	38	18
5	Hertfordshire	Orange	190	50	0	0	0	30	38	0	0	30	0	42	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
85	Zac Christodolou	2LR	27.3	0.0			27.3	8	16
85	Zac Christodolou	SB	60				60	8	16
86	George Nolan	2LR	27.4	0.0			27.4	9	14
86	George Nolan	SB	59				59	9	14
87	Frank Rozanek	4LR	55.3	54.1			54.1	3	26
87	Frank Rozanek	STJ	6.70	6.94	6.89	0.00	6.94	1	30
88	Solomon Facey	SLJ	0.00	0.00	0.00	0.00	0.00		
90	Jakob Harmel	4LR	1:01.6	0.0			1:01.6	10	12
90	Jakob Harmel	6LR	0.0				0.0		
90	Jakob Harmel	STJ	4.90	4.76	4.90	0.00	4.90	10	12

# Team Results

# Norfolk (green)

## Competition:

East Regional Final 2024 Under 13 Boys

## Venue:

UEA Sportspark

## Date

17 Feb 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Green	664	70	70	70	50	44	46	50	56	56	52	46	54
2	Essex	Red	638	60	60	50	70	54	58	50	46	46	46	52	46
3	Cambridgeshire	Sky	544	40	50	60	60	52	38	34	38	42	48	32	50
4	Suffolk	Maroon	336	0	0	40	40	30	30	50	44	24	22	38	18
5	Hertfordshire	Orange	190	50	0	0	0	30	38	0	0	30	0	42	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
97	Ben Lowe	2LR	25.7	26.5			26.5	6	20
97	Ben Lowe	SLJ	2.30	2.27	0.00	0.00	2.30	2	28
98	Harry Sayer	2LR	25.8	25.5			25.5	4	24
98	Harry Sayer	SLJ	2.08	2.16	2.22	2.15	2.22	4	24
99	Rory Normanton	4LR	56.4	55.5			55.5	5	22
99	Rory Normanton	STJ	6.55	6.41	6.31	0.00	6.55	3	26
100	Ollie Scott	4LR	53.9	54.6			54.6	4	24
100	Ollie Scott	VJ	54	49	50	49	54	2	28
101	George Ganley	6LR	1:32.2				1:32.2	4	24
101	George Ganley	SB	72				72	3	26
102	Luke Anderson	6LR	1:29.7				1:29.7	3	26
104	Joshua Rumsby	SB	76				76	1	30
105	Aidan Howard	VJ	49	51	51	49	51	3	26
106	Adam Edwards	STJ	6.04	5.99	6.00	0.00	6.04	6	20
107	Thomas Fairhurst	S	8.61	8.88	8.54	8.50	8.88	1	30
108	Louie Ramone	S	7.63	7.87	7.60	8.37	8.37	3	26

# Team Results

# Suffolk (maroon)

## Competition:

East Regional Final 2024 Under 13 Boys

## Venue:

UEA Sportspark

## Date

17 Feb 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Green	664	70	70	70	50	44	46	50	56	56	52	46	54
2	Essex	Red	638	60	60	50	70	54	58	50	46	46	46	52	46
3	Cambridgeshire	Sky	544	40	50	60	60	52	38	34	38	42	48	32	50
4	Suffolk	Maroon	336	0	0	40	40	30	30	50	44	24	22	38	18
5	Hertfordshire	Orange	190	50	0	0	0	30	38	0	0	30	0	42	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
179	Eli Bowman	6LR	1:27.9				1:27.9	1	30
179	Eli Bowman	STJ	6.17	6.09	6.13	0.00	6.17	5	22
180	Seth Bowman	6LR	1:35.4				1:35.4	6	20
180	Seth Bowman	STJ	5.86	5.60	5.57	0.00	5.86	8	16
181	Bailey Pirie	2LR	26.4	0.0			26.4	7	18
181	Bailey Pirie	SLJ	2.15	2.14	2.08	2.14	2.15	5	22
182	Elliot Hobson	4LR	1:01.1	0.0			1:01.1	9	14
182	Elliot Hobson	SB	67				67	4	24
183	Miles Lugo-Hankins	4LR	58.3	0.0			58.3	8	16
183	Miles Lugo-Hankins	S	7.53	0.00	7.29	7.55	7.55	4	24
184	Joe Armes	2LR	27.5	0.0			27.5	10	12
184	Joe Armes	S	4.98	5.78	5.70	5.18	5.78	6	20
185	Elliott Pimlott	VJ	25	20	29	22	29	7	18

# Results Sheet

# Obstacle Relay

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Green	1:18.9	0.0	1:18.9	70.0
2	02	Essex	Red	1:20.7	0.0	1:20.7	60.0
3	03	Hertfordshire	Orange	1:22.9	0.0	1:22.9	50.0
4	01	Cambridgeshire	Sky	1:23.1	0.0	1:23.1	40.0

# Results Sheet

# 4 x 1 Lap Relay

**Competition:**

East Regional Final 2024 Under 13 Boys

**Venue:**

UEA Sportspark

**Date**

17 Feb 2024

Ranking	Code	Team	Colour
1	04	Norfolk	Green
2	02	Essex	Red
3	01	Cambridgeshire	Sky

Heat	Final	Performance	Points
51.1	0.0	51.1	70.0
53.2	0.0	53.2	60.0
53.6	0.0	53.6	50.0



# Results Sheet

# 2 Lap Race

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
1	Essex	Red	54
2	Cambridgeshire	Sky	52
3	Norfolk	Green	44
4=	Hertfordshire	Orange	30
4=	Suffolk	Maroon	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cambridgeshire	Sky	61	Joshua Dawes	23.9	30
2	Essex	Red	82	Tobi Oluborode Oluseye	24.7	28
3	Essex	Red	81	Timi Oluborode Oluseye	24.7	26
4	Norfolk	Green	98	Harry Sayer	25.5	24
5	Cambridgeshire	Sky	62	Hugo Lindeman	25.7	22
6	Norfolk	Green	97	Ben Lowe	26.5	20
7	Suffolk	Maroon	181	Bailey Pirie	26.4	18
8	Hertfordshire	Orange	85	Zac Christodolou	27.3	16
9	Hertfordshire	Orange	86	George Nolan	27.4	14
10	Suffolk	Maroon	184	Joe Armes	27.5	12

# Results Sheet

# 4 Lap Race

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
1	Essex	Red	58
2	Norfolk	Green	46
3=	Cambridgeshire	Sky	38
3=	Hertfordshire	Orange	38
5	Suffolk	Maroon	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	Red	79	Stanislaw Sokolowski	52.8	30
2	Essex	Red	77	Reggie Wood	53.6	28
3	Hertfordshire	Orange	87	Frank Rozanek	54.1	26
4	Norfolk	Green	100	Ollie Scott	54.6	24
5	Norfolk	Green	99	Rory Normanton	55.5	22
6	Cambridgeshire	Sky	71	Kenzo Rwegoshora	56.9	20
7	Cambridgeshire	Sky	66	Toby Beardon	58.2	18
8	Suffolk	Maroon	183	Miles Lugo-Hankins	58.3	16
9	Suffolk	Maroon	182	Elliot Hobson	1:01.1	14
10	Hertfordshire	Orange	90	Jakob Harmel	1:01.6	12

# Results Sheet

# 6 Lap Time Trial

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
	Hertfordshire	Orange	0
1=	Essex	Red	50
1=	Norfolk	Green	50
1=	Suffolk	Maroon	50
4	Cambridgeshire	Sky	34

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	Maroon	179	Eli Bowman	1:27.9	30
2	Essex	Red	76	Freddie Seymour	1:28.3	28
3	Norfolk	Green	102	Luke Anderson	1:29.7	26
4	Norfolk	Green	101	George Ganley	1:32.2	24
5	Essex	Red	74	Ellis Knivett	1:33.1	22
6	Suffolk	Maroon	180	Seth Bowman	1:35.4	20
7	Cambridgeshire	Sky	65	Rocco Spinale	1:35.7	18
8	Cambridgeshire	Sky	69	Arthur Evanson	1:37.7	16
	Hertfordshire	Orange	90	Jakob Harmel	0.0	0

# Results Sheet

# 8 Lap Paarlauf

## Competition:

East Regional Final 2024 Under 13 Boys

## Venue:

UEA Sportspark

## Date

17 Feb 2024

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Green	1:50.4	0.0	1:50.4	70.0
2	01	Cambridgeshire	Sky	1:51.0	0.0	1:51.0	60.0
3	02	Essex	Red	1:51.2	0.0	1:51.2	50.0
4	05	Suffolk	Maroon	1:55.9	0.0	1:55.9	40.0

# Results Sheet

# 4 x 2 Lap Relay

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Essex	Red	1:40.8	0.0	1:40.8	70.0
2	01	Cambridgeshire	Sky	1:44.3	0.0	1:44.3	60.0
3	04	Norfolk	Green	1:46.1	0.0	1:46.1	50.0
4	05	Suffolk	Maroon	1:49.0	0.0	1:49.0	40.0

# Results Sheet

# Shot

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
	Hertfordshire	Orange	0
1	Norfolk	Green	56
2	Essex	Red	46
3	Suffolk	Maroon	44
4	Cambridgeshire	Sky	38

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Green	107	Thomas Fairhurst	8.88	30
2	Essex	Red	83	Zac Petherbridge	8.49	28
3	Norfolk	Green	108	Louie Ramone	8.37	26
4	Suffolk	Maroon	183	Miles Lugo-Hankins	7.55	24
5	Cambridgeshire	Sky	67	James Bloore	6.06	22
6	Suffolk	Maroon	184	Joe Armes	5.78	20
7	Essex	Red	78	Ronnie Marchant	5.49	18
8	Cambridgeshire	Sky	71	Kenzo Rwegoshora	4.97	16

# Results Sheet

# Speed Bounce

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
1	Norfolk	Green	56
2	Essex	Red	46
3	Cambridgeshire	Sky	42
4	Hertfordshire	Orange	30
5	Suffolk	Maroon	24

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	Green	104	Joshua Rumsby	76	30
2	Essex	Red	75	Finn Petherbridge	73	28
3	Norfolk	Green	101	George Ganley	72	26
4	Suffolk	Maroon	182	Elliot Hobson	67	24
5	Cambridgeshire	Sky	66	Toby Beardon	66	22
6	Cambridgeshire	Sky	62	Hugo Lindeman	64	20
7	Essex	Red	73	Arron Watson	62	18
8	Hertfordshire	Orange	85	Zac Christodolou	60	16
9	Hertfordshire	Orange	86	George Nolan	59	14

# Results Sheet

# Standing Long Jump

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
	Hertfordshire	Orange	0
1	Norfolk	Green	52
2	Cambridgeshire	Sky	48
3	Essex	Red	46
4	Suffolk	Maroon	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cambridgeshire	Sky	64	Dexter Moore	2.32	30
2	Norfolk	Green	97	Ben Lowe	2.30	28
3	Essex	Red	82	Tobi Oluborode Oluseye	2.30	26
4	Norfolk	Green	98	Harry Sayer	2.22	24
5	Suffolk	Maroon	181	Bailey Pirie	2.15	22
6	Essex	Red	79	Stanislaw Sokolowski	2.08	20
7	Cambridgeshire	Sky	68	Jamar Eason	1.97	18
	Hertfordshire	Orange	88	Solomon Facey	0.00	0



# Results Sheet

# Standing Triple Jump

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
1	Essex	Red	52
2	Norfolk	Green	46
3	Hertfordshire	Orange	42
4	Suffolk	Maroon	38
5	Cambridgeshire	Sky	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	Orange	87	Frank Rozanek	6.94	30
2	Essex	Red	81	Timi Oluborode Oluseye	6.89	28
3	Norfolk	Green	99	Rory Normanton	6.55	26
4	Essex	Red	77	Reggie Wood	6.25	24
5	Suffolk	Maroon	179	Eli Bowman	6.17	22
6	Norfolk	Green	106	Adam Edwards	6.04	20
7	Cambridgeshire	Sky	63	Rowan Alcock	5.93	18
8	Suffolk	Maroon	180	Seth Bowman	5.86	16
9	Cambridgeshire	Sky	65	Rocco Spinale	5.73	14
10	Hertfordshire	Orange	90	Jakob Harmel	4.90	12

# Results Sheet

# Vertical Jump

**Competition:**  
East Regional Final 2024 Under 13 Boys

**Venue:**  
UEA Sportspark

**Date**  
17 Feb 2024

Ranking	Team	Colour	Points
	Hertfordshire	Orange	0
1	Norfolk	Green	54
2	Cambridgeshire	Sky	50
3	Essex	Red	46
4	Suffolk	Maroon	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cambridgeshire	Sky	61	Joshua Dawes	59	30
2	Norfolk	Green	100	Ollie Scott	54	28
3	Norfolk	Green	105	Aidan Howard	51	26
4	Essex	Red	80	Thomas Davies	45	24
5	Essex	Red	76	Freddie Seymour	41	22
6	Cambridgeshire	Sky	69	Arthur Evanson	33	20
7	Suffolk	Maroon	185	Elliott Pimlott	29	18