

RESULTS**TEAM RESULTS****BOYS****Event Name****SHA FIA East Regional FIA U11****Date****1st February 2026****Venue****UEA Sports Park**

Team Code	Team	Colour	OB	1+1	2+2	HR	OUR	4x2	6LP	4x1	SLJ	STJ	VJ	BT	HS	SB	CP	JT	TT	Pts	Pos.
D	Norfolk	Blue	28	26	30	30	30	28	28	30	27	30	27	26	30	30	30	24	22	314	1
C	Hertfordshire	Orange	26	30	26	26	26	26	26	26	22	28	27	22	24	28	28	22	25	289	2
B	Essex	Red	30	0	28	28	28	30	30	28	30	26	30	28	28	22	26	26	30	288	3
A	Cambridgeshire	Sky	22	28	22	22	22	24	24	24	27	22	24	24	26	26	24	30	25	261	4
E	Suffolk	Maroon	24	24	24	24	24	22	22	22	24	24	22	30	22	24	22	28	28	256	5

RESULTS		OBSTACLE RELAY			BOYS
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
B	Essex	Red	01:21.5	1	30
D	Norfolk	Blue	01:22.0	2	28
C	Hertfordshire	Orange	01:22.3	3	26
E	Suffolk	Maroon	01:24.3	4	24
A	Cambridgeshire	Sky	01:26.3	5	22

RESULTS		1 + 1 LAP RELAY		BOYS	
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
C	Hertfordshire	Orange	00:25.5	1	30
A	Cambridgeshire	Sky	00:26.1	2	28
D	Norfolk	Blue	00:26.4	3	26
E	Suffolk	Maroon	00:28.2	4	24
B	Essex	Red	00:00.0	DNF	0

RESULTS		2 + 2 LAP RELAY		BOYS	
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
D	Norfolk	Blue	00:51.8	1	30
B	Essex	Red	00:52.8	2	28
C	Hertfordshire	Orange	00:52.9	3	26
E	Suffolk	Maroon	00:56.6	4	24
A	Cambridgeshire	Sky	01:02.4	5	22

RESULTS		HURDLE RELAY		BOYS	
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
D	Norfolk	Blue	00:59.0	1	30
B	Essex	Red	00:59.5	2	28
C	Hertfordshire	Orange	01:03.7	3	26
E	Suffolk	Maroon	01:05.0	4	24
A	Cambridgeshire	Sky	01:06.3	5	22

RESULTS		OVER UNDER RELAY			BOYS
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
D	Norfolk	Blue	01:10.0	1	30
B	Essex	Red	01:10.1	2	28
C	Hertfordshire	Orange	01:12.7	3	26
E	Suffolk	Maroon	01:15.3	4	24
A	Cambridgeshire	Sky	01:18.3	5	22

RESULTS		4 x 2 LAP RELAY		BOYS	
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
B	Essex	Red	01:44.8	1	30
D	Norfolk	Blue	01:45.6	2	28
C	Hertfordshire	Orange	01:51.4	3	26
A	Cambridgeshire	Sky	01:53.4	4	24
E	Suffolk	Maroon	01:57.8	5	22

RESULTS		4 x 1 LAP RELAY		BOYS	
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
D	Norfolk	Blue	00:52.5	1	30
B	Essex	Red	00:52.6	2	28
C	Hertfordshire	Orange	00:54.0	3	26
A	Cambridgeshire	Sky	00:54.2	4	24
E	Suffolk	Maroon	00:58.3	5	22

RESULTS		6 LAP PAALAUF		BOYS	
Event Name		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Team Code	Team	Colour	Trial 1	Position	Points
B	Essex	Red	01:21.7	1	30
D	Norfolk	Blue	01:23.4	2	28
C	Hertfordshire	Orange	01:24.8	3	26
A	Cambridgeshire	Sky	01:26.3	4	24
E	Suffolk	Maroon	01:31.4	5	22

RESULTS**STANDING LONG JUMP****BOYS****Event** SHA FIA East Regional FIA U11**Date** 1st February 2026**Venue** UEA Sports Park

Bib No	Name	Team Code	Team Name	Trial 1	Trial 2	Trial 3	Best	Position
B02	Zion Ayo-Adeyemo	B	Essex	2.11	2.14	2.10	2.14	1
D02	Elijah Bamfo	D	Norfolk	1.90	2.10	1.72	2.10	2
A01	Charlie Qin (C&C)	A	Cambridgeshire	2.06	2.05	0.00	2.06	3
B06	Laiton Berryman- Burgoyne	B	Essex	2.06	1.93	1.92	2.06	4
D05	Thaddaeus Hall	D	Norfolk	2.05	0.00	1.98	2.05	5
B07	Adeyemi Ogunwusi	B	Essex	2.01	1.39	1.97	2.01	6
A02	Hamish Sills (C&C)	A	Cambridgeshire	1.87	1.91	1.83	1.91	7
C03	Finn Harley	C	Hertfordshire	1.82	1.79	1.84	1.84	8
A13	Eddie Kong (H & N)	A	Cambridgeshire	0.00	1.77	1.70	1.77	9
E13	Toby Bromage	E	Suffolk	1.69	1.63	1.76	1.76	10
E09	Jan Wolny	E	Suffolk	1.72	1.62	1.58	1.72	11
C08	Albert Waleer	C	Hertfordshire	1.63	0.00	1.51	1.63	12
D06	Cole Page	D	Norfolk	1.59	1.59	0.00	1.59	13
E08	Jakub Bielez	E	Suffolk	1.57	1.50	1.45	1.57	14

RESULTS STANDING LONG JUMP**BOYS****Event SHA FIA East Regional FIA U11****Date 1st February 2026****Venue UEA Sports Park**

Team Code	Team	Score	Rank1	Dup	=	Position	Rk Adj	Rank	Pts
B	Essex	6.21	1	1		1	0	1	30
A	Cambridgeshire	5.74	2	2 =		=2	0.5	2.5	27
D	Norfolk	5.74	2	2 =		=2	0.5	2.5	27
E	Suffolk	5.05	4	1		4	0	4	24
C	Hertfordshire	3.47	5	1		5	0	5	22

RESULTS		STANDING TRIPLE JUMP					BOYS	
Event	SHA FIA East Regional FIA U11							
Date	1st February 2026							
Venue	UEA Sports Park							
Bib No	Name	Team Code	Team Name	Trial 1	Trial 2	Trial 3	Best	Position
D03	Ozzie Goodfellow	D	Norfolk	5.94	5.93	5.58	5.94	1
C11	Emmanuel Akhigbe	C	Hertfordshire	5.87	5.64	5.77	5.87	2
D01	Arthur Blyth	D	Norfolk	5.87	5.57	5.61	5.87	3
B04	Alex Smith	B	Essex	5.27	5.37	5.67	5.67	4
C09	Munachimso Ikeh	C	Hertfordshire	5.22	5.53	5.50	5.53	5
B08	Jacob Smithyes	B	Essex	5.25	5.21	4.92	5.25	6
D04	Connor Wilcox	D	Norfolk	4.97	4.94	5.20	5.20	7
A07	Joshua Wood (KS)	A	Cambridgeshire	4.77	5.11	5.15	5.15	8
E06	Jack Winpenny	E	Suffolk	4.86	5.04	5.11	5.11	9
E12	Oliver Winpenny	E	Suffolk	5.05	4.98	4.92	5.05	10
E10	Mayson Cox	E	Suffolk	5.00	0.00	4.78	5.00	11
A05	Albert Goosen (KS)	A	Cambridgeshire	4.61	4.82	4.72	4.82	12
B11	Jensen Bowen	B	Essex	4.79	4.58	4.71	4.79	13
C12	Dexter Hatt	C	Hertfordshire	4.63	4.70	4.63	4.70	14
A08	Jack Slater (Hunts AC)	A	Cambridgeshire	0.00	0.00	0.00	0.00	15

RESULTS STANDING TRIPLE JUMP**BOYS****Event SHA FIA East Regional FIA U11****Date 1st February 2026****Venue UEA Sports Park**

Team Code	Team	Score	Position	Pts
D	Norfolk	17.01	1	30
C	Hertfordshire	16.1	2	28
B	Essex	15.71	3	26
E	Suffolk	15.16	4	24
A	Cambridgeshire	9.97	5	22

RESULTS**VERTICAL JUMP****BOYS****Event** SHA FIA East Regional FIA U11**Date** 1st February 2026**Venue** UEA Sports Park

Bib No	Name	Team Code	Team Name	Trial 1	Trial 2	Trial 3	Best	Position
D10	Jude Nicholls	D	Norfolk	57	52	54	57	1
B01	Archie Bowen	B	Essex	48	44	47	48	2
C07	Callum Bailey	C	Hertfordshire	43	46	45	46	3
B05	Max Miah	B	Essex	45	44	44	45	4
A10	Daniel Villus (Yaxley)	A	Cambridgeshire	43	42	43	43	5
C06	Hugo Greggain-Smith	C	Hertfordshire	43	42	37	43	6
C04	Joe Masters	C	Hertfordshire	40	40	37	40	7
B09	Samuel Miller	B	Essex	0	38	40	40	8
A04	James Hanlon (KS)	A	Cambridgeshire	38	37	35	38	9
D11	Jesse Morrell	D	Norfolk	38	37	34	38	10
A06	Freddie Bagge (KS)	A	Cambridgeshire	35	33	36	36	11
E07	Jackson Welham	E	Suffolk	34	33	35	35	12
D08	Harry Hollinger	D	Norfolk	34	34	32	34	13
E04	Isaac Birch	E	Suffolk	33	32	32	33	=14
E05	Isaac Maulden	E	Suffolk	33	32	32	33	=14

RESULTS VERTICAL JUMP**BOYS****Event** **SHA FIA East Regional FIA U11****Date** **1st February 2026****Venue** **UEA Sports Park**

Team Code	Team	Score	Position	Pts
B	Essex	133	1	30
C	Hertfordshire	129	=2	27
D	Norfolk	129	=2	27
A	Cambridgeshire	117	4	24
E	Suffolk	101	5	22

RESULTS**BALANCE TEST****BOYS****Event****SHA FIA East Regional FIA U11****Date****1st February 2026****Venue****UEA Sports Park**

Bib No	Name	Team Code	Team	Trial 1	Trial 2	Trial 3	Trial 4	Total	Position
B10	Toby Hatt	B	Essex	15	15	15	15	60	1
A12	Samuel Stuart (PaNVAC)	A	Cambridgeshire	15	7	15	15	52	=2
E02	Dillon Gabriel Grimaldi	E	Suffolk	15	12	10	15	52	=2
D07	Barnabus Abbott	D	Norfolk	13	7	15	15	50	4
E05	Isaac Maulden	E	Suffolk	15	3	15	15	48	5
A09	Max Nowozin (C&C)	A	Cambridgeshire	15	15	5	9	44	6
B03	Angus Marek	B	Essex	3	15	6	15	39	7
C13	Noah Dunne	C	Hertfordshire	6	12	3	15	36	=8
E11	Nathan Kunda	E	Suffolk	7	4	12	13	36	=8
B12	Oliver Scotcher	B	Essex	9	15	4	4	32	=10
C07	Callum Bailey	C	Hertfordshire	5	8	4	15	32	=10
D06	Cole Page	D	Norfolk	15	3	7	2	27	12
D10	Jude Nicholls	D	Norfolk	10	4	3	7	24	13
A06	Freddie Bagge (KS)	A	Cambridgeshire	0	0	0	0	0	=14
C10	Otis Bird	C	Hertfordshire	0	0	0	0	0	=14

RESULTS		BALANCE TEST		BOYS
Event		SHA FIA East Regional FIA U11		
Date		1st February 2026		
Venue		UEA Sports Park		
Team Code	Team	Total	Rank	Pts
E	Suffolk	136	1	30
B	Essex	131	2	28
D	Norfolk	101	3	26
A	Cambridgeshire	96	4	24
C	Hertfordshire	68	5	22

RESULTS		SPEED BOUNCE		BOYS	
Event		SHA FIA East Regional FIA U11			
Date		1st February 2026			
Venue		UEA Sports Park			
Bib No	Name	Team Code	Team Name	Trial 1	Position
A03	Zak Bailey (Ely)	A	Cambridgeshire	52	1
D05	Thaddaeus Hall	D	Norfolk	51	2
C10	Otis Bird	C	Hertfordshire	50	3
A11	Samuel Zenner Branco (C&C)	A	Cambridgeshire	49	=4
B09	Samuel Miller	B	Essex	49	=4
D08	Harry Hollinger	D	Norfolk	49	=4
E03	Freddie Finbra	E	Suffolk	47	7
D02	Elijah Bamfo	D	Norfolk	46	8
C12	Dexter Hatt	C	Hertfordshire	45	=9
E12	Oliver Winpenny	E	Suffolk	45	=9
B08	Jacob Smithyes	B	Essex	43	11
C01	Fraser Dillon	C	Hertfordshire	42	12
E07	Jackson Welham	E	Suffolk	38	13
A12	Samuel Stuart (PaNVAC)	A	Cambridgeshire	31	14
B11	Jensen Bowen	B	Essex	30	15

RESULTS SPEED BOUNCE**BOYS****Event** **SHA FIA East Regional FIA U11****Date** **1st February 2026****Venue** **UEA Sports Park**

Team Code	Team	Score	Position	Pts
D	Norfolk	146	1	30
C	Hertfordshire	137	2	28
A	Cambridgeshire	132	3	26
E	Suffolk	130	4	24
B	Essex	122	5	22

RESULTS		CHEST PUSH						BOYS
Event		SHA FIA East Regional FIA U11						
Date		1st February 2026						
Venue		UEA Sports Park						
Bib No	Name	Team Code	Team Name	Trial 1	Trial 2	Trial 3	Best1	Position
B01	Archie Bowen	B	Essex	6.50	7.25	7.50	7.50	1
D01	Arthur Blyth	D	Norfolk	6.00	6.00	6.75	6.75	2
A05	Albert Goosen (KS)	A	Cambridgeshire	6.50	6.50	6.25	6.50	=3
D11	Jesse Morrell	D	Norfolk	6.25	6.50	6.50	6.50	=3
C09	Munachimso Ikeh	C	Hertfordshire	6.25	6.25	6.50	6.50	5
C11	Emmanuel Akhigbe	C	Hertfordshire	5.50	5.75	6.50	6.50	6
E06	Jack Winpenny	E	Suffolk	5.75	6.00	6.00	6.00	7
E02	Dillon Gabriel Grimaldi	E	Suffolk	5.75	5.50	5.25	5.75	8
A01	Charlie Qin (C&C)	A	Cambridgeshire	0.00	5.50	5.75	5.75	9
B11	Jensen Bowen	B	Essex	5.25	4.75	5.00	5.25	10

RESULTS CHEST PUSH**BOYS****Event SHA FIA East Regional FIA U11****Date 1st February 2026****Venue UEA Sports Park**

Team Code	Team	Score	Rank1	Dup	=	Position	Rk Adj	Rank	Pts
D	Norfolk	13.25	1	1		1	0	1	30
C	Hertfordshire	13	2	1		2	0	2	28
B	Essex	12.75	3	1		3	0	3	26
A	Cambridgeshire	12.25	4	1		4	0	4	24
E	Suffolk	11.75	5	1		5	0	5	22

RESULTS		JAVELIN				BOYS		
Event		SHA FIA East Regional FIA U11						
Date		1st February 2026						
Venue		UEA Sports Park						
Bib No	Name	Team Code	Team Name	Trial 1	Trial 2	Trial 3	Best1	Position
A09	Max Nowozin (C&C)	A	Cambridgeshire	17	17	21	21	1
A13	Eddie Kong (H & N)	A	Cambridgeshire	13	18	5	18	2
E03	Freddie Finbra	E	Suffolk	16	16	16	16	3
C05	Henry Bostock	C	Hertfordshire	14	14	14	14	4
B12	Oliver Scotcher	B	Essex	14	9	13	14	5
E13	Toby Bromage	E	Suffolk	10	13	14	14	6
D12	Henry Smith	D	Norfolk	6	13	13	13	7
B02	Zion Ayo-Adeyemo	B	Essex	12	11	12	12	8
D07	Barnabus Abbott	D	Norfolk	9	9	11	11	9

RESULTS JAVELIN**BOYS****Event SHA FIA East Regional FIA U11****Date 1st February 2026****Venue UEA Sports Park**

Team Code	Team	Score	Rank1	Dup	=	Position	Rk Adj	Rank	Pts
A	Cambridgeshire	39.28	1	1		1	0	1	30
E	Suffolk	30	2	1		2	0	2	28
B	Essex	25.5	3	1		3	0	3	26
D	Norfolk	23.75	4	1		4	0	4	24
C	Hertfordshire	13.75	5	1		5	0	5	22

RESULTS TARGET THROW**BOYS****Event SHA FIA East Regional FIA U11****Date 1st February 2026****Venue UEA Sports Park**

Team Code	Team	Total Rank	Pts	
A	Cambridgeshire	21	3.5	25
C	Hertfordshire	21	3.5	25
B	Essex	24	1	30
E	Suffolk	22	2	28
D	Norfolk	19	5	22

RESULTS		TARGET THROW						BOYS	
Event		SHA FIA East Regional FIA U11							
Date		1st February 2026							
Venue		UEA Sports Park							
Bib No	Name	Team Code	Team	Trial 1	Trial 2	Trial 3	Trial 4	Total	Position
B10	Toby Hatt	B	Essex	6	2	6	0	14	1
A07	Joshua Wood (KS)	A	Cambridgeshire	6	4	0	1	11	=2
C03	Finn Harley	C	Hertfordshire	4	4	2	1	11	=2
E08	Jakub Bielez	E	Suffolk	6	4	0	1	11	=2
E11	Nathan Kunda	E	Suffolk	5	4	0	2	11	=2
A03	Zak Bailey (Ely)	A	Cambridgeshire	6	4	0	0	10	=6
B06	Laiton Berryman- Burgoyne	B	Essex	6	0	4	0	10	=6
C13	Noah Dunne	C	Hertfordshire	6	2	2	0	10	=6
D04	Connor Wilcox	D	Norfolk	6	3	0	1	10	=6
D09	Sebastian Tilley	D	Norfolk	5	4	0	0	9	10

RESULTS**HI_STEPPER****BOYS****Event****SHA FIA East Regional FIA U11****Date****1st February 2026****Venue****UEA Sports Park**

Bib No	Name	Team Code	Team Name	Trial 1	Trial 2	Trial 3	Best	Position
B04	Alex Smith	B	Essex	13.4	0.0	0.0	13.4	1
D09	Sebastian Tilley	D	Norfolk	13.5	0.0	0.0	13.5	2
D12	Henry Smith	D	Norfolk	13.6	0.0	0.0	13.6	3
B05	Max Miah	B	Essex	13.6	0.0	0.0	13.6	4
D03	Ozzie Goodfellow	D	Norfolk	13.8	0.0	0.0	13.8	5
A08	Jack Slater (Hunts AC)	A	Cambridgeshire	14.1	0.0	0.0	14.1	6
C05	Henry Bostock	C	Hertfordshire	14.1	0.0	0.0	14.1	7
A04	James Hanlon (KS)	A	Cambridgeshire	14.4	0.0	0.0	14.4	8
A02	Hamish Sills (C&C)	A	Cambridgeshire	14.5	0.0	0.0	14.5	9
C08	Albert Waleer	C	Hertfordshire	14.6	0.0	0.0	14.6	10
E09	Jan Wolny	E	Suffolk	14.8	0.0	0.0	14.8	11
E10	Mayson Cox	E	Suffolk	14.8	0.0	0.0	14.8	11
C04	Joe Masters	C	Hertfordshire	14.9	0.0	0.0	14.9	13
B07	Adeyemi Ogunwusi	B	Essex	15.2	0.0	0.0	15.2	14
E04	Isaac Birch	E	Suffolk	15.4	0.0	0.0	15.4	15

RESULTS HI_STEPPER**BOYS****Event SHA FIA East Regional FIA U11****Date 1st February 2026****Venue UEA Sports Park**

Team Code	Team	Score	Rank1	Dup	=	Position	Rk Adj	Rank	Pts
D	Norfolk	40.87	1	1		1	0	1	30
B	Essex	42.24	2	1		2	0	2	28
A	Cambridgeshire	42.96	3	1		3	0	3	26
C	Hertfordshire	43.6	4	1		4	0	4	24
E	Suffolk	45	5	1		5	0	5	22