

RESULTS**TEAM RESULTS****GIRLS****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	30	30	30	30	30	28	30	30	30	30	30	24	26	30	30	30	27	328	1
B	Essex	Red	28	26	28	26	28	30	28	28	26	28	28	30	30	26	28	27	22	304	2
C	Hertfordshire	Orange	24	28	24	28	24	26	22	24	22	24	24	28	22	24	22	24	24	270	3
A	Cambridgeshire	Sky	22	24	26	22	26	24	26	22	28	22	26	26	28	22	26	22	30	268	4
E	Suffolk	Maroon	26	22	22	24	22	22	24	26	24	26	22	22	24	28	24	27	27	260	5

RESULTS		OBSTACLE RELAY			Girls
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	01:20.4	1	30
B	Essex	Red	01:23.3	2	28
E	Suffolk	Maroon	01:25.5	3	26
C	Hertfordshire	Orange	01:29.5	4	24
A	Cambridgeshire	Sky	01:33.8	5	22

RESULTS		1 + 1 LAP RELAY			Girls
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	00:26.0	1	30
C	Hertfordshire	Orange	00:26.3	2	28
B	Essex	Red	00:27.4	3	26
A	Cambridgeshire	Sky	00:27.5	4	24
E	Suffolk	Maroon	00:28.0	5	22

RESULTS	2 + 2 LAP RELAY	Girls			
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	00:52.9	1	30
B	Essex	Red	00:53.9	2	28
A	Cambridgeshire	Sky	00:56.7	3	26
C	Hertfordshire	Orange	00:56.8	4	24
E	Suffolk	Maroon	00:57.0	5	22

RESULTS		HURDLE RELAY			Girls
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	00:59.5	1	30
C	Hertfordshire	Orange	01:01.2	2	28
B	Essex	Red	01:06.3	3	26
E	Suffolk	Maroon	01:08.1	4	24
A	Cambridgeshire	Sky	01:08.4	5	22

RESULTS		OVER UNDER RELAY			Girls
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	01:10.4	1	30
B	Essex	Red	01:12.2	2	28
A	Cambridgeshire	Sky	01:18.5	3	26
C	Hertfordshire	Orange	01:19.1	4	24
E	Suffolk	Maroon	01:21.9	5	22

RESULTS	4 x 2 LAP RELAY	Girls			
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	01:48.4	1	30
D	Norfolk	Blue	01:48.9	2	28
C	Hertfordshire	Orange	01:55.0	3	26
A	Cambridgeshire	Sky	01:58.6	4	24
E	Suffolk	Maroon	02:00.6	5	22

RESULTS	6 LAP PAALAUF	Girls			
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	01:26.8	1	30
B	Essex	Red	01:26.9	2	28
A	Cambridgeshire	Sky	01:27.9	3	26
E	Suffolk	Maroon	01:29.1	4	24
C	Hertfordshire	Orange	01:31.5	5	22

RESULTS	4 x 1 LAP RELAY	Girls			
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	00:53.0	1	30
C	Hertfordshire	Orange	00:54.8	2	28
B	Essex	Red	00:54.9	3	26
A	Cambridgeshire	Sky	00:55.0	4	24
E	Suffolk	Maroon	00:56.4	5	22

RESULTS**STANDING LONG JUMP****Girls****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
C01	Ama Gyasi	C	Hertfordshire	2.17	2.23	1.99	2.23	1
D02	Zara Taiwo	D	Norfolk	2.01	2.01	2.09	2.09	2
B03	Eden Chandler	B	Essex	0.00	2.04	2.04	2.04	3
D09	Libby Crisp	D	Norfolk	1.87	1.94	1.93	1.94	4
A08	Florence Stevenson (BRJ)	A	Cambridgeshire	0.00	1.63	1.90	1.90	5
E05	Daisy Hastings	E	Suffolk	1.86	1.86	1.83	1.86	6
A05	Eloise Dobedoe (PaNVAC)	A	Cambridgeshire	1.68	1.83	1.74	1.83	7
D05	Eibhlin Quinn-Offe	D	Norfolk	1.79	1.77	0.00	1.79	8
B06	Daisy Amyotte-King	B	Essex	1.54	1.67	1.77	1.77	9
A09	Ellie Bedingfield (Hunts AC)	A	Cambridgeshire	1.71	1.76	1.75	1.76	10
E03	Amelie Barker	E	Suffolk	1.73	1.67	0.00	1.73	11
E08	Imogen Orr	E	Suffolk	1.64	1.73	1.62	1.73	12
B05	Orlaith Hallahan	B	Essex	1.63	1.61	0.00	1.63	13
C10	Missy Steel	C	Hertfordshire	0.00	1.44	0.00	1.44	14
C07	Honor Melia	C	Hertfordshire	0.00	1.37	1.37	1.37	15

RESULTS STANDING LONG JUMP**Girls****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	5.82	1	1		1	0	1	30
A	Cambridgeshire	5.49	2	1		2	0	2	28
B	Essex	5.44	3	1		3	0	3	26
E	Suffolk	5.32	4	1		4	0	4	24
C	Hertfordshire	5.04	5	1		5	0	5	22

RESULTS**STANDING TRIPLE JUMP****Girls****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
D04	Liberty Lawrence	D	Norfolk	5.65	5.66	5.83	5.83	1
D07	Teal Howell	D	Norfolk	5.28	5.30	5.74	5.74	2
B09	Chloe Smith	B	Essex	4.82	5.08	5.46	5.46	3
B01	Olivia Bilby	B	Essex	5.32	5.22	5.32	5.32	4
A13	Nikki Cleaver (C&C)	A	Cambridgeshire	5.22	4.96	5.13	5.22	5
E04	Annabelle Ellis-Barrett	E	Suffolk	5.19	4.93	5.11	5.19	6
C14	Ruby Frost	C	Hertfordshire	4.89	5.08	4.99	5.08	7
B08	Milena Nevil	B	Essex	5.07	4.85	4.98	5.07	8
D06	Erin Edwards	D	Norfolk	4.92	4.85	5.05	5.05	9
E01	Agatha Clarke	E	Suffolk	4.90	4.98	5.02	5.02	10
E12	Sophie Cook	E	Suffolk	4.76	4.74	4.63	4.76	11
C05	Florence Hatt	C	Hertfordshire	4.36	4.47	4.50	4.50	12
C08	Iris Walker-Williams	C	Hertfordshire	4.32	4.15	4.50	4.50	13
A11	Orla Setchell (Hunts AC)	A	Cambridgeshire	3.91	3.93	4.12	4.12	14
A03	Georgie Henson (Hunts)	A	Cambridgeshire	4.10	4.05	3.94	4.10	15

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

Team Code	Team	Score	Position	Pts
D	Norfolk	16.62	1	30
B	Essex	15.85	2	28
E	Suffolk	14.97	3	26
C	Hertfordshire	14.08	4	24
A	Cambridgeshire	13.44	5	22

RESULTS**VERTICAL JUMP****Girls****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
D01	Melanie Okolidoh	D	Norfolk	52	51	48	52	1
B11	Hana Adeyeri	B	Essex	45	48	45	48	2
D03	Mia Beales	D	Norfolk	43	44	46	46	3
A02	Arimai Jayne (Yaxley)	A	Cambridgeshire	44	43	43	44	=4
A10	Naama Anbar (C&C)	A	Cambridgeshire	43	44	43	44	=4
D10	Zoe Martin	D	Norfolk	43	43	43	43	6
B07	Cleo Langham	B	Essex	43	40	39	43	7
C12	Olivia Smith	C	Hertfordshire	39	34	40	40	8
C09	Mae Howard	C	Hertfordshire	34	37	40	40	9
B12	Monet-Thai Reid-Matthews	B	Essex	37	37	39	39	10
A04	Felicity Lees (PaNVAC)	A	Cambridgeshire	32	34	36	36	11
E11	Ruby White	E	Suffolk	32	30	31	32	12
E02	Alycia Pledger	E	Suffolk	32	28	30	32	13
C11	Olivia Baker	C	Hertfordshire	31	29	31	31	14
E13	Sophie Wilson	E	Suffolk	29	0	0	29	15

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

Team Code	Team	Score	Position	Pts
D	Norfolk	141	1	30
B	Essex	130	2	28
A	Cambridgeshire	124	3	26
C	Hertfordshire	111	4	24
E	Suffolk	93	5	22

RESULTS		BALANCE TEST						Girls	
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
A12	Sunny Pederson (Eye)	A	Cambridgeshire	15	15	15	15	60	1
C05	Florence Hatt	C	Hertfordshire	15	15	13	15	58	2
D09	Libby Crisp	D	Norfolk	15	11	15	15	56	3
A04	Felicity Lees (PaNVAC)	A	Cambridgeshire	10	15	15	15	55	4
B04	Beatrice Webb	B	Essex	15	15	15	9	54	=5
B06	Daisy Amyotte-King	B	Essex	9	15	15	15	54	=5
B01	Olivia Bilby	B	Essex	6	15	15	15	51	7
C13	Piper Thurlow	C	Hertfordshire	15	4	13	14	46	=8
D13	Lily-Mae McBride	D	Norfolk	15	15	13	3	46	=8
E06	Edith Fiske	E	Suffolk	6	14	11	15	46	=8
C12	Olivia Smith	C	Hertfordshire	13	15	9	3	40	11
E09	Isla Beau Cook	E	Suffolk	2	13	13	6	34	12
D02	Zara Taiwo	D	Norfolk	15	1	2	7	25	=13
E02	Alycia Pledger	E	Suffolk	5	5	13	2	25	=13
A11	Orla Setchell (Hunts AC)	A	Cambridgeshire	3	3	13	4	23	15

RESULTS		BALANCE TEST		Girls
Event	SHA FIA East Regional FIA U11			
Date	1st February 2026			
Venue	UEA Sports Park			
Team Code	Team	Total Rank	Pts	
B	Essex	159	1	30
C	Hertfordshire	144	2	28
A	Cambridgeshire	138	3	26
D	Norfolk	127	4	24
E	Suffolk	105	5	22

RESULTS		SPEED BOUNCE		Girls	
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
E12	Sophie Cook	E	Suffolk	52	1
D03	Mia Beales	D	Norfolk	51	=2
D08	Ella-Joy Hollinger	D	Norfolk	51	=2
E11	Ruby White	E	Suffolk	50	4
B02	Evie Foley	B	Essex	49	5
D12	Mia Goodenough	D	Norfolk	47	6
A07	Emilia Storta (PaNVAC)	A	Cambridgeshire	45	=7
C03	Elsie Barker	C	Hertfordshire	45	=7
B08	Milena Nevil	B	Essex	44	9
E08	Imogen Orr	E	Suffolk	43	10
C01	Ama Gyasi	C	Hertfordshire	42	11
B09	Chloe Smith	B	Essex	41	12
C07	Honor Melia	C	Hertfordshire	40	13
A01	Alicja Szykowska (Panvac)	A	Cambridgeshire	39	14
A08	Florence Stevenson (BRJ)	A	Cambridgeshire	37	15

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

Team Code	Team	Score	Position	Pts
D	Norfolk	149	1	30
E	Suffolk	145	2	28
B	Essex	134	3	26
C	Hertfordshire	127	4	24
A	Cambridgeshire	121	5	22

RESULTS		CHEST PUSH					Girls	
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
D01	Melanie Okolidoh	D	Norfolk	7.75	7.25	7.25	7.75	1
B11	Hana Adeyeri	B	Essex	6.75	6.25	7.25	7.25	2
A06	Genevieve Webster (BRJ)	A	Cambridgeshire	6.00	6.25	6.50	6.50	3
D04	Liberty Lawrence	D	Norfolk	6.25	5.75	6.50	6.50	4
E05	Daisy Hastings	E	Suffolk	6.00	6.00	6.25	6.25	5
B05	Orlaith Hallahan	B	Essex	6.00	5.75	5.75	6.00	6
C04	Emily Stark	C	Hertfordshire	5.00	4.50	5.00	5.00	7
A07	Emilia Storta (PaNVAC)	A	Cambridgeshire	4.50	4.75	5.00	5.00	8
C08	Iris Walker-Williams	C	Hertfordshire	4.75	4.75	4.50	4.75	9
E07	Esther Durrant	E	Suffolk	4.50	4.25	3.25	4.50	10

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

Team Code	Team	Score	Rank1	Dup	=	Position	RkAdj	Rank	Pts
D	Norfolk	14.25	1	1		1	0	1	30
B	Essex	13.25	2	1		2	0	2	28
A	Cambridgeshire	11.5	3	1		3	0	3	26
E	Suffolk	10.75	4	1		4	0	4	24
C	Hertfordshire	9.75	5	1		5	0	5	22

RESULTS**JAVELIN****Girls****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
D07	Teal Howell	D	Norfolk	14	15	16	16	1
D10	Zoe Martin	D	Norfolk	10	12	13	13	2
E10	Pixie Darlaston	E	Suffolk	13	11	11	13	3
B04	Beatrice Webb	B	Essex	11	11	12	12	4
C11	Olivia Baker	C	Hertfordshire	11	11	10	11	5
B02	Evie Foley	B	Essex	10	10	7	11	11
E13	Sophie Wilson	E	Suffolk	10	5	10	10	7
C09	Mae Howard	C	Hertfordshire	8	10	9	10	8
A10	Naama Anbar (C&C)	A	Cambridgeshire	8	9	9	9	9
A12	Sunny Pederson (Eye)	A	Cambridgeshire	7	8	1	8	10

RESULTS JAVELIN**Girls****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	29	1	1		1	0	1	30
B	Essex	23	2	2 =		=2	0.5	2.5	27
E	Suffolk	23	2	2 =		=2	0.5	2.5	27
C	Hertfordshire	21	4	1		4	0	4	24
A	Cambridgeshire	17	5	1		5	0	5	22

RESULTS		TARGET THROW							Girls
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
A09	Ellie Bedingfield (Hunts AC)	A	Cambridgeshire	6	2	3	2	13	=1
D12	Mia Goodenough	D	Norfolk	6	6	0	1	13	=1
A01	Alicja Szykowska (Panvac)	A	Cambridgeshire	5	6	0	0	11	=3
E06	Edith Fiske	E	Suffolk	4	2	3	2	11	=3
B06	Daisy Amyotte-King	B	Essex	4	4	0	2	10	=5
C02	Clodagh Rhead	C	Hertfordshire	4	2	4	0	10	=5
E09	Isla Beau Cook	E	Suffolk	2	6	2	0	10	=5
D08	Ella-Joy Hollinger	D	Norfolk	4	4	0	0	8	8
C13	Piper Thurlow	C	Hertfordshire	2	3	2	0	7	9
B07	Cleo Langham	B	Essex	2	0	0	0	2	10

RESULTS TARGET THROW		Girls		
Event	SHA FIA East Regional FIA U11			
Date	1st February 2026			
Venue	UEA Sports Park			
Team Code	Team	Total Rank	Pts	
D	Norfolk	21	2.5	27
E	Suffolk	21	2.5	27
A	Cambridgeshire	24	1	30
C	Hertfordshire	17	4	24
B	Essex	12	5	22

RESULTS HI_STEPPER**Girls****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	47.7	1	1		1	0	1	30
A	Cambridgeshire	45.1	2	1		2	0	2	28
D	Norfolk	43.7	3	1		3	0	3	26
E	Suffolk	43.5	4	1		4	0	4	24
C	Hertfordshire	41.9	5	1		5	0	5	22

RESULTS**HI_STEPPER****Girls****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
E03	Amelie Barker	E	Suffolk	13.3	0.0	0.0	13.3	1
C04	Emily Stark	C	Hertfordshire	13.9	0.0	0.0	13.9	2
D06	Erin Edwards	D	Norfolk	13.9	0.0	0.0	13.9	2
A05	Eloise Dobedoe (PaNVAC)	A	Cambridgeshire	14.0	0.0	0.0	14.0	4
C10	Missy Steel	C	Hertfordshire	14.0	0.0	0.0	14.0	4
C14	Ruby Frost	C	Hertfordshire	14.0	0.0	0.0	14.0	4
D11	Lizzie Dooley	D	Norfolk	14.2	0.0	0.0	14.2	7
E10	Pixie Darlaston	E	Suffolk	14.6	0.0	0.0	14.6	8
A02	Arimai Jayne (Yaxley)	A	Cambridgeshire	15.2	0.0	0.0	15.2	9
B03	Eden Chandler	B	Essex	15.2	0.0	0.0	15.2	9
B12	Monet-Thai Reid-Matthews	B	Essex	15.6	0.0	0.0	15.6	11
D05	Eibhlín Quinn-Offe	D	Norfolk	15.6	0.0	0.0	15.6	11
E01	Agatha Clarke	E	Suffolk	15.6	0.0	0.0	15.6	11
A06	Genevieve Webster (BRJ)	A	Cambridgeshire	15.9	0.0	0.0	15.9	14
B10	Poppy Grimes	B	Essex	16.9	0.0	0.0	16.9	15