

# Competition Results

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Blue	688	70	70	70	70	54	58	42	52	58	54	48	42
2	Hertfordshire	Black	558	60	60	60	30	45	30	54	26	49	54	48	42
3	Essex	Red	506	50	50	40	50	36	44	26	52	38	30	42	48
4	Suffolk	Maroon	462	40	30	50	40	30	44	50	30	30	36	36	46
5	Cambridgshire	Sky	454	30	40	30	60	45	34	38	38	35	36	36	32

# Team Results

# Cambridgeshire (sky)

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Blue	688	70	70	70	70	54	58	42	52	58	54	48	42
2	Hertfordshire	Black	558	60	60	60	30	45	30	54	26	49	54	48	42
3	Essex	Red	506	50	50	40	50	36	44	26	52	38	30	42	48
4	Suffolk	Maroon	462	40	30	50	40	30	44	50	30	30	36	36	46
5	Cambridgeshire	Sky	454	30	40	30	60	45	34	38	38	35	36	36	32

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Ruby James	2LR	25.7	0.0			25.7	6	20
1	Ruby James	S	7.41	6.93	6.71	7.38	7.41	6	20
2	Emily Howland	2LR	25.6	25.4			25.4	3=	25
2	Emily Howland	SB	62				62	10	12
3	Kamari Erekosima	4LR	1:01.5	0.0			1:01.5	10	12
4	Milly Wych	4LR	55.3	57.0			57.0	5	22
4	Milly Wych	STJ	5.70	5.52	5.70	5.70	5.70	9	14
5	Alice Claridge	6LR	1:32.7				1:32.7	5	22
6	Hannah Campbell	6LR	1:35.8				1:35.8	8	16
6	Hannah Campbell	SLJ	2.05	2.03	2.02	1.84	2.05	8	16
7	Scarlett Bailey	VJ	44	42	49	43	49	7	18
8	Abigail Phillips	VJ	45	44	45	44	45	9	14
9	Jemima Morgan	S	7.39	7.30	0.00	0.00	7.39	7	18
10	Holly Morgan	SB	79				79	4=	23
11	Elena Baldry	SLJ	2.05	2.09	2.10	0.00	2.10	6	20
12	Hannah Bridges	STJ	6.10	6.06	6.02	6.10	6.10	5	22

# Team Results

# Essex (red)

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Blue	688	70	70	70	70	54	58	42	52	58	54	48	42
2	Hertfordshire	Black	558	60	60	60	30	45	30	54	26	49	54	48	42
3	Essex	Red	506	50	50	40	50	36	44	26	52	38	30	42	48
4	Suffolk	Maroon	462	40	30	50	40	30	44	50	30	30	36	36	46
5	Cambridgeshire	Sky	454	30	40	30	60	45	34	38	38	35	36	36	32

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Sola Taiwo	2LR	26.3	0.0			26.3	9	14
13	Sola Taiwo	STJ	6.24	6.34	6.50	6.50	6.50	3	26
14	Ruby Bridger	2LR	25.5	26.0			26.0	5	22
14	Ruby Bridger	S	7.45	7.51	8.28	7.89	8.28	5	22
15	Hannah Bardo	VJ	56	55	54	57	57	2	28
16	Leisha Hunt	4LR	54.6	54.6			54.6	3	26
16	Leisha Hunt	VJ	50	45	47	44	50	6	20
17	Ruby Ham	6LR	1:38.2				1:38.2	10	12
18	Ariyanna McGee	4LR	57.1	0.0			57.1	7	18
19	Kate Baldwin	SB	77				77	7	18
20	Elize Bonning	SLJ	2.06	2.08	2.07	2.05	2.08	7	18
21	Rachel Carter	SLJ	1.97	1.51	2.01	1.98	2.01	10	12
22	Katy Venables	6LR	1:36.1				1:36.1	9	14
22	Katy Venables	STJ	5.74	4.60	5.60	5.74	5.74	8	16
23	Mali Grant	SB	78				78	6	20
24	Robyn Moody	S	9.47	9.63	9.59	10.10	10.10	1	30

# Team Results

# Hertfordshire (black)

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Blue	688	70	70	70	70	54	58	42	52	58	54	48	42
2	Hertfordshire	Black	558	60	60	60	30	45	30	54	26	49	54	48	42
3	Essex	Red	506	50	50	40	50	36	44	26	52	38	30	42	48
4	Suffolk	Maroon	462	40	30	50	40	30	44	50	30	30	36	36	46
5	Cambridgeshire	Sky	454	30	40	30	60	45	34	38	38	35	36	36	32

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Marli Jessop	VJ	62	62	57	60	62	1	30
26	Lauren Simpson	2LR	25.1	24.9			24.9	1=	29
26	Lauren Simpson	STJ	7.40	7.06	7.22	7.40	7.40	1	30
27	Jennifer Arinze	2LR	26.1	0.0			26.1	8	16
27	Jennifer Arinze	SLJ	2.12	2.10	2.13	2.21	2.21	3	26
28	Nathalia Dunbar	SB	79				79	4=	23
29	Julianna Glinkowska	SLJ	2.22	2.30	2.26	2.24	2.30	2	28
30	Daisy Creasey	6LR	1:31.7				1:31.7	3	26
30	Daisy Creasey	SB	83				83	3	26
32	Abbie Poole	4LR	58.5	0.0			58.5	8	16
33	Katie Lloyd	4LR	59.2	0.0			59.2	9	14
33	Katie Lloyd	VJ	42	42	43	43	43	10	12
34	Grace Hucknall	6LR	1:31.6				1:31.6	2	28
34	Grace Hucknall	S	0.00	0.00	0.00	0.00	0.00		
35	Elle Stone	S	9.29	8.75	9.26	9.13	9.29	3	26
36	Olivia Lindsay	STJ	5.90	5.80	5.72	5.90	5.90	7	18

# Team Results

# Norfolk (blue)

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Blue	688	70	70	70	70	54	58	42	52	58	54	48	42
2	Hertfordshire	Black	558	60	60	60	30	45	30	54	26	49	54	48	42
3	Essex	Red	506	50	50	40	50	36	44	26	52	38	30	42	48
4	Suffolk	Maroon	462	40	30	50	40	30	44	50	30	30	36	36	46
5	Cambridgeshire	Sky	454	30	40	30	60	45	34	38	38	35	36	36	32

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Alice Hill	2LR	24.8	24.9			24.9	1=	29
37	Alice Hill	VJ	55	56	53	54	56	3	26
38	Alisha Youngs	2LR	25.2	25.4			25.4	3=	25
38	Alisha Youngs	SLJ	2.30	2.30	2.29	2.31	2.31	1	30
39	Serena Grace	4LR	54.0	54.1			54.1	1	30
39	Serena Grace	SB	84				84	2	28
40	Isabelle Moore	4LR	54.5	54.5			54.5	2	28
41	Eden Harrison	6LR	1:33.4				1:33.4	7	18
41	Eden Harrison	STJ	5.90	6.00	5.98	6.00	6.00	6	20
42	Annabelle Joynson	6LR	1:32.0				1:32.0	4	24
42	Annabelle Joynson	VJ	45	48	45	46	48	8	16
43	Eleanor Brown	STJ	7.20	7.02	7.26	7.26	7.26	2	28
44	Holly Harrison	SLJ	2.17	2.18	2.18	1.98	2.18	4	24
45	Ellie Morgan	SB	86				86	1	30
47	Amy Money	S	8.23	0.00	7.55	8.76	8.76	4	24
48	Zoe Powers	S	9.09	9.34	9.58	9.37	9.58	2	28

# Team Results

# Suffolk (maroon)

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Norfolk	Blue	688	70	70	70	70	54	58	42	52	58	54	48	42
2	Hertfordshire	Black	558	60	60	60	30	45	30	54	26	49	54	48	42
3	Essex	Red	506	50	50	40	50	36	44	26	52	38	30	42	48
4	Suffolk	Maroon	462	40	30	50	40	30	44	50	30	30	36	36	46
5	Cambridgeshire	Sky	454	30	40	30	60	45	34	38	38	35	36	36	32

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Shamara Hammonds	2LR	26.7	0.0			26.7	10	12
50	Anya Clarke	2LR	25.8	0.0			25.8	7	18
50	Anya Clarke	SLJ	2.07	2.06	2.17	1.99	2.17	5	22
51	Jemima Bestley	4LR	55.3	55.5			55.5	4	24
51	Jemima Bestley	SB	76				76	8	16
52	Deryn Baidoo	4LR	57.0	0.0			57.0	6	20
52	Deryn Baidoo	VJ	51	50	47	50	51	4	24
53	Maisy Armstrong	6LR	1:29.6				1:29.6	1	30
53	Maisy Armstrong	SLJ	2.03	1.94	1.94	1.94	2.03	9	14
54	Abeni Beckham	6LR	1:32.9				1:32.9	6	20
54	Abeni Beckham	STJ	6.32	6.32	6.50	6.50	6.50	4	24
55	Mai Baidoo	VJ	50	46	48	46	50	5	22
56	Farran Turner	S	5.57	4.65	5.38	0.00	5.57	8	16
57	Maisie Elvin Andrews	SB	74				74	9	14
59	Maddie Archbold	STJ	5.56	5.70	5.70	5.64	5.70	10	12
60	Emily Anderson	S	4.78	0.00	4.35	3.87	4.78	9	14

# Results Sheet

# Obstacle Relay

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	1:15.6	0.0	1:15.6	70.0
2	03	Hertfordshire	Black	1:17.8	0.0	1:17.8	60.0
3	02	Essex	Red	1:19.5	0.0	1:19.5	50.0
4	05	Suffolk	Maroon	1:22.3	0.0	1:22.3	40.0
5	01	Cambridgshire	Sky	1:26.9	0.0	1:26.9	30.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	49.7	0.0	49.7	70.0
2	03	Hertfordshire	Black	51.0	0.0	51.0	60.0
3	02	Essex	Red	51.6	0.0	51.6	50.0
4	01	Cambridgshire	Sky	53.3	0.0	53.3	40.0
5	05	Suffolk	Maroon	53.4	0.0	53.4	30.0



# Results Sheet

# 2 Lap Race

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Norfolk	Blue	54
2=	Cambridgshire	Sky	45
2=	Hertfordshire	Black	45
4	Essex	Red	36
5	Suffolk	Maroon	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Hertfordshire	Black	26	Lauren Simpson	24.9	29
1=	Norfolk	Blue	37	Alice Hill	24.9	29
3=	Cambridgshire	Sky	2	Emily Howland	25.4	25
3=	Norfolk	Blue	38	Alisha Youngs	25.4	25
5	Essex	Red	14	Ruby Bridger	26.0	22
6	Cambridgshire	Sky	1	Ruby James	25.7	20
7	Suffolk	Maroon	50	Anya Clarke	25.8	18
8	Hertfordshire	Black	27	Jennifer Arinze	26.1	16
9	Essex	Red	13	Sola Taiwo	26.3	14
10	Suffolk	Maroon	49	Shamara Hammonds	26.7	12

# Results Sheet

# 4 Lap Race

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Norfolk	Blue	58
2=	Essex	Red	44
2=	Suffolk	Maroon	44
4	Cambridgshire	Sky	34
5	Hertfordshire	Black	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Blue	39	Serena Grace	54.1	30
2	Norfolk	Blue	40	Isabelle Moore	54.5	28
3	Essex	Red	16	Leisha Hunt	54.6	26
4	Suffolk	Maroon	51	Jemima Bestley	55.5	24
5	Cambridgshire	Sky	4	Milly Wych	57.0	22
6	Suffolk	Maroon	52	Deryn Baidoo	57.0	20
7	Essex	Red	18	Ariyanna McGee	57.1	18
8	Hertfordshire	Black	32	Abbie Poole	58.5	16
9	Hertfordshire	Black	33	Katie Lloyd	59.2	14
10	Cambridgshire	Sky	3	Kamari Erekosima	1:01.5	12

# Results Sheet

# 6 Lap Time Trial

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Hertfordshire	Black	54
2	Suffolk	Maroon	50
3	Norfolk	Blue	42
4	Cambridgshire	Sky	38
5	Essex	Red	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	Maroon	53	Maisy Armstrong	1:29.6	30
2	Hertfordshire	Black	34	Grace Hucknall	1:31.6	28
3	Hertfordshire	Black	30	Daisy Creasey	1:31.7	26
4	Norfolk	Blue	42	Annabelle Joynson	1:32.0	24
5	Cambridgshire	Sky	5	Alice Claridge	1:32.7	22
6	Suffolk	Maroon	54	Abeni Beckham	1:32.9	20
7	Norfolk	Blue	41	Eden Harrison	1:33.4	18
8	Cambridgshire	Sky	6	Hannah Campbell	1:35.8	16
9	Essex	Red	22	Katy Venables	1:36.1	14
10	Essex	Red	17	Ruby Ham	1:38.2	12

# Results Sheet

# 8 Lap Paarlauf

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	1:47.8	0.0	1:47.8	70.0
2	03	Hertfordshire	Black	1:49.5	0.0	1:49.5	60.0
3	05	Suffolk	Maroon	1:50.8	0.0	1:50.8	50.0
4	02	Essex	Red	2:00.1	0.0	2:00.1	40.0
5	01	Cambridgshire	Sky	2:04.4	0.0	2:04.4	30.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	1:39.7	0.0	1:39.7	70.0
2	01	Cambridgeshire	Sky	1:44.1	0.0	1:44.1	60.0
3	02	Essex	Red	1:45.1	0.0	1:45.1	50.0
4	05	Suffolk	Maroon	1:45.8	0.0	1:45.8	40.0
5	03	Hertfordshire	Black	1:48.1	0.0	1:48.1	30.0

# Results Sheet

# Shot

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1=	Essex	Red	52
1=	Norfolk	Blue	52
3	Cambridgshire	Sky	38
4	Suffolk	Maroon	30
5	Hertfordshire	Black	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	Red	24	Robyn Moody	10.10	30
2	Norfolk	Blue	48	Zoe Powers	9.58	28
3	Hertfordshire	Black	35	Elle Stone	9.29	26
4	Norfolk	Blue	47	Amy Money	8.76	24
5	Essex	Red	14	Ruby Bridger	8.28	22
6	Cambridgshire	Sky	1	Ruby James	7.41	20
7	Cambridgshire	Sky	9	Jemima Morgan	7.39	18
8	Suffolk	Maroon	56	Farran Turner	5.57	16
9	Suffolk	Maroon	60	Emily Anderson	4.78	14
	Hertfordshire	Black	34	Grace Hucknall	0.00	0

# Results Sheet

# Speed Bounce

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Norfolk	Blue	58
2	Hertfordshire	Black	49
3	Essex	Red	38
4	Cambridgshire	Sky	35
5	Suffolk	Maroon	30

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	Blue	45	Ellie Morgan	86	30
2	Norfolk	Blue	39	Serena Grace	84	28
3	Hertfordshire	Black	30	Daisy Creasey	83	26
4=	Cambridgshire	Sky	10	Holly Morgan	79	23
4=	Hertfordshire	Black	28	Nathalia Dunbar	79	23
6	Essex	Red	23	Mali Grant	78	20
7	Essex	Red	19	Kate Baldwin	77	18
8	Suffolk	Maroon	51	Jemima Bestley	76	16
9	Suffolk	Maroon	57	Maisie Elvin Andrews	74	14
10	Cambridgshire	Sky	2	Emily Howland	62	12

# Results Sheet

# Standing Long Jump

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1=	Hertfordshire	Black	54
1=	Norfolk	Blue	54
3=	Cambridgshire	Sky	36
3=	Suffolk	Maroon	36
5	Essex	Red	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Blue	38	Alisha Youngs	2.31	30
2	Hertfordshire	Black	29	Julianna Glinkowska	2.30	28
3	Hertfordshire	Black	27	Jennifer Arinze	2.21	26
4	Norfolk	Blue	44	Holly Harrison	2.18	24
5	Suffolk	Maroon	50	Anya Clarke	2.17	22
6	Cambridgshire	Sky	11	Elena Baldry	2.10	20
7	Essex	Red	20	Elize Bonning	2.08	18
8	Cambridgshire	Sky	6	Hannah Campbell	2.05	16
9	Suffolk	Maroon	53	Maisy Armstrong	2.03	14
10	Essex	Red	21	Rachel Carter	2.01	12



# Results Sheet

# Standing Triple Jump

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1=	Hertfordshire	Black	48
1=	Norfolk	Blue	48
3	Essex	Red	42
4=	Cambridgshire	Sky	36
4=	Suffolk	Maroon	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	Black	26	Lauren Simpson	7.40	30
2	Norfolk	Blue	43	Eleanor Brown	7.26	28
3	Essex	Red	13	Sola Taiwo	6.50	26
4	Suffolk	Maroon	54	Abeni Beckham	6.50	24
5	Cambridgshire	Sky	12	Hannah Bridges	6.10	22
6	Norfolk	Blue	41	Eden Harrison	6.00	20
7	Hertfordshire	Black	36	Olivia Lindsay	5.90	18
8	Essex	Red	22	Katy Venables	5.74	16
9	Cambridgshire	Sky	4	Milly Wych	5.70	14
10	Suffolk	Maroon	59	Maddie Archbold	5.70	12

# Results Sheet

# Vertical Jump

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Essex	Red	48
2	Suffolk	Maroon	46
3=	Hertfordshire	Black	42
3=	Norfolk	Blue	42
5	Cambridgshire	Sky	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	Black	25	Marli Jessop	62	30
2	Essex	Red	15	Hannah Bardo	57	28
3	Norfolk	Blue	37	Alice Hill	56	26
4	Suffolk	Maroon	52	Deryn Baidoo	51	24
5	Suffolk	Maroon	55	Mai Baidoo	50	22
6	Essex	Red	16	Leisha Hunt	50	20
7	Cambridgshire	Sky	7	Scarlett Bailey	49	18
8	Norfolk	Blue	42	Annabelle Joynson	48	16
9	Cambridgshire	Sky	8	Abigail Phillips	45	14
10	Hertfordshire	Black	33	Katie Lloyd	43	12

# Results Sheet

# Obstacle Relay

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	1:15.6	0.0	1:15.6	70.0
2	03	Hertfordshire	Black	1:17.8	0.0	1:17.8	60.0
3	02	Essex	Red	1:19.5	0.0	1:19.5	50.0
4	05	Suffolk	Maroon	1:22.3	0.0	1:22.3	40.0
5	01	Cambridgshire	Sky	1:26.9	0.0	1:26.9	30.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	49.7	0.0	49.7	70.0
2	03	Hertfordshire	Black	51.0	0.0	51.0	60.0
3	02	Essex	Red	51.6	0.0	51.6	50.0
4	01	Cambridgshire	Sky	53.3	0.0	53.3	40.0
5	05	Suffolk	Maroon	53.4	0.0	53.4	30.0

# Results Sheet

# 2 Lap Race

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Norfolk	Blue	54
2=	Cambridgshire	Sky	45
2=	Hertfordshire	Black	45
4	Essex	Red	36
5	Suffolk	Maroon	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Hertfordshire	Black	26	Lauren Simpson	24.9	29
1=	Norfolk	Blue	37	Alice Hill	24.9	29
3=	Cambridgshire	Sky	2	Emily Howland	25.4	25
3=	Norfolk	Blue	38	Alisha Youngs	25.4	25
5	Essex	Red	14	Ruby Bridger	26.0	22
6	Cambridgshire	Sky	1	Ruby James	25.7	20
7	Suffolk	Maroon	50	Anya Clarke	25.8	18
8	Hertfordshire	Black	27	Jennifer Arinze	26.1	16
9	Essex	Red	13	Sola Taiwo	26.3	14
10	Suffolk	Maroon	49	Shamara Hammonds	26.7	12

# Results Sheet

# 4 Lap Race

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Norfolk	Blue	58
2=	Essex	Red	44
2=	Suffolk	Maroon	44
4	Cambridgshire	Sky	34
5	Hertfordshire	Black	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Blue	39	Serena Grace	54.1	30
2	Norfolk	Blue	40	Isabelle Moore	54.5	28
3	Essex	Red	16	Leisha Hunt	54.6	26
4	Suffolk	Maroon	51	Jemima Bestley	55.5	24
5	Cambridgshire	Sky	4	Milly Wych	57.0	22
6	Suffolk	Maroon	52	Deryn Baidoo	57.0	20
7	Essex	Red	18	Ariyanna McGee	57.1	18
8	Hertfordshire	Black	32	Abbie Poole	58.5	16
9	Hertfordshire	Black	33	Katie Lloyd	59.2	14
10	Cambridgshire	Sky	3	Kamari Erekosima	1:01.5	12

# Results Sheet

# 6 Lap Time Trial

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Hertfordshire	Black	54
2	Suffolk	Maroon	50
3	Norfolk	Blue	42
4	Cambridgshire	Sky	38
5	Essex	Red	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Suffolk	Maroon	53	Maisy Armstrong	1:29.6	30
2	Hertfordshire	Black	34	Grace Hucknall	1:31.6	28
3	Hertfordshire	Black	30	Daisy Creasey	1:31.7	26
4	Norfolk	Blue	42	Annabelle Joynson	1:32.0	24
5	Cambridgshire	Sky	5	Alice Claridge	1:32.7	22
6	Suffolk	Maroon	54	Abeni Beckham	1:32.9	20
7	Norfolk	Blue	41	Eden Harrison	1:33.4	18
8	Cambridgshire	Sky	6	Hannah Campbell	1:35.8	16
9	Essex	Red	22	Katy Venables	1:36.1	14
10	Essex	Red	17	Ruby Ham	1:38.2	12

# Results Sheet

# 8 Lap Paarlauf

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	1:47.8	0.0	1:47.8	70.0
2	03	Hertfordshire	Black	1:49.5	0.0	1:49.5	60.0
3	05	Suffolk	Maroon	1:50.8	0.0	1:50.8	50.0
4	02	Essex	Red	2:00.1	0.0	2:00.1	40.0
5	01	Cambridgshire	Sky	2:04.4	0.0	2:04.4	30.0



# Results Sheet

# 4 x 2 Lap Relay

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	Blue	1:39.7	0.0	1:39.7	70.0
2	01	Cambridgeshire	Sky	1:44.1	0.0	1:44.1	60.0
3	02	Essex	Red	1:45.1	0.0	1:45.1	50.0
4	05	Suffolk	Maroon	1:45.8	0.0	1:45.8	40.0
5	03	Hertfordshire	Black	1:48.1	0.0	1:48.1	30.0

# Results Sheet

# Shot

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1=	Essex	Red	52
1=	Norfolk	Blue	52
3	Cambridgshire	Sky	38
4	Suffolk	Maroon	30
5	Hertfordshire	Black	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Essex	Red	24	Robyn Moody	10.10	30
2	Norfolk	Blue	48	Zoe Powers	9.58	28
3	Hertfordshire	Black	35	Elle Stone	9.29	26
4	Norfolk	Blue	47	Amy Money	8.76	24
5	Essex	Red	14	Ruby Bridger	8.28	22
6	Cambridgshire	Sky	1	Ruby James	7.41	20
7	Cambridgshire	Sky	9	Jemima Morgan	7.39	18
8	Suffolk	Maroon	56	Farran Turner	5.57	16
9	Suffolk	Maroon	60	Emily Anderson	4.78	14
	Hertfordshire	Black	34	Grace Hucknall	0.00	0

# Results Sheet

# Speed Bounce

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Norfolk	Blue	58
2	Hertfordshire	Black	49
3	Essex	Red	38
4	Cambridgshire	Sky	35
5	Suffolk	Maroon	30

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	Blue	45	Ellie Morgan	86	30
2	Norfolk	Blue	39	Serena Grace	84	28
3	Hertfordshire	Black	30	Daisy Creasey	83	26
4=	Cambridgshire	Sky	10	Holly Morgan	79	23
4=	Hertfordshire	Black	28	Nathalia Dunbar	79	23
6	Essex	Red	23	Mali Grant	78	20
7	Essex	Red	19	Kate Baldwin	77	18
8	Suffolk	Maroon	51	Jemima Bestley	76	16
9	Suffolk	Maroon	57	Maisie Elvin Andrews	74	14
10	Cambridgshire	Sky	2	Emily Howland	62	12

# Results Sheet

# Standing Long Jump

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1=	Hertfordshire	Black	54
1=	Norfolk	Blue	54
3=	Cambridgshire	Sky	36
3=	Suffolk	Maroon	36
5	Essex	Red	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	Blue	38	Alisha Youngs	2.31	30
2	Hertfordshire	Black	29	Julianna Glinkowska	2.30	28
3	Hertfordshire	Black	27	Jennifer Arinze	2.21	26
4	Norfolk	Blue	44	Holly Harrison	2.18	24
5	Suffolk	Maroon	50	Anya Clarke	2.17	22
6	Cambridgshire	Sky	11	Elena Baldry	2.10	20
7	Essex	Red	20	Elize Bonning	2.08	18
8	Cambridgshire	Sky	6	Hannah Campbell	2.05	16
9	Suffolk	Maroon	53	Maisy Armstrong	2.03	14
10	Essex	Red	21	Rachel Carter	2.01	12

# Results Sheet

# Standing Triple Jump

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1=	Hertfordshire	Black	48
1=	Norfolk	Blue	48
3	Essex	Red	42
4=	Cambridgshire	Sky	36
4=	Suffolk	Maroon	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	Black	26	Lauren Simpson	7.40	30
2	Norfolk	Blue	43	Eleanor Brown	7.26	28
3	Essex	Red	13	Sola Taiwo	6.50	26
4	Suffolk	Maroon	54	Abeni Beckham	6.50	24
5	Cambridgshire	Sky	12	Hannah Bridges	6.10	22
6	Norfolk	Blue	41	Eden Harrison	6.00	20
7	Hertfordshire	Black	36	Olivia Lindsay	5.90	18
8	Essex	Red	22	Katy Venables	5.74	16
9	Cambridgshire	Sky	4	Milly Wych	5.70	14
10	Suffolk	Maroon	59	Maddie Archbold	5.70	12

# Results Sheet

# Vertical Jump

## Competition:

East Sportshall Regional Final Under 13 Girls

## Venue:

Hertfordshire Sports Village

## Date

30 Jan 2016

Ranking	Team	Colour	Points
1	Essex	Red	48
2	Suffolk	Maroon	46
3=	Hertfordshire	Black	42
3=	Norfolk	Blue	42
5	Cambridgshire	Sky	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	Black	25	Marli Jessop	62	30
2	Essex	Red	15	Hannah Bardo	57	28
3	Norfolk	Blue	37	Alice Hill	56	26
4	Suffolk	Maroon	52	Deryn Baidoo	51	24
5	Suffolk	Maroon	55	Mai Baidoo	50	22
6	Essex	Red	16	Leisha Hunt	50	20
7	Cambridgshire	Sky	7	Scarlett Bailey	49	18
8	Norfolk	Blue	42	Annabelle Joynson	48	16
9	Cambridgshire	Sky	8	Abigail Phillips	45	14
10	Hertfordshire	Black	33	Katie Lloyd	43	12