

SUFFOLK Sportshall Athletics

Date: 08OCT2016

Location: Ipswich

Competition Details:

Team Events

Sat 8th Oct - Northgate, Ipswich

Sat 29th Oct - Northgate, Ipswich

Sat 19th Nov - Northgate, Ipswich

Individual entry

Regional Competition (East)

Sat 12 Feb 2017 - Hertfordshire Sports Village, Hatfield

National Final

22nd & 23rd April 2017 - UK Sportshall Final Sportcity, Manchester

See National Sportshall link: <http://www.sportshall.org/>

u11B 1 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C	Liam Bridges	13.6	7	19	43
CC	William Butcher	12.7	2	24	
D	Ben Littlejohns	13.0	4	22	40
DD	Harvey Nicholson	13.7	8	18	
E					
EE					
F	Herbie Shaw	14.6	10	16	39
FF	Liam Bridges	12.8	3	23	
G	Ben Diaby	11.9	1	25	45
GG	Rio Bird	13.4	6	20	
H	Sam Quarton				
HH	Dylan Jayaweera				
I					
II					
J					
JJ					
K					
KK					
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LL					
M					
MM					
N					
NN					
O					
OO					
P					
PP					
Q	Sam Cade	13.0	4	22	39
QQ	Nathan Karri	14.2	9	17	
R					
RR					
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V					
VV					
W					
WW					
X					
XX					
Y					
YY					
Z					
ZZ					

3.30 pm

u11B Chest Push

		First throw	Second thr	Third thro	Best throw	Position	Points	Combined
A								
AA								
B								
BB								
C	Liam Bridges				5.31	5	21	40
CC	Seth Frankland				5.23	7	19	
D	Thomas Supple				5.36	3	23	43
DD	Thomas Supple				5.26	6	20	
E	Samuel Newbold				[4.15]			
EE								
F	Luke Baker				5.61	2	24	41
FF	Herbie Shaw				4.76	9	17	
G	Brandon Ling				5.33	4	22	47
GG	Ben Diaby				6.51	1	25	
H	James Campbell				4.68	10	16	31
HH	Dylan Jayaweera				3.52	11	15	
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Nathan Karri				5.21	8	18	18
QQ								
R								
RR								
S								
SS								
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U								
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V								
VV								
W								
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X								
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Y								
YY								
Z								
ZZ								

2.30 pm

u11B Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C	William Butcher				1.60	6	20	41
CC	Charles Hardy				1.62	5	21	
D	Ben Littlejohns				1.50	8	18	43
DD	Thomas Supple				1.72	1	25	
E								
EE								
F	Herbie Shaw				1.70	2	24	43
FF	Samuel Newbould				1.54	7	19	
G	Ethan Houghton				1.68	4	22	46
GG	Brandon Ling				1.70	2	24	
H	Sam Quarton				1.36	10	16	31
HH	Dylan Jayaweera				1.00	11	15	
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Nathan Karri				1.40	9	17	17
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y								
YY								
Z								
ZZ								

1.50 pm

u11B Vertical Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C	William Butcher				28	7	19	41
CC	Charles Hardy				30	4	22	
D	Henry Hardy				19	11	15	32
DD	Harvey Nicholson				23	9	17	
E								
EE								
F	Samuel Newbould				30	4	22	39
FF	Liam Bridges				23	9	17	
G	Oliver Read				29	6	20	44
GG	Rio Bird				33	2	24	
H	Sam Quarton				16	12	14	37
HH	Max Unglass				32	3	23	
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Sam Cade				35	1	25	43
QQ	Fred Walton				26	8	18	
R								
RR								
S								
SS								
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U								
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V								
VV								
W								
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X								
XX								
Y								
YY								
Z								
ZZ								

u11B

Triple Jump

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C	Liam Bridges				4.63	4	22	45
CC	Seth Frankland				4.64	3	23	
D	Harvey Nicholson				4.39	6	20	20
DD	Henry Hardy							
E								
EE								
F	Luke Baker				4.82	1	25	49
FF	Luke Hart				4.68	2	24	
G	Brandon Ling				4.47	5	21	40
GG	Jack Lugo				4.01	7	19	
H	Max Unglass				4.00	8	18	35
HH	Sam Quarton				3.98	9	17	
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
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PP								
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QQ								
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1.20 pm

u11B Speed Bounce

		Total Bounces	Position	Points	Combined
A					
AA					
B					
BB					
C	Liam Bridges	42	4	22	46
CC	Seth Frankland	45	2	24	
D	Ben Littlejohns	43	3	23	44
DD	Henry Hardy	41	5	21	
E					
EE					
F	Luke Hart	38	7	19	39
FF	Liam Bridges	40	6	20	
G	Ben Diaby	48	1	25	42
GG	Oliver Read	34	9	17	
H	Max Unglass	37	8	18	34
HH	James Campbell	24	10	16	
I					
II					
J					
JJ					
K					
KK					
L					
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N					
NN					
O					
OO					
P					
PP					
Q	Fred Walton				
QQ					
R					
RR					
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VV					
W					
WW					
X					
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Y					
YY					
Z					
ZZ					

u11B Javelin

		First throw	Second throw	Third throw	Best throw	Position	Points	Combined
A								
AA								
B								
BB								
C	William Butcher				15.0	1	25	40
CC	Charles Hardy				7.0	11	15	
D	Thomas Supple				14.5	3	23	42
DD	Ben Littlejohns				11.5	7	19	
E								
EE								
F	Luke Baker				13.0	5	21	46
FF	Luke Hart				15.0	1	25	
G	Ethan Houghton				12.0	6	20	39
GG	Brandon Ling				11.5	7	19	
H	James Campbell				14.0	4	22	36
HH	Dylan Jayaweera				6.0	12	14	
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Sam Cade				10.0	9	17	33
QQ	Fred Walton				8.5	10	16	
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y								
YY								
Z								
ZZ								

u11B 4 x 1 Lap Relay

A		
B		
C	Liam Bridges Seth Frankland	William Butcher Charles Hardy
D	Ben Littlejohns Henry Hardy	Harvey Nicholson Thomas Supple
E		
F	Herbie Shaw Samuel Newbould	Liam Bridges Luke Hart
G	Ben Diaby Jack Lugo	Rio Bird Ethan Houghton
H	Dylan Jayaweera James Campbell	Sam Quarton Max Unglass
I		
J		
K		
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M		
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Q		
R		
S		
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U		
V		
W		
X		
Y		
Z		

Time
53.3
54.0
52.6
49.6
54.1

Pos	Points
3	23
4	22
2	24
1	25
5	21

1.50 pm

u11G 1 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C	Agatha Gouldby	12.5	4	22	40
CC	Ella Newman	13.4	8	18	
D	Laila Spurgeon	13.0	5	21	21
DD					
E					
EE					
F		13.5	9	17	33
FF		13.7	10	16	
G	Layo Laguda	12.4	2	24	49
GG	Charlotte Sayer	12.1	1	25	
H	Lauren Squirrel	13.1	6	20	44
HH	Lana Inniss	12.4	2	24	
I					
II					
J					
JJ					
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O					
OO					
P					
PP					
Q	Katie Roberts	13.1	6	20	20
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y					
YY					
Z					
ZZ					

3.25 pm

u11G 2 Lap

		Time	Position	Points	Combined
A					
AA					
B					
BB					
C	D'Arcie Ives	25.2	2	24	43
CC	Honor Freeland	27.9	7	19	
D					
DD	Addison Gregory	28.0	8	18	18
E					
EE					
F	Grace Harley	28.6	9	17	34
FF	Sophia Dawdry-Hall	28.6	9	17	
G	Belle Armstrong	25.6	3	23	44
GG	Adenine Faro	26.9	5	21	
H	Blythe Boreham	24.8	1	25	45
HH	Lana Inniss	27.5	6	20	
I					
II					
J					
JJ					
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O					
OO					
P					
PP					
Q	Katie Roberts	26.6	4	22	22
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y					
YY					
Z					
ZZ					

u11G Speed Bounce

		Total Bounces	Position	Points	Combined
A					
AA					
B					
BB					
C	Ella Newman	32	8	18	35
CC	Honor Freeland	30	9	17	
D	Laila Spurgeon	44	1	25	25
DD					
E					
EE					
F	Grace Harley	30	9	17	41
FF	Sophia Dawdry-Hall	43	2	24	
G	Layo Laguda	42	3	23	45
GG	Ruth Westland	41	4	22	
H	Chloe Abbott	38	6	20	39
HH	Lana Inniss	33	7	19	
I					
II					
J					
JJ					
K					
KK					
L					
LL					
M					
MM					
N					
NN					
O					
OO					
P					
PP					
Q	Katie Roberts	40	5	21	21
QQ					
R					
RR					
S					
SS					
T					
TT					
U					
UU					
V					
VV					
W					
WW					
X					
XX					
Y					
YY					
Z					
ZZ					

u13B 2 Lap

		Time			Combined
A					
AA					
B					
BB					
C	Joel Burgess	22.6	1	25	49
CC	Finn Howes	23.4	2	24	
D	Isaac Phillips	24.7	3	23	44
DD	Ethan Hodds	26.8	5	21	
E					
EE					
F	Kieran	29.5	7	19	37
FF	Reece	30.5	8	18	
G	Leo Higgs	25.5	4	22	43
GG	Archie Reynolds	26.8	5	21	
H					
HH					
I					
II					
J					
JJ					
K					
KK					
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LL					
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MM					
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P					
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QQ					
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V					
VV					
W					
WW					
X					
XX					
Y					
YY					
Z					
ZZ					

u13B 4 Lap

		Time			Combined
A AA					
B BB					
C CC	Joel Burgess Finn Howes	49.4 52.2	1 3	25 23	48
D DD	Tom Spurgeon Jack Goch	53.6 59.5	7 8	19 18	37
E EE					
F FF	William Oliver	53.2 62.3	5 9	21 17	38
G GG	Sheen Jayaweera Jay Collett	49.9 52.7	2 4	24 22	46
H HH					
I II					
J JJ					
K KK					
L LL					
M MM					
N NN					
O OO					
P PP					
Q QQ	Evan Roberts	53.4	6	20	20
R RR					
S SS					
T TT					
U UU					
V VV					
W WW					
X XX					
Y YY					
Z ZZ					

u13B Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C	Joel Burgess				1.92	3	23	44
CC	Ben Cone				1.68	5	21	
D	Tom Spurgeon				1.78	4	22	41
DD	Jack Gooch				1.60	7	19	
E								
EE								
F	Christian				1.54	8	18	35
FF	William				1.30	9	17	
G	Jay Collett				1.96	2	24	49
GG	Sheen Jayaweera				2.10	1	25	
H								
HH								
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Evan Roberts				1.68	5	21	21
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y								
YY								
Z								
ZZ								

1.40 pm

u13B Vertical Jump

		First Jump	Second Jump	Third Jump		Best Jump	Position	Points	Combined
A									
AA									
B									
BB									
C	Ben Cone				33	3	23		
CC	Nathan Littlejohns				34	1	25	48	
D	Ethan Hodds				31	5	21		
DD	Chase Hodds				31	5	21	42	
E									
EE									
F	Kieran				26	7	19		
FF	Reece				21	8	18	37	
G	Archie Reynolds				34	1	25		
GG	Leo Higgs				33	3	23	48	
H									
HH									
I									
II									
J									
JJ									
K									
KK									
L									
LL									
M									
MM									
N									
NN									
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QQ									
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VV									
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WW									
X									
XX									
Y									
YY									
Z									
ZZ									

u13B

**Triple
Jump**

		First jump	Second jump	Third jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C	Joel Burgess				5.95	1	25	44
CC	Nathan Littlejohns				4.88	7	19	
D	Isaac Phillips				5.95	1	25	48
DD	Tom Spurgeon				5.88	3	23	
E								
EE								
F	Oliver							22
FF	Christian				5.86	4	22	
G	Sheen Jayaweera				5.85	5	21	42
GG	Jay Collett				5.85	5	21	
H								
HH								
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
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Q								
QQ								
R								
RR								
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X								
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YY								
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ZZ								

3.00 pm

u13B**Speed
Bounce**

A	
AA	
B	
BB	
C	Finn Howes
CC	Ben Cone
D	Isaac Phillips
DD	Chase Hodds
E	
EE	
F	William
FF	Christian
G	Leo Higgs
GG	Archie Reynolds
H	
HH	
I	
II	
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VV	
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WW	
X	
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Z	
ZZ	

Total Bounces
73
72
55
71
58
71
51
73

Position	Points
1	25
3	23
7	19
4	22
6	20
4	22
8	18
1	25

Combined
48
41
42
43

u13B Shot

		First throw	Second throw	Third throw	Best throw	Position	Points	Combined
A								
AA								
B								
BB								
C	Finn Howes				4.26	5	21	40
CC	Nathan Littlejohns				3.44	7	19	
D	Ethan Hodds				6.06	3	23	43
DD	Jack Gooch				3.45	6	20	
E								
EE								
F	Kieran				3.08	8	18	35
FF	Reece				2.66	9	17	
G	Jay Collett				6.45	2	24	46
GG	Sheen Jayaweera				5.59	4	22	
H								
HH								
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Evan Roberts				6.58	1	25	25
QQ								
R								
RR								
S								
SS								
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V								
VV								
W								
WW								
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Y								
YY								
Z								
ZZ								

u13B 8 Lap Paarlauf

A	
B	
C	Joel Burgess Finn Howes
D	Jack Gooch
E	
F	Oliver Christian
G	Sheen Jayaweera Jay Collett
H	
I	
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W	
X	
Y	
Z	

Time
96.8
107.9
113.1
102.2

Pos	Points
1	25
3	23
4	22
2	24

13G

Long Jump

		First Jump	Second Jump	Third Jump	Best Jump	Position	Points	Combined
A								
AA								
B								
BB								
C	Shamara Hammonds				2.18	1	25	46
CC	Taela Hodds				1.66	5	21	
D								
DD								
E								
EE								
F	Esther E-Jalota				1.40	7	19	39
FF	Eva Palmer				1.46	6	20	
G	Laura Pycock				1.96	2	24	46
GG	Emily Bell				1.72	4	22	
H								
HH								
I								
II								
J								
JJ								
K								
KK								
L								
LL								
M								
MM								
N								
NN								
O								
OO								
P								
PP								
Q	Alex Penny				1.82	3	23	23
QQ								
R								
RR								
S								
SS								
T								
TT								
U								
UU								
V								
VV								
W								
WW								
X								
XX								
Y								
YY								
Z								
ZZ								

3.00 pm

13G

Triple Jump

		First jump	Second jump	Third jump		Best Jump		Points		Combined
A										
AA										
B										
BB										
C	Abeni Beckham					6.50	1	25		47
CC	Gracie Parr					4.62	4	22		
D										
DD										
E										
EE										
F	Eva Palmer					3.88	5	21		21
FF										
G	Bridget Scanlon					4.84	3	23		47
GG	Connie King					4.96	2	24		
H										
HH										
I										
II										
J										
JJ										
K										
KK										
L										
LL										
M										
MM										
N										
NN										
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PP										
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YY										
Z										
ZZ										

u15G 4 Lap

		Time	Position	Points
12	Deryn Badoo	53.0	1	25
13	Zara Hanman	54.1	2	24
14	Saffron Mitchell An	57.8	3	23
16	Freya Palmer	60.3	4	22

3.40pm

