



SPORTSHALL

Aviva Sportshall UK Championships Regional Finals 2010

East Regional Final

Sportspark, University of East Anglia, Norwich

Saturday 30 January 2010

Bedfordshire	yellow
Cambridgeshire	purple
Hertfordshire	sky
Norfolk	green
Suffolk	orange

Competition Results

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	green	695	60	70	60	70	54	58	36	47	50	58	50	38	44
2	Hertfordshire	sky	680	70	60	70	60	54	40	41	41	40	44	52	54	54
3	Suffolk	orange	517	40	50	50	50	28	38	26	41	42	38	32	36	46
4	Cambridgeshire	purple	480	30	30	40	40	38	38	43	25	36	44	34	46	36
5	Bedfordshire	yellow	384	50	40	0	0	36	36	52	30	30	26	42	24	18

Team Results

Bedfordshire (yellow)

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	green	695	60	70	60	70	54	58	36	47	50	58	50	38	44
2	Hertfordshire	sky	680	70	60	70	60	54	40	41	41	40	44	52	54	54
3	Suffolk	orange	517	40	50	50	50	28	38	26	41	42	38	32	36	46
4	Cambridgeshire	purple	480	30	30	40	40	38	38	43	25	36	44	34	46	36
5	Bedfordshire	yellow	384	50	40	0	0	36	36	52	30	30	26	42	24	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Georgia Harris Love	2LR	26.5	26.9			26.9	5	22
1	Georgia Harris Love	SLJ	2.08	2.02	2.06	2.10	2.10	2	28
2	Alesha Bell	2LR	28.4	0.0			28.4	9	14
2	Alesha Bell	VJ	40	44	45	45	45	7	18
3	Isobelle Maddocks	SB	59				59	10	12
4	Courtney Osborne Walker	4LR	58.3	1:02.5			1:02.5	5	22
4	Courtney Osborne Walker	HJ	1.45				1.45	1	30
5	Daisey Ward	6LR	1:34.5				1:34.5	4=	23
5	Daisey Ward	SLJ	1.60	1.32	1.34	1.34	1.60	9	14
6	Anna Bright	4LR	1:02.8	0.0			1:02.8	9	14
6	Anna Bright	SB	60				60	9	14
7	Melissa Hunt	S	0.00	6.38	8.29	7.65	8.29	1	30
8	Katie Healy	6LR	1:28.4				1:28.4	1=	29
8	Katie Healy	STJ	5.72	6.54	5.72	5.66	6.54	4	24

Team Results

Cambridgeshire (purple)

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	green	695	60	70	60	70	54	58	36	47	50	58	50	38	44
2	Hertfordshire	sky	680	70	60	70	60	54	40	41	41	40	44	52	54	54
3	Suffolk	orange	517	40	50	50	50	28	38	26	41	42	38	32	36	46
4	Cambridgeshire	purple	480	30	30	40	40	38	38	43	25	36	44	34	46	36
5	Bedfordshire	yellow	384	50	40	0	0	36	36	52	30	30	26	42	24	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Finley Marriott	SLJ	1.72	1.72	1.80	1.80	1.80	8	16
14	Catriona Marriott	STJ	6.82	5.86	6.86	5.86	6.86	1	30
15	Gemma Duma	4LR	1:00.6	0.0			1:00.6	7	18
15	Gemma Duma	SB	64				64	7	18
16	Eleanor Scales	2LR	26.8	0.0			26.8	6	20
16	Eleanor Scales	SLJ	1.80	1.74	1.88	1.76	1.88	7	18
17	Leah McAnespie	4LR	59.5	0.0			59.5	6	20
17	Leah McAnespie	VJ	46	45	46	46	46	6	20
18	Maisie Cassidy	VJ	41	41	40	41	41	8	16
19	Anya Rodriguez	2LR	26.9	0.0			26.9	7	18
19	Anya Rodriguez	STJ	0.00	5.62	5.88	5.96	5.96	8	16
20	Katie Reynolds	HJ	1.35				1.35	3=	25
21	Jessica Alden	6LR	1:41.3				1:41.3	9	14
21	Jessica Alden	SB	70				70	3	26
22	Rachel Basham	S	4.32	0.00	3.80	4.42	4.42	8	16
23	Holly Parker	6LR	1:28.4				1:28.4	1=	29
23	Holly Parker	S	5.44	0.00	5.74	5.18	5.74	6	20

Team Results

Hertfordshire (sky)

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	green	695	60	70	60	70	54	58	36	47	50	58	50	38	44
2	Hertfordshire	sky	680	70	60	70	60	54	40	41	41	40	44	52	54	54
3	Suffolk	orange	517	40	50	50	50	28	38	26	41	42	38	32	36	46
4	Cambridgeshire	purple	480	30	30	40	40	38	38	43	25	36	44	34	46	36
5	Bedfordshire	yellow	384	50	40	0	0	36	36	52	30	30	26	42	24	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Sophie Keeble	2LR	26.3	25.7			25.7	2	28
25	Sophie Keeble	HJ	1.35				1.35	3=	25
26	Rebecca Pickard	6LR	1:34.5				1:34.5	4=	23
26	Rebecca Pickard	HJ	1.25				1.25	8	16
27	Adunni Braithwaite	S	5.15	6.29	6.61	5.93	6.61	5	22
28	Chloe Ring	6LR	1:36.6				1:36.6	7	18
28	Chloe Ring	S	4.49	5.10	4.77	5.11	5.11	7	18
29	Freya Hufton	4LR	57.7	58.8			58.8	4	24
29	Freya Hufton	STJ	6.78	5.92	6.32	6.44	6.78	3	26
30	Madeleine Herdery	VJ	50	56	55	56	56	3	26
31	Daizy Lee	2LR	25.8	25.8			25.8	3	26
31	Daizy Lee	VJ	58	58	54	58	58	2	28
32	Abby Smith	4LR	1:00.9	0.0			1:00.9	8	16
32	Abby Smith	SB	69				69	4=	22
33	Thushara Leelasena	SLJ	1.88	2.00	1.70	1.90	2.00	5	22
34	Jenna Hoyte	STJ	6.56	6.12	6.82	6.72	6.82	2	28
35	Sian Hulse	SLJ	2.16	1.98	2.16	2.18	2.18	1	30
36	Ellie Bandy	SB	69				69	4=	22

Team Results

Norfolk (green)

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	green	695	60	70	60	70	54	58	36	47	50	58	50	38	44
2	Hertfordshire	sky	680	70	60	70	60	54	40	41	41	40	44	52	54	54
3	Suffolk	orange	517	40	50	50	50	28	38	26	41	42	38	32	36	46
4	Cambridgeshire	purple	480	30	30	40	40	38	38	43	25	36	44	34	46	36
5	Bedfordshire	yellow	384	50	40	0	0	36	36	52	30	30	26	42	24	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Laura Johnson	2LR	25.8	25.6			25.6	1	30
37	Laura Johnson	S	7.31	5.88	6.48	6.92	7.31	3	26
38	Jessica McNaugh	2LR	26.0	26.1			26.1	4	24
38	Jessica McNaugh	STJ	5.82	6.02	5.94	5.98	6.02	7	18
39	Ellie Blunt	4LR	54.7	55.2			55.2	1	30
39	Ellie Blunt	SB	99				99	1	30
40	Suzi Flowers	4LR	56.4	56.9			56.9	2	28
40	Suzi Flowers	SB	85				85	2	28
41	Megan Wilson	6LR	1:36.1				1:36.1	6	20
41	Megan Wilson	SLJ	1.88	1.90	1.90	2.00	2.00	4	24
42	Grace Ashworth	6LR	1:38.8				1:38.8	8	16
42	Grace Ashworth	SLJ	2.00	2.00	1.98	2.00	2.00	3	26
43	Hannah Maher	VJ	59	57	60	60	60	1	30
44	Natasha Gamble	VJ	41	40	40	41	41	9	14
45	Lucy Cadley	HJ	1.35				1.35	2	28
46	Katie Pulsehouse	STJ	6.24	6.18	6.22	6.06	6.24	6	20
47	Lucy Bernard	S	7.27	7.23	6.55	6.67	7.27	4	24
48	Nicola Howling	HJ	1.30				1.30	6=	19

Team Results

Suffolk (orange)

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Norfolk	green	695	60	70	60	70	54	58	36	47	50	58	50	38	44
2	Hertfordshire	sky	680	70	60	70	60	54	40	41	41	40	44	52	54	54
3	Suffolk	orange	517	40	50	50	50	28	38	26	41	42	38	32	36	46
4	Cambridgeshire	purple	480	30	30	40	40	38	38	43	25	36	44	34	46	36
5	Bedfordshire	yellow	384	50	40	0	0	36	36	52	30	30	26	42	24	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Annable Lupton	STJ	5.34	5.18	5.34	5.18	5.34	9	14
50	Emilie Chard	SLJ	1.35	1.38	1.40	1.40	1.40	10	12
51	Kate Robertson	2LR	28.0	0.0			28.0	8	16
51	Kate Robertson	HJ	1.30				1.30	6=	19
52	Ella Pettingage	2LR	29.1	0.0			29.1	10	12
52	Ella Pettingage	HJ	1.35				1.35	5	22
53	Emma Audsley	SLJ	1.94	1.90	0.00	1.78	1.94	6	20
54	Harriet Sawyer	SB	69				69	4=	22
55	Hannah Garlick	VJ	48	47	49	49	49	5	22
56	Jasmine Hood	S	0.00	3.45	3.62	0.00	3.62	9	14
57	Shannon Eagles	4LR	1:04.4	0.0			1:04.4	10	12
57	Shannon Eagles	SB	62				62	8	16
58	Sophie Nobbs	6LR	1:31.9				1:31.9	3	26
58	Sophie Nobbs	VJ	50	52	49	52	52	4	24
59	Lexi Lees	STJ	6.32	6.49	6.14	6.44	6.49	5	22
60	Rachel Ryan	4LR	57.0	57.3			57.3	3	26
60	Rachel Ryan	S	6.15	6.42	7.35	6.82	7.35	2	28

Results Sheet

Obstacle Relay

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	sky	1:25.6	0.0	1:25.6	70.0
2	04	Norfolk	green	1:26.1	0.0	1:26.1	60.0
3	01	Bedfordshire	yellow	1:29.5	0.0	1:29.5	50.0
4	05	Suffolk	orange	1:33.0	0.0	1:33.0	40.0
5	02	Cambridgeshire	purple	1:33.2	0.0	1:33.2	30.0

Results Sheet

2 Lap Race

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1=	Hertfordshire	sky	54
1=	Norfolk	green	54
3	Cambridgeshire	purple	38
4	Bedfordshire	yellow	36
5	Suffolk	orange	28

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	37	Laura Johnson	25.6	30
2	Hertfordshire	sky	25	Sophie Keeble	25.7	28
3	Hertfordshire	sky	31	Daizy Lee	25.8	26
4	Norfolk	green	38	Jessica McNaugh	26.1	24
5	Bedfordshire	yellow	1	Georgia Harris Love	26.9	22
6	Cambridgeshire	purple	16	Eleanor Scales	26.8	20
7	Cambridgeshire	purple	19	Anya Rodriguez	26.9	18
8	Suffolk	orange	51	Kate Robertson	28.0	16
9	Bedfordshire	yellow	2	Alesha Bell	28.4	14
10	Suffolk	orange	52	Ella Pettingage	29.1	12

Results Sheet

4 Lap Race

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Norfolk	green	58
2	Hertfordshire	sky	40
3=	Cambridgeshire	purple	38
3=	Suffolk	orange	38
5	Bedfordshire	yellow	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	39	Ellie Blunt	55.2	30
2	Norfolk	green	40	Suzi Flowers	56.9	28
3	Suffolk	orange	60	Rachel Ryan	57.3	26
4	Hertfordshire	sky	29	Freya Hufton	58.8	24
5	Bedfordshire	yellow	4	Courtney Osborne Walker	1:02.5	22
6	Cambridgeshire	purple	17	Leah McAnespie	59.5	20
7	Cambridgeshire	purple	15	Gemma Duma	1:00.6	18
8	Hertfordshire	sky	32	Abby Smith	1:00.9	16
9	Bedfordshire	yellow	6	Anna Bright	1:02.8	14
10	Suffolk	orange	57	Shannon Eagles	1:04.4	12

Results Sheet

6 Lap Time Trial

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Bedfordshire	yellow	52
2	Cambridgeshire	purple	43
3	Hertfordshire	sky	41
4	Norfolk	green	36
5	Suffolk	orange	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Bedfordshire	yellow	8	Katie Healy	1:28.4	29
1=	Cambridgeshire	purple	23	Holly Parker	1:28.4	29
3	Suffolk	orange	58	Sophie Nobbs	1:31.9	26
4=	Bedfordshire	yellow	5	Daisey Ward	1:34.5	23
4=	Hertfordshire	sky	26	Rebecca Pickard	1:34.5	23
6	Norfolk	green	41	Megan Wilson	1:36.1	20
7	Hertfordshire	sky	28	Chloe Ring	1:36.6	18
8	Norfolk	green	42	Grace Ashworth	1:38.8	16
9	Cambridgeshire	purple	21	Jessica Alden	1:41.3	14

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	green	1:48.8	0.0	1:48.8	70.0
2	03	Hertfordshire	sky	1:52.8	0.0	1:52.8	60.0
3	05	Suffolk	orange	1:56.3	0.0	1:56.3	50.0
4	01	Bedfordshire	yellow	1:57.8	0.0	1:57.8	40.0
5	02	Cambridgeshire	purple	2:01.7	0.0	2:01.7	30.0

Results Sheet

4 x 1 Lap Relay

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	sky	50.8	0.0	50.8	70.0
2	04	Norfolk	green	51.7	0.0	51.7	60.0
3	05	Suffolk	orange	53.6	0.0	53.6	50.0
4	02	Cambridgeshire	purple	54.3	0.0	54.3	40.0

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	Norfolk	green	1:42.9	0.0	1:42.9	70.0
2	03	Hertfordshire	sky	1:43.2	0.0	1:43.2	60.0
3	05	Suffolk	orange	1:49.4	0.0	1:49.4	50.0
4	02	Cambridgeshire	purple	1:51.0	0.0	1:51.0	40.0

Results Sheet

High Jump

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Norfolk	green	47
2=	Hertfordshire	sky	41
2=	Suffolk	orange	41
4	Bedfordshire	yellow	30
5	Cambridgeshire	purple	25

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Bedfordshire	yellow	4	Courtney Osborne Walker	1.45	30
2	Norfolk	green	45	Lucy Cadley	1.35	28
3=	Cambridgeshire	purple	20	Katie Reynolds	1.35	25
3=	Hertfordshire	sky	25	Sophie Keeble	1.35	25
5	Suffolk	orange	52	Ella Pettingage	1.35	22
6=	Norfolk	green	48	Nicola Howling	1.30	19
6=	Suffolk	orange	51	Kate Robertson	1.30	19
8	Hertfordshire	sky	26	Rebecca Pickard	1.25	16

Results Sheet

Shot

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Norfolk	green	50
2	Suffolk	orange	42
3	Hertfordshire	sky	40
4	Cambridgeshire	purple	36
5	Bedfordshire	yellow	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Bedfordshire	yellow	7	Melissa Hunt	8.29	30
2	Suffolk	orange	60	Rachel Ryan	7.35	28
3	Norfolk	green	37	Laura Johnson	7.31	26
4	Norfolk	green	47	Lucy Bernard	7.27	24
5	Hertfordshire	sky	27	Adunni Braithwaite	6.61	22
6	Cambridgeshire	purple	23	Holly Parker	5.74	20
7	Hertfordshire	sky	28	Chloe Ring	5.11	18
8	Cambridgeshire	purple	22	Rachel Basham	4.42	16
9	Suffolk	orange	56	Jasmine Hood	3.62	14

Results Sheet

Speed Bounce

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Norfolk	green	58
2=	Cambridgeshire	purple	44
2=	Hertfordshire	sky	44
4	Suffolk	orange	38
5	Bedfordshire	yellow	26

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Norfolk	green	39	Ellie Blunt	99	30
2	Norfolk	green	40	Suzi Flowers	85	28
3	Cambridgeshire	purple	21	Jessica Alden	70	26
4=	Hertfordshire	sky	32	Abby Smith	69	22
4=	Hertfordshire	sky	36	Ellie Bandy	69	22
4=	Suffolk	orange	54	Harriet Sawyer	69	22
7	Cambridgeshire	purple	15	Gemma Duma	64	18
8	Suffolk	orange	57	Shannon Eagles	62	16
9	Bedfordshire	yellow	6	Anna Bright	60	14
10	Bedfordshire	yellow	3	Isobelle Maddocks	59	12

Results Sheet

Standing Long Jump

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Hertfordshire	sky	52
2	Norfolk	green	50
3	Bedfordshire	yellow	42
4	Cambridgeshire	purple	34
5	Suffolk	orange	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	sky	35	Sian Hulse	2.18	30
2	Bedfordshire	yellow	1	Georgia Harris Love	2.10	28
3	Norfolk	green	42	Grace Ashworth	2.00	26
4	Norfolk	green	41	Megan Wilson	2.00	24
5	Hertfordshire	sky	33	Thushara Leelasena	2.00	22
6	Suffolk	orange	53	Emma Audsley	1.94	20
7	Cambridgeshire	purple	16	Eleanor Scales	1.88	18
8	Cambridgeshire	purple	13	Finley Marriott	1.80	16
9	Bedfordshire	yellow	5	Daisey Ward	1.60	14
10	Suffolk	orange	50	Emilie Chard	1.40	12

Results Sheet

Standing Triple Jump

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Hertfordshire	sky	54
2	Cambridgeshire	purple	46
3	Norfolk	green	38
4	Suffolk	orange	36
5	Bedfordshire	yellow	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cambridgeshire	purple	14	Catriona Marriott	6.86	30
2	Hertfordshire	sky	34	Jenna Hoyte	6.82	28
3	Hertfordshire	sky	29	Freya Hufton	6.78	26
4	Bedfordshire	yellow	8	Katie Healy	6.54	24
5	Suffolk	orange	59	Lexi Lees	6.49	22
6	Norfolk	green	46	Katie Pulsehouse	6.24	20
7	Norfolk	green	38	Jessica McNaugh	6.02	18
8	Cambridgeshire	purple	19	Anya Rodriguez	5.96	16
9	Suffolk	orange	49	Annable Lupton	5.34	14

Results Sheet

Vertical Jump

Competition:

ASHA-East Regional Final Under 13 Girls

Venue:

Sportspark, UEA, Norwich

Date

30 Jan 2010

Ranking	Team	Colour	Points
1	Hertfordshire	sky	54
2	Suffolk	orange	46
3	Norfolk	green	44
4	Cambridgeshire	purple	36
5	Bedfordshire	yellow	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	43	Hannah Maher	60	30
2	Hertfordshire	sky	31	Daizy Lee	58	28
3	Hertfordshire	sky	30	Madeleine Herdery	56	26
4	Suffolk	orange	58	Sophie Nobbs	52	24
5	Suffolk	orange	55	Hannah Garlick	49	22
6	Cambridgeshire	purple	17	Leah McAnespie	46	20
7	Bedfordshire	yellow	2	Alesha Bell	45	18
8	Cambridgeshire	purple	18	Maisie Cassidy	41	16
9	Norfolk	green	44	Natasha Gamble	41	14