



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 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	697	557	70	70
2	Norfolk	632	522	60	50
3	Cambridgeshire	557	497	0	60
4	Suffolk	403	353	50	0

# Athlete Results

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	STJ
1=	75	Courtney Clay	Hertfordshire	148	50		48			50
1=	76	Triston Raymond	Hertfordshire	148		49		49	50	
3	77	Alex Zaharia	Hertfordshire	137	47		46		44	
4	82	Alex Lubbock	Norfolk	134		49		49		36
5	72	Myles Carter	Cambridgeshire	133	43		42			48
6=	83	Mark Phillipson	Norfolk	130	40		44		46	
6=	86	Craig Brooks	Norfolk	130	43			46	41	
8=	84	Michael Painter	Norfolk	128	34		50			44
8=	90	Chris Rogers	Suffolk	128	30	34	32		32	
10=	71	Jake Mair	Cambridgeshire	125		46		37		42
10=	89	Ian Chard	Suffolk	125	37			42		46
12	79	James Brandon	Hertfordshire	124	47		36		41	
13=	70	Joseph Wood	Cambridgeshire	123	37		38		48	
13=	80	Alex Page	Hertfordshire	123		43		40		40
15	85	Jake Shea	Norfolk	117		39	40		38	
16	69	Thomas Hawkins	Cambridgeshire	116		43		37	36	
17	87	Matthew Bailey	Norfolk	114		36		44		34
18	81	Bradley Clark	Hertfordshire	111		39		34		38
19	99	Charlie Wray	Suffolk	100	32		34		34	

# Team Results

# Cambridgeshire (purple)

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	697	557	70	70
2	Norfolk	632	522	60	50
3	Cambridgeshire	557	497	0	60
4	Suffolk	403	353	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
69	Thomas Hawkins	4LR	53.1				53.1	4=	43
69	Thomas Hawkins	SB	62				62	7=	37
69	Thomas Hawkins	SLJ	2.10	2.10	2.12		2.12	8	36
70	Joseph Wood	2LR	24.9				24.9	7=	37
70	Joseph Wood	S	8.60	8.50	7.90		8.60	7	38
70	Joseph Wood	SLJ	2.40	2.46	2.46		2.46	2	48
71	Jake Mair	4LR	52.6				52.6	3	46
71	Jake Mair	SB	62				62	7=	37
71	Jake Mair	STJ	6.66	6.84	0.00		6.84	5	42
72	Myles Carter	2LR	24.0				24.0	4=	43
72	Myles Carter	S	0.00	0.00	8.71		8.71	5	42
72	Myles Carter	STJ	7.00	7.50	0.00		7.50	2	48

# Team Results

# Hertfordshire (sky)

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	697	557	70	70
2	Norfolk	632	522	60	50
3	Cambridgeshire	557	497	0	60
4	Suffolk	403	353	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
75	Courtney Clay	2LR	23.1				23.1	1	50
75	Courtney Clay	S	10.40	11.08	11.75		11.75	2	48
75	Courtney Clay	STJ	0.00	8.34	8.47		8.47	1	50
76	Triston Raymond	4LR	49.1				49.1	1=	49
76	Triston Raymond	SB	82				82	1=	49
76	Triston Raymond	SLJ	2.50	2.48	2.46		2.50	1	50
77	Alex Zaharia	2LR	23.9				23.9	2=	47
77	Alex Zaharia	S	10.24	11.08	10.75		11.08	3	46
77	Alex Zaharia	SLJ	2.18	2.26	2.26		2.26	4	44
79	James Brandon	2LR	23.9				23.9	2=	47
79	James Brandon	S	8.36	7.36	8.12		8.36	8	36
79	James Brandon	SLJ	2.24	2.06	2.20		2.24	5=	41
80	Alex Page	4LR	53.1				53.1	4=	43
80	Alex Page	SB	64				64	6	40
80	Alex Page	STJ	6.70	6.65	0.00		6.70	6	40
81	Bradley Clark	4LR	55.2				55.2	6=	39
81	Bradley Clark	SB	60				60	9	34
81	Bradley Clark	STJ	6.04	6.30	6.56		6.56	7	38

# Team Results

# Norfolk (green)

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	697	557	70	70
2	Norfolk	632	522	60	50
3	Cambridgeshire	557	497	0	60
4	Suffolk	403	353	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
82	Alex Lubbock	4LR	49.1				49.1	1=	49
82	Alex Lubbock	SB	82				82	1=	49
82	Alex Lubbock	STJ	6.28	6.28	6.38		6.38	8	36
83	Mark Phillipson	2LR	24.7				24.7	6	40
83	Mark Phillipson	S	8.36	0.00	9.16		9.16	4	44
83	Mark Phillipson	SLJ	2.34	2.40	2.38		2.40	3	46
84	Michael Painter	2LR	26.2				26.2	9	34
84	Michael Painter	S	13.12	13.30	12.70		13.30	1	50
84	Michael Painter	STJ	6.86	7.05	7.11		7.11	4	44
85	Jake Shea	4LR	55.2				55.2	6=	39
85	Jake Shea	S	8.65	8.62	8.47		8.65	6	40
85	Jake Shea	SLJ	2.10	2.16	2.16		2.16	7	38
86	Craig Brooks	2LR	24.0				24.0	4=	43
86	Craig Brooks	SB	76				76	3	46
86	Craig Brooks	SLJ	2.24	2.06	2.14		2.24	5=	41
87	Matthew Bailey	4LR	57.8				57.8	8	36
87	Matthew Bailey	SB	73				73	4	44
87	Matthew Bailey	STJ	5.94	6.22	6.02		6.22	9	34

# Team Results

# Suffolk (orange)

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Score	Individual	P8	4x2
1	Hertfordshire	697	557	70	70
2	Norfolk	632	522	60	50
3	Cambridgeshire	557	497	0	60
4	Suffolk	403	353	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
89	Ian Chard	2LR	24.9				24.9	7=	37
89	Ian Chard	SB	71				71	5	42
89	Ian Chard	STJ	7.46	7.06	0.00		7.46	3	46
90	Chris Rogers	2LR	31.1				31.1	11	30
90	Chris Rogers	4LR	1:05.7				1:05.7	9	34
90	Chris Rogers	S	4.53	5.20	5.37		5.37	10	32
90	Chris Rogers	SLJ	1.66	1.48	1.56		1.66	10	32
99	Charlie Wray	2LR	27.3				27.3	10	32
99	Charlie Wray	S	6.58	6.20	6.96		6.96	9	34
99	Charlie Wray	SLJ	2.04	2.00	0.00		2.04	9	34

# Results Sheet

# 2 Lap Race

**Competition:**  
ASHA-East Regional Final Under 15 Boys

**Venue:**  
Sportspark, UEA, Norwich

**Date**  
30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	sky	75	Courtney Clay	23.1	50
2=	Hertfordshire	sky	77	Alex Zaharia	23.9	47
2=	Hertfordshire	sky	79	James Brandon	23.9	47
4=	Cambridgeshire	purple	72	Myles Carter	24.0	43
4=	Norfolk	green	86	Craig Brooks	24.0	43
6	Norfolk	green	83	Mark Phillipson	24.7	40
7=	Cambridgeshire	purple	70	Joseph Wood	24.9	37
7=	Suffolk	orange	89	Ian Chard	24.9	37
9	Norfolk	green	84	Michael Painter	26.2	34
10	Suffolk	orange	99	Charlie Wray	27.3	32
11	Suffolk	orange	90	Chris Rogers	31.1	30



# Results Sheet

# 4 Lap Race

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Hertfordshire	sky	76	Triston Raymond	49.1	49
1=	Norfolk	green	82	Alex Lubbock	49.1	49
3	Cambridgeshire	purple	71	Jake Mair	52.6	46
4=	Cambridgeshire	purple	69	Thomas Hawkins	53.1	43
4=	Hertfordshire	sky	80	Alex Page	53.1	43
6=	Hertfordshire	sky	81	Bradley Clark	55.2	39
6=	Norfolk	green	85	Jake Shea	55.2	39
8	Norfolk	green	87	Matthew Bailey	57.8	36
9	Suffolk	orange	90	Chris Rogers	1:05.7	34

# Results Sheet

# 8 Lap Paarlauf

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	sky	1:39.8	0.0	1:39.8	70.0
2	04	Norfolk	green	1:44.0	0.0	1:44.0	60.0
3	05	Suffolk	orange	2:00.0	0.0	2:00.0	50.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Hertfordshire	sky	1:34.2	0.0	1:34.2	70.0
2	02	Cambridgeshire	purple	1:37.5	0.0	1:37.5	60.0
3	04	Norfolk	green	1:39.0	0.0	1:39.0	50.0

# Results Sheet

# Shot

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Norfolk	green	84	Michael Painter	13.30	50
2	Hertfordshire	sky	75	Courtney Clay	11.75	48
3	Hertfordshire	sky	77	Alex Zaharia	11.08	46
4	Norfolk	green	83	Mark Phillipson	9.16	44
5	Cambridgeshire	purple	72	Myles Carter	8.71	42
6	Norfolk	green	85	Jake Shea	8.65	40
7	Cambridgeshire	purple	70	Joseph Wood	8.60	38
8	Hertfordshire	sky	79	James Brandon	8.36	36
9	Suffolk	orange	99	Charlie Wray	6.96	34
10	Suffolk	orange	90	Chris Rogers	5.37	32

# Results Sheet

# Speed Bounce

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Total	Points
1=	Hertfordshire	sky	76	Triston Raymond	82	49
1=	Norfolk	green	82	Alex Lubbock	82	49
3	Norfolk	green	86	Craig Brooks	76	46
4	Norfolk	green	87	Matthew Bailey	73	44
5	Suffolk	orange	89	Ian Chard	71	42
6	Hertfordshire	sky	80	Alex Page	64	40
7=	Cambridgeshire	purple	69	Thomas Hawkins	62	37
7=	Cambridgeshire	purple	71	Jake Mair	62	37
9	Hertfordshire	sky	81	Bradley Clark	60	34

# Results Sheet

# Standing Long Jump

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	sky	76	Triston Raymond	2.50	50
2	Cambridgeshire	purple	70	Joseph Wood	2.46	48
3	Norfolk	green	83	Mark Phillipson	2.40	46
4	Hertfordshire	sky	77	Alex Zaharia	2.26	44
5=	Hertfordshire	sky	79	James Brandon	2.24	41
5=	Norfolk	green	86	Craig Brooks	2.24	41
7	Norfolk	green	85	Jake Shea	2.16	38
8	Cambridgeshire	purple	69	Thomas Hawkins	2.12	36
9	Suffolk	orange	99	Charlie Wray	2.04	34
10	Suffolk	orange	90	Chris Rogers	1.66	32

# Results Sheet

# Standing Triple Jump

## Competition:

ASHA-East Regional Final Under 15 Boys

## Venue:

Sportspark, UEA, Norwich

## Date

30 Jan 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Hertfordshire	sky	75	Courtney Clay	8.47	50
2	Cambridgeshire	purple	72	Myles Carter	7.50	48
3	Suffolk	orange	89	Ian Chard	7.46	46
4	Norfolk	green	84	Michael Painter	7.11	44
5	Cambridgeshire	purple	71	Jake Mair	6.84	42
6	Hertfordshire	sky	80	Alex Page	6.70	40
7	Hertfordshire	sky	81	Bradley Clark	6.56	38
8	Norfolk	green	82	Alex Lubbock	6.38	36
9	Norfolk	green	87	Matthew Bailey	6.22	34