

NORFOLK SCHOOLS ATHLETICS CHAMPS - 11TH JUNE 2022 - TRACK RESULTS

10:55		FINAL		3000m				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	108	Harry Smith	Framingham	U17	M	9:34.8	
2	2	139	Samuel Yellop	Open Acade	U17	M	10.16.5	
3	1	79	Sarah Barrett	Hethersett A	U17	F	11:52.2	
11:15		FINAL		75m hurdles				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	166	Chloe Thorne	Long Stratton	U15	F	11.5	
2	2	200	Maizie Boylan	Flegg high sc	U15	F	12.3	
3	3	203	Mia Squires	Lynn Grove A	U15	F	12.7	
4	4	186	Isla Hibbett	Hethersett A	U15	F	13.3	
5	5	165	Chelsey Irving	Hethersett A	U15	F	13.4	
6	6	190	Lilly Tinsley	Thetford ath	U15	F	16.1	
11:25		FINAL		80m hurdles				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	63	Isabelle Mardle	Norwich Sch	U17	F	11.6	
2	2	64	Katie Marsh (GUEST)	The Deeping	U17	F	12.3	
3	3	61	Hollie Willeard	Ormiston Ve	U17	F	13.3	
4	4	84	Sophia Reeve	Thorpe St Ar	U17	F	13.5	
5	5	57	Freya Knight	The Nicholas	U17	F	14.0	
11:35		FINAL		80m hurdles				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	255	Leon Harris	Home educa	U15	M	14.6	
2	2	248	Joseph Minnis	Wymondhan	U15	M	15.3	

11:45 FINAL		100m hurdles					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	111	Jaiden Dean	Homeschool	U17	M	13.3
2	2	107	Hal Morritt	Wymondhan	U17	M	15.4
3	3	104	Finlay Barnard	Taverham hi	U17	M	15.7
4	1	7	Hannah Pain	Easton Collee	U20	F	17.6
12:00 HEAT		100m JG H1					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	166	Chloe Thorne	Long Stratton	U15	F	13.0
2	2	199	Maisie Patrick	Reepham Hig	U15	F	13.2
3	3	155	Amy Fielding	Flegg High ar	U15	F	13.4
4	4	194	Lola Van Baaren	Culford Prep	U15	F	14.0
12:04 HEAT		100m JG H2					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	152	Aisha Elouassi	Dereham Ne	U15	F	13.2
2	2	150	Abigail Bransgrove	Terrington S	U15	F	14.3
3	3	172	Ellen Piggott	Thorpe St Ar	U15	F	14.4
4	4	158	Belle Hoy	Notre Dame	U15	F	14.4
5	5	201	Mia Hollingsworth	Alderman Pe	U15	F	14.5
6	6	210	Sofia Odell	Thorpe St Ar	U15	F	15.1
12:08 HEAT		100m IG H1					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	66	Lily Bradley	Hethersett A	U17	F	12.6
2	2	41	Alice Marjoram	Gresham's S	U17	F	13.4
3	3	51	Emma Broad	Downham M	U17	F	13.6
4	4	52	Erica Gara-George	Thorpe St. A	U17	F	13.7
5	5	84	Sophia Reeve	Thorpe St Ar	U17	F	13.8

12:12 HEAT		100m IG H2					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	55	Evie Patrick	Reepham Hig	U17	F	12.6
2	2	86	Zara Kirkham	City of Norw	U17	F	13.3
3	3	76	Ruby Love	Sheringham	U17	F	13.4
4	4	64	Katie Marsh (GUEST)	The Deeping	U17	F	13.5
5	5	56	Faith Ayilara	Wymondhan	U17	F	15.3
12:16 HEAT		100m JB H1					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	234	Finlay Oligbo	Langley scho	U15	M	12.2
2	2	252	Kobi Oliveira Monteiro	Notre Dame	U15	M	12.3
3	3	251	Kavanaugh Remy	Wymondhan	U15	M	12.6
4	4	278	Toby Smith	Framingham	U15	M	13.0
5	5	271	Sam Barber	Hobart high	U15	M	13.6
6	6	265	Oliver Rowland	Alderman Pe	U15	M	14.4
12:19 HEAT		100m JB H2					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	281	William Lupton	Taverham Hi	U15	M	12.2
2	2	274	Theo Morrell	Springwood	U15	M	12.2
3	3	262	Mpaji Rose-Brown	City of Norw	U15	M	13.1
4	4	277	Toby Smith	Broadland hi	U15	M	13.7
5	5	236	Finley Morby-Jones	Marshland H	U15	M	14.0
6	6	283	Keiran Reeve	Litcham High	U15	M	14.5

12:24 HEAT		100m IB H1					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	127	Oliver Shipp	Langley Scho	U17	M	11.7
2	2	121	Louis Labonte	Notre Dame	U17	M	12.0
3	3	126	Noah Smith	Broadland hi	U17	M	12.1
4	4	141	Taylor Burton	Downham M	U17	M	12.3
5	5	105	Freddie Armstrong	Gresham's S	U17	M	12.4
6	6	119	Lewis Dickerson	Hethersett A	U17	M	12.8
7	7	130	Riley Bell	The Nicholas	U17	M	13.0
8	8	118	Lawrence Ip	Langley Scho	U17	M	13.5
12:28 HEAT		100m IB H2					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	117	La'Sean Sealey	City Academ	U17	M	11.6
2	2	96	Damari Daley	Ormiston vic	U17	M	11.7
3	3	103	Fez Afolabi	Wymondhan	U17	M	11.8
4	4	131	Robbie Dalrymple	Taverham hi	U17	M	11.9
5	5	134	Ru McIntyre	Gresham's S	U17	M	12.0
6	6	120	Lewis Wing (GUEST)	Wisbech Gra	U17	M	12.2
7	7	91	Albert Williams	Gresham's S	U17	M	12.5
12:32 FINAL		100m SB + SG					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	25	James Burrage	Gresham's S	U20	M	11.5
2	2	16	Christian Tansey	King Edward	U20	M	11.6
12:40 FINAL		400m SB + SG					
Position	Category position	Bib number	Name	Club	Category	Gender	Time
1	1	15	Calvin Smith	City college f	U20	M	49.3
2	2	13	Ben Halliday	East Norfolk	U20	M	56.8
3	1	7	Hannah Pain	Easton Colleg	U20	F	60.8
4	2	6	Grace Forster	Langley Scho	U20	F	62.2

12:45		400m IB						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	148	William Wassmer	Stalham high	U17	M	55.7	
2	2	115	Joseph Machin	Wymondhan	U17	M	57.3	
3	3	97	Daniel Clouston	Thetford Gra	U17	M	58.1	
4	4	129	Oscar Foreman	Thetford Gra	U17	M	59.4	
5	5	90	Abdultawwab Musa-Akanb	The Hewett /	U17	M	60.5	
12:55	FINAL	100m JG						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	166	Chloe Thorne	Long Stratton	U15	F	12.8	
2	2	199	Maisie Patrick	Reepham Hig	U15	F	13.1	
3	3	152	Aisha Elouassi	Dereham Ne	U15	F	13.3	
4	4	155	Amy Fielding	Flegg High ar	U15	F	13.6	
5	5	194	Lola Van Baaren	Culford Prep	U15	F	13.7	
6	6	172	Ellen Piggott	Thorpe St An	U15	F	14.1	
7	7	150	Abigail Bransgrove	Terrington St	U15	F	14.4	
8	8	158	Belle Hoy	Notre Dame	U15	F	14.7	
12:59	FINAL	100m IG						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	66	Lily Bradley	Hethersett A	U17	F	12.4	
2	2	55	Evie Patrick	Reepham Hig	U17	F	12.6	
3	3	41	Alice Marjoram	Gresham's Sc	U17	F	13.5	
4	4	86	Zara Kirkham	City of Norw	U17	F	13.6	
5	5	76	Ruby Love	Sheringham	U17	F	13.6	
6	6	51	Emma Broad	Downham M	U17	F	14.0	

13:03		FINAL		100m JB				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	281	William Lupton	Taverham Hi	U15	M	12.0	
2	2	234	Finlay Oligbo	Langley scho	U15	M	12.2	
3	3	274	Theo Morrell	Springwood	U15	M	12.4	
4	4	252	Kobi Oliveira Monteiro	Notre Dame	U15	M	12.4	
5	5	251	Kavanaugh Remy	Wymondhan	U15	M	12.5	
6	6	278	Toby Smith	Framingham	U15	M	12.8	
7	7	262	Mpaji Rose-Brown	City of Norw	U15	M	13.0	
8	8	271	Sam Barber	Hobart high	U15	M	13.7	
13:07		FINAL		100m IB				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	117	La'Sean Sealey	City Academ	U17	M	11.5	
2	2	127	Oliver Shipp	Langley Scho	U17	M	11.6	
3	3	96	Damari Daley	Ormiston vic	U17	M	11.8	
4	4	103	Fez Afolabi	Wymondhan	U17	M	11.8	
5	5	121	Louis Labonte	Notre Dame	U17	M	11.9	
6	6	131	Robbie Dalrymple	Taverham hi	U17	M	12.0	
7	7	126	Noah Smith	Broadland hi	U17	M	12.2	
13:40		Final		300m JG H1				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	196	Lyric Allen	Riddleswortl	U15	F	42.3	
2	2	169	Edith Avowlanu	THORPE SAIL	U15	F	45.3	
3	3	174	Emily Roberts	Caister Acad	U15	F	46.0	
4	4	211	Tia Gray	Flegg high sc	U15	F	47.8	
5	5	216	Megan Luxford	City Of Norw	U15	F	48.2	
6	6	175	Erica Holt	Langley Scho	U15	F	49.3	
7	7	215	Zoe Clues	Thorpe St Ar	U15	F	50.0	
8	8	198	Mae Dunn	City Of Norw	U15	F	52.3	

13:48	FINAL	300m IG						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	62	Isabella Williams	Hethersett A	U17	F	46.5	
2	2	49	Emilie Hanson	Litcham Scho	U17	F	51.4	
3	3	60	Helena Bijosh	Notre Dame	U17	F	56.6	
13:52	FINAL	300m JB						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	282	William Percival	Wymondhan	U15	M	39.1	
2	2	273	Sawyer Preston (GUEST)	Comberton V	U15	M	40.7	
3	3	239	Harry Youngman	Thorpe St. A	U15	M	42.6	
4	4	247	Jonathan Crowle	Thorpe St Ar	U15	M	43.3	
14:00	FINAL	800m SB						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	22	Henry Jonas	Paston Sixth	U20	M	1:55.9	
2	2	18	Daniel Harrison	East Norfolk	U20	M	1:57.6	
3	3	24	Jake Hart	Thorpe St Ar	U20	M	2:02.1	
4	4	13	Ben Halliday	East Norfolk	U20	M	2:15.6	
14:07	FINAL	800m IB						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	144	Tobias Cheesbrough	Dereham Ne	U17	M	2:06.2	
2	2	148	William Wassmer	Stalham high	U17	M	2:06.3	
3	3	112	Jake Dorbin	Thetford Aca	U17	M	2:09.5	
4	4	95	Corben Reynolds	Great Yarmo	U17	M	2:13.8	
5	5	100	Dominic Clues	Thorpe St Ar	U17	M	2:29.1	

14:15		FINAL		800m JB				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	262	Mpaji Rose-Brown	City of Norw	U15	M	2:12.1	
2	2	250	Jude Linstead	Thorpe st An	U15	M	2:14.5	
3	3	227	Cameron Wedon	Lynn Grove A	U15	M	2:15.3	
4	4	249	Joshua Stark	Thorpe St An	U15	M	2:21.0	
5	5	267	Owen Cooper	Downham M	U15	M	2:22.4	
6	6	237	Finn Kaiser	Norwich Sch	U15	M	2:23.1	
7	7	276	Toby Scott	Acle Academ	U15	M	2:26.7	
8	8	263	Noah Millership-Wallace	Langley scho	U15	M	2:27.8	
9	9	260	Michael Swindells	Aylsham Hig	U15	M	2:30.6	
10	10	230	Charlie Lloyd	Langley (GY	U15	M	3:00.1	

14:23		FINAL		800m SG + IG				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	53	Esme Jonas	Cromer Acad	U17	F	2:28.5	
2	2	72	Millie Adams	Taverham Hi	U17	F	2:29.8	
3	3	54	Evie Hood	Gresham's Se	U17	F	2:32.3	
4	4	85	Stevie Ashby	Aylsham high	U17	F	2:34.8	
5	1	10	Martyna Tesluk	East Norfolk	U20	F	3:10.9	

14:30		Timetrial 1		800m JG H1					
Position	Category position	Bib number	Name	Club	Category	Gender	Time	Overall position across 2 timetrials	
1	1	212	Rosie Dickey	Aylsham Hig	U15	F	2:19.9	1	
2	2	178	Eva Barton	Litcham Sch	U15	F	2:28.2	2	
3	3	154	Amber Goddard	Thorpe st An	U15	F	2:36.1	5	
4	4	157	Ava Mears	Reepham Hig	U15	F	2:37.5	7	
5	5	156	Asha Kandola	Open Acader	U15	F	2:41.9	8	
6	6	187	Katerina Di Maria	Norwich Sch	U15	F	2:44.2	10	
7	7	188	Kyla Langan	Thorpe St An	U15	F	2:47.5	11	
8	8	168	Darcey McDonough	Langley	U15	F	2:55.9	14	
9	9	159	Billie-Jordan Butler	Wayland Aca	U15	F	2:58.5	15	

14:37		Timetrial 2		800m JG H2				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	Overall position across 2 timetrials
1	1	160	Bronwen Nelson	Wymondhan	U15	F	2:33.2	3
2	2	189	Libby Ong	Wymondhan	U15	F	2:35.8	4
3	3	195	Lottie Hood	Town Close S	U15	F	2:36.2	6
4	4	150	Abigail Bransgrove	Terrington S	U15	F	2:43.8	9
5	5	162	Cara Bredican	Wymondhan	U15	F	2:50.4	12
6	6	214	Natalia-Jane Muller	Methwold	U15	F	2:54.8	13
7	7	183	Gigi Norfolk-Ainsworth	Aylsham Hig	U15	F	3:05.4	16
14:50		HEAT		200m JG H1				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	199	Maisie Patrick	Reepham Hig	U15	F	27.6	
2	2	169	Edith Avowlanu	THORPE SAIN	U15	F	28.8	
3	3	202	Mia Jones	Hellesdon Hi	U15	F	31.1	
4	4	201	Mia Hollingsworth	Alderman Pe	U15	F	31.4	
5	5	205	Natalia Niescior	Notre Dame	U15	F	31.9	
6	6	198	Mae Dunn	City Of Norw	U15	F	32.1	
14:54		HEAT		200m JG H2				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	200	Maizie Boylan	Flegg high sc	U15	F	27.2	
2	2	152	Aisha Elouassi	Dereham Ne	U15	F	27.3	
3	3	155	Amy Fielding	Flegg High ar	U15	F	28.1	
4	4	174	Emily Roberts	Caister Acad	U15	F	29.4	
5	5	168	Darcey McDonough	Langley	U15	F	30.4	
6	6	209	Sky Allenby	Framingham	U15	F	31.5	
7	7	170	Eliza Adcock	Northgate Hi	U15	F	31.9	

14:58		HEAT		200m IB H1				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	127	Oliver Shipp	Langley Scho	U17	M	23.6	
2	2	117	La'Sean Sealey	City Academ	U17	M	24.0	
3	3	96	Damari Daley	Ormiston vic	U17	M	24.3	
4	4	129	Oscar Foreman	Thetford Gra	U17	M	26.6	
5	5	128	Oliver Taylor	Acorn Park S	U17	M	30.6	
15:02		HEAT		200m IB H2				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	103	Fez Afolabi	Wymondhan	U17	M	24.5	
2	2	141	Taylor Burton	Downham M	U17	M	24.8	
3	3	98	Daniel Orekogbe	Wymondhan	U17	M	25.6	
4	4	113	James Rothwell	Thorpe St An	U17	M	26.6	
15:06		HEAT		200m JB H1				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	274	Theo Morrell	Springwood	U15	M	25.4	
2	2	269	Ryan Gray	Norwich Sch	U15	M	25.5	
3	3	259	Micah Avowlanu	Thorpe St An	U15	M	27.0	
4	4	235	Finley Godsiff	Wayland Aca	U15	M	27.6	
5	5	250	Jude Linstead	Thorpe st An	U15	M	27.8	
15:10		HEAT		200m JB H2				
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	234	Finlay Oligbo	Langley scho	U15	M	25.3	
2	2	252	Kobi Oliveira Monteiro	Notre Dame	U15	M	25.7	
3	3	278	Toby Smith	Framingham	U15	M	26.8	
4	4	267	Owen Cooper	Downham M	U15	M	27.5	

15:30	FINAL	1500m IG + SG						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1		8	Hattie Reynolds	Gresham's /	U20	F	4:43.7	
2		5	Grace Buchanan	Paston colleg	U20	F	4:50.4	
3		58	Georgia Pegg	Wymondhan	U17	F	4:55.5	
4		44	Bea Wells	Norwich Sch	U17	F	5:19.6	
5		53	Esme Jonas	Cromer Aca	U17	F	5:31.9	
6		35	Martha Shawyer	Sheringham	U20	F	5:40.1	
7		46	Bronwyn Austin	Litcham High	U17	F	6:05.8	
8		48	Eleanor Tomkinson	Aylsham Hig	U17	F	6:10.6	
9		10	Martyna Tesluk	East Norfolk	U20	F	6:48.7	
15:37	FINAL	1500m JG						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	167	Connie Easter	Dereham Ne	U15	F	4:52.4	
2	2	182	Georgia Shirley	Thorpe St Ar	U15	F	5:01.9	
3	3	176	Erin Hernon	Wymondhan	U15	F	5:23.4	
4	4	181	Faye Nottage	Flegg High Sc	U15	F	5:32.2	
5	5	180	Evie Clayton	Litcham High	U15	F	5:37.9	
6	6	173	Eloise Edridge	Aylsham high	U15	F	5:41.9	
7	7	190	Lilly Tinsley	Thetford ath	U15	F	5:57.5	
15:44	FINAL	1500m IB + SB						
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	22	Henry Jonas	Paston Sixth	U20	M	4:11.5	
2	2	143	Tim Bongaerts	CNS (CoNAC)	U17	M	4:13.9	
3	3	26	Jeya Kandola	Sir Isaac New	U20	M	4:15.5	
4	4	149	Zachary Dunne	Notre dame	U17	M	4:17.0	
5	5	34	Zak Houghton	Thorpe St Ar	U20	M	4:18.2	
6	6	19	Danny Adams	City Of Norw	U20	M	4:23.9	
7	7	112	Jake Dorbin	Thetford Aca	U17	M	4:44.7	
8	8	109	Hugo Pattison	Wymondhan	U17	M	4:53.1	
9	9	123	Matthew Benson	broadland hi	U17	M	4:58.5	

16:13		FINAL	200m IB					
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	117	La'Sean Sealey	City Academ	U17	M	23.5	
2	2	127	Oliver Shipp	Langley Scho	U17	M	23.9	
3	3	96	Damari Daley	Ormiston vic	U17	M	24.6	
4	4	103	Fez Afolabi	Wymondhan	U17	M	25.4	
5	5	141	Taylor Burton	Downham M	U17	M	26.1	
6	6	98	Daniel Orekogbe	Wymondhan	U17	M	26.9	
7	7	113	James Rothwell	Thorpe St Ar	U17	M	27.8	
16:17		FINAL	200m JB					
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	274	Theo Morrell	Springwood	U15	M	25.0	
2	2	234	Finlay Oligbo	Langley scho	U15	M	25.0	
3	3	269	Ryan Gray	Norwich Sch	U15	M	25.2	
4	4	278	Toby Smith	Framingham	U15	M	26.5	
5	5	267	Owen Cooper	Downham M	U15	M	27.3	
6	6	259	Micah Avowlanu	Thorpe St Ar	U15	M	27.7	
16:21		FINAL	200m JG					
Position	Category position	Bib number	Name	Club	Category	Gender	Time	
1	1	152	Aisha Elouassi	Dereham Ne	U15	F	26.7	
2	2	200	Maizie Boylan	Flegg high sc	U15	F	26.8	
3	3	199	Maisie Patrick	Reepham Hig	U15	F	27.5	
4	4	155	Amy Fielding	Flegg High ar	U15	F	28.1	
5	5	169	Edith Avowlanu	THORPE SAIL	U15	F	29.3	
6	6	174	Emily Roberts	Caister Acad	U15	F	29.5	
7	7	202	Mia Jones	Hellesdon Hi	U15	F	31.9	

NORFOLK SCHOOLS ATHLETICS CHAMPS - 11TH JUNE 2022 - FIELD RESULTS							
10:30	FINAL	Hammer					
Position	Category position	Bib number	Name	Club	Category	Gender	Distance
1	1	191	Lilymae Violet Coote	Flegg High O	U15	F	30.95
2	1	281	William Lupton	Taverham Hi	U15	M	28.42
3	2	275	Thomas Norkett	Thetford Aca	U15	M	27.72
4	2	158	Belle Hoy	Notre Dame	U15	F	14.82
10:30	FINAL	Long jump 1					
Position	Category position	Bib number	Name	Club	Category	Gender	Distance
1	1	102	Ethan Ellis	Wymondhan	U17	M	6.12
2	1	32	Thomas Hufford (GUEST)	Comberton s	U20	M	5.89
3	2	137	Ryan Wood	City of Norw	U17	M	5.76
4	2	30	Liam Clare	College of W	U20	M	5.73
5	3	29	Kieran Bell	Dereham six	U20	M	5.52
6	3	140	Stanley Riseborough	Thorpe St. A	U17	M	5.38
7	4	94	Billy Francis	Norwich Sch	U17	M	5.16
8	5	99	David MacQueen (GUEST)	St Bede's Int	U17	M	4.84
9	6	119	Lewis Dickerson	Hethersett A	U17	M	4.82
10	7	118	Lawrence Ip	Langley Scho	U17	M	4.68
11	8	130	Riley Bell	The Nicholas	U17	M	4.60
12	9	147	Tyler Yates	Wayland Aca	U17	M	4.57
10:30	FINAL	Shot 1					
Position	Category position	Bib number	Name	Club	Category	Gender	Distance
1	1	241	Henry Kerrison	Langley scho	U15	M	11.00
2	2	283	Keiran Reeve	Litcham High	U15	M	9.09
3	1	164	Charlotte Gilding	Framingham	U15	F	8.65
4	2	187	Katerina Di Maria	Norwich Sch	U15	F	8.28
5	3	256	Marcus Wood	Reepham Hig	U15	M	8.13
6	4	277	Toby Smith	Broadland hi	U15	M	7.38
7	5	236	Finley Morby-Jones	Marshland H	U15	M	7.27
8	6	237	Finn Kaiser	Norwich Sch	U15	M	6.84
9	3	208	Sienna Cox	Langley Scho	U15	F	6.80

12:30		FINAL		Javelin 1				
Position	Category position	Bib number	Name	Club	Category	Gender	Distance	
1	1	31	Oliver Thomas	Gresham's Se	U20	M	48.73	
2	2	17	Conrad Winter	Easton Colleg	U20	M	48.53	
3	1	2	Asha Soanes (GUEST)	Abbeygate 6	U20	F	35.87	
4	1	191	Lilymae Violet Coote	Flegg High O	U15	F	35.17	
5	3	12	Ashton Webb (GUEST)	Wisbech Gra	U20	M	32.61	
6	2	151	Aggie Long	Litcham High	U15	F	28.40	
7	3	188	Kyla Langan	Thorpe St Ar	U15	F	21.24	
8	4	162	Cara Bredican	Wymondhan	U15	F	17.05	
9	5	202	Mia Jones	Hellesdon Hi	U15	F	10.78	
13:00		FINAL		High jump 2				
Position	Category position	Bib number	Name	Club	Category	Gender	Height	
1	1	107	Hal Morritt	Wymondhan	U17	M	1.65	
2	2	126	Noah Smith	Broadland hi	U17	M	1.65	
3	3	146	Tyler Hinde	Northgate Hi	U17	M	1.65	
4	1	14	Ben Michel	Gresham's Se	U20	M	1.60	
5	4	98	Daniel Orekogbe	Wymondhan	U17	M	1.55	
6	5	105	Freddie Armstrong	Gresham's Se	U17	M	1.50	
7	6	100	Dominic Clues	Thorpe St Ar	U17	M	1.45	
13:30		FINAL		Long jump 3				
Position	Category position	Bib number	Name	Club	Category	Gender	Distance	
1	1	11	Sophie Bambridge (GUEST)	Hinchingsbro	U20	F	5.04	
2	1	71	Maria Amojó (GUEST)	Cambridge (C	U17	F	4.98	
3	2	51	Emma Broad	Downham M	U17	F	4.64	
4	3	73	Moria Howard (GUEST)	Sawtry Villag	U17	F	4.59	
5	4	56	Faith Ayilara	Wymondhan	U17	F	4.16	
6	5	69	Lola Smith	hethersett a	U17	F	4.10	
7	6	81	Shannon Wheatley	St Clements	U17	F	3.97	
8	7	50	Emily Clarke	Norwich Sch	U17	F	3.76	
9	8	57	Freya Knight	The Nicholas	U17	F	3.04	

14:15		FINAL	Triple jump 1					
Position	Category position	Bib number	Name	Club	Category	Gender	Distance	
1	1	271	Sam Barber	Hobart high	U15	M	10.93	
2	1	73	Moria Howard (GUEST)	Sawtry Villag	U17	F	10.72	
3	2	47	Caitlin Bell	Ormiston Vid	U17	F	10.06	
4	3	65	Leda Rehus	Wymondhan	U17	F	9.79	
5	2	231	Charlie Russell	Wymondhan	U15	M	9.70	
6	3	246	Joel Iyaji	Notre Dame	U15	M	9.52	
7	4	263	Noah Millership-Wallace	Langley scho	U15	M	9.24	
8	1	3	Bethan Amblin	Sir Isaac New	U20	F	9.21	
14:45		FINAL	Long jump 4					
Position	Category position	Bib number	Name	Club	Category	Gender	Distance	
1	1	203	Mia Squires	Lynn Grove A	U15	F	5.01	
2	2	163	Charley Wheatley	St Clements	U15	F	4.54	
3	3	194	Lola Van Baaren	Culford Prep	U15	F	4.52	
4	4	207	Ruby Scott	Acle Academ	U15	F	4.20	
5	5	172	Ellen Piggott	Thorpe St Ar	U15	F	4.17	
6	6	210	Sofia Odell	Thorpe St Ar	U15	F	3.98	
7	7	209	Sky Allenby	Framingham	U15	F	3.85	
8	8	170	Eliza Adcock	Northgate Hi	U15	F	3.71	
9	9	184	Hattie Marsh	Wymondhan	U15	F	3.57	
10	10	204	Mollie Skerritt	Alderman Pe	U15	F	3.54	
11	11	197	Macy Shaw	Thorpe St. A	U15	F	3.48	
12	12	215	Zoe Clues	Thorpe St Ar	U15	F	3.43	
14:45		FINAL	Javelin 3					
Position	Category position	Bib number	Name	Club	Category	Gender	Distance	
1	1	232	Cruz Bayfield	Langley Scho	U15	M	33.38	
2	2	248	Joseph Minnis	Wymondhan	U15	M	29.62	
3	3	280	William Gregson	Broadland H	U15	M	27.45	
4	4	264	Oliver Blinkhorn	Langley Scho	U15	M	23.07	
5	5	240	Henry Ashton	City of Norw	U15	M	22.88	
6	6	228	Charlie Broad	Downham M	U15	M	19.81	

15:15		Triple jump 2						
Position	Category position	Bib number	Name	Club	Category	Gender	Distance	
1	1	137	Ryan Wood	City of Norw	U17	M	12.02	
2	2	94	Billy Francis	Norwich Sch	U17	M	11.38	
3	3	106	Freddie Green	Gresham's S	U17	M	11.37	
4	4	136	Ryan Banda	Wymondhan	U17	M	11.23	
5	5	140	Stanley Riseborough	Thorpe St. A	U17	M	10.63	
6	6	138	Sam Green	Gresham's S	U17	M	9.92	
7	7	93	Angel Pircalabescu	Wayland Aca	U17	M	9.71	
8	1	17	Conrad Winter	Easton Colleg	U20	M	14.02	
9	2	32	Thomas Hufford (GUEST)	Comberton s	U20	M	12.25	
10	3	29	Kieran Bell	Dereham six	U20	M	11.56	
15:15		Pole vault						
Position	Category position	Bib number	Name	Club	Category	Gender	Height	
1	1	23	Jacob Brown	Norwich Sch	U20	M	3.80	
2	1	3	Bethan Amblin	Sir Isaac New	U20	F	2.50	

