

Norfolk Schools Athletic Association Championships 2022

Saturday 11th June - Sportspark, Norwich, NR4 7TJ

Thank you for entering the Norfolk Schools Athletics Championships (including external county school entries).

ESSENTIAL CHECKLIST FOR SATURDAY:

1. Check the time of your events at the bottom of this document
2. Find out the athlete bib number from the list below (next to athlete name on left) and **create** a bib number for the front and back of the vest/t-shirt. It must be in black thick text or felt tip pen – easy to read from far away.
3. Arrive in enough time to warm-up sufficiently and be on time for the start of your event - ensure you are by your event area 5-10mins before the allocated start time.

* For races where there are heats planned, if there are insufficient number (due to less people attending) then a straight final will be held in place of the heat – please listen carefully to the marksman by the start line of your race.

* The 800m for junior boys and girls has been split across two races – these are finals, but the times will be combined across the races to provide overall finishing positions. This age group are not allowed to do more than one endurance event on one day and therefore we cannot have heats and finals for this event.

*** Ensure you have a bib on the front and back of your school/club vest/top – ATHLETES MUST CREATE THEIR OWN BIB NUMBER. Allocated bib numbers are next to athlete's name on the bib number document.**

STARTING BLOCKS CAN ONLY BE USED IN FINAL - NOT ALLOWED IN HEATS AS PER ENGLISH SCHOOLS AA RULES

* Guest athletes cannot qualify from heats into the final in any track races and will not be eligible for medals.

* Athletes will receive 4 attempts in the throws and horizontal jumps.

* Medals will be handed out at the end of each competition for field events, and ASAP after track races.

NOTE: Track events take priority over field, therefore please ensure you inform the field judge at your event you are leaving to race if you have a clash. They will do their best to fit you in when you return.

DO NOT walk across the infield on the middle of the track, walk around the outside at all times.

YOU DO NOT need to register upon arrival as you will already have your bib number with you.

Parking is free on site, there is the main UEA campus car park and also the Sportspark car park.

NORFOLK SCHOOLS COUNTY CHAMPS TIMETABLE 2022

TIME	EVENT	HEAT/FINAL	TIME	EVENT	CATEGORY	
10:45	400m Hurdles S	FINAL		10:30	Hammer	All
10:55	3000m	FINAL		10:30	Long jump 1	IB + SB
11:15	JG 75m Hurdles	FINAL		10:30	Shot 1	JB + JG
11:25	IG 80m Hurdles	FINAL		11:15	Discus	All
11:35	JB 80m Hurdles	FINAL				
11:45	IB + SG 100m Hurdles	FINAL		11:45	Long jump 2	JB
11:52	SB 110m Hurdle	FINAL				
12:00	100m JG H1	HEAT		12:00	Shot 2	IB+IG+SB+SG
12:04	100m JG H2	HEAT		12:00	High jump 1	JB
12:08	100m IG H1	HEAT				
12:12	100m IG H2	HEAT				
12:16	100m JB H1	HEAT				
12:19	100m JB H2	HEAT				
12:21	100m JB H3	HEAT				
12:24	100m IB H1	HEAT				
12:28	100m IB H2	HEAT				
12:32	100m SB + SG	FINAL		12:30	Javelin 1	JG + SB + SG
12:40	400m SB + SG	FINAL				
12:45	400m IB	FINAL				
12:55	100m JG	FINAL				
12:59	100m IG	FINAL				
13:03	100m JB	FINAL		13:00	High jump 2	IB + SB
13:07	100m IB	FINAL				
13:40	300m JG H1	HEAT		13:30	Long jump 3	IG + SG
13:44	300m JG H2	HEAT		13:30	Javelin 2	IG + IB
13:48	300m IG F	FINAL				
13:52	300m JB F	FINAL				
14:00	800m SB	FINAL				
14:07	800m IB	FINAL		14:00	High jump 3	JG + IG
14:15	800m JB	FINAL		14:15	Triple jump 1	JB + IG + SG
14:23	800m SG + IG	FINAL				
14:30	800m JG 1	FINAL - split across 2 races				
14:37	800m JG 2	FINAL - split across 2 races		14:45	Long jump 4	JG
14:50	200m JG H1	HEAT		14:45	Javelin 3	JB
14:54	200m JG H2	HEAT				
14:58	200m IB H1	HEAT				
15:02	200m IB H2	HEAT				
15:06	200m JB H1	HEAT				
15:10	200m JB H2	HEAT				
TIMETABLE CONTINUES ON NEXT PAGE						

TIME	EVENT	HEAT/FINAL		TIME	EVENT	CATEGORY
15:25	300m JG	FINAL		15:15	Triple jump 2	IB + SB
15:30	1500m IG + SG	FINAL		15:30	Pole vault	All
15:37	1500m JG	FINAL				
15:44	1500m IB + SB	FINAL				
15:51	1500m JB	FINAL				
16:05	200m IG	FINAL				
16:09	200m SB + SG	FINAL				
16:13	200m IB	FINAL				
16:17	200m JB	FINAL				
16:21	200m JG	FINAL				

12:00	100m JG H1	JG		HEAT
155	Amy Fielding	Flegg High and GYDAC	F	Junior
166	Chloe Thorne	Long Stratton High - Conac	F	Junior
199	Maisie Patrick	Reepham High School/CoNAC	F	Junior
171	Ella Goldring	Alderman Peel High School	F	Junior
153	Alexa Gartner	Reepham High School & College	F	Junior
194	Lola Van Baaren	Culford Prep School - CoNAC	F	Junior
12:04	100m JG H2	JG		HEAT
210	Sofia Odell	Thorpe St Andrew	F	Junior
150	Abigail Bransgrove	Terrington St C / Ryston Runners	F	Junior
201	Mia Hollingsworth	Alderman Peel High School	F	Junior
158	Belle Hoy	Notre Dame	F	Junior
172	Ellen Piggott	Thorpe St Andrew	F	Junior
152	Aisha Elouassi	Dereham Neatherd High School	F	Junior
12:08	100m IG H1	IG		HEAT
84	Sophia Reeve	Thorpe St Andrew High School. Conac	F	Intermediate
51	Emma Broad	Downham Market Academy / WNAC	F	Intermediate
66	Lily Bradley	Hethersett Academy (CONAC)	F	Intermediate
42	Alisha Juby	Cromer Academy	F	Intermediate
41	Alice Marjoram	Gresham's School	F	Intermediate
52	Erica Gara-George	Thorpe St. Andrew School	F	Intermediate
12:12	100m IG H2	IG		HEAT
76	Ruby Love	Sheringham high school / conac	F	Intermediate
86	Zara Kirkham	City of Norwich School	F	Intermediate
55	Evie Patrick	Reepham High School/CoNAC	F	Intermediate
45	Betsy Marsh	Wymondham College	F	Intermediate
56	Faith Ayilara	Wymondham College	F	Intermediate
64	Katie Marsh	The Deepings School (Peterborough &	F	Intermediate
12:16	100m JB H1	JB		HEAT
223	Archie Hannent	Framingham Earl High School	M	Junior
234	Finlay Oligbo	Langley school Loddon	M	Junior
265	Oliver Rowland	Alderman Peel School	M	Junior
270	Ryan Harris	Reepham High School & College	M	Junior
271	Sam Barber	Hobart high school and CONAC	M	Junior
252	Kobi Oliveira Monteiro	Notre Dame High School	M	Junior
12:19	100m JB H2	JB		HEAT
262	Mpaji Rose-Brown	City of Norwich School & CONAC	M	Junior
277	Toby Smith	Broadland high ormiston academy - Cit	M	Junior
283	Keiran Reeve	Litcham High	M	Junior
285	Noah Rolph	Methwold	M	Junior
278	Toby Smith	Framingham Earl high school	M	Junior
227	Cameron Wedon	Lynn Grove Academy / GYDAC	M	Junior

12:21	100m JB H3	JB		HEAT
220	Alecks Whyte	Lynn Grove Academy/ Great Yarmouth	M	Junior
281	William Lupton	Taverham High School and CoNAC	M	Junior
274	Theo Morrell	Springwood High School WNAC	M	Junior
251	Kavanaugh Remy	Wymondham College	M	Junior
236	Finley Morby-Jones	Marshland High School	M	Junior
12:24	100m IB H1	IB		HEAT
127	Oliver Shipp	Langley School	M	Intermediate
121	Louis Labonte	Notre Dame Highschool (GYDAC)	M	Intermediate
141	Taylor Burton	Downham Market Academy	M	Intermediate
105	Freddie Armstrong	Gresham's School	M	Intermediate
119	Lewis Dickerson	Hethersett Academy	M	Intermediate
130	Riley Bell	The Nicholas Hammond Academy	M	Intermediate
118	Lawrence Ip	Langley School	M	Intermediate
126	Noah Smith	Broadland high ormiston academy - Ci	M	Intermediate
12:28	100m IB H2	IB		HEAT
135	Rueben Spurdens	Old Buckenham HS / Attleborough Athl	M	Intermediate
131	Robbie Dalrymple	Taverham high school	M	Intermediate
117	La'Sean Sealey	City Academy Norwich	M	Intermediate
96	Damari Daley	Ormiston victory Academy	M	Intermediate
91	Albert Williams	Gresham's School	M	Intermediate
134	Ru McIntyre	Gresham's School	M	Intermediate
103	Fez Afolabi	Wymondham College	M	Intermediate
120	Lewis Wing	Wisbech Grammar School Hunts AC (C	M	Intermediate
12:32	100m SB + SG F	SB + SG		FINAL
25	James Burrage	Gresham's School	M	Senior
16	Christian Tansey	King Edwards VII Academy (West Norf	M	Senior
11	Sophie Bambridge	Hinchingbrooke (CAMBS)	F	Senior
12:40	400m SB + SG	SB + SG		FINAL
6	Grace Forster	Langley School	F	Senior
7	Hannah Pain	Easton College / City of Norwich AC	F	Senior
1	Abigail Clouston	Thetford Grammar School and Thetfor	F	Senior
13	Ben Halliday	East Norfolk Sixth Form College- CoNA	M	Senior
15	Calvin Smith	City college Norwich/Shafesbury Barn	M	Senior
24	Jake Hart	Thorpe St Andrew and Conac	M	Senior
12:45	400m IB	IB		FINAL
148	William Wassmer	Stalham high/ GYDAC	M	Intermediate
129	Oscar Foreman	Thetford Grammar School	M	Intermediate
90	Abdultawwab Musa-Akanbi	The Hewett Academy	M	Intermediate
115	Joseph Machin	Wymondham College	M	Intermediate
136	Ryan Banda	Wymondham College	M	Intermediate
97	Daniel Clouston	Thetford Grammar School and Thetfor	M	Intermediate
88	Flynn Buckle	Methwold	M	Intermediate

12:55	100m JG F	JG		FINAL
First 2 in each HEAT + 4 fastest losers				
12:59	100m IG F	IG		FINAL
First 2 in each HEAT + 4 fastest losers				
13:03	100m JB F	JB		FINAL
First 1 in each HEAT + 5 fastest losers				
13:07	100m IB F	IB		FINAL
First 2 in each HEAT + 4 fastest losers				
13:40	300m JG Heat 1	JG		HEAT
198	Mae Dunn	City Of Norwich School	F	Junior
174	Emily Roberts	Caister Academy - GYDAC	F	Junior
175	Erica Holt	Langley School	F	Junior
211	Tia Gray	Flegg high school (GYDAC)	F	Junior
169	Edith Avowlanu	THORPE SAINT ANDREW SCHOOL AND	F	Junior
216	Megan Luxford	City Of Norwich School	F	Junior
13:44	300m JG Heat 2	JG		HEAT
196	Lyric Allen	Riddlesworth Hall/west Suffolk ac	F	Junior
167	Connie Easter	Dereham Neatherd High School	F	Junior
180	Evie Clayton	Litcham High School / West Norfolk At	F	Junior
215	Zoe Clues	Thorpe St Andrew School	F	Junior
154	Amber Goddard	Thorpe st Andrew school and conac	F	Junior
13:48	300m IG F	IG		FINAL
62	Isabella Williams	Hethersett Academy (City of Norwich A	F	Intermediate
49	Emilie Hanson	Litcham School	F	Intermediate
60	Helena Bijosh	Notre Dame High School	F	Intermediate
13:52	300m JB F	JB		FINAL
247	Jonathan Crowle	Thorpe St Andrew	M	Junior
266	Onur Kaykasuz	Dereham Neatherd High School	M	Junior
224	Ben Griffiths	Norwich School	M	Junior
239	Harry Youngman	Thorpe St. Andrew School and Sixth Fo	M	Junior
273	Sawyer Preston	Comberton Village College, Huntingdo	M	Junior
282	William Percival	Wymondham High and Attleborough A	M	Junior
14:00	800m SB	SB		FINAL
13	Ben Halliday	East Norfolk Sixth Form College- CoNA	M	Senior
19	Danny Adams	City Of Norwich athletics club	M	Senior
22	Henry Jonas	Paston Sixth Form College	M	Senior
18	Daniel Harrison	East Norfolk Sixth Form College / Grea	M	Senior
24	Jake Hart	Thorpe St Andrew and Conac	M	Senior

14:37	800m JG H2	JG		FINAL - split across 2 races
150	Abigail Bransgrove	Terrington St C High Ryston Runners	F	Junior
195	Lottie Hood	Town Close School	F	Junior
183	Gigi Norfolk-Ainsworth	Aylsham High School	F	Junior
189	Libby Ong	Wymondham College	F	Junior
162	Cara Bredican	Wymondham College	F	Junior
160	Bronwen Nelson	Wymondham High	F	Junior
161	Caitlin McCluskey	Parkside Community College (Cambridge)	F	Junior
214	Natalia-Jane Muller	Methwold	F	Junior
14:50	200m JG H1	JG		HEAT
171	Ella Goldring	Alderman Peel High School	F	Junior
201	Mia Hollingsworth	Alderman Peel High School	F	Junior
202	Mia Jones	Hellesdon High School and CONAC	F	Junior
205	Natalia Niescior	Notre Dame High School	F	Junior
198	Mae Dunn	City Of Norwich School	F	Junior
199	Maisie Patrick	Reepham High School/CoNAC	F	Junior
14:54	200m JG H2	JG		HEAT
155	Amy Fielding	Flegg High and GYDAC	F	Junior
200	Maizie Boylan	Flegg high school /Great Yarmouth dis	F	Junior
170	Eliza Adcock	Northgate High Dereham. Dereham AC	F	Junior
152	Aisha Elouassi	Dereham Neatherd High School	F	Junior
209	Sky Allenby	Framingham Earl High School	F	Junior
174	Emily Roberts	Caister Academy - GYDAC	F	Junior
168	Darcey McDonough	Langley	F	Junior
14:58	200m IB H1	IB		HEAT
135	Rueben Spurdens	Old Buckenham HS / Attleborough Athl	M	Intermediate
131	Robbie Dalrymple	Taverham high school	M	Intermediate
117	La'Sean Sealey	City Academy Norwich	M	Intermediate
129	Oscar Foreman	Thetford Grammar School	M	Intermediate
96	Damari Daley	Ormiston victory Academy	M	Intermediate
134	Ru McIntyre	Gresham's School	M	Intermediate
128	Oliver Taylor	Acorn Park School	M	Intermediate
87	Kipp Charlesworth	Methwold	M	Intermediate
15:02	200m IB H2	IB		HEAT
103	Fez Afolabi	Wymondham College	M	Intermediate
98	Daniel Orekogbe	Wymondham College	M	Intermediate
127	Oliver Shipp	Langley School	M	Intermediate
121	Louis Labonte	Notre Dame Highschool (GYDAC)	M	Intermediate
141	Taylor Burton	Downham Market Academy	M	Intermediate
104	Finlay Barnard	Taverham high school CONAC	M	Intermediate
147	Tyler Yates	Wayland Academy	M	Intermediate
113	James Rothwell	Thorpe St Andrews High School	M	Intermediate

15:06	200m JB H1	JB		HEAT
220	Alecks Whyte	Lynn Grove Academy/ Great Yarmouth	M	Junior
259	Micah Avowlanu	THORPE SAINT ANDREW SCHOOL AND	M	Junior
269	Ryan Gray	Norwich School	M	Junior
274	Theo Morrell	Springwood High School WNAC	M	Junior
235	Finley Godsiff	Wayland Academy	M	Junior
267	Owen Cooper	Downham Market Academy	M	Junior
250	Jude Linstead	Thorpe st Andrew school and sixth form	M	Junior
15:10	200m JB H2	JB		HEAT
278	Toby Smith	Framingham Earl high school	M	Junior
245	Jeffery Amrich	Wymondham College	M	Junior
234	Finlay Oligbo	Langley school Loddon	M	Junior
252	Kobi Oliveira Monteiro	Notre Dame High School	M	Junior
229	Charlie Dean	Langley School	M	Junior
284	Leland Wallace	Methwold	M	Junior
15:25	300m JG F	JG		FINAL
First 2 in each HEAT + 4 fastest losers				
15:30	1500m -IG + SG	IG + SG		FINAL
10	Martyna Tesluk	East Norfolk Sixth Form College	F	Senior
8	Hattie Reynolds	Gresham's / North Norfolk Harriers	F	Senior
35	Martha Shawyer	Sheringham	F	Senior
5	Grace Buchanan	Paston college - City of Norwich athletic	F	Senior
44	Bea Wells	Norwich School	F	Intermediate
46	Bronwyn Austin	Litcham High School	F	Intermediate
53	Esme Jonas	Cromer Academy	F	Intermediate
48	Eleanor Tomkinson	Aylsham High School	F	Intermediate
54	Evie Hood	Gresham's school	F	Intermediate
58	Georgia Pegg	Wymondham College (CoNAC)	F	Intermediate
15:37	1500m - JG	JG		FINAL
179	Eva Eccles	Hethersett Academy / Bure Valley Harriers	F	Junior
180	Evie Clayton	Litcham High School / West Norfolk AC	F	Junior
181	Faye Nottage	Flegg High School & GYDAC	F	Junior
190	Lilly Tinsley	Thetford athletics	F	Junior
176	Erin Herson	Wymondham College/ City of Norwich	F	Junior
167	Connie Easter	Dereham Neatherd High School	F	Junior
193	Lola Kidman	KES Academy. (WNAC)	F	Junior
195	Lottie Hood	Town Close School	F	Junior
173	Eloise Edridge	Aylsham high North Norfolk Harriers	F	Junior
182	Georgia Shirley	Thorpe St Andrews High School	F	Junior
204	Mollie Skerritt	Alderman Peel High School	F	Junior
213	Iris Dearden	Norwich HSG	F	Junior

16:13	200m IB F	IB		FINAL
	First 2 in each HEAT + 4 fastest losers			
16:17	200m JB F	JB		FINAL
	First 2 in each HEAT + 4 fastest losers			
16:21	200m JG F	JG		FINAL
	First 2 in each HEAT + 4 fastest losers			
NORFOLK SCHOOLS FIELD TIMETABLE 2022				
10:30	Hammer	All		FINAL
158	Belle Hoy	Notre Dame	F	Junior
191	Lilymae Violet Coote	Flegg High Ormiston Academy	F	Junior
281	William Lupton	Taverham High School	M	Junior
254	Lennon Thompson	Langley School	M	Junior
275	Thomas Norkett	Thetford Academy	M	Junior
10:30	Long jump 1	IB + SB		FINAL
137	Ryan Wood	City of Norwich	M	Intermediate
102	Ethan Ellis	Wymondham High School	M	Intermediate
114	Joel Field	Norwich School	M	Intermediate
140	Stanley Riseborough	Thorpe St. Andrew School	M	Intermediate
94	Billy Francis	Norwich School	M	Intermediate
119	Lewis Dickerson	Hethersett Academy	M	Intermediate
130	Riley Bell	The Nicholas Hammond Academy	M	Intermediate
118	Lawrence Ip	Langley School	M	Intermediate
99	David MacQueen	St Bede's Interchurch School (CAMBS)	M	Intermediate
147	Tyler Yates	Wayland Academy	M	Intermediate
30	Liam Clare	College of West Anglia.	M	Senior
29	Kieran Bell	Dereham sixth form college	M	Senior
32	Thomas Hufford	Comberton sixth form (CAMBS)	M	Senior
10:30	Shot 1	JB + JG		FINAL
164	Charlotte Gilding	Framingham Earl High School	F	Junior
177	Erin Moon	Dereham Neatherd High School	F	Junior
187	Katerina Di Maria	Norwich School	F	Junior
208	Sienna Cox	Langley School	F	Junior
256	Marcus Wood	Reepham High School	M	Junior
241	Henry Kerrison	Langley school	M	Junior
270	Ryan Harris	Reepham High School & College	M	Junior
229	Charlie Dean	Langley School	M	Junior
277	Toby Smith	Broadland high ormiston academy	M	Junior
236	Finley Morby-Jones	Marshland High School	M	Junior
237	Finn Kaiser	Norwich School	M	Junior
283	Keiran Reeve	Litcham High School	M	Junior

12:00	High jump 1	JB		FINAL
243	Jack Browne	City of Norwich School	M	Junior
225	Billy Eccles	Hethersett Academy	M	Junior
221	Alfie Bone	Springwood	M	Junior
269	Ryan Gray	Norwich School	M	Junior
279	Tom Hardy	Norwich School	M	Junior
245	Jeffery Amrich	Wymondham College	M	Junior
253	Kunle Adedoyin	Wymondham College	M	Junior
233	Ewan Thompson	Northgate High School	M	Junior
255	Leon Harris	Home educated	M	Junior
249	Joshua Stark	Thorpe St Andrew High school	M	Junior
230	Charlie Lloyd	Langley	M	Junior
12:30	Javelin 1	JG + SB + SG		FINAL
191	Lilymae Violet Coote	Flegg High Ormiston Academy	F	Junior
188	Kyla Langan	Thorpe St Andrew School and Sixth For	F	Junior
151	Aggie Long	Litcham High	F	Junior
162	Cara Bredican	Wymondham College	F	Junior
202	Mia Jones	Hellesdon High School	F	Junior
192	Lois Cargill	Langley School	F	Junior
206	Rebecca Warnes	Norwich School	F	Junior
2	Asha Soanes	Abbeygate 6th form (SUFFOLK)	F	Senior
31	Oliver Thomas	Gresham's School	M	Senior
17	Conrad Winter	Easton College	M	Senior
12	Ashton Webb	Wisbech Grammar School (CAMBS)	M	Senior
13:00	High jump 2	IB + SB		FINAL
100	Dominic Clues	Thorpe St Andrew School	M	Intermediate
98	Daniel Orekogbe	Wymondham College	M	Intermediate
146	Tyler Hinde	Northgate High School	M	Intermediate
105	Freddie Armstrong	Gresham's School	M	Intermediate
126	Noah Smith	Broadland high ormiston academy	M	Intermediate
107	Hal Morritt	Wymondham High Academy	M	Intermediate
20	Dylan Phillips	The Deeping school (LINCS)	M	Senior
14	Ben Michel	Gresham's School	M	Senior
13:30	Long jump 3	IG + SG		FINAL
51	Emma Broad	Downham Market Academy	F	Intermediate
81	Shannon Wheatley	St Clements High School	F	Intermediate
50	Emily Clarke	Norwich School	F	Intermediate
57	Freya Knight	The Nicholas Hamond Academy	F	Intermediate
56	Faith Ayilara	Wymondham College	F	Intermediate
69	Lola smith	hethersett academy	F	Intermediate
73	Moria Howard	Sawtry Village Academy (CAMBS)	F	Intermediate
71	Maria Amoyo	Cambridge (CAMBS)	F	Intermediate
11	Sophie Bambridge	Hinchingbrooke (CAMBS)	F	Senior

14:45	Long jump 4	JG		FINAL
203	Mia Squires	Lynn Grove Academy	F	Junior
163	Charley Wheatley	St Clements High School	F	Junior
172	Ellen Piggott	Thorpe St Andrew	F	Junior
170	Eliza Adcock	Northgate High Dereham	F	Junior
177	Erin Moon	Dereham Neatherd High School	F	Junior
210	Sofia Odell	Thorpe St Andrew	F	Junior
207	Ruby Scott	Acle Academy	F	Junior
197	Macy Shaw	Thorpe St. Andrew School	F	Junior
209	Sky Allenby	Framingham Earl High School	F	Junior
215	Zoe Clues	Thorpe St Andrew School	F	Junior
184	Hattie Marsh	Wymondham College	F	Junior
204	Mollie Skerritt	Alderman Peel High School	F	Junior
194	Lola Van Baaren	Culford Prep School	F	Junior
14:45	Javelin 3	JB		FINAL
228	Charlie Broad	Downham Market Academy	M	Junior
240	Henry Ashton	City of Norwich School	M	Junior
248	Joseph Minnis	Wymondham College	M	Junior
226	Blakeleveridge	The Hewett Academy	M	Junior
223	Archie Hannent	Framingham Earl High School	M	Junior
280	William Gregson	Broadland High	M	Junior
232	Cruz Bayfield	Langley School	M	Junior
264	Oliver blinkhorn	Langley School	M	Junior
15:15	Triple jump 2	IB + SB		FINAL
137	Ryan Wood	City of Norwich	M	Intermediate
140	Stanley Riseborough	Thorpe St. Andrew School	M	Intermediate
94	Billy Francis	Norwich School	M	Intermediate
106	Freddie Green	Gresham's School	M	Intermediate
136	Ryan Banda	Wymondham College	M	Intermediate
138	Sam Green	Gresham's School	M	Intermediate
93	Angel Pircalabescu	Wayland Academy	M	Intermediate
17	Conrad Winter	Easton College	M	Senior
29	Kieran Bell	Dereham sixth form college	M	Senior
32	Thomas Hufford	Comberton sixth form (CAMBS)	M	Senior
15:30	Pole vault	All		FINAL
23	Jacob Brown	Norwich School & CONAC	M	Senior
3	Bethan Amblin	Sir Isaac Newton Sixth Form	F	Senior

ENTRY LISTS & BIB NUMBERS - SORTED BY CATEGORY

JUNIOR GIRLS

150	Abigail Bransgrove	Terrington St C / Ryston Runners
151	Aggie Long	Litcham High
152	Aisha Elouassi	Dereham Neatherd High School
153	Alexa Gartner	Reepham High School & College
154	Amber Goddard	Thorpe st Andrew school and conac
155	Amy Fielding	Flegg High and GYDAC
156	Asha Kandola	Open Academy
157	Ava Mears	Reepham High- North Norfolk Harriers
158	Belle Hoy	Notre Dame
159	Billie-Jordan Butler	Wayland Academy
160	Bronwen Nelson	Wymondham High
161	Caitlin McCluskey	Parkside Community College (CAMBS)
162	Cara Bredican	Wymondham College
163	Charley Wheatley	St Clements High School
164	Charlotte Gilding	Framingham Earl High School
165	Chelsey Irving	Hethersett Academy & CoNAC
166	Chloe Thorne	Long Stratton High - Conac
167	Connie Easter	Dereham Neatherd High School
168	Darcey McDonough	Langley
169	Edith Avowlanu	THORPE SAINT ANDREW SCH
170	Eliza Adcock	Northgate High Dereham.
171	Ella Goldring	Alderman Peel High School
172	Ellen Piggott	Thorpe St Andrew
173	Eloise Edridge	Aylsham high North Norfolk Harriers
174	Emily Roberts	Caister Academy - GYDAC
175	Erica Holt	Langley School
176	Erin Hernon	Wymondham College/ City of Norwich
177	Erin Moon	Dereham Neatherd High School
178	Eva Barton	Litcham School
179	Eva Eccles	Hethersett Academy / BVH
180	Evie Clayton	Litcham High School / WN
181	Faye Nottage	Flegg High School & GYDAC
182	Georgia Shirley	Thorpe St Andrews High School
183	Gigi Norfolk-Ainsworth	Aylsham High School
184	Hattie Marsh	Wymondham College
185	Heidi Noakes	Norwich School
213	Iris Dearden	Norwich HSG
186	Isla Hibbett	Hethersett Academy
187	Katerina Di Maria	Norwich School
188	Kyla Langan	Thorpe St Andrew School
189	Libby Ong	Wymondham College
190	Lilly Tinsley	Thetford athletics
191	Lilymae Violet Coote	Flegg High Ormiston Academy
192	Lois Cargill	Langley School
193	Lola Kidman	KES Academy. (WNAC)

194	Lola Van Baaren	Culford Prep School - CoNAC
195	Lottie Hood	Town Close School
196	Lyric Allen	Riddlesworth Hall/west Suffolk ac
197	Macy Shaw	Thorpe St. Andrew School
198	Mae Dunn	City Of Norwich School
199	Maisie Patrick	Reepham High School/CoNAC
200	Maizie Boylan	Flegg high school /Great Yarmouth
216	Megan Luxford	City Of Norwich School
201	Mia Hollingsworth	Alderman Peel High School
202	Mia Jones	Hellesdon High School and CONAC
203	Mia Squires	Lynn Grove Academy
204	Mollie Skerritt	Alderman Peel High School
205	Natalia Niescior	Notre Dame High School
214	Natalia-Jane Muller	Methwold
206	Rebecca Warnes	Norwich School
212	Rosie Dickety	Aylsham High School
207	Ruby Scott	Acle Academy
208	Sienna Cox	Langley School
209	Sky Allenby	Framingham Earl High School
210	Sofia Odell	Thorpe St Andrew
211	Tia Gray	Flegg high school (GYDAC)
215	Zoe Clues	Thorpe St Andrew School

JUNIOR BOYS

220	Alecks Whyte	Lynn Grove Academy/ Great Yarmouth
221	Alfie Bone	Springwood
222	Alfie Jeffries	Dereham Neatherd High School
223	Archie Hannent	Framingham Earl High School
224	Ben Griffiths	Norwich School
225	Billy Eccles	Hethersett Academy / BVH
226	Blakeleveridge	The Hewett Academy
227	Cameron Wedon	Lynn Grove Academy / GYDAC
228	Charlie Broad	Downham Market Academy
229	Charlie Dean	Langley School
230	Charlie Lloyd	Langley (GYAC)
231	Charlie Russell	Wymondham College
232	Cruz Bayfield	Langley School
233	Ewan Thompson	Northgate High School
234	Finlay Oligbo	Langley school Loddon
235	Finley Godsiff	Wayland Academy
236	Finley Morby-Jones	Marshland High School
237	Finn Kaiser	Norwich School & City of Norwich AC
238	Harrison Mower	Dereham Neatherd High School
239	Harry Youngman	Thorpe St. Andrew School
240	Henry Ashton	City of Norwich School and CONAC
241	Henry Kerrison	Langley school
243	Jack Browne	City of Norwich School & CoNAC
244	Jedd Atkinson	Reepham high school

245	Jeffery Amrich	Wymondham College
246	Joel Iyaji	Notre Dame High School Norwich
247	Jonathan Crowle	Thorpe St Andrew
248	Joseph Minnis	Wymondham College
249	Joshua Stark	Thorpe St Andrew High school
250	Jude Linstead	Thorpe st Andrew school and 6th form
251	Kavanaugh Remy	Wymondham College
283	Keiran Reeve	Litcham High
252	Kobi Oliveira Monteiro	Notre Dame High School
253	Kunle Adedoyin	Wymondham College
284	Leland Wallace	Methwold
254	Lennon Thompson	Langley School
255	Leon Harris	Home educated / CoNAC
256	Marcus Wood	Reepham High School
257	Matas Salomskas	The Hewett Academy
258	Max Parsley	Fakenham Academy/NNH
259	Micah Avowlanu	Thorpe St Andrew High school
260	Michael Swindells	Aylsham High School
261	Milo Debbage	Broadland School
262	Mpaji Rose-Brown	City of Norwich School & CONAC
263	Noah Millership-Wallace	Langley school Loddon and Great Yar
285	Noah Rolph	Methwold
264	Oliver Blinkhorn	Langley School
265	Oliver Rowland	Alderman Peel School
266	Onur Kaykasuz	Dereham Neatherd High School
267	Owen Cooper	Downham Market Academy
268	Ruben Xuereb	Aylsham High School / CONAC
269	Ryan Gray	Norwich School
270	Ryan Harris	Reepham High School & College
271	Sam Barber	Hobart high school and CONAC
272	Sam Goldsmith	Dereham Neatherd High School
273	Sawyer Preston	Comberton Village College (CAMBS)
274	Theo Morrell	Springwood High School WNAC
275	Thomas Norkett	Thetford Academy
276	Toby Scott	Acle Academy GYDAC
277	Toby Smith	Broadland high ormiston academy
278	Toby Smith	Framingham Earl high school
279	Tom Hardy	Norwich School
280	William Gregson	Broadland High
281	William Lupton	Taverham High School and CoNAC
282	William Percival	Wymondham High and Attleborough

INTERMEDIATE GIRLS

40	Abigail Kennard	Wymondham College
41	Alice Marjoram	Gresham's School
42	Alisha Juby	Cromer Academy
43	Ava de Cooper Wride	Norwich School
44	Bea Wells	Norwich School

45	Betsy Marsh	Wymondham College
46	Bronwyn Austin	Litcham High School
47	Caitlin Bell	Ormiston Victory Academy
48	Eleanor Tomkinson	Aylsham High School
49	Emilie Hanson	Litcham School
50	Emily Clarke	Norwich School
51	Emma Broad	Downham Market Academy / WNAC
52	Erica Gara-George	Thorpe St. Andrew School
53	Esme Jonas	Cromer Academy
54	Evie Hood	Gresham's School
55	Evie Patrick	Reepham High School/CoNAC
56	Faith Ayilara	Wymondham College
57	Freya Knight	The Nicholas Hamond Academy
58	Georgia Pegg	Wymondham College (CoNAC)
59	Gracie Calvert	Gresham's School
60	Helena Bijosh	Notre Dame High School
61	Hollie Willeard	Ormiston Venture Academy
62	Isabella Williams	Hethersett Academy
63	Isabelle Mardle	Norwich School (CONAC)
64	Katie Marsh	The Deepings School (LINCS)
65	Leda Rehus	Wymondham College
66	Lily Bradley	Hethersett Academy (CONAC)
67	Lily-May Goddard-Kemp	Wayland Academy
68	Ljiljana Raven	Wymondham College
69	Lola Smith	hethersett academy
70	Maddy Powles-Warren	Hethersett Academy
71	Maria Amojó	Cambridge (CAMBS)
72	Millie Adams	Taverham High School
73	Moria Howard	Sawtry Village Academy (CAMBS)
74	Peri Ulgen	Wymondham College
75	Rose Fairhurst	Sheringham High School
76	Ruby Love	Sheringham high school / conac
78	Sadie Werrett	Kimbolton (CAMBS)
79	Sarah Barrett	Hethersett Academy and CONAC
80	Savannah Gutteridge	City Academy Norwich
81	Shannon Wheatley	St Clements High School
82	Skye Harvey	Wayland Academy
83	Sophia Pickering	Wymondham College
84	Sophia Reeve	Thorpe St Andrew High School. Conac
85	Stevie Ashby	Aylsham high school and NNH
86	Zara Kirkham	City of Norwich School

INTERMEDIATE BOYS

90	Abdultawwab Musa-Akanbi	The Hewett Academy
91	Albert Williams	Gresham's School
92	Alex Scott	Langley senior school
93	Angel Pircalabescu	Wayland Academy
94	Billy Francis	Norwich School

95	Corben Reynolds	Great Yarmouth Charter Academy
96	Damari Daley	Ormiston victory Academy
97	Daniel Clouston	Thetford Grammar School
98	Daniel Orekogbe	Wymondham College
99	David MacQueen	St Bede's Interchurch School (CAMBS)
100	Dominic Clues	Thorpe St Andrew School
101	Edgar Alston	Gresham's School
102	Ethan Ellis	Wymondham High School
103	Fez Afolabi	Wymondham College
104	Finlay Barnard	Taverham high school CONAC
88	Flynn Buckle	Methwold
105	Freddie Armstrong	Gresham's School
106	Freddie Green	Gresham's School
89	George Stannard	Methwold
107	Hal Morritt	Wymondham High Academy
108	Harry Smith	Framingham Earl High School. CONAC
109	Hugo Pattison	Wymondham College
110	Jack Kooreman	Gresham's School
111	Jaiden Dean	Homeschooled
112	Jake Dorbin	Thetford Academy (Thetford AC)
113	James Rothwell	Thorpe St Andrews High School
114	Joel Field	Norwich School
115	Joseph Machin	Wymondham College
87	Kipp Charlesworth	Methwold
116	Kyle Thorne	Dereham Neatherd High School
117	La'Sean Sealey	City Academy Norwich
118	Lawrence Ip	Langley School
119	Lewis Dickerson	Hethersett Academy
120	Lewis Wing	Wisbech Grammar School (CAMBS)
121	Louis Labonte	Notre Dame Highschool (GYDAC)
122	Louis Preston	Attleborough academy
123	Matthew Benson	broadland high/city of norwich
124	Max Roe	Bourne grammar (PANVAC)
125	Miles Hovell	Springwood
126	Noah Smith	Broadland high ormiston academy
127	Oliver Shipp	Langley School
128	Oliver Taylor	Acorn Park School
129	Oscar Foreman	Thetford Grammar School
130	Riley Bell	The Nicholas Hammond Academy
131	Robbie Dalrymple	Taverham high school
132	Robbie Fitzsimmons	Gresham's School
133	Rory Richardson	Gresham's School
134	Ru McIntyre	Gresham's School
135	Rueben Spurdens	Old Buckenham HS / Attleborough
136	Ryan Banda	Wymondham College
137	Ryan Wood	City of Norwich
138	Sam Green	Gresham's School
139	Samuel Yellop	Open Academy

140	Stanley Riseborough	Thorpe St. Andrew School
141	Taylor Burton	Downham Market Academy
142	Thomas O'Neill	Norwich School
143	Tim Bongaerts	CNS (CoNAC)
144	Tobias Cheesbrough	Dereham Neatherd High School
145	Tom Hendrick	Wymondham College
146	Tyler Hinde	Northgate High School
147	Tyler Yates	Wayland Academy
148	William Wassmer	Stalham high/ GYDAC
149	Zachary Dunne	Notre dame high school

SENIOR GIRLS

1	Abigail Clouston	Thetford Grammar School
2	Asha Soanes	Abbeygate 6th form (SUFFOLK)
3	Bethan Amblin	Sir Isaac Newton Sixth Form
4	Ellen Cunningham	Langley School Sixth Form
5	Grace Buchanan	Paston college
6	Grace Forster	Langley School
7	Hannah Pain	Easton College / City of Norwich AC
8	Hattie Reynolds	Gresham's / North Norfolk Harriers
9	Madeleine Short	Notre dame high school
35	Martha Sawyer	Sheringham
10	Martyna Tesluk	East Norfolk Sixth Form College
11	Sophie Bambridge	Hinchingbrooke (CAMBS)

SENIOR BOYS

12	Ashton Webb	Wisbech Grammar School (CAMBS)
13	Ben Halliday	East Norfolk Sixth Form College
14	Ben Michel	Gresham's School
15	Calvin Smith	City college Norwich/Shafesbury
16	Christian Tansey	King Edwards VII Academy
17	Conrad Winter	Easton College
18	Daniel Harrison	East Norfolk Sixth Form College
19	Danny Adams	City Of Norwich athletics club
20	Dylan Phillips	The Deeping school (LINCS)
21	Freddie Papworth	Gresham's School
22	Henry Jonas	Paston Sixth Form College
23	Jacob Brown	Norwich School & CONAC
24	Jake Hart	Thorpe St Andrew and Conac
25	James Burrage	Gresham's School
26	Jeya Kandola	Sir Isaac Newton sixth form
27	Joe Purbrick	St Ivo (LINCS)
29	Kieran Bell	Dereham sixth form college
30	Liam Clare	College of West Anglia
31	Oliver Thomas	Gresham's School
32	Thomas Hufford	Comberton sixth form (CAMBS)
33	William Lamprell	Ipswich School (SUFFOLK)
34	Zak Houghton	Thorpe St Andrew Sixth Form