Norfolk Schools Athletic Association Championships 2024 Saturday 8th June - Sportspark, Norwich, NR4 7TJ

Thank you for entering the Norfolk Schools Athletics Championships.

ESSENTIAL INFORMATION FOR SATURDAY:

- 1. Check the time of your events on the next page of this document.
- 2. Arrive in enough time to collect your bib numbers, warm-up sufficiently and be on time for the start of your event ensure you are by your event area 10mins before the allocated start time.
- 3. 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. If an athlete qualifies for the final, the results sheet will indicate this with a 'q' next to the result. Please check post race for qualification.
- 4. Athletes will receive 4 attempts in the throws and horizontal jumps.
- 5. Medals will be handed out at the end of each competition for field events, and ASAP after track race finals.

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

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. Parking is free on site, there is the main UEA campus car park (take a token) and also the Sportspark car park (take a ticket) – validate either your token or ticket at reception when you leave.

ANGLIAN SCHOOLS SECLECTION POLICY:

The first and second placed athletes in each track and field final will receive an Anglian Schools selection letter. Each County can enter up to 2 athletes in each event at the Anglian Schools Championships. No one will be selected in an event at the Anglian Schools that they do not compete in at the Norfolk Schools.

Norfolk Schools Statement regarding the Anglian Schools / Southern Athletic League date clash and potential English Schools Selection:

If a Senior age group athlete cannot compete in the Norfolk Schools championships due to them wanting to compete in a higher standard of competition elsewhere such as the SEAA Championships then we would ask that they compete in the Anglian Schools championships if they would like to be considered for selection for the Norfolk Schools AA team to go to the ESAA Championships in July.

If a senior age group athlete competes at the Norfolk Schools championships then it is fine for them to miss the Anglian Schools Championships if they would like to compete for their club in the SAL on Saturday June 15th. They have in this situation competed in and supported one of

Norfolk Schools track and field championships 2024

Time	Event	Athletes
11:00	3000m	7
11:20	JG 75m hurdles	4
11:27	IG & JB 80m hurdles	3
11:34	IB & SG 100m hurdles	3
11:41	SB 110m hurdles	1
11:50	100m JG H1	6
11:54	100m JG H2	6
11:58	100m JG H3	6
12:02	100m JB H1	6
12:06	100m JB H2	6
12:10	100m JB H3	5
12:14	100m IG H1	7
12:18	100m IG H2	6
12:22	100m IB H1	5
12:26	100m IB H2	5
12:35	400m IB	5
12:40	400m SG & SB	5
12:50	100m JG final	6
12:54	100m IG final	6
12:58	100m JB final	6
13:02	100m IB final	6
13:06	100m SG & SB final	6
13:25	400m hurdles	1
13:30	300m hurdles	2
13:40	300m JG H1	7
13:45	300m JG H2	5
13:55	800m JG	10
14:01	800m IG & SG	11
14:07	800m JB	11
14:12	800m IB	9
14:25	200m JG H1	5
14:29	200m JG H2	5
14:33	200m IG H1	4
14:37	200m IG H2	4
14:41	200m JB H1	6
14:45	200m JB H2	6
14:49	200m JB H3	5
14:53	200m IB H1	5
14:57	200m IB H2	4
15:10	1500m steeplechase SG	1
15:20	1500m steeplechase IB	1
15:30	300m JG final	8
15:35	300m JB & IG final	6
15:45	1500m JG	8
15:53	1500m IG & SG	8

16:01	1500m JB	13
16:08	1500m IB	11
16:15	1500m SB	5
16:25	200m JG finals	6
16:30	200m IG finals	6
16:35	200m JB finals	6
16:40	200m IB finals	6
16:45	200m SB & SG final	4

Time	Event	Athletes
10:45	Hammer - All	7
10:45	Long jump 1 - IB & SB	5
11:35	Long jump 2 - JB	14
11:45	Discus 1 - JG & IB & SG & SB	6
12:30	High jump 1	9
12:45	Discus 2 - JB	7
13:30	Long jump 3 - IG & SG	11
13:30	High jump 2	9
13:15	Shot 1 - JG & SG	10
14:15	Javelin 1 - JB & IB & SB	11
14:30	High jump 3	6
14:30	Long jump 4 - JG	10
15:00	Shot 2 - JB & IB & IG & SB	12
15:30	Javelin 2 - JG & IG & SG	12
15:45	Triple jump - All	9

TRACK ENTRIES

	3000m				
	Name	School/College	Club	Gender	Age
230	Max Parsley	Fakenham Academy	CoNAC	Male	U17
	Tobias Neale	Sheringham High School	North Norfoll	Male	U17
231	Michael Clark	Wymondham College	CoNAC	Male	U17
262	Sarah Barrett	Notre Dame High School	CoNAC	Female	U20
281	Zachary Dunne	Notre Dame High School	CoNAC	Male	U20
266	Corben Reynolds	Sir Isaac Newton East	Great Yarmo	Male	U20
	Harry Smith	Notre Dame Sixth Form	CoNAC	Male	U20
	JG 75m hurdles				
	Name	School/College	Club	Gender	Age
25	Grace Doran	Thorpe St Andrew school and	CoNAC	Female	U15
45	Rebecca Johnson	King Edward Vii Academy	WNAC	Female	U15
19	Ellie Smith	Wymondham College		Female	U15
28	Jennifer Mardle	Norwich School	CoNAC	Female	U15
	IG & JB 80m hurdles				
	Name	School/College	Club	Gender	Age
171	Isla Hibbett	Hethersett Academy	CoNAC	Female	U17
86	Gabriel Papathanasiou			Male	U15
120	Oscar Russell	Wymondham College		Male	U15
	IB & SG 100m hurdles				
	Name	School/College	Club	Gender	Age
	George Smith	Grest Yarmouth Charter Acad		Male	U17
	Isabelle Mardle	Norwich School	CoNAC	Female	U20
261	Rose Fairhurst	Sir Isaac Newton sixth form	CoNAC	Female	U20
	SB 110m hurdles				
	Name	School/College	Club	Gender	Age
269	Finlay Barnard	Taverham Sixth Form Centre	CoNAC	Male	U20
	100m Heats JG1				
	Name	School/College	Club	Gender	Age
	Amelie Finnie	Jane Austen college		Female	U15
6		Wymondham College		Female	U15
	Ava Shannon	Norwich School	0.110	Female	U15
	Darcie Holmes	Hethersett Academy	CoNAC	Female	U15
	Eleana Osifo-Doe	Notre dame high school	O. NIAO	Female	U15
20	Ellie Warman	Reepham High School	CoNAC	Female	U15
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	100m Heats JG2	Cahaal/Callaga	Club	Condo	Λ σ: σ
20	Name	School/College	Club	Gender	Age
	Hetty Bunkle	Dereham Neatherd High Scho	טטנ	Female	U15
	Jaseni Araujo	Jane Austen College		Female	U15
30	Katie Johnson	Wayland academy		Female	U15

Lola Hopkins Gresham's Female U18 Molly Martin Town Close School Female U18 100m Heats JG3 Name School/College Club Gender Age Mia Brackenbury Thorpe St Andrews CoNAC Female U18 Mirabel Ali Jane Austen college Female U18 Myley Gilboy Springwood WNAC Female U18 Rebecca Johnson King Edward Vii Academy WNAC Female U18 Saanvi Rao Jane Austen college Female U18 Tara Cummings Reepham High School CoNAC Female U18 100m Heats JB1 Name School/College Club Gender Age Corben Pollard Cliff park Ormiston acadamy Great Yarmo Male U18 Henry Dye Langley senior school Male U18 Jacob Hughes Jane Austen College Male U18 James Gale Town Close School Male U18 100m Heats JB2 Name School/College Club Gender Age Male U18 James Stonehouse Norwich School Male U18 James Stonehouse Norwich School Male U18 James Stonehouse Norwich School Male U18 James Ochard Dereham Northgate High Sch Dereham Rui Male U18 Johnnie Olusanya Gresham's Male U18 Joshua Rumsby Thorpe St Andrew High Schoo CoNAC Male U18 Jubril Bello Jane Austin College Male U18						
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Molly Martin	36	Lola Hopkins			Female	U18
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Johnnie Olusanya Gresham's Male U19 Joshua Rumsby Thorpe St Andrew High Schoo CoNAC Male U19 Jubril Bello Jane Austin College Male U19 Lewis Chambers Wymondham College City of Norwi Male U19 100m Heats JB3 Name School/College Club Gender Age Oliver Gayton King Edward VII School West Norfolk Male U19 Robert Nicholls Jane Austen College Male U19 Roland Watson Gresham's Male U19 Stanley Underwood Dereham Neatherd High Sch Dereham Rum Male U19 Zain Fassihi Langley Prep School Male U19 100m Heats IG1 Name School/College Club Gender Age Abigail Bransgrove St Clements High Female U19 Amy Fielding Flegg High GYDAC Female U19 Bethany Rumsby Thorpe St Andrew High School Female U19 Shirley Yung Norwich School Ryston Runn Female U19 Ella Goldring Alderman Peel High School Female U19 Ellie Thwaites Norwich School Female U19				Dereham Rui		
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Lewis Chambers Wymondham College City of Norwi Male U19 100m Heats JB3 Name School/College Club Gender Agr Oliver Gayton King Edward VII School West Norfolk Male U19 Robert Nicholls Jane Austen College Male U19 Roland Watson Gresham's Male U19 Stanley Underwood Dereham Neatherd High Sch Dereham Rul Male U19 Zain Fassihi Langley Prep School Male U19 100m Heats IG1 Name School/College Club Gender Agr Abigail Bransgrove St Clements High Female U19 Amy Fielding Flegg High GYDAC Female U19 Bethany Rumsby Thorpe St Andrew High School Female U19 Shirley Yung Norwich School Ryston Runni Female U19 Ella Goldring Alderman Peel High School Ryston Runni Female U19 Ellie Thwaites Norwich School Female U19				0010/10		
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Stanley Underwood Dereham Neatherd High Sch Dereham Rui Male U13 Zain Fassihi Langley Prep School Male U13 100m Heats IG1 Club Gender Age Abigail Bransgrove St Clements High Female U13 Amy Fielding Flegg High GYDAC Female U13 Bethany Rumsby Thorpe St Andrew High School Female U13 Shirley Yung Norwich School Ryston Runn Female U13 Ella Goldring Alderman Peel High School Ryston Runn Female U13 Ellie Thwaites Norwich School Female U13	25	Robert Nicholls	Jane Austen College		Male	U1
Zain Fassihi Langley Prep School Male U19 100m Heats IG1 Name School/College Club Gender Age Abigail Bransgrove St Clements High Female U19 Amy Fielding Flegg High GYDAC Female U19 Bethany Rumsby Thorpe St Andrew High School Female U19 Shirley Yung Norwich School Female U19 Ella Goldring Alderman Peel High School Ryston Runne Female U19 Ellie Thwaites Norwich School Female U19	26	Roland Watson	Gresham's		Male	U1
100m Heats IG1 Name School/College Club Gender Age Abigail Bransgrove St Clements High Female U1 Amy Fielding Flegg High GYDAC Female U1 Bethany Rumsby Thorpe St Andrew High School Female U1 Shirley Yung Norwich School Female U1 Ella Goldring Alderman Peel High School Ryston Runne Female U1 Ellie Thwaites Norwich School Female U1	30	Stanley Underwood	Dereham Neatherd High Sch	Dereham Rui	Male	U1
NameSchool/CollegeClubGenderAgenderAbigail BransgroveSt Clements HighFemaleU1Amy FieldingFlegg HighGYDACFemaleU1Bethany RumsbyThorpe St Andrew High SchoolFemaleU1Shirley YungNorwich SchoolFemaleU1Ella GoldringAlderman Peel High SchoolRyston RunnFemaleU1Ellie ThwaitesNorwich SchoolFemaleU1	136	Zain Fassihi	Langley Prep School		Male	U1
Abigail Bransgrove St Clements High Female U1 Amy Fielding Flegg High GYDAC Female U1 Bethany Rumsby Thorpe St Andrew High School Female U1 Shirley Yung Norwich School Female U1 Ella Goldring Alderman Peel High School Ryston Runn Female U1 Ellie Thwaites Norwich School Female U1		1				
Amy Fielding Flegg High GYDAC Female U1 Bethany Rumsby Thorpe St Andrew High School Female U1 Shirley Yung Norwich School Female U1 Ella Goldring Alderman Peel High School Ryston Runn Female U1 Ellie Thwaites Norwich School Female U1		100m Heats IG1				
Bethany RumsbyThorpe St Andrew High SchoolFemaleU1Shirley YungNorwich SchoolFemaleU1Ella GoldringAlderman Peel High SchoolRyston Runni FemaleU1Ellie ThwaitesNorwich SchoolFemaleU1			School/College	Club	Gender	Ag
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Ella Goldring Alderman Peel High School Ryston Runn Female U1 Ellie Thwaites Norwich School Female U1		Name Abigail Bransgrove	St Clements High		Female	U1
Ellie Thwaites Norwich School Female U1	55	Name Abigail Bransgrove Amy Fielding	St Clements High Flegg High	GYDAC	Female Female	U1
	55 59	Name Abigail Bransgrove Amy Fielding Bethany Rumsby	St Clements High Flegg High Thorpe St Andrew High School	GYDAC	Female Female Female	U1 U1 U1
Elsie Holmes Hethersett Academy Female U1	55 59 85	Name Abigail Bransgrove Amy Fielding Bethany Rumsby Shirley Yung	St Clements High Flegg High Thorpe St Andrew High School Norwich School	GYDAC l	Female Female Female Female	U1 U1 U1 U1
	55 59 85 62	Name Abigail Bransgrove Amy Fielding Bethany Rumsby Shirley Yung Ella Goldring	St Clements High Flegg High Thorpe St Andrew High School Norwich School Alderman Peel High School	GYDAC l	Female Female Female Female	U1 U1 U1 U1 U1
	155	Name Abigail Bransgrove Amy Fielding	St Clements High Flegg High	GYDAC	Female Female	

	100m Heats IG2				
	Name	School/College	Club	Gender	Age
176	Lucy Webster	Norwich School	Norwich Sch		U17
	Maizie boylan	Flegg high school	Gydac	Female	U17
183	Poppy Francis	Norwich School		Female	U17
186	Sophia betts	Norwich School		Female	U17
187	Sophia Molineux	Norwich School		Female	U17
188	Tabitha Raby	Jane Austen College		Female	U17
	100m Heats IB1				
	Name	School/College	Club	Gender	Age
200	Alecks Whyte	Lynn Grove Academy	Great Yarmo	Male	U17
202	Alfie Bull	Ormiston Venture Academy	GYDAC	Male	U17
204	Archie Hannent	Framingham Earl High Schoo	CoNAC	Male	U17
213	George Smith	Grest Yarmouth Charter Acad	GYDAC	Male	U17
224	Kalpaj Aryal	Norwich School		Male	U17
	100m Heats IB2				
	Name	School/College	Club	Gender	Age
225	Leon Royle	Wymondham High School	CONAC	Male	U17
232	Micheal Ali	Jane Austen college		Male	U17
235	Oliver McLean	Wymondham High Academy	City of Norwi	Male	U17
236	Olly Bayfield	Norwich School		Male	U17
237	Ronnie Tubby	Ormiston Venture Academy		Male	U17
20,	•				
207	·				
207	400m IB				
	Name	School/College	Club	Gender	Age
215	Name Haydn Docherty	Wymondham College	N/A	Male	U17
215 222	Name Haydn Docherty Jonathan Crowle	Wymondham College Thorpe St Andrew	N/A CONAC	Male Male	U17 U17
215 222 223	Name Haydn Docherty Jonathan Crowle Jude Linstead	Wymondham College Thorpe St Andrew Thorpe St Andrew school and	N/A CONAC	Male Male Male	U17 U17 U17
215 222 223	Name Haydn Docherty Jonathan Crowle	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS	N/A CONAC	Male Male	U17 U17 U17 U17
215 222 223 234	Name Haydn Docherty Jonathan Crowle Jude Linstead	Wymondham College Thorpe St Andrew Thorpe St Andrew school and	N/A CONAC Conac	Male Male Male	U17 U17 U17
215 222 223 234	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS	N/A CONAC Conac	Male Male Male Male	U17 U17 U17 U17
215 222 223 234	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School	N/A CONAC Conac Conac	Male Male Male Male Male	U17 U17 U17 U17 U17
215 222 223 234 240	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College	N/A CONAC Conac Conac	Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age
215 222 223 234 240	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School	N/A CONAC Conac Conac Club City of Norwi	Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20
215 222 223 234 240 265 267	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School	N/A CONAC Conac Conac	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20
215 222 223 234 240 265 267 271	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School	N/A CONAC Conac Conac Club City of Norwi Thetford Athle	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20
215 222 223 234 240 265 267 271 278	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School	N/A CONAC Conac Conac Club City of Norwi Thetford Athle CoNAC	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20
215 222 223 234 240 265 267 271 278	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School	N/A CONAC Conac Conac Club City of Norwi Thetford Athle	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20
215 222 223 234 240 265 267 271 278	Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School	N/A CONAC Conac Conac Club City of Norwi Thetford Athle CoNAC	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20
215 222 223 234 240 265 267 271 278	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School Wymondham College	N/A CONAC Conac Conac Club City of Norwi Thetford Athl CoNAC City of Norwi	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20 U20
215 222 223 234 240 265 267 271 278	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates 100m final - Junior girls Name	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School	N/A CONAC Conac Conac Club City of Norwi Thetford Athle CoNAC	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20
215 222 223 234 240 265 267 271 278	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School Wymondham College	N/A CONAC Conac Conac Club City of Norwi Thetford Athl CoNAC City of Norwi	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20 U20
215 222 223 234 240 265 267 271 278	Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates 100m final - Junior girls Name Fastest 6 qualifiers	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School Wymondham College	N/A CONAC Conac Conac Club City of Norwi Thetford Athl CoNAC City of Norwi	Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20 U20
215 222 223 234 240 265 267 271 278	Name Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates 100m final - Junior girls Name Fastest 6 qualifiers	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Wymondham College School/College	N/A CONAC Conac Conac Club City of Norwi Thetford Athl CoNAC City of Norwi	Male Male Male Male Male Male Gender Male Male Male Male Male Male	U17 U17 U17 U17 Age U20 U20 U20 U20 Age
215 222 223 234 240 265 267 271 278	Haydn Docherty Jonathan Crowle Jude Linstead Mpaji Rose-Brown Theo Hunter 400m SB & SG Name Chad Akili Daniel Clouston Hugo pattison Thomas O'Neill William Scates 100m final - Junior girls Name Fastest 6 qualifiers	Wymondham College Thorpe St Andrew Thorpe St Andrew school and CNS Norwich School School/College Notre Dame High School Thetford Grammar School Norwich School Norwich School Wymondham College	N/A CONAC Conac Conac Club City of Norwi Thetford Athl CoNAC City of Norwi	Male Male Male Male Male Male Gender Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U20 U20 U20 U20

	100m final - Junior boys				
	Name	School/College	Club	Gender	Age
	Fastest 6 qualifiers				
	100m final - Interboys				
	Name	School/College	Club	Gender	Age
	Fastest 6 qualifiers				
	100m final - Seniors				
	Name	School/College	Club	Gender	Age
263	Zara Kirkham	City of Norwich	Conac	Female	U20
253	Evie Patrick	Reepham College	CoNAC	Female	U20
258	Lily Bradley	Sir Isaac Newton 6th form	CONAC	Female	U20
268	Ethan Ellis	Wymondham High Sixth Form	City of Norwi	Male	U20
273	Louis Labonte	East Norfolk Sixth form	GYDAC	Male	U20
276	Oliver Shipp	Norwich School		Male	U20
	400m hurdles				
	Name	School/College	Club	Gender	Age
269	Finlay Barnard	Taverham Sixth Form Centre	Conac	Male	U20
	300m hurdles				
	Name	School/College	Club		Age
	Isla Hibbett	Hethersett Academy	City of Norwi		U17
160	Charlotte Gilding	Framingham Earl High Schoo	CoNAC	Female	U17
	300m heats	0.1	01.1	0	
0	Name	School/College	Club	Gender	
	Adeola Arole	Gresham's	NA/a at Ni a ufalla	Female	
7	Anya Faithorn	Smithdon High School	West Norfolk		U15
	Ava Todd	Ormiston Venture Academy	Great Yarmo		U15
21	Emily Doran	Thorpe St Andrew school and		Female	U15 U15
22		Alysham high school	North Norfoll		U15
25 25	Evie Greenhalf Grace doran	Hobart High School Thorpe St Andrew school and	CONAC	Female Female	U15
25	Grace dorain	Thorpe St Andrew School and	CONAC	геппасе	013
	300m heats				
	Name	School/College	Club	Gender	Age
32	Lexie Heather	Reepham High School	CONAC	Female	U15
	Miriam Moukdad	Jane Austen College	OUMO	Female	U15
47	Saffron Howell	Aylsham high school	North Norfoll		U15
50		Jane Austen College		Female	U15
54		Beeston Hall		Female	U15
5-7	51411			· omato	
	800m - Junior girls				
	Name	School/College	Club	Gender	Age
5	Anastasja Wall	Dereham Neatherd High Sch	ool	Female	U15
-	•				

9	Ava Todd	Ormiston Venture Academy	Great Yarmo	Female	U15
13	Chloe Munn	KES	Ryston Runni	Female	U15
14	Daisy Green	Jane Austen College		Female	U15
18	Ellie Bransgrove	St Clements High		Female	U15
22	Eva Townshend	Alysham high school	North Norfoll	Female	U15
23	Evie Greenhalf	Hobart High School		Female	U15
34	Lily Goddard	Thorpe St Andrew High Schoo	City of Norwi	Female	U15
53	Tessa McNamara	Town Close School		Female	U15
56	Violet Brooke	Long Stratton high school	CONAC	Female	U15
	800m - Inter + Senior				
	girls				
	Name	School/College	Club	Gender	Age
150	Abigail Bransgrove	St Clements High		Female	U17
152	Amber Goddard	Thorpe St Andrew High Schoo	City Of Norw	Female	U17
156	Asha Kandola	Open Academy	City of Norwi	Female	U17
157	Ava Mears	Reepham high school	NNH	Female	U17
158	Beatrice Green	Dereham Neatherd High Sch	Dereham Rui	Female	U17
169	Georgia Shirley	Thorpe St Andrew School	City of Norwi	Female	U17
178	Mary Lefkaditis	Norwich School		Female	U17
181	Olivia Allen	Broadland High Ormiston Aca	North Norfoll	Female	U17
184	Rosie Dickety	Aylsham High School	CoNAC	Female	U17
252	Esme Jonas	Sir Isaac Newton Sixth Form	North Norfoll	Female	U20
260	Millie Adams	Notre Dame Sixth Form	City of Norwi	Female	U20
	800m - Junior boys				
	800m - Junior boys Name	School/College	Club	Gender	Age
72	-		Club West Norfolk		Age U15
	Name Aidan Howard	King Edward VII		Male	-
73	Name Aidan Howard Alfie Sparkes	King Edward VII Wymondham College	West Norfolk CONAC	Male Male	U15
73 92	Name Aidan Howard Alfie Sparkes Harry Woodgett	King Edward VII Wymondham College Dereham Neatherd High Sch	West Norfolk CONAC Dereham Rui	Male Male Male	U15 U15
73 92 98	Name Aidan Howard Alfie Sparkes	King Edward VII Wymondham College Dereham Neatherd High Schol	West Norfolk CONAC	Male Male Male Male	U15 U15 U15
73 92 98 116	Name Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy	West Norfolk CONAC Dereham Rui City of Norwi GYDAC	Male Male Male Male Male	U15 U15 U15 U15
73 92 98 116 118	Name Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton	King Edward VII Wymondham College Dereham Neatherd High Schol City of Norwich School Cliff park ormiston academy King Edward VII School	West Norfolk CONAC Dereham Rui City of Norwi	Male Male Male Male Male Male	U15 U15 U15 U15 U15
73 92 98 116 118 121	Name Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell	King Edward VII Wymondham College Dereham Neatherd High School City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College	West Norfolk CONAC Dereham Rui City of Norwi GYDAC	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129	Name Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli	King Edward VII Wymondham College Dereham Neatherd High Schol City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129 133	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker	King Edward VII Wymondham College Dereham Neatherd High School City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129 133 134	Name Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College	West Norfolk CONAC Dereham Rui City of Norwi GYDAC	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129 133 134	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker	King Edward VII Wymondham College Dereham Neatherd High School City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129 133 134	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129 133 134	Name Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin	King Edward VII Wymondham College Dereham Neatherd High School City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CONAC	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15 U15 U15
73 92 98 116 118 121 129 133 134 135	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CoNAC	Male Male Male Male Male Male Male Male	U15
73 92 98 116 118 121 129 133 134 135	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon	King Edward VII Wymondham College Dereham Neatherd High School City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CONAC Club Waveney Val	Male Male Male Male Male Male Male Male	U15
73 92 98 116 118 121 129 133 134 135	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon Finlay Haynes	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove Wymondham High Academy	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CoNAC Club Waveney Val CoNAC	Male Male Male Male Male Male Male Male	U15
73 92 98 116 118 121 129 133 134 135	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon Finlay Haynes Harvey moore	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove Wymondham High Academy Taverham high school	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CONAC Club Waveney Val	Male Male Male Male Male Male Male Male	U15
73 92 98 116 118 121 129 133 134 135 206 210 214 220	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon Finlay Haynes Harvey moore Jasper Valpied	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove Wymondham High Academy Taverham high school Norwich School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CoNAC Club Waveney Val CoNAC City of norwice	Male Male Male Male Male Male Male Male	U15
73 92 98 116 118 121 129 133 134 135 206 210 214 220 221	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon Finlay Haynes Harvey moore Jasper Valpied Jedd Atkinson	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove Wymondham High Academy Taverham high school Norwich School Reepham High School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CoNAC Club Waveney Val CoNAC City of norwice	Male Male Male Male Male Male Male Male	U15
73 92 98 116 118 121 129 133 134 135 206 210 214 220 221 223	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon Finlay Haynes Harvey moore Jasper Valpied Jedd Atkinson Jude linstead	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove Wymondham High Academy Taverham high school Norwich School Reepham High School Thorpe St Andrew school and	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CoNAC Club Waveney Val CoNAC City of norwice North Norfoll Conac	Male Male Male Male Male Male Male Male	U15 U15 U15 U15 U15 U15 U15 U15 U15 U17 U17 U17 U17 U17
73 92 98 116 118 121 129 133 134 135 206 210 214 220 221 223 226	Aidan Howard Alfie Sparkes Harry Woodgett James Ashton Oliver Alexander Oliver Gayton Oscar Thorell Seb Musitelli Tom Baker Vito Machin Zach Montgomery 800m - Inter boys Name Cameron Wedon Finlay Haynes Harvey moore Jasper Valpied Jedd Atkinson	King Edward VII Wymondham College Dereham Neatherd High Sch City of Norwich School Cliff park ormiston academy King Edward VII School Wymondham College Town Close School Langley School Wymondham College Thorpe St. Andrew School School/College Lynn Grove Wymondham High Academy Taverham high school Norwich School Reepham High School	West Norfolk CONAC Dereham Rui City of Norwi GYDAC West Norfolk CoNAC Club Waveney Val CoNAC City of norwice	Male Male Male Male Male Male Male Male	U15

244	Will Percival	Wymondham High	Conac	Male	U17
277	vviiti Cicivat	vvymonanammign	Oonac	Tiate	0.7
	200m heats				
	Name	School/College	Club	Gender	Age
11	Betty Appleton	Wymondham High School	City of Norwi		U15
	Chloe Munn	KES	Ryston Runni		U15
	Danalyn Duah	WYMONDHAM COLLEGE	.,	Female	U15
20	Ellie Warman	Reepham High School	Conac	Female	U15
		·			
	200m heats				
	Name	School/College	Club	Gender	Age
31	Lexi Ford	Dereham Neatherd High Scho	ool	Female	U15
35	Livia Groombridge	Sprowston High School		Female	U15
	Myley Gilboy	Springwood	WNAC	Female	U15
49	Siena Bullimore	Flegg High	Gydac	Female	U15
57	Zoe Slater	Gresham's		Female	U15
	200m heats				
	Name	School/College	Club	Gender	Age
152	Amber Goddard	Thorpe St Andrew High Schoo	City Of Norw	Female	U17
159	Bethany Rumsby	Thorpe St Andrew High Schoo	l	Female	U17
162	Ella Goldring	Alderman Peel High School	Ryston Runne	Female	U17
170	Heidi Noakes	Norwich School		Female	U17
	200m heats				
	Name	School/College	Club		Age
	Name Lillian Manson	Reepham High school	City of Norwi	Female	U17
177	Name Lillian Manson Maizie Boylan	Reepham High school Flegg high school		Female Female	U17 U17
177 183	Name Lillian Manson Maizie Boylan Poppy Francis	Reepham High school Flegg high school Norwich School	City of Norwi	Female Female	U17 U17 U17
177 183	Name Lillian Manson Maizie Boylan	Reepham High school Flegg high school	City of Norwi	Female Female	U17 U17 U17
177 183	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux	Reepham High school Flegg high school Norwich School	City of Norwi	Female Female	U17 U17 U17
177 183	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats	Reepham High school Flegg high school Norwich School Norwich School	City of Norwi Gydac	Female Female Female	U17 U17 U17 U17
177 183 187	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name	Reepham High school Flegg high school Norwich School Norwich School School/College	City of Norwi Gydac Club	Female Female Female Gender	U17 U17 U17 U17 Age
177 183 187 70	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college	City of Norwi Gydac	Female Female Female Gender Male	U17 U17 U17 U17 Age U15
177 183 187 70 71	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College	City of Norwi Gydac Club	Female Female Female Gender Male Male	U17 U17 U17 U17 Age U15 U15
177 183 187 70 71 77	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School	City of Norwi Gydac Club	Female Female Female Gender Male Male Male	U17 U17 U17 U17 U17 Age U15 U15
177 183 187 70 71 77 79	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School	City of Norwi Gydac Club Conac	Female Female Female Gender Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15
177 183 187 70 71 77 79 80	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy	City of Norwi Gydac Club	Female Female Female Gender Male Male Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15 U15
177 183 187 70 71 77 79	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy	City of Norwi Gydac Club Conac	Female Female Female Gender Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15
177 183 187 70 71 77 79 80	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy	City of Norwi Gydac Club Conac	Female Female Female Gender Male Male Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15 U15
177 183 187 70 71 77 79 80	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior	City of Norwi Gydac Club Conac Great Yarmo	Female Female Female Female Gender Male Male Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15 U15 U15
177 183 187 70 71 77 79 80 86	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou 200m heats Name	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior School/College	Club Creat Yarmo Club	Female Female Female Female Gender Male Male Male Male Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15 U15 U15
177 183 187 70 71 77 79 80 86	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou 200m heats Name Harry Sayer	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior School/College Hellesdon High School	City of Norwi Gydac Club Conac Great Yarmo	Female Female Female Female Gender Male Male Male Male Male Male Male Male	U17 U17 U17 U17 Age U15 U15 U15 U15 U15 U15
177 183 187 70 71 77 79 80 86	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou 200m heats Name Harry Sayer Harry Croft	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior School/College Hellesdon High School Norwich School	Club Creat Yarmo Club	Female Female Female Female Gender Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U15 U15 U15 U15 U15 U15 U15
177 183 187 70 71 77 79 80 86 91 89 97	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou 200m heats Name Harry Sayer Harry Croft Jacob Hughes	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior School/College Hellesdon High School Norwich School Jane Austen College	Club Conac Great Yarmo Club City of Norwi	Female Female Female Female Gender Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U15 U15 U15 U15 U15 U15 U15 U15
177 183 187 70 71 77 79 80 86 91 89 97 110	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou 200m heats Name Harry Sayer Harry Croft Jacob Hughes Lewis Chambers	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior School/College Hellesdon High School Norwich School Jane Austen College Wymondham College	Club Creat Yarmo Club	Female Female Female Female Gender Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U15 U15 U15 U15 U15 U15 U15 U15
177 183 187 70 71 77 79 80 86 91 89 97	Name Lillian Manson Maizie Boylan Poppy Francis Sophia Molineux 200m heats Name Aamil Ganiyu Abhinav karthik Mariya Ben Lowe Bertie Beck Corben Pollard Gabriel Papathanasiou 200m heats Name Harry Sayer Harry Croft Jacob Hughes Lewis Chambers	Reepham High school Flegg high school Norwich School Norwich School School/College Wymondham college Jane Austen College Norwich School Beeston Hall School Cliff park Ormiston acadamy Langley senior School/College Hellesdon High School Norwich School Jane Austen College	Club Conac Great Yarmo Club City of Norwi	Female Female Female Female Gender Male Male Male Male Male Male Male Male	U17 U17 U17 U17 U17 Age U15 U15 U15 U15 U15 U15 U15 U15

Allecks Whyte Lynn Grove Academy Great Yarmo Male U17		200m heats				
1222 Reggie Seymour		Name	School/College	Club	Gender	Age
126	113	Matthew Christophi	Gresham's		Male	U15
Stanley Underwood Dereham Neatherd High Sch Dereham Ru Male U15	122	Reggie Seymour	Cromer Academy		Male	U15
200m heats	126	Roland Watson	Gresham's		Male	U15
Name	130	Stanley Underwood	Dereham Neatherd High Sch	Dereham Rui	Male	U15
Name	136	Zain Fassihi	Langley Prep School		Male	U15
Name						
Allecks Whyte Lynn Grove Academy Great Yarmo Male U17 Alfie Bull Ormiston Venture Academy GYDAC Male U17 Alfie Bull U18 Alfie		200m heats				
Alfie Bult		Name	School/College	Club	Gender	Age
219 Jack Waring	200	Alecks Whyte	Lynn Grove Academy	Great Yarmo	Male	U17
222 Jonathan Crowle	202	Alfie Bull	Ormiston Venture Academy	GYDAC	Male	U17
Male U17	219	JackWaring	Norwich School	Norwich Sch	Male	U17
200m heats Name	222	Jonathan Crowle	Thorpe St Andrew	CONAC	Male	U17
Name School/College Club Gender Age	224	Kalpaj Aryal	Norwich School		Male	U17
Name School/College Club Gender Age						
Leon Royle Wymondham High School CONAC Male U17		200m heats				
Levite Oyelakin Norwich School Male U17 229 Marcus Wood Reepham high school Male U17 236 Olly Bayfield Norwich School Male U17 1500m steeplechase Name School/College Club Gender Age 1550m Same School/College Club Gender Age 1550m School/College Club Gender Age 1550m Age Name Northgate High Sch Dereham Rum Male U15 1550m School/College Male U15 1550m School/College Female U17 1550m Jane Austen College Female U17 1550m Jane Austen College Female U17 1550m Junior girls Name School/College Club Gender Age		Name	School/College	Club	Gender	Age
Marcus Wood Reepham high school Male U17	225	Leon Royle	Wymondham High School	CONAC	Male	U17
Olly Bayfield Norwich School Male U17 1500m steeplechase Name School/College Club Gender Age 1500m steeplechase School/College Club Gender Age 1500m steeplechase Name School/College Club Gender Age Name School/College Club Gender Age 201 Alfie Bone Lynn Grove Academy Waveney Val Male U17 300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Ru Male U15 114 Max Allen Wymondham College Male U15 125 Robert Nicholls Jane Austen College Male U15 126 Tabitha Raby Jane Austen College Female U17 1500m - Junior girls Name School/College Club Gender Age 1500m - Junior girls Name School/College Club Gender Age 1500m - Junior girls Name School/College Club Gender Age	227	Levite Oyelakin	Norwich School		Male	U17
1500m steeplechase Name School/College Club Gender Age Isabella Williams City of Norwich School City of Norwi Female U20 1500m steeplechase Name School/College Club Gender Age Alfie Bone Lynn Grove Academy Waveney Val Male U17 300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age Club Gender Age Winare of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age To Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rul Male U15 Robert Nicholls Jane Austen College Male U15 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	229	Marcus Wood	Reepham high school		Male	U17
Name School/College Club Gender Age	236	Olly Bayfield	Norwich School		Male	U17
Name School/College Club Gender Age						
Isabella Williams		1500m steeplechase				
1500m steeplechase Name School/College Club Gender Age Alfie Bone Lynn Grove Academy Waveney Val Male U17 300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age Club Gender Age Club Gender Age U15 Age To Aamil Ganiyu Wymondham college Conac Male U15 Max Allen Wymondham College Male U15 Robert Nicholls Jane Austen College Male U15 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age		Name	School/College	Club	Gender	Age
Name School/College Club Gender Age Alfie Bone Lynn Grove Academy Waveney Val Male U17 300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age Wymondham college Club Gender Age Aamil Ganiyu Wymondham college Conac Male U15 Jameson Chard Dereham Northgate High Sch Dereham Rul Male U15 Max Allen Wymondham College Male U15 Robert Nicholls Jane Austen College Male U15 Tabitha Raby Jane Austen College Female U17 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	256	Isabella Williams	City of Norwich School	City of Norwi	Female	U20
Name School/College Club Gender Age Alfie Bone Lynn Grove Academy Waveney Val Male U17 300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age Wymondham college Club Gender Age Aamil Ganiyu Wymondham college Conac Male U15 Jameson Chard Dereham Northgate High Sch Dereham Rul Male U15 Max Allen Wymondham College Male U15 Robert Nicholls Jane Austen College Male U15 Tabitha Raby Jane Austen College Female U17 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age						
Alfie Bone Lynn Grove Academy Waveney Val Male U17 300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rui Male U15 114 Max Allen Wymondham College Male U15 Robert Nicholls Jane Austen College Male U15 125 Robert Nicholls Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age						
300m final - Junior girls Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rul Male U15 Robert Nicholls Jane Austen College Male U15 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age						
Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rul Max Allen Wymondham College Male U15 125 Robert Nicholls Jane Austen College Robert Nicholls Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	201	Alfie Bone	Lynn Grove Academy	Waveney Val	Male	U17
Name School/College Club Gender Age Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rul Max Allen Wymondham College Male U15 125 Robert Nicholls Jane Austen College Robert Nicholls Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age						
NameSchool/CollegeClubGenderAgeWinner of each heat plus 6 fastest losers						
Winner of each heat plus 6 fastest losers 300m final Name School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rul Male U15 114 Max Allen Wymondham College Male U15 Robert Nicholls Jane Austen College Male U15 188 Tabitha Raby Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age			School/College	Club	Gender	Age
plus 6 fastest losers 300m final Name School/College Club Gender Age Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rui Male U15 114 Max Allen Wymondham College Male U15 Robert Nicholls Jane Austen College Male U15 188 Tabitha Raby Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age						7.50
300m final School/College Club Gender Age 70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Rul Male U15 114 Max Allen Wymondham College Male U15 125 Robert Nicholls Jane Austen College Male U15 188 Tabitha Raby Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls						
Name School/College Club Gender Age Aamil Ganiyu Wymondham college Conac Male U15 U15 U14 Max Allen Wymondham College Male U15 U15 Robert Nicholls Jane Austen College Male U15 Tabitha Raby Jane Austen College Female U17 U17 U15 Amy Fielding Flegg High GYDAC Female U17 U17 U15 U17 U17 U15 College Club Gender Age						
70 Aamil Ganiyu Wymondham college Conac Male U15 102 Jameson Chard Dereham Northgate High Sch Dereham Ru Male U15 114 Max Allen Wymondham College Male U15 125 Robert Nicholls Jane Austen College Male U15 188 Tabitha Raby Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age		300m final				
102Jameson ChardDereham Northgate High Sch Dereham Rul MaleU15114Max AllenWymondham CollegeMaleU15125Robert NichollsJane Austen CollegeMaleU15188Tabitha RabyJane Austen CollegeFemaleU17155Amy FieldingFlegg HighGYDACFemaleU171500m - Junior girlsNameSchool/CollegeClubGenderAge		Name	School/College	Club	Gender	Age
114 Max Allen Wymondham College Male U15 125 Robert Nicholls Jane Austen College Male U15 188 Tabitha Raby Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	70	Aamil Ganiyu	Wymondham college	Conac	Male	U15
125 Robert Nicholls Jane Austen College Male U15 188 Tabitha Raby Jane Austen College Female U17 155 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	102	Jameson Chard	Dereham Northgate High Sch	Dereham Rui	Male	U15
Tabitha Raby Jane Austen College Female U17 Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	114	Max Allen	Wymondham College		Male	U15
Amy Fielding Flegg High GYDAC Female U17 1500m - Junior girls Name School/College Club Gender Age	125	Robert Nicholls	Jane Austen College		Male	U15
1500m - Junior girls Name School/College Club Gender Age	188	Tabitha Raby	Jane Austen College		Female	U17
Name School/College Club Gender Age	155	Amy Fielding	Flegg High	GYDAC	Female	U17
Name School/College Club Gender Age						
		1500m - Junior girls				
3 Alice Thompson Read Aylsham High School North Norfoll Female U15		Name	School/College	Club	Gender	Age
	3	Alice Thompson Read	Aylsham High School	North Norfoll	Female	U15

	24	Faith Turner	Smithdon High School	West Norfolk	Famala	U15
Lexie Heather Reepham High School CONAC Female U15			<u>-</u>			
150						
Niamh Meauley				CONAC		
Summer Adocock Dereham Neatherd High School Female U15		- J	·			
Trixie Brun Beeston Hall Female U15		•		201		
1500m - Inter + senior girls Name School/College Club Gender Age 154 Amelie Ivie Norwich School Female U17 165 Eloise Edridge Aylsham High school North Norfolk Female U17 166 Evie Clayton Litcham High School Georgia Shirley Thorpe St Andrew School City of Norwi Female U17 175 Lottie Hood Gresham's Female U17 180 Minnie Andrews Norwich School Female U17 180 Bea Wells Norwich School Female U17 180 Bea Wells Norwich School Female U17 180 Bea Wells Norwich School Female U17 181 Bea Wells Norwich School Female U17 182 Bea Wells Norwich School Female U17 183 Bea Wells Norwich School Female U17 184 Bet Latter-Casas Norwich School Female U17 Bea Wells School/College Club Gender Age Bea Wells Bea Wells School/College Club Gender Age Bea Wells Be	_			סנ		
Name	54	THIXIE DI UII	beeston Hatt		геппаце	015
Name		1500m - Inter L senior				
Name						
Female F			School/College	Club	Gender	Age
160 Eva Eccles	154	Amelie Ivie	Norwich School		Female	U17
168 Evie Clayton	164	Eloise Edridge	Aylsham High school	North Norfoll	Female	U17
160 Georgia Shirley Thorpe St Andrew School City of Norwi Female U17 175 Lottie Hood Gresham's Female U17 180 Minnie Andrews Norwich School Female U17 180 Mane School/College Club Gender Age 181 Ed Latter-Casas Norwich School Male U15 182 Ethan Ward St Clement's High West Norfolk Male U15 183 Finley Winship Langley Prep School Conac Male U15 184 Ethan Ward St Clement's High West Norfolk Male U15 185 Finley Winship Langley Prep School Conac Male U15 186 Jack Meltor Gresham's Male U15 187 John Whitefoot Thorpe St. Andrew School North Norfolk Male U15 188 John Whitefoot Thorpe St. Andrew School North Norfolk Male U15 189 Jack Meltor Gresham's Male U15 180 John Whitefoot Thorpe St. Andrew School North Norfolk Male U15 181 Luca Ciarleglio Cromer academy Male U15 181 Juca Ciarleglio Cromer academy Male U15 182 Reggie Seymour Cromer Academy Male U15 183 Thomas Murray Alderman Peel High School Norwich Roa Male U15 184 Riley Cozens Langley School St Edmunds F Male U15 185 Jack Pearon Male U17 186 Charlie Frammingham Alderman Peel High School, West Norfolk Male U17 186 Charlie Frammingham Alderman Peel High School, West Norfolk Male U17 187 Jack Browne CNS CoNAC Male U17 188 Jack Peacock Norwich School North Norfol Male U17 189 Milo Debbage Broadland High School North Norfol Male U17	167	Eva Eccles	Hethersett academy	Bure Valley H	Female	U17
175 Lottie Hood Gresham's Female U17 180 Minnie Andrews Norwich School Female U17 250 Bea Wells Norwich School Female U20 1500m - Junior boys Name School/College Club Gender Age 161 Ed Latter-Casas Norwich School Male U15 184 Ethan Ward St Clement's High West Norfolk Male U15 185 Finley Winship Langley Prep School Conac Male U15 186 Jack Mellor Gresham's Male U15 187 John Whitefoot Thorpe St. Andrew School North Norfol Male U15 188 John Whitefoot Thorpe St. Andrew School North Norfol Male U15 189 Jack Mellor Gresham's Male U15 180 John Whitefoot Thorpe St. Andrew School North Norfol Male U15 181 Luca Ciarleglio Cromer academy Male U15 181 Max Buckingham Gresham's Male U15 181 Cliver Boyce Taverham High School Norwich Roa Male U15 182 Reggie Seymour Cromer Academy Male U15 183 Thomas Murray Alderman Peel High School West Norfolk Male U15 184 Charlie Frammingham Alderman Peel High School West Norfolk Male U15 185 Charlie Frammingham Alderman Peel High School, West Norfolk Male U17 186 Charlie Perry Thorpe St Andrew Conac Male U17 186 Charlie Perry Thorpe St Andrew Conac Male U17 187 Jack Browne CNS CoNAC Male U17 188 Jack Peacock Norwich School Male U17 189 Jack Peacock Norwich School Male U17 180 Michael Clark Wymondham College CONAC Male U17	168	Evie Clayton	Litcham High School	West Norfolk	Female	U17
Total Lottie Hood Gresham's Female U17	169	Georgia Shirley	Thorpe St Andrew School	City of Norwi	Female	U17
Bea Wells Norwich School Female U20			Gresham's	-	Female	U17
1500m - Junior boys Name School/College Club Gender Age	180	Minnie Andrews	Norwich School		Female	U17
NameSchool/CollegeClubGenderAge81Ed Latter-CasasNorwich SchoolMaleU1584Ethan WardSt Clement's HighWest Norfolk MaleU1585Finley WinshipLangley Prep SchoolConacMaleU1590Harry DoranLynn Grove AcademyGYDACMaleU1596Jack MellorGresham'sMaleU15103John WhitefootThorpe St. Andrew SchoolMorth Norfoll MaleU15106Joshua TinsdaleSheringham high schoolNorth Norfoll MaleU15111Luca CiarleglioCromer academyMaleU15115Max BuckinghamGresham'sMaleU15117Oliver BoyceTaverham High SchoolNorwich RoaMaleU15122Reggie SeymourCromer AcademyMaleU15132Thomas MurrayAlderman Peel High SchoolWest Norfolk MaleU15132Thomas MurrayAlderman Peel High SchoolWest Norfolk MaleU151500m - Inter boysNameSchool/CollegeClubGenderAge205Billy EcclesHethersett academyBure Valley HMaleU17208Charlie FramminghamAlderman Peel High School, V West Norfolk MaleU17210Charlie PerryThorpe St AndrewConacMaleU17211Fletcher JamesNotre Dame High SchoolNorwich Sch MaleU17212Fletcher JamesNotr	250	Bea Wells	Norwich School		Female	U20
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90 Harry Doran Lynn Grove Academy GYDAC Male U15 96 Jack Mellor Gresham's Male U15 103 John Whitefoot Thorpe St. Andrew School Male U15 106 Joshua Tinsdale Sheringham high school North Norfoll Male U15 111 Luca Ciarleglio Cromer academy Male U15 115 Max Buckingham Gresham's Male U15 116 Oliver Boyce Taverham High School Norwich Roa Male U15 117 Oliver Boyce Taverham High School Norwich Roa Male U15 118 Reggie Seymour Cromer Academy Male U15 119 Thomas Murray Alderman Peel High School West Norfolk Male U15 130 Thomas Murray Alderman Peel High School West Norfolk Male U15 1500m - Inter boys Name School/College Club Gender Age 150 Billy Eccles Hethersett academy Bure Valley H Male U17 150 Chartie Frammingham Alderman Peel High School, West Norfolk Male U17 101 Chartie Perry Thorpe St Andrew Conac Male U17 110 Chartie Perry Thorpe St Andrew Conac Male U17 111 Finn Kaiser Norwich School Norwich Sch Male U17 112 Fletcher James Notre Dame High School CONAC Male U17 113 Jack Browne CNS CONAC Male U17 114 Jack Browne CNS CONAC Male U17 115 Jack Peacock Norwich School North Norfoll Male U17 116 Michael Clark Wymondham College CONAC Male U17 117 Michael Clark Wymondham College CONAC Male U17	84	Ethan Ward	St Clement's High	West Norfolk	Male	U15
96 Jack Mellor Gresham's Male U15 103 John Whitefoot Thorpe St. Andrew School Male U15 106 Joshua Tinsdale Sheringham high school North Norfoll Male U15 111 Luca Ciarleglio Cromer academy Male U15 115 Max Buckingham Gresham's Male U15 117 Oliver Boyce Taverham High School Norwich Roa Male U15 118 Reggie Seymour Cromer Academy Male U15 129 Reggie Seymour Cromer Academy Male U15 130 Thomas Murray Alderman Peel High School West Norfolk Male U15 131 Thomas Murray Alderman Peel High School West Norfolk Male U15 132 Thomas Murray Alderman Peel High School West Norfolk Male U15 133 Thomas Murray Norwich School West Norfolk Male U17 140 Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 150 Charlie Perry Thorpe St Andrew Conac Male U17 151 Finn Kaiser Norwich School Norwich Sch Male U17 152 Fletcher James Notre Dame High School CONAC Male U17 153 Jack Browne CNS CONAC Male U17 154 Jack Peacock Norwich School Male U17 155 Milo Debbage Broadland High School North Norfoll Male U17 155 Male U17 156 Milo Debbage Broadland High School North Norfoll Male U17	85	Finley Winship	Langley Prep School	Conac	Male	U15
John Whitefoot Thorpe St. Andrew School Male U15 Joshua Tinsdale Sheringham high school North Norfoll Male U15 Luca Ciarleglio Cromer academy Male U15 Max Buckingham Gresham's Male U15 Oliver Boyce Taverham High School Norwich Roa Male U15 Reggie Seymour Cromer Academy Male U15 Reggie Seymour Cromer Academy Male U15 Riley Cozens Langley School St Edmunds Male U15 Thomas Murray Alderman Peel High School West Norfolk Male U15 Thomas Murray Alderman Peel High School West Norfolk Male U15 1500m - Inter boys Name School/College Club Gender Age Billy Eccles Hethersett academy Bure Valley H Male U17 Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 Charlie Perry Thorpe St Andrew Conac Male U17 Charlie Perry Thorpe St Andrew Conac Male U17 Finn Kaiser Norwich School Norwich Sch Male U17 Letcher James Notre Dame High School CONAC Male U17 Jack Browne CNS CoNAC Male U17 Jack Browne CNS CoNAC Male U17 Michael Clark Wymondham College CONAC Male U17 Michael Clark Wymondham College CONAC Male U17 Milo Debbage Broadland High School North Norfol Male U17	90	Harry Doran	Lynn Grove Academy	GYDAC	Male	U15
Joshua Tinsdale Sheringham high school North Norfoll Male U15 Luca Ciarleglio Cromer academy Male U15 Max Buckingham Gresham's Male U15 117 Oliver Boyce Taverham High School Norwich Roa Male U15 122 Reggie Seymour Cromer Academy Male U15 124 Riley Cozens Langley School St Edmunds F Male U15 132 Thomas Murray Alderman Peel High School West Norfolk Male U15 132 Thomas Murray Alderman Peel High School West Norfolk Male U15 130 Thomas Murray Alderman Peel High School West Norfolk Male U17 1500m - Inter boys Billy Eccles Hethersett academy Bure Valley F Male U17 208 Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 209 Charlie Perry Thorpe St Andrew Conac Male U17 211 Finn Kaiser Norwich School Norwich Sch Male U17 212 Fletcher James Notre Dame High School CONAC Male U17 213 Henry Ashton City of Norwich School City of Norwi Male U17 214 Jack Browne CNS CoNAC Male U17 215 Jack Peacock Norwich School Male U17 216 Michael Clark Wymondham College CONAC Male U17 217 Michael Clark Wymondham College CONAC Male U17 218 Milo Debbage Broadland High School North Norfoll Male U17	96	Jack Mellor	Gresham's		Male	U15
111 Luca Ciarleglio Cromer academy Male U15 115 Max Buckingham Gresham's Male U15 117 Oliver Boyce Taverham High School Norwich Roa Male U15 122 Reggie Seymour Cromer Academy Male U15 124 Riley Cozens Langley School St Edmunds F Male U15 132 Thomas Murray Alderman Peel High School West Norfolk Male U15 132 Thomas Murray Alderman Peel High School West Norfolk Male U15 14 Riley Cozens Langley School St Edmunds F Male U15 15 Thomas Murray Alderman Peel High School West Norfolk Male U15 16 Charlie Frammingham Alderman Peel High School, West Norfolk Male U17 17 Charlie Frammingham Alderman Peel High School, West Norfolk Male U17 18 Finn Kaiser Norwich School Norwich Sch Male U17 19 Fletcher James Notre Dame High School CONAC Male U17 19 Fletcher James Notre Dame High School CONAC Male U17 19 Jack Browne CNS CoNAC Male U17 19 Jack Peacock Norwich School Male U17 19 Michael Clark Wymondham College CONAC Male U17 19 Milo Debbage Broadland High School North Norfoll Male U17	103	John Whitefoot	Thorpe St. Andrew School		Male	U15
Max Buckingham Gresham's Male U15	106	Joshua Tinsdale	Sheringham high school	North Norfoll	Male	U15
117 Oliver Boyce Taverham High School Norwich Roa Male U15 122 Reggie Seymour Cromer Academy Male U15 124 Riley Cozens Langley School St Edmunds F Male U15 132 Thomas Murray Alderman Peel High School West Norfolk Male U15 134 Thomas Murray Alderman Peel High School West Norfolk Male U15 1500m - Inter boys Name School/College Club Gender Age 1500m - Inter boys Bure Valley H Male U17 1500m - Inter boys Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 1500m - Inter boys Norwich School, V West Norfolk Male U17 1500m - Inter boys Club Gender Age 1500m - Inter boys West Norfolk Male U17 1500m - Inter boys Club Gender Age 1500m - Inter boys West Norfolk Male U17 1500m - Inter boys Club Gender Age 1500m - Inter boys West Norfolk Male U17 1500m - Inter boys Club Gender Age 1500m - Inter boys West Norfolk Male U17 1709 Charlie Perry Thorpe St Andrew Conac Male U17 1710 Charlie Perry Thorpe St Andrew Conac Male U17 1711 Finn Kaiser Norwich School City of Norwi Male U17 1712 Fletcher James Notre Dame High School Conac Male U17 1713 Jack Browne CNS Conac Male U17 1714 Jack Browne CNS Conac Male U17 1715 Jack Peacock Norwich School Male U17 1716 Michael Clark Wymondham College CONAC Male U17 1717 Milo Debbage Broadland High School North Norfol Male U17	111	Luca Ciarleglio	Cromer academy		Male	U15
Reggie Seymour Cromer Academy Male U15 Riley Cozens Langley School St Edmunds F Male U15 Thomas Murray Alderman Peel High School West Norfolk Male U15 1500m - Inter boys Name School/College Club Gender Age Billy Eccles Hethersett academy Bure Valley H Male U17 Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 Charlie Perry Thorpe St Andrew Conac Male U17 Charlie Perry Thorpe St Andrew Conac Male U17 Finn Kaiser Norwich School Norwich Sch Male U17 Fletcher James Notre Dame High School CONAC Male U17 Henry Ashton City of Norwich School City of Norwi Male U17 Jack Browne CNS CoNAC Male U17 Jack Browne CNS CONAC Male U17 Michael Clark Wymondham College CONAC Male U17 Michael Clark Wymondham College CONAC Male U17 Milo Debbage Broadland High School North Norfoll Male U17	115	Max Buckingham	Gresham's		Male	U15
Riley Cozens Langley School St Edmunds F Male U15 Thomas Murray Alderman Peel High School West Norfolk Male U15 1500m - Inter boys Club Gender Age Billy Eccles Hethersett academy Bure Valley F Male U17 208 Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 209 Charlie Perry Thorpe St Andrew Conac Male U17 211 Finn Kaiser Norwich School Norwich Sch Male U17 212 Fletcher James Notre Dame High School CONAC Male U17 213 Henry Ashton City of Norwich School City of Norwi Male U17 214 Jack Browne CNS CONAC Male U17 215 Jack Peacock Norwich School Male U17 216 Michael Clark Wymondham College CONAC Male U17 217 Michael Clark Wymondham College CONAC Male U17 218 Milo Debbage Broadland High School North Norfoll Male U17	117	Oliver Boyce	Taverham High School	Norwich Roa	Male	U15
Thomas Murray Alderman Peel High School Name School/College Club Gender Age 205 Billy Eccles Hethersett academy Charlie Frammingham Alderman Peel High School, V West Norfolk Male U17 209 Charlie Perry Thorpe St Andrew Conac Male U17 211 Finn Kaiser Norwich School Norwich Sch Male U17 212 Fletcher James Notre Dame High School CONAC Male U17 216 Henry Ashton City of Norwich School City of Norwi Male U17 217 Jack Browne CNS CONAC Male U17 218 Jack Peacock Norwich School Michael Clark Wymondham College CONAC Male U17 233 Milo Debbage Broadland High School North Norfoll Male U17	122	Reggie Seymour	Cromer Academy		Male	U15
1500m - Inter boys Name School/College Club Gender Age	124	Riley Cozens	Langley School	St Edmunds F	Male	U15
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Charlie Perry Thorpe St Andrew Conac Male U17 Finn Kaiser Norwich School Norwich Sch Male U17 Fletcher James Notre Dame High School CONAC Male U17 Henry Ashton City of Norwich School City of Norwi Male U17 Jack Browne CNS CoNAC Male U17 Jack Peacock Norwich School Male U17 Michael Clark Wymondham College CONAC Male U17 Milo Debbage Broadland High School North Norfoll Male U17	205	Billy Eccles	Hethersett academy	Bure Valley H	Male	U17
Finn Kaiser Norwich School Norwich Sch Male U17 Fletcher James Notre Dame High School CONAC Male U17 Henry Ashton City of Norwich School City of Norwi Male U17 Jack Browne CNS CoNAC Male U17 Jack Peacock Norwich School Male U17 Michael Clark Wymondham College CONAC Male U17 Milo Debbage Broadland High School North Norfoll Male U17	208	Charlie Frammingham	Alderman Peel High School, V	West Norfolk	Male	U17
Fletcher James Notre Dame High School CONAC Male U17 Henry Ashton City of Norwich School City of Norwi Male U17 Jack Browne CNS CoNAC Male U17 Jack Peacock Norwich School Male U17 Michael Clark Wymondham College CONAC Male U17 Milo Debbage Broadland High School North Norfoll Male U17	209	Charlie Perry	Thorpe St Andrew	Conac	Male	U17
216 Henry Ashton City of Norwich School City of Norwi Male U17 217 Jack Browne CNS CoNAC Male U17 218 Jack Peacock Norwich School Male U17 231 Michael Clark Wymondham College CONAC Male U17 233 Milo Debbage Broadland High School North Norfoll Male U17	211	Finn Kaiser	Norwich School	Norwich Sch	Male	
217 Jack Browne CNS CoNAC Male U17 218 Jack Peacock Norwich School Male U17 231 Michael Clark Wymondham College CONAC Male U17 233 Milo Debbage Broadland High School North Norfoll Male U17	212	Fletcher James	Notre Dame High School	CONAC	Male	
218Jack PeacockNorwich SchoolMaleU17231Michael ClarkWymondham CollegeCONACMaleU17233Milo DebbageBroadland High SchoolNorth Norfoll MaleU17	216	Henry Ashton	City of Norwich School	City of Norwi	Male	U17
231 Michael Clark Wymondham College CONAC Male U17 233 Milo Debbage Broadland High School North Norfoll Male U17	217	Jack Browne	CNS	CoNAC	Male	U17
233 Milo Debbage Broadland High School North Norfoll Male U17	218	Jack Peacock	Norwich School		Male	U17
<u> </u>	231	Michael Clark	Wymondham College	CONAC	Male	U17
238 Seth Burch Broadland Ormiston academ City of Norwi Male U17	233	Milo Debbage	Broadland High School	North Norfoll	Male	U17
	238	Seth Burch	Broadland Ormiston academ	City of Norwi	Male	U17

	1500m - Senior boys				
	Name	School/College	Club	Gender	Age
281	Zachary Dunne	Notre Dame High School	City of Norwi	Male	U20
266	Corben Reynolds	Sir Isaac Newton East	Great Yarmo	Male	U20
265	Chad Akili	Notre Dame High School	City of Norwi	Male	U20
279	Tim Bongaerts	City of Norwich School	CoNAC	Male	U20
271	Hugo pattison	Norwich School		Male	U20
	200m final - Junior				
	girls	0-b1/0-ll	Ol- de	0	A
	Name	School/College	Club	Gender	Age
	Winner of each heat plus	s fastest 4			
	000m final Intermite				
	200m final - Inter girls Name	Sahaal/Callama	Clark	Candan	A
		School/College	Club	Gender	Age
	Winner of each heat plus	s fastest 4			
	200m final - Junior				
	boys				
	Name	School/College	Club	Gender	Age
	Winner of each heat plus	s fastest 4			
	200m final - Inter boys				
	Name	School/College	Club	Gender	Age
	Winner of each heat plus	s fastest 4			
	200m final - SENIORS				
	Name	School/College	Club	Gender	Age
280	William Scates	Wymondham College	City of Norwi	Male	U20
276	Oliver Shipp	Norwich School		Male	U20
263	Zara Kirkham	City of Norwich	Conac	Female	U20
278	Thomas O'Neill	Norwich School	CoNAC	Male	U20

FIELD ENTRIES

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	Hammer - All				
	Name	School/College	Club	Gender	Age
12	Chloe Ainsworth	Lynn Grove Academy	Great Yarmo	Female	U15
82	Edward Schooley	Wymondham College	N/A	Male	U15
87	George Dodds	Langley	CONAC	Male	U15
100	James Lupton	Taverham High	Conac	Male	U15
109	Leon Pullen	The Thetford Academy	Thetford Athl	Male	U15
174	Lilymae Coote	Flegg	GYDAC	Female	U17
241	_	Thetford Academy	Thetford AC	Male	U17
		, and the second			
	Long jump 1				
	Name	School/College	Club	Gender	Age
203	Archie Crow	Acle Academy		Male	U17
207	Charlie Broad	Downham Market Academy	CONAC	Male	U17
229	Marcus Wood	Reepham high school		Male	U17
268	Ethan Ellis	Wymondham High Sixth Form	City of Norwi	Male	U20
277	Ryan Wood	Reepham college	Conac	Male	U20
	•				
	Long jump 2				
	Name	School/College	Club	Gender	Age
72	Aidan Howard	King Edward VII	West Norfolk	Male	U15
	Austin Baker	Gresham's		Male	U15
	Ben Lowe	Norwich School		Male	U15
	Ethan Bolas	Langley Prep School		Male	U15
85	Finley Winship	Langley Prep School	Conac	Male	U15
	Harry Woodgett	Dereham Neatherd High Sch	Dereham Rui		U15
	James Lupton	Taverham High	Conac	Male	U15
	Joshua Rumsby	Thorpe St Andrew High Schoo	CONAC	Male	U15
	Marco Newbury	Beeston Hall		Male	U15
	Max Buckingham	Gresham's		Male	U15
	Oliver Alexander	Cliff park ormiston academy	GYDAC	Male	U15
124	Riley Cozens	Langley School	St Edmunds F	Male	U15
	Rufus Snelling	Norwich School		Male	U15
133	Tom Baker	Langley School		Male	U15
	Discus 1				
	Name	School/College	Club	Gender	Age
38	Maisie Powles-Warren	Hethersett Academy	CONAC	Female	U15
	Lily Goddard	Thorpe St Andrew High Schoo		Female	U15
	Bella-Mae Borges	Langley Prep @Taverham Hall	-	Female	U15
	Thomas Norkett	Thetford Academy	Thetford AC	Male	U17
	William Lupton	Taverham High	Conac	Male	U17
	Maximilian Brookes	Diss Sixth Form	West Suffolk		U20
	High jump 1				
	Name	School/College	Club	Gender	Age
74	Austin Baker	Gresham's		Male	U15
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70	Dan Hanakall	M6 was a salla a sa O a ll a sta		Mala	114.5
	Ben Henshall	Wymondham College		Male	U15
	Benjamin Henshall	Wymondham college		Male	U15
	Hadley Grapes	Jane Austen		Male	U15
	Harry Croft	Norwich School		Male	U15
	Henry Dye	Langley senior school		Male	U15
104	Johnnie Olusanya	Gresham's		Male	U15
129	Seb Musitelli	Town Close School		Male	U15
135	Zach Montgomery	Thorpe St. Andrew School		Male	U15
	Discus 2				
	Name	School/College	Club	Gender	Age
123	Reuben Alexander	Gresham's		Male	U15
88	Hadley Grapes	Jane Austen		Male	U15
83	Ethan Bolas	Langley Prep School		Male	U15
108	Krish Chilleystone	Wymondham College	N/A	Male	U15
95	Isaac Mak	Norwich School		Male	U15
119	Ollie Winkworth	Thorpe St Andrew High Schoo	l	Male	U15
79	Bertie Beck	Beeston Hall School		Male	U15
	Long jump 3				
	Name	School/College	Club	Gender	Age
185	Shirley Yung	Norwich School		Female	U17
	Drew Wilson	Gresham's		Female	U17
165	Elsie Holmes	Hethersett Academy		Female	U17
172	Leonie Pensaert-Contr	•		Female	U17
	Lillian Manson	Reepham High school	City of Norwi	Female	U17
	Lucy Webster	Norwich School	, , ,	Female	U17
	Mia squires	Lynn Grove Academy	Gydac	Female	U17
	Phoebe Betts	Gresham's	, , , , , , , , , , , , , , , , , , , ,	Female	U17
	Sophia Betts	Norwich School		Female	
251		Lord Nelson Sixth Form	CoNAC	Female	U20
	Freya Knight	Dereham Sixth Form College			U20
_0 .	110) 4 14116111	z er erram entre erm e ettege	riyotorritariir	Torriaco	
	High jump 2				
	Name	School/College	Club	Gender	Age
11	Betty Appleton	Wymondham High School	City of Norwi		U15
	Ellie Smith	Wymondham College	N/A	Female	U15
	Faith Turner	Smithdon High School	West Norfolk		U15
	Lily Ganley	Hethersett Academy	City of Norwi		U15
	Miriam Moukdad	Jane Austen College	only of Horwi	Female	U15
	Ellie Thwaites	Norwich School		Female	U17
	Essie Jones	Gresham's		Female	U17
	Heidi Noakes	Norwich School		Female	U17
	Phoebe Betts	Gresham's		Female	U17
102	ו ווחפחב חבננס	OTCOHAITI O		i ciliale	017
	Shot 1				
	Name	School/College	Club	Gender	Age
40		_			U15
49	Siena Bullimore	Flegg High	Gydac	Female	UIS

12	Chloe Ainsworth	Lynn Grove Academy	Great Yarmo	Female	U15
26	Hetty Bunkle	Dereham Neatherd High Scho	ool	Female	U15
48	Sammi Wu	Jane Austen College		Female	U15
55	Victory Yimga	Jane Austen		Female	U15
40	Minnie Richardson	Norwich School		Female	U15
10	Bella-Mae Borges	Langley Prep @Taverham Hall	Į	Female	U15
15	·	WYMONDHAM COLLEGE		Female	U15
18	Ellie Bransgrove	St Clements High		Female	U15
259		_	CONAC	Female	U20
	,				
	Javelin 1				
	Name	School/College	Club	Gender	Age
131	Taylor Bidewell	Litcham High School		Male	U15
	Samuel Gibson	Jane Austen		Male	U15
	Leon Pullen	The Thetford Academy	Thetford Athl		U15
	Jubril Bello	Jane Austin College	metiorartine	Male	U15
	Ethan Ward	St Clement's High	West Norfolk		U15
	Ben Beardshaw	Gresham's	VVCSCIVOTION	Male	U15
	William Lupton	Taverham High	Conac	Male	U17
	Micheal Ali	Jane Austen college	Collac	Male	U17
			N/A	Male	U17
	Haydn Docherty Archie Hannent	Wymondham College		Male	U17
		Framingham Earl High School			
2/4	Louis Preston	Easton College	Dereham Rui	маце	U20
	High iump 2				
	High jump 3		<u> </u>		_
	Name	School/College	Club	Gender	Age
	Name Freya Knight	Dereham Sixth Form College	Ryston Runne	Female	U20
256	Name Freya Knight Isabella Williams	Dereham Sixth Form College City of Norwich school	Ryston Runne CONAC	Female Female	U20 U20
256 205	Name Freya Knight Isabella Williams Billy Eccles	Dereham Sixth Form College	Ryston Runne	Female Female	U20 U20 U17
256 205	Name Freya Knight Isabella Williams	Dereham Sixth Form College City of Norwich school	Ryston Runne CONAC	Female Female	U20 U20
256205203	Name Freya Knight Isabella Williams Billy Eccles	Dereham Sixth Form College City of Norwich school Hethersett academy	Ryston Runne CONAC	Female Female Male	U20 U20 U17 U17 U17
256205203243	Name Freya Knight Isabella Williams Billy Eccles Archie Crow	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy	Ryston Runne CONAC	Female Female Male Male	U20 U20 U17 U17
256205203243	Name Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School	Ryston Runne CONAC Bure Valley H	Female Female Male Male Male	U20 U20 U17 U17 U17
256205203243	Name Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School	Ryston Runne CONAC Bure Valley H	Female Female Male Male Male	U20 U20 U17 U17 U17
256205203243	Name Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School	Ryston Runne CONAC Bure Valley H	Female Female Male Male Male Male	U20 U20 U17 U17 U17
256 205 203 243 264	Name Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School	Ryston Runne CONAC Bure Valley H CONAC	Female Female Male Male Male Male	U20 U20 U17 U17 U17 U20
256 205 203 243 264	Name Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School	Ryston Runne CONAC Bure Valley F CoNAC	Female Female Male Male Male Male Gender	U20 U20 U17 U17 U17 U20 Age
256 205 203 243 264 16 17	Name Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy	Ryston Runne CONAC Bure Valley F CONAC	Female Female Male Male Male Male Gender Female	U20 U17 U17 U17 U20 Age U15
256 205 203 243 264 16 17 21	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school	Ryston Runne CONAC Bure Valley F CONAC	Female Male Male Male Male Male Female Female Female	U20 U17 U17 U17 U20 Age U15 U15
256 205 203 243 264 16 17 21 29	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and	Ryston Runne CONAC Bure Valley F CONAC Club CONAC	Female Male Male Male Male Male Female Female Female	U20 U17 U17 U17 U20 Age U15 U15
256 205 203 243 264 16 17 21 29 30	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated	Ryston Runne CONAC Bure Valley F CONAC Club CONAC	Female Male Male Male Male Male Gender Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk	Female Male Male Male Male Male Gender Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson Lily Ganley	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy Hethersett Academy Jane Austen college	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk	Female Male Male Male Male Male Gender Female Female Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33 46 47	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson Lily Ganley Saanvi Rao Saffron Howell	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy Hethersett Academy Jane Austen college Aylsham high school	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk City of Norwi	Female Male Male Male Male Male Gender Female Female Female Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33 46 47	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson Lily Ganley Saanvi Rao	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy Hethersett Academy Jane Austen college	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk City of Norwi	Female Male Male Male Male Male Gender Female Female Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33 46 47	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson Lily Ganley Saanvi Rao Saffron Howell Tessa McNamara	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy Hethersett Academy Jane Austen college Aylsham high school	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk City of Norwi	Female Male Male Male Male Male Gender Female Female Female Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33 46 47	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson Lily Ganley Saanvi Rao Saffron Howell	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy Hethersett Academy Jane Austen college Aylsham high school Town Close School	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk City of Norwi	Female Female Male Male Male Male Male Gender Female Female Female Female Female Female Female Female Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15 U15 U15 U15
256 205 203 243 264 16 17 21 29 30 33 46 47	Freya Knight Isabella Williams Billy Eccles Archie Crow Tom Hardy Billy Francis Long jump 4 Name Darcie Holmes Eleana Osifo-Doe Emily Doran Jessica Lawrence Katie johnson Lily Ganley Saanvi Rao Saffron Howell Tessa McNamara Shot 2 Name	Dereham Sixth Form College City of Norwich school Hethersett academy Acle Academy Norwich School Norwich School School/College Hethersett Academy Notre dame high school Thorpe St Andrew school and Home Educated Wayland academy Hethersett Academy Jane Austen college Aylsham high school	Ryston Runne CONAC Bure Valley F CONAC Club CONAC CONAC West Norfolk City of Norwi	Female Male Male Male Male Male Male Gender Female	U20 U17 U17 U17 U20 Age U15 U15 U15 U15 U15 U15

160	Charlotte Gilding	Framingham Earl High Schoo	CoNAC	Female	U17
207	_	Downham Market Academy	CONAC	Male	U17
_	Sonny Smith	Framingham Earl High School		Male	U17
	Lewis Barker	Aylsham High		Male	U17
	George Dodds	Langley	CONAC	Male	U15
	Samuel Gibson	Jane Austen	3311113	Male	U15
	James Gale	Town Close School		Male	U15
	Matthew Christophi	Gresham's		Male	U15
	Krish Chilleystone	Wymondham College	N/A	Male	U15
	Max Allen	Wymondham College		Male	U15
	Ollie Winkworth	Thorpe St Andrew High Schoo	1	Male	U15
110	Otto Williaworth	merpe et / marew ringir eeniee	`	Tiato	
	Javelin 2				
	Name	School/College	Club	Gender	Age
55	Victory Yimga	Jane Austen	0.0.0	Female	U15
	Sorana Nakajima	Jane Austen College		Female	U15
41	•	Jane Austen college		Female	U15
	Maisie Powles-Warren		CONAC	Female	U15
	Jennifer Mardle	Norwich School	CoNAC	Female	U15
	Anya Faithorn	Smithdon High School	West Norfolk		U15
	Angelina Bada	Wymondham College	N/A	Female	U15
	Lilymae Coote	Flegg	GYDAC	Female	U17
	Aggie Long	Litcham school	CoNAC	Female	U17
	Maddy Powles-Warren		CONAC	Female	U20
	Isabelle Mardle	Norwich School	CoNAC	Female	U20
	Hollie Willeard	East Coast College	Gt Yarmouth		U20
	Triple jump				
	Name	School/College	Club	Gender	Age
78	Benjamin Henshall	Wymondham college		Male	U15
	Harry Sayer	Hellesdon High School	City of Norwi		U15
	Marco Newbury	Beeston Hall	,	Male	U15
	Oscar Russell	Wymondham College		Male	U15
	Jack Waring	Norwich School		Male	U17
	Levite Oyelakin	Norwich School		Male	U17
	Billy Francis	Norwich School	CoNAC	Male	U20
	Ryan Wood	Reepham college	Conac	Male	U20
251	Caitlin Bell	Lord Nelson Sixth Form	CoNAC	Female	U20
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Ahdiya Williams	lane Austen college	Female	U15 JUNIOR
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· ·			U15 JUNIOR
	Dereham Neatherd Hig		
Lexie Heather	Reepham High School		U15 JUNIOR
Lily Ganley	Hethersett Academy		U15 JUNIOR
Lily Goddard	,		U15 JUNIOR
Livia Groombridge			i i
Lola Hopkins	Gresham's		U15 JUNIOR
Maisie Powles-Warren	Hethersett Academy		U15 JUNIOR
Mia Brackenbury	Thorpe St Andrews		U15 JUNIOR
Minnie Richardson	Norwich School	Female	U15 JUNIOR
Mirabel Ali	Jane Austen college	Female	U15 JUNIOR
Miriam Moukdad	Jane Austen College	Female	U15 JUNIOR
Molly Martin	Town Close School		U15 JUNIOR
Myley Gilboy	Springwood	Female	U15 JUNIOR
Niamh Mcauley	Norwich School	Female	U15 JUNIOR
Rebecca Johnson	King Edward Vii Academ	Female	U15 JUNIOR
Saanvi Rao	Jane Austen college	Female	U15 JUNIOR
Saffron Howell	Aylsham high school	Female	U15 JUNIOR
Sammi Wu	Jane Austen College	Female	U15 JUNIOR
	Lily Goddard Livia Groombridge Lola Hopkins Maisie Powles-Warren Mia Brackenbury Minnie Richardson Mirabel Ali Miriam Moukdad Molly Martin Myley Gilboy Niamh Mcauley Rebecca Johnson Saanvi Rao	Adeola Arole Alice Thompson Read Alice Thompson College Anastasja Wall Alice Thompson College Anya Faithorn Ava Shannon Ava Todd	Adeola Arole Alice Thompson Read Alice Thompso

49	Siena Bullimore	Flegg High	Female	U15	JUNIOR
50	Sorana Nakajima	Jane Austen College			JUNIOR
51	Summer Adcock	Dereham Neatherd Hig			JUNIOR
52	Tara Cummings	Reepham High School	Female		JUNIOR
53	Tessa McNamara	Town Close School			JUNIOR
54	Trixie Brun	Beeston Hall			JUNIOR
55	Victory Yimga	Jane Austen			JUNIOR
56	Violet Brooke	Long Stratton high scho			
57	Zoe Slater	Gresham's	Female		JUNIOR
37	Zue Statei	OTESHAITS	Temate	013	JONION
70	Aamil Ganiyu	Wymondham college	Male	U15	JUNIOR
71	Abhinav karthik Mariya	· · · · · · · · · · · · · · · · · · ·	Male		JUNIOR
72	Aidan Howard	King Edward VII	Male	U15	JUNIOR
73	Alfie Sparkes	Wymondham College	Male	U15	JUNIOR
74	Austin Baker	Gresham's	Male	U15	JUNIOR
75	Ben Beardshaw	Gresham's	Male		JUNIOR
76	Ben Henshall	Wymondham College	Male	U15	JUNIOR
77	Ben Lowe	Norwich School	Male	U15	JUNIOR
78	Benjamin Henshall	Wymondham college	Male	U15	JUNIOR
79	Bertie Beck	Beeston Hall School	Male	U15	JUNIOR
80	Corben Pollard	Cliff park Ormiston aca	Male	U15	JUNIOR
81	Ed Latter-Casas	Norwich School	Male	U15	JUNIOR
82	Edward Schooley	Wymondham College	Male	U15	JUNIOR
83	Ethan Bolas	Langley Prep School	Male	U15	JUNIOR
84	Ethan Ward	St Clement's High	Male	U15	JUNIOR
85	Finley Winship	Langley Prep School	Male	U15	JUNIOR
86	Gabriel Papathanasiou	Langley senior	Male	U15	JUNIOR
87	George Dodds	Langley	Male	U15	JUNIOR
88	Hadley Grapes	Jane Austen	Male	U15	JUNIOR
89	Harry Croft	Norwich School	Male		JUNIOR
90	Harry Doran	Lynn Grove Academy	Male	U15	JUNIOR
91	Harry Sayer	Hellesdon High School	Male	U15	JUNIOR
92	Harry Woodgett	Dereham Neatherd Hig	Male	U15	JUNIOR
93	Henry Dye	Langley senior school	Male	U15	JUNIOR
94	Idris Williams	Jane Austen college	Male	U15	JUNIOR
95	Isaac Mak	Norwich School	Male	U15	JUNIOR
96	Jack Mellor	Gresham's	Male	U15	JUNIOR
97	Jacob Hughes	Jane Austen College	Male	U15	JUNIOR
98	James Ashton	City of Norwich School	Male	U15	JUNIOR
99	James Gale	Town Close School	Male	U15	JUNIOR
100	James Lupton	Taverham High	Male	U15	JUNIOR
101	James Stonehouse	Norwich School	Male		JUNIOR
102	Jameson Chard	Dereham Northgate Hig	Male	U15	JUNIOR
103	John Whitefoot	Thorpe St. Andrew Scho	Male		JUNIOR
104	Johnnie Olusanya	Gresham's	Male	U15	JUNIOR
105	Joshua Rumsby	Thorpe St Andrew High S			JUNIOR
106	Joshua Tinsdale	Sheringham high schoo	Male	U15	JUNIOR

107	Jubril Bello	Iana Austin Callaga	Male	1115	JUNIOR
107		Jane Austin College	Male		JUNIOR
108	Krish Chilleystone Leon Pullen	Wymondham College The Thetford Academy	Male		JUNIOR
	Lewis Chambers				JUNIOR
110		Wymondham College	Male		
111	Luca Ciarleglio	Cromer academy	Male		JUNIOR
112	Marco Newbury	Beeston Hall	Male		JUNIOR
113	Matthew Christophi	Gresham's	Male		JUNIOR
114	Max Allen	Wymondham College	Male		JUNIOR
115	Max Buckingham	Gresham's	Male		JUNIOR
116	Oliver Alexander	Cliff park ormiston acad			JUNIOR
117	Oliver Boyce	Taverham High School	Male		JUNIOR
118	Oliver Gayton	King Edward VII School	Male		JUNIOR
119	Ollie Winkworth	Thorpe St Andrew High S			JUNIOR
120	Oscar Russell	Wymondham College	Male		JUNIOR
121	Oscar Thorell	Wymondham College	Male		JUNIOR
122	Reggie Seymour	Cromer Academy	Male		JUNIOR
123	Reuben Alexander	Gresham's	Male		JUNIOR
124	Riley Cozens	Langley School	Male		JUNIOR
125	Robert Nicholls	Jane Austen College	Male		JUNIOR
126	Roland Watson	Gresham's	Male		JUNIOR
127	Rufus Snelling	Norwich School	Male		JUNIOR
128	Samuel Gibson	Jane Austen	Male		JUNIOR
129	Seb Musitelli	Town Close School	Male	U15	JUNIOR
130	Stanley Underwood	Dereham Neatherd Hig	Male	U15	JUNIOR
131	Taylor Bidewell	Litcham High School	Male	U15	JUNIOR
132	Thomas Murray	Alderman Peel High Sch	Male	U15	JUNIOR
133	Tom Baker	Langley School	Male	U15	JUNIOR
134	Vito Machin	Wymondham College	Male	U15	JUNIOR
135	Zach Montgomery	Thorpe St. Andrew Scho	Male	U15	JUNIOR
136	Zain Fassihi	Langley Prep School	Male	U15	JUNIOR

150	Abigail Dranagrava	Ct Clamanta High	Famala	1117	INTEDMEDIATE
150	Abigail Bransgrove	St Clements High			INTERMEDIATE INTERMEDIATE
151	Aggie Long	Litcham school	Female		
152	Amber Goddard	Thorpe St Andrew High			INTERMEDIATE
154	Amelie Ivie	Norwich School			INTERMEDIATE
155	Amy Fielding	Flegg High			INTERMEDIATE
156	Asha Kandola	Open Academy			INTERMEDIATE
157	Ava Mears	Reepham high school			INTERMEDIATE
158	Beatrice Green	Dereham Neatherd Hig			
159	Bethany Rumsby	Thorpe St Andrew High S			
160	Charlotte Gilding	Framingham Earl High S			
161	Drew Wilson	Gresham's	Female		INTERMEDIATE
162	Ella Goldring	Alderman Peel High Sch			INTERMEDIATE
163	Ellie Thwaites	Norwich School	Female		INTERMEDIATE
164	Eloise Edridge	Aylsham High school	Female	U17	INTERMEDIATE
165	Elsie Holmes	Hethersett Academy	Female		INTERMEDIATE
166	Essie Jones	Gresham's	Female	U17	INTERMEDIATE
167	Eva Eccles	Hethersett academy	Female	U17	INTERMEDIATE
168	Evie Clayton	Litcham High School	Female	U17	INTERMEDIATE
169	Georgia Shirley	Thorpe St Andrew School	Female	U17	INTERMEDIATE
170	Heidi Noakes	Norwich School	Female	U17	INTERMEDIATE
171	Isla Hibbett	Hethersett Academy	Female	U17	INTERMEDIATE
172	Leonie Pensaert-Contr	Gresham's	Female	U17	INTERMEDIATE
173	Lillian Manson	Reepham High school	Female	U17	INTERMEDIATE
174	Lilymae Coote	Flegg	Female	U17	INTERMEDIATE
175	Lottie Hood	Gresham's	Female	U17	INTERMEDIATE
176	Lucy Webster	Norwich School	Female	U17	INTERMEDIATE
177	Maizie boylan	Flegg high school	Female	U17	INTERMEDIATE
178	Mary Lefkaditis	Norwich School	Female	U17	INTERMEDIATE
179	Mia squires	Lynn Grove Academy	Female	U17	INTERMEDIATE
180	Minnie Andrews	Norwich School			INTERMEDIATE
181	Olivia Allen	Broadland High Ormisto			INTERMEDIATE
182	Phoebe Betts	Gresham's	Female		INTERMEDIATE
183	Poppy Francis	Norwich School	Female		INTERMEDIATE
184	Rosie Dickety	Aylsham High School	Female		INTERMEDIATE
185	Shirley Yung	Norwich School	Female		INTERMEDIATE
186	Sophia betts	Norwich School	Female		INTERMEDIATE
187	Sophia Molineux	Norwich School	Female		INTERMEDIATE
188	Tabitha Raby	Jane Austen College	Female		INTERMEDIATE
100	Tabitila Haby	Julie Austell Gottege	Terriate	017	IIVI LI IIVILDI/ (I L
200	Alecks Whyte	Lynn Grove Academy	Male	1117	INTERMEDIATE
201	Alfie Bone	Lynn Grove Academy	Male		INTERMEDIATE
202	Alfie Bull	Ormiston Venture Acad	Male		INTERMEDIATE
202			Male		INTERMEDIATE
	Archie Crow	Acle Academy			
204	Archie Hannent	Framingham Earl High S			INTERMEDIATE
205	Billy Eccles	Hethersett academy	Male		INTERMEDIATE
206	Cameron Wedon	Lynn Grove	Male		INTERMEDIATE
207	Charlie Broad	Downham Market Acad	Male	UI/	INTERMEDIATE

208	Charlia Erammingham	Alderman Dool Ligh Col	Malo	1117	INTERMEDIATE
208	Charlie Perry	Alderman Peel High Sch Thorpe St Andrew	Male		INTERMEDIATE
210	Finlay Haynes	Wymondham High Acad			INTERMEDIATE
211	Finn Kaiser	Norwich School	Male		INTERMEDIATE
	Fletcher James				INTERMEDIATE
212		Notre Dame High School			
213	George Smith	Grest Yarmouth Charte			INTERMEDIATE
214	Harvey moore	Taverham high school	Male		INTERMEDIATE
215	Haydn Docherty	Wymondham College	Male		INTERMEDIATE
216	Henry Ashton	City of Norwich School	Male		INTERMEDIATE
217	Jack Browne	CNS	Male		INTERMEDIATE
218	Jack Peacock	Norwich School	Male		INTERMEDIATE
219	Jack Waring	Norwich School	Male		INTERMEDIATE
220	Jasper Valpied	Norwich School	Male		INTERMEDIATE
221	Jedd Atkinson	Reepham High School	Male		INTERMEDIATE
222	Jonathan Crowle	Thorpe St Andrew	Male		INTERMEDIATE
223	Jude Linstead				INTERMEDIATE
224	Kalpaj Aryal	Norwich School	Male		INTERMEDIATE
225	Leon Royle	Wymondham High Scho	Male		INTERMEDIATE
226	Leonardo Gegaj	Notredame High Schoo	Male	U17	INTERMEDIATE
227	Levite Oyelakin	Norwich School	Male	U17	INTERMEDIATE
228	Lewis Barker	Aylsham High	Male	U17	INTERMEDIATE
229	Marcus Wood	Reepham high school	Male	U17	INTERMEDIATE
230	Max Parsley	Fakenham Academy	Male	U17	INTERMEDIATE
231	Michael Clark	Wymondham College	Male	U17	INTERMEDIATE
232	Micheal Ali	Jane Austen college	Male	U17	INTERMEDIATE
233	Milo Debbage	Broadland High School	Male	U17	INTERMEDIATE
234	Mpaji Rose-Brown	CNS	Male	U17	INTERMEDIATE
235	Oliver McLean	Wymondham High Acad	Male	U17	INTERMEDIATE
236	Olly Bayfield	Norwich School	Male	U17	INTERMEDIATE
237	Ronnie Tubby	Ormiston Venture Acad	Male	U17	INTERMEDIATE
238	Seth Burch	Broadland Ormiston ac			INTERMEDIATE
239	Sonny Smith	Framingham Earl High S	Male	U17	INTERMEDIATE
240	Theo Hunter	Norwich School	Male	U17	INTERMEDIATE
241	Thomas Norkett	Thetford Academy	Male	U17	INTERMEDIATE
242	Tobias Neale	Sheringham High Schoo	Male	U17	INTERMEDIATE
243	Tom Hardy	Norwich School	Male		INTERMEDIATE
244	Will Percival	Wymondham High	Male		INTERMEDIATE
245	William Lupton	Taverham High	Male		INTERMEDIATE

250	Bea Wells	Norwich School	Female	U20 SE	NIOR
251	Caitlin Bell	Lord Nelson Sixth Form	Female	U20 SE	NIOR
252	Esme Jonas	Sir Isaac Newton Sixth I	Female	U20 SE	NIOR
253	Evie Patrick	Reepham College	Female	U20 SE	NIOR
254	Freya Knight	Dereham Sixth Form Co	Female	U20 SE	NIOR
255	Hollie Willeard	East Coast College	Female	U20 SE	NIOR
256	Isabella Williams	City of Norwich School	Female	U20 SE	NIOR
257	Isabelle Mardle	Norwich School	Female	U20 SE	NIOR
258	Lily Bradley	Sir Isaac Newton 6th fo	Female	U20 SE	NIOR
259	Maddy Powles-Warren	CNS	Female	U20 SE	NIOR
260	Millie Adams	Notre Dame Sixth Form	Female	U20 SE	NIOR
261	Rose Fairhurst	Sir Isaac Newton sixth f	Female	U20 SE	NIOR
262	Sarah Barrett	Notre Dame High School	Female	U20 SE	NIOR
263	Zara Kirkham	City of Norwich	Female	U20 SE	NIOR
264	Billy Francis	Norwich School	Male	U20 SE	NIOR
265	Chad Akili	Notre Dame High School	Male	U20 SE	NIOR
266	Corben Reynolds	Sir Isaac Newton East	Male	U20 SE	NIOR
267	Daniel Clouston	Thetford Grammar Scho	Male	U20 SE	NIOR
268	Ethan Ellis	Wymondham High Sixth	Male	U20 SE	NIOR
269	Finlay Barnard	Taverham Sixth Form C	Male	U20 SE	NIOR
270	Harry Smith	Notre Dame Sixth Form	Male	U20 SE	NIOR
271	Hugo pattison	Norwich School	Male	U20 SE	NIOR
273	Louis Labonte	East Norfolk Sixth form	Male	U20 SE	NIOR
274	Louis Preston	Easton College	Male	U20 SE	NIOR
275	Maximilian Brookes	Diss Sixth Form	Male	U20 SE	NIOR
276	Oliver Shipp	Norwich School	Male	U20 SE	NIOR
277	Ryan Wood	Reepham college	Male	U20 SE	NIOR
278	Thomas O'Neill	Norwich School	Male	U20 SE	NIOR
279	Tim Bongaerts	City of Norwich School	Male	U20 SE	NIOR
280	William Scates	Wymondham College	Male	U20 SE	NIOR
281	Zachary Dunne	Notre Dame High School	Male	U20 SE	NIOR
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