

## Athletics Norfolk QuadKids match 1 – Norwich 22/04/18

YEAR 4 & 5 BOYS		75m		600m		Standing LJ		Vortex Howler		Total points	Position
Athlete	Team	Time	Points	Time	Points	Distance	Points	Distance	Points		
Malachi Ko	Diss & District AC	11.1	59	2.20	50	1.96	57	34.8	69	235	1
Cohen Co	Waveney AC	12.1	49	2.06	64	1.80	49	24.5	48	210	2
James Mc	Waveney AC	11.6	54	2.07	63	1.77	47	21.9	43	207	3
Benjamin Li	Waveney AC	12.3	47	2.26	44	1.86	52	28.8	57	200	4
Alfie Bo	West Norfolk AC	13.1	39	2.19	51	1.72	45	30.4	60	195	5
Theo Lo	Ryston Runners AC	13.1	39	2.19	51	1.72	45	27.5	55	190	6
Alfie Fi	Thetford AC	12.5	45	2.13	57	1.67	42	22.3	44	188	7
Theo Ca	City of Norwich AC	12.1	49	2.13	57	1.67	42	19.8	39	187	8
Henry As	City of Norwich AC	13.2	38	2.12	58	1.64	41	22.2	44	181	9
Monty Fi	Thetford AC	12.7	43	2.25	45	1.83	50	20.7	41	179	10
Harvey Sh	North Norfolk Harriers AC	12.5	45	2.03	67	1.63	40	11.8	23	175	11
Bailey En	Waveney AC	13.2	38	2.38	32	1.58	38	32.6	65	173	12
Beau Lo	Ryston Runners AC	13.1	39	2.17	53	1.65	41	19.6	39	172	13
Jasper Ma	City of Norwich AC	12.9	41	2.07	63	1.47	32	17.0	34	170	14
Alfie Fu	City of Norwich AC	13.1	39	2.26	44	1.58	38	24.2	48	169	15
Jack Br	City of Norwich AC	13.5	35	2.29	41	1.84	51	20.4	40	167	16
Thomas No	Thetford AC	12.6	44	2.21	49	1.56	37	18.5	37	167	16
Josh Sm	Waveney AC	12.7	43	2.13	57	1.48	33	15.2	30	163	18
Theo Ch	Waveney AC	12.9	41	2.16	54	1.42	30	19.3	38	163	18
Anton Ko	City of Norwich AC	12.7	43	2.29	41	1.73	45	15.8	31	160	20
Marcus Wo	Ryston Runners AC	13.5	35	2.38	32	1.53	35	23.2	46	148	21
Tom D'	Ely Runners	13.7	33	2.27	43	1.67	42	14.8	29	147	22
Ronnie Hu	Thetford AC	14.0	30	2.34	36	1.45	31	23.0	46	143	23
Will Sa	Ryston Runners AC	14.1	29	2.21	49	1.33	25	19.7	39	142	24
Kieran Wa	North Norfolk Harriers AC	14.5	25	2.26	44	1.55	36	14.9	29	134	25
Taylor Mc	North Norfolk Harriers AC	14.1	29	2.34	36	1.49	33	16.1	32	130	26
James Co	West Norfolk AC	13.7	33	2.41	29	1.60	39	12.4	24	125	27
Fraser Pi	Ryston Runners AC	13.7	33	2.33	37	1.39	28	12.7	25	123	28
Ewan Ha	None	14.9	21	2.38	32	1.44	31	09.6	19	103	29

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<b>Athlete</b>	<b>Team</b>	<b>Time</b>	<b>Points</b>	<b>Time</b>	<b>Points</b>	<b>Distance</b>	<b>Points</b>	<b>Distance</b>	<b>Points</b>		
Ella Go	Ryston Runners AC	12.8	42	2.08	62	1.76	47	19.7	39	190	1
Lilymae Co	Great Yarmouth & District AC	13.1	39	2.11	59	1.81	49	19.9	39	186	2
Eloise Ed	North Norfolk Harriers AC	12.9	41	2.10	60	1.79	48	18.0	36	185	3
Poppy Ha	No	12.4	46	2.33	37	1.99	58	14.9	29	170	4
Eliza Ad	Dereham Runners AC	12.3	47	2.22	48	1.68	43	14.9	29	167	5
Lani Wo	City of Norwich AC	12.8	42	2.28	42	1.74	46	14.6	29	159	6
Rosa Ha	City of Norwich AC	12.9	41	2.19	51	1.76	47	10.1	20	159	7
Charlotte Gi	City of Norwich AC	13.5	35	2.33	37	1.86	52	17.0	34	158	8
Clarice Ca	Ryston Runners AC	12.6	44	2.21	49	1.69	43	10.5	20	156	9
Mia Th	City of Norwich AC	12.8	42	2.21	49	1.62	40	11.3	22	153	10
Molly Ga	Beccles & Bungay Harriers AC	13.1	39	2.16	54	1.75	46	06.6	13	152	11
Amber Go	City of Norwich AC	13.3	37	2.19	51	1.57	37	13.1	26	151	12
Lyla Co	Great Yarmouth & District AC	13.7	33	2.27	43	1.68	43	14.4	28	147	13
Macy Ru	Great Yarmouth & District AC	12.9	41	2.27	43	1.45	31	12.5	24	139	14
Alexa Ga	City of Norwich AC	13.6	34	2.23	47	1.49	33	11.6	23	137	15
Olivia Al	North Norfolk Harriers AC	13.9	31	2.19	51	1.30	24	08.4	16	122	16
Freya Po	City of Norwich AC	14.7	23	2.45	25	1.44	31	05.8	11	90	17
Yasmine Gi	City of Norwich AC	14.4	26	2.57	13	1.42	30	07.7	15	84	18

## Athletics Norfolk QuadKids match 1 – Norwich 22/04/18

YEAR 6 & 7 BOYS		100m		800m		Long Jump		Vortex Howler		Total points	Position
Athlete	Team	Time	Points	Time	Points	Distance	Points	Distance	Points		
Ryan Wo	Ryston Runners AC	15.2	53	3.01	59	4.21	54	36.3	60	226	1
Barney Cl	City of Norwich AC	14.6	59	2.56	64	3.90	48	32.0	53	224	2
Louis Pr	Dereham Runners AC	15.9	46	2.46	74	3.22	34	32.4	53	207	3
Joe Ma	City of Norwich AC	15.5	50	2.54	66	3.18	33	30.0	50	199	4
Thomas O'	West Norfolk AC	16.6	39	2.56	64	3.75	45	29.4	49	197	5
Benjamin Po	City of Norwich AC	16.0	45	3.12	48	3.87	47	34.3	57	197	5
Ewan Pe	Thetford AC	15.5	50	3.10	50	3.60	42	29.9	49	191	7
Riley Be	Ryston Runners AC	15.8	47	3.09	51	3.65	43	26.6	44	185	8
Alex Sc	City of Norwich AC	15.9	46	3.12	48	3.96	49	22.4	37	180	9
Charlie Tu	West Norfolk AC	16.5	40	3.07	53	3.63	42	25.9	43	178	10
Matthew Be	North Norfolk Harriers AC	17.3	32	2.55	65	3.11	32	21.4	35	164	11
Adam Be	North Norfolk Harriers AC	16.8	37	3.05	55	3.15	33	22.9	38	163	12
Elliot Gr	City of Norwich AC	15.8	47	3.17	43	3.18	33	20.2	33	156	13
William Wa	Great Yarmouth & District AC	16.7	38	3.17	43	3.34	36	17.0	28	145	14
Billy Fr	City of Norwich AC	15.6	49			3.94	48	17.1	28	125	15
Leo D'	Ely Runners	18.0	25	3.19	41	3.30	36	13.6	22	124	16
Ethan Ba	Dereham Runners AC	17.0	35	3.45	15	3.44	38	18.9	31	119	17
Rafe Sh	City of Norwich AC	16.9	36	3.23	37	2.37	17	13.4	22	112	18
Adam La	Great Yarmouth & District AC	17.1	34	3.34	26	3.05	31			91	19

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<b>YEAR 6 &amp; 7 GIRLS</b>		<b>100m</b>		<b>800m</b>		<b>Long Jump</b>		<b>Vortex Howler</b>		<b>Total points</b>	<b>Position</b>
<b>Athlete</b>	<b>Team</b>	<b>Time</b>	<b>Points</b>	<b>Time</b>	<b>Points</b>	<b>Distance</b>	<b>Points</b>	<b>Distance</b>	<b>Points</b>		
Isabelle Ma	City of Norwich AC	15.0	55	3.03	57	4.24	54	26.0	43	209	1
Isabel Sm	Thetford AC	15.3	52	2.52	68	3.82	46	22.1	36	202	2
Holly La	West Norfolk AC	15.7	48	2.53	67	3.59	41	21.3	35	191	3
Caitlin Be	City of Norwich AC	16.1	44	3.02	58	3.68	43	20.7	34	179	4
Nicole Ka	City of Norwich AC	14.6	59	3.15	45	4.01	50	14.5	24	178	5
Serena Ak	City of Norwich AC	14.2	63	3.02	58	3.24	34	12.3	20	175	6
Isabella Wi	City of Norwich AC	16.2	43	2.54	66	3.24	34	18.2	30	173	7
Gracie De	Great Yarmouth & District AC	16.2	43	3.08	52	3.46	39	19.4	32	166	8
Lucy Oa	Ryston Runners AC	15.4	51	3.28	32	3.66	43	24.6	40	166	9
Alicia Ma	Thetford AC	16.9	36	3.13	47	3.20	34	21.5	35	152	10
Millie Ad	City of Norwich AC	16.7	38	2.55	65	2.54	20	14.5	24	147	11
Freya Ch	City of Norwich AC	16.3	42	3.12	48	2.98	29	12.6	20	139	12
Evie Go	Ryston Runners AC	17.1	34	3.08	52	2.95	29	14.9	24	139	12
Annie Ba	West Norfolk AC	17.8	27	3.20	40	3.13	32	21.7	36	135	14
Cadence Ca	Beccles & Bungay Harriers AC	17.2	33	3.13	47	2.34	16	21.5	35	131	15
Taya Ru	Great Yarmouth & District AC	17.2	33	3.07	53	2.77	25	11.6	19	130	16
Rebecca Si	Beccles & Bungay Harriers AC	16.5	40	3.16	44	2.63	22	13.5	22	128	17
Liliana Ma	City of Norwich AC	18.6	18	3.19	41	2.48	19	12.3	20	98	18
Sophia Re	City of Norwich AC	17.7	28	3.27	33	2.17	13	12.6	21	95	19
Sophie Al	North Norfolk Harriers AC	18.9	16			2.45	19	16.3	27	62	20
Maddy Po	City of Norwich AC	18.2	23					19.5	32	55	21