

## Athletics Norfolk QuadKids match 5 – King's Lynn 29/07/18

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	11.3	57	2.12	58	1.81	49	33.6	67	231	1
Daniel Co	North Norfolk Harriers AC	12.4	46	2.07	63	1.81	49	30.4	60	218	2
Max Ba	Diss & District AC	12.0	50	2.08	62	1.75	46	26.4	52	210	3
Benjamin Li	Waveney AC	12.0	50	2.18	52	1.71	44	31.0	62	208	4
Tyler Po	Ryston Runners AC	12.0	50	2.12	58	1.66	42	26.8	53	203	5
Ackara Bl	Ryston Runners AC	11.9	51	2.04	66	1.56	37	24.4	48	202	6
Ruben Xu	North Norfolk Harriers AC	12.1	49	2.02	68	1.80	49	16.1	32	198	7
Harvey Sh	North Norfolk Harriers AC	11.9	51	2.02	68	1.67	42	17.6	35	196	8
Alfie Bo	West Norfolk AC	12.8	42	2.14	56	1.58	38	27.9	55	191	9
George Po	Diss & District AC	11.5	55	2.34	36	1.71	44	26.9	53	188	10
Geoffrey Th	City of Norwich AC	12.5	45	2.29	41	1.57	37	26.8	53	176	11
James Co	West Norfolk AC	12.6	44	2.24	46	1.53	35	20.6	41	166	12
Tom D'	Ely Runners	12.5	45	2.26	44	1.71	44	10.0	20	153	13
Finley Co	Unattached	12.6	44	2.22	48	1.53	35	11.4	22	149	14
Jasper Ma	City of Norwich AC	13.4	36	2.14	56	1.46	32	12.1	24	148	15
Ronnie Hu	Thetford AC	13.6	34	2.29	41	1.28	23	24.8	49	147	16
Izak Ha	North Norfolk Harriers AC	12.6	44	2.57	13	1.53	35	18.1	36	128	17
Marcus Wo	Ryston Runners AC	13.4	36	3.21	10	1.45	31	25.1	50	127	18
Taylor Mc	North Norfolk Harriers AC	14.5	25	2.43	27	1.49	33	14.2	28	113	19

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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>		
Lilymae Co	Great Yarmouth & District AC	12.4	46	2.05	65	1.88	53	21.7	43	207	1
Eloise Ed	North Norfolk Harriers AC	12.2	48	2.10	60	1.63	40	21.6	43	191	2
Eva Ba	Diss & District AC	11.6	54	2.03	67	1.57	37	16.3	32	190	3
Edith Ke	City of Norwich AC	12.0	50	1.55	75	1.71	44	10.3	20	189	4
Connie Ea	City of Norwich AC	12.4	46	2.01	69	1.50	34	19.9	39	188	5
Eliza Ad	Dereham Runners AC	11.8	52	2.12	58	1.50	34	17.2	34	178	6
Molly Ga	Beccles & Bungay Harriers AC	12.1	49	2.17	53	1.63	40	17.2	34	176	7
Charlotte Gi	City of Norwich AC	13.1	39	2.23	47	1.89	53	16.9	33	172	8
Teddi Br	West Norfolk AC	12.2	48	2.25	45	1.74	46	16.1	32	171	9
Clarice Ca	Ryston Runners AC	11.8	52	2.11	59	1.53	35	11.4	22	168	10
Mia Th	City of Norwich AC	12.6	44	2.14	56	1.52	35	12.2	24	159	11
Tamiya Th	Beccles & Bungay Harriers AC	12.4	46	2.17	53	1.56	37	10.0	19	155	12
Lani Wo	City of Norwich AC	12.4	46	2.30	40	1.68	43	10.6	21	150	13
Lyla Co	Great Yarmouth & District AC	13.3	37	2.25	45	1.61	39	13.9	27	148	14
Betty Sc	West Norfolk AC	13.3	37	2.33	37	1.44	31	11.0	21	126	15
Jennfier Wo	West Norfolk AC	14.0	30	2.33	37	1.54	36	08.3	16	119	16
Hannah Ch	City of Norwich AC	13.7	33	2.43	27	1.30	24	10.3	20	104	17
Persephone Mi	Ryston Runners AC	16.6	10	3.05	10	1.30	24	09.7	19	63	18

## Athletics Norfolk QuadKids match 5 – King’s Lynn 29/07/18

<b>YEAR 6 &amp; 7 BOYS</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>		
Joe Ma	City of Norwich AC	14.8	57	2.38	82	3.89	47	27.9	46	232	1
Ryan Wo	Ryston Runners AC	14.7	58	2.58	62	3.82	46	38.1	63	229	2
Harvey-Jack Fo	Diss & District AC	14.7	58	2.53	67	3.69	43	34.2	57	225	3
Louis Pr	Dereham Runners AC	15.2	53	2.45	75	3.51	40	34.3	57	225	4
Oakley To	Ryston Runners AC	15.8	47	2.57	63	3.40	38	25.8	43	191	5
Matthew Be	North Norfolk Harriers AC	16.2	43	2.52	68	3.54	40	22.0	36	187	6
Adam Be	North Norfolk Harriers AC	16.0	45	3.01	59	3.02	30	23.7	39	173	7
George Co	North Norfolk Harriers AC	16.5	40	3.13	47	3.41	38	28.9	48	173	8
Leo D'	Ely Runners	16.6	39	3.11	49	3.40	38	11.8	19	145	9
Ewan Co	Unattached	16.5	40	3.41	19	2.30	16	16.0	26	101	10

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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>		
Isabel Sm	Thetford AC	14.4	61	2.47	73	3.63	42	23.2	38	214	1
Holly La	West Norfolk AC	15.1	54	2.50	70	3.93	48	22.7	37	209	2
Serena Ak	City of Norwich AC	13.8	67	2.56	64	3.21	34	24.4	40	205	3
Caitlin Be	City of Norwich AC	15.4	51	3.05	55	3.53	40	25.0	41	187	4
Kyla Bu	Beccles & Bungay Harriers AC	15.1	54	3.10	50	3.39	37	26.2	43	184	5
Jessica Mi	West Norfolk AC	15.7	48	2.57	63	3.53	40	18.7	31	182	6
Lucy Oa	Ryston Runners AC	14.9	56	3.23	37	3.69	43	25.7	42	178	7
Freya Ch	City of Norwich AC	14.7	58	3.12	48	2.99	29	14.3	23	158	8
Cadence Ca	Beccles & Bungay Harriers AC	16.6	39	3.20	40	2.47	19	16.9	28	126	9
Maddy Po	City of Norwich AC	16.8	37	3.48	12	2.72	24	20.8	34	107	10