

Athletics Norfolk Open Meeting - Wednesday 1st May 2019

U13G 70mH

Position	Number	Forename	Surname	Club	Time
1	69	Isabelle	Mardle	CoNAC	11.28
2	47	Erica	Gara-George	CoNAC	13.28
3	27	Charlotte	Gilding	CoNAC	13.67
4	54	Freya	Chapman	CoNAC	14.15

U13B 75mH

0.4 M/S E

Position	Number	Forename	Surname	Club	Time
1	11	Barney	Clarke	CoNAC	13.23
2	15	Billy	Francis	CoNAC	13.97
3	34	Daniel	Coles	NNH	19.18

U15G 75mH

0.2 M/S E

Position	Number	Forename	Surname	Club	Time
1	109	Mia	Bailey	CoNAC	12.25
2	123	Rose	Fairhurst	CoNAC	12.69
3	66	Hollie	Willeard	GYDAC	13.84

U15B 80mH

0.3 M/S N

Position	Number	Forename	Surname	Club	Time
1	90	Liam	Clare	Ryston	13.14
2	62	Hal	Morrith	CoNAC	15.22

U17G 80mH

1.3 M/S NE

Position	Number	Forename	Surname	Club	Time
1	87	Kirsty	Sait-Stewart	CoNAC	12.01
2	13	Beth	Greenwood	GYDAC	12.89
3	14	Bethany	Barrett	WNAC	13.8
4	68	Isabel	Matthews-Clark	GYDAC	16.09

U17B & U20W

-0.5 M/S SE

Position	Number	Forename	Surname	Club	Time
1	83	Katie	Daniels	CoNAC	16.32
2	4	Alfie	Williams	WNAC	17.61
3	37	Daniel	Williams	CoNAC	19.04

600m Heat 1

-1.2 M/S SE

Position	Number	Forename	Surname	Club	Time
1	79	Jude	Linstead	CoNAC	01:50.1
2	50	Eva	Barton	CoNAC	01:55.6
3	10	Asha	Kandola	CoNAC	02:00.5
4	7	Amber	Goddard	CoNAC	02:01.7
5	46	Eloise	Edridge	NNH	02:03.9
6	41	Dylan	Guy	CoNAC	02:06.4
7	95	Lottie	Hood	CoNAC	02:06.4
8	73	James	Ashton	CoNAC	02:07.0
9	17	Bobby	Goldsmith	CoNAC	02:07.4

600m Heat 2

Position	Number	Forename	Surname	Club	Time
1	75	Jasper	Makins-Kitt	CoNAC	02:05.0
2	89	Lexie	Heather	CoNAC	02:09.7
3	91	Lily	Ganley	CoNAC	02:12.6
4	92	Lily	Goddard	CoNAC	02:14.4
5	146	Vito	Machin	CoNAC	02:15.3
6	86	Kieran	Walpole	NNH	02:18.0
7	105	Matthew	Williams	CoNAC	02:22.2
8	76	Jennifer	Mardle	CoNAC	02:22.8
9	99	Lydia	Kelly	CoNAC	02:29.4

100m Heat 1 -0.5 M/S SE

Position	Number	Forename	Surname	Club	Time
1	97	Louis	Albrow	CoNAC	11.38
2	74	Jamie	Greenacre	CoNAC	11.49
3	98	Louis	Palmer	CoNAC	11.65
4	53	Freddy	Williams	CoNAC	11.69
5	71	Jack	Hamment-Russell	CoNAC	11.91
6	26	Charlie	Williams	WNAC	12.4

100m Heat 2 -0.9 M/S SE

Position	Number	Forename	Surname	Club	Time
1	38	Daniel	Yellop	Ryston	12.19
2	85	Kevin	Santos	CoNAC	12.31
3	30	Christian	Tansey	WNAC	12.35
4	132	Serena	Grace	CoNAC	12.94
5	11	Barney	Clarke	CoNAC	13.32
6	103	Malachi	Komolafe	Diss AC	14.58

100m Heat 3 -1.3 M/S SE

Position	Number	Forename	Surname	Club	Time
1	90	Liam	Clare	Ryston	12.77
2	37	Daniel	Williams	CoNAC	12.96
3	33	Conrad	Winter	CoNAC	12.98
4	117	Noah	Smith	CoNAC	13.37

100m Heat 4 -2.2 M/S SE

Position	Number	Forename	Surname	Club	Time
1	149	William	Scates	CoNAC	12.98
2	131	Serena	Akomah	CoNAC	13.81
3	23	Cameron	Ross	WNAC	13.87
4	116	Noah	Avowlanu	CoNAC	14.15
5	52	Evie	Patrick	CoNAC	14.2
6	125	Ruby	Love	NNH	14.76

100m Heat 5 -1.6 M/S SE

Position	Number	Forename	Surname	Club	Time
1	115	Nicole	Kaszczak	CoNAC	14.15
2	93	Lily	Bradley	CoNAC	14.18
3	81	Kai	Wiseman	CoNAC	14.44
4	14	Bethany	Barrett	WNAC	14.48
5	123	Rose	Fairhurst	CoNAC	14.64
6	111	Mica	Carus	CoNAC	14.66

100m Open 6

-2.8 M/S SE

Position	Number	Forename	Surname	Club	Time
1	120	Poppy	Walker	CoNAC	14.78
2	100	Lyndsay	Yellop	CoNAC	14.79
3	47	Erica	Gara-George	CoNAC	15.39
4	143	Toby	Smith	CoNAC	15.77
5	34	Daniel	Coles	NNH	16.24

100m Heat 7

-1.4 M/S SE

Position	Number	Forename	Surname	Club	Time
1	84	Kavanaugh	Remy	CoNAC	14.74
2	20	Caitlin	Bell	CoNAC	15.01
3	43	Edith	Avowlanu	CoNAC	15.08
4	28	Chelsey	Irving	CoNAC	15.57
5	54	Freya	Chapman	CoNAC	15.86

100m Heat 8

Position	Number	Forename	Surname	Club	Time
1	13	Beth	Greenwood	GYDAC	14.18
2	119	Olivia	Finch	GYDAC	15.17
3	12	BB	Brook	CoNAC	15.47
4	88	Lani	Woolsey	CoNAC	15.99
5	9	Archie	Heather	CoNAC	16.35
6	106	Max	Barton	CoNAC	16.64

100m Heat 9

Position	Number	Forename	Surname	Club	Time
1	2	Aisha	Elouassi	Dereham	14.71
2	29	Chloe	Thorne	CoNAC	15.01
3	102	Maisie	Patrick	U/A	15.31
4	108	Mercy	Akomah	CoNAC	16.1
5	133	Sophia	Reeve	CoNAC	16.79
6	118	Oliver	Pearson	Dereham	17.9

400m Heat 1

-1 M/S SE

Position	Number	Forename	Surname	Club	Time
1	80	Kai	Beadle	CoNAC	51.36
2	31	Ciaran	Flaherty	CUAC	51.62
3	122	Robert	MacQueen	Ryston	52.43
4	26	Charlie	Williams	WNAC	55.62
5	55	Gareth	Hunt	Ryston	56.68

400m Heat 2

-1.4 M/S SE

Position	Number	Forename	Surname	Club	Time
1	144	Tristan	McLellan	CoNAC	53.7
2	127	Ryan	Lingwood	Dereham	54.71
3	21	Callum	Stedman	NNH	56.27
4	35	Daniel	Harrison	GYDAC	57.16
5	72	Jack	Noble	BVH	57.58
6	116	Noah	Avowlanu	CoNAC	01:12.7

200m Heat 1 -1.8 M/S S

Position	Number	Forename	Surname	Club	Time
1	97	Louis	Albrow	CoNAC	22.84
2	3	Alex	Mortimer	CoNAC	23.48
3	71	Jack	Hamment-Russell	CoNAC	24.45
4	96	Louie	Mena	CoNAC	24.67
5	30	Christian	Tansey	WNAC	24.98

200m Heat 2 -2.1 M/S S

Position	Number	Forename	Surname	Club	Time
1	22	Calvin	Smith	CoNAC	24.98
2	127	Ryan	Lingwood	Dereham	25.17
3	4	Alfie	Williams	WNAC	26.17
4	132	Serena	Grace	CoNAC	26.83
5	34	Daniel	Coles	NNH	32.95

200m Heat 3 -1.6 M/S S

Position	Number	Forename	Surname	Club	Time
1	90	Liam	Clare	Ryston	25.67
2	149	William	Scates	CoNAC	26.24
3	33	Conrad	Winter	CoNAC	26.42
4	40	David	Macqueen	Ryston	26.83
5	83	Katie	Daniels	CoNAC	28.29
6	23	Cameron	Ross	WNAC	28.35
7	131	Serena	Akomah	CoNAC	28.7

200m Heat 4 -1 M/S S

Position	Number	Forename	Surname	Club	Time
1	60	Grace	Daniels	CoNAC	28.57
2	101	Madison	Kelly	CoNAC	28.61
3	69	Isabelle	Mardle	CoNAC	28.69
4	136	Steph	Pain	CoNAC	29.21
5	52	Evie	Patrick	CoNAC	29.43
6	115	Nicole	Kaszczak	CoNAC	29.96

200m Heat 5 -1 M/S S

Position	Number	Forename	Surname	Club	Time
1	81	Kai	Wiseman	CoNAC	29.9
2	100	Lyndsay	Yellop	CoNAC	30.55
3	43	Edith	Avowlanu	CoNAC	30.55
4	20	Caitlin	Bell	CoNAC	31.46
5	28	Chelsey	Irving	CoNAC	32.56
6	143	Toby	Smith	CoNAC	32.71

200m Heat 6 -2.6 M/S S

Position	Number	Forename	Surname	Club	Time
1	125	Ruby	Love	NNH	29.92
2	102	Maisie	Patrick	U/A	32.03
3	66	Hollie	Willeard	GYDAC	32.19
4	124	Ruben	Xuereb	CoNAC	33.12
5	54	Freya	Chapman	CoNAC	33.72
6	88	Lani	Woolsey	CoNAC	34.62
7	59	Georgia	Shirley	CoNAC	34.66

200m Heat 7 -2 M/S SE

Position	Number	Forename	Surname	Club	Time
1	2	Aisha	Elouassi	Dereham	30.56
2	84	Kavanaugh	Remy	CoNAC	30.77
3	29	Chloe	Thorne	CoNAC	32.42
4	108	Mercy	Akomah	CoNAC	33.26
5	142	Toby	Sargeant	CoNAC	34.45
6	27	Charlotte	Gilding	CoNAC	34.78
7	118	Oliver	Pearson	Dereham	38.49

300m Heat

Position	Number	Forename	Surname	Club	Time
1	22	Calvin	Smith	CoNAC	39.21
2	109	Mia	Bailey	CoNAC	45.09
3	110	Mia	Moore	Ryston	45.29
4	120	Poppy	Walker	CoNAC	48.82
5	68	Isabel	Matthews-Clark	GYDAC	48.83
6	114	Niamh	Hernon	CoNAC	48.99

800m Heat 1

Position	Number	Forename	Surname	Club	Time
1	145	Tyler	Bilyard	GYDAC	01:59.4
2	147	Will	Simm	CoNAC	02:02.2
3	44	Edward	Whiting	CoNAC	02:03.9
4	24	Campbell	Pick	CoNAC	02:08.1
5	56	Gary	Crush	CoNAC	02:08.3
6	138	Thomas	Bartram	U/A	02:14.8
7	78	Joshua	Keeble	NNH	02:15.2
8	77	Jessica	Norkett	Thetford	02:16.2
9	18	Brad	Keay	NNH	02:18.4

800m Heat 2

Position	Number	Forename	Surname	Club	Time
1	65	Henry	Jonas	NNH	02:16.4
2	148	William	Bartram	U/A	02:18.3
3	141	Toby	Nelson	CoNAC	02:22.1
4	140	Tia-Lilly	Crane	CoNAC	02:22.4
5	42	Dylan	White	CoNAC	02:32.6
6	135	Sophie	Peach	CoNAC	02:34.9
7	58	Georgia	Pegg	CoNAC	02:37.1

800m Heat 3

Position	Number	Forename	Surname	Club	Time
1	32	Connie	Easter	CoNAC	02:33.1
2	36	Daniel	Kenyon	CoNAC	02:33.3
3	113	Millie	Adams	CoNAC	02:37.0
4	49	Esme	Jonas	NNH	02:37.4
5	104	Martha	Manning	CoNAC	02:37.8
6	51	Evie	Hood	CoNAC	02:38.8
7	25	Charlie	Crane	CoNAC	02:40.3
8	124	Ruben	Xuereb	CoNAC	02:41.1
9	43	Edith	Avowlanu	CoNAC	02:42.2

800m Heat 4

Position	Number	Forename	Surname	Club	Time
1	139	Thomas	Whiting	CoNAC	02:32.0
2	134	Sophie	McKee	NNH	02:35.5
3	64	Henry	Ashton	CoNAC	02:51.9
4	19	Bronwen	Nelson	CoNAC	03:01.3
5	48	Erin	Hernon	CoNAC	03:03.1
6	20	Caitlin	Bell	CoNAC	03:08.1
7	59	Georgia	Shirley	CoNAC	03:09.4
8	118	Oliver	Pearson	Dereham	03:13.9
9	142	Toby	Sargeant	CoNAC	03:14.1
10	88	Lani	Woolsey	CoNAC	03:20.2

3000m

Position	Number	Forename	Surname	Club	Time
1	94	Logan	Smith	CoNAC	08:30.6
2	129	Samuel	Coyne	CoNAC	08:49.1
3	57	George	Gay	CoNAC	08:51.5
4	121	Robert	Chenery	Ipswich JAFFA	09:21.1
5	39	Danny	Adams	CoNAC	09:23.4
6	67	Iona	Lake	CoNAC	09:34.6
7	70	Jack	Mollicone	CoNAC	09:40.0
8	128	Samuek	Kenmore	CoNAC	09:41.2
9	16	Billy	Life	NNH	10:08.0
10	35	Daniel	Harrison	GYDAC	10:14.0
11	21	Callum	Stedman	NNH	10:19.4
12	6	Alistair	Shearer	Wymondham	10:25.1
13	5	Alice	Daniels	CoNAC	11:12.1