

## Athletics Norfolk QuadKids match 4: Year 4 & 5 boys – Holt 30<sup>th</sup> June 2019

|    | Name        | Club     | 75m  |        | 600m |        | Standing long jump |        | Vortex howler |        | Overall points |
|----|-------------|----------|------|--------|------|--------|--------------------|--------|---------------|--------|----------------|
|    |             |          | Time | Points | Time | Points | Distance           | Points | Distance      | Points |                |
| 1  | Charlie Br  | WNAC     | 11.7 | 53     | 1.59 | 71     | 1.76               | 47     | 27.5          | 54     | 225            |
| 2  | Finn Ka     | CoNAC    | 12.4 | 46     | 1.59 | 71     | 1.68               | 43     | 26.1          | 52     | 212            |
| 3  | Theo Pu     | CoNAC    | 12.5 | 45     | 2.12 | 58     | 1.62               | 40     | 31.8          | 63     | 206            |
| 4  | Kai Pe      | WNAC     | 11.7 | 53     | 2.03 | 67     | 1.64               | 41     | 21.4          | 42     | 203            |
| 5  | Monty Fi    | Thetford | 12.0 | 50     | 2.16 | 54     | 1.79               | 48     | 20.4          | 40     | 192            |
| 6  | Leon Ha     | CoNAC    | 12.5 | 45     | 2.22 | 48     | 1.87               | 52     | 23.1          | 46     | 191            |
| 7  | Ethan Th    | Diss     | 12.0 | 50     | 2.13 | 57     | 1.65               | 41     | 20.6          | 41     | 189            |
| 8  | Marcus Wo   | Ryston   | 12.4 | 46     | 2.21 | 49     | 1.59               | 38     | 27.3          | 54     | 187            |
| 8  | Jack Pr     | CoNAC    | 12.1 | 49     | 2.10 | 60     | 1.54               | 36     | 21.4          | 42     | 187            |
| 10 | Geoffrey Th | CoNAC    | 12.6 | 44     | 2.14 | 56     | 1.49               | 33     | 22.3          | 44     | 177            |
| 11 | Austin Mc   | NNH      | 13.4 | 36     | 2.17 | 53     | 1.42               | 30     | 25.1          | 50     | 169            |
| 12 | Kieran Wa   | NNH      | 13.6 | 34     | 2.14 | 56     | 1.71               | 44     | 17.4          | 34     | 168            |
| 12 | Charlie Fo  | Thetford | 12.8 | 42     | 2.12 | 58     | 1.55               | 36     | 16.2          | 32     | 168            |
| 14 | Herbie Gr   | WNAC     | 13.1 | 39     | 2.11 | 59     | 1.55               | 36     | 14.3          | 28     | 162            |
| 15 | Vito Ma     | CoNAC    | 14.1 | 29     | 2.10 | 60     | 1.43               | 30     | 18.6          | 37     | 156            |
| 15 | Tobias Ne   | NNH      | 13.1 | 39     | 2.19 | 51     | 1.54               | 36     | 15.2          | 30     | 156            |
| 17 | Daniel Ad   | Dereham  | 13.2 | 38     | 2.20 | 50     | 1.33               | 25     | 20.4          | 40     | 153            |
| 18 | Ollie No    | GYDAC    | 13.1 | 39     | 2.24 | 46     | 1.58               | 38     | 14.5          | 29     | 152            |
| 19 | Bobby Go    | CoNAC    | 12.9 | 41     | 2.02 | 68     | 1.30               | 24     | 08.6          | 17     | 150            |
| 20 | Will Pu     | CoNAC    | 15.2 | 18     | 2.48 | 22     | 1.30               | 24     | 20.6          | 41     | 105            |

## Athletics Norfolk QuadKids match 4: Year 4 & 5 girls – Holt 30<sup>th</sup> June 2019

|    | Name        | Club            | 75m  |        | 600m |        | Standing long jump |        | Vortex howler |        | Overall points |
|----|-------------|-----------------|------|--------|------|--------|--------------------|--------|---------------|--------|----------------|
|    |             |                 | Time | Points | Time | Points | Distance           | Points | Distance      | Points |                |
| 1  | Amy Fi      | GYDAC           | 11.4 | 56     | 2.14 | 56     | 1.83               | 50     | 26.8          | 53     | 215            |
| 2  | Lola Va     | CoNAC           | 11.5 | 55     | 2.10 | 60     | 1.84               | 51     | 23.8          | 47     | 213            |
| 3  | Mia Sq      | GYDAC           | 11.8 | 52     | 2.03 | 67     | 1.84               | 51     | 18.1          | 36     | 206            |
| 4  | Jasmine Ki  | NNH             | 12.2 | 48     | 2.05 | 65     | 1.83               | 50     | 15.5          | 30     | 193            |
| 4  | Mia Th      | CoNAC           | 11.8 | 52     | 2.05 | 65     | 1.71               | 44     | 16.5          | 32     | 193            |
| 6  | Charley Wh  | Ryston          | 12.6 | 44     | 2.13 | 57     | 1.75               | 46     | 19.1          | 38     | 185            |
| 7  | Eloise Ed   | NNH             | 13.0 | 40     | 2.08 | 62     | 1.62               | 40     | 20.6          | 41     | 183            |
| 8  | Amber Go    | CoNAC           | 12.6 | 44     | 2.02 | 68     | 1.59               | 38     | 16.0          | 32     | 182            |
| 8  | Maizie Bo   | GYDAC           | 12.4 | 46     | 2.06 | 64     | 1.74               | 46     | 13.3          | 26     | 182            |
| 10 | Tia Gr      | GYDAC           | 12.1 | 49     | 2.09 | 61     | 1.69               | 43     | 13.6          | 27     | 180            |
| 11 | Olivia Pi   | Thetford        | 12.5 | 45     | 2.21 | 49     | 1.69               | 43     | 17.2          | 34     | 171            |
| 12 | Anya Fa     | CoNAC           | 12.6 | 44     | 2.24 | 46     | 1.66               | 42     | 16.1          | 32     | 164            |
| 13 | Tara Cu     | CoNAC           | 12.6 | 44     | 2.20 | 50     | 1.47               | 32     | 18.1          | 36     | 162            |
| 14 | Heidi Th    | none            | 12.9 | 41     | 2.18 | 52     | 1.59               | 38     | 14.4          | 28     | 159            |
| 14 | Faye No     | GYDAC           | 13.4 | 36     | 2.06 | 64     | 1.56               | 37     | 11.1          | 22     | 159            |
| 16 | Maya El     | GYDAC           | 12.5 | 45     | 2.18 | 52     | 1.55               | 36     | 12.2          | 24     | 157            |
| 17 | Lily Go     | CoNAC           | 13.1 | 39     | 2.16 | 54     | 1.48               | 33     | 14.8          | 29     | 155            |
| 18 | Olivia Al   | NNH             | 13.6 | 34     | 2.08 | 62     | 1.44               | 31     | 13.5          | 26     | 153            |
| 19 | Daisy Gr    | CoNAC           | 12.9 | 41     | 2.25 | 45     | 1.62               | 40     | 12.9          | 25     | 151            |
| 20 | Lola Li     | GYDAC           | 12.8 | 42     | 2.26 | 44     | 1.57               | 37     | 12.7          | 25     | 148            |
| 21 | Jasmine Kn  | NNH             | 13.1 | 39     | 2.30 | 40     | 1.41               | 29     | 16.6          | 33     | 141            |
| 22 | Lyla Pi     | Thetford        | 13.7 | 33     | 2.33 | 37     | 1.44               | 31     | 14.9          | 29     | 130            |
| 23 | Lily Ga     | CoNAC           | 14.8 | 22     | 2.11 | 59     | 1.45               | 31     | 06.8          | 13     | 125            |
| 24 | Eva To      | Coltishall Jags | 13.4 | 36     | 2.35 | 35     | 1.40               | 29     | 11.5          | 23     | 123            |
| 25 | Delilah Ll  | NNH             | 14.1 | 29     | 2.43 | 27     | 1.17               | 17     | 12.9          | 25     | 98             |
| 26 | Danielle Wa | WNAC            | 14.6 | 24     | 2.43 | 27     | 1.35               | 26     | 09.1          | 18     | 95             |
| 27 | Layla Tw    | CoNAC           | 14.2 | 28     | 2.57 | 13     | 1.43               | 30     | 09.8          | 19     | 90             |

## Athletics Norfolk QuadKids match 4: Year 6 & 7 boys – Holt 30<sup>th</sup> June 2019

|    | Name       | Club     | 100m |        | 800m |        | Long jump |        | Vortex howler |        | Overall points |
|----|------------|----------|------|--------|------|--------|-----------|--------|---------------|--------|----------------|
|    |            |          | Time | Points | Time | Points | Distance  | Points | Distance      | Points |                |
| 1  | Daniel Co  | NNH      | 15.8 | 47     | 2.51 | 69     | 3.79      | 45     | 37.4          | 62     | 223            |
| 2  | Oliver Sp  | CoNAC    | 15.4 | 51     | 2.50 | 70     | 3.21      | 34     | 39.7          | 66     | 221            |
| 3  | George Ri  | NNH      | 15.6 | 49     | 2.37 | 83     | 3.45      | 39     | 27.4          | 45     | 216            |
| 4  | Finlay Fo  | NNH      | 15.3 | 52     | 2.59 | 61     | 3.68      | 43     | 30.7          | 51     | 207            |
| 5  | George Sm  | GYDAC    | 15.4 | 51     | 2.58 | 62     | 3.42      | 38     | 27.4          | 45     | 196            |
| 6  | Max Pa     | NNH      | 16.3 | 42     | 2.55 | 65     | 3.07      | 31     | 33.1          | 55     | 193            |
| 6  | Riley Be   | Ryston   | 15.8 | 47     | 3.01 | 59     | 3.85      | 47     | 24.5          | 40     | 193            |
| 8  | Giles At   | Thetford | 16.1 | 44     | 2.57 | 63     | 3.62      | 42     | 26.3          | 43     | 192            |
| 9  | Bradley Ma | Dereham  | 16.3 | 42     | 2.59 | 61     | 3.57      | 41     | 26.2          | 43     | 187            |
| 10 | Alfie Fi   | Thetford | 16.9 | 36     | 2.50 | 70     | 2.55      | 21     | 24.9          | 41     | 168            |
| 11 | Matthew Be | NNH      | 17.2 | 33     | 2.57 | 63     | 3.26      | 35     | 21.9          | 36     | 167            |
| 12 | Alfie Bo   | WNAC     | 16.9 | 36     | 3.15 | 45     | 2.94      | 28     | 33.7          | 56     | 165            |
| 13 | Tom Va     | CoNAC    | 15.9 | 46     | 3.16 | 44     | 2.63      | 22     | 30.5          | 50     | 162            |
| 14 | Thomas Sm  | NNH      | 18.1 | 24     | 3.09 | 51     | 2.75      | 25     | 29.7          | 49     | 149            |
| 15 | George Po  | CoNAC    | 15.9 | 46     | 3.38 | 22     | 2.83      | 26     | 30.6          | 51     | 145            |
| 16 | Alfie Fu   | CoNAC    | 16.9 | 36     | 3.14 | 46     | 2.96      | 29     | 19.2          | 31     | 142            |
| 17 | Izak Ha    | NNH      | 17.8 | 27     | 3.37 | 23     | 2.36      | 17     | 17.5          | 29     | 96             |
| 18 | Taylor Mc  | NNH      | 20.0 | 10     | 3.43 | 17     | 2.63      | 22     | 19.6          | 32     | 81             |
| 19 | William Hi | NNH      | 18.3 | 22     | 4.32 | 10     | 1.99      | 10     | 17.7          | 29     | 71             |

## Athletics Norfolk QuadKids match 4: Year 6 & 7 girls – Holt 30<sup>th</sup> June 2019

|    | Name          | Club     | 100m |        | 800m |        | Long jump |        | Vortex howler |        | Overall points |
|----|---------------|----------|------|--------|------|--------|-----------|--------|---------------|--------|----------------|
|    |               |          | Time | Points | Time | Points | Distance  | Points | Distance      | Points |                |
| 1  | Caitlin Be    | CoNAC    | 14.8 | 57     | 3.00 | 60     | 4.12      | 52     | 24.8          | 41     | 210            |
| 2  | Chloe Th      | CoNAC    | 14.6 | 59     | 2.60 | 60     | 4.07      | 51     | 20.3          | 33     | 203            |
| 3  | Emily Ro      | GYDAC    | 15.6 | 49     | 2.48 | 72     | 3.47      | 39     | 21.2          | 35     | 195            |
| 4  | Esme Jo       | NNH      | 15.1 | 54     | 2.45 | 75     | 3.36      | 37     | 15.5          | 25     | 191            |
| 5  | Rosie Di      | NNH      | 16.1 | 44     | 2.45 | 75     | 3.33      | 36     | 18.1          | 30     | 185            |
| 6  | Alicia-Mae Ho | Thetford | 15.7 | 48     | 3.12 | 48     | 3.29      | 35     | 25.8          | 43     | 174            |
| 7  | Molly Ga      | BBH      | 16.3 | 42     | 3.01 | 59     | 3.35      | 37     | 16.9          | 28     | 166            |
| 8  | Maddy Po      | CoNAC    | 15.8 | 47     | 3.43 | 17     | 3.48      | 39     | 31.9          | 53     | 156            |
| 9  | Stevie As     | NNH      | 16.8 | 37     | 2.54 | 66     | 3.11      | 32     | 11.6          | 19     | 154            |
| 10 | Chelsey Ir    | CoNAC    | 15.8 | 47     | 3.09 | 51     | 2.96      | 29     | 15.9          | 26     | 153            |
| 11 | Clarice Ca    | Ryston   | 15.7 | 48     | 3.08 | 52     | 2.94      | 28     | 12.8          | 21     | 149            |
| 12 | Charlotte Gi  | CoNAC    | 17.2 | 33     | 3.22 | 38     | 3.46      | 39     | 21.4          | 35     | 145            |
| 13 | Eliza Ad      | Dereham  | 16.6 | 39     | 3.24 | 36     | 2.77      | 25     | 24.4          | 40     | 140            |
| 14 | Wilhelmnia Th | NRR      | 17.7 | 28     | 3.16 | 44     | 2.64      | 22     | 22.8          | 37     | 131            |
| 15 | Liliana Ma    | CoNAC    | 17.3 | 32     | 3.25 | 35     | 3.04      | 30     | 17.8          | 29     | 126            |
| 16 | Lani Wo       | CoNAC    | 15.8 | 47     | 3.08 | 52     |           |        | 13.7          | 22     | 121            |
| 17 | Talia Ll      | NNH      | 18.3 | 22     | 3.46 | 14     | 2.07      | 11     | 11.6          | 19     | 66             |