

Athletics Norfolk Open Meeting 26.09.2020

300m hurdles

Position	No	Name	Category	Club	Time
1	171	Meg Willis	U17G	CoNAC	48.3
2	170	Hannah Pain	U17G	CoNAC	50.6
3	172	Maggie Bean	U15G	GYDAC	53.0

400m hurdles

Position	No	Name	Category	Club	Time
1	174	James Greenhalgh	SM	WNAC	60.3
2	175	Sarah Robinson	MM40	Basildon AC	77.3

75m 1

Position	No	Name	Category	Club	Time
1	200	Darcie Holmes	U11G	CoNAC	12.0
2	204	Jennifer Mardle	U11G	CoNAC	12.1
3	205	Lily Ganley	U11G	CoNAC	12.1
4	209	Orla Taylor	U11G	West Suf AC	12.2
5	202	Evie Sooley	U11G	WNAC	12.6
6	207	Myley Gilboy	U11G	WNAC	12.6

75m 2

Position	No	Name	Category	Club	Time
1	206	Matthew Williams	U11B	CoNAC	12.1
2	208	Nathan Harris	U11B	CoNAC	12.8

100m 1

Position	No	Name	Category	Club	Time
1	82	James McAllen	U13B	Waveney AC	12.8
2	134	George Smith	U13B	GYDAC	13.2
3	162	Toby Smith	U13B	CoNAC	14.6

Wind
+4.1

100m 2

Position	No	Name	Category	Club	Time
1	119	Ella Goldring	U13G	Ryston AC	14.7
1	124	BB Brook	U13G	CoNAC	14.7
1	123	Amy Fielding	U13G	GYDAC	14.7
1	157	Scarlet Robinson	U13G	Basildon AC	14.7
1	143	Keola Silver	U13G	CoNAC	14.7
6	144	Leon Harris	U13B	CoNAC	15.5

Wind
+1.2

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100m 3

Wind
+2.9

Position	No	Name	Category	Club	Time
1	120	Aisha Elouassi	U13G	CoNAC	13.8
2	42	Edith Avowlanu	U13G	CoNAC	13.9
3	127	Chloe Thorne	U13G	CoNAC	13.9
4	135	Ruby Avis	U13G	Hadleigh H	14.1
5	147	Maizie Boylan	U13G	GYDAC	14.5
6	126	Chelsey Irving	U13G	CoNAC	14.6

100m 4

Wind
+2.1

Position	No	Name	Category	Club	Time
1	136	Gracie Dean	U15G	GYDAC	14.2
2	156	Ruby-Maya Campbell	U15G	Lonely Goat	14.3
3	138	Hollie Willeard	U15G	GYDAC	14.4
4	159	Sophia Reeve	U15G	CoNAC	15.3

100m 5

Wind
+3.3

Position	No	Name	Category	Club	Time
1	164	William Scates	U15B	CoNAC	12.0
2	139	Isabelle Rushmere	U15G	GYDAC	13.2
3	142	Katie Marsh	U15G	Pboro & NVH	13.3
4	130	Ruby Love	U15G	CoNAC	13.5
5	122	Amelia Gooding	U15G	WNAC	13.7
6	137	Hollie Martin-Whymark	U15G	Colchester H	14.0

100m 6

Wind
+1.9

Position	No	Name	Category	Club	Time
1	155	Riley Kemp	U17B	Diss AC	13.1
2	131	Ellis Stewart	U17G	GYDAC	13.6
3	151	Mica Carus	U17B	CoNAC	14.5
4	125	Bethany Barrett	U17G	WNAC	14.7
5	141	Kaitlin Sinden	U17G	BBH	15.2

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100m 7

Wind
+3.4

Position	No	Name	Category	Club	Time
1	140	Joel Burgess	U17B	Waveney AC	12.0
2	146	Liam Clare	U17B	Ryston AC	12.0
3	129	Daniel Williams	U17B	CoNAC	12.5
4	163	Vaughan Beckham	U17B	Waveney AC	12.5
5	149	Mia Bailey	U17G	CoNAC	12.9

100m 8

Wind
+1.0

Position	No	Name	Category	Club	Time
1	128	Christian Tansey	U17B	WNAC	11.6
2	165	William Trangmar	U17B	West Suf AC	11.7
3	55	Marcus Holt	U20M	WNAC	12.2
4	152	Michaela Raine	SW	WNAC	13.5

1500m 1

Position	No	Name	Category	Club	Time
1	14	Roy Roberts	SM	Norf Gaz	5:26.1
2	7	Esme Jonas	U15G	NNH	5:43.8
3	11	Lottie Hood	U13G	CoNAC	5:47.7
4	6	Emily McGill	U15G	Colchester H	5:56.8
5	12	Milo Debbage	U13B	NNH	6:00.0
6	5	Eloise Edridge	U13G	NNH	6:00.9
7	13	Olivia Allen	U13G	NNH	6:03.7
8	9	Lil Slaughter	U15G	CoNAC	6:09.6
9	4	Bronwen Nelson	U13G	CoNAC	6:14.8
10	15	Tobias Neale	U13B	NNH	6:17.9
11	8	Etienne Fellas	U13G	Waveney AC	6:37.9

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1500m 2

Position	No	Name	Category	Club	Time
1	16	Ben Phillips	U15B	Haverhill RC	4:40.4
2	21	Lucy Thompson	U13G	Col & Tend AC	5:27.0
3	17	Billy Eccles	U13B	BVH	5:34.0
4	23	Matthew Crane	MM40	BVH	5:34.7
5	19	Henry Rutland	U13B	Colchester H	5:37.4
6	20	Isla Widdowson	U13G	Colchester H	5:38.4
7	24	Nigel Lambert	MM60	Wym AC	5:44.2
8	22	Maisy Wood	U15G	Colchester H	5:52.8
9	26	Evie Goldring	U15G	Ryston AC	5:56.9
10	18	Emily Swan	U17G	Colchester H	6:01.9

1500m 3

Position	No	Name	Category	Club	Time
1	30	Benedict Heath	U15B	Basildon AC	5:11.0
2	32	Henry Ashton	U13B	CoNAC	5:14.2
3	39	Tobias Cheesbrough	U15B	Dereham	5:22.3
4	31	Evie Hood	U15G	CoNAC	5:24.3
5	37	Matthew Benson	U15B	NNH	5:37.2
6	38	Rosie Dickey	U13G	NNH	5:41.5
7	36	Martha Shawyer	U17G	NNH	5:43.3
8	35	Maisy Bray	U13G	Waveney AC	6:50.4

1500m 4

Position	No	Name	Category	Club	Time
1	46	Matthew Stone	MM45	BVH	4:57.7
2	49	Verity Valentine	U13G	St Eds	5:00.4
3	44	Juliette Watkinson	MW35	Wym AC	5:05.7
4	43	Jude Linstead	U13B	CoNAC	5:24.8
5	40	Abbi McCallum	U15G	NNH	5:29.8
6	45	Louis Preston	U15B	Dereham	5:33.3
7	42	Edith Avowlanu	U13G	CoNAC	5:35.7
8	47	Ruben Xuereb	U13B	CoNAC	5:41.1
9	41	Bobby Goldsmith	U13B	CoNAC	5:49.9

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1500m 5

Position	No	Name	Category	Club	Time
1	55	Marcus Holt	U20M	WNAC	4:56.4
2	57	Paul Preston	MW45	Colchester H	5:02.8
3	50	Archie Taylor	U15B	West Suf AC	5:05.9
4	53	Connie Easter	U13G	CoNAC	5:08.5
5	56	Memphis Symonds	U17G	CoNAC	5:14.7
6	58	Rebecca Morley	U17G	West Suf AC	5:24.7

1500m 6

Position	No	Name	Category	Club	Time
1	66	Malachi Fabian	U17B	BBH	4:52.0
2	63	Harrison Leek	U15B	Colchester H	4:58.3
3	67	Paul Ward	MM50	BVH	4:59.3
4	62	Grace Buchanan	U17G	NNH	4:59.6
5	65	Lyla Belshaw	U13G	Colchester H	5:00.3
6	69	Thomas Whiting	U17B	CoNAC	5:03.4

1500m 7

Position	No	Name	Category	Club	Time
1	70	Aidan Banfield	U20M	Wym AC	4:42.9
2	71	Daniel Widdowson	MM35	Colchester H	4:45.0
3	64	Harry Wakefield	U17B	St Eds	4:45.9
4	74	Hattie Reynolds	U17G	NNH	4:47.2
5	78	Tim Bongaerts	U15B	CoNAC	4:47.5
6	75	Jacob Trangmar	U15B	West Suf AC	4:49.7
7	79	Zachary Dunne	U15B	CoNAC	4:51.6
8	76	Jake Dorbin	U15B	Thetford AC	4:56.4
9	72	Femke Rosbergen	U20W	CoNAC	4:58.9
10	77	Kate Willis	U20W	CoNAC	DNF

1500m 8

Position	No	Name	Category	Club	Time
1	86	Rudy Haywood	U17B	NNH	4:34.0
2	80	Brad Key	U17B	NNH	4:34.2
3	85	Matt Howard	MM35	NRR	4:37.2
4	87	Simon Partridge	MM35	BVH	4:40.0
5	89	Tom Cugnoni	U17B	CoNAC	4:41.0
6	81	Dylan Marsh	U17B	St Eds	4:41.5
7	84	Joe Machin	U15B	CoNAC	4:44.4
8	82	James McAllen	U13B	Waveney AC	4:49.5
9	88	Toby Nelson	U17B	CoNAC	4:51.2

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1500m 9

Position	No	Name	Category	Club	Time
1	92	Daniel Harrison	U17B	GYDAC	4:16.2
2	99	William Singleton	U17B	O	4:19.0
3	97	Michael Eccles	MM40	BVH	4:20.1
4	93	Henry Jonas	U17B	NNH	4:20.8
5	91	Ben Peck	U15B	Thetford AC	4:21.4
6	96	Luke Powell	U15B	Col & Tend AC	4:24.7
7	98	Thomas Palmer	U20M	Colchester H	4:26.6
8	95	Jack Noble	SM	BVH	4:28.4
9	90	Aaron Roberts	U17B	GYDAC	4:29.6

1500m 10

Position	No	Name	Category	Club	Time
1	100	Callum Bowen-Jones	SM	BVH	4:09.5
2	108	Tyler Bilyard	U20M	GYDAC	4:10.2
3	102	Charlie Wakefield	U20M	St Eds	4:10.9
4	109	William Mahoney	U20M	CoNAC	4:14.0
5	104	Max Berry	U17B	St Eds	4:18.0
6	110	Joshua Prendergast	U15B	Tonbridge AC	4:19.6
7	101	Callum Stedman	U20M	NNH	4:21.2
8	107	Tom Henson	U20M	St Eds	4:23.2
9	103	James Peck	U17B	Thetford AC	4:23.7

70m hurdles 1

Wind
+2.2

Position	No	Name	Category	Club	Time
1	181	Jessica Heath	U13G	Basildon	12.7
2	143	Keola Silver	U13G	CoNAC	12.9
3	133	Lani Woollsey	U13G	CoNAC	13.2
4	124	BB Brook	U13G	CoNAC	13.9

70m hurdles 2

Wind
+4.4

Position	No	Name	Category	Club	Time
1	182	Poppy Harrison	U13G	CoNAC	11.8
2	126	Chelsey Irving	U13G	CoNAC	12.4
3	147	Maizie Boylan	U13G	GYDAC	13.3
4	180	Charlotte Gilding	U13G	CoNAC	13.6

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75m hurdles 1

Wind
+2.1

Position	No	Name	Category	Club	Time
1	142	Katie Marsh	U15G	Pboro & NVH	11.8
2	122	Amelia Gooding	U15G	WNAC	12.9
3	172	Maggie Bean	U15G	GYDAC	13.0

75m hurdles 2

Wind
+4.9

Position	No	Name	Category	Club	Time
1	189	Zoe Gregory	U15G	Basildon	12.8
2	138	Hollie Willeard	U15G	GYDAC	14.3
3	136	Gracie Dean	U15G	GYDAC	19.6

80m hurdles

Wind
+2.2

Position	No	Name	Category	Club	Time
1	193	Rose Fairhurst	U17G	CoNAC	13.7
2	191	Billy Francis	U15B	CoNAC	13.9
3	194	Sally Gilding	SW	CoNAC	14.6
4	195	Gaye Clarke	MW60	Ryston AC	15.0
5	192	Amy Moses	U17G	CoNAC	15.3

100m hurdles

Wind
+2.1

Position	No	Name	Category	Club	Time
1	146	Liam Clare	U17B	Ryston AC	14.8
2	129	Daniel Williams	U17B	CoNAC	16.6

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High jump

Position	Number	Club	Distance	Category
1	Amelia Gooding	West Norfolk	1.40	U15
2	Chloe Thorne	CoNAC	1.35	U13
3	Isabella Williams	CoNAC	1.30	U15
4	Charlotte Gilding	CoNAC	1.25	U13
5	Jessica Heath	Basildon	1.20	U13

Position	Number	Club	Distance	Category
1	Marcus Holt	WNAC	1.70	U20
2	Zoe Gregory	Basildon	1.55	U15
3	Riley Kemp	Diss	1.50	U17
4	Billy Francis	CoNAC	1.45	U15
5	Emily Bailey	Basildon	1.40	U13

Triple jump

Position	Number	Club	Distance	Category	Wind
1	Isabelle Mardle	CoNAC	10.77	U15	2.4
2	Ellis Stewart	GYDAC	10.23	U17	1.7
3	Ryan Wood	CoNAC	10.07	U15	0.3
4	Amy Moses	CoNAC	9.00	U17	2.8
5	Kaitlin Sinden	BBH	8.95	U17	1.9
6	Caitlin Bell	CoNAC	8.36	U15	1.9

Position	Number	Club	Distance	Category	Wind
1	Wesley Matsuka-Williams	CoNAC	14.25	SM	1.2
2	Conrad Winter	CoNAC	13.11	U17	2.8
3	Joel Burgess	Waveney	12.09	U17	3.0
4	Eleanor Brown	CoNAC	10.55	U20	1.6
5	Vaughan Beckham	Waveney	10.49	U17	3.8
6	Daniel Williams	CoNAC	10.34	U17	1.9

Pole Vault

Position	Number	Club	Distance	Category
1	Hannah Pain	CoNAC	2.20m	U17