

Athletics Norfolk Open Meeting 31<sup>st</sup> October 2020

**75m 1**

Position	No	Name	Category	Club	Time
1	5	Darcie Holmes	U11	CoNAC	12.3
2	1	Lily Ganley	U11	CoNAC	12.8
3	2	Maya Ellis	U11	GYDAC	12.9

**75m 2**

Position	No	Name	Category	Club	Time
1	7	Jennifer Mardle	U11	CoNAC	12.9
2	8	Poppy Findlay	U11	Thetford	13.3
3	6	Myley Gilboy	U11	WNAC	13.3
4	9	Tom Barber	U11	GYDAC	13.4
5	10	Luka Dean	U11	GYDAC	13.4

Wind  
-3.8

**200m 1**

Position	No	Name	Category	Club	Time
1	140	Calvin Smith	U17	CoNAC AC	24.1
2	143	Ryan Lingwood	U20	Dereham Athletics Club	24.6
3	141	William Scates	U15	CoNAC	24.6
4	142	Scott Leeder	U20	CONAC	25.6

Wind  
-4.4

**200m 2**

Position	No	Name	Category	Club	Time
1	157	Chloe Thorne	U13	CoNAC	28.2
2	152	George Smith	U13	GYDAC	28.6
3	154	Aisha Elouassi	U13	CoNAC	29.2
4	153	Eva Ellis	U15	GYDAC	29.5
5	155	John Moore	M60	Norfolk Gazelles	30.0
6	156	Edith Avowlanu	U13	CoNAC	30.3

Wind  
-3.9

**200m 3**

Position	No	Name	Category	Club	Time
1	200	Ruby Love	U15	CoNAC	29.0
2	162	Theo Carus	U13	Fairlands VS	29.6
3	161	Maizie Boylan	U13	GYDAC	29.7
4	160	Mia Squires	U13	GYDAC	30.4
5	163	Luca Nash	U13	Hadleigh H	33.3

**200m 4**

Wind

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-6.2

Position	No	Name	Category	Club	Time
1	181	Oscar Allen	U13	Ryston AC	31.3
2	176	Ellie Thompson	U15	Col & Tend	32.2
3	182	Monty Findlay	U13	Thetford	33.1
4	178	Asha Kandola	U13	CoNAC	33.7
5	179	Charlotte Gilding	U13	CoNAC	34.0
6	180	Kieran Walpole	U13	NNH	37.9

Wind

-2.6

**200m 5**

Position	No	Name	Category	Club	Time
1	146	Liam Clare	U17B	Ryston AC	24.9
2	147	Dafydd Roney-Morgan	U20M	Ryston AC	25.9
3	149	James McAllen	U13B	Waveney AC	26.4
4	148	Evie Patrick	U15G	CoNAC	27.4
5	150	Lily Bradley	U15G	CoNAC	27.6
6	151	Benjamin Read	SM	CoNAC	29.5

Wind

-5.6

**200m 6**

Position	No	Name	Category	Club	Time
1	167	Ruby Avis	U13G	Ipswich H	29.8
2	165	Alice Marjoram	U15G	CoNAC	29.9
3	164	Asha Soanes	U17G	Thetford	30.0
4	166	Lil Slaughter	U15G	CoNAC	31.3
5	169	Darcey Bradford	U15G	NNH	31.6

Wind -

4.4

**200m 7**

Position	No	Name	Category	Club	Time
1	173	Maisie Patrick	U13G	CoNAC	30.0
2	175	Caitlin Bell	U15G	CoNAC	31.1
3	170	Keola Silver	U13G	CoNAC	31.2
4	172	Ella Goldring	U13G	Ryston AC	31.5
5	171	Emily Mae Roberts	U13G	GYDAC	31.6
6	174	Mark Wyndham-Jones	MM65	CoNAC	32.9

**300m 1**

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Position	No	Name	Category	Club	Time
1	190	Luke Powell	U15B	Colch & Tend	39.0
2	191	Joe Machin	U15B	CoNAC	43.2
3	193	Madison Kelly	U15G	CoNAC	44.3
4	194	Imogen Tooke	U15G	Chelmsford AC	46.6

**300m 2**

Position	No	Name	Category	Club	Time
1	197	Hannah Pain	U17G	CoNAC	46.3
2	200	Ruby Love	U15G	CoNAC	48.2
3	153	Eva Ellis	U15G	GYDAC	48.4
4	201	Esme Abbott	U15G	CoNAC	48.6
5	199	Grace Jermy	U17G	CoNAC	49.9
6	198	Isabella Williams	U15G	CoNAC	50.6

**400m 1**

Position	No	Name	Category	Club	Time
1	213	Marcus Holt	U20M	WNAC	55.5
2	210	Conrad Winter	U17B	CONAC	55.9
3	215	Aaron Roberts	U17B	GYDAC	58.0

**400m 2**

Position	No	Name	Category	Club	Time
1	217	Ben Halliday	U17B	CoNAC	56.6
2	218	Serena Grace	U20W	CoNAC	60.4
3	219	Grace Forster	U17G	CoNAC	63.0
4	221	Madeleine Short	U17G	CONAC	65.3
5	220	Molly Fletcher	U20W	PANVAC	66.4
6	408	Mark Thorpe	MM55	Norfolk G	83.5
7	223	Katie Nesbitt	SW	CoNAC	86.4

**1500m 1**

Position	No	Name	Category	Club	Time
1	250	Lottie Hitchcock	U13G	Ipswich H	5:38.9
2	252	Georgia Shirley	U13G	CoNAC	5:39.8
3	253	Bronwen Nelson	U13G	CoNAC	5:44.3
4	256	Alfie Findlay	U13B	Thetford	5:49.9
5	255	Milo Debbage	U13B	NNH	5:52.5
6	180	Kieran Walpole	U13B	NNH	6:01.0
7	254	Eloise Edridge	U13G	NNH	6:16.3

**1500m 2**

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Position	No	Name	Category	Club	Time
1	241	Max Parsley	U13B	NNH	5:11.1
2	240	Ruben Xuereb	U13B	CoNAC	5:15.4
3	242	Lucy Thompson	U13G	Colch & Tend	5:23.7
4	245	Billy Eccles	U13B	BVH	5:30.9
5	247	Rosie Dickety	U13G	NNH	5:32.4
6	244	Isabel Moore	U13G	St Eds	5:34.2
7	243	Noah Fell	U13B	PANVAC	5:38.2
8	246	Amber Goddard	U13G	CoNAC	6:01.2

**1500m 3**

Position	No	Name	Category	Club	Time
1	149	James McAllen	U13B	Waveney AC	4:31.4
2	234	Henry Ashton	U13B	CoNAC AC	5:03.0
3	231	Verity Valentine	U13G	St Eds	5:03.1
4	230	Connie Easter	U13G	CoNAC	5:04.0
5	233	Jude Linstead	U13B	CoNAC	5:05.9
6	235	Daniel Powell	U13B	Colch & Tend	5:31.9
7	236	Evie Hemmings	U13G	PANVAC	5:32.4

**3000m 1**

Position	No	Name	Category	Club	Time
1	402	Alexandra Smith	MW45	Wymondham AC	11:43.1
2	404	Archie Henington	U17B	Colch & Tend	11:47.9
3	403	Ross Ashton	MM40	CoNAC	11:50.8
4	406	Esme Jonas	U15G	NNH	12:37.2
5	409	Molly Bewsher	U15G	Ipswich J	12:45.1
6	407	Sara Henderson	SW	CoNAC	13:30.2
7	400	Lottie Hemmings	U17G	PANVAC	13:58.8
8	410	Natalia Maynes	U15G	St Eds	14:05.5

**3000m 2**

Position	No	Name	Category	Club	Time
1	375	Steve Ely	MM45	Wymondham AC	11:05.1
2	376	Juliette Watkinson	MW35	Wymondham AC	11:11.0
3	372	Rebecca Morley	U17G	West Suffolk AC	11:35.6
4	374	John Henington	MM45	Colch & Tend	11:45.2
5	378	Martha Shawyer	U17G	NNH	12:31.7

**3000m 3**

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Position	No	Name	Category	Club	Time
1	411	Paul Ward	MM50	BVH	10:40.0
2	354	Felix Bowling	U15B	PANVAC	10:41.2
3	351	Steven Barber	MM45	GYDAC	10:43.5
4	352	Jim Buchanan	MM55	Dumfries RC	10:55.1
5	357	Owen Hopgood	U15B	Ryston AC	10:58.3
6	353	Megan Gadsby	U20W	CONAC	11:02.3
7	350	Zak Barber	U15B	GYDAC	11:06.7
8	360	Matthew Crane	MM40	BVH	11:09.4
9	359	Gregory Howard	MM35	BVH	11:09.7
10	356	Isaac Fell	U15B	PANVAC	11:16.2

**3000m 4**

Position	No	Name	Category	Club	Time
1	333	James Atkin	U20M	CoNAC	9:55.4
2	330	Thomas Colsell	U20M	CoNAC	10:11.0
3	331	Glen Richardson	MM40	CONAC	10:26.5
4	334	William Browne	U15B	Waveney AC	10:26.8
5	339	John Hopgood	MM40	Ryston AC	10:32.9
6	335	Jake Dorbin	U15B	Thetford	10:36.3
7	337	Ted Ash	U15B	PANVAC	10:42.1
8	338	Grace Buchanan	U17G	NNH	10:43.7
9	332	Christopher Pimlott	MM45	Waveney AC	10:54.0
10	340	Sophie Peach	U20W	CoNAC	11:07.0

**3000m 5**

Position	No	Name	Category	Club	Time
1	318	Arthur Ballard	U15B	Colch & Tend	9:41.8
2	313	Aidan Banfield	U20M	Wymondham AC	9:45.7
3	314	John Hudson	MM35	NRR	9:50.4
4	311	Simon Fell	MM40	PANVAC	9:53.8
5	310	Simon Partridge	MM35	BVH	10:03.4
6	317	Tim Bongaerts	U15B	CoNAC	10:10.6
7	320	Hattie Reynolds	U17G	NNH	10:27.4
8	315	Zachary Dunne	U15B	CoNAC	10:28.4

**3000m 6**

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Position	No	Name	Category	Club	Time
1	296	Henry Jonas	U17B	NNH	9:35.2
2	294	Innes O'Malley	U17B	NNH AC	9:40.2
3	295	Samuel Cooper	U20M	NNH	9:52.4
4	300	Toby Nelson	U17B	CoNAC	10:02.3
5	299	Brad Key	U17B	NNH	10:03.9
6	298	Luke Powell	U15B	Colc & Tend	10:07.0
7	297	Stanley Collins	SM	GYDAC	10:08.1
8	292	Danny Adams	U17B	CoNAC	10:12.7
9	293	Zak Houghton	U17B	CoNAC	10:14.9

**3000m 7**

Position	No	Name	Category	Club	Time
1	270	Tyler Bilyard	U20M	CoNAC	8:49.3
2	271	Lewis Sullivan	U17B	St Eds	8:50.5
3	272	Callum Bowen-Jones	SM	BVH	9:03.4
4	273	Ben Peck	U15B	Thetford	9:08.2
5	276	Harry Hewitt	U17B	PANVAC	9:08.9
6	274	Oliver Hitchcock	U17B	Ipswich H	9:14.4
7	279	Samuel Hughes	U17B	PANVAC	9:24.0
8	275	Gary Crush	MM40	CoNAC	9:27.5
9	278	Callum Stedman	U20M	NNH	9:35.4
10	277	Daniel Harrison	U17B	GYDAC	9:42.5
11	280	Freddie Adams	U17B	Ipswich H	10:02.2

**Shot 1**

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<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Age category</b>	<b>Distance</b>
1	Charlotte Gilding	CONAC	U13G	7.39
2	Mia Squires	GYDAC	U13G	6.88
1	Alfie Girling	Waveney AC	U13B	9.58
1	Maximilian Brookes	Diss Athletics Club	U15B	11.13
2	Miles Hovell	Ryston Runners	U15B	10.18
3	Harvey Lock	GYDAC	U15B	7.69
1	Maddy Powles-Warren	CONAC	U15G	9.84
2	Caitlin Bell	CONAC	U15G	7.44
3	Alicia Mae Howard	Thetford	U15G	7.34

**Shot 2**

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Age category</b>	<b>Distance</b>
1	Ellen Cunningham	CoNAC	U17G	11.24
2	Hannah Pain	CONAC	U17G	9.27
3	Poppy Hewitt	CONAC	U17G	8.27
4	Leigha Mayston	Waveney AC	U17G	8.09
1	Jacob Hanton	GYDAC	U17B	10.64
1	Abi Sharples	Lincoln and Wellington	U20W	9.10
1	Mark Wyndham-Jones	CONAC	MM70	11.12

**Discus 1**

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Position	Name	Club	Age category	Distance
1	Alfie Girling	Waveney AC	U13B	20.44
1	Maximilian Brookes	Diss Athletics Club	U15B	30.25
2	Miles Hovell	Ryston Runners	U15B	26.80
1	Poppy Walker	CONAC	U17G	26.72
2	Leigha Mayston	Waveney AC	U17G	19.58
3	Luella Brookes	Diss Athletics Club	U17G	23.16
4	Poppy Hewitt	CONAC	U17G	25.15
1	Jacob Hanton	GYDAC	U17B	29.11
2	Conrad Winter	CONAC	U17B	27.69

**Discus 2**

Position	Name	Club	Age category	Distance
1	Abi Sharples	Lincoln and Wellington	U20W	33.93
1	Marcus Holt	West Norfolk AC	U20M	27.11
2	Scott Leeder	CONAC	U20M	24.38
3	Charlie Williams	West Norfolk AC	U20M	37.14
1	Jack Pishorn	West Norfolk AC	SM	20.01
1	Megan Thomas	CONAC	SW	30.78