

QuadKids Results King's Lynn – Sunday 16th August

Boys individual ranking – Years 6, 7 and 8

Rank	Athlete name	Team name	Sprint time	Sprint points	Jump distance	Jump points	Run time	Run points	Throw distance	Throw points	Overall points
1	CHARLIE WA	RYSTON RUNNERS	14.70	58	3.81	46	2.25	96	43.73	72	272
2	JOSEPH SM	THETFORD	13.90	66	4.35	57	2.31	90	29.95	49	262
3	ADAM MO		14.20	63	4.15	53	2.46	75	38.94	64	255
4	BAILEY TO	RYSTON RUNNERS	14.60	59	3.85	47	2.33	87	36.58	60	253
5	LEVI LA	GYDAC	14.50	60	3.90	48	2.47	73	39.94	66	247
6	CHARLIE GR	CONAC	14.90	56	4.03	50	2.43	78	29.98	49	233
7	ZAK CO	CONAC	14.70	58	3.97	49	3.02	59	28.26	47	213
8	NICK SA	BECCLES & BUNGAY HARRIERS	15.60	49	3.27	35	2.55	66	31.68	52	202
9	BEN GA	THETFORD	15.50	50	3.37	37	2.50	70	23.40	39	196
10	JACOB BR	CONAC	15.10	54	3.76	45	3.14	47	24.74	41	187
11	ALFIE GA	BUNGAY BLACK DOGS	15.60	49	3.27	35	2.53	67	21.52	35	186
12	REECE BA	BUNGAY BLACK DOGS	18.80	17	2.97	29	3.24	37	31.75	52	135

Girls individual ranking – Years 6, 7 and 8

Rank	Athlete name	Team name	Sprint time	Sprint points	Jump distance	Jump points	Run time	Run points	Throw distance	Throw points	Overall points
1	THEA HO	RYSTON RUNNERS	14.30	62	4.15	53	2.30	91	33.82	56	262
2	EDEN HA	CONAC	15.50	50	3.59	41	2.43	78	31.14	51	220
3	ISABELLE MO	CONAC	14.60	59	3.72	44	2.43	77	16.50	27	207
4	HOLLY HA	CONAC	14.50	60	4.01	50	3.04	56	20.31	33	199
5	MADDIE RO	THETFORD AC	15.70	48	3.52	40	2.51	70	18.79	31	189
6	BETH GR	CONAC	16.80	37	3.14	32	3.01	60	23.60	39	168
7	MARTHA BE	CONAC	15.90	46	3.38	37	3.17	43	21.44	35	161
8	ABIGAIL MA	BUNGAY BLACK DOG	15.90	46	3.16	33	3.28	32	25.08	41	152
9	EMILY CO	HARRIERS	16.20	43	3.00	30	3.13	47	14.55	24	144
10	ELIZABETH WO	WEST NORFOLK AC	17.00	35	2.92	28	3.07	54	13.62	22	139
11	ELLA WA	CONAC	16.40	41	2.23	14	2.56	65	10.34	17	137
12	GABRIELLA EL	CONAC	16.90	36	2.42	18	3.16	45	16.06	26	125
13	SAFFRON TE	RYSTON RUNNERS	17.50	30	2.83	26	3.18	42	14.83	24	122
14	CHANTELLE RU	CONAC	17.40	31	2.65	23	3.16	44	12.84	21	119
15	NIAMH WE	WEST NORFOLK AC	17.60	29	2.73	24	3.28	33	14.88	24	110
16	LANA HA	WEST NORFOLK AC	17.80	27	2.54	20	3.19	42	9.05	15	104
17	HARRIET CO	HARRIERS	18.00	25	1.95	10	3.25	35	10.43	17	87

Boys individual ranking – Years 4 and 5

Rank	Athlete name	Team name	Sprint time	Sprint points	Jump distance	Jump points	Run time	Run points	Throw distance	Throw points	Overall points
1	KIT HO	RYSTON RUNNERS	11.50	55	1.81	49	1.48	82	31.03	62	248
2	JOEL BU	WAVENEY VALLEY AC	11.50	55	1.79	48	1.49	81	27.60	55	239
2	CONRAD WI	CONAC	11.60	54	1.91	54	2.02	69	31.43	62	239
4	HARRY WA	RYSTON RUNNERS	12.10	49	1.74	46	1.57	73	34.93	69	237
5	ALI EL	DEREHAM RUNNERS	12.30	47	1.89	53	2.13	58	22.22	44	202
6	BENJAMIN CO	WAVENEY VALLEY AC	12.10	49	1.64	41	2.05	66	22.70	45	201
6	MALACHI LA	GYDAC	11.90	51	1.53	35	2.14	56	29.53	59	201
8	BRAD KE	NORTH NORFOLK HARRIERS AC	12.60	44	1.62	40	2.05	65	24.78	49	198
9	DAVID MA	RYSTON RUNNERS	12.00	50	1.80	49	2.17	54	18.58	37	190
10	RYAN WO	WEST NORFOLK AC	12.60	44	1.71	44	2.20	50	24.18	48	186
10	ADAM PI	WEST NORFOLK AC	12.10	49	1.83	50	2.33	37	25.22	50	186
12	THOMAS TU		13.60	34	1.69	43	2.18	53	26.87	53	183
12	NATHAN LI	WAVENEY VALLEY AC	12.50	45	1.58	38	2.09	61	19.85	39	183
14	HARVEY GR	CONAC	13.00	40	1.52	35	2.19	52	21.87	43	170
14	ARLO BR		12.70	43	1.55	36	2.36	34	28.68	57	170
16	CHARLIE GA	THETFORD	12.50	45	1.33	25	2.10	60	18.77	37	167
17	JACK GR		13.90	31	1.49	33	2.27	44	23.02	46	154
18	ALFIE MA	CONAC	12.90	41	1.42	30	2.20	50	15.52	31	152
19	DANIEL CL	THETFORD	13.40	36	1.38	28	2.20	50	17.68	35	149
20	LUKE HA		13.80	32	1.65	41	2.22	49	13.05	26	148
21	OAKLEY TO	WEST NORFOLK AC	14.40	26	1.56	37	2.23	47	17.77	35	145
22	MALAKAI TO		13.70	33	1.43	30	2.17	54	13.18	26	143
23	CHARLIE PA		14.50	25	1.28	23	2.22	49	21.18	42	139
24	FRED RE	HARLING AC	14.20	28	1.42	30	2.15	55	10.43	20	133
25	GEORGE EV	RYSTON RUNNERS	14.10	29	1.39	28	2.29	42	15.07	30	129
25	JACK RE	BUNGAY BLACK DOGS	13.70	33	1.22	20	2.25	46	15.22	30	129
27	ELIJAH EL	CONAC	13.30	37	1.28	23	2.42	28	15.78	31	119
28	DANIEL FE		13.90	31	1.31	24	2.50	21	20.86	41	117
29	LOGAN DO	BUNGAY BLACK DOGS	15.00	20	1.34	26	2.39	31	19.70	39	116
30	JOSEPH FE		14.80	22	1.25	21	2.52	18	9.96	19	80

Girls individual ranking – Years 4 and 5

Rank	Athlete name	Team name	Sprint time	Sprint points	Jump distance	Jump points	Run time	Run points	Throw distance	Throw points	Overall points
1	HANNAH PA	CONAC	12.10	49	1.83	50	2.03	68	20.10	40	207
2	BEA HO	RYSTON RUNNERS	12.60	44	1.74	46	2.15	55	29.99	59	204
3	ISABEL SM	THETFORD	12.60	44	1.64	41	2.08	62	15.67	31	178
4	GEORGIA PE	NORTH NORFOLK HARRIERS AC	12.80	42	1.55	36	2.11	60	18.05	36	174
5	HOLLY LA	WEST NORFOLK AC	12.80	42	1.61	39	2.13	58	13.82	27	166
6	FIONA-MAY SW	NORTH NORFOLK HARRIERS AC	12.60	44	1.69	43	2.27	44	17.25	34	165
7	ABIGAIL CL	THETFORD AC	13.50	35	1.56	37	2.13	58	11.09	22	152
8	LILY TE	RYSTON RUNNERS	12.70	43	1.50	34	2.22	48	11.05	22	147
8	LEAH CO	CONAC	13.90	31	1.66	42	2.30	41	16.52	33	147
10	ENYA CA	BECCLLES AND BUNGAY HARRIERS	13.30	37	1.58	38	2.36	35	14.60	29	139
11	LILLI SK		13.50	35	1.61	39	2.34	36	13.62	27	137
12	HOLLIE WI	GYDAC	13.70	33	1.61	39	2.42	29	17.40	34	135
13	NATALIE SA	BECCLLES AND BUNGAY HARRIERS	13.60	34	1.45	31	2.29	41	11.49	22	128
14	AMY MO	CONAC	0.00	10	1.82	50	0.00	10	18.34	36	106