

Athletics Norfolk Open meeting – 14th May 2021, Sportspark Norwich

18:00 U11 75m G1						Wind -.8
Bib number	Position	Name	Club	Category	Gender	Time
3	1	Darcie Holmes	CoNAC	U11	Female	11.6
4	2	Elliott Amos	CoNAC	U11	Female	12.8
2	3	April Green	CoNAC	U11	Female	13.3
5	4	Elouise Littleboy	NRR	U11	Female	13.7
6	5	Florence Abbott	CoNAC	U11	Female	13.7
1	6	Abbie Thorne	CoNAC	U11	Female	13.7
18:02 U11 75m G2						Wind -1.3
Bib number	Position	Name	Club	Category	Gender	Time
10	1	Olivia Mukuya	GYDAC	U11	Female	11.6
7	2	Jennifer Mardle	CoNAC	U11	Female	12.0
9	3	Myley Gilboy	WNAC	U11	Female	12.3
11	4	Tayla Goodswen	BBH	U11	Female	12.6
8	5	Molly Ellard-Thurtle	CoNAC	U11	Female	13.0
18:04 U11 75m B1						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
13	1	Thomas Fairhurst	CoNAC	U11	Male	12.4
16	2	Joshua Rumsby	CoNAC	U11	Male	12.5
15	3	Harry Doran	GYDAC	U11	Male	12.6
14	4	George Ganley	CoNAC	U11	Male	12.6
12	5	Daniel Matembera	U/A	U11	Male	14.3
18:06 U11 75m B2						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
19	1	Harry Sayer	CoNAC	U11	Male	12.0
17	2	Sonny Butler	GYDAC	U11	Male	12.0
20	3	Tom Barber	GYDAC	U11	Male	12.3
18	4	Marcus Richardson	U/A	U11	Male	12.7
21	5	Jenson Wedon	GYDAC	U11	Male	13.4
18:10 200m 1						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
5	1	Grace Daniels	St Eds	U13	Female	30.5
6	2	Daniella Baldeo	CoNAC	U13	Female	33.0
1	3	Matthew Williams	CoNAC	U13	Male	33.8
3	4	Iyla Addison	CoNAC	U13	Female	36.4
4	5	Mark Thorpe	Norfolk Gaz	M55	Male	36.8
2	6	Ella Goodswen	BBH	U13	Female	37.7

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18:14 200m 2						Wind -1.5
Bib number	Position	Name	Club	Category	Gender	Time
9	1	Tia-Lilly Crane	CoNAC	U17	Female	29.9
11	2	Libby Ong	CoNAC	U15	Female	30.6
10	3	Lily Ganley	CoNAC	U13	Female	33.9
7	4	Lily Goddard	CoNAC	U13	Female	35.9
18:18 200m 3						Wind -.2
Bib number	Position	Name	Club	Category	Gender	Time
14	1	Emily Roberts	GYDAC	U15	Female	29.2
13	2	Lester Palmer	Ipswich H	U13	Male	29.6
16	3	Cameron Wedon	GYDAC	U13	Male	30.2
17	4	Amber Goddard	CoNAC	U13	Female	31.4
15	5	Keola Silver	CoNAC	U15	Female	33.9
18:22 200m 4						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
22	1	Charles Williams	CoNAC	M55	Male	28.6
23	2	Molly Howell	St Eds	U17	Female	28.7
20	3	Ruby Avis	Ipswich H	U15	Female	29.1
21	4	John Moore	Norfolk Gaz	M60	Male	29.5
18:26 200m 5						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
29	1	Mia Squires	GYDAC	U13	Female	27.5
25	2	Hannah Pain	CoNAC	U17	Female	27.6
24	3	Aisha Elouassi	CoNAC	U15	Female	28.5
27	4	Edith Avowlanu	CoNAC	U15	Female	28.8
26	5	Eva Ellis	GYDAC	U17	Female	28.9
28	6	Jan Kaiser	CoNAC	M45	Male	30.5
18:30 200m 6						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
30	1	Isabelle Mardle	CoNAC	U15	Female	26.2
33	2	Noah Avowlanu	CoNAC	M40	Male	27.9
31	3	Madison Kelly	CoNAC	U17	Female	28.1
35	4	Fin Barnard	CoNAC	U15	Male	28.8

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18:34 200m 7						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
37	1	James McAllen	Waveney	U15	Male	25.5
36	2	Glen Richardson	CoNAC	M40	Male	26.6
41	3	George Smith	GYDAC	U15	Male	27.0
38	4	Isabelle Rushmere	GYDAC	U15	Female	27.6
39	5	Maizie Boylan	GYDAC	U13	Female	27.6
40	6	Grace Forster	CoNAC	U20	Female	28.1
18:38 200m 8						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
45	1	Joel Burgess	CoNAC	U17	Male	23.3
46	2	Ethan Ellis	CoNAC	U17	Male	23.9
44	3	Liam Clare	Ryston	U17	Male	24.2
47	4	Marcus Holt	WNAC	U20	Male	24.8
48	5	Hannah Brown	CoNAC	SEN	Female	26.2
18:42 200m 9						Wind .0
Bib number	Position	Name	Club	Category	Gender	Time
53	1	Scott Leeder	CoNAC	U20	Male	23.7
51	2	William Scates	CoNAC	U17	Male	23.8
50	3	Conrad Winter	CoNAC	U17	Male	24.1
54	4	Millie King	Ipswich H	U17	Female	24.6
18:46 200m 10						Wind-1.0
Bib number	Position	Name	Club	Category	Gender	Time
55	1	Decarie Davies	Shaftesbury	U20	Male	22.5
56	2	Akin Akinboh	Colchester H	SEN	Male	22.6
57	3	Calvin Smith	Shaftesbury	U17	Male	22.9
59	4	Matthew Agnimel	Havering	SEN	Male	23.2
61	5	Adam Herring	Blackheath	SEN	Male	23.6
58	6	Robert MacQueen	Ryston	U20	Male	24.0
60	7	Thomas Cooney	Victoria PH	SEN	Male	24.1

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18:50 U11 600m G						
Bib number	Position	Name	Club	Category	Gender	Time
10	1	Olivia Mukuya	GYDAC	U11	Female	01:58.7
72	2	Megan Chong	Waveney	U11	Female	02:04.1
11	3	Tayla Goodswen	BBH	U11	Female	02:10.7
7	4	Jennifer Mardle	CoNAC	U11	Female	02:12.1
4	5	Elliott Amos	CoNAC	U11	Female	02:16.7
74	6	Jasmin Benson	NNH	U11	Female	02:21.1
2	7	April Green	CoNAC	U11	Female	02:22.5
6	8	Florence Abbott	CoNAC	U11	Female	02:23.2
5	9	Elouise Littleboy	NRR	U11	Female	02:39.7
18:55 U11 600m B						
Bib number	Position	Name	Club	Category	Gender	Time
20	1	Tom Barber	GYDAC	U11	Male	01:59.9
15	2	Harry Doran	GYDAC	U11	Male	02:03.8
17	3	Sonny Butler	GYDAC	U11	Male	02:08.0
19	4	Harry Sayer	CoNAC	U11	Male	02:23.3
16	5	Joshua Rumsby	CoNAC	U11	Male	02:24.3
14	6	George Ganley	CoNAC	U11	Male	02:25.2
12	7	Daniel Matembera	U/A	U11	Male	02:38.1
19:00 Wildcard Smile F						
Bib number	Position	Name	Club	Category	Gender	Time
8	1	Kitty Taylor	Tri-Anglia	U20	Female	05:58.5
18	2	Joanne Watkins				06:15.2
3	3	Nicola Hill	NRR	M45	Female	06:24.3
6	4	Karen Archbold	LRR	M50	Female	06:25.3
1	5	Alice Grant	BVH	SEN	Female	06:26.6
7	6	Evie Clayton	Ryston	U13	Female	06:39.2
5	7	Jo Silver	U/A	M50	Female	06:49.5
10	8	Eleanor Chapman	NRR	U17	Female	06:58.9

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19:08 Wildcard Smile M						
Bib number	Position	Name	Club	Category	Gender	Time
11	1	Steve Walker	Dereham	M35	Male	05:06.8
17	2	Ash Gilbert	Dereham	M35	Male	05:12.5
14	3	Paul Suggitt	U/A	M35	Male	05:21.1
13	4	Jason Mattless	Dereham	M50	Male	05:37.5
16	5	David Stevens	U/A	M35	Male	05:38.1
12	6	Robert Milner	Waveney	M40	Male	05:52.1
15	7	Ross Palgrave	U/A	SEN	Male	06:15.6
19:15 SMile Final Knockout						
Bib number	Position	Name	Club	Category	Gender	Time
27	1	Tyler Bilyard	CoNAC	SEN	Male	04:13.8
19	2	Charlie Wakefield	St Eds	U20	Male	04:16.7
18	3	Callum Bowen- Jones	BVH	SEN	Male	04:22.6
23	4	Iona Lake	CoNAC	SEN	Female	04:47.3
21	5	Hattie Reynolds	NNH	U17	Female	05:01.3
26	6	Sam Jacks	CoNAC	SEN	Female	05:01.7
20		Daniel Harrison	GYDAC	U20	Male	Knocked out after 1200m
25		Rosie Dickety	NNH	U15	Female	Knocked out after 1200m
22		Henry Jonas	NNH	U17	Male	Knocked out after 800m
24		Millie Adams	CoNAC	U15	Female	Knocked out after 800m
19:25 U13 1500m 1						
Bib number	Position	Name	Club	Category	Gender	Time
29	1	James Ashton	CoNAC	U13	Male	05:38.5
30	2	Noah Baker	GYDAC	U13	Male	05:42.6
28	3	Olivia Allen	NNH	U13	Female	05:47.8
31	4	Vito Machin	CoNAC	U13	Male	05:50.5
32	5	Ollie Mcleän	U/A	U13	Male	06:09.1
33	6	Agatha Thorby	CoNAC	U13	Female	06:11.5
34	7	Violet Brooke	CoNAC	U13	Female	06:19.7
3	8	Iyla Addison	CoNAC	U13	Female	07:05.7

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19:33 U13 1500m 2						
Bib number	Position	Name	Club	Category	Gender	Time
38	1	Asha Kandola	CoNAC	U13	Female	05:20.4
36	2	Finn Kaiser	CoNAC	U13	Male	05:23.3
39	3	Lexie Heather	CoNAC	U13	Female	05:29.9
42	4	Lottie Hood	CoNAC	U13	Female	05:30.2
41	5	Milo Debbage	NNH	U13	Male	05:36.8
40	6	Eloise Edridge	NNH	U13	Female	05:49.1
1	7	Matthew Williams	CoNAC	U13	Male	06:14.1
19:40 3000m 1						
Bib number	Position	Name	Club	Category	Gender	Time
12	1	Josh Read	Dereham	U17	Male	11:22.5
43	2	Billy Eccles	BVH	U15	Male	11:22.5
52	3	Erin Hernon	CoNAC	U15	Female	11:32.2
45	4	Allyna Mukuya	GYDAC	U15	Female	11:39.5
11	5	Libby Ong	CoNAC	U15	Female	11:57.4
48	6	Esme Jonas	NNH	U15	Female	12:11.6
44	7	Nigel Lambert	Wymondham	M60	Male	12:15.4
47	8	Isabella Green	Dereham	U17	Female	13:14.6
50	9	Kirsty Wheeler	LRR	SEN	Female	13:36.7
19:53 3000m 2						
Bib number	Position	Name	Club	Category	Gender	Time
54	1	George Rivett	NNH	U15	Male	10:32.3
58	2	Henry Ashton	CoNAC	U15	Male	10:47.7
57	3	Sophie Peach	CoNAC	SEN	Female	11:07.2
60	4	Zak Barber	GYDAC	U15	Male	11:18.7
63	5	Ruben Xuereb	CoNAC	U15	Male	11:25.7
62	6	Martha Shawyer	NNH	U17	Female	11:34.5
61	7	Abbi McCallum	NNH	U17	Female	11:40.7
56	8	Eve Pound	City of Sheff	SEN	Female	12:09.9
20:06 3000m 3						
Bib number	Position	Name	Club	Category	Gender	Time
59	1	Jack Bartle	Wymondham	U20	Male	10:07.0
68	2	Connor Gowing	CoNAC	U17	Male	10:09.0
67	3	Megan Gadsby	GYDAC	U20	Male	10:14.2
72	4	Max Parsley	NNH	U15	Male	10:17.1
64	5	Alfie Mayers	Helpston H	U17	Female	10:22.4
69	6	Corben Reynolds	BVH	U17	Male	10:31.1
70	7	Thomas Whiting	CoNAC	U17	Male	10:55.2
65	8	Connie Easter	CoNAC	U15	Female	10:58.3

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20:18 3000m 4						
Bib number	Position	Name	Club	Category	Gender	Time
37	1	James McAllen	Waveney	U15	Male	09:38.4
79	2	William Browne	Waveney	U17	Male	09:38.7
84	3	Joe Machin	CoNAC	U15	Male	09:45.6
75	4	Zachary Dunne	CoNAC	U15	Male	09:48.5
77	5	Jonathan Stockwell	CoNAC	M40	Male	09:50.4
78	6	Samuel Yellop	CoNAC	U15	Male	09:52.1
80	7	Jake Dorbin	Thetford	U15	Male	09:59.1
81	8	Mabel Beckett	CoNAC	SEN	Female	10:00.7
82	9	James Senior	CoNAC	SEN	Male	10:00.8
21	10	John Moore	Norfolk Gaz	M60	Male	10:23.4
83	11	Matthew Stone	BVH	M50	Male	10:36.7
20:30 3000m 5						
Bib number	Position	Name	Club	Category	Gender	Time
92	1	Dom Blake	Reepham	M40	Male	09:12.6
88	2	Simon Partridge	BVH	M35	Male	09:43.2
95	3	Sam Kenmore	CoNAC	SEN	Male	09:50.9
89	4	Rudy Haywood	NNH	U20	Male	09:54.1
93	5	Tim Bongaerts	CoNAC	U17	M	09:58.2
87	6	Toby Nelson	CoNAC	U17	Male	09:58.7
94	7	Femke Rosbergen	CoNAC	U20	Female	10:20.9
86	8	Jack Noble	BVH	SEN	Male	10:30.9
20:42 3000m 6						
Bib number	Position	Name	Club	Category	Gender	Time
2	1	Ben Peck	St Eds	U17	male	08:46.1
1	2	Stu Huntington	CoNAC	SEN	Male	09:03.0
4	3	Gary Crush	CoNAC	M40	Male	09:08.4
10	4	Samuel Stevens	CoNAC	SEN	Male	09:11.4
5	5	James Preston	West Suf	SEN	Male	09:17.9
8	6	Jeya Kandola	CoNAC	U17	Male	09:18.3
6	7	Nick Smallwood	C&C	SEN	Male	09:18.9
7	8	Ryan Davidson	CoNAC	SEN	Male	09:22.1
9	9	Zak Houghton	CoNAC	U20	Male	09:31.8

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Shot put 1						
Bib number	Position	Name	Club	Category	Gender	Distance
51	1	Jessica Lamprell	Ipswich H	U13	Female	10.50
29	2	Mia Squires	GYDAC	U13	Female	7.70
3	3	Iyla Addison	CoNAC	U13	Female	3.97
Shot put 2						
Bib number	Position	Name	Club	Category	Gender	Distance
13	1	Thomas Fairhurst	CoNAC	U11	Male	5.97
20	2	Tom Barber	GYDAC	U11	Male	5.31
7	3	Jennifer Mardle	CoNAC	U11	Female	5.16
53	4	Louie Ramone	CoNAC	U11	Male	4.98
15	5	Harry Doran	GYDAC	U11	Male	4.86
1	6	Abbie Thorne	CoNAC	U11	Female	4.54
16	7	Joshua Rumsby	CoNAC	U11	Male	4.37
14	8	George Ganley	CoNAC	U11	Male	4.22
2	9	April Green	CoNAC	U11	Female	2.72
12	10	Daniel Matembera	U/A	U11	Male	2.27
Shot put 3						
Bib number	Position	Name	Club	Category	Gender	Distance
6	1	Edgar Alston	GYDAC	U15	Male	11.93
30	2	Isabelle Mardle	CoNAC	U15	Female	11.48
56	3	Maximilian Brookes	Diss AC	U15	Male	10.61
40	4	Agatha Gouldby	Waveney	U15	Female	9.79
41	5	Alfie Girling	Waveney	U15	Male	9.31
43	6	Caitlin Bell	CoNAC	U15	Female	9.25
55	7	Maddy Powles-Warren	CoNAC	U15	Female	8.25
44	8	Charlotte Gilding	CoNAC	U15	Female	6.92
Shot put 4						
Bib number	Position	Name	Club	Category	Gender	Distance
59	1	William Lamprell	Ipswich H	U17B	Male	14.49
42	2	Alfie Williams	WNAC	U20M	Male	13.82
50	3	Conrad Winter	CoNAC	U17B	Male	12.12
54	4	Lucy Oakley	CoNAC	U17G	Female	10.63
25	5	Hannah Pain	CoNAC	U17G	Female	9.66
47	6	Ellen Cunningham	CoNAC	U20W	Female	9.45
50	7	Jacob Hanton	GYDAC	U20M	Male	9.00
57	8	Michael Protheroe	Dereham	MM50	Male	8.40
52	9	Leigha Mayston	Waveney	U17G	Female	7.63