

Athletics Norfolk Open meeting – 22nd May 2021, Sportspark Norwich

Event	U13 girls 70m H			Wind +1.2		
Position	Bib number	Name	Club	Time	Category	Gender
1	2	Maizie Boylan	GYDAC	11.8	U13	Female
2	3	Mia Squires	GYDAC	12.4	U13	Female
3	1	Isla Hibbett	CoNAC	17.0	U13	Female
Event	U15 girls 75m H			Wind +0.2		
Position	Bib number	Name	Club	Time	Category	Gender
1	7	Isabelle Mardle	CoNAC	11.2	U15	Female
2	6	Chloe Thorne	CoNAC	12.1	U15	Female
3	8	Poppy Harrison	CoNAC	13.0	U15	Female
4	5	Chelsey Irving	CoNAC	13.5	U15	Female
5	4	Charlotte Gilding	CoNAC	13.6	U15	Female
Event	U17 girls + MW40 + U15B 80m H			Wind +1.3		
Position	Bib number	Name	Club	Time	Category	Gender
1	10	Katie Marsh	PANVAC	12.0	U17	Female
2	11	Mia Bailey	CoNAC	12.9	U17	Female
3	14	Billy Francis	CoNAC	13.0	U15	Male
4	12	Rose Fairhurst	CoNAC	13.3	U17	Female
5	9	Hollie Willeard	GYDAC	14.7	U17	Female
6	13	Sally Gilding	CoNAC	15.2	M40	Female
Event	U17 boys 100m H			Wind +0.5		
Position	Bib number	Name	Club	Time	Category	Gender
1	15	Conrad Winter	CoNAC	14.9	U17	Male
Event	U20 men 110m H			Wind +0.5		
Position	Bib number	Name	Club	Time	Category	Gender
1	16	Daniel Williams	CoNAC	21.2	U20	Male
Event	300m G1					
Position	Bib number	Name	Club	Time	Category	Gender
1	21	Edith Avowlanu	CoNAC	45.7	U15	Female
2	20	Aisha Elouassi	CoNAC	46.3	U15	Female
3	22	Jessica Ambrose	St Eds	48.0	U15	Female
4	24	Millie Adams	CoNAC	48.1	U15	Female
5	26	Tia-Lilly Crane	CoNAC	48.5	U17	Female
6	25	Tia Clancy	St Eds	49.8	U15	Female
7	23	Lilymae Coote	GYDAC	52.5	U15	Female

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Event	300m G2					
Position	Bib number	Name	Club	Time	Category	Gender
1	32	Hannah Pain	CoNAC	43.5	U17	Female
2	31	Eva Ellis	GYDAC	45.9	U17	Female
3	34	Ruby Love	CoNAC	46.6	U17	Female
4	28	Amelie Taylor	West Suf	47.3	U15	Female
5	29	Emily Roberts	GYDAC	47.7	U15	Female
6	30	Esme Abbott	CoNAC	48.5	U17	Female
7	33	Imogen Porch	West Suf	49.5	U15	Female
Event	300m B1					
Position	Bib number	Name	Club	Time	Category	Gender
1	38	Ryan Wood	CoNAC	41.9	U17	Male
2	35	Cohen Copeman	Waveney	43.5	U15	Male
Event	400m 1					
Position	Bib number	Name	Club	Time	Category	Gender
1	41	Glen Richardson	CoNAC	58.9	M40	Male
2	42	Louis Preston	Dereham	62.3	U17	Male
3	44	Noah Avowlanu	CoNAC	65.4	M40	Male
4	40	Eden Harrison	CoNAC	66.3	U20	Female
5	45	Zara Sheeran	Attleborough	70.3	U20	Female
Event	400m 2					
Position	Bib number	Name	Club	Time	Category	Gender
1	50	Joel Burgess	CoNAC	52.3	U17	Male
2	47	Christopher Marshall	CoNAC	53.4	SEN	Male
3	46	Adam Herring	B&BH	53.4	SEN	Male
4	52	William Trangmar	West Suf	53.9	U17	Male
5	48	Daniel Harrison	GYDAC	54.3	U20	Male
6	49	Hannah Brown	CoNAC	57.7	SEN	Female
Event	600m 1					
Position	Bib number	Name	Club	Time	Category	Gender
1	5	Ethan Glayzer	BBH	2:04.6	U11	Male
2	2	Elizabeth Pert	CoNAC	2:07.5	U11	Female
3	10	Tayla Goodswen	BBH	2:10.0	U11	Female
4	8	Kayci Clancy	St Eds	2:12.0	U11	Female
5	4	Elsa Lindsay	CoNAC	2:17.0	U11	Female
6	6	Florence Abbott	CoNAC	2:17.2	U11	Female
7	7	Jasmin Benson	NNH	2:20.2	U11	Female
8	1	April Green	CoNAC	2:23.6	U11	Female
9	3	Elouise Littleboy	NRR	2:35.0	U11	Female

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Event	600m 2					
Position	Bib number	Name	Club	Time	Category	Gender
1	11	Harry Ambrose	St Eds	1:55.6	U11	Male
2	18	Olivia Mukuya	GYDAC	1:55.9	U11	Female
3	15	Layla Clancy	St Eds	2:04.4	U11	Female
4	19	Rory Wood	Ryston	2:07.7	U11	Male
5	16	Leo Wood	Ryston	2:08.0	U11	Male
6	12	Hayden Preston	Colchester H	2:08.6	U11	Male
7	14	Jennifer Mardle	CoNAC	2:09.5	U11	Female
Event	Mile 1					
Position	Bib number	Name	Club	Time	Category	Gender
1	26	Esme Jonas	NNH	5:57.9	U15	Female
2	46	Lottie Hood	CoNAC	6:00.0	U13	Female
3	22	Alice Winstanley	West Suf	6:06.4	U13	Female
4	28	Nigel Lambert	Wymondham	6:08.3	M60	Male
5	24	Ava Mears	NNH	6:11.9	U15	Female
6	21	Edith Avowlanu	CoNAC	6:24.1	U15	Female
7	27	Evie Clayton	Ryston	6:39.5	U13	Female
8	23	Alisha Greenwood	Ryston	6:41.4	U13	Female
9	25	Elizabeth Williams	CoNAC	7:26.6	M50	Female
Event	Mile 2					
Position	Bib number	Name	Club	Time	Category	Gender
1	38	Matthew Crane	BVH	5:42.9	M40	Male
2	40	Tobias Cheesbrough	Dereham	5:46.3	U15	Male
3	39	Ruben Xuereb	CoNAC	5:47.0	U15	Male
4	33	Georgia Shirley	CoNAC	5:48.9	U15	Female
5	35	Kitty Taylor	Tri-Anglia	5:57.3	U20	Female
6	37	Matthew Benson	NNH	5:59.3	U15	Male
7	31	Abbi McCallum	NNH	6:01.2	U17	Female
8	34	Jason Brunt	Norfolk Gaz	6:16.8	M45	Male
9	32	Eloise Edridge	NNH	6:17.9	U13	Female
10	36	Lily Ambrose	St Eds	6:24.1	U13	Female
Event	Mile 3					
Position	Bib number	Name	Club	Time	Category	Gender
	49	Paul Preston	Colchester H	5:18.8	M45	Male
	48	Max Parsley	NNH	5:22.4	U15	Male
	47	Madeleine Short	CoNAC	5:23.4	U20	Female
	42	Connie Easter	CoNAC	5:24.6	U15	Female
	50	Rosie Dickety	NNH	5:30.7	U15	Female
	45	Evie Hood	CoNAC	5:51.7	U17	Female
	51	Allyna Mukuya	GYDAC	6:09.0	U15	Female

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Event	Mile 4					
Position	Bib number	Name	Club	Time	Category	Gender
1	51	Aaron Roberts	GYDAC	4:33.6	U17	Male
2	58	Ryan Davidson	CoNAC	4:38.3	SEN	Male
3	52	Danny Adams	CoNAC	4:47.5	U20	Male
4	55	James McAllen	Waveney	4:53.9	U15	Male
5	37	Joe Machin	CoNAC	4:55.3	U15	Male
6	59	Tim Bongaerts	CoNAC	4:55.5	U17	Male
7	60	Zachary Dunne	CoNAC	5:01.7	U15	Male
8	54	Jacob Trangmar	St Eds	5:03.1	U15	Male
9	53	George Rivett	NNH	5:08.9	U15	Male
10	57	Paul Suggitt	U/A	5:09.9	M35	Male
11	56	Megan Gadsby	CoNAC	5:10.3	U20	Female
Event	5000m					
Position	Bib number	Name	Club	Time	Category	Gender
1	43	Henry Jonas	NNH	16:10.8	U17	Male
2	48	Daniel Harrison	GYDAC	16:31.6	U20	Male
3	49	Thomas Colsell	Colchester H	16:54.1	SEN	Male
4	47	Scott Williams	Stowmarket	16:58.7	SEN	Male
5	40	Chris Mickleburgh	BVH	17:54.5	SEN	Male
6	46	Rudy Haywood	NNH	17:57.0	U20	Male
7	45	Matthew Stone	BVH	18:07.1	M50	Male
8	41	Ella Walker	CoNAC	19:58.2	U20	Female
9	42	Emily Cahir	CoNAC	20:10.8	U20	Female
10	34	Jason Brunt	Norfolk Gaz	20:37.1	M45	Male
11	50	Martha Shawyer	NNH	21:31.8	U17	Female
Event	Hammer					
Cat position	Bib number	Name	Club	Distance	Category	Gender
1	10	Philippa Davenall	Shaftesbury	60.90	SEN	Female
1	11	Oliver Graham	Shaftesbury	60.46	SEN	Male
2	9	Gemma Vickery	CoNAC	49.39	SEN	Female
1	12	David Valentine	EMAC	45.90	M60	Male
1	4	Maximilian Brookes	Diss	43.43	U15	Male
1	6	Olivia Simon	Colchester H	43.09	U17	Female
2	7	Willow Bedding	Hunts AC	38.99	U17	Female
1	3	Alicia Mae Howard	Thetford	37.45	U15	Female
3	8	Poppy Hewitt	CoNAC	36.11	U17	Female
2	5	William Lupton	CoNAC	19.10	U15	Male
1	1	James Lupton	CoNAC	14.83	U13	Male
2	2	Izaak Hisgrove	CoNAC	11.04	U13	Male

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Event	High jump (U13B, U13G & U15G)					
Cat position	Bib number	Name	Club	Distance	Category	Gender
1	7	Isabelle Mardle	CONAC	1.60	U15G	Female
2	51	Allyna Mukuya	GYDAC	1.40	U15G	Female
3	4	Charlotte Gilding	CoNAC	1.35	U15G	Female
4	28	Amelie Taylor	West Suf	1.30	U15G	Female
1	43	Elijah Dube	West Suf	1.20	U13B	Male
1	23	Alisha Greenwood	Ryston	1.05	U13G	Female
2	50	Iyla Addison	CoNAC	1.00	U13G	Female
Event	Javelin (U13G, U15G & U17G)					
Cat position	Bib number	Name	Club	Distance	Category	Gender
1	14	Paige Hudson	West Suf	36.03	U17	Female
1	7	Isabelle Mardle	CoNAC	32.83	U15	Female
2	13	Sasha Wilson	West Suf	31.21	U17	Female
3	9	Hollie Willeard	GYDAC	27.61	U17	Female
4	11	Moira Doleman	CoNAC	26.27	U17	Female
2	12	Maddy Powles-Warren	CoNAC	24.32	U15	Female
3	15	Caitlin Bell	CoNAC	23.16	U15	Female
4	23	Lilymae Coote	GYDAC	21.51	U15	Female
5	17	Sophia Pickering	U/A	18.04	U15	Female
1	3	Mia Squires	GYDAC	16.48	U13	Female
Event	High jump (U15B, U17s & U20W)					
Cat position	Bib number	Name	Club	Distance	Category	Gender
1	15	Conrad Winter	CoNAC	1.75	U17	Male
1	23	Daisy Dalrymple	CoNAC	1.60	U20	Female
1	14	Billy Francis	CoNAC	1.55	U15	Male
2	20	Maliki Mullett	Ipswich H	1.55	U15	Male
1	22	Zion Ateba	Ipswich H	1.55	U17	Female
2	32	Hannah Pain	CoNAC	1.45	U17	Female
3	12	Rose Fairhurst	CoNAC	1.35	U17	Female
4	21	Isabella Williams	CoNAC	1.35	U17	Female
Event	Javelin (U15,U17B,U20W,Sen/Mas)					
Cat position	Bib number	Name	Club	Distance	Category	Gender
1	15	Conrad Winter	CoNAC	51.22	U17	Male
1	47	Nathan Dodds	CoNAC	46.95	SEN	Male
1	4	Maximilian Brookes	Diss	40.24	U15	Male
1	46	Asha Soanes	Thetford	32.99	U20	Female
2	40	Eden Harrison	CoNAC	30.44	U20	Female
1	32	Hannah Pain	CoNAC	29.63	U15	Female
2	42	Louis Preston	Dereham	28.88	U17	Male
3	38	Ryan Wood	CoNAC	26.68	U17	Male
1	44	Noah Avowlanu	CoNAC	23.09	M40	Male
2	45	Charlie Pain	CoNAC	16.24	U15	Male