

2016 Keith Ward Memorial and Norfolk Championships

Field events:

10.00am – U13G, U13 & U15 Boys Shot

No.	Name	Club	Age	Dist	Pos
96	Zoe Powers	CONAC	U13G	8.65	1
91	Eden Harrison	CONAC	U13G	6.38	2
94	Beth Barrett	DRAC	U13G	5.85	3
104	Lirit Dampier	Hunts	U13G	5.05	4
100	Bea Honeybone	Ryston	U13G	5.00	5
84	Cameron Try	Thetford	U13B	6.58	1
85	Jacob Brown	CONAC	U13B	5.58	2
86	Adam Pitkin-Bovington	WNAC	U13B	3.15	3
64	Mason Higby	WNAC	U15B	10.72	1
60	Charlie Williams	WNAC	U15B	9.43	2
65	Alfie Williams	WNAC	U15B	8.43	3
63	Jolyon Glynn	C&C	U15B	8.42	4

10.00am – High Jump: (U13 / U15 age groups)

No.	Name	Club	Age	Ht	Pos
95	Poppy Tunmore	WNAC	U13G	1.15	1
105	Lizzy Harrison	Hunts	U13G	1.15	2
99	Elizabeth Wood	WNAC	U13G	1.10	3
92	Abby Watson	WNAC	U13G	1.05	4
93	Millie Bastian	WNAC	U13G	1.05	5
97	Hannah Pain	CONAC	U13G	1.00	6
81	Lucy Randell	North Norfolk H	U15G	1.35	1
75	Kirsty Sait-stewart	CONAC	U15G	1.35	2
79	Amy Money	CONAC	U15G	1.25	3

10.00am - Pole Vault (All Age Groups)

No.	Name	Club	Age	Ht	Pos
51	Emma Dewdney	WNAC	U17W	2.00	1
27	Sandra Pedley V50	Hunts	SW	1.90	1

10.00am – U15G, U17W, U20W & Sen W Long Jump

No.	Name	Club	Age	Dist	Pos
76	Eleanor Brown	CONAC	U15G	4.50	1
78	Serena Grace	CONAC	U15G	3.95	2
55	Sarah Costello	CONAC	U17W	4.68	1
50	Emily Collins	WNAC	U17W	3.55	2
33	Amy Dowsett	GYDAC	U20W	4.61	1
36	Lucy Edwards	WNAC	U20W	4.35	2
23	Katy Sealy	Ipswich	Sen	5.20	1
25	Sara Henderson	Newbury	Sen	4.44	2
8	Steph Pain V40	CONAC	Sen	4.11	3
26	Holly Durbidge	CONAC	Sen	4.09	4
28	Gaye Clarke V55	Ryston	Sen	3.71	5

10.50am –Senior Men Shot

No.	Name	Club	Dist	Pos
13	Martin Tinkler	Nene Valley	13.82	1
20	Stuart Smith	Boston	11.22	2
10	Declan Manning	CONAC	11.09	3
6	Allan Williams V40	WNAC	7.53	4
7	David Lane V50	Ryston	6.63	5
21	Geoffrey Marshall V60	GYDAC	5.59	6

11.15am – High Jump (U17 / U20 / Senior age groups)

No.	Name	Club	Age	Ht	Pos
52	Amy Matthews	CONAC	U17W	1.60	1
56	Naomi Darkins	Ryston	U17W	1.45	2
33	Amy Dowsett	GYDAC	U20W	1.40	1
9	Tanya Daniels	CONAC	SW	1.40	1
25	Sara Henderson	CONAC	SW	1.35	2
8	Steph Pain V40	CONAC	SW	1.30	3
42	Alfie Leonard	GYDAC	U17M	1.65	1
14	Gareth Hunt	Ryston	SM	1.70	1
7	David Lane V50	Ryston	SM	1.30	2

11:15pm – U13 Girls Long Jump

No.	Name	Club	Dist	Pos
101	Holly Harrison	CONAC	4.10	1
105	Lizzy Harrison	Hunts	3.97	2
102	Amber Scott	WNAC	3.67	3
103	Anna Wood	Ryston	3.42	4
97	Hannah Pain	CONAC	3.21	5
99	Elizabeth Wood	WNAC	3.09	6
100	Bea Honeybone	Ryston	3.06	7
104	Lirit Dampier	Hunts	2.74	8
98	Chantelle Russell	CONAC	2.52	9

11.50pm – U15, U17, U20,& Sen Women Shot

No.	Name	Club	Age	Dist	Pos
74	Lucy Koenigsberger	WNAC	U15	10.31	1
76	Eleanor Brown	CONAC	U15	8.80	2
77	Mia Hopson	CONAC	U15	8.02	3
79	Amy Money	CONAC	U15	7.64	4
82	Iona Butler	C&C	U15	4.29	5
57	Lydia Church	Nene Valley	U17	10.35	1
49	Ellie Forrest	PAC	U17	9.81	2
58	Katie Daniels	CONAC	U17	8.30	3
47	Zara Koenigsberger	WNAC	U17	8.08	4
33	Amy Dowsett	GYDAC	U20	6.77	1
24	Sophie Mckinna	GYDAC	Sen	15.13	1
23	Katy Sealy	IPSWICH	Sen	11.01	2
8	Steph Pain V40	CONAC	Sen	7.56	3
25	Sara Henderson	Newbury	Sen	7.26	4
28	Gaye Clarke V55 3kg	Ryston	guest	7.16	

12:45pm – U13 & U15 Boys Long Jump

No.	Name	Club	Age	Dist	Pos
90	Nikolaos Tirchineci	Peterborough	U13	4.17	1
84	Cameron Try	Thetford	U13	3.80	2
85	Jacob Brown	CONAC	U13	3.78	3
87	Joseph Williams	WNAC	U13	3.77	4
89	Samuel Randell	North Norfolk	U13	2.86	5
86	Adam Pitkin-Bovington	WNAC	U13	2.68	6
66	Nathan Smalls	WNAC	U15	4.95	1
60	Charlie Williams	WNAC	U15	4.88	2
68	Haydn Buffham	WNAC	U15	4.31	3
65	Alfie Williams	WNAC	U15	4.13	4

13.45pm – U11 Girls & Boys Long Jump

No.	Name	Club	Gen	Dist	Pos
110	Matilda Butterworth	CONAC	G	3.47	1
111	Isabel Smythe	Thetford	G	3.20	2
114	Holly Lawrence	WNAC	G	2.88	3
113	Willow Bedding	Hunts	G	2.64	4
112	Hollie Willeard	GYDAC	G	NJR	
106	David MacQueen	Ryston	B	3.20	1
107	Ryan Wood	WNAC	B	3.15	2
108	George Evans	Ryston	B	2.57	3
109	Aaron Dampier	Hunts	B	2.56	4

14.30pm – U17, Junior & Sen Men Long Jump

No.	Name	Club	Age	Dist	Pos
40	Wesley Matsuka-Williams	CONAC	U17	6.22	1
39	Robbie Walden	CONAC	U17	5.55	2
31	James Greenhalgh	WNAC	U20	6.05	1
32	Ashley Cooper	CONAC	U20	5.86	2
14	Gareth Hunt	Ryston	Sen	5.62	1
20	Stuart Smith	Boston	Sen	5.30	2
7	David Lane M50	Ryston	Sen	4.37	3
22	Cameron Ross	WNAC	Sen	4.00	4
17	Joe Silom	CONAC	Sen	3.25	5
15	Adam Szucs	CONAC	Sen	NJR	

15.45pm – Triple Jump All Age Groups

No.	Name	Club	Age	Dist	Pos
59	Sophie Bishop	CONAC	U17W	10.25	1
55	Sarah Costello	CONAC	U17W	9.46	2
48	Holly Chen	Ryston	U17W	9.23	3
36	Lucy Edwards	WNAC	U20W	9.23	1
23	Katy Sealy	Ipswich	Sen W	10.91	1
11	Jordan Harry	CONAC	Sen M	13.35	1
20	Stuart Smith	Boston	Sen M	10.85	2
7	David Lane V50	Ryston	Sen M	8.95	3