

**NORFOLK COUNTY CHAMPIONSHIPS  
MONDAY 11TH MAY 2009  
SPORTSPARK, UEA, NORWICH**

**1500m**

**aw 5.25**

1	431	JOE COOPER	NORWICH SCH	5.19.0
2	421	BRUCE BECKETT	CoNAC	5.32.2
3	412	THOMAS CARR	CoNAC	5.55.9

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**Javelin**

**aw 18.00**

1	425	JONATHAN TOMES	CoNAC	27.66
2	408	JACK HALLIWELL	CoNAC	24.33
3	406	EDWARD DE WINTON	WNAC	18.61

**High Jump**

**aw 1.25**

1	406	EDWARD DE WINTON	WNAC	1.25
2	424	BEN MARTIN	WNAC	1.05

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**4 x 100m**

**aw 56.0**

1	A	CITY OF NORWICH	CoNAC	55.6
2	C	WEST NORFOLK	WNAC	62.4

**4 x 200m**

**aw 2.05**

1	C	WEST NORFOLK	WNAC	2.10.7
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UNDER 13 GIRLS

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**1500m**

**aw 5.50**

1	404	MEGAN BIRD	CoNAC	5.28.9	*
2	432	LORNA MAGRATH	CoNAC	5.32.3	*
3	422	ASHLEIGH BUNN	CoNAC	5.32.6	*
4	407	SOPHIE ALDEN	TRI-A-SPORT	5.44.0	*
5	427	KATIE STRATTON	CoNAC	5.46.2	*
6	402	GRACE HUMBY	THETFORD AC	5.46.6	*

**Javelin**

**aw 13.00**

1	403	LUCY BERNARD	CoNAC	16.80	*
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**High Jump**

**aw 1.20**

1	428	ELLIE BLUNT	CoNAC	1.35	*
2	401	LUCY CADLEY	CoNAC	1.35	*

**4 x 100m**

**aw 58.0**

1	E	CITY OF NORWICH	CoNAC	58.3	
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**4 x 200m**

**aw 2.15**

1	E	CITY OF NORWICH	CoNAC	2.06.5	*
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UNDER 15 BOYS

**NORFOLK COUNTY CHAMPIONSHIPS  
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**1500m**

**aw 4.55**

1	300	TOM HOOK	CoNAC	4.29.0
2	305	SCOTT GREEVES	CoNAC	4.38.0
3	313	SEAN WATSON	CoNAC	4.44.4
4	321	KEELAN PYWELL	GYDAC	5.05.5
5	310	DARRYL BROUGHTON	CoNAC	5.06.2
6	358	MAGNUS CHAPMAN	CoNAC	5.17.4
7	322	BRADLEY STANSBURY	CoNAC	5.18.5
8	329	FREDDY STEELE	CoNAC	5.29.4

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**Javelin**

**aw 30.00**

1	353	OLIVER BRADFIELD	CoNAC	58.51
2	303	JAMES KENT	CoNAC	30.12
3	361	JASON COX	LANGLEY SCH	29.54
4	328	JAKE SHEA	DISS AC	25.49
5	322	BRADLEY STANSBURY	CoNAC	21.42

**cbp**  
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**High Jump**

**aw 1.50**

1	354	TYLER BERRY	CoNAC	1.55
2	346	TEJIRI IGHOMEREHO	CoNAC	1.55
3	350	RYAN HOWARD	CoNAC	1.45
4	322	BRADLEY STANSBURY	CoNAC	1.25

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**Triple Jump**

**aw 10.00**

1	350	RYAN HOWARD	CoNAC	10.65
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**4 x 100m**

**aw 50.0**

1	F	City of Norwich AC	CoNAC	51.1
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UNDER 15 GIRLS

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**1500m**

**aw 5.25**

1	333	KIERA MOONEY	CoNAC	5.06.7
2	338	MABEL BECKETT	CoNAC	5.07.8
3	336	MARCELLA ARIS	NORTHGATE HIGH	5.11.9
4	337	RACHEL MUMFORD	THETFORD AC	5.21.3
5	325	CATHERINE LEE	GYDAC	5.21.7
6	335	ANNA HOOGKAMER	CoNAC	5.24.6
7	362	TANIA PENDREICH	LANGLEY SCH	5.24.7
8	352	MEGAN NORRY	THETFORD AC	5.29.4
9	309	RACHEL RATHJEN	CoNAC	5.35.3
10	312	FRANCES MULLANY	CoNAC	6.28.1

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**Javelin**

**aw 18.0**

1	347	LAURA McDONALD	CoNAC	38.52
2	316	STEPHANIE GRIFFIN	CoNAC	21.88
3	345	EMMA TILBROOK	WNAC	20.53
4	348	NAOMI TOMES	CoNAC	17.02
5	340	GEMMA VICKERY	CoNAC	15.46
6	325	CATHERINE LEE	GYDAC	10.55

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**Triple Jump**

**aw 8.50**

1	347	LAURA McDONALD	CoNAC	10.28
2	351	SARAH KELLY	CoNAC	9.05
3	339	KATIE VICKERY	CoNAC	8.81

**cbp**  
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**High Jump**

**aw 1.36**

1	345	EMMA TILBROOK	WNAC	1.50
2	337	RACHEL MUMFORD	THETFORD AC	1.35
3	342	JESSICA HAMILTON	CoNAC	1.30
4	348	NAOMI TOMES	CoNAC	1.30
5	351	SARAH KELLY	CoNAC	1.20

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**4 x 100m**

**aw 53.5**

1	I	CITY OF NORWICH	CoNAC	52.2
2	F	GREAT YARMOUTH	GYDAC	57.8
3	J	CITY OF NORWICH	CoNAC	58.2
4	B	LANGLEY SCHOOL		59.2

**CBP**

**4 x 200m**

**aw2.00**

UNDER 15 GIRLS

1	I	CITY OF NORWICH	CoNAC	1.50.7
2	J	CITY OF NORWICH	CoNAC	1.58.9
3	F	GREAT YARMOUTH	GYDAC	2.01.8

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UNDER 17 MEN

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**1500m**

**aw 4.35**

1	266	THOMAS FRANCIS	CoNAC	4.19.4
2	293	HENRY LOUGHLIN	WNAC	4.22.1
3	267	JACK HARRISON	CoNAC	4.40.2
4	256	JOSEPH KIRTON	THETFORD AC	4.44.9

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**1500m S/Chase**

**aw 5.10**

1	284	BEN STRATTON	CoNAC	4.51.6
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**Javelin**

**aw 35.00**

1	255	ED SKINNER	CoNAC	43.73
2	268	CALLUM BROWN	CoNAC	39.89
3	290	THOMAS BRADFIELD	CoNAC	39.26

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**Triple Jump**

**aw 11.00**

1	291	KAI HEWITT	FLEGG HIGH SCH	12.09
2	288	ADAM HOWARD	CoNAC	11.89
3	268	CALLUM BROWN	CoNAC	10.28

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UNDER 17 WOMEN

**NORFOLK COUNTY CHAMPIONSHIPS  
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**1500m**

**aw 5.15**

1	294	IONA LAKE	CoNAC	4.47.5
2	265	JULIET BROSTER	CoNAC	4.52.6
3	285	ESME SALMON	CoNAC	4.58.6
4	283	GRACE BIRD	CoNAC	5.29.4
5	263	SERENA SMITH	RYSTON R	5.45.3

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**300m Hurdles**

**aw 52.0**

1	278	VICTORIA WILLIAMSON	CoNAC	48.0
2	275	ANNA SPRATT	CoNAC	50.3

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**Javelin**

**aw 23.00**

1	269	STEPHANIE BURT	CoNAC	36.92
2	281	FREYA LE SERVE	WNAC	29.87
3	273	REBECCA RUSSELL	WNAC	20.45

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**Triple Jump**

**aw 9.00**

1	273	REBECCA RUSSELL	WNAC	9.62
2	252	SASHA BERNARD	CoNAC	9.46
3	257	LAURA VINCENT	WNAC	7.61

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**4 x 100m**

**aw 53.0**

1	K	CITY OF NORWICH	CoNAC	53.5
2	D	WEST NORFOLK	WNAC	58.1

**4 x 200m**

**aw 1.55**

1	D	WEST NORFOLK	WNAC	2.06.3
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UNDER 20 MEN

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**1500m**

**aw 4.25**

1	232	JAMES ROBINSON	WNAC	3.58.0
2	204	JAMES SENIOR	CoNAC	4.03.0
4	213	JAMES JACKSON	CoNAC	4.07.4
5	202	OLIVER MASKELL	CoNAC	4.13.9

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**400m Hurdles**

**aw 64.0**

1	220	CHRIS BAKER	E & H	61.7
2	230	JOSH REA	CoNAC	62.5
3	218	CHRIS MARSHALL	CoNAC	63.2

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**3000m Steeplechase**

**aw 11.00**

2	224	DAMIAN ROGERS	CoNAC	10.48.1
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**Javelin**

**aw 35.00**

1	215	HARRY NEWENHAM	CoNAC	38.95
2	268	CALLUM BROWN	CoNAC	37.72

**Triple Jump**

**aw 11.50**

2	218	CHRIS MARSHALL	CoNAC	11.58
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UNDER 20 WOMEN

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**1500m**

**aw 5.07**

1	211	SAMANTHA JACKS	CoNAC	4.53.6
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**400m Hurdles**

**aw 75.0**

2	222	LAURA WARMAN	CoNAC	71.3
3	223	FREYA BELL	CoNAC	72.2

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**Triple Jump**

**aw 9.25**

1	201	SOPHIE POYNER	CoNAC	9.48
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**Javelin**

**Aw 25.00**

1	228	HARRIET TEMPLE	UNATTACHED	31.00
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SENIOR MEN

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**1500m**

**aw 4.20**

4	164	STU HUNTINGTON	CoNAC	4.00.3
5	170	JAMES PRESTON	CoNAC	4.19.7
3	157	BEN COLLISON	WNAC	4.58.4

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**400m Hurdles**

**aw 63.0**

1	169	DARYL MARTIN	CoNAC	59.8
2	151	GRAHAM STARK	UEA	64.0

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**4 x 100m Relay**

1	E	GREAT YARMOUTH	GYDAC	48.0
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**4 x 400m Relay**

1	E	GREAT YARMOUTH	GYDAC	3.56.4
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**Triple Jump**

**aw 11.80**

1	151	GRAHAM STARK	UEA	11.67
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SENIOR WOMEN

NORFOLK COUNTY CHAMPIONSHIPS

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**Javelin**

aw 25.00

1	166	LOUISE OWEN	U.E.A.	30.14*
2	163	RUTH SIGGEE	CoNAC	24.39

VET MEN

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**1500m**

1	114	GUY AMOS	CoNAC	4.11.2	cbp=
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**Javelin**

1	113	TIM NEWENHAM	CoNAC	50.99
2	119	STEVEN BODE	WEST SUFFOLK	35.38
3	100	GLYNDWR LONG	CoNAC	19.21

VET WOMEN

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1	116	MOLLY JAMES	WNAC	4.59.0
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**Javelin**

1	104	LORRAINE BROWN	CoNAC	24.37	CBP
2	103	MARIA CANN	CoNAC	22.52	
3	109	RACHEL TOMES	CoNAC	15.59	