

# Nottinghamshire Sportshall League

## Sportshall Octathlon

**Sunday 18th Nov 2018**

**1.15pm until 5 pm**

**For U11's Only**

**Oaktree leisure Centre  
Mansfield**

**Vertical Jump**

**Shuttle Run**

**High Stepper**

**Long Jump**

**Triple Jump**

**Target Throw**

**Balance**

**Chest Push**

**Have fun doing all these events**

**Grand Prix relay to finish**

**Award for athletes gaining the most points**

Please wear your club number and ensure that your name as been sent prior to the event so the field cards can be pre-printed, These events are needed for selection to the U11's Sportshall Intercounties

# Overall Points Chart

Total														1	2	3	4	5	6	7	8		
28	Name	Age	Club	Gender	High Stepper	Shuttle run	Triple Jump	Balance test	Target Throw	Chest Push	Vertical jump	Long Jump	TOTAL	BOYS Rank	Name								
203b	Ruben Alexander	U11b	Rushcliffe	b	58	43	50	23	24	33	50	58	339	1	Ruben Alexander								
247b	Sterling Evans	U11b	Rushcliffe	b	55	44	44	28	33	36	40	52	332	2	Sterling Evans								
201b	Ewan Collier	U11b	Rushcliffe	b	54	45	48	23	27	38	38	49	322	3	Ewan Collier								
525b	Owen Wright	U11b	Sutton	b	55	40	36	33	15	42	44	47	312	4	Owen Wright								
211b	Alexander Holland	U11b	Rushcliffe	b	47	41	43	29	24	36	37	49	306	5	Alexander Holland								
245b	Casper Davis	U11b	Rushcliffe	b	51	30	37	46	27	22	37	46	296	6	Casper Davis								
526b	Saul Moakes	U11b	Sutton	b	56	39	28	18	24	31	41	41	278	7	Saul Moakes								
35b	Joel Brereton	U11b	Mansfield	b	43	41	40	10	21	36	32	46	269	8	Joel Brereton								
802b	Thomas Shirley	U11b	Notts	b	43	34	23	16	27	40	37	44	264	9	Thomas Shirley								
404b	Freddie Marks	U11b	Worksop	b	44	32	43	26	18	31	34	34	262	10	Freddie Marks								
2b	William Wilkinson	U11b	Mansfield	b	52	42	30	24	12	33	35	30	258	11	William Wilkinson								
97b	Harry Ballard	U11b	Mansfield	b	45	37	40	18	18	25	31	43	257	12	Harry Ballard								
402b	Philip Theaker	U11b	Worksop	b	50	32	26	27	30	25	34	28	252	13	Philip Theaker								
524b	Lucas Gibbs	U11b	Sutton	b	40	22	34	23	12	28	44	47	250	14	Lucas Gibbs								
437b	George Gill	U11b	Worksop	b	49	37	30	10	24	22	34	38	244	15	George Gill								
289b	Matthew Edmunds	U11b	Rushcliffe	b	40	41	27	12	12	28	37	35	232	16	Matthew Edmunds								
253b	Caleb Cope	U11b	Rushcliffe	b	42	41	27	32	15	19	28	27	231	17	Caleb Cope								
527b	Niall Dobb	U11b	Sutton	b	45	40	22	11	6	25	32	36	217	18	Niall Dobb								
420b	Tommy Theaker	U11b	Worksop	b	42	20	19	33	27	22	28	17	208	19	Tommy Theaker								
460b	Harry Lester	U11b	Worksop	b	24	27	24	30	18	16	30	34	203	20	Harry Lester								
330b	Joe Horseman	U11b	Rushcliffe	b	25	7	21	13	36	25	28	44	199	21	Joe Horseman								
453b	Zac Ellery	U11b	Worksop	b	31	26	31	18	9	19	31	31	196	22	Zac Ellery								
7b	Rhys Turner	U11b	Mansfield	b	26	19	33	11	21	16	30	39	195	23	Rhys Turner								
407b	Jake Tilston	U11b	Worksop	b	24	26	19	18	24	28	27	24	190	24	Jake Tilston								
254b	James Sugden	U11b	Rushcliffe	b	31	29	21	15	12	19	30	24	181	25	James Sugden								
426b	Jay Noble	U11b	Worksop	b	36	22			12	31	28	43	172	26	Jay Noble								
410b	Jack Hilton	U11b	Worksop	b	23	19	24	19	18	16	24	25	168	27	Jack Hilton								
291b	Alexander Norman	U11b	Rushcliffe	b	18	6	14	8	12	10	9	12	89	28	Alexander Norman								
b				b									0										
Total													0										
33	Name	Age	Club	Gender	High Stepper	Shuttle run	Triple Jump	Balance test	Target Throw	Chest Push	Vertical jump	Long Jump	TOTAL	Girls Rank	Name								
505g	Lucy Else	U11g	Sutton	g	55	39	50	70	36	33	53	52	388	1	Lucy Else								
315g	Ella Rendu	U11g	Rushcliffe	g	54	36	46	57	30	28	46	55	352	2	Ella Rendu								
514g	Lacey Gregory	U11g	Sutton	g	55	38	52	49	21	31	50	51	347	3	Lacey Gregory								
45g	Ellie Jones	U11g	Mansfield	g	42	36	49	44	36	38	44	53	342	4	Ellie Jones								
507g	Georgia Dobb	U11g	Sutton	g	50	44	48	36	33	33	35	51	330	5	Georgia Dobb								
261g	Ruby Watson	U11g	Rushcliffe	g	47	38	40	70	18	31	37	46	327	6	Ruby Watson								
856g	Tonbara Tamuno	U11g	Notts	g	44	39	52	29	15	38	54	53	324	7	Tonbara Tamuno								
699g	Scarlette Slater-Rowley	U11g	Retford	g	33	29	37	50	39	36	49	45	318	8	Scarlette Slater-Rowley								
292g	Amelia Short	U11g	Rushcliffe	g	37	37	36	69	24	28	41	41	313	9	Amelia Short								
888g	Emily Arsal	U11g	Notts	g	46	39	36	23	27	47	43	50	311	10	Emily Arsal								
503g	Ruby Vickers	U11g	Sutton	g	56	39	28	32	24	31	40	49	299	12	Ruby Vickers								
406g	Nadia Jonczyk	U11g	Worksop	g	41	38	35	65	18	16	40	46	299	11	Nadia Jonczyk								
807g	Megan Taylor	U11g	Notts	g	48	37	47	19	18	33	41	54	297	14	Megan Taylor								
462g	Charlotte Ayton	U11g	Worksop	g	28	37	39	70	12	25	43	43	297	13	Charlotte Ayton								
510g	Katie Spendlove	U11g	Sutton	g	47	33	33	29	30	33	37	37	279	15	Katie Spendlove								
695g	Rubie Slater-Rowley	U11g	Retford	g	48	39	35	24	36	19	35	35	271	16	Rubie Slater-Rowley								
281g	Ellie Sayers	U11g	Rushcliffe	g	39	21	26	70	18	22	32	38	266	17	Ellie Sayers								
415g	Kitty Laurence	U11g	Worksop	g	27	13	34	67	24	28	35	28	256	18	Kitty Laurence								
289g	Katie Austin	U11g	Rushcliffe	g	40	24	33	42	12	22	34	43	250	19	Katie Austin								
818g	Melissa Arsal	U11g	Notts	g	37	38	36	33	24	25	35	20	248	20	Melissa Arsal								
513g	Sophie Ball	U11g	Sutton	g	34	24	31	35	30	16	34	40	244	21	Sophie Ball								
223g	Amy Clayton	U11g	Rushcliffe	g	47	36	25	10	12	28	38	42	238	22	Amy Clayton								
1g	Emma Nowat	U11g	Mansfield	g	31	34	32	36	3	19	35	44	234	24	Emma Nowat								
287g	Lucia Caseldine	U11g	Rushcliffe	g	46	36	26	20	36	25	23	22	234	23	Lucia Caseldine								
93g	Amelia Arbon	U11g	Mansfield	g	29	29	40	25	6	16	40	40	225	25	Amelia Arbon								
279g	Molly-May Richards	U11g	Rushcliffe	g	26	34	23	36	15	22	40	26	222	26	Molly-May Richards								
405g	Lily Johnson	U11g	Worksop	g	27	15	22	55	12	25	32	30	218	27	Lily Johnson								
284g	Evie Dickens	U11g	Rushcliffe	g	38	19	28	22	6	19	32	41	205	28	Evie Dickens								
533g	Cariad Morgan	U11g	Sutton	g	33	36	20	8	18	25	26	26	192	29	Cariad Morgan								
519g	Olivia Niemcow	U09	Sutton	g	24	19	15	44	24	10	13	20	169	30	Olivia Niemcow								
512g	Abbie Ellis	U11g	Sutton	g	22	20	19	35	12	13	24	18	163	31	Abbie Ellis								
534g	Bronwyn Morgan	U09	Sutton	g	25	20	18	15	6	22	22	21	149	32	Bronwyn Morgan								
535g	Isabella Watson	U11g	Sutton	g	24	14	9	27	12	10	26	17	139	33	Isabella Watson								
g				g									0										
g				g									0										

# High Stepper

Max 70

name	Club	result	score
Ruben Alexander	Rushcliffe	<b>13.40</b>	58
Saul Moakes	Sutton	<b>13.90</b>	56
Ruby Vickers	Sutton	<b>13.90</b>	56
Lucy Else	Sutton	14.00	55
Lacey Gregory	Sutton	14.00	55
Sterling Evans	Rushcliffe	14.10	55
Owen Wright	Sutton	14.10	55
Ella Rendu	Rushcliffe	14.20	54
Ewan Collier	Rushcliffe	14.30	54
William Wilkinson	Mansfield	14.50	52
Casper Davis	Rushcliffe	14.60	51
Philip Theaker	Worksop	14.70	50
Georgia Dobb	Sutton	14.70	50
George Gill	Worksop	14.80	49
Megan Taylor	Notts	14.90	48
Rubie Slater-Rowley	Retford	14.90	48
Alexander Holland	Rushcliffe	15.00	47
Ruby Watson	Rushcliffe	15.00	47
Amy Clayton	Rushcliffe	15.00	47
Katie Spendlove	Sutton	15.00	47
Emily Arsali	Notts	15.10	46
Lucia Caseldine	Rushcliffe	15.10	46
Niall Dobb	Sutton	15.20	45
Harry Ballard	Mansfield	15.20	45
Freddie Marks	Worksop	15.30	44
Tonbara Tamuno	Notts	15.30	44
Joel Brereton	Mansfield	15.40	43
Thomas Shirley	Notts	15.40	43
Caleb Cope	Rushcliffe	15.50	42
Tommy Theaker	Worksop	15.50	42
Ellie Jones	Mansfield	15.50	42
Nadia Jonczyk	Worksop	15.60	41
Lucas Gibbs	Sutton	15.70	40
Matthew Edmunds	Rushcliffe	15.70	40
Katie Austin	Rushcliffe	15.70	40
Ellie Sayers	Rushcliffe	15.80	39
Evie Dickens	Rushcliffe	15.90	38
Amelia Short	Rushcliffe	16.00	37
Melissa Arsali	Notts	16.00	37
Jay Noble	Worksop	16.10	36
Sophie Ball	Sutton	16.30	34
Scarlette Slater-Rowley	Retford	16.40	33
Cariad Morgan	Sutton	16.40	33
Zac Ellery	Worksop	16.60	31
James Sugden	Rushcliffe	16.70	31
Emma Nowat	Mansfield	16.70	31
Amelia Arbon	Mansfield	17.00	29
Charlotte Ayton	Worksop	17.20	28
Lily Johnson	Worksop	17.40	27
Kitty Laurence	Worksop	17.40	27
Rhys Turner	Mansfield	17.80	26
Molly-May Richards	Rushcliffe	17.80	26
Bronwyn Morgan	Sutton	18.00	25
Joe Horseman	Rushcliffe	18.20	25
Harry Lester	Worksop	18.30	24
Olivia Niemcow	Sutton	18.30	24
Jake Tilston	Worksop	18.40	24
Isabella Watson	Sutton	18.50	24
Jack Hilton	Worksop	18.60	23
Abbie Ellis	Sutton	18.90	22
Alexander Norman	Rushcliffe	20.60	18

# Shuttle Run

Max 70

name	Club	result	score
Ewan Collier	Rushcliffe	29.10	45
Sterling Evans	Rushcliffe	29.20	44
Georgia Dobb	Sutton	29.30	44
Ruben Alexander	Rushcliffe	29.40	43
William Wilkinson	Mansfield	29.60	42
Joel Brereton	Mansfield	29.80	41
Caleb Cope	Rushcliffe	29.80	41
Matthew Edmunds	Rushcliffe	29.80	41
Alexander Holland	Rushcliffe	29.90	41
Owen Wright	Sutton	30.00	40
Niall Dobb	Sutton	30.10	40
Lucy Else	Sutton	30.20	39
Saul Moakes	Sutton	30.20	39
Tonbara Tamuno	Notts	30.30	39
Emily Arsali	Notts	30.30	39
Ruby Vickers	Sutton	30.30	39
Rubie Slater-Rowley	Retford	30.30	39
Nadia Jonczyk	Worksop	30.40	38
Lacey Gregory	Sutton	30.40	38
Melissa Arsali	Notts	30.50	38
Ruby Watson	Rushcliffe	30.50	38
George Gill	Worksop	30.60	37
Charlotte Ayton	Worksop	30.70	37
Amelia Short	Rushcliffe	30.70	37
Harry Ballard	Mansfield	30.70	37
Megan Taylor	Notts	30.70	37
Amy Clayton	Rushcliffe	30.80	36
Cariad Morgan	Sutton	30.80	36
Lucia Caseldine	Rushcliffe	30.90	36
Ella Rendu	Rushcliffe	30.90	36
Ellie Jones	Mansfield	30.90	36
Molly-May Richards	Rushcliffe	31.20	34
Emma Nowat	Mansfield	31.20	34
Thomas Shirley	Notts	31.20	34
Katie Spendlove	Sutton	31.50	33
Freddie Marks	Worksop	31.60	32
Philip Theaker	Worksop	31.70	32
Casper Davis	Rushcliffe	32.10	30
James Sugden	Rushcliffe	32.20	29
Amelia Arbon	Mansfield	32.30	29
Scarlette Slater-Rowley	Retford	32.30	29
Harry Lester	Worksop	32.70	27
Jake Tilston	Worksop	32.80	26
Zac Ellery	Worksop	32.90	26
Sophie Ball	Sutton	33.30	24
Katie Austin	Rushcliffe	33.30	24
Lucas Gibbs	Sutton	33.60	22
Jay Noble	Worksop	33.70	22
Ellie Sayers	Rushcliffe	33.90	21
Bronwyn Morgan	Sutton	34.00	20
Tommy Theaker	Worksop	34.10	20
Evie Dickens	Rushcliffe	34.20	19
Olivia Niemcow	Sutton	34.30	19
Rhys Turner	Mansfield	34.40	19
Jack Hilton	Worksop	34.40	19
Lily Johnson	Worksop	35.20	15
Isabella Watson	Sutton	35.40	14
Kitty Laurence	Worksop	35.60	13
Abbie Ellis	Sutton	34.10	20
Joe Horseman	Rushcliffe	36.70	7
Alexander Norman	Rushcliffe	37.00	6

# Triple Jump

Max 70

name	Club	result	score
Lacey Gregory	Sutton	5.37	52
Tonbara Tamuno	Notts	5.37	52
Lucy Else	Sutton	5.27	50
Ruben Alexander	Rushcliffe	5.25	50
Ellie Jones	Mansfield	5.17	49
Ewan Collier	Rushcliffe	5.14	48
Georgia Dobb	Sutton	5.13	48
Megan Taylor	Notts	5.06	47
Ella Rendu	Rushcliffe	5.02	46
Sterling Evans	Rushcliffe	4.88	44
Alexander Holland	Rushcliffe	4.83	43
Freddie Marks	Worksop	4.81	43
Harry Ballard	Mansfield	4.69	40
Joel Brereton	Mansfield	4.68	40
Ruby Watson	Rushcliffe	4.67	40
Amelia Arbon	Mansfield	4.65	40
Charlotte Ayton	Worksop	4.62	39
Scarlette Slater-Rowley	Retford	4.54	37
Casper Davis	Rushcliffe	4.51	37
Emily Arsali	Notts	4.49	36
Amelia Short	Rushcliffe	4.49	36
Owen Wright	Sutton	4.49	36
Melissa Arsali	Notts	4.46	36
Nadia Jonczyk	Worksop	4.43	35
Rubie Slater-Rowley	Retford	4.42	35
Lucas Gibbs	Sutton	4.37	34
Kitty Laurence	Worksop	4.35	34
Katie Austin	Rushcliffe	4.33	33
Katie Spendlove	Sutton	4.33	33
Rhys Turner	Mansfield	4.30	33
Emma Nowat	Mansfield	4.25	32
Sophie Ball	Sutton	4.24	31
Zac Ellery	Worksop	4.22	31
George Gill	Worksop	4.18	30
William Wilkinson	Mansfield	4.15	30
Evie Dickens	Rushcliffe	4.08	28
Ruby Vickers	Sutton	4.07	28
Saul Moakes	Sutton	4.05	28
Caleb Cope	Rushcliffe	4.03	27
Matthew Edmunds	Rushcliffe	4.03	27
Lucia Caseldine	Rushcliffe	3.99	26
Philip Theaker	Worksop	3.98	26
Ellie Sayers	Rushcliffe	3.95	26
Amy Clayton	Rushcliffe	3.94	25
Jack Hilton	Worksop	3.86	24
Harry Lester	Worksop	3.86	24
Molly-May Richards	Rushcliffe	3.72	23
Thomas Shirley	Notts	3.70	23
Niall Dobb	Sutton	3.67	22
Lily Johnson	Worksop	3.66	22
James Sugden	Rushcliffe	3.56	21
Joe Horseman	Rushcliffe	3.51	21
Cariad Morgan	Sutton	3.47	20
Abbie Ellis	Sutton	3.35	19
Jake Tilston	Worksop	3.32	19
Tommy Theaker	Worksop	3.31	19
Bronwyn Morgan	Sutton	3.29	18
Olivia Niemcow	Sutton	2.91	15
Alexander Norman	Rushcliffe	2.88	14
Isabella Watson	Sutton	2.27	9

# Balance

Max 70

name	Club	result (sec)	score
Ellie Sayers	Rushcliffe	60	70
Ruby Watson	Rushcliffe	60	70
Charlotte Ayton	Worksop	60	70
Lucy Else	Sutton	60	70
Amelia Short	Rushcliffe	59	69
Kitty Laurence	Worksop	57	67
Nadia Jonczyk	Worksop	56	65
Ella Rendu	Rushcliffe	52	57
Lily Johnson	Worksop	50	55
Scarlette Slater-Rowley	Retford	45	50
Lacey Gregory	Sutton	44	49
Casper Davis	Rushcliffe	41	46
Ellie Jones	Mansfield	40	44
Olivia Niemcow	Sutton	40	44
Katie Austin	Rushcliffe	39	42
Molly-May Richards	Rushcliffe	36	36
Georgia Dobb	Sutton	36	36
Emma Nowat	Mansfield	36	36
Sophie Ball	Sutton	35	35
Abbie Ellis	Sutton	35	35
Owen Wright	Sutton	33	33
Melissa Arsali	Notts	33	33
Tommy Theaker	Worksop	33	33
Ruby Vickers	Sutton	32	32
Caleb Cope	Rushcliffe	32	32
Harry Lester	Worksop	30	30
Katie Spendlove	Sutton	29	29
Tonbara Tamuno	Notts	29	29
Alexander Holland	Rushcliffe	29	29
Sterling Evans	Rushcliffe	28	28
Isabella Watson	Sutton	27	27
Philip Theaker	Worksop	27	27
Freddie Marks	Worksop	26	26
Amelia Arbon	Mansfield	25	25
William Wilkinson	Mansfield	24	24
Rubie Slater-Rowley	Retford	24	24
Ewan Collier	Rushcliffe	23	23
Emily Arsali	Notts	23	23
Ruben Alexander	Rushcliffe	23	23
Lucas Gibbs	Sutton	23	23
Evie Dickens	Rushcliffe	22	22
Lucia Caseldine	Rushcliffe	20	20
Megan Taylor	Notts	19	19
Jack Hilton	Worksop	19	19
Zac Ellery	Worksop	18	18
Jake Tilston	Worksop	18	18
Saul Moakes	Sutton	18	18
Harry Ballard	Mansfield	18	18
Thomas Shirley	Notts	16	16
Bronwyn Morgan	Sutton	15	15
James Sugden	Rushcliffe	15	15
Joe Horseman	Rushcliffe	13	13
Matthew Edmunds	Rushcliffe	12	12
Niall Dobb	Sutton	11	11
Rhys Turner	Mansfield	11	11
Amy Clayton	Rushcliffe	10	10
Joel Breton	Mansfield	10	10
George Gill	Worksop	10	10
Cariad Morgan	Sutton	8	8
Alexander Norman	Rushcliffe	8	8

# Target Throw

Max 70

name	Club	result	score
Scarlette Slater-Rowley	Retford	13	39
Joe Horseman	Rushcliffe	12	36
Ellie Jones	Mansfield	12	36
Rubie Slater-Rowley	Retford	12	36
Lucia Caseldine	Rushcliffe	12	36
Lucy Else	Sutton	12	36
Georgia Dobb	Sutton	11	33
Sterling Evans	Rushcliffe	11	33
Philip Theaker	Worksop	10	30
Sophie Ball	Sutton	10	30
Ella Rendu	Rushcliffe	10	30
Katie Spendlove	Sutton	10	30
Tommy Theaker	Worksop	9	27
Ewan Collier	Rushcliffe	9	27
Thomas Shirley	Notts	9	27
Emily Arsali	Notts	9	27
Casper Davis	Rushcliffe	9	27
George Gill	Worksop	8	24
Ruben Alexander	Rushcliffe	8	24
Saul Moakes	Sutton	8	24
Alexander Holland	Rushcliffe	8	24
Kitty Laurence	Worksop	8	24
Ruby Vickers	Sutton	8	24
Amelia Short	Rushcliffe	8	24
Olivia Niemcow	Sutton	8	24
Melissa Arsali	Notts	8	24
Jake Tilston	Worksop	8	24
Rhys Turner	Mansfield	7	21
Lacey Gregory	Sutton	7	21
Joel Brereton	Mansfield	7	21
Jack Hilton	Worksop	6	18
Harry Lester	Worksop	6	18
Harry Ballard	Mansfield	6	18
Freddie Marks	Worksop	6	18
Megan Taylor	Notts	6	18
Ellie Sayers	Rushcliffe	6	18
Ruby Watson	Rushcliffe	6	18
Nadia Jonczyk	Worksop	6	18
Cariad Morgan	Sutton	6	18
Caleb Cope	Rushcliffe	5	15
Owen Wright	Sutton	5	15
Molly-May Richards	Rushcliffe	5	15
Tonbara Tamuno	Notts	5	15
Lucas Gibbs	Sutton	4	12
Jay Noble	Worksop	4	12
Matthew Edmunds	Rushcliffe	4	12
William Wilkinson	Mansfield	4	12
Lily Johnson	Worksop	4	12
Katie Austin	Rushcliffe	4	12
Abbie Ellis	Sutton	4	12
Isabella Watson	Sutton	4	12
Amy Clayton	Rushcliffe	4	12
Charlotte Ayton	Worksop	4	12
James Sugden	Rushcliffe	4	12
Alexander Norman	Rushcliffe	4	12
Zac Ellery	Worksop	3	9
Evie Dickens	Rushcliffe	2	6
Amelia Arbon	Mansfield	2	6
Bronwyn Morgan	Sutton	2	6
Niall Dobb	Sutton	2	6
Emma Nowat	Mansfield	1	3

# Chest Push

Max 70

name	Club	result	score
Emily Arsali	Notts	6.75	47
Owen Wright	Sutton	6.00	42
Thomas Shirley	Notts	5.75	40
Tonbara Tamuno	Notts	5.50	38
Ewan Collier	Rushcliffe	5.50	38
Ellie Jones	Mansfield	5.50	38
Scarlette Slater-Rowley	Retford	5.25	36
Sterling Evans	Rushcliffe	5.25	36
Joel Brereton	Mansfield	5.25	36
Alexander Holland	Rushcliffe	5.25	36
Katie Spendlove	Sutton	5.00	33
Georgia Dobb	Sutton	5.00	33
Lucy Else	Sutton	5.00	33
Ruben Alexander	Rushcliffe	5.00	33
William Wilkinson	Mansfield	5.00	33
Megan Taylor	Notts	5.00	33
Ruby Vickers	Sutton	4.75	31
Ruby Watson	Rushcliffe	4.75	31
Lacey Gregory	Sutton	4.75	31
Saul Moakes	Sutton	4.75	31
Jay Noble	Worksop	4.75	31
Freddie Marks	Worksop	4.75	31
Kitty Laurence	Worksop	4.50	28
Amy Clayton	Rushcliffe	4.50	28
Amelia Short	Rushcliffe	4.50	28
Jake Tilston	Worksop	4.50	28
Lucas Gibbs	Sutton	4.50	28
Matthew Edmunds	Rushcliffe	4.50	28
Ella Rendu	Rushcliffe	4.50	28
Cariad Morgan	Sutton	4.25	25
Charlotte Ayton	Worksop	4.25	25
Lucia Caseldine	Rushcliffe	4.25	25
Melissa Arsali	Notts	4.25	25
Niall Dobb	Sutton	4.25	25
Joe Horseman	Rushcliffe	4.25	25
Harry Ballard	Mansfield	4.25	25
Philip Theaker	Worksop	4.25	25
Lily Johnson	Worksop	4.25	25
Ellie Sayers	Rushcliffe	4.00	22
Molly-May Richards	Rushcliffe	4.00	22
Bronwyn Morgan	Sutton	4.00	22
Casper Davis	Rushcliffe	4.00	22
George Gill	Worksop	4.00	22
Tommy Theaker	Worksop	4.00	22
Katie Austin	Rushcliffe	4.00	22
Rubie Slater-Rowley	Retford	3.75	19
Emma Nowat	Mansfield	3.75	19
James Sugden	Rushcliffe	3.75	19
Caleb Cope	Rushcliffe	3.75	19
Zac Ellery	Worksop	3.75	19
Evie Dickens	Rushcliffe	3.75	19
Amelia Arbon	Mansfield	3.50	16
Nadia Jonczyk	Worksop	3.50	16
Rhys Turner	Mansfield	3.50	16
Jack Hilton	Worksop	3.50	16
Harry Lester	Worksop	3.50	16
Sophie Ball	Sutton	3.50	16
Abbie Ellis	Sutton	3.25	13
Isabella Watson	Sutton	3.00	10
Olivia Niemcow	Sutton	3.00	10
Alexander Norman	Rushcliffe	3.00	10



# Vertical Jump

Max 70

name	Club	result	score
Tonbara Tamuno	Notts	48	54
Lucy Else	Sutton	47	53
Lacey Gregory	Sutton	44	50
Ruben Alexander	Rushcliffe	44	50
Scarlette Slater-Rowley	Retford	43	49
Ella Rendu	Rushcliffe	40	46
Lucas Gibbs	Sutton	39	44
Owen Wright	Sutton	39	44
Ellie Jones	Mansfield	39	44
Emily Arsali	Notts	38	43
Charlotte Ayton	Worksop	38	43
Megan Taylor	Notts	37	41
Amelia Short	Rushcliffe	37	41
Saul Moakes	Sutton	37	41
Ruby Vickers	Sutton	36	40
Amelia Arbon	Mansfield	36	40
Nadia Jonczyk	Worksop	36	40
Molly-May Richards	Rushcliffe	36	40
Sterling Evans	Rushcliffe	36	40
Ewan Collier	Rushcliffe	35	38
Amy Clayton	Rushcliffe	35	38
Thomas Shirley	Notts	34	37
Matthew Edmunds	Rushcliffe	34	37
Ruby Watson	Rushcliffe	34	37
Katie Spendlove	Sutton	34	37
Casper Davis	Rushcliffe	34	37
Alexander Holland	Rushcliffe	34	37
William Wilkinson	Mansfield	33	35
Kitty Laurence	Worksop	33	35
Rubie Slater-Rowley	Retford	33	35
Georgia Dobb	Sutton	33	35
Emma Nowat	Mansfield	33	35
Melissa Arsali	Notts	33	35
Philip Theaker	Worksop	32	34
Freddie Marks	Worksop	32	34
Sophie Ball	Sutton	32	34
Katie Austin	Rushcliffe	32	34
George Gill	Worksop	32	34
Lily Johnson	Worksop	31	32
Evie Dickens	Rushcliffe	31	32
Ellie Sayers	Rushcliffe	31	32
Niall Dobb	Sutton	31	32
Joel Brereton	Mansfield	31	32
Harry Ballard	Mansfield	30	31
Zac Ellery	Worksop	30	31
Harry Lester	Worksop	29	30
James Sugden	Rushcliffe	29	30
Rhys Turner	Mansfield	29	30
Joe Horseman	Rushcliffe	28	28
Jay Noble	Worksop	28	28
Caleb Cope	Rushcliffe	28	28
Tommy Theaker	Worksop	28	28
Jake Tilston	Worksop	27	27
Isabella Watson	Sutton	26	26
Cariad Morgan	Sutton	26	26
Jack Hilton	Worksop	25	24
Abbie Ellis	Sutton	25	24
Lucia Caseldine	Rushcliffe	24	23
Bronwyn Morgan	Sutton	23	22
Olivia Niemcow	Sutton	17	13
Alexander Norman	Rushcliffe	13	9

# Long Jump

Max 70

name	Club	result	score
Ruben Alexander	Rushcliffe	2.04	58
Ella Rendu	Rushcliffe	1.95	55
Megan Taylor	Notts	1.93	54
Tonbara Tamuno	Notts	1.90	53
Ellie Jones	Mansfield	1.89	53
Sterling Evans	Rushcliffe	1.88	52
Lucy Else	Sutton	1.86	52
Lacey Gregory	Sutton	1.84	51
Georgia Dobb	Sutton	1.84	51
Emily Arsali	Notts	1.81	50
Ruby Vickers	Sutton	1.79	49
Alexander Holland	Rushcliffe	1.78	49
Ewan Collier	Rushcliffe	1.78	49
Owen Wright	Sutton	1.75	47
Lucas Gibbs	Sutton	1.74	47
Joel Brereton	Mansfield	1.73	46
Ruby Watson	Rushcliffe	1.73	46
Nadia Jonczyk	Worksop	1.73	46
Casper Davis	Rushcliffe	1.72	46
Scarlette Slater-Rowley	Retford	1.71	45
Thomas Shirley	Notts	1.69	44
Joe Horseman	Rushcliffe	1.68	44
Emma Nowat	Mansfield	1.68	44
Charlotte Ayton	Worksop	1.67	43
Katie Austin	Rushcliffe	1.67	43
Harry Ballard	Mansfield	1.66	43
Jay Noble	Worksop	1.66	43
Amy Clayton	Rushcliffe	1.64	42
Amelia Short	Rushcliffe	1.62	41
Saul Moakes	Sutton	1.62	41
Evie Dickens	Rushcliffe	1.62	41
Amelia Arbon	Mansfield	1.61	40
Sophie Ball	Sutton	1.60	40
Rhys Turner	Mansfield	1.59	39
George Gill	Worksop	1.58	38
Ellie Sayers	Rushcliffe	1.58	38
Katie Spendlove	Sutton	1.57	37
Niall Dobb	Sutton	1.56	36
Matthew Edmunds	Rushcliffe	1.55	35
Rubie Slater-Rowley	Retford	1.55	35
Harry Lester	Worksop	1.54	34
Freddie Marks	Worksop	1.54	34
Zac Ellery	Worksop	1.51	31
William Wilkinson	Mansfield	1.50	30
Lily Johnson	Worksop	1.50	30
Philip Theaker	Worksop	1.47	28
Kitty Laurence	Worksop	1.47	28
Caleb Cope	Rushcliffe	1.45	27
Molly-May Richards	Rushcliffe	1.43	26
Cariad Morgan	Sutton	1.42	26
Jack Hilton	Worksop	1.40	25
Jake Tilston	Worksop	1.38	24
James Sugden	Rushcliffe	1.38	24
Lucia Caseldine	Rushcliffe	1.34	22
Bronwyn Morgan	Sutton	1.32	21
Olivia Niemcow	Sutton	1.31	20
Melissa Arsali	Notts	1.30	20
Abbie Ellis	Sutton	1.20	18
Tommy Theaker	Worksop	1.19	17
Isabella Watson	Sutton	1.16	17
Alexander Norman	Rushcliffe	0.94	12