

Sportshall UK Championships
Meres Leisure Centre Grantham
Combined Programme of Events

U11 / U15 / U13 Intercounties Notts Regional Team

Match Date:- Sunday 17th March 2019

Updated
 Mon 25 Feb 2019

Track Start 12.30

Field

1	U11 Girls	Obstacle Relay	Megan Taylor Tonbara Tamuno Ruby Vickers Emily Arsal
	U11 Boys	Obstacle Relay	Rhys Aplin Phillip Theaker Joel Breton George Gill
	U13 Boys	Obstacle Relay	Ethan Lincoln Thomas Gleave Andy Davenport Kwadwo Afirifah-Mensah
	U13 Girls	Obstacle Relay	Beatrix Davies Natasha Need Lucy Rich Anja England

U15 Boys	Shot	Kofi Afirifah-Mensah Cameron Turner James Davis
U15 Boys	Speed bounce	George Toom-Smith Dylan Rich Thomas Budd
U15 Girls	long jump	Teegan Page Amelia Briggs-Goode Mae Smith
U15 Girls	vertical jump	Ellie Sheppard Caitlin Elliott Trisha Saxby

2	U13 Girls	2 lap HEATS	Phoebe Clayton Chelsea Fagan
	U13 Boys	2 lap HEATS	Yaw Afirifah-Mensah Cameron Barrs
	U13 Girls	4 lap HEATS	Zoe Smith Lucy Rich
	U13 Boys	4 lap HEATS	Ashley Nkomazana Adam Vaughan
	U13 guest	2 lap Non Scoring	Matthew Forrest Serenity Joynt

U11 Girls	Standing Long Jump	Precious Njoku Megan Taylor Georgia Dobb
U11 Girls	Standing Triple Jump	Lucy Ashton Lacey Gregory Tonbara Tamuno
U11 Girls	Vertical jump	Ruby Vickers Charlotte Ayton Kitty Laurence
U11 Boys	Balance Test	Reuben Barrs Rhys Aplin Casper Davis
U11 Boys	Hi Stepper	Sterling Evans Ruben Alexander Owen Wright
U11 Boys	Speed Bounce	Marcus Wootton Joel Breton Phillip Theaker

3	U15 Girls	2 lap Time Trial	Ellie Sheppard Teegan Page Mae Smith
	U15 Boys	2 lap Time Trial	George Toom-Smith Dylan Rich Thomas Budd
	U15 Girls	4 lap Time Trial	Caitlin Elliott Trisha Saxby Amelia Briggs-Goode
	U15 Boys	4 lap Time Trial	Kofi Afirifah-Mensah Cameron Turner James Davis
	U15 guest	2 lap Non Scoring	Charlotte Vickers Thomas Foster

U13 Girls	Standing Long Jump	Phoebe Clayton Zoe Smith
U13 Girls	Standing Triple Jump	Tammy Smith Natasha Need
U13 Boys	Vertical jump	Kwadwo Afirifah-Mensah Ethan Lincoln
U13 Boys	Shot	Yaw Afirifah-Mensah Matthew Forrest
U13 Boys	Speed Bounce	Ashley Nkomazana Benjamin Taylor

4	U11 Girls	1 +1 Lap Relay	Georgia Dobb Lacey Gregory
	U11 Boys	1 +1 Lap Relay	Marcus Wootton Owen Wright
	U11 Girls	2 +2 Lap Relay	Precious Njoku Lucy Ashton
	U11 Boys	2 +2 Lap Relay	Sterling Evans Ruben Alexander
	U11 Girls	6 Lap Paarlaf	Nadia Jarczyk Charlotte Ayton
U11 Boys	6 Lap Paarlaf	Marcus Wootton Ruben Barrs	

U15 Boys	Standing LONG Jump	Dylan Rich Cameron Turner James Davis
U15 Boys	Standing Triple Jump	Kofi Afirifah-Mensah George Toom-Smith Thomas Budd
U15 Girls	Shot	Ellie Sheppard Amelia Briggs-Goode Mae Smith
U15 Girls	Speed Bounce	Caitlin Elliott Teegan Page Trisha Saxby

5	U13 Girls	4 x 1 Lap Relay Final	Kate Ridgway Natasha Need Faith Davenport Beatrix Davies	U11 Boys	Standing LONG Jump	Sterling Evans Joel Brereton Casper Davis
	U13 Boys	4 x 1 Lap Relay Final	Kwadwo Afirifah-Mensah Ethan Norris Andy Davenport Ethan Lincoln	U11 Boys	Standing Triple Jump	Ruben Alexander Ewan Collier Petar Taylor
	U13 Girls	6 Lap Race Time Trial	Tammy Smith Anja England	U11 Boys	Vertical Jump	Reuben Barrs Thomas Shirley Lucas Gibbs
	U13 Boys	6 Lap Race Time Trial	Benjamin Taylor Matthew Young	U11 Girls	Balance Test	Nadia Jonczyk Charlotte Ayton Ruby Watson
	U13 Girls	2 Lap Race Finals if Qualified	Phoebe Clayton Chelsea Fagan	U11 Girls	Hi Stepper	Freya Vincent Ruby Vickers Ella Rendu
	U13 Boys	2 Lap Race Finals if Qualified	Yaw Afirifah-Mensah Cameron Barrs	U11 Girls	Speed Bounce	Megan Taylor Emily Arsali Scarlette Slater-Rowley
	U13 Girls	4 Lap Race Finals if Qualified	Zoe Smith Lucy Rich			
	U13 Boys	4 Lap Race Finals if Qualified	Ashley Nkomazana Adam Vaughan			

6	U11 Girls	Hurdles Relay	Nadia Jonczyk Ruby Watson Ella Rendu Lacey Gregory	U13 Boys	Standing LONG Jump	Adam Vaughan Thomas Gleave
	U11 Boys	Hurdles Relay	Reuben Barrs Lucas Gibbs Joel Brereton Ewan Collier	U13 Boys	Standing Triple Jump	Ethan Norris Andy Davenport
	U11 Girls	Over / Under Relay	Freya Vincent Kitty Laurence Charlotte Ayton Emily Arsali	U13 Girls	Vertical Jump	Kate Ridgway Anja England
	U11 Boys	Over / Under Relay	Thomas Shirley Casper Davis George Gill Rhys Aplin	U13 Girls	Shot	Faith Davenport Serenity Joynt
	U11 Girls	Grand Prix	Georgia Dobb Scarlette Slater-Rowley Ruby Watson Ella Rendu	U13 Girls	Speed Bounce	Beatrix Davies Lucy Rich
	U11 Boys	Grand Prix	Ewan Collier Petar Taylor Lucas Gibbs Phillip Theaker			

7	U15 Girls	8 Lap Paarlaf Time Trials	Caitlin Elliott Amelia Briggs-Goode	U11 Girls	Chest Push	Emily Arsali Tonbara Tamuno
	U15 Boys	8 Lap Paarlaf Time Trials	Kofi Afirifah-Mensah Cameron Turner	U11 Girls	Javelin	Lacey Gregory Scarlette Slater-Rowley
	U13 Girls	8 Lap Paarlaf Time Trials	Tammy Smith Zoe Smith	U11 Girls	Target Throw	Georgia Dobb Ella Rendu
	U13 Boys	8 Lap Paarlaf Time Trials	Yaw Afirifah-Mensah Ashley Nkomazana			

8	U13 Girls	4 x 2 Lap Relay Finals	Phoebe Clayton Faith Davenport Kate Ridgway Chelsea Fagan	U11 Boys	Chest Push	Owen Wright Thomas Shirley
	U13 Boys	4 x 2 Lap Relay Finals	Cameron Barrs Matthew Young Benjamin Taylor Adam Vaughan	U11 Boys	Javelin	Ewan Collier George Gill
	U15 Girls	4 x 2 Lap Relay Finals	Ellie Sheppard Charlotte Vickers Trisha Saxby Teegan Page	U11 Boys	Target Throw	Marcus Wootton Phillip Theaker
	U15 Boys	4 x 2 Lap Relay Finals	George Toom-Smith Thomas Foster Thomas Budd Dylan Rich			

9	U11 Girls	4 x 1 Lap Relay	Precious Njoku Freya Vincent Lucy Ashton Megan Taylor
	U11 Boys	4 x 1 Lap Relay	Sterling Evans Thomas Shirley Owen Wright Ruben Alexander