

ESAA English Schools' Track and Field Cup 2024
Round - 1, SFK 1 : West Suffolk Athletics Track - Thursday 16th May 2024

Junior Boys

1 : 296pts : Woodbridge School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Oscar Denvir	15.8		10pts	Ollie Berry	15.8		10pts
100m	Josh Seaman	12.9		20pts	Otis Ripman	14.7		8pts
200m	Thomas Freeman	28.9		15pts	Frank Baird-Smith	31.5		8pts
300m	Oscar Wynn	41.7		21pts	Noah Manders-Heffer	50.6		7pts
800m	Alfie Ripamn	2:48.6		14pts	Ollie Ripman	2:40.9		16pts
1500m	Digby Pearson	4:34.0		28pts	Dexter Marshall	4:51.0		24pts
Long_Jump	Dexter Marshall	3.56		7pts	Otis Ripman	3.66		8pts
High_Jump	Josh Seaman	1.20		10pts	Ollie Berry	1.20		10pts
Triple_Jump	Oscar Denvir	8.30		10pts	Frank Baird-Smith	8.30		10pts
Pole_Vault								
Shot	Jamie Smith	8.06		13pts	Noah Manders-Heffer	6.16		6pts
Discus	Oscar Wynn	19.61		14pts	Digby Pearson	18.92		13pts
Javelin					Zik Ihenacho	11.09		4pts
Hammer								
Relay	<u>Jamie Smith , Alfie Ripamn , Zik Ihenacho , Ollie Ripman</u>					62.7		10pts

2 : 289pts : Farlingaye High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Adam tomlin	15.8		10pts	Ethan Larcombe	15.8		10pts
100m	Ulaiasi Vatu	14.4		10pts	Harry Mousa	13.1		19pts
200m	Finn Howe	28.3		16pts	George Trehearn	30.0		12pts
300m	Nathan Broadwater	46.7		12pts	Coen Evans	49.2		8pts
800m	Sid watson	2:33.5		19pts	Brody Bloss	2:58.1		10pts
1500m	Connor Tunbridge-Shephe	5:26.0		15pts	Harry Gavin	5:47.0		10pts
Long_Jump	Harry Gavin	3.84		10pts	Harry Mousa	3.92		11pts
High_Jump	Finn Howe	1.20		10pts	Coen Evans	1.20		10pts
Triple_Jump	Nathan Broadwater	8.30		10pts	Ethan Larcombe	8.30		10pts
Pole_Vault								
Shot	Adam tomlin	8.32		14pts	Brody Bloss	5.39		4pts
Discus	Ulaiasi Vatu	16.24		10pts	Lewis King	14.06		8pts
Javelin	Sid watson	18.57		11pts	Charlie Day	21.23		14pts
Hammer								
Relay	<u>Connor Tunbridge-Shepherd , George Trehearn , Charlie Day , Lewis King</u>					57.5		16pts

3 : 280pts : Finborough School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Jaron Paul -Taiwo	15.8		10pts	Dylan Newell -Ginn	15.8		10pts
100m	Tom Bickers	14.8		7pts	Jacob Dines	13.2		18pts
200m	Ollie Sinclair	27.8		18pts	James Cundy-Wilding	28.2		17pts
300m	Jez Bio	48.8		9pts	Murphy Wells	51.9		6pts
800m	Oliver Skinner	2:51.5		13pts	Joshua Liebenberg	2:28.0		21pts
1500m	Alfie Bickers	6:28.0		5pts	Oliver Gale	5:44.0		11pts
Long_Jump	Ollie Sinclair	3.98		11pts	Oliver Skinner	3.80		10pts
High_Jump	Tom Bickers	1.20		10pts	Jaron Paul -Taiwo	1.20		10pts
Triple_Jump	Alfie Bickers	8.30		10pts	Murphy Wells	8.30		10pts
Pole_Vault								
Shot	Finn Housden	9.59		18pts	Joseph Cooke	8.14		13pts
Discus	Jez Bio	15.00		9pts	James Cundy-Wilding	19.41		13pts
Javelin					Jacob Dines	14.93		7pts
Hammer								
Relay	<u>Finn Housden , Joseph Cooke , Oliver Gale , Dylan Newell -Ginn</u>					59.0		14pts

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Junior Boys

4 : 261pts : Ipswich High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	George Nasta	15.8		10pts	Kwesi Rhode	15.8		10pts
100m	Gainluca Asiloi	13.5		15pts	Frederick Alliston	15.3		5pts
200m	Manjur Elahi	28.1		17pts	Zavier Wilcock	28.3		16pts
300m	Rishi Smith	43.8		17pts	Freddie Maynard	52.0		6pts
800m	Harry Parker	2:51.9		13pts	William Peak	2:59.9		10pts
1500m	Charlie Baines	5:33.0		13pts	Elias El'Mahraoui	5:58.0		9pts
Long_Jump	Manjur Elahi	4.68		18pts	Harry Parker	3.50		7pts
High_Jump	Charlie Baines	1.20		10pts	Kwesi Rhode	1.20		10pts
Triple_Jump	Rishi Smith	8.30		10pts	Ben Andrews	8.30		10pts
Pole_Vault								
Shot	Freddie Maynard	6.35		7pts				
Discus	Zavier Wilcock	16.24		10pts	Gainluca Asiloi	16.84		11pts
Javelin	Frederick Alliston	15.72		8pts	Lucas Day	17.07		10pts
Hammer								
Relay	<u>George Nasta , Ben Andrews , Lucas Day , Elias El'Mahraoui</u>					63.5		9pts

5 : 244pts : King Edward VI, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Sam Law	15.8		10pts	Jack Ellis	15.8		10pts
100m	Bobbie Seager	14.3		10pts	Youseff Jarboui	14.7		8pts
200m	Digby Howarth	31.2		9pts	Jacob Severn	32.9		5pts
300m	Harry Greer-Walker	51.3		6pts	-	46.9		12pts
800m	Nico Hopfensperger	2:46.9		14pts	Vasco Mira	3:01.9		9pts
1500m	Matt Blackwell	5:14.0		18pts	Jayden Witton	5:07.0		20pts
Long_Jump	Matt Blackwell	3.74		9pts	Jacob Severn	3.68		8pts
High_Jump	Nico Hopfensperger	1.20		10pts	Jack Ellis	1.20		10pts
Triple_Jump	Max Ellis	8.30		10pts	Jayden Witton	8.30		10pts
Pole_Vault								
Shot	Harry Greer-Walker	7.77		12pts	Vasco Mira	8.22		13pts
Discus	Kingsley Cook	8.45		0pts				
Javelin	Sam Law	21.65		14pts	Digby Howarth	11.43		4pts
Hammer								
Relay	<u>Bobbie Seager , Youseff Jarboui , Reuben Shepherd , Kingsley Cook</u>					59.4		13pts

6 : 229pts : Royal hospital school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Lee Alexander McRae Smi	15.8		10pts				
100m	Daniel Otsapa	14.2		11pts	Paul Soares	13.7		13pts
200m	Lore Oluwatamilore	29.1		14pts	Wilf Wakely	31.3		9pts
300m	Tan Adjoh-Davoh	51.0		7pts	Tim Page	50.1		7pts
800m	Hugo Mayes	3:28.4		2pts	James Lochore	2:57.0		11pts
1500m	Chris Sillik	5:18.0		17pts	Conor Beattie	5:58.6		8pts
Long_Jump	Conor Beattie	2.73		0pts	Will Marfleet	3.36		5pts
High_Jump	Lee Alexander McRae Smi	1.20		10pts	James Lochore	1.20		10pts
Triple_Jump	Tan Adjoh-Davoh	8.30		10pts	Daniel Otsapa	8.30		10pts
Pole_Vault								
Shot	Tim Page	10.41		21pts	Josh Jean Pierre	8.21		13pts
Discus	Paul Soares	12.50		6pts	Wilf Wakely	14.75		9pts
Javelin	Hugo Mayes	13.20		6pts	Finn Prestney	16.39		9pts
Hammer								
Relay	<u>Chris Sillik , Will Marfleet , Finn Prestney , Lore Oluwatamilore</u>					61.9		11pts

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Junior Boys

7 : 226pts : St Benedicts Catholic school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Harrison Beeton	15.8		10pts	Charlie Carter-Wright	15.8		10pts
100m	Nana Atuah	15.6		4pts	Jacob Deeming	15.7		3pts
200m	Kacper Kolodziej	30.8		10pts	Archie Crisp	29.6		13pts
300m	Jacob Gurrell	46.8		12pts	Aiden Cameron	49.1		8pts
800m	Gregory Slater	2:42.7		16pts	Alexander Balmer	2:59.0		10pts
1500m	Noah Wilkinson	5:20.0		17pts	Jake McConnell	5:19.0		17pts
Long_Jump	Gregory Slater	4.11		13pts	William Gammon	3.60		8pts
High_Jump	Kacper Kolodziej	1.20		10pts	Nana Atuah	1.20		10pts
Triple_Jump	Noah Wilkinson	8.30		10pts	Jacob Gurrell	8.30		10pts
Pole_Vault								
Shot	Harrison Beeton	5.45		4pts	Alexander Balmer	4.17		1pts
Discus	Archie Crisp	12.16		6pts	Oliver Lamas	9.74		2pts
Javelin	Charlie Carter-Wright	15.04		8pts	Aiden Cameron	8.60		1pts
Hammer								
Relay	Oliver Lamas , William Gammon , Jacob Deeming , Jake McConnell					60.0		13pts

8 : 214pts : County High, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Robbie McFarlane	15.8		10pts	Ellis Chetcuti	15.8		10pts
100m	Koby Hatwell	13.9		12pts	Theo Rushen	14.4		10pts
200m	Henry Mbetsa	32.7		5pts	Noah Harris	27.6		18pts
300m	George Hope	52.2		5pts	Henry Laflin	51.1		6pts
800m	Ted Callan	2:48.8		14pts	Casey Cox	3:07.5		7pts
1500m	Adam Fretwell	6:01.0		8pts	Jamie Mills	5:59.0		8pts
Long_Jump	Koby Hatwell	3.45		6pts	Robbie McFarlane	2.81		0pts
High_Jump	Theo Rushen	1.20		10pts	Ted Callan	1.20		10pts
Triple_Jump	Adam Fretwell	8.30		10pts	Leo Mayer	8.30		10pts
Pole_Vault								
Shot	Henry Mbetsa	8.42		14pts	Ryan Robertson	7.63		11pts
Discus	George Hope	15.15		9pts	Ellis Chetcuti	10.77		4pts
Javelin	Jamie Mills	14.09		7pts	Casey Cox	8.37		1pts
Hammer								
Relay	Henry Laflin , Noah Harris , Ryan Robertson , Leo Mayer					63.8		9pts

9 : 144pts : Sybil Andrews Academy, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Charlie Bugg	14.6		9pts	Luqman Ammad	14.1		11pts
200m	Harry Staff	33.0		4pts	Luqman Ammad	32.0		7pts
300m								
800m	Finley Turner	3:04.1		8pts	Joe Barney	2:45.0		15pts
1500m	Jack Seagar	5:08.0		20pts	Ethan Clare	5:47.5		10pts
Long_Jump	Charlie Bugg	3.71		9pts	-	3.36		5pts
High_Jump	Jack Seagar	1.20		10pts	Ethan Clare	1.20		10pts
Triple_Jump								
Pole_Vault								
Shot	Harry Staff	4.39		1pts	Stefan Buburuzan	4.55		2pts
Discus								
Javelin	Joe Barney	13.18		6pts	Thomas Tully	24.89		17pts
Hammer								
Relay								

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Intermediate Boys

1 : 351pts : Finborough School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Finley Dines	14.9		10pts	George Thomas	14.9		10pts	
100m	Albie Bradshaw	12.1		22pts	Matt Dong	12.0		22pts	
200m	Charlie Hearn	26.7		15pts	Jim gregory	26.3		16pts	
300m	Archie Doe	42.6		15pts	Jaedon Paul-Taiwo	40.8		19pts	
800m	Ben Alakiu -Ohene	2:22.4		18pts	Jack Potter	2:24.8		18pts	
1500m	Theo Hayward	5:30.1		11pts	Theo Truby	5:41.8		9pts	
Long_Jump	Charlie Hearn	4.40		9pts	Albie Bradshaw	4.82		13pts	
High_Jump	Jack Potter	1.32		10pts	Theo Truby	1.32		10pts	
Triple_Jump	Archie Doe	10.16		12pts	Ben Alakiu -Ohene	10.05		12pts	
Pole_Vault									
Shot	Oscar Wells	10.45		17pts	George Thomas	10.61		18pts	
Discus	Adam Bayes-Housden	21.30		12pts	Matt Dong	14.60		6pts	
Javelin	Theo Hayward	21.94		8pts	Finley Dines	36.01		18pts	
Hammer									
Relay	<u>Oscar Wells , Jaedon Paul-Taiwo , Jim gregory , Adam Bayes-Housden</u>						50.1		21pts

2 : 327pts : Woodbridge School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Alex Hibbert	14.9		10pts	Ed Saunders	14.9		10pts	
100m	Ernest Hall	12.3		19pts	Sam Lissaman	12.8		15pts	
200m	Arthur Gill	26.0		17pts	Theo Pommier	26.4		15pts	
300m	Ollie Yasar	45.7		9pts	Tom Oyawale	44.7		11pts	
800m	-	2:34.3		14pts	Jago Jennings	2:46.4		10pts	
1500m	Jasper Keith	4:42.1		21pts	Jack Knight	5:02.6		17pts	
Long_Jump	Ernest Hall	4.58		10pts	Sam Lissaman	4.74		12pts	
High_Jump	Alex Hibbert	1.32		10pts	Ed Saunders	1.32		10pts	
Triple_Jump	Arthur Gill	10.65		15pts	Theo Pommier	10.30		13pts	
Pole_Vault									
Shot	Tom Oyawale	8.58		11pts	Jago Jennings	8.99		12pts	
Discus	Huw Beaumont	26.30		17pts	Ollie Yasar	24.00		15pts	
Javelin	Jasper Keith	27.80		12pts	Oscar Pearson	28.34		12pts	
Hammer									
Relay	<u>Ambrose Frith , Jack Knight , Huw Beaumont , Oscar Pearson</u>						57.7		10pts

3 : 316pts : Royal hospital school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Emilio Feller	14.9		10pts					
100m	Ethan Fennell	11.8		24pts	Ollie Irwen	12.7		16pts	
200m	Enzo Davies	27.4		12pts	Zane Landell	26.2		16pts	
300m	Oliver Gilbert	39.2		23pts	Antoine Quist-Narteh	42.3		15pts	
800m	Alastair Fairely	2:27.4		17pts	Theo Davitt	2:44.7		11pts	
1500m	Charles Doe	5:26.2		12pts	Tancelion Lorisson	5:05.0		17pts	
Long_Jump	Ethan Fennell	5.52		20pts	Enzo Davies	4.74		12pts	
High_Jump	Tancelion Lorisson	1.32		10pts	Zane Landell	1.32		10pts	
Triple_Jump	Oliver Gilbert	12.97		26pts	Max Duprit	9.34		8pts	
Pole_Vault									
Shot	Aaron Goodwin Xu	9.49		14pts	Joel Simpson	9.12		13pts	
Discus	Theo Davitt	NM		0pts	Joel Simpson	NM		0pts	
Javelin	Emilio Feller	19.00		6pts	Alastair Fairely	23.32		9pts	
Hammer									
Relay	<u>Charles Doe , Aaron Goodwin Xu , Max Duprit , Antoine Quist-Narteh</u>						53.7		15pts

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Intermediate Boys

4 : 294pts : Farlingaye High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Charlie French	14.9		10pts	Harry Bales	14.9		10pts
100m	Leo finlinson	12.8		14pts	James Bell	13.3		10pts
200m	Mekhi Fitch	25.1		20pts	Jack Turner	25.3		19pts
300m	Max Bouabdallah	44.1		12pts				
800m	Flynn Kelly	2:32.5		15pts	Gabe Roach	2:44.8		11pts
1500m	Mason Bramhald	4:37.2		22pts	Ed Berkeley	5:01.3		17pts
Long_Jump	Leo finlinson	4.45		9pts	-	4.57		10pts
High_Jump	Mason Bramhald	1.32		10pts	Max Bouabdallah	1.32		10pts
Triple_Jump	Charlie French	10.20		13pts	Spike Howe	10.73		15pts
Pole_Vault								
Shot	Mekhi Fitch	7.23		6pts	Billy Chaplin	9.83		15pts
Discus	Louis Dutfield	23.00		14pts	Harry Bales	20.05		11pts
Javelin	Gabe Roach	21.90		8pts	Jack Turner	5.94		0pts
Hammer								
Relay	<u>Flynn Kelly , Ed Berkeley , Louis Dutfield , Billy Chaplin</u>					54.8		13pts

5 : 276pts : St Benedicts Catholic school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Joseph Ferdinand	14.9		10pts	Harry Gladstone	14.9		10pts
100m	Jax Cervi	13.6		8pts	Rory Blewitt	13.7		8pts
200m	Matijus Juchna	23.7		25pts	Mateusz Szczech	27.9		11pts
300m	George Wightman	46.4		8pts	Ben Warner	42.9		14pts
800m	Charlie Oxborrow	2:19.5		19pts	William Glover	2:34.7		14pts
1500m	David Lupsa	5:01.2		17pts	Seth Gaw	5:06.3		16pts
Long_Jump	Archie Coogan	4.62		11pts	Daniel Pietera	4.78		12pts
High_Jump	Harry Gladstone	1.32		10pts	David Lupsa	1.32		10pts
Triple_Jump	Charlie Oxborrow	9.50		9pts	George Wightman	8.02		2pts
Pole_Vault								
Shot	Ben Warner	6.72		5pts	Joseph Ferdinand	10.50		17pts
Discus	Seth Gaw	15.60		7pts	William Glover	13.20		4pts
Javelin	Mateusz Szczech	18.20		6pts	Rory Blewitt	17.93		5pts
Hammer								
Relay	<u>Archie Coogan , Daniel Pietera , Jax Cervi , Matijus Juchna</u>					51.8		18pts

6 : 267pts : County High, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Zach Maw	14.9		10pts	Liam Ticehurst	14.9		10pts
100m	Lewis Brett	12.2		20pts	Farid Mahama	12.8		15pts
200m	Markus Catlakss	26.9		14pts	Austin Lawrence	27.1		13pts
300m	George Everett	45.7		9pts	Jake Wooldridge	42.4		15pts
800m	Lucas Amena	2:49.3		9pts	Barnaby Laflin	2:29.3		16pts
1500m	Cam Revens	5:33.8		11pts	Oscar Beardsley	5:08.5		16pts
Long_Jump	Alfie Neill	4.18		6pts	Austin Lawrence	4.24		7pts
High_Jump	Zach Maw	1.32		10pts	Monty Leighton	1.32		10pts
Triple_Jump	Liam Ticehurst	9.90		11pts	Jake Wooldridge	8.95		6pts
Pole_Vault								
Shot	Cam Revens	9.02		12pts	Farid Mahama	8.54		11pts
Discus	Markus Catlakss	NM		0pts	Oscar Beardsley	14.55		6pts
Javelin	Lucas Amena	15.24		4pts	George Everett	23.20		9pts
Hammer								
Relay	<u>Alfie Neill , Lewis Brett , Barnaby Laflin , Monty Leighton</u>					52.2		17pts

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Intermediate Boys
7 : 253pts : King Edward VI, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Ned Howarth	14.9		10pts	Caleb Coe	14.9		10pts	
100m	Jared Simon	13.6		8pts	George Cunningham	13.2		10pts	
200m	Zachariah Broad	27.5		12pts	Dylan Fisher	27.3		12pts	
300m	Angus Gilmour	42.0		16pts	Matthew Moore	42.8		14pts	
800m	Tobias MacRae	2:35.4		14pts	Sam Chapman	2:41.8		12pts	
1500m	Samuel Blackwell	4:27.2		24pts					
Long_Jump	Samuel Blackwell	3.30		0pts	Sam Chapman	4.75		12pts	
High_Jump	Zachariah Broad	1.32		10pts	Dylan Fisher	1.32		10pts	
Triple_Jump	Luca Hopfensperger	7.40		0pts	Aidan Brown	9.81		11pts	
Pole_Vault									
Shot	Tobias MacRae	7.93		9pts	Matthew Moore	9.99		15pts	
Discus	Jacob Griffin	14.10		5pts	Caleb Coe	17.90		9pts	
Javelin	Angus Gilmour	20.35		7pts	Ned Howarth	22.20		8pts	
Hammer									
Relay	<u>Aidan Brown , George Cunningham , Jared Simon , Jacob Griffin</u>							53.4	15pts

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Junior Girls

1 : 283pts : Woodbridge School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Ella Ball	15.5		9pts	Imarah Innis	14.5		14pts
200m	Eirann Cheale	31.4		13pts	India Johnson	30.2		17pts
300m	Jemima Brooks	51.3		12pts	Millie Smith	50.7		13pts
800m	Alexandra McVittie	2:38.4		25pts	India Bostock	2:41.9		24pts
1500m	Ella Knight	5:31.1		24pts	Alice Oberholzer	5:20.3		26pts
Long_Jump	India Johnson	3.67		11pts	Alexandra McVittie	3.74		12pts
High_Jump	Alice Oberholzer	1.10		10pts	India Bostock	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Ella Ball	7.72		19pts	Issy Self	4.23		6pts
Discus	Annabel Mott	15.69		14pts	Imarah Innis	10.80		7pts
Javelin	Eirann Cheale	4.60		0pts	Jemima Brooks	8.09		3pts
Hammer								
Relay	<u>Annabel Mott , Issy Self , Ella Knight , Millie Smith</u>					63.0		14pts

2 : 272pts : Farlingaye High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Ella Douglas	16.1		10pts	Kyra Summers	16.1		10pts
100m	Lottie Lucking	14.8		12pts	Violet Thompson	16.0		7pts
200m	Grace Keough	29.5		19pts				
300m	Poppy Hinton	50.7		13pts	Rae Pacquette -Dorsett	46.7		19pts
800m	Seren lloyd	2:54.9		19pts	Maggie Waters	3:08.0		15pts
1500m					Annabella Johnson	5:34.0		24pts
Long_Jump	Lottie Lucking	3.88		13pts	Grace Keough	3.44		9pts
High_Jump	Kyra Summers	1.10		10pts	Maggie Waters	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Sophie Shaw	5.78		11pts	Ella Douglas	7.50		18pts
Discus	Annabella Johnson	12.55		10pts	Violet Thompson	13.78		11pts
Javelin	Seren lloyd	17.00		15pts	Willa Chisholm	9.12		5pts
Hammer								
Relay	<u>Rae Pacquette -Dorsett , Sophie Shaw , Willa Chisholm , Poppy Hinton</u>					64.5		12pts

3 : 257pts : Finborough School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Maisie Doe	16.1		10pts	Izy Moody	16.1		10pts
100m	Isobel Mahony	14.8		12pts	Rosie Belham	14.8		12pts
200m	Teniola Sonubi	29.4		20pts	Tabatha Brough-Darby	31.7		12pts
300m	Amber Sharp	49.8		14pts	Divine Emma-Davies	49.8		14pts
800m	Isabella Kent	3:17.5		12pts	Sophia Horrex- Akers	2:47.7		22pts
1500m	Emer Cavanagh	6:31.7		14pts				
Long_Jump	Isobel Mahony	2.84		3pts	Isabella Kent	3.31		8pts
High_Jump	Maisie Doe	1.10		10pts	Divine Emma-Davies	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot					Agatha Clark	7.59		18pts
Discus	Rosie Belham	18.62		18pts	Emer Cavanagh	12.00		9pts
Javelin	Amber Sharp	8.39		4pts	Izy Moody	10.90		7pts
Hammer								
Relay	<u>Agatha Clark , Teniola Sonubi , Tabatha Brough-Darby , Sophia Horrex- Akers</u>					60.1		18pts

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Junior Girls

4 : 250pts : Ipswich High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Lara Hicks	16.1		10pts	Freya Ballard	16.1		10pts
100m	Amelie Gwynne	15.9		7pts	Evelyn Vickers	15.1		11pts
200m	Isla Brown	32.2		10pts	Idunn Holmefjord-Phillips	34.4		6pts
300m	Lily Steel	53.3		10pts				
800m	Anna Evans	2:54.2		19pts	Sophie Knight	2:51.6		20pts
1500m	Annabel Bryce	6:00.3		19pts	Alev Warwick	5:59.5		20pts
Long_Jump	Lara Hicks	3.49		9pts	Evelyn Vickers	3.33		8pts
High_Jump	Lily Steel	1.10		10pts				
Triple_Jump								
Pole_Vault								
Shot	Amelie Gwynne	5.55		10pts	Isla Brown	6.65		14pts
Discus	Isabella Ankin-George	16.42		15pts	Idunn Holmefjord-Phillips	12.10		9pts
Javelin	Annabel Bryce	15.20		13pts	Alev Warwick	12.15		9pts
Hammer								
Relay	<u>Anna Evans , Isabella Ankin-George , Sophie Knight , Freya Ballard</u>					64.8		11pts

5 : 222pts : St Benedicts Catholic school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Alanna Evans	13.7		21pts	Bea Harpur-Davies	14.3		15pts
200m	Nina Siarkowska	34.5		6pts	Tallulah Roberts	37.4		0pts
300m	Amelia Smith	49.4		14pts	Imogen Grove	57.2		5pts
800m	Sophie Bolton	2:33.8		26pts	Elodie Massuard	3:30.4		7pts
1500m	Lucy Murphy	5:47.5		22pts	Eliza Rowley	7:01.0		9pts
Long_Jump	Alanna Evans	2.62		1pts	Bea Harpur-Davies	3.36		8pts
High_Jump	Imogen Grove	1.10		10pts	Imogen Knight	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Isabella Duffin	6.10		12pts	Elodie Massuard	4.49		6pts
Discus	Lucy Murphy	8.62		4pts	Amelia Smith	9.84		6pts
Javelin	Nina Siarkowska	19.10		18pts				
Hammer								
Relay	<u>Imogen Knight , Isabella Duffin , Sophie Bolton , Tallulah Roberts</u>					65.0		11pts

6 : 208pts : Royal hospital school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Isla O'Neill	16.1		10pts				
100m	Tillie Jack	13.5		24pts	Florrie Kemp	15.1		11pts
200m	Grace John	32.7		9pts	Harriet Marshall	33.6		7pts
300m	Lois Keeley	51.5		12pts	Florence Arulampalam	53.9		9pts
800m	Sarah Page	3:27.8		8pts	Ava Ogunadeka	3:24.9		9pts
1500m	Megan Daley	6:18.5		16pts				
Long_Jump	Jessica Briggs	3.65		11pts	Florrie Kemp	3.46		9pts
High_Jump	Tillie Jack	1.10		10pts	Grace John	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Sarah Page	5.21		9pts	Ava Ogunadeka	6.85		15pts
Discus	Harriet Marshall	9.49		5pts	Isla O'Neill	9.76		6pts
Javelin	Florence Deacon	11.10		7pts				
Hammer								
Relay	<u>Megan Daley , Florence Deacon , Florence Arulampalam , Jessica Briggs</u>					65.3		11pts

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Junior Girls

7 : 195pts : County High, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles					Emma Kretzmann	16.1		10pts
100m	Rosie Chandler	15.4		10pts				
200m	Sienna Bodkin	31.4		13pts	Eden Haylock	33.0		8pts
300m	Rosie Smythe	53.3		10pts	Amber Prosser	56.3		6pts
800m	Shay Mills	2:50.4		21pts				
1500m	Roseanna Lindsell	6:15.0		17pts				
Long_Jump	Sienna Bodkin	3.27		7pts	Rosie Chandler	3.45		9pts
High_Jump	Amelia Hohovs	1.10		10pts	Emma Kretzmann	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Charlotte Winsbury-Cutts	6.62		14pts	Christabel Okekeze	5.07		8pts
Discus	Rosie Smythe	12.62		10pts	Shay Mills	8.75		4pts
Javelin					Roseanna Lindsell	12.80		10pts
Hammer								
Relay	<u>Charlotte Winsbury-Cutts , Livvy Barnes , Eden Haylock , Christabel Okekeze</u>					60.2		18pts

8 : 176pts : Sybil Andrews Academy, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Amalia Tatham	16.1		10pts	Evie Lee-Amies	16.1		10pts
100m	Sophia Fairhurst	16.1		6pts	Liza Voitenko	20.5		0pts
200m	Aoife Peagram	34.2		6pts	Liza Voitenko	38.3		0pts
300m	Aliona Day	55.9		7pts	Indee Beard	61.6		1pts
800m	Poppy Moore	2:47.0		22pts	Elisabeth Matthews	3:04.1		16pts
1500m	Erin Stewart	5:09.2		28pts	Bethan Southwood	5:51.5		21pts
Long_Jump	Sophia Fairhurst	2.72		2pts	Aoife Peagram	2.85		3pts
High_Jump	Liza Voitenko	1.10		10pts	Poppy Alston	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Amalia Tatham	4.20		6pts	Evie Lee-Amies	4.85		8pts
Discus					Elisabeth Matthews	12.64		10pts
Javelin								
Hammer								
Relay	.							

9 : 133pts : King Edward VI, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Esi Amankwah	15.4		10pts	Evangeline Ford	15.3		10pts
200m	Katherine Shaw	39.7		0pts	Tess Austin	41.0		0pts
300m	Isabella Mills	56.3		6pts				
800m	Jessica Newdick	3:28.7		8pts	Elizabeth Mead	3:42.1		3pts
1500m	Bella Rayson	6:20.0		16pts				
Long_Jump	Mia Wembourne	3.30		8pts	Evangeline Ford	3.45		9pts
High_Jump	Isabella Mills	1.10		10pts	Tess Austin	1.10		10pts
Triple_Jump								
Pole_Vault								
Shot	Esi Amankwah	4.62		7pts	Katherine Shaw	6.39		13pts
Discus	Amelia Zaman	NM		0pts	Taela Garrod	9.13		5pts
Javelin	Jessica Newdick	9.25		5pts				
Hammer								
Relay	<u>Mia Wembourne , Elizabeth Mead , Amelia Zaman , Maisie Heaton</u>					63.5		13pts

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Intermediate Girls

1 : 315pts : Farlingaye High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Grace Carr	16.3		10pts	Maggie Vinton	16.3		10pts
100m	Olivia Thompson	15.0		9pts	Neve Jerrold	14.7		10pts
200m	Laura Osbourne-Kember	27.2		23pts	Evie warrander	30.8		11pts
300m	Edie Clough	46.9		19pts	Phoebe duffin	51.8		11pts
800m	Darcy Bloss	2:46.3		17pts	Nia lloyd	2:46.8		17pts
1500m	Eloise Atkin	5:29.4		22pts	Natasha Fernandes	5:43.7		19pts
Long_Jump	Laura Osbourne-Kember	4.20		15pts	Darcy Bloss	4.16		15pts
High_Jump	Phoebe duffin	1.17		10pts	Grace Carr	1.17		10pts
Triple_Jump	Nia lloyd	8.15		10pts	Edie Clough	8.15		10pts
Pole_Vault								
Shot	Olivia Thompson	6.80		12pts	Eloise Atkin	6.55		11pts
Discus	Neve Jerrold	13.03		6pts	Katie Walker	11.61		4pts
Javelin	Maggie Vinton	10.55		2pts	Abi Kemp	21.79		16pts
Hammer								
Relay	<u>Katie Walker , Evie warrander , Natasha Fernandes , Abi Kemp</u>					60.3		16pts

2 : 286pts : Woodbridge School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Frankie Fletcher	16.3		10pts	Lily Fisher	16.3		10pts
100m	Lyrah Brous	14.1		14pts	Issy Hutchinson	14.6		10pts
200m	Georgia Clarke	29.4		16pts	Millie Brightey	30.5		12pts
300m	Eloise Crouch Carter	52.5		10pts	Sukie Hallam	50.0		13pts
800m	Felicity Mitchell	2:42.2		19pts	Sophie Keith	2:57.4		13pts
1500m	Romilly Adams	5:12.2		25pts	Charlie Phillips	5:54.6		17pts
Long_Jump	Romilly Adams	3.90		12pts	Charlie Phillips	4.23		15pts
High_Jump	Margot Dornton Duff	1.17		10pts	Lily Fisher	1.17		10pts
Triple_Jump	Lyrah Brous	8.15		10pts	Eloise Crouch Carter	8.15		10pts
Pole_Vault								
Shot	Frankie Fletcher	5.12		6pts	Millie Brightey	6.39		10pts
Discus	Amelie Pettitt	15.20		9pts	Issy Hutchinson	16.09		10pts
Javelin								
Hammer								
Relay	<u>Felicity Mitchell , Margot Dornton Duff , Sophie Keith , Amelie Pettitt</u>					61.1		15pts

3 : 284pts : Finborough School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Martha Greenfield	16.3		10pts	Noelia Beek-Reinman	16.3		10pts
100m	Imogen Wakerell	15.1		8pts	Macy Akin-George	14.1		15pts
200m	Violet Gladden	31.1		10pts	Rachel Williamson	34.0		2pts
300m	Bella Taylor	42.0		27pts	Sophia Bartrum	49.2		15pts
800m	Charlotte Garner	3:10.0		9pts	Orla Taylor	2:34.2		23pts
1500m	Bella Bridgman	6:00.5		16pts	Joey Hamilton	6:06.2		15pts
Long_Jump	Charlotte Garner	3.45		8pts	Rachel Williamson	3.85		12pts
High_Jump	Orla Taylor	1.17		10pts	Macy Akin-George	1.17		10pts
Triple_Jump	Bella Taylor	8.15		10pts	Imogen Wakerell	8.15		10pts
Pole_Vault								
Shot	Noelia Beek-Reinman	6.12		10pts	Sophia Bartrum	9.00		19pts
Discus	Martha Greenfield	11.75		5pts	Ellie Garrick	14.03		8pts
Javelin	Eliza Housden	16.06		8pts				
Hammer								
Relay	<u>Bella Bridgman , Violet Gladden , Eliza Housden , Ellie Garrick</u>					62.3		14pts

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Intermediate Girls

4 : 242pts : Royal hospital school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Sophie Benbow	16.3		10pts	Esme Allinson	16.3		10pts
100m	Hermione Lockyer	15.1		8pts	Sophia Bisset	14.2		13pts
200m	Fifi Adewuyi	28.1		20pts	Emilia Bancroft-Lisk	33.1		4pts
300m	Gabriella Olanyian	48.2		17pts	Michelle Raji	47.7		17pts
800m	Amelie Jones	3:05.4		11pts	Emma Pepper	3:18.5		6pts
1500m	Skye Farrow	6:46.0		8pts				
Long_Jump	Sophie Benbow	3.62		9pts	Ohemaa Ansah	3.43		7pts
High_Jump	Michelle Raji	1.17		10pts	Sophia Bisset	1.17		10pts
Triple_Jump	Gabriella Olanyian	8.15		10pts	Tay Titus	8.15		10pts
Pole_Vault								
Shot	Esme Allinson	8.04		16pts	Emilia Bancroft-Lisk	4.89		5pts
Discus	Penny Cook	15.52		10pts	Emma Pepper	11.30		4pts
Javelin	Hermione Lockyer	15.09		7pts	Skye Farrow	10.60		2pts
Hammer								
Relay	<u>Tay Titus , Ohemaa Ansah , Penny Cook , Fifi Adewuyi</u>					59.5		18pts

5 : 225pts : County High, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Minnie Davies	16.3		10pts	Immy Ford	16.3		10pts
100m	Evie Gibney	14.4		11pts	Milly Cooper	14.4		12pts
200m	Tallulah Crichton-Quansal	27.8		21pts	Grace Edwards	34.0		2pts
300m	Chantel Chaplin	55.2		7pts	Koyuki H-Green	54.8		8pts
800m	Flo Lindsell	2:48.6		16pts	Autumn Wheaton	2:51.6		15pts
1500m	Tilly Wooldridge	5:17.5		24pts	Issy Mallen	6:51.7		7pts
Long_Jump	Chantel Chaplin	3.23		5pts	Milly Cooper	3.18		5pts
High_Jump	Autumn Wheaton	1.17		10pts	Koyuki H-Green	1.17		10pts
Triple_Jump	Grace Edwards	8.15		10pts	Evie Gibney	8.15		10pts
Pole_Vault								
Shot	Tilly Wooldridge	5.22		7pts	Lily Mann	3.23		0pts
Discus	Minnie Davies	11.95		5pts				
Javelin					Issy Mallen	13.80		5pts
Hammer								
Relay	<u>Lily Mann , Immy Ford , Rosie Pietzka , Tallulah Crichton-Quansah</u>					61.4		15pts

6 : 224pts : St Benedicts Catholic school, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Ciara Evans	16.3		10pts	Sharon Unwaha	16.3		10pts
100m	Freya Green	14.8		9pts	Valarie Amissah	15.8		5pts
200m	Harriet Tovey	32.3		7pts	Eliza Ionescu	34.2		2pts
300m	Violette Davy	48.6		16pts	Samantha Martelino	56.0		6pts
800m	Molly Murphy	2:30.5		25pts	Eva Torfinn	2:41.0		20pts
1500m	Eleanor Slater	5:47.4		18pts	Emma Payne	6:10.7		14pts
Long_Jump	Molly Murphy	3.75		11pts	Samantha Martelino	2.80		1pts
High_Jump	Eva Torfinn	1.17		10pts	Lola Castle	1.17		10pts
Triple_Jump	Ciara Evans	8.15		10pts	Violette Davy	8.15		10pts
Pole_Vault								
Shot	Harriet Tovey	4.95		6pts	Sharon Unwaha	8.33		17pts
Discus								
Javelin	Talia Hargrove-McQueen	10.71		2pts	Eliza Ionescu	6.65		0pts
Hammer								
Relay	<u>Talia Hargrove-McQueen , Lola Castle , Eleanor Slater , Valarie Amissah</u>					68.3		5pts

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Intermediate Girls

7 : 214pts : Ipswich High School, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Freya Cowley	16.3		10pts	Henrietta Anderson	16.3		10pts
100m	Savannah Musoni	16.0		3pts	Harriet Steed	17.1		0pts
200m	Sienna Smith	31.1		10pts	Kylie Odubela	31.9		8pts
300m	Beatrice Smith	55.0		7pts	Annabel Blake	52.8		10pts
800m	Georgina Steel	3:37.9		0pts	Agatha Vickers	2:56.1		14pts
1500m	Madalaine Welsh	6:21.2		12pts				
Long_Jump	Agatha Vickers	4.12		14pts	Madalaine Welsh	3.50		8pts
High_Jump	Henrietta Anderson	1.17		10pts	Harriet Steed	1.17		10pts
Triple_Jump	Alice Leslie	8.15		10pts	Annabel Blake	8.15		10pts
Pole_Vault								
Shot	Alva Holmefjord Phillips	8.38		17pts	Annie Ford	6.34		10pts
Discus	Freya Cowley	18.63		14pts	Beatrice Smith	15.06		9pts
Javelin					Georgina Steel	15.69		8pts
Hammer								
Relay	<u>Alva Holmefjord Phillips , Alice Leslie , Kylie Odubela , Savannah Musoni</u>					64.5		10pts

8 : 188pts : King Edward VI, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Sofija Tarkuck	16.3		10pts	Sylvie Barnard	16.3		10pts
100m	Carla Da Re	18.6		0pts	Jess Hewitt	15.1		8pts
200m	Sophie Veerapen	35.2		0pts	Gabby Woodhouse	32.4		6pts
300m	Grace Beasley	55.7		6pts	Charlotte Ledain	58.4		3pts
800m	Maisie Martin	3:00.6		12pts	Megan O'Brien	3:23.9		5pts
1500m	Isla Whiting	5:27.8		22pts	Megan Walker	5:40.8		19pts
Long_Jump	Sophie Veerapen	2.87		2pts	Jess Hewitt	3.56		9pts
High_Jump	Sofija Tarkuck	1.17		10pts	Megan Walker	1.17		10pts
Triple_Jump	Grace Beasley	8.15		10pts	Megan O'Brien	8.15		10pts
Pole_Vault								
Shot	Carla Da Re	6.19		10pts	Beth Blackwell	7.09		13pts
Discus								
Javelin	Gabby Woodhouse	4.54		0pts				
Hammer								
Relay	<u>Isla Whiting , Beth Blackwell , Izzy Garrard , Maisie Martin</u>					62.6		13pts

9 : 45pts : Sybil Andrews Academy, Suffolk

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Hannah Weeks	15.2		8pts				
200m								
300m								
800m	Libby Stacey	3:01.0		12pts				
1500m	Ella Stewart	5:12.6		25pts				
Long_Jump								
High_Jump								
Triple_Jump								
Pole_Vault								
Shot								
Discus								
Javelin								
Hammer								
Relay	<u>,</u>							