

Competition Results

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Score | OR | 1+1 | 4x1 | P6 | OU | HR | 2+2 | MR | BT | CP | J | SB | SLJ | STJ | VJ |
|---------|---------------|------------|-------|----|-----|-----|----|----|----|-----|----|----|----|----|----|-----|-----|----|
| 1 | Norfolk | Royal Blue | 426 | 30 | 26 | 28 | 29 | 28 | 30 | 30 | 26 | 30 | 28 | 25 | 30 | 30 | 28 | 28 |
| 2 | Essex | Red | 424 | 28 | 30 | 30 | 29 | 30 | 28 | 24 | 30 | 28 | 26 | 25 | 28 | 28 | 30 | 30 |
| 3 | Hertfordshire | Orange | 390 | 26 | 24 | 24 | 26 | 24 | 24 | 28 | 28 | 26 | 30 | 30 | 24 | 24 | 26 | 26 |
| 4 | Suffolk | Maroon | 380 | 24 | 28 | 26 | 24 | 26 | 26 | 26 | 24 | 24 | 24 | 28 | 26 | 26 | 24 | 24 |

Team Results

Essex (red)

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Score | OR | 1+1 | 4x1 | P6 | OU | HR | 2+2 | MR | BT | CP | J | SB | SLJ | STJ | VJ |
|---------|---------------|------------|-------|----|-----|-----|----|----|----|-----|----|----|----|----|----|-----|-----|----|
| 1 | Norfolk | Royal Blue | 426 | 30 | 26 | 28 | 29 | 28 | 30 | 30 | 26 | 30 | 28 | 25 | 30 | 30 | 28 | 28 |
| 2 | Essex | Red | 424 | 28 | 30 | 30 | 29 | 30 | 28 | 24 | 30 | 28 | 26 | 25 | 28 | 28 | 30 | 30 |
| 3 | Hertfordshire | Orange | 390 | 26 | 24 | 24 | 26 | 24 | 24 | 28 | 28 | 26 | 30 | 30 | 24 | 24 | 26 | 26 |
| 4 | Suffolk | Maroon | 380 | 24 | 28 | 26 | 24 | 26 | 26 | 26 | 24 | 24 | 24 | 28 | 26 | 26 | 24 | 24 |

| | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking |
|----|------------------------|-------|-------|-------|-------|-------|------|---------|
| 1 | Jonathan Neife | VJ | 50 | 49 | 48 | | 50 | 1 |
| 2 | Samuel Lowry | SB | 52 | | | | 52 | 2 |
| 2 | Samuel Lowry | STJ | 4.94 | 5.28 | 5.12 | | 5.28 | 6 |
| 3 | Stanislaw Sokolowski | CP | 6.00 | 6.00 | 6.50 | | 6.50 | 3 |
| 3 | Stanislaw Sokolowski | SLJ | 1.68 | 1.96 | 1.94 | | 1.96 | 3 |
| 5 | Eddie Weston | BT | 15 | 3 | 15 | 15 | 48 | 2 |
| 5 | Eddie Weston | STJ | 5.96 | 6.12 | 6.02 | | 6.12 | 1 |
| 5 | Eddie Weston | VJ | 41 | 41 | 45 | | 45 | 4 |
| 7 | Jonathan Coshell | BT | 15 | 2 | 11 | 6 | 34 | 7 |
| 7 | Jonathan Coshell | J | 12 | 14 | 14 | | 14 | 4 |
| 7 | Jonathan Coshell | STJ | 4.72 | 4.88 | 4.94 | | 4.94 | 10 |
| 8 | Joshua Thorpe | J | 10 | 10 | 12 | | 12 | 7 |
| 9 | Freddie Parsons | BT | 1 | 6 | 6 | 2 | 15 | 10 |
| 9 | Freddie Parsons | CP | 6.25 | 6.00 | 6.25 | | 6.25 | 4 |
| 9 | Freddie Parsons | SLJ | 1.88 | 1.85 | 1.85 | | 1.88 | 4 |
| 10 | Theo Stankovic-Gibbons | SB | 35 | | | | 35 | 11 |
| 10 | Theo Stankovic-Gibbons | VJ | 40 | 41 | 41 | | 41 | 7 |
| 11 | Reggie Wood | SB | 50 | | | | 50 | 5 |
| 11 | Reggie Wood | SLJ | 1.79 | 0.00 | 0.00 | | 1.79 | 7 |

Team Results

Hertfordshire (orange)

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Score | OR | 1+1 | 4x1 | P6 | OU | HR | 2+2 | MR | BT | CP | J | SB | SLJ | STJ | VJ |
|---------|---------------|------------|-------|----|-----|-----|----|----|----|-----|----|----|----|----|----|-----|-----|----|
| 1 | Norfolk | Royal Blue | 426 | 30 | 26 | 28 | 29 | 28 | 30 | 30 | 26 | 30 | 28 | 25 | 30 | 30 | 28 | 28 |
| 2 | Essex | Red | 424 | 28 | 30 | 30 | 29 | 30 | 28 | 24 | 30 | 28 | 26 | 25 | 28 | 28 | 30 | 30 |
| 3 | Hertfordshire | Orange | 390 | 26 | 24 | 24 | 26 | 24 | 24 | 28 | 28 | 26 | 30 | 30 | 24 | 24 | 26 | 26 |
| 4 | Suffolk | Maroon | 380 | 24 | 28 | 26 | 24 | 26 | 26 | 26 | 24 | 24 | 24 | 28 | 26 | 26 | 24 | 24 |

| | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking |
|----|----------------|-------|-------|-------|-------|-------|------|---------|
| 1 | Fred Day | CP | 7.25 | 8.00 | 8.00 | | 8.00 | 1 |
| 2 | Jack Wright | SB | 32 | | | | 32 | 12 |
| 2 | Jack Wright | VJ | 41 | 44 | 39 | | 44 | 5 |
| 3 | Miles Boston | J | 16 | 18 | 0 | | 18 | 1 |
| 3 | Miles Boston | STJ | 5.66 | 5.78 | 5.92 | | 5.92 | 2 |
| 4 | Joey Stent | BT | 4 | 10 | 15 | 11 | 40 | 4 |
| 4 | Joey Stent | SLJ | 1.68 | 1.81 | 1.75 | | 1.81 | 5 |
| 5 | Carter Smith | J | 10 | 3 | 14 | | 14 | 5 |
| 6 | Harry Murphy | SLJ | 0.98 | 1.56 | 1.53 | | 1.56 | 11 |
| 7 | Jude Coxshall | STJ | 4.86 | 4.72 | 5.04 | | 5.04 | 9 |
| 8 | Osaze Ogbeide | CP | 4.00 | 5.00 | 5.25 | | 5.25 | 7 |
| 8 | Osaze Ogbeide | VJ | 38 | 40 | 40 | | 40 | 8 |
| 9 | Aiden Winfield | BT | 15 | 4 | 2 | 3 | 24 | 8 |
| 10 | Jakob Harmel | BT | 4 | 5 | 5 | 3 | 17 | 9 |
| 10 | Jakob Harmel | SLJ | 1.55 | 1.61 | 1.47 | | 1.61 | 10 |
| 11 | Jake Villiard | SB | 43 | | | | 43 | 7 |
| 11 | Jake Villiard | VJ | 34 | 37 | 34 | | 37 | 9 |
| 12 | Lewis Wright | SB | 42 | | | | 42 | 8 |
| 12 | Lewis Wright | STJ | 4.36 | 4.42 | 4.46 | | 4.46 | 11 |

Team Results

Norfolk (royal blue)

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Score | OR | 1+1 | 4x1 | P6 | OU | HR | 2+2 | MR | BT | CP | J | SB | SLJ | STJ | VJ |
|---------|---------------|------------|-------|----|-----|-----|----|----|----|-----|----|----|----|----|----|-----|-----|----|
| 1 | Norfolk | Royal Blue | 426 | 30 | 26 | 28 | 29 | 28 | 30 | 30 | 26 | 30 | 28 | 25 | 30 | 30 | 28 | 28 |
| 2 | Essex | Red | 424 | 28 | 30 | 30 | 29 | 30 | 28 | 24 | 30 | 28 | 26 | 25 | 28 | 28 | 30 | 30 |
| 3 | Hertfordshire | Orange | 390 | 26 | 24 | 24 | 26 | 24 | 24 | 28 | 28 | 26 | 30 | 30 | 24 | 24 | 26 | 26 |
| 4 | Suffolk | Maroon | 380 | 24 | 28 | 26 | 24 | 26 | 26 | 26 | 24 | 24 | 24 | 28 | 26 | 26 | 24 | 24 |

| | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking |
|----|------------------|-------|-------|-------|-------|-------|------|---------|
| 1 | Thomas Fairhurst | J | 15 | 15 | 14 | | 15 | 2 |
| 1 | Thomas Fairhurst | SB | 53 | | | | 53 | 1 |
| 2 | Aamil Ganiyu | J | 9 | 11 | 10 | | 11 | 8 |
| 2 | Aamil Ganiyu | SLJ | 1.98 | 0.00 | 1.93 | | 1.98 | 1 |
| 3 | Harry Sayer | BT | 15 | 7 | 15 | 2 | 39 | 5 |
| 3 | Harry Sayer | VJ | 48 | 48 | 45 | | 48 | 2 |
| 4 | Joshua Rumsby | VJ | 45 | 0 | 43 | | 45 | 3 |
| 5 | George Ganley | SB | 51 | | | | 51 | 3= |
| 5 | George Ganley | STJ | 5.12 | 5.18 | 5.08 | | 5.18 | 8 |
| 6 | Nathan Harris | CP | 5.25 | 0.00 | 0.00 | | 5.25 | 8 |
| 6 | Nathan Harris | STJ | 5.14 | 5.22 | 4.82 | | 5.22 | 7 |
| 7 | Ben Lowe | CP | 7.75 | 7.25 | 7.75 | | 7.75 | 2 |
| 7 | Ben Lowe | SLJ | 1.83 | 1.98 | 1.91 | | 1.98 | 2 |
| 8 | Aidan Howard | VJ | 42 | 42 | 42 | | 42 | 6 |
| 9 | Sonny Butler | BT | 13 | 4 | 15 | 15 | 47 | 3 |
| 10 | Eli Daffron | STJ | 5.34 | 5.14 | 5.18 | | 5.34 | 5 |
| 11 | Niall Langan | BT | 15 | 13 | 15 | 15 | 58 | 1 |
| 11 | Niall Langan | SLJ | 1.76 | 1.79 | 1.74 | | 1.79 | 6 |
| 13 | Jenson Weddon | SB | 51 | | | | 51 | 3= |

Team Results

Suffolk (maroon)

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Score | OR | 1+1 | 4x1 | P6 | OU | HR | 2+2 | MR | BT | CP | J | SB | SLJ | STJ | VJ |
|---------|---------------|------------|-------|----|-----|-----|----|----|----|-----|----|----|----|----|----|-----|-----|----|
| 1 | Norfolk | Royal Blue | 426 | 30 | 26 | 28 | 29 | 28 | 30 | 30 | 26 | 30 | 28 | 25 | 30 | 30 | 28 | 28 |
| 2 | Essex | Red | 424 | 28 | 30 | 30 | 29 | 30 | 28 | 24 | 30 | 28 | 26 | 25 | 28 | 28 | 30 | 30 |
| 3 | Hertfordshire | Orange | 390 | 26 | 24 | 24 | 26 | 24 | 24 | 28 | 28 | 26 | 30 | 30 | 24 | 24 | 26 | 26 |
| 4 | Suffolk | Maroon | 380 | 24 | 28 | 26 | 24 | 26 | 26 | 26 | 24 | 24 | 24 | 28 | 26 | 26 | 24 | 24 |

| | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking |
|---|----------------------------|-------|-------|-------|-------|-------|------|---------|
| 1 | Malachi Enenmoh | CP | 5.25 | 5.50 | 5.50 | | 5.50 | 5 |
| 1 | Malachi Enenmoh | STJ | 5.00 | 5.48 | 5.18 | | 5.48 | 3 |
| 2 | Miles Lugo-Hankins | CP | 5.00 | 5.25 | 5.00 | | 5.25 | 6 |
| 3 | Alfie Partridge-Kulczynski | J | 11 | 12 | 11 | | 12 | 6 |
| 3 | Alfie Partridge-Kulczynski | STJ | 5.26 | 5.06 | 5.34 | | 5.34 | 4 |
| 4 | Euan Ling | SB | 48 | | | | 48 | 6 |
| 4 | Euan Ling | VJ | 30 | 32 | 33 | | 33 | 10 |
| 5 | Bailey Pirie | SB | 38 | | | | 38 | 10 |
| 5 | Bailey Pirie | SLJ | 1.74 | 1.73 | 1.71 | | 1.74 | 8 |
| 6 | Tom Bowen | J | 13 | 13 | 15 | | 15 | 3 |
| 6 | Tom Bowen | SLJ | 1.68 | 1.72 | 1.74 | | 1.74 | 9 |
| 7 | Dylan Jeffery | SLJ | 1.48 | 1.53 | 1.51 | | 1.53 | 12 |
| 8 | Zahid Puthukkudi | BT | 6 | 10 | 6 | 15 | 37 | 6 |
| 8 | Zahid Puthukkudi | VJ | 32 | 31 | 0 | | 32 | 11 |
| 9 | Fraser White | SB | 41 | | | | 41 | 9 |
| 9 | Fraser White | STJ | 4.24 | 4.12 | 4.20 | | 4.24 | 12 |

Results Sheet

Obstacle Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|--------|-------------|--------|
| 1 | 04 | Norfolk | Royal Blue | 0.0 | 1:21.8 | 1:21.8 | 30.0 |
| 2 | 02 | Essex | Red | 0.0 | 1:23.3 | 1:23.3 | 28.0 |
| 3 | 03 | Hertfordshire | Orange | 0.0 | 1:27.3 | 1:27.3 | 26.0 |
| 4 | 05 | Suffolk | Maroon | 0.0 | 1:28.5 | 1:28.5 | 24.0 |

Results Sheet

1 + 1 Lap Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|-------|-------------|--------|
| 1 | 02 | Essex | Red | 0.0 | 25.7 | 25.7 | 30.0 |
| 2 | 05 | Suffolk | Maroon | 0.0 | 26.2 | 26.2 | 28.0 |
| 3 | 04 | Norfolk | Royal Blue | 0.0 | 26.4 | 26.4 | 26.0 |
| 4 | 03 | Hertfordshire | Orange | 0.0 | 26.8 | 26.8 | 24.0 |

Results Sheet

4 x 1 Lap Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|-------|-------------|--------|
| 1 | 02 | Essex | Red | 0.0 | 51.4 | 51.4 | 30.0 |
| 2 | 04 | Norfolk | Royal Blue | 0.0 | 51.5 | 51.5 | 28.0 |
| 3 | 05 | Suffolk | Maroon | 0.0 | 52.6 | 52.6 | 26.0 |
| 4 | 03 | Hertfordshire | Orange | 0.0 | 54.2 | 54.2 | 24.0 |

Results Sheet

6 Lap Paarlauf

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|--------|-------------|--------|
| 1= | 02 | Essex | Red | 0.0 | 1:22.4 | 1:22.4 | 29.0 |
| 1= | 04 | Norfolk | Royal Blue | 0.0 | 1:22.4 | 1:22.4 | 29.0 |
| 3 | 03 | Hertfordshire | Orange | 0.0 | 1:24.5 | 1:24.5 | 26.0 |
| 4 | 05 | Suffolk | Maroon | 0.0 | 1:32.5 | 1:32.5 | 24.0 |

Results Sheet

Over and Under Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|--------|-------------|--------|
| 1 | 02 | Essex | Red | 0.0 | 1:10.6 | 1:10.6 | 30.0 |
| 2 | 04 | Norfolk | Royal Blue | 0.0 | 1:11.8 | 1:11.8 | 28.0 |
| 3 | 05 | Suffolk | Maroon | 0.0 | 1:12.0 | 1:12.0 | 26.0 |
| 4 | 03 | Hertfordshire | Orange | 0.0 | 1:13.8 | 1:13.8 | 24.0 |

Results Sheet

Hurdles Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|--------|-------------|--------|
| 1 | 04 | Norfolk | Royal Blue | 0.0 | 59.2 | 59.2 | 30.0 |
| 2 | 02 | Essex | Red | 0.0 | 1:02.1 | 1:02.1 | 28.0 |
| 3 | 05 | Suffolk | Maroon | 0.0 | 1:03.0 | 1:03.0 | 26.0 |
| 4 | 03 | Hertfordshire | Orange | 0.0 | 1:03.4 | 1:03.4 | 24.0 |

Results Sheet

Balance Test

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Norfolk | Royal Blue | 144 | 30 |
| 2 | Essex | Red | 97 | 28 |
| 3 | Hertfordshire | Orange | 81 | 26 |
| 4 | Suffolk | Maroon | 37 | 24 |

| Ranking | Team | Colour | BibNo | Name | Total |
|---------|---------------|------------|-------|------------------|-------|
| 1 | Norfolk | Royal Blue | 11 | Niall Langan | 58 |
| 2 | Essex | Red | 5 | Eddie Weston | 48 |
| 3 | Norfolk | Royal Blue | 9 | Sonny Butler | 47 |
| 4 | Hertfordshire | Orange | 4 | Joey Stent | 40 |
| 5 | Norfolk | Royal Blue | 3 | Harry Sayer | 39 |
| 6 | Suffolk | Maroon | 8 | Zahid Puthukkudi | 37 |
| 7 | Essex | Red | 7 | Jonathan Coshell | 34 |
| 8 | Hertfordshire | Orange | 9 | Aiden Winfield | 24 |
| 9 | Hertfordshire | Orange | 10 | Jakob Harmel | 17 |
| 10 | Essex | Red | 9 | Freddie Parsons | 15 |

Results Sheet

Chest Push

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Hertfordshire | Orange | 13.25 | 30 |
| 2 | Norfolk | Royal Blue | 13.00 | 28 |
| 3 | Essex | Red | 12.75 | 26 |
| 4 | Suffolk | Maroon | 10.75 | 24 |

| Ranking | Team | Colour | BibNo | Name | Best |
|---------|---------------|------------|-------|----------------------|------|
| 1 | Hertfordshire | Orange | 1 | Fred Day | 8.00 |
| 2 | Norfolk | Royal Blue | 7 | Ben Lowe | 7.75 |
| 3 | Essex | Red | 3 | Stanislaw Sokolowski | 6.50 |
| 4 | Essex | Red | 9 | Freddie Parsons | 6.25 |
| 5 | Suffolk | Maroon | 1 | Malachi Enenmoh | 5.50 |
| 6 | Suffolk | Maroon | 2 | Miles Lugo-Hankins | 5.25 |
| 7 | Hertfordshire | Orange | 8 | Osaze Ogbeide | 5.25 |
| 8 | Norfolk | Royal Blue | 6 | Nathan Harris | 5.25 |

Results Sheet

Javelin

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Hertfordshire | Orange | 32 | 30 |
| 2 | Suffolk | Maroon | 27 | 28 |
| 3= | Essex | Red | 26 | 25 |
| 3= | Norfolk | Royal Blue | 26 | 25 |

| Ranking | Team | Colour | BibNo | Name | Best |
|---------|---------------|------------|-------|----------------------------|------|
| 1 | Hertfordshire | Orange | 3 | Miles Boston | 18 |
| 2 | Norfolk | Royal Blue | 1 | Thomas Fairhurst | 15 |
| 3 | Suffolk | Maroon | 6 | Tom Bowen | 15 |
| 4 | Essex | Red | 7 | Jonathan Coshell | 14 |
| 5 | Hertfordshire | Orange | 5 | Carter Smith | 14 |
| 6 | Suffolk | Maroon | 3 | Alfie Partridge-Kulczynski | 12 |
| 7 | Essex | Red | 8 | Joshua Thorpe | 12 |
| 8 | Norfolk | Royal Blue | 2 | Aamil Ganiyu | 11 |

Results Sheet

Speed Bounce

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Norfolk | Royal Blue | 155 | 30 |
| 2 | Essex | Red | 137 | 28 |
| 3 | Suffolk | Maroon | 127 | 26 |
| 4 | Hertfordshire | Orange | 117 | 24 |

| Ranking | Team | Colour | BibNo | Name | Total |
|---------|---------------|------------|-------|------------------------|-------|
| 1 | Norfolk | Royal Blue | 1 | Thomas Fairhurst | 53 |
| 2 | Essex | Red | 2 | Samuel Lowry | 52 |
| 3= | Norfolk | Royal Blue | 5 | George Ganley | 51 |
| 3= | Norfolk | Royal Blue | 13 | Jenson Weddon | 51 |
| 5 | Essex | Red | 11 | Reggie Wood | 50 |
| 6 | Suffolk | Maroon | 4 | Euan Ling | 48 |
| 7 | Hertfordshire | Orange | 11 | Jake Villiard | 43 |
| 8 | Hertfordshire | Orange | 12 | Lewis Wright | 42 |
| 9 | Suffolk | Maroon | 9 | Fraser White | 41 |
| 10 | Suffolk | Maroon | 5 | Bailey Pirie | 38 |
| 11 | Essex | Red | 10 | Theo Stankovic-Gibbons | 35 |
| 12 | Hertfordshire | Orange | 2 | Jack Wright | 32 |

Results Sheet

Standing Long Jump

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Norfolk | Royal Blue | 5.75 | 30 |
| 2 | Essex | Red | 5.63 | 28 |
| 3 | Suffolk | Maroon | 5.01 | 26 |
| 4 | Hertfordshire | Orange | 4.98 | 24 |

| Ranking | Team | Colour | BibNo | Name | Best |
|---------|---------------|------------|-------|----------------------|------|
| 1 | Norfolk | Royal Blue | 2 | Aamil Ganiyu | 1.98 |
| 2 | Norfolk | Royal Blue | 7 | Ben Lowe | 1.98 |
| 3 | Essex | Red | 3 | Stanislaw Sokolowski | 1.96 |
| 4 | Essex | Red | 9 | Freddie Parsons | 1.88 |
| 5 | Hertfordshire | Orange | 4 | Joey Stent | 1.81 |
| 6 | Norfolk | Royal Blue | 11 | Niall Langan | 1.79 |
| 7 | Essex | Red | 11 | Reggie Wood | 1.79 |
| 8 | Suffolk | Maroon | 5 | Bailey Pirie | 1.74 |
| 9 | Suffolk | Maroon | 6 | Tom Bowen | 1.74 |
| 10 | Hertfordshire | Orange | 10 | Jakob Harmel | 1.61 |
| 11 | Hertfordshire | Orange | 6 | Harry Murphy | 1.56 |
| 12 | Suffolk | Maroon | 7 | Dylan Jeffery | 1.53 |

Results Sheet

Standing Triple Jump

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Essex | Red | 16.34 | 30 |
| 2 | Norfolk | Royal Blue | 15.74 | 28 |
| 3 | Hertfordshire | Orange | 15.42 | 26 |
| 4 | Suffolk | Maroon | 15.06 | 24 |

| Ranking | Team | Colour | BibNo | Name | Best |
|---------|---------------|------------|-------|----------------------------|------|
| 1 | Essex | Red | 5 | Eddie Weston | 6.12 |
| 2 | Hertfordshire | Orange | 3 | Miles Boston | 5.92 |
| 3 | Suffolk | Maroon | 1 | Malachi Enenmoh | 5.48 |
| 4 | Suffolk | Maroon | 3 | Alfie Partridge-Kulczynski | 5.34 |
| 5 | Norfolk | Royal Blue | 10 | Eli Daffron | 5.34 |
| 6 | Essex | Red | 2 | Samuel Lowry | 5.28 |
| 7 | Norfolk | Royal Blue | 6 | Nathan Harris | 5.22 |
| 8 | Norfolk | Royal Blue | 5 | George Ganley | 5.18 |
| 9 | Hertfordshire | Orange | 7 | Jude Coxshall | 5.04 |
| 10 | Essex | Red | 7 | Jonathan Coshell | 4.94 |
| 11 | Hertfordshire | Orange | 12 | Lewis Wright | 4.46 |
| 12 | Suffolk | Maroon | 9 | Fraser White | 4.24 |

Results Sheet

Vertical Jump

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Team | Colour | Total | Points |
|---------|---------------|------------|-------|--------|
| 1 | Essex | Red | 136 | 30 |
| 2 | Norfolk | Royal Blue | 135 | 28 |
| 3 | Hertfordshire | Orange | 121 | 26 |
| 4 | Suffolk | Maroon | 65 | 24 |

| Ranking | Team | Colour | BibNo | Name | Best |
|---------|---------------|------------|-------|------------------------|------|
| 1 | Essex | Red | 1 | Jonathan Neife | 50 |
| 2 | Norfolk | Royal Blue | 3 | Harry Sayer | 48 |
| 3 | Norfolk | Royal Blue | 4 | Joshua Rumsby | 45 |
| 4 | Essex | Red | 5 | Eddie Weston | 45 |
| 5 | Hertfordshire | Orange | 2 | Jack Wright | 44 |
| 6 | Norfolk | Royal Blue | 8 | Aidan Howard | 42 |
| 7 | Essex | Red | 10 | Theo Stankovic-Gibbons | 41 |
| 8 | Hertfordshire | Orange | 8 | Osaze Ogbeide | 40 |
| 9 | Hertfordshire | Orange | 11 | Jake Villiard | 37 |
| 10 | Suffolk | Maroon | 4 | Euan Ling | 33 |
| 11 | Suffolk | Maroon | 8 | Zahid Puthukkudi | 32 |

Results Sheet

2 + 2 Lap Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|-------|-------------|--------|
| 1 | 04 | Norfolk | Royal Blue | 0.0 | 52.7 | 52.7 | 30.0 |
| 2 | 03 | Hertfordshire | Orange | 0.0 | 53.4 | 53.4 | 28.0 |
| 3 | 05 | Suffolk | Maroon | 0.0 | 55.2 | 55.2 | 26.0 |
| 4 | 02 | Essex | Red | 0.0 | 56.6 | 56.6 | 24.0 |

Results Sheet

Medley Relay

Competition:

East Combined Regional Final Competition 1

Venue:

UEA Sportspark

Date

5 Mar 2022

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|---------------|------------|------|-------|-------------|--------|
| 1 | 02 | Essex | Red | 0.0 | 43.1 | 43.1 | 30.0 |
| 2 | 03 | Hertfordshire | Orange | 0.0 | 44.9 | 44.9 | 28.0 |
| 3 | 04 | Norfolk | Royal Blue | 0.0 | 46.1 | 46.1 | 26.0 |
| 4 | 05 | Suffolk | Maroon | 0.0 | 46.6 | 46.6 | 24.0 |