

Nottinghamshire Sportshall Athletic League



U11's Sportshall Octathlon



Sunday-10-December-2023

Mansfield Rugby Club

Number of girls 17

Winners

1st Place	Holly Hayes	Retford	425 Points
2nd Place	Nancy Knowles	Rushcliffe	423 Points
3rd Place	Sophia Gibson	Sutton	421 Points

Number of Boys 10

1st Place	Isaac Beresford	Worksop	455 Points
2nd Place	Sam Morris	Rushcliffe	384 Points
3rd Place	Jason Unaigwe	Newark	342 Points

Future Events

- Sun 21-Jan-24 Notts Sportshall League Match 5 (U11 to U15)**
- Sun 18-Feb-24 Notts Sportshall League Match 6 (U11 to U15)**
- Sat 02-Mar-24 Sportshall East Midland Regional Final (U13 to U15)**
- Sat 02-Mar-24 Sportshall East Midland Regional Fun in Athletics (U11's)**
- Sat 06-Apr-24 Sportshall UK Final U13's / U15's Stoke on Trent**

High Stepper

Max Points 70

Girls

Number	name	Club	result	score
682g	Holly Hayes	Retford	13.70	57
302g	Nancy Knowles	Rushcliffe	14.50	52
71g	Katelyn Marshall	Mansfield	15.60	41
513g	Sophia Gibson	Sutton	15.60	41
234g	Tilly Wood	Rushcliffe	15.90	38
353g	Hollie Pearson	Rushcliffe	16.20	35
684g	Katherine Foster	Retford	16.40	33
912g	Edith Dell	Notts	16.40	33
318g	Natasha Milburn	Rushcliffe	16.50	32
181g	Robin Overbury	Newark	16.80	30
179g	Ava Townsend	Newark	17.20	28
333g	Erin Norfolk	Rushcliffe	18.10	25
514g	Skye Summers	Sutton	18.10	25
78g	Olivia Emmerson	Mansfield	18.30	24
299g	Harriet Knowles	Rushcliffe	18.60	23
516g	Piper Harpham	Sutton	19.60	20
g				
	High Stepper	Boys		
	name	Club	result	score
412b	Isaac Beresford	Worksop	14.10	55
815b	Ethan Daykin	Notts	15.60	41
127b	Theo Ludlam	Newark	16.50	32
204b	Sam Morris	Rushcliffe	16.60	31
146b	Jason Unaigwe	Newark	17.00	29
117b	Albert Hughes	Newark	17.50	27
516b	Grainger Mander	Sutton	18.20	25
512b	Finn Greenhalgh	Sutton	18.00	25
515b	Lachlann Summers	Sutton	19.10	22
28b	Edward Bradbury	Mansfield	19.40	21
b				

Chart 23 to 42.8
Shuttle Run Max Points 70

Girls

Number	name	Club	result	score
318g	Natasha Milburn	Rushcliffe	29.10	50
181g	Robin Overbury	Newark	29.90	48
682g	Holly Hayes	Retford	30.70	45
302g	Nancy Knowles	Rushcliffe	31.00	44
513g	Sophia Gibson	Sutton	31.40	43
78g	Olivia Emmerson	Mansfield	31.90	41
353g	Hollie Pearson	Rushcliffe	31.90	41
71g	Katelyn Marshall	Mansfield	32.00	41
299g	Harriet Knowles	Rushcliffe	33.30	36
234g	Tilly Wood	Rushcliffe	33.80	35
333g	Erin Norfolk	Rushcliffe	34.00	34
179g	Ava Townsend	Newark	34.20	33
912g	Edith Dell	Notts	34.40	32
684g	Katherine Foster	Retford	35.40	29
516g	Piper Harpham	Sutton	36.50	25
514g	Skye Summers	Sutton	38.00	20
g				
	Shuttle Run	Boys		
Number	name	Club	result	score
412b	Isaac Beresford	Worksop	29.20	50
815b	Ethan Daykin	Notts	31.10	44
127b	Theo Ludlam	Newark	31.60	42
204b	Sam Morris	Rushcliffe	32.00	41
146b	Jason Unaigwe	Newark	32.20	40
516b	Grainger Mander	Sutton	32.90	38
515b	Lachlann Summers	Sutton	33.30	36
117b	Albert Hughes	Newark	33.80	35
28b	Edward Bradbury	Mansfield	36.80	24
512b	Finn Greenhalgh	Sutton	39.20	16
b				

Chart 3 to 67
Max Points 70

Speed Bounce

Number	name	Club	result	score
412b	Isaac Beresford	Worksop	54	54
204b	Sam Morris	Rushcliffe	48	47
146b	Jason Unaigwe	Newark	44	42
127b	Theo Ludlam	Newark	43	41
815b	Ethan Daykin	Notts	37	35
117b	Albert Hughes	Newark	36	34
515b	Lachlann Summers	Sutton	30	28
512b	Finn Greenhalgh	Sutton	30	28
516b	Grainger Mander	Sutton	20	16
28b	Edward Bradbury	Mansfield	15	11
b				

3 to 70

Number	name	Club	result	score
513g	Sophia Gibson	Sutton	55	55
302g	Nancy Knowles	Rushcliffe	54	54
71g	Katelyn Marshall	Mansfield	50	50
682g	Holly Hayes	Retford	47	45
353g	Hollie Pearson	Rushcliffe	45	43
912g	Edith Dell	Notts	43	41
318g	Natasha Milburn	Rushcliffe	42	40
181g	Robin Overbury	Newark	41	39
684g	Katherine Foster	Retford	41	39
234g	Tilly Wood	Rushcliffe	40	38
516g	Piper Harpham	Sutton	38	36
514g	Skye Summers	Sutton	38	36
333g	Erin Norfolk	Rushcliffe	38	36
78g	Olivia Emmerson	Mansfield	36	34
299g	Harriet Knowles	Rushcliffe	34	32
179g	Ava Townsend	Newark	31	29
g				

Balance

Max Points 70

Girls

Number	name	Club	result (sec)	score
234g	Tilly Wood	Rushcliffe	30	70
513g	Sophia Gibson	Sutton	30	70
181g	Robin Overbury	Newark	30	70
514g	Skye Summers	Sutton	28	67
318g	Natasha Milburn	Rushcliffe	18	38
353g	Hollie Pearson	Rushcliffe	18	38
71g	Katelyn Marshall	Mansfield	18	38
333g	Erin Norfolk	Rushcliffe	17	35
682g	Holly Hayes	Retford	17	35
302g	Nancy Knowles	Rushcliffe	16	33
179g	Ava Townsend	Newark	13	27
516g	Piper Harpham	Sutton	12	25
299g	Harriet Knowles	Rushcliffe	6	13
912g	Edith Dell	Notts	6	13
78g	Olivia Emmerson	Mansfield	5	11
684g	Katherine Foster	Retford	3	7
g				
	Balance	Boys		
	name	Club	result (sec)	score
412b	Isaac Beresford	Worksop	30	70
204b	Sam Morris	Rushcliffe	30	70
127b	Theo Ludlam	Newark	16	33
815b	Ethan Daykin	Notts	15	31
117b	Albert Hughes	Newark	12	25
512b	Finn Greenhalgh	Sutton	12	25
146b	Jason Unaigwe	Newark	9	19
515b	Lachlann Summers	Sutton	7	15
516b	Grainger Mander	Sutton	6	13
28b	Edward Bradbury	Mansfield	5	11
b				

Target Throw

Max Points 70

Girls

Number	name	Club	result	score
682g	Holly Hayes	Retford	14	42
302g	Nancy Knowles	Rushcliffe	11	33
516g	Piper Harpham	Sutton	10	30
684g	Katherine Foster	Retford	9	27
78g	Olivia Emmerson	Mansfield	8	24
514g	Skye Summers	Sutton	8	24
333g	Erin Norfolk	Rushcliffe	7	21
353g	Hollie Pearson	Rushcliffe	7	21
513g	Sophia Gibson	Sutton	7	21
912g	Edith Dell	Notts	6	18
71g	Katelyn Marshall	Mansfield	6	18
318g	Natasha Milburn	Rushcliffe	4	12
234g	Tilly Wood	Rushcliffe	4	12
179g	Ava Townsend	Newark	3	9
181g	Robin Overbury	Newark	2	6
299g	Harriet Knowles	Rushcliffe	1	3
g				
	Target Throw	Boys		
	name	Club	result	score
412b	Isaac Beresford	Worksop	14	42
204b	Sam Morris	Rushcliffe	12	36
117b	Albert Hughes	Newark	10	30
815b	Ethan Daykin	Notts	10	30
512b	Finn Greenhalgh	Sutton	10	30
515b	Lachlann Summers	Sutton	9	27
127b	Theo Ludlam	Newark	7	21
516b	Grainger Mander	Sutton	6	18
146b	Jason Unaiawe	Newark	4	12
28b	Edward Bradbury	Mansfield	4	12
b				

Chart 1.50 to 10.50

Chest Push

Max Points 70

Girls

Number	name	Club	result	score
318g	Natasha Milburn	Rushcliffe	6.50	46
302g	Nancy Knowles	Rushcliffe	6.00	42
513g	Sophia Gibson	Sutton	5.50	38
682g	Holly Hayes	Retford	5.25	36
353g	Hollie Pearson	Rushcliffe	5.00	33
514g	Skye Summers	Sutton	5.00	33
181g	Robin Overbury	Newark	5.00	33
78g	Olivia Emmerson	Mansfield	4.75	31
71g	Katelyn Marshall	Mansfield	4.75	31
912g	Edith Dell	Notts	4.50	28
516g	Piper Harpham	Sutton	4.50	28
684g	Katherine Foster	Retford	4.00	22
333g	Erin Norfolk	Rushcliffe	3.50	16
299g	Harriet Knowles	Rushcliffe	3.25	13
179g	Ava Townsend	Newark	3.25	13
234g	Tilly Wood	Rushcliffe	3.00	10
g				
	Chest Push	Boys		
412b	Isaac Beresford	Worksop	5.75	40
815b	Ethan Daykin	Notts	5.50	38
512b	Finn Greenhalgh	Sutton	5.50	38
146b	Jason Unaigwe	Newark	5.25	36
204b	Sam Morris	Rushcliffe	5.25	36
516b	Grainger Mander	Sutton	4.75	31
117b	Albert Hughes	Newark	4.50	28
515b	Lachlann Summers	Sutton	4.50	28
127b	Theo Ludlam	Newark	4.25	25
28b	Edward Bradbury	Mansfield	3.75	19
b				

Chart 4.00 to 59.00
Vertical Jump Max Points 70

Girls

Number	name	Club	result	score
682g	Holly Hayes	Retford	50	56
181g	Robin Overbury	Newark	49	55
302g	Nancy Knowles	Rushcliffe	48	54
513g	Sophia Gibson	Sutton	48	54
318g	Natasha Milburn	Rushcliffe	45	51
71g	Katelyn Marshall	Mansfield	43	49
353g	Hollie Pearson	Rushcliffe	42	48
333g	Erin Norfolk	Rushcliffe	35	38
78g	Olivia Emmerson	Mansfield	35	38
514g	Skye Summers	Sutton	33	35
299g	Harriet Knowles	Rushcliffe	32	34
912g	Edith Dell	Notts	32	34
179g	Ava Townsend	Newark	31	32
516g	Piper Harpham	Sutton	30	31
234g	Tilly Wood	Rushcliffe	26	26
684g	Katherine Foster	Retford	25	24
g				
	Vertical Jump	Boys		
127b	Theo Ludlam	Newark	44	50
146b	Jason Unaigwe	Newark	42	48
412b	Isaac Beresford	Worksop	39	44
815b	Ethan Daykin	Notts	37	41
204b	Sam Morris	Rushcliffe	36	40
117b	Albert Hughes	Newark	33	35
516b	Grainger Mander	Sutton	32	34
28b	Edward Bradbury	Mansfield	30	31
515b	Lachlann Summers	Sutton	29	30
512b	Finn Greenhalgh	Sutton	29	30
b				

Chart 1.00 to 6.85
Triple Jump Max Points 70

Girls

Number	name	Club	result	score
318g	Natasha Milburn	Rushcliffe	5.83	57
682g	Holly Hayes	Retford	5.77	57
302g	Nancy Knowles	Rushcliffe	5.51	54
513g	Sophia Gibson	Sutton	5.15	48
181g	Robin Overbury	Newark	5.00	46
71g	Katelyn Marshall	Mansfield	4.80	43
353g	Hollie Pearson	Rushcliffe	4.50	37
299g	Harriet Knowles	Rushcliffe	4.45	36
78g	Olivia Emmerson	Mansfield	4.32	33
516g	Piper Harpham	Sutton	3.86	24
333g	Erin Norfolk	Rushcliffe	3.80	24
912g	Edith Dell	Notts	3.79	23
514g	Skye Summers	Sutton	3.72	23
179g	Ava Townsend	Newark	3.78	23
234g	Tilly Wood	Rushcliffe	3.78	23
684g	Katherine Foster	Retford	3.53	21
g				

Triple Jump

Boys

	name	Club	result	score
146b	Jason Unaigwe	Newark	6.08	61
412b	Isaac Beresford	Worksop	5.11	48
127b	Theo Ludlam	Newark	4.62	39
204b	Sam Morris	Rushcliffe	4.55	38
815b	Ethan Daykin	Notts	4.27	32
516b	Grainger Mander	Sutton	4.22	31
515b	Lachlann Summers	Sutton	4.00	27
117b	Albert Hughes	Newark	3.75	23
28b	Edward Bradbury	Mansfield	3.40	20
512b	Finn Greenhalgh	Sutton	3.34	19
b				

Chart 0.35 to 2.40

Long Jump

Max 70

Girls

Number	name	Club	result	score
318g	Natasha Milburn	Rushcliffe	2.05	58
181g	Robin Overbury	Newark	2.02	57
302g	Nancy Knowles	Rushcliffe	2.02	57
682g	Holly Hayes	Retford	1.86	52
513g	Sophia Gibson	Sutton	1.83	51
353g	Hollie Pearson	Rushcliffe	1.84	51
71g	Katelyn Marshall	Mansfield	1.82	50
516g	Piper Harpham	Sutton	1.66	43
912g	Edith Dell	Notts	1.63	41
299g	Harriet Knowles	Rushcliffe	1.52	32
684g	Katherine Foster	Retford	1.48	29
234g	Tilly Wood	Rushcliffe	1.43	26
333g	Erin Norfolk	Rushcliffe	1.42	26
514g	Skye Summers	Sutton	1.40	25
179g	Ava Townsend	Newark	1.35	22
78g	Olivia Emmerson	Mansfield	1.34	22
g				

Long Jump

Boys

Number	name	Club	result	score
146b	Jason Unaiwe	Newark	1.95	55
412b	Isaac Beresford	Worksop	1.88	52
204b	Sam Morris	Rushcliffe	1.71	45
516b	Grainger Mander	Sutton	1.66	43
815b	Ethan Daykin	Notts	1.62	41
515b	Lachlann Summers	Sutton	1.60	40
117b	Albert Hughes	Newark	1.58	38
127b	Theo Ludlam	Newark	1.56	36
512b	Finn Greenhalgh	Sutton	1.34	22
28b	Edward Bradbury	Mansfield	1.29	19
b				

Girls

Boys

U11's Sportshall Octathlon

Sun-10-Dec-23

Overall Points Chart

Total

Number s	Name BOYS	Age	Club	Gender	High Stepper	Shuttle run	Triple Jump	Speed Bounce	Balance test	Target Throw	Chest Push	Vertical jump	Long Jump	TOTAL	BOYS Rank	Name
412b	Isaac Bereseford	U11b	Worksop	b	55	50	48	54	70	42	40	44	52	455	1	Isaac Bereseford
204b	Sam Morris	U11b	Rushcliffe	b	31	41	38	47	70	36	36	40	45	384	2	Sam Morris
146b	Jason Unaigwe	:U11b	Newark	b	29	40	61	42	19	12	36	48	55	342	3	Jason Unaigwe
815b	Ethan Daykin	:U11b	Notts	b	41	44	32	35	31	30	38	41	41	333	4	Ethan Daykin
127b	Theo Ludlam	:U11b	Newark	b	32	42	39	41	33	21	25	50	36	319	5	Theo Ludlam
117b	Albert Hughes	:U11b	Newark	b	27	35	23	34	25	30	28	35	38	275	6	Albert Hughes
515b	Lachlann Summers	:U11b	Sutton	b	22	36	27	28	15	27	28	30	40	253	7	Lachlann Summers
516b	Grainger Mander	U11b	Sutton	b	25	38	31	16	13	18	31	34	43	249	8	Grainger Mander
512b	Finn Greenhalgh	U11b	Sutton	b	25	16	19	28	25	30	38	30	22	233	9	Finn Greenhalgh
28b	Edward Bradbury	:U11b	Mansfield	b	21	24	20	11	11	12	19	31	19	168	10	Edward Bradbury
														0		

Total																	
17	Name Girls	Age	Club	Gender	High Stepper	Shuttle run	Triple Jump	Speed Bounce	Balance test	Target Throw	Chest Push	Vertical jump	Long Jump	TOTAL	Girls Rank	Name	
682g	Holly Hayes	U11g	Retford	g	57	45	57	45	35	42	36	56	52	425	1	Holly Hayes	
302g	Nancy Knowles	U11g	Rushcliffe	g	52	44	54	54	33	33	42	54	57	423	2	Nancy Knowles	
513g	Sophia Gibson	U11g	Sutton	g	41	43	48	55	70	21	38	54	51	421	3	Sophia Gibson	
181g	Robin Overbury	:U11g	Newark	g	30	48	46	39	70	6	33	55	57	384	5	Robin Overbury	
318g	Natasha Milburn	U11g	Rushcliffe	g	32	50	57	40	38	12	46	51	58	384	4	Natasha Milburn	
71g	Katelyn Marshall	U11g	Mansfield	g	41	41	43	50	38	18	31	49	50	361	6	Katelyn Marshall	
353g	Hollie Pearson	U11g	Rushcliffe	g	35	41	37	43	38	21	33	48	51	347	7	Hollie Pearson	
514g	Skye Summers	:U11g	Sutton	g	25	20	23	36	67	24	33	35	25	288	8	Skye Summers	
234g	Tilly Wood	U11g	Rushcliffe	g	38	35	23	38	70	12	10	26	26	278	9	Tilly Wood	
912g	Edith Dell	:U11g	Notts	g	33	32	23	41	13	18	28	34	41	263	10	Edith Dell	
516g	Piper Harpham	U11g	Sutton	g	20	25	24	36	25	30	28	31	43	262	11	Piper Harpham	
78g	Olivia Emmerson	:U11g	Mansfield	g	24	41	33	34	11	24	31	38	22	258	12	Olivia Emmerson	
333g	Erin Norfolk	U11g	Rushcliffe	g	25	34	24	36	35	21	16	38	26	255	13	Erin Norfolk	
684g	Katherine Foster	U11g	Retford	g	33	29	21	39	7	27	22	24	29	231	14	Katherine Foster	
299g	Harriet Knowles	:U09g	Rushcliffe	g	23	36	36	32	13	3	13	34	32	222	15	Harriet Knowles	
179g	Ava Townsend	:U11g	Newark	g	28	33	23	29	27	9	13	32	22	216	16	Ava Townsend	
88g	Lauren Pate	U11g	Mansfield	g										0		Lauren Pate	
														0			