

Nottinghamshire Sportshall League

Sportshall Octathlon

Sunday 12th Jan 2020

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

Six awards for athletes gaining the most points

These events are **NEEDED** for Intercounties Selection do not miss out

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, Please send your names to :- john@notts-minileague.co.uk. NOW !

27 Overall Points Chart

Numbers	Name BOYS	Age	Club	Gender	High Stepper	Shuttle run	Triple Jump	Balance test	Target Throw	Chest Push	Vertical jump	Long Jump	TOTAL	BOYS Rank	Name
862	Reuben Barrs	:U11b	Notts	b	51	48	49	19	36	44	50	57	354	1	Reuben Barrs
41	Ethan Williams	:U11b	Mansfield	b	57	49	35	17	27	47	56	62	350	2	Ethan Williams
404	Freddie Marks	U11b	Worksop	b	48	54	48	22	33	36	40	46	327	3	Freddie Marks
527	William Medley	U11b	Sutton	b	50	49	47	8	24	49	51	40	318	4	William Medley
113	Eric Unaigwe	:U11b	Newark	b	53	57	38	12	39	33	38	47	317	5	Eric Unaigwe
437	George Gill	U11b	Worksop	b	54	49	40	21	12	44	43	46	309	6	George Gill
136	Dominic Taylor	:U11b	Newark	b	52	53	28	25	33	28	37	41	297	7	Dominic Taylor
460	Harry Lester	:U11b	Worksop	b	53	28	44	18	30	33	47	41	294	8	Harry Lester
517	Leo Cotterill	U11b	Sutton	b	55	43	37	31	21	25	37	41	290	9	Leo Cotterill
5	Rhys Aplin	:U11b	Mansfield	b	54	57	30	15	6	33	48	46	289	10	Rhys Aplin
365	Adam Paget	U11b	Rushcliffe	b	55	27	28	21	36	31	38	46	282	11	Adam Paget
435	Oskar Woods	:U11b	Worksop	b	38	41	37	15	27	40	35	46	279	12	Oskar Woods
124	Cameron Shivas	:U11b	Newark	b	34	37	44	31	18	33	34	45	276	13	Cameron Shivas
420	Tommy Theaker	:U11b	Worksop	b	37	34	22	61	24	25	37	26	266	14	Tommy Theaker
453	Zac Ellery	U11b	Worksop	b	52	40	32	19	15	19	35	42	254	15	Zac Ellery
15	Finlay Strawther	U11b	Mansfield	b	55	33	27	12	24	28	38	34	251	16	Finlay Strawther
320	Jack Varney	U11b	Rushcliffe	b	38	43	25	23	27	16	32	34	238	17	Jack Varney
506	Jack Pares	U11b	Sutton	b	39	22	20	36	27	19	31	42	236	18	Jack Pares
371	Oliver Short	:U11b	Rushcliffe	b	36	34	26	11	24	31	27	40	229	19	Oliver Short
254	James Sugden	U11b	Rushcliffe	b	40	32	24	17	27	25	30	32	227	20	James Sugden
24	Jacob Barron	U11b	Mansfield	b	25	29	22	13	30	22	35	33	209	21	Jacob Barron
519	Fletcher Harpham	U11b	Sutton	b	19	35	27	10	21	31	32	19	194	22	Fletcher Harpham
103	Reuben Shivas	:U11b	Newark	b	31	28	27	17	9	19	24	27	182	23	Reuben Shivas
649	Matthew Tate-Hill	U11b	Retford	b	27	22	19	18	3	16	23	27	155	24	Matthew Tate-Hill
520	Jonathan Staley	U11b	Sutton	b	20	7	20	18	6	25	22	16	134	25	Jonathan Staley
388	Isaac Wright	U11b	Rushcliffe	b		31	25	11		16	46		129	26	Isaac Wright
291	Alexander Norman	U11b	Rushcliffe	b	20	16	15	7	9	19	20	15	121	27	Alexander Norman
				b									0		
				b									0		
				b									0		
				b									0		

36																	
Numbers Girls	Name Girls	Age	Club	Gender	High Stepper	Shuttle run	Triple Jump	Balance test	Target Throw	Chest Push	Vertical jump	Long Jump	TOTAL	Girls Rank	Name		
864	Lucy Ashton	:U11g	Notts	g	61	59	63	65	30	46	67	61	452	1	Lucy Ashton		
905	Precious Njoku	:U11g	Notts	g	53	54	63	70	30	49	67	62	448	2	Precious Njoku		
528	Lacey Gregory	:U11g	Sutton	g	54	51	50	53	33	40	53	54	388	3	Lacey Gregory		
415	Kitty Laurence	U11g	Worksop	g	51	47	44	63	24	42	47	50	368	4	Kitty Laurence		
508	Freya Martin	U11g	Sutton	g	52	42	44	63	18	28	50	45	342	5	Freya Martin		
699	Scarlette Slater-Rowley	:U11g	Retford	g	40	43	48	23	42	47	47	49	339	6	Scarlette Slater-Rowley		
695	Rubie Slater-Rowley	:U11g	Retford	g	48	41	39	53	42	33	37	44	337	7	Rubie Slater-Rowley		
281	Ellie Sayers	U11g	Rushcliffe	g	41	49	39	53	18	33	46	48	327	8	Ellie Sayers		
855	Courtney Moore	U11g	Notts	g	47	44	43	30	18	38	49	48	317	9	Courtney Moore		
93	Amelia Arbon	U11g	Mansfield	g	46	47	45	36	15	31	46	50	316	10	Amelia Arbon		
857	Favour Oghagbon	U11g	Notts	g	38	50	35	19	24	38	51	52	307	11	Favour Oghagbon		
846	Diana Ghoitum	:U11g	Notts	g	41	42	37	47	27	33	38	31	296	12	Diana Ghoitum		
331	Holly Disney	U11g	Rushcliffe	g	38	41	40	27	30	25	51	42	294	13	Holly Disney		
591	Sophie Peet	U11g	Sutton	g	48	50	37	12	30	36	34	46	293	14	Sophie Peet		
223	Amy Clayton	U11g	Rushcliffe	g	54	49	32	6	24	38	41	47	291	15	Amy Clayton		
284	Evie Dickens	U11g	Rushcliffe	g	42	46	24	47	24	22	41	43	289	16	Evie Dickens		
306	Alana Cook	U11g	Rushcliffe	g	60	54	31	21	21	33	37	29	286	17	Alana Cook		
105	Maisie Mullett	:U11g	Newark	g	44	34	38	52	30	16	31	40	285	18	Maisie Mullett		
3	Scarlett Jane	U11g	Mansfield	g	44	47	35	16	18	28	44	51	283	19	Scarlett Jane		
279	Molly-May Richards	U11g	Rushcliffe	g	31	31	30	44	30	25	40	27	258	20	Molly-May Richards		
524	Florence Turner	:U11g	Sutton	g	35	52	22	36	9	19	37	44	254	21	Florence Turner		
96	Lily Smith	:U11g	Mansfield	g	44	42	31	22	24	25	43	22	253	22	Lily Smith		
385	Emily Newman	:U11g	Rushcliffe	g	33	31	28	40	24	25	27	43	251	23	Emily Newman		
33	Grace Sinclair	U11g	Mansfield	g	31	35	17	54	21	28	30	29	245	24	Grace Sinclair		
7	Olivia Frith	:U11g	Mansfield	g	38	43	32	13	15	25	31	42	239	25	Olivia Frith		
388	Nerissa Shim	:U11g	Rushcliffe	g	40	35	27	15	27	31	30	32	237	26	Nerissa Shim		
522	Maddy Smith	U11g	Sutton	g	42	34	29	30	21	25	28	24	233	27	Maddy Smith		
527	Maisy Willetts	U09	Sutton	g	35	30	18	28	48	19	28	21	227	28	Maisy Willetts		
351	Erin Richards	:U11g	Rushcliffe	g	19	40	23	38	30	19	30	24	223	29	Erin Richards		
422	Miley Townrow	:U11g	Worksop	g	42	44	22	5	39	22	27	20	221	30	Miley Townrow		
507	Olivia Niemcow	U11g	Sutton	g	37	42	23	29	18	22	27	19	217	31	Olivia Niemcow		
513	Abigale Howell	U11g	Sutton	g	30	27	24	22	9	25	38	37	212	32	Abigale Howell		
506	Emily Pares	U11g	Sutton	g	36	32	23	22	30	13	30	25	211	33	Emily Pares		
393	Nell Steel	:U11g	Rushcliffe	g	35	42	20	23	18	16	31	22	207	34	Nell Steel		
511	Isabella Watson	U11g	Sutton	g	28	24	23	27	18	22	31	22	195	35	Isabella Watson		
501	Abbie Ellis	U11g	Sutton	g	26	23	22	44	12	16	26	17	186	36	Abbie Ellis		
				g									0				
				g									0				

Balance

Girls

Max 70

Number	name	Club	result (sec)	score
905	Precious Njoku	Notts	60	70
864	Lucy Ashton	Notts	56	65
415	Kitty Laurence	Worksop	55	63
508	Freya Martin	Sutton	55	63
33	Grace Sinclair	Mansfield	49	54
695	Rubie Slater-Rowley	Retford	48	53
281	Ellie Sayers	Rushcliffe	48	53
528	Lacey Gregory	Sutton	48	53
105	Maisie Mullett	Newark	47	52
284	Evie Dickens	Rushcliffe	42	47
846	Diana Ghoitum	Notts	42	47
279	Molly-May Richards	Rushcliffe	40	44
501	Abbie Ellis	Sutton	40	44
385	Emily Newman	Rushcliffe	38	40
351	Erin Richards	Rushcliffe	37	38
524	Florence Turner	Sutton	36	36
93	Amelia Arbon	Mansfield	36	36
855	Courtney Moore	Notts	30	30
522	Maddy Smith	Sutton	30	30
507	Olivia Niemcow	Sutton	29	29
527	Maisy Willetts	Sutton	28	28
331	Holly Disney	Rushcliffe	27	27
511	Isabella Watson	Sutton	27	27
699	Scarlette Slater-Rowley	Retford	23	23
393	Nell Steel	Rushcliffe	23	23
506	Emily Pares	Sutton	22	22
96	Lily Smith	Mansfield	22	22
513	Abigale Howell	Sutton	22	22
306	Alana Cook	Rushcliffe	21	21
857	Favour Oghagbon	Notts	19	19
3	Scarlett Jane	Mansfield	16	16
388	Nerissa Shim	Rushcliffe	15	15
7	Olivia Frith	Mansfield	13	13
591	Sophie Peet	Sutton	12	12
223	Amy Clayton	Rushcliffe	6	6
422	Miley Townrow	Worksop	5	5

	Balance	Boys		
Number	name	Club	result (sec)	score
420	Tommy Theaker	Worksop	54	61
506	Jack Pares	Sutton	36	36
124	Cameron Shivas	Newark	31	31
517	Leo Cotterill	Sutton	31	31
136	Dominic Taylor	Newark	25	25
320	Jack Varney	Rushcliffe	23	23
404	Freddie Marks	Worksop	22	22
365	Adam Paget	Rushcliffe	21	21
437	George Gill	Worksop	21	21
453	Zac Ellery	Worksop	19	19
862	Reuben Barrs	Notts	19	19
520	Jonathan Staley	Sutton	18	18
460	Harry Lester	Worksop	18	18
649	Matthew Tate-Hill	Retford	18	18
103	Reuben Shivas	Newark	17	17
254	James Sugden	Rushcliffe	17	17
41	Ethan Williams	Mansfield	17	17
5	Rhys Aplin	Mansfield	15	15
435	Oskar Woods	Worksop	15	15
24	Jacob Barron	Mansfield	13	13
113	Eric Unaigwe	Newark	12	12
15	Finlay Strawther	Mansfield	12	12
371	Oliver Short	Rushcliffe	11	11
388	Isaac Wright	Rushcliffe	11	11
519	Fletcher Harpham	Sutton	10	10
527	William Medley	Sutton	8	8
291	Alexander Norman	Rushcliffe	7	7

Vertical Jump Girls

Max 70

Number	name	Club	result	score
864	Lucy Ashton	Notts	57	67
905	Precious Njoku	Notts	57	67
528	Lacey Gregory	Sutton	47	53
331	Holly Disney	Rushcliffe	45	51
857	Favour Oghagbon	Notts	45	51
508	Freya Martin	Sutton	44	50
855	Courtney Moore	Notts	43	49
415	Kitty Laurence	Worksop	41	47
699	Scarlette Slater-Rowley	Retford	41	47
281	Ellie Sayers	Rushcliffe	40	46
93	Amelia Arbon	Mansfield	40	46
3	Scarlett Jane	Mansfield	39	44
96	Lily Smith	Mansfield	38	43
284	Evie Dickens	Rushcliffe	37	41
223	Amy Clayton	Rushcliffe	37	41
279	Molly-May Richards	Rushcliffe	36	40
513	Abigale Howell	Sutton	35	38
846	Diana Ghoitum	Notts	35	38
695	Rubie Slater-Rowley	Retford	34	37
306	Alana Cook	Rushcliffe	34	37
524	Florence Turner	Sutton	34	37
591	Sophie Peet	Sutton	32	34
105	Maisie Mullett	Newark	30	31
393	Nell Steel	Rushcliffe	30	31
7	Olivia Frith	Mansfield	30	31
511	Isabella Watson	Sutton	30	31
351	Erin Richards	Rushcliffe	29	30
506	Emily Pares	Sutton	29	30
388	Nerissa Shim	Rushcliffe	29	30
33	Grace Sinclair	Mansfield	29	30
527	Maisy Willetts	Sutton	28	28
522	Maddy Smith	Sutton	28	28
507	Olivia Niemcow	Sutton	27	27
422	Miley Townrow	Worksop	27	27
385	Emily Newman	Rushcliffe	27	27
501	Abbie Ellis	Sutton	26	26

	Vertical Jump	Boys		
Number	name	Club	result	score
41	Ethan Williams	Mansfield	50	56
527	William Medley	Sutton	45	51
862	Reuben Barrs	Notts	44	50
5	Rhys Aplin	Mansfield	42	48
460	Harry Lester	Worksop	41	47
388	Isaac Wright	Rushcliffe	40	46
437	George Gill	Worksop	38	43
404	Freddie Marks	Worksop	36	40
365	Adam Paget	Rushcliffe	35	38
15	Finlay Strawther	Mansfield	35	38
113	Eric Unaigwe	Newark	35	38
517	Leo Cotterill	Sutton	34	37
420	Tommy Theaker	Worksop	34	37
136	Dominic Taylor	Newark	34	37
435	Oskar Woods	Worksop	33	35
453	Zac Ellery	Worksop	33	35
24	Jacob Barron	Mansfield	33	35
124	Cameron Shivas	Newark	32	34
320	Jack Varney	Rushcliffe	31	32
519	Fletcher Harpham	Sutton	31	32
506	Jack Pares	Sutton	30	31
254	James Sugden	Rushcliffe	29	30
371	Oliver Short	Rushcliffe	27	27
103	Reuben Shivas	Newark	25	24
649	Matthew Tate-Hill	Retford	24	23
520	Jonathan Staley	Sutton	23	22
291	Alexander Norman	Rushcliffe	22	20

Target Throw Girls

Max 70

Number	name	Club	result	score
527	Maisy Willetts	Sutton	16	48
695	Rubie Slater-Rowley	Retford	14	42
699	Scarlette Slater-Rowley	Retford	14	42
422	Miley Townrow	Worksop	13	39
528	Lacey Gregory	Sutton	11	33
351	Erin Richards	Rushcliffe	10	30
105	Maisie Mullett	Newark	10	30
506	Emily Pares	Sutton	10	30
331	Holly Disney	Rushcliffe	10	30
591	Sophie Peet	Sutton	10	30
864	Lucy Ashton	Notts	10	30
905	Precious Njoku	Notts	10	30
279	Molly-May Richards	Rushcliffe	10	30
388	Nerissa Shim	Rushcliffe	9	27
846	Diana Ghoitum	Notts	9	27
415	Kitty Laurence	Worksop	8	24
284	Evie Dickens	Rushcliffe	8	24
223	Amy Clayton	Rushcliffe	8	24
96	Lily Smith	Mansfield	8	24
857	Favour Oghagbon	Notts	8	24
385	Emily Newman	Rushcliffe	8	24
306	Alana Cook	Rushcliffe	7	21
33	Grace Sinclair	Mansfield	7	21
522	Maddy Smith	Sutton	7	21
855	Courtney Moore	Notts	6	18
393	Nell Steel	Rushcliffe	6	18
507	Olivia Niemcow	Sutton	6	18
3	Scarlett Jane	Mansfield	6	18
281	Ellie Sayers	Rushcliffe	6	18
508	Freya Martin	Sutton	6	18
511	Isabella Watson	Sutton	6	18
93	Amelia Arbon	Mansfield	5	15
7	Olivia Frith	Mansfield	5	15
501	Abbie Ellis	Sutton	4	12
524	Florence Turner	Sutton	3	9
513	Abigale Howell	Sutton	3	9

	Target Throw	Boys		
Number	name	Club	result	score
113	Eric Unaigwe	Newark	13	39
365	Adam Paget	Rushcliffe	12	36
862	Reuben Barrs	Notts	12	36
404	Freddie Marks	Worksop	11	33
136	Dominic Taylor	Newark	11	33
24	Jacob Barron	Mansfield	10	30
460	Harry Lester	Worksop	10	30
254	James Sugden	Rushcliffe	9	27
435	Oskar Woods	Worksop	9	27
41	Ethan Williams	Mansfield	9	27
320	Jack Varney	Rushcliffe	9	27
506	Jack Pares	Sutton	9	27
15	Finlay Strawther	Mansfield	8	24
527	William Medley	Sutton	8	24
371	Oliver Short	Rushcliffe	8	24
420	Tommy Theaker	Worksop	8	24
519	Fletcher Harpham	Sutton	7	21
517	Leo Cotterill	Sutton	7	21
124	Cameron Shivas	Newark	6	18
453	Zac Ellery	Worksop	5	15
437	George Gill	Worksop	4	12
103	Reuben Shivas	Newark	3	9
291	Alexander Norman	Rushcliffe	3	9
5	Rhys Aplin	Mansfield	2	6
520	Jonathan Staley	Sutton	2	6
649	Matthew Tate-Hill	Retford	1	3

High Stepper Girls

Max 70

Number	name	Club	result	score
864	Lucy Ashton	Notts	12.80	61
306	Alana Cook	Rushcliffe	13.10	60
528	Lacey Gregory	Sutton	14.20	54
223	Amy Clayton	Rushcliffe	14.30	54
905	Precious Njoku	Notts	14.40	53
508	Freya Martin	Sutton	14.50	52
415	Kitty Laurence	Worksop	14.60	51
695	Rubie Slater-Rowley	Retford	14.90	48
591	Sophie Peet	Sutton	14.90	48
855	Courtney Moore	Notts	15.00	47
93	Amelia Arbon	Mansfield	15.10	46
105	Maisie Mullett	Newark	15.30	44
96	Lily Smith	Mansfield	15.30	44
3	Scarlett Jane	Mansfield	15.30	44
284	Evie Dickens	Rushcliffe	15.50	42
422	Miley Townrow	Worksop	15.50	42
522	Maddy Smith	Sutton	15.50	42
281	Ellie Sayers	Rushcliffe	15.60	41
846	Diana Ghoitum	Notts	15.60	41
699	Scarlette Slater-Rowley	Retford	15.70	40
388	Nerissa Shim	Rushcliffe	15.70	40
331	Holly Disney	Rushcliffe	15.90	38
857	Favour Oghagbon	Notts	15.90	38
7	Olivia Frith	Mansfield	15.90	38
507	Olivia Niemcow	Sutton	16.00	37
506	Emily Pares	Sutton	16.10	36
524	Florence Turner	Sutton	16.20	35
393	Nell Steel	Rushcliffe	16.20	35
527	Maisy Willetts	Sutton	16.20	35
385	Emily Newman	Rushcliffe	16.40	33
279	Molly-May Richards	Rushcliffe	16.70	31
33	Grace Sinclair	Mansfield	16.70	31
513	Abigale Howell	Sutton	16.80	30
511	Isabella Watson	Sutton	17.20	28
501	Abbie Ellis	Sutton	17.80	26
351	Erin Richards	Rushcliffe	20.20	19

	High Stepper	Boys		
Number	name	Club	result	score
41	Ethan Williams	Mansfield	13.70	57
517	Leo Cotterill	Sutton	14.00	55
15	Finlay Strawther	Mansfield	14.00	55
365	Adam Paget	Rushcliffe	14.10	55
5	Rhys Aplin	Mansfield	14.20	54
437	George Gill	Worksop	14.30	54
460	Harry Lester	Worksop	14.40	53
113	Eric Unaigwe	Newark	14.40	53
453	Zac Ellery	Worksop	14.50	52
136	Dominic Taylor	Newark	14.50	52
862	Reuben Barrs	Notts	14.60	51
527	William Medley	Sutton	14.70	50
404	Freddie Marks	Worksop	14.90	48
254	James Sugden	Rushcliffe	15.70	40
506	Jack Pares	Sutton	15.80	39
435	Oskar Woods	Worksop	15.90	38
320	Jack Varney	Rushcliffe	15.90	38
420	Tommy Theaker	Worksop	16.00	37
371	Oliver Short	Rushcliffe	16.10	36
124	Cameron Shivas	Newark	16.30	34
103	Reuben Shivas	Newark	16.60	31
649	Matthew Tate-Hill	Retford	17.50	27
24	Jacob Barron	Mansfield	18.00	25
520	Jonathan Staley	Sutton	19.70	20
291	Alexander Norman	Rushcliffe	19.80	20
519	Fletcher Harpham	Sutton	20.00	19

Long Jump

Girls

Max 70

Number	name	Club	result	score
905	Precious Njoku	Notts	2.16	62
864	Lucy Ashton	Notts	2.14	61
528	Lacey Gregory	Sutton	1.94	54
857	Favour Oghagbon	Notts	1.88	52
3	Scarlett Jane	Mansfield	1.85	51
93	Amelia Arbon	Mansfield	1.82	50
415	Kitty Laurence	Worksop	1.82	50
699	Scarlette Slater-Rowley	Retford	1.78	49
855	Courtney Moore	Notts	1.76	48
281	Ellie Sayers	Rushcliffe	1.76	48
223	Amy Clayton	Rushcliffe	1.74	47
591	Sophie Peet	Sutton	1.72	46
508	Freya Martin	Sutton	1.70	45
695	Rubie Slater-Rowley	Retford	1.68	44
524	Florence Turner	Sutton	1.68	44
385	Emily Newman	Rushcliffe	1.66	43
284	Evie Dickens	Rushcliffe	1.66	43
331	Holly Disney	Rushcliffe	1.64	42
7	Olivia Frith	Mansfield	1.64	42
105	Maisie Mullett	Newark	1.60	40
513	Abigale Howell	Sutton	1.57	37
388	Nerissa Shim	Rushcliffe	1.52	32
846	Diana Ghoitum	Notts	1.51	31
306	Alana Cook	Rushcliffe	1.49	29
33	Grace Sinclair	Mansfield	1.48	29
279	Molly-May Richards	Rushcliffe	1.45	27
506	Emily Pares	Sutton	1.41	25
351	Erin Richards	Rushcliffe	1.39	24
522	Maddy Smith	Sutton	1.38	24
511	Isabella Watson	Sutton	1.35	22
393	Nell Steel	Rushcliffe	1.34	22
96	Lily Smith	Mansfield	1.34	22
527	Maisy Willetts	Sutton	1.32	21
422	Miley Townrow	Worksop	1.30	20
507	Olivia Niemcow	Sutton	1.26	19
501	Abbie Ellis	Sutton	1.18	17

	Long Jump	Boys		
Number	name	Club	result	score
41	Ethan Williams	Mansfield	2.18	62
862	Reuben Barrs	Notts	2.03	57
113	Eric Unaigwe	Newark	1.74	47
5	Rhys Aplin	Mansfield	1.73	46
365	Adam Paget	Rushcliffe	1.72	46
435	Oskar Woods	Worksop	1.72	46
437	George Gill	Worksop	1.72	46
404	Freddie Marks	Worksop	1.72	46
124	Cameron Shivas	Newark	1.71	45
506	Jack Pares	Sutton	1.65	42
453	Zac Ellery	Worksop	1.64	42
517	Leo Cotterill	Sutton	1.63	41
136	Dominic Taylor	Newark	1.63	41
460	Harry Lester	Worksop	1.62	41
527	William Medley	Sutton	1.60	40
371	Oliver Short	Rushcliffe	1.60	40
15	Finlay Strawther	Mansfield	1.54	34
320	Jack Varney	Rushcliffe	1.54	34
24	Jacob Barron	Mansfield	1.53	33
254	James Sugden	Rushcliffe	1.52	32
103	Reuben Shivas	Newark	1.45	27
649	Matthew Tate-Hill	Retford	1.44	27
420	Tommy Theaker	Worksop	1.43	26
519	Fletcher Harpham	Sutton	1.26	19
520	Jonathan Staley	Sutton	1.10	16
291	Alexander Norman	Rushcliffe	1.07	15

Shuttle Run

Girls

Max 70

Number	name	Club	result	score
864	Lucy Ashton	Notts	28.20	59
905	Precious Njoku	Notts	29.30	54
306	Alana Cook	Rushcliffe	29.20	54
524	Florence Turner	Sutton	29.60	52
528	Lacey Gregory	Sutton	29.90	51
591	Sophie Peet	Sutton	30.10	50
857	Favour Oghagbon	Notts	30.10	50
281	Ellie Sayers	Rushcliffe	30.20	49
223	Amy Clayton	Rushcliffe	30.30	49
3	Scarlett Jane	Mansfield	30.60	47
93	Amelia Arbon	Mansfield	30.70	47
415	Kitty Laurence	Worksop	30.70	47
284	Evie Dickens	Rushcliffe	30.80	46
855	Courtney Moore	Notts	31.20	44
422	Miley Townrow	Worksop	31.20	44
7	Olivia Frith	Mansfield	31.50	43
699	Scarlette Slater-Rowley	Retford	31.50	43
508	Freya Martin	Sutton	31.70	42
846	Diana Ghoitum	Notts	31.60	42
393	Nell Steel	Rushcliffe	31.60	42
507	Olivia Niemcow	Sutton	31.70	42
96	Lily Smith	Mansfield	31.60	42
695	Rubie Slater-Rowley	Retford	31.90	41
331	Holly Disney	Rushcliffe	31.90	41
351	Erin Richards	Rushcliffe	32.10	40
33	Grace Sinclair	Mansfield	33.10	35
388	Nerissa Shim	Rushcliffe	33.00	35
522	Maddy Smith	Sutton	33.20	34
105	Maisie Mullett	Newark	33.30	34
506	Emily Pares	Sutton	33.70	32
385	Emily Newman	Rushcliffe	34.00	31
527	Maisy Willetts	Sutton	34.10	30
279	Molly-May Richards	Rushcliffe	34.00	31
513	Abigale Howell	Sutton	34.70	27
511	Isabella Watson	Sutton	35.30	24
501	Abbie Ellis	Sutton	35.60	23

	Shuttle Run	Boys		
Number	name	Club	result	score
113	Eric Unaigwe	Newark	28.60	57
5	Rhys Aplin	Mansfield	28.70	57
404	Freddie Marks	Worksop	29.20	54
136	Dominic Taylor	Newark	29.40	53
437	George Gill	Worksop	30.30	49
41	Ethan Williams	Mansfield	30.30	49
527	William Medley	Sutton	30.30	49
862	Reuben Barrs	Notts	30.50	48
517	Leo Cotterill	Sutton	31.50	43
320	Jack Varney	Rushcliffe	31.50	43
435	Oskar Woods	Worksop	31.90	41
453	Zac Ellery	Worksop	32.10	40
124	Cameron Shivas	Newark	32.60	37
519	Fletcher Harpham	Sutton	33.00	35
420	Tommy Theaker	Worksop	33.20	34
371	Oliver Short	Rushcliffe	33.30	34
15	Finlay Strawther	Mansfield	33.50	33
254	James Sugden	Rushcliffe	33.60	32
388	Isaac Wright	Rushcliffe	34.00	31
24	Jacob Barron	Mansfield	34.40	29
460	Harry Lester	Worksop	34.50	28
103	Reuben Shivas	Newark	34.50	28
365	Adam Paget	Rushcliffe	34.80	27
649	Matthew Tate-Hill	Retford	35.70	22
506	Jack Pares	Sutton	35.80	22
291	Alexander Norman	Rushcliffe	37.00	16
520	Jonathan Staley	Sutton	38.80	7

Chest Push Girls

Max 70

Number	name	Club	result	score
905	Precious Njoku	Notts	7.00	49
699	Scarlette Slater-Rowley	Retford	6.75	47
864	Lucy Ashton	Notts	6.50	46
415	Kitty Laurence	Worksop	6.00	42
528	Lacey Gregory	Sutton	5.75	40
223	Amy Clayton	Rushcliffe	5.50	38
855	Courtney Moore	Notts	5.50	38
857	Favour Oghagbon	Notts	5.50	38
591	Sophie Peet	Sutton	5.25	36
846	Diana Ghoitum	Notts	5.00	33
695	Rubie Slater-Rowley	Retford	5.00	33
306	Alana Cook	Rushcliffe	5.00	33
281	Ellie Sayers	Rushcliffe	5.00	33
388	Nerissa Shim	Rushcliffe	4.75	31
93	Amelia Arbon	Mansfield	4.75	31
33	Grace Sinclair	Mansfield	4.50	28
3	Scarlett Jane	Mansfield	4.50	28
508	Freya Martin	Sutton	4.50	28
331	Holly Disney	Rushcliffe	4.47	25
279	Molly-May Richards	Rushcliffe	4.25	25
513	Abigale Howell	Sutton	4.25	25
522	Maddy Smith	Sutton	4.25	25
96	Lily Smith	Mansfield	4.25	25
385	Emily Newman	Rushcliffe	4.25	25
7	Olivia Frith	Mansfield	4.25	25
511	Isabella Watson	Sutton	4.00	22
284	Evie Dickens	Rushcliffe	4.00	22
507	Olivia Niemcow	Sutton	4.00	22
422	Miley Townrow	Worksop	4.00	22
351	Erin Richards	Rushcliffe	3.75	19
524	Florence Turner	Sutton	3.75	19
527	Maisy Willetts	Sutton	3.75	19
501	Abbie Ellis	Sutton	3.50	16
105	Maisie Mullett	Newark	3.50	16
393	Nell Steel	Rushcliffe	3.50	16
506	Emily Pares	Sutton	3.25	13

	Chest Push	Boys		
Number	name	Club	result	score
527	William Medley	Sutton	7.00	49
41	Ethan Williams	Mansfield	6.75	47
437	George Gill	Worksop	6.25	44
862	Reuben Barrs	Notts	6.25	44
435	Oskar Woods	Worksop	5.75	40
404	Freddie Marks	Worksop	5.25	36
124	Cameron Shivas	Newark	5.00	33
460	Harry Lester	Worksop	5.00	33
113	Eric Unaigwe	Newark	5.00	33
5	Rhys Aplin	Mansfield	5.00	33
365	Adam Paget	Rushcliffe	4.75	31
371	Oliver Short	Rushcliffe	4.75	31
519	Fletcher Harpham	Sutton	4.75	31
15	Finlay Strawther	Mansfield	4.50	28
136	Dominic Taylor	Newark	4.50	28
254	James Sugden	Rushcliffe	4.25	25
517	Leo Cotterill	Sutton	4.25	25
520	Jonathan Staley	Sutton	4.25	25
420	Tommy Theaker	Worksop	4.25	25
24	Jacob Barron	Mansfield	4.00	22
453	Zac Ellery	Worksop	3.75	19
506	Jack Pares	Sutton	3.75	19
103	Reuben Shivas	Newark	3.75	19
291	Alexander Norman	Rushcliffe	3.75	19
388	Isaac Wright	Rushcliffe	3.50	16
320	Jack Varney	Rushcliffe	3.50	16
649	Matthew Tate-Hill	Retford	3.50	16

Triple Jump

Girls

Max 70

Number	result	name	Club	result	score
864	6.24	Lucy Ashton	Notts	6.24	63
905	6.22	Precious Njoku	Notts	6.22	63
528	5.25	Lacey Gregory	Sutton	5.25	50
699	5.10	Scarlette Slater-Rowley	Retford	5.10	48
93	4.94	Amelia Arbon	Mansfield	4.94	45
508	4.88	Freya Martin	Sutton	4.88	44
415	4.87	Kitty Laurence	Worksop	4.87	44
855	4.80	Courtney Moore	Notts	4.80	43
331	4.66	Holly Disney	Rushcliffe	4.66	40
281	4.64	Ellie Sayers	Rushcliffe	4.64	39
695	4.60	Rubie Slater-Rowley	Retford	4.60	39
105	4.55	Maisie Mullett	Newark	4.55	38
846	4.51	Diana Ghoitum	Notts	4.51	37
591	4.50	Sophie Peet	Sutton	4.50	37
857	4.42	Favour Oghagbon	Notts	4.42	35
3	4.40	Scarlett Jane	Mansfield	4.40	35
223	4.26	Amy Clayton	Rushcliffe	4.26	32
7	4.25	Olivia Frith	Mansfield	4.25	32
306	4.22	Alana Cook	Rushcliffe	4.22	31
96	4.20	Lily Smith	Mansfield	4.20	31
279	4.18	Molly-May Richards	Rushcliffe	4.18	30
522	4.10	Maddy Smith	Sutton	4.10	29
385	4.05	Emily Newman	Rushcliffe	4.05	28
388	4.03	Nerissa Shim	Rushcliffe	4.03	27
284	3.88	Evie Dickens	Rushcliffe	3.88	24
513	3.83	Abigale Howell	Sutton	3.83	24
351	3.76	Erin Richards	Rushcliffe	3.76	23
507	3.74	Olivia Niemcow	Sutton	3.74	23
511	3.73	Isabella Watson	Sutton	3.73	23
506	3.72	Emily Pares	Sutton	3.72	23
524	3.67	Florence Turner	Sutton	3.67	22
501	3.62	Abbie Ellis	Sutton	3.62	22
422	3.60	Miley Townrow	Worksop	3.60	22
393	3.45	Nell Steel	Rushcliffe	3.45	20
527	3.28	Maisy Willetts	Sutton	3.28	18
33	3.15	Grace Sinclair	Mansfield	3.15	17

		Triple Jump	Boys		
Number	result	name	Club	result	score
862	5.16	Reuben Barrs	Notts	5.16	49
404	5.15	Freddie Marks	Worksop	5.15	48
527	5.08	William Medley	Sutton	5.08	47
460	4.89	Harry Lester	Worksop	4.89	44
124	4.88	Cameron Shivas	Newark	4.88	44
437	4.66	George Gill	Worksop	4.66	40
113	4.58	Eric Unaigwe	Newark	4.58	38
517	4.52	Leo Cotterill	Sutton	4.52	37
435	4.52	Oskar Woods	Worksop	4.52	37
41	4.43	Ethan Williams	Mansfield	4.43	35
453	4.29	Zac Ellery	Worksop	4.29	32
5	4.16	Rhys Aplin	Mansfield	4.16	30
365	4.09	Adam Paget	Rushcliffe	4.09	28
136	4.08	Dominic Taylor	Newark	4.08	28
103	4.04	Reuben Shivas	Newark	4.04	27
15	4.02	Finlay Strawther	Mansfield	4.02	27
519	4.02	Fletcher Harpham	Sutton	4.02	27
371	3.97	Oliver Short	Rushcliffe	3.97	26
388	3.92	Isaac Wright	Rushcliffe	3.92	25
320	3.90	Jack Varney	Rushcliffe	3.90	25
254	3.86	James Sugden	Rushcliffe	3.86	24
420	3.67	Tommy Theaker	Worksop	3.67	22
24	3.64	Jacob Barron	Mansfield	3.64	22
520	3.43	Jonathan Staley	Sutton	3.43	20
506	3.41	Jack Pares	Sutton	3.41	20
649	3.38	Matthew Tate-Hill	Retford	3.38	19
291	2.95	Alexander Norman	Rushcliffe	2.95	15