

Sportshall UK Championships
 Meres Leisure Centre Grantham
 Combined Programme of Events

U11 / U15 / U13 Intercounties Notts Regional Team

Match Date:- Sunday 15th March 2020

Updated
 Fri 06 Mar 2020

Track Start 12.30

Field

1	1 2 3 4	U11 Girls	Obstacle Relay	Amelia Arbon Scarlette Slater-Rowley Freya Martin Favour Oghagbon
		U11 Boys	Obstacle Relay	Leo Cotterill Jack Pares Harry Ballard Ethan Williams
		U13 Boys	Obstacle Relay	Thomas Shirley Joel Brereton Sterling Evans Kwadwo Afirifah-Mensah
		U13 Girls	Obstacle Relay	Katie Spendlove Tonbara Tamuno Ruby Vickers Georgia Dobb

U15 Boys	Shot	Luke Hudd Thomas Budd Matthew Forrest
U15 Boys	Speed bounce	Oliver Salmon Ashley Nkomazana Yaw Afirifah-Mensah
U15 Girls	long jump	Phoebe Clayton Eve Kimberley Ami Gilbert
U15 Girls	vertical jump	Teegan Page Charlotte Vickers Tammy Smith

2	U13 Girls	2 lap HEATS	Tami Adesina Freya Sugden
	U13 Boys	2 lap HEATS	Callum Peck Ruben Alexander
	U13 Girls	4 lap HEATS	Charlotte Ayton Freya Vincent
	U13 Boys	4 lap HEATS	Owen Wright Sterling Evans
	U13 guest	2 lap Non Scoring	Nathan Salmon

U11 Girls	Standing Long Jump	Kitty Laurence Favour Oghagbon Scarlett Jane
U11 Girls	Standing Triple Jump	Precious Njoku Lucy Ashton Amelia Arbon
U11 Girls	Vertical jump	Amy Clayton Courtney Moore Lacey Gregory
U11 Boys	Balance Test	Leo Cotterill Jack Pares Tommy Theaker
U11 Boys	Hi Stepper	Ethan Williams George Gill Zac Ellery
U11 Boys	Speed Bounce	Reuben Barrs Freddie Marks Harry Ballard

3	U15 Girls	2 lap Time Trial	Phoebe Clayton Eve Kimberley Ami Gilbert
	U15 Boys	2 lap Time Trial	Oliver Salmon Luke Hudd Ashley Nkomazana
	U15 Girls	4 lap Time Trial	Teegan Page Charlotte Vickers Tammy Smith
	U15 Boys	4 lap Time Trial	Yaw Afirifah-Mensah Thomas Budd Matthew Forrest
	U15 guest	2 lap Non Scoring	Bruce Moyo Emily Disney

U13 Girls	Standing Long Jump	Freya Vincent Adishti Karuppiah
U13 Girls	Standing Triple Jump	Freya Sugden Zoe Smith
U13 Boys	Vertical jump	Ruben Alexander Ben Ramowski
U13 Boys	Shot	Thomas Shirley Ethan Norris
U13 Boys	Speed Bounce	Sterling Evans Joel Brereton

4	U11 Girls	1 +1 Lap Relay	Lucy Ashton Kitty Laurence
	U11 Boys	1 +1 Lap Relay	Reuben Barrs Rhys Aplin
	U11 Girls	2 +2 Lap Relay	Precious Njoku Courtney Moore
	U11 Boys	2 +2 Lap Relay	Ethan Williams Marcus Wootton
	U11 Girls	6 Lap Paarlaf	Amelia Arbon Scarlett Jane
	U11 Boys	6 Lap Paarlaf	Rhys Aplin Tarun Balamurugan

U15 Boys	Standing LONG Jump	Luke Hudd Yaw Afirifah-Mensah Matthew Forrest
U15 Boys	Standing Triple Jump	Oliver Salmon Ashley Nkomazana Thomas Budd
U15 Girls	Shot	Eve Kimberley Ami Gilbert Tammy Smith
U15 Girls	Speed Bounce	Phoebe Clayton Teegan Page Charlotte Vickers

5	1	U13 Girls	4 x 1 Lap Relay Final	Ruby Vickers Serenity Joynt Tonbara Tamuno Georgia Dobb	U11 Boys	Standing LONG Jump	Marcus Wootton Tarun Balamurugan Adam Paget
	2				U11 Boys	Standing Triple Jump	Reuben Barrs Freddie Marks Harry Ballard
	3				U11 Boys	Vertical Jump	Rhys Aplin George Gill Harry Lester
	4				U11 Girls	Balance Test	Precious Njoku Kitty Laurence Freya Martin
	1	U13 Boys	4 x 1 Lap Relay Final	Kwadwo Afirifah-Mensah Joel Brereton Thomas Shirley Ethan Norris	U11 Girls	Hi Stepper	Lucy Ashton Amy Clayton Lacey Gregory
	2				U11 Girls	Speed Bounce	Sophie Peet Scarlette Slater-Rowley Rubie Slater-Rowley
	3	U13 Girls	6 Lap Race Time Trial	Zoe Smith Adishti Karuppiiah			
	4	U13 Boys	6 Lap Race Time Trial	Morgan Scott Ben Ramowski			
		U13 Girls	2 Lap Race Finals if Qualified	Tami Adesina Freya Sugden			
		U13 Boys	2 Lap Race Finals if Qualified	Callum Peck Ruben Alexander			
		U13 Girls	4 Lap Race Finals if Qualified	Charlotte Ayton Freya Vincent			
		U13 Boys	4 Lap Race Finals if Qualified	Owen Wright Sterling Evans			

6		U11 Girls	Hurdles Relay	Favour Oghabgon Amelia Arbon Olivia Frith Precious Njoku	U13 Boys	Standing LONG Jump	Callum Peck Nathan Salmon
		U11 Boys	Hurdles Relay	Tarun Balamurugan Leo Cotterill Harry Lester Marcus Wootton	U13 Boys	Standing Triple Jump	Morgan Scott Kwadwo Afirifah-Mensah
		U11 Girls	Over / Under Relay	Sadie Guy Lacey Gregory Sophie Peet Amy Clayton	U13 Girls	Vertical Jump	Tami Adesina Tonbara Tamuno
		U11 Boys	Over / Under Relay	Zac Ellery George Gill Adam Paget Ethan Williams	U13 Girls	Shot	Serenity Joynt Katie Spendlove
		U11 Girls	Grand Prix	Scarlett Jane Freya Martin Scarlette Slater-Rowley Rubie Slater-Rowley	U13 Girls	Speed Bounce	Ruby Vickers Georgia Dobb
		U11 Boys	Grand Prix	Freddie Marks Charlie Croome Tommy Theaker Harry Ballard			

7	1	U15 Girls	8 Lap Paarlaf Time Trials	Teegan Page Tammy Smith	U11 Girls	Chest Push	Sadie Guy Courtney Moore
	2				U11 Girls	Javelin	Scarlette Slater-Rowley Olivia Frith
	3	U15 Boys	8 Lap Paarlaf Time Trials	Yaw Afirifah-Mensah Thomas Budd	U11 Girls	Target Throw	Sophie Peet Rubie Slater-Rowley
	4	U13 Girls	8 Lap Paarlaf Time Trials	Charlotte Ayton Freya Vincent			
		U13 Boys	8 Lap Paarlaf Time Trials	Owen Wright Morgan Scott			

8	1	U13 Girls	4 x 2 Lap Relay Finals	Tami Adesina Freya Sugden Adishti Karuppiiah Zoe Smith	U11 Boys	Chest Push	Ethan Williams Charlie Croome
	2				U11 Boys	Javelin	Rhys Aplin Tarun Balamurugan
	3	U13 Boys	4 x 2 Lap Relay Finals	Ethan Norris Ben Ramowski Ruben Alexander Callum Peck	U11 Boys	Target Throw	Harry Lester Adam Paget
	4						
	1	U15 Girls	4 x 2 Lap Relay Finals	Eve Kimberley Charlotte Vickers Emily Disney Phoebe Clayton			
	2						
	3	U15 Boys	4 x 2 Lap Relay Finals	Bruce Moyo Luke Hudd Ashley Nkomazana Oliver Salmon			
	4						

9		U11 Girls	4 x 1 Lap Relay	Lucy Ashton Kitty Laurence Sadie Guy Precious Njoku
		U11 Boys	4 x 1 Lap Relay	Zac Ellery Harry Lester George Gill Reuben Barrs

End of programme