Chest Push Shot Putt

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Karl Cadman - Essex Athletics Network Administrator
## Standing Long Jump

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Hi Stepper

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Target Throw

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## EAN - SPORTSHALL COMPETITION
Chelmsford, Saturday 1st December 2018

### Speed Bounce
Girls  U11 (20 secs)

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Karl Cadman - Essex Athletics Network Administrator
## Speed Bounce

**Girls U13 / U15 (30 secs)**

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# Soft Javelin

**Girls** U11

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Karl Cadman - Essex Athletics Network Administrator
# Standing Long Jump

**Boys U11**

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| U11B 138 | Ameer Akande         | Thurrock     | 1.56    | 1.57    | 1.49    | 1.57  

Karl Cadman - Essex Athletics Network Administrator
**Standing Long Jump**

**Boys U13 / U15**

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# Standing Triple Jump

**Boys**  U11 / U13 / U15

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Karl Cadman - Essex Athletics Network Administrator
### Vertical Jump

**Boys** U11 / U13 / U15

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<th>Club/School</th>
<th>Trial 1</th>
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### Hi Stepper

**Boys U11**

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### Target Throw

**Boys U11**

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### Speed Bounce
Boys U11 (20 secs)

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## EAN - SPORTSHALL COMPETITION

**Chelmsford, Saturday 1st December 2018**

### Speed Bounce

**Boys**  U13 / U15 (30 secs)

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| U15B 124 | Olamide Odupitan | Braintree    | 72    |
## Soft Javelin

**Boys U11**

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