



Essex
Athletics Network

EAN - SPORTSHALL COMPETITION

R2 11th November 2023

Chest Push

Shot Putt

Sportshall

Girls U11 (1kg)

Girls U13 - 2.72kg / U15 3.00kg

	No.	Name	Club/School	Trial			Best
				1	2	3	
		CHEST PUSH IS MEASURED TO NEAREST 25CM BELOW					
U11G	7	Sadie Davis	Melbourne	6.50	6.25	7.00	7.00
U11G	25	Poppy Foy	SS Athletics	5.50	5.25	5.75	5.75
U11G	30	Kacie Langton	Colchester AC	5.00	5.25	5.50	5.50
U11G	13	Kylie Kayembe	Chelmsford AC	5.50	5.00	X	5.50
U11G	21	Ziggy Webster-Earle	CATS	5.25	4.50	5.50	5.50
U11G	34	Eloise Baker	none	X	5.00	5.25	5.25
U11G	29	Lisa Ndingu	None	4.75	5.00	4.75	5.00
U11G	23	Rose Brown	None	4.50	4.50	4.75	4.75
U11G	12	Sofia Lawrence	Chelmsford AC	4.75	4.25	4.50	4.75
U11G	55	Leila Nicholls	CATS	4.50	4.25	4.50	4.50
		LINEAR SHOT: MEASURED TO NEAREST 25CM BELOW					
U13G	44	Evie Abbott	Brentwood Beagles	5.75	6.36	6.29	6.36
U13G	33	Lucy Croker	Basildon AC	5.81	5.96	6.17	6.17
U13G	10	Shindara Adeyemo	Chelmsford AC	4.56	5.77	X	5.77
U13G	28	Emma Frisby	City of Southend	4.15	4.85	5.41	5.41
U13G	17	Rosie Mower	SS Athletics	4.82	4.69	5.15	5.15
U13G	1	Cherri Moss	Chelmsford AC	X	4.68	4.64	4.68
U13G	40	Alice Gordon	Harlow Athletics Club	2.77	3.93	3.94	3.94
U15G	16	Amelle Scott	Chelmsford AC	10.21	10.59	X	10.59
U15G	51	Alicja Yalaju	Chelmsford AC	8.90	X	9.00	9.00
U15G	32	Chelsea Clarke	Chelmsford AC	7.65	7.12	8.41	8.41
U15G	27	Erin Frisby	City of Southend	6.84	6.19	6.72	6.84
U15G	43	Dakota Sladden	none	5.76	6.50	6.27	6.50



R2 11th November 2023

Standing Long Jump



Girls U11

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11G	6	Breanna Dosumu	Chelmsford AC	1.95	1.98	2.03	2.03
U11G	48	Amelia Sokolowska	SS Athletics	1.65	1.67	1.73	1.73
U11G	22	Elsie Martin-Bouchareb	Brentwood Beagles	1.66	1.44	1.51	1.66
U11G	34	Eloise Baker	none	1.49	1.6	1.6	1.60
U11G	38	Abigail Knight	Chelmsford Academy	1.54	1.5	1.54	1.54
U11G	35	Lianne Esterhuysen	Brentwood Beagles	1.54	1.47	1.52	1.54
U11G	24	Millie Foy	SS Athletics	1.44	1.50	1.45	1.50
U11G	55	Leila Nicholls	CATS	1.45	1.4	1.49	1.49
U11G	5	Ivy-Rose Hallahan	Colchester AC	1.33	1.42	1.34	1.42
U11G	31	Felicity Charles	none	1.38	1.39	1.28	1.39
U11G	41	Naomi Heath	SS Athletics	1.34	1.3	1.35	1.35
U11G	29	Lisa Ndung'u	none	1.23	1.24	1.28	1.28
U11G	21	Ziggy Webster-Earle	CATS	1.25	1.16	1.17	1.25



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Sportshall

Girls U13

U13G	3	Evie Boygle	City of Southend	1.90	2.08	2.00	2.08
U13G	15	Charlotte Sumner	SS Athletics	2.03	1.99	2.01	2.03
U13G	54	Liya Adeyeri	Basildon AC	1.86	1.90	2.02	2.02
U13G	45	Katie Lowe	Brentwood Beagles	1.98	1.94	1.91	1.98
U13G	10	Shindara Adeyemo	Chelmsford AC	1.89	1.82	1.95	1.95
U13G	28	Emma Frisby	City of Southend	1.82	1.91	1.88	1.91
U13G	40	Alice Gordon	Harlow Athletics Club	1.76	1.90	1.84	1.90
U13G	1	Cherri Moss	Chelmsford AC	1.72	1.72	1.77	1.77
U15G	9	Isabelle Siggers	CATS	1.61	1.69	1.69	1.69
U13G	50	Amy Ndungu	Colchester & Tendring	1.45	1.60	1.68	1.68
U13G	52	Darcie Phillips	Basildon AC	1.51	1.50	1.48	1.51



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Standing Long Jump



Girls U15

U15G	16	Amelle Scott	Chelmsford AC	2.25	2.32	2.32	2.32
U15G	32	Chelsea Clarke	Chelmsford AC	2.20	2.15	2.18	2.20
U15G	49	Nesochi Onyechere	none	2.00	2.14	1.96	2.14
U15G	39	Elouise Thomas	Basildon AC	2.12	2.12	1.98	2.12
U15G	51	Alicja Yalaju	Chelmsford AC	2.11	X	X	2.11



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Standing Triple Jump



Girls

	Name	Club/School	Trial			Best	
			1	2	3		
U11G	7	Sadie Davis	Melbourne	4.48	5.18	5.15	5.18
U11G	13	Kylie Kayembe	Chelmsford AC	4.46	4.67	4.68	4.68
U11G	42	Inari Rawle	Havering AC	3.95	4.06	4.16	4.16
U11G	21	Ziggy Webster-Earle	CATS	3.68	3.72	4.00	4.00
U11G	41	Naomi Heath	SS Athletics	3.3	3.68	3.68	3.68



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Standing Triple Jump

Girls

	No.	Name	Club/School	Trial			Best
				1	2	3	
U13G	2	Isla Coppard	Basildon AC	5.63	5.65	5.68	5.68
U13G	44	Evie Abbott	Brentwood Beagles	5.48	5.67	5.60	5.67
U13G	17	Rosie Mower	SS Athletics	5.60	5.60	5.52	5.60
U15G	39	Elouise Thomas	Basildon AC	5.85	5.74	X	5.85



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Vertical Jump



Girls U11/U13/U15

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11G	46	Sofia Lyttle	CATS	48	42	44	48
U11G	18	Esme Bohannon	Colchester AC	40	42	46	46
U11G	13	Kylie Kayembe	Chelmsford AC	32	33	37	37
U11G	55	Leila Nicholls	CATS	29	30	35	35
U11G	12	Sofia Lawrence	Chelmsford AC	32	33	34	34
U11G	42	Inari Rawle	Havering AC	29	31	28	31
U11G	30	Kacie Langton	Colchester AC	28	31	24	31
U11G	29	Lisa Ndung'u	none	30	19	24	30
U11G	21	Ziggy Webster-Earle	CATS	13	27	29	29
U13G	54	Liya Adeyeri	Basildon AC	60	60	65	65
U13G	3	Evie Boygle	City of Southend	49	51	53	53
U13G	33	Lucy Croker	Basildon AC	0	50	49	50
U13G	28	Emma Frisby	City of Southend	47	49	47	49
U13G	10	Shindara Adeyemo	Chelmsford AC	40	42	45	45
U13G	15	Charlotte Sumner	SS Athletics	0	41	42	42
U13G	17	Rosie Mower	SS Athletics	36	40	36	40
U13G	53	Ava O Neal	Brentwood Beagles	37	39	37	39
U13G	1	Cherri Moss	Chelmsford AC	38	31	37	38
U13G	50	Amy Ndungu	Colchester & Tendring	32	36	35	36
U13G	52	Darcie Phillips	Basildon AC	33	33	34	34
U15G	51	Alicja Yalaju	Chelmsford AC	57	62	60	62
U15G	16	Amelle Scott	Chelmsford AC	60	58	59	60
U15G	32	Chelsea Clarke	Chelmsford AC	55	55	51	55
U15G	49	Nesochi Onyechere	none	51	54	43	54
U15G	8	Honey Peck	Brentwood Beagles	44	44	47	47
U15G	27	Erin Frisby	City of Southend	34	46	46	46
U15G	39	Elouise Thomas	Basildon AC	44	44	43	44



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Hi Stepper



Girls U11

	No.	Name	Club/School	Trial 1
U11G	6	Breanna Dosumu	Chelmsford AC	13.4
U11G	12	Sofia Lawrence	Chelmsford AC	14.4
U11G	41	Naomi Heath	SS Athletics	15.1
U11G	5	Ivy-Rose Hallahan	Colchester AC	17.0
U11G	18	Esme Bohannon	Colchester AC	17.9
U11G	26	Isabella Izzet	CATS	22.3



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Target Throw

Sportshall

Girls U11

	No.	Name	Club/School	Total Points
U11G	13	Kylie Kayembe	Chelmsford AC	10
U11G	12	Sofia Lawrence	Chelmsford AC	10
U11G	38	Abigail Knight	Chelmsford Academy	7
U11G	41	Naomi Heath	SSA	6
U11G	42	Inari Rawle	Havering AC	6
U11G	35	Lianne Esterhuysen	Brentwood Beagles	3



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EAN - SPORTSHALL COMPETITION

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Speed Bounce

Sportshall

Girls U11 (20 secs)

	No.	Name	Club/School	Trial 1
U11G	18	Esme Bohannon	Colchester AC	45
U11G	20	Isla Menzies	Colchester and Tenderng	45
U11G	6	Breanna Dosumu	Chelmsford AC	44
U11G	46	Sofia Lyttle	CATS	42
U11G	30	Kacie Langton	Colchester AC	39
U11G	13	Kylie Kayembe	Chelmsford AC	39
U11G	24	Millie Foy	SS Athletics	39
U11G	12	Sofia Lawrence	Chelmsford AC	38
U11G	25	Poppy Foy	SS Athletics	36
U11G	55	Leila Nicholls	CATS	36
U11G	42	Inari Rawle	Havering AC	31
U11G	41	Naomi Heath	SSA	29



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Speed Bounce

Sportshall

Girls U13 / U15 (30 secs)

	No.	Name	Club/School	Trial 1
U13G	17	Rosie Mower	SS Athletics	75
U13G	3	Evie Boygle	City of Southend	75
U13G	1	Cherri Moss	Chelmsford AC	69
U13G	44	Evie Abbott	Brentwood Beagles	67
U13G	53	Ava O Neal	Brentwood Beagles	66
U13G	28	Emma Frisby	City of Southend	67
U13G	47	Lucinda Palmer	Basildon AC	65
U13G	2	Isla Coppard	Basildon AC	60
U13G	52	Darcie Phillips	Basildon AC	69
U13G	10	Shindara Adeyemo	Chelmsford AC	58
U13G	40	Alice Gordon	Harlow Athletics Club	57
U15G	43	Dakota Sladden	none	68
U15G	9	Isabelle Siggers	CATS	62



R2 11th November 2023

Javelin

Sportshall

Girls

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11G	12	Sofia Lawrence	Chelmsford AC	9.75	9.75	9.75	9.75
U11G	7	Sadie Davis	Melbourne	9.00	9.00	5.00	9.00
U11G	38	Abigail Knight	Chelmsford Academy	7.25	8.75	9.00	9.00
U11G	55	Leila Nicholls	CATS	8.5	6.00	7.00	8.50
U11G	35	Lianne Esterhuysen	Brentwood Beagles	7.50	4.50	8.25	8.25
U11G	31	Felicity Charles	none	8.00	7.50	7.50	8.00
U11G	29	Lisa Ndung'u	none	7.00	5.00	5.75	7.00
U11G	42	Inari Rawle	Havering AC	5.25	4.75	6.25	6.25

Balance Beam

Sportshall

Girls

	No.	Name	Club/School	Trial
				1
U11G	12	Sofia Lawrence	Chelmsford AC	60
U11G	13	Kylie Kayembe	Chelmsford AC	45
U11G	23	Rose Brown	none	25.9
U11G	55	Leila Nicholls	CATS	23.9
U11G	29	Lisa Ndung'u	none	21.6
U11G	42	Inari Rawle	Havering AC	16.8
U11G				
U11G				



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Chest Push

Shot Putt

Sportshall

Boys U11 (1kg)

Boys U13- 3.25kg / U15 - 4kg

	No.	Name	Club/School	Trial			Best
				1	2	3	
		CHEST PUSH IS MEASURED TO NEAREST 25CM BELOW					
U11B	63	Robbie Howard	CATS	5.75	6.25	6.00	6.25
U11B	81	Rory Knivett	none	5.50	5.50	6.00	6.00
U11B	64	Aidan Burgoyne	CATS	X	5.50	6.00	6.00
U11B	71	Jude Lipscombe	SS Athletics	5.75	5.50	5.50	5.75
U11B	60	Wilbur Wheatley	Colchester AC	4.50	5.50	5.25	5.50
U11B	62	Joe Howard	CATS	5.50	5.25	5.25	5.50
U13B	77	Thomas O'Flanagan	Basildon AC	3.50	4.50	4.25	4.50
		LINEAR SHOT: MEASURED TO NEAREST 25CM BELOW					
U13B	83	Alfie Gradley	Basildon AC	6.12	6.37	5.88	6.37
U13B	14	Arron Watson	Castle Point Joggers	5.88	5.36	5.69	5.88
U13B	82	Ellis Knivett	none	3.92	X	3.96	3.96
U15B	70	Jack Weston	Basildon AC	10.11	X	10.06	10.11



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Standing Long Jump



Boys U11

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11B	68	Dylan Phillips-Frontin	SS Athletics	2.00	1.94	1.9	2.00
U11B	61	Toby Stothard	Chelmsford AC	1.94	1.82	1.78	1.94
U11B	74	Oliver Everard	Basildon AC	1.78	1.78	1.81	1.81
U11B	75	Esirhueme Alegeh	Colchester AC	1.77	1.79	1.75	1.79
U11B	72	Mason Partridge	Colchester & Tendring	1.73	1.76	1.76	1.76
U11B	81	Rory Knivett	none	1.74	1.66	1.64	1.74
U11B	78	Harry Shuter	none	1.66	1.69	1.70	1.70
U11B	71	Jude Lipscombe	SS Athletics	1.69	1.68	1.70	1.70
U11B	73	Joshua Thomas	Basildon AC	1.68	1.64	1.64	1.68
U11B	80	Jude Court	none	1.68	1.56	1.64	1.68
U11B	60	Wilbur Wheatley	Colchester AC	1.63	1.60	1.64	1.64
U11B	77	Thomas OFlanagan	Basildon AC	1.48	1.42	1.52	1.52
U11B	63	Robbie Howard	CATS	1.30	1.40	1.43	1.43



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Standing Long Jump



Boys U13

U13B	84	Stanislaw Sokolowski	SS Athletics	2.02	2.00	2.06	2.06
U13B	83	Alfie Gradley	Basildon AC	1.92	1.95	1.98	1.98
U13B	14	Arron Watson	Castle Point Joggers	1.78	1.76	1.78	1.78
U13B	82	Ellis Knivett	none	1.42	1.46	1.52	1.52



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Standing Long Jump



Boys U15

U15B	70	Jack Weston	Basildon AC	2.02	2.18	2.19	2.19



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Standing Triple Jump

Sportshall

Boys

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11B	75	Esirhueme Alegeh	Colchester AC	5.26	5.68	5.75	5.75
U11B	61	Toby Stothard	Chelmsford AC	5.65	5.42	5.36	5.65
U11B	64	Aidan Burgoyne	CATS	4.88	5.65	4.77	5.65
U11B	71	Jude Lipscombe	SS Athletics	5.07	5.05	4.92	5.07
U11B	60	Wilbur Wheatley	Colchester AC	4.62	4.69	4.72	4.72
U11B	73	Joshua Thomas	Basildon AC	4.23	4.12	4.48	4.48
U11B	63	Robbie Howard	CATS	4.15	4.10	4.29	4.29
U11B	62	Joe Howard	CATS	3.85	3.97	4.04	4.04



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Standing Triple Jump

Sportshall

Boys

	No.	Name	Club/School	Trial			Best
				1	2	3	
U13B	69	Thomas Matthews	Basildon AC	5.17	5.07	4.98	5.17
U13B	79	Sebastian Peloli	Basildon AC	4.48	4.54	5.15	5.15
U13B	85	Henry Summer	SS Athletics	5.09	5.08	4.95	5.09



EAN - SPORTSHALL COMPETITION

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Vertical Jump



Boys U11 / U13 / U15

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11B	68	Dylan Phillips-Frontin	SS Athletics	36	40	43	43
U11B	78	Harry Shuter	none	37	37	35	37
U11B	71	Jude Lipscombe	SS Athletics	36	34	33	36
U11B	73	Joshua Thomas	Basildon AC	30	29	32	32
U11B	64	Aidan Burgoyne	CATS	30	32	28	32
U11B	62	Joe Howard	CATS	23	26	27	27
U13B	83	Alfie Gradley	Basildon AC	48	39	46	48
U13B	79	Sebastian Peloli	Basildon AC	33	40	36	40
U13B	82	Ellis Knivett	None	27	29	33	33
U15B	70	Jack Weston	Basildon AC	49	51	50	51



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Hi Stepper

Boys U11



	No.	Name	Club/School	Trial
				1
U11B	61	Toby Stothard	Chelmsford AC	13.4
U11B	68	Dylan Phillips-Frontin	SS Athletics	14.7
U11B	72	Mason Partridge	Colchester & Tendring	14.9
U11B	75	Esirhueme Alegeh	Colchester AC	15.9
U11B	64	Aidan Burgoyne	CATS	16.4
U11B	62	Joe Howard	CATS	18.3



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Target Throw

Sportshall

Boys U11

	No.	Name	Club/School	Total Points
U11B	71	Jude Lipscombe	SS Athletics	16
U11B	63	Robbie Howard	CATS	14
U11B	60	Wilbur Wheatley	Colchester AC	11
U11B	78	Harry Shuter		8
U11B				
U11B				



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Speed Bounce



Boys U11 (20 secs)

	No.	Name	Club/School	Trial
				1
U11B	74	Oliver Everard	Basildon AC	45
U11B	71	Jude Lipscombe	SS Athletics	42



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Speed Bounce Sportshall

Boys U13 / U15 (30 secs)

	No.	Name	Club/School	Trial
				1
U13B	69	Thomas Matthews	Basildon AC	64
U13B	14	Arron Watson	Castle Point Joggers	63
U13B	85	Henry Summer	SS Athletics	58
U13B	79	Sebastian Peloli	Basildon AC	46



EAN - SPORTSHALL COMPETITION

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Javelin



Boys

	No.	Name	Club/School	Trial			
				1	2	3	Best
U11B	71	Jude Lipscombe	SS Athletics	13.70	13.9	11.6	13.90
U11B	81	Rory Knivett	none	5.50	13.00	12.40	13.00
U11B	64	Aidan Burgoyne	CATS	11.00	10.25	11.20	11.20
U11B	62	Joe Howard	CATS	10.25	10.50	10.60	10.60
U11B	63	Robbie Howard	CATS	7.75	10.5	10.50	10.50
U11B	74	Oliver Everard	Basildon AC	10.00	8.00	9.00	10.00
U11B	60	Wilbur Wheatley	Colchester AC	8.25	9.75	8.25	9.75
U11B	77	Thomas OFlanagan	Basildon AC	8.00	7.00	6.75	8.00

Balance Beam



Boys

	No.	Name	Club/School	Trial
				1