

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

Under 13 Girls

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------|------|------------------|-------------------|-------------------|----------------|-------------------|-----------------|------------------|--------------|
| | NAME | Zoe Johnson | | | | | | | |
| High Jump | CLUB | GYDAC | | | | | | | |
| | PERF | 98 | | | | | | | |
| 200m | NAME | Imogen Gibbs | Anna Spratt | Rebecca Russell | Anna Hayward | | | | |
| Heat 1 | CLUB | Conac | Conac | Wnac | Thetford | | | | |
| | PERF | 29.7 | 30.5 | 31.3 | 32.8 | | | | |
| 200m | NAME | Laura McDonald | Hannah Cooke | Laura Vincent | Grace Bird | Elisha Bowers | | | |
| Heat 2 | CLUB | Conac | Ryston | Wnac | Dereham | Thetford | | | |
| | PERF | 30 | 30.7 | 31.3 | 33.5 | 37.5 | | | |
| 200m | NAME | Imogen Gibbs | Laura McDonald | Laura Vincent | Anna Spratt | Hannah Cooke | Rebecca Russell | | |
| Final | CLUB | Conac | Conac | Wnac | Conac | Ryston | Wnac | | |
| | PERF | 29.5 | 30.2 | 30.8 | 31.2 | 31.4 | 31.9 | | |
| Javelin | NAME | Laura McDonald | Sasha Bernard | | | | | | |
| | CLUB | Conac | Conac | | | | | | |
| | PERF | 25.64 | 13.70 | | | | | | |
| 800m | NAME | Tasmin Searle | Grace Bird | Georgina Culling | Laura McDonald | Hazel Wilson | Megan Norry | | |
| | CLUB | Thetford | Dereham | Conac | Conac | Conac | Thetford | | |
| | PERF | 2.41.8 | 2.46.8 | 2.52.8 | 2.57.9 | 3.03.9 | 3.12.1 | | |
| 70m | NAME | Honor De Winton | Anna spratt | Imogen Gibbs | Hannah Cooke | Marion Foulger | Sasha Bernard | Megan Norry | |
| Hurdles | CLUB | Wnac | Conac | Conac | Ryston | Dis | Conac | Thetford | |
| | PERF | 12.4 | 12.6 | 12.7 | 13.7 | 13.7 | 15.7 | 18.7 | |
| Long Jump | NAME | Honor De Winter | Marion Foulger | Rebecca Russell | Hannah Cooke | Victoria Mitchell | Zoe Johnson | Georgina Culling | Hazel Wilson |
| | CLUB | Wnac | Diss | Wnac | Ryston | Conac | Gydac | Conac | Conac |
| | PERF | 4.48 | 4.05 | 3.99 | 3.9 | 3.81 | 3.17 | 3.16 | 2.95 |
| | NAME | Elisha Bowers | | | | | | | |
| | CLUB | Thetford | | | | | | | |
| | PERF | 2.55 | | | | | | | |
| Discus | NAME | Georgina Howe | Megan Thomas | Anna Hayward | | | | | |
| | CLUB | Thetford | Conac | Thetford | | | | | |
| | PERF | 21.28 | 17.71 | 9.18 | | | | | |
| 100m | NAME | Clieo Stephenson | Honor de Winton | Aimee Hopkins | Anna Hayward | Marion Foulger | Sasha Bernard | Hazel Wilson | |
| Heat 1 | CLUB | Conac | Wnac | Unattached | Thetford | Diss | Conac | Conac | |
| | PERF | 13.5 | 14.4 | 14.6 | 15.2 | 15.2 | 15.7 | 16.6 | |
| 100m | NAME | Imogen Gibbs | Victoria Mitchell | Laura Vincent | Elisha Bowers | Zoe Johnson | | | |
| Heat 2 | CLUB | Conac | Conac | Wnac | Thetford | Gydac | | | |
| | PERF | 14.4 | 14.5 | 15 | 17.2 | 17.5 | | | |
| 100m | NAME | Clieo Stephenson | Imogen Gibbs | Victoria Mitchell | Aimee Hopkins | Honor De Winton | Laura Vincent | | |
| Final | CLUB | Conac | Conac | Conac | Unattached | Wnac | Wnac | | |
| | PERF | 13.6 | 14.2 | 14.3 | 14.6 | 14.6 | 14.7 | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|-------------|-------------|--------------|---------------|---------------|-----------------|------------------|-------------|--|--|
| Shot | NAME | Megan Thomas | Georgina Howe | Laura Vincent | Rebecca Russell | Georgina Culling | Megan Norry | | |
| | CLUB | Conac | Thetford | Wnac | Wnac | Conac | Thetford | | |
| | PERF | 6.78 | 6.45 | 4.95 | 4.93 | 3.97 | 3.69 | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

Under 13 Boys

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------------------|------|-----------------|-----------------|-----------------|-----------------|---------------|---------------|----------------|-----------------|
| | NAME | Jack Thompson | Ryan Sadler | Ryan Skipp | Ben Vozza | Sam Vozza | | | |
| 200m | CLUB | Ryston | Wav.Valley | Thetford | Conac | Conac | | | |
| | PERF | 30.6 | 30.6 | 32.2 | 35.3 | 36.4 | | | |
| | NAME | Callum Brown | Matthew Burgess | Andrew Creak | Charlie Skinner | Henry Skinner | | | |
| Javelin | CLUB | Conac | Gydac | Gydac | Conac | Conac | | | |
| | PERF | 24.62 | 24.15 | 19.58 | 15.87 | 13.81 | | | |
| | NAME | Daniel Allman | | | | | | | |
| 75m Hurdles | CLUB | Gydac | | | | | | | |
| | PERF | 16.3 | | | | | | | |
| | NAME | Henry Loughlin | Sam Gotts | Callum Brown | Ryan Skipp | Andrew Creak | | | |
| 800m | CLUB | Wnac | Conac | Conac | Thetford | Gydac | | | |
| | PERF | 2.35.1 | 2.36.7 | 2.38.0 | 2.49.8 | 2.59.2 | | | |
| | NAME | Michael Painter | Henry Skinner | | | | | | |
| Discus | CLUB | Conac | Conac | | | | | | |
| | PERF | 24.11 | 20.42 | | | | | | |
| | NAME | Henry Skinner | Matthew Burgess | Michael Painter | Sam Vozza | | | | |
| Shot | CLUB | Conac | Gydac | Conac | Conac | | | | |
| | PERF | 7.13 | 7.03 | 6.88 | 4.86 | | | | |
| | NAME | Vincent hart | Ryan Sadler | Jack Thompson | Daniel Allman | Ryan Howard | | | |
| 100m | CLUB | Wisbech Grammer | Wav.Valley | Ryston | Gydac | Conac | | | |
| | PERF | 14.3 | 14.4 | 14.6 | 15.1 | 16.6 | | | |
| | NAME | Callum Brown | Jack Thompson | Ryan Sadler | Andrew Creak | Ryan Skipp | Daniel Allman | Henry Loughlin | Charlie Skinner |
| Long Jump | CLUB | Conac | Ryston | Wav.Valley | Gydac | Thetford | Gydac | Wnac | Conac |
| | PERF | 4.12 | 3.99 | 3.93 | 3.81 | 3.67 | 3.61 | 3.54 | 3.03 |
| | NAME | Ben Vozza | | | | | | | |
| | CLUB | Conac | | | | | | | |
| | PERF | 2.56 | | | | | | | |

Under 20 Women

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---------------------|------|--------------------|----------|---|---|---|---|---|---|
| | NAME | Ruth Senior | Amy Hams | | | | | | |
| 400m Hurdles | CLUB | Conac | Conac | | | | | | |
| | PERF | 72.4 | 75.5 | | | | | | |
| | NAME | Megan Boon | | | | | | | |
| Hammer | CLUB | Ryston | | | | | | | |
| | PERF | 36.57CBP | | | | | | | |
| | NAME | Anna-Marie Denmark | | | | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|--------------------------------|------|--------------------|----------------|------------------|----------------|--|--|--|--|
| Pole Vault | CLUB | Conac | | | | | | | |
| | PERF | 1.80 | | | | | | | |
| | NAME | Lucy Magem | Charlotte Hunt | | | | | | |
| 200m | CLUB | Conac | Ryston | | | | | | |
| | PERF | 29.4 | 31.9 | | | | | | |
| | NAME | Leah McGuire | Polly Mason | | | | | | |
| Long Jump | CLUB | Conac | Conac | | | | | | |
| | PERF | 4.79 | 3.63 | | | | | | |
| | NAME | Jessica Robinson | Charlotte Hunt | | | | | | |
| 800m | CLUB | Ryston | Ryston | | | | | | |
| | PERF | 2.46.4 | 3.02.0 | | | | | | |
| | NAME | Amy Hams | | | | | | | |
| 100m Hurdles | CLUB | Conac | | | | | | | |
| | PERF | 22.2 | | | | | | | |
| | NAME | Emma Barwick | Katie Jaggard | | | | | | |
| Discus | CLUB | Gydac | Wym.College | | | | | | |
| | PERF | 22.61 | 20.57 | | | | | | |
| | NAME | Anna Marie Denmark | Polly Mason | | | | | | |
| Javelin | CLUB | Conac | Conac | | | | | | |
| | PERF | 24.78 | 20.33 | | | | | | |
| | NAME | Anna Marie Denmark | | | | | | | |
| 400m | CLUB | Conac | | | | | | | |
| | PERF | 68.1 | | | | | | | |
| | NAME | Ruth Senior | | | | | | | |
| 1500m | CLUB | Conac | | | | | | | |
| | PERF | 4.36.4CBP | | | | | | | |
| | NAME | Leah McGuire | Lucy Magen | | | | | | |
| 100m | CLUB | Conac | Conac | | | | | | |
| | PERF | 13.3 | 13.8 | | | | | | |
| | NAME | Leah McGuire | Katie Jaggard | | | | | | |
| Shot | CLUB | Conac | Wym.College | | | | | | |
| | PERF | 8.72 | 8.13 | | | | | | |
| Under 20 women continue | | | | | | | | | |
| | NAME | Lee Askew | Polly Mason | Jessica Robinson | Charlotte Hunt | | | | |
| Triple Jump | CLUB | Wym.Coll | Conac | Ryston | Ryston | | | | |
| | PERF | 9.10 | 8.62 | 8.42 | 8.41 | | | | |

Under 20 Men

| EVENT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------|---|---|---|---|---|---|---|---|
|-------|---|---|---|---|---|---|---|---|

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

| | | | | | | | | | |
|---------------------|------|------------------|---------------|------------------|------------------|---------------|-------------|--|--|
| | NAME | James cox | Ben Frosdick | | | | | | |
| 400m Hurdles | CLUB | Conac | Conac | | | | | | |
| | PERF | 61.2 | 66.7 | | | | | | |
| | NAME | Oliver Armstrong | Luke Wale | James Bandorwski | Benjamin Tuck | | | | |
| 200m | CLUB | Wym.College | Conac | Conac | Conac | | | | |
| | PERF | 24.3 | 24.4 | 24.4 | 25.0 | | | | |
| | NAME | Lewis Ely | | | | | | | |
| High Jump | CLUB | Wnac | | | | | | | |
| | PERF | 1.85 | | | | | | | |
| | NAME | Rick Ward | Willie Duncan | | | | | | |
| 800m | CLUB | Conac | Nor.Gazelles | | | | | | |
| | PERF | 1.58.3 | 2.00.8 | | | | | | |
| | NAME | Francis Baker | James Cox | Daryl Wickham | Ben Frosdick | | | | |
| 110m Hurdles | CLUB | Conac | Conac | Conac | Conac | | | | |
| | PERF | 15.1 | 16.2 | 16.6 | 18.2 | | | | |
| | NAME | Tom Balfour | | | | | | | |
| Javelin | CLUB | Gydac | | | | | | | |
| | PERF | 35.42 | | | | | | | |
| | NAME | Steve Cannell | Martyn Bath | Mathew Dack | Ashley Harrell | | | | |
| 3000s/c | CLUB | Conac | Conac | Conac | Ryston | | | | |
| | PERF | 9.51.6CBP | 10.09.6 | 10.30.6 | 10.48.0 | | | | |
| | NAME | Francis Baker | Martin Futter | Luke Wale | Oliver Armstrong | Daryl Wickham | Tom Balfour | | |
| Long Jump | CLUB | Conac | Conac | Conac | Wym.College | Conac | Gydac | | |
| | PERF | 6.36 | 6.16 | 5.82 | 5.63 | 5.6 | 4.67 | | |
| | NAME | Rick Ward | | | | | | | |
| 400m | CLUB | Conac | | | | | | | |
| | PERF | 51.6 | | | | | | | |
| | NAME | Francis Baker | Oweedo Ikidde | Luke Wale | Oliver Armstrong | | | | |
| 100m | CLUB | Conac | Unattached | Conac | Wym.College | | | | |
| | PERF | 11.5 | 11.6 | 11.6 | 11.9 | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

Veteran Men

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---------------------|------|------------------|---------------|--------------|----------|----------|----------|----------|----------|
| | NAME | John Greenhalgh | Stephen Cross | | | | | | |
| Triple Jump | CLUB | Wnac | Unattached | | | | | | |
| | PERF | 10.45 | 9.40 | | | | | | |
| | NAME | Gordon Slater | | | | | | | |
| 800m | CLUB | Conac | | | | | | | |
| | PERF | 2.22.2 | | | | | | | |
| | NAME | John Greenhalgh | | | | | | | |
| 110m Hurdles | CLUB | Wnac | | | | | | | |
| | PERF | 20.2 | | | | | | | |
| | NAME | Tim Newenham | Nigel Skinner | Glyndwr Long | | | | | |
| Javelin | CLUB | Conac | Unattached | Conac | | | | | |
| | PERF | 51.89 CBP | 36.75 | 24.05 | | | | | |
| | NAME | Stephen Cross | | | | | | | |
| Long Jump | CLUB | Unattached | | | | | | | |
| | PERF | 4.12 | | | | | | | |
| | NAME | John Painter | Glyndwr Long | | | | | | |
| Shot | CLUB | Conac | Conac | | | | | | |
| | PERF | 12.81 | 8.52 | | | | | | |
| | NAME | Paul Woodyatt | | | | | | | |
| 1500m | CLUB | Conac | | | | | | | |
| | PERF | 5.19.6 | | | | | | | |
| | NAME | John Painter | Nigel Skinner | | | | | | |
| Discuss | CLUB | Conac | Unattached | | | | | | |
| | PERF | 41.54 | 32.84 | | | | | | |

Veteran Women

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------------------|------|-------------|--------------|-------------|-------------|----------|----------|----------|----------|
| | NAME | Gaye Clarke | | | | | | | |
| Triple Jump | CLUB | Ryston | | | | | | | |
| | PERF | 8.92 | | | | | | | |
| | NAME | Gaye Clarke | | | | | | | |
| 200m | CLUB | Ryston | | | | | | | |
| | PERF | 29.8 | | | | | | | |
| | NAME | Gaye Clarke | | | | | | | |
| 80m Hurdles | CLUB | Ryston | | | | | | | |
| | PERF | 13.0 | | | | | | | |
| | NAME | Gaye Clarke | Lisa Griffin | Sara Burton | Karina Hart | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

| | | | | | | | | | |
|------------------|------|-------------|------|-------|------------|--|--|--|--|
| 100m | CLUB | Ryston | Diss | conac | Unattached | | | | |
| | PERF | 14.0 | 14.2 | 16.1 | 16.7 | | | | |
| | NAME | Gaye Clarke | | | | | | | |
| Long Jump | CLUB | Ryston | | | | | | | |
| | PERF | 4.33 | | | | | | | |

Senior Women

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------------------|------|-----------------|-----------------|----------------|----------------|----------|----------|----------|----------|
| | NAME | Olivia Birkett | | | | | | | |
| Hammer | CLUB | Conac | | | | | | | |
| | PERF | 35.48 | | | | | | | |
| | NAME | Laura Wood | | | | | | | |
| Long Jump | CLUB | Ryston | | | | | | | |
| | PERF | 3.75 | | | | | | | |
| | NAME | Nicki Gooderham | | | | | | | |
| 800m | CLUB | Diss | | | | | | | |
| | PERF | 2.22.4 | | | | | | | |
| | NAME | Olivia Birkett | | | | | | | |
| Discus | CLUB | Conac | | | | | | | |
| | PERF | 27.36 | | | | | | | |
| | NAME | Melanie Brown | Nicki Gooderham | Libby McIntyre | | | | | |
| 400m | CLUB | WG & ES | Diss | Ryston | | | | | |
| | PERF | 59.3 | 62.9 | 69.1 | | | | | |
| | NAME | Ruth Proctor | Amy Dungar | Ester Hope | Nicky Wastaney | | | | |
| 1500m | CLUB | Conac | Conac | Conac | Unattached | | | | |
| | PERF | 4.44.9 | 4.46.8 | 5.05.3 | 5.05.9 | | | | |
| | NAME | Olivia Birkett | | | | | | | |
| Shot | CLUB | Conac | | | | | | | |
| | PERF | 7.91 | | | | | | | |
| | NAME | Laura Wood | | | | | | | |
| Triple Jump | CLUB | Ryston | | | | | | | |
| | PERF | 9.09 | | | | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

Senior Men

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---------------------|------|-----------------|-----------------|---------------|--------------------|---------------|---------------|----------|----------|
| | NAME | Chris Hurren | | | | | | | |
| 400m | CLUB | Gydac | | | | | | | |
| | PERF | 54.5 | | | | | | | |
| | NAME | James Hunt | Benn Crisp | Mark Soukal | Matthew Bloonfield | Neil Griffin | | | |
| Shot | CLUB | Conac | Diss | Conac | Gydac | Diss | | | |
| | PERF | 13.54 | 11.38 | 10.34 | 10.31 | 9.34 | | | |
| | NAME | Daniel Beier | Steven Neill | Guy Amos | James O'Neill | Darren Fowlie | Paul Higham | | |
| 1500m | CLUB | Conac | RAF | Conac | Conac | Nor.Gazelles | Nor.Gazelles | | |
| | PERF | 4.03.4 | 4.05.3 | 4.07.2 | 4.07.7 | 4.16.1 | 4.27.6 | | |
| | NAME | Robert Simmonds | James Hunt | Mark Soukal | Matthew Bloomfield | Neil Griffin | | | |
| Discus | CLUB | Ryston | Conac | Conac | Gydac | Diss | | | |
| | PERF | 34.15 | 33.03 | 32.34 | 28.92 | 23.36 | | | |
| | NAME | Andy McCullagh | Thomas Began | Joseph Ibe | | | | | |
| 100m | CLUB | Conac | UEA | HHH | | | | | |
| | PERF | 11.5 | 11.7 | 11.7 | | | | | |
| | NAME | Andrew Simmonds | Ian Hogarth | | | | | | |
| 400m Hurdles | CLUB | Ryston | Ryston | | | | | | |
| | PERF | 59.3 | 60.0 | | | | | | |
| | NAME | Joseph Ibe | Andrew McNamara | Jack McIntyre | | | | | |
| Triple Jump | CLUB | HHH | Gydac | Ryston | | | | | |
| | PERF | 12.91 | 12.73 | 10.63 | | | | | |
| | NAME | Simon Bowman | Andrew Simmonds | Benn Crisp | James Hunt | | | | |
| Hammer | CLUB | Diss | ryston | Diss | Conac | | | | |
| | PERF | 39.65 | 36.23 | 28.94 | 28.06 | | | | |
| | NAME | Andrew Thornton | Joseph Ibe | | | | | | |
| 200m | CLUB | Conac | HHH | | | | | | |
| | PERF | 23.5 | 25.3 | | | | | | |
| | NAME | Luke Foster | Robert Simmonds | Ian Hogarth | | | | | |
| High Jump | CLUB | Wnac | Ryston | Ryston | | | | | |
| | PERF | 1.90 | 1.85 | 1.75 | | | | | |
| | NAME | Daniel Beier | James O'Neill | Ian Hogarth | Andew Simmonds | Paul Higham | Darren Fowlie | | |
| 800m | CLUB | Conac | Conac | Ryston | Ryston | Nor.Gazelles | Nor.Gazelles | | |
| | PERF | 1.56.9 | 1.58.9 | 2.01.8 | 2.03.4 | 2.03.5 | 2.03.7 | | |
| | NAME | Andrew McNamara | | | | | | | |
| 110m Hurdles | CLUB | Gydac | | | | | | | |
| | PERF | 17.0 | | | | | | | |
| | NAME | Robert Simmonds | Benn Crisp | Mark Soukall | | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|----------------------------|------|-----------------|----------------|----------------|--|--|--|--|--|
| Javelin | CLUB | Ryston | Diss | Conac | | | | | |
| | PERF | 48.97 | 42.33 | 34.06 | | | | | |
| Senior Men continue | | | | | | | | | |
| | NAME | Andrew McNamara | Andy McCullagh | Simon Kennison | | | | | |
| Long Jump | CLUB | Gydac | Conac | Conac | | | | | |
| | PERF | 5.98 | 5.96 | 4.01 | | | | | |

Under 17 Women

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---------------------|------|-----------------|-----------------|---------------|--------------|---|---|---|---|
| | NAME | Harriet Lucas | Carly Brown | Lauren Brown | | | | | |
| 300m | CLUB | Conac | Conac | Conac | | | | | |
| | PERF | 42.2 | 44.70 | 47.2 | | | | | |
| | NAME | Georgina Lake | | | | | | | |
| Pole Vault | CLUB | conac | | | | | | | |
| | PERF | 2.00 | | | | | | | |
| | NAME | Holly Cooper | Natalie Sutton | Rebecca Tuff | | | | | |
| 1500m | CLUB | Conac | Wnac | Ryston | | | | | |
| | PERF | 5.04.3 | 5.10.6 | 5.57.2 | | | | | |
| | NAME | Rebecca Tuff | | | | | | | |
| Discus | CLUB | Ryston | | | | | | | |
| | PERF | 20.28 | | | | | | | |
| | NAME | Harriet Lucas | Sophie Harriman | Carly Burgess | | | | | |
| 100m | CLUB | Conac | Conac | Gydac | | | | | |
| | PERF | 12.6 | 12.8 | 13.9 | | | | | |
| | NAME | Laura Warman | | | | | | | |
| 300m Hurdles | CLUB | Conac | | | | | | | |
| | PERF | 49.4 | | | | | | | |
| | NAME | Lauren Brown | Zoe Banham | | | | | | |
| Triple Jump | CLUB | Conac | Conac | | | | | | |
| | PERF | 9.69 | 8.7 | | | | | | |
| | NAME | Harriet Lucas | Sophie Harriman | Carly Burgess | | | | | |
| 200m | CLUB | Conac | Conac | Gydac | | | | | |
| | PERF | 25.5 CBP | 27.7 | 29.7 | | | | | |
| | NAME | Zoe Banham | | | | | | | |
| High Jump | CLUB | Conac | | | | | | | |
| | PERF | 1.40 | | | | | | | |
| | NAME | Rachel Stringer | Carly Brown | Holly Andrews | Rebecca Tuff | | | | |
| 800m | CLUB | Conac | Conac | Gydac | Ryston | | | | |
| | PERF | 2.15.9 | 2.23.6 | 2.26.7 | 2.47.8 | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|--------------------|------|-----------------|---------------|--------------------|---------------|--|--|--|--|
| | NAME | Laura Warman | | | | | | | |
| 80m Hurdles | CLUB | Conac | | | | | | | |
| | PERF | 14.0 | | | | | | | |
| | NAME | Zoe Banham | Holly Andrews | | | | | | |
| Javelin | CLUB | Conac | Gydac | | | | | | |
| | PERF | 18.26 | 14.41 | | | | | | |
| | NAME | Sophie Harriman | Lauren Brown | Katherine Stratton | Carly Burgess | | | | |
| Long Jump | CLUB | Conac | Conac | Peterborough | Gydac | | | | |
| | PERF | 5.01 | 4.58 | 4.4 | 4.13 | | | | |

Under 17 Men

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---------------------|------|-----------------|---------------------|--------------------|---------------------|-------------|---|---|---|
| | NAME | Michael Fraser | Matthew Sharp | | | | | | |
| 400m | CLUB | conac | Gydac | | | | | | |
| | PERF | 52.1 | 58.10 | | | | | | |
| | NAME | Chris Baker | Gareth Hunt | | | | | | |
| Pole Vault | CLUB | Conac | Ryston | | | | | | |
| | PERF | 3.00 | 2.40 | | | | | | |
| | NAME | Josh Holland | James Robinson | Jonathan Laybourn | Edmund Saul | | | | |
| 1500m | CLUB | conac | Wnac | Wnac | Conac | | | | |
| | PERF | 4.22.1 | 4.25.2 | 4.33.7 | 4.33.8 | | | | |
| | NAME | Sam Spencer | Sam Coe | Timothy Creak | | | | | |
| Discus | CLUB | Wym College | Conac | Gydac | | | | | |
| | PERF | 38.44 | 37.84 | 20.87 | | | | | |
| | NAME | Adam Ambrose | Christopher marshal | | | | | | |
| 100m | CLUB | Ryston | Conac | | | | | | |
| | PERF | 12.4 | 12.5 | | | | | | |
| | NAME | James Thompson | Daryl Martin | Ashley Ambrose | Joshua Rea | Gareth Hunt | | | |
| 400m Hurdles | CLUB | Ryston | Conac | Ryston | Conac | Ryston | | | |
| | PERF | 56.6 CBP | 59.4 | 61.6 | 63.6 | 69.3 | | | |
| | NAME | Adam Ambrose | Gareth Hunt | | | | | | |
| Triple Jump | CLUB | Ryston | Ryston | | | | | | |
| | PERF | 11.35 | 10.75 | | | | | | |
| | NAME | Michael Fraser | Adam Ambrose | Matthew Sharp | Christopher marshal | | | | |
| 200m | CLUB | Conac | Ryston | Gydac | Conac | | | | |
| | PERF | 24.4 | 25.2 | 25.6 | 25.7 | | | | |
| | NAME | Chris Baker | Joshua Rea | | | | | | |
| High Jump | CLUB | Conac | Conac | | | | | | |
| | PERF | 1.90 | 1.65 | | | | | | |
| | NAME | Josh Holland | Ned lamb | Jonathan Laybourne | Jack Pishorn | | | | |
| 800m | CLUB | Conac | Wym.College | Wnac | Wnac | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

| | | | | | | | | | |
|----------------------------------|------|------------------|---------------|---------------------|----------------|--|--|--|--|
| | PERF | 2.00.1 | 2.09.9 | 2.14.3 | 2.42.3 | | | | |
| | NAME | James Thompson | Chris Baker | Joshua Rea | Ashley Ambrose | | | | |
| 100m Hurdles | CLUB | Ryston | Conac | Conac | Ryston | | | | |
| | PERF | 15.0 | 15.3 | 15.8 | 16.0 | | | | |
| | NAME | Ashley Christian | Jack Pishorn | | | | | | |
| Javelin | CLUB | Dereham | Wnac | | | | | | |
| | PERF | 31.10 | 14.23 | | | | | | |
| | NAME | Timothy Creak | Joshua Aldred | Christopher Marshal | | | | | |
| Long Jump | CLUB | Gydac | Gydac | Conac | | | | | |
| | PERF | 6.20 | 5.29 | 4.65 | | | | | |
| | | | | | | | | | |
| Under 17 men continue | | | | | | | | | |
| | NAME | Samuel Coe | Joshua Aldred | Ashley Christian | | | | | |
| Shot | CLUB | Conac | Gydac | Dereham | | | | | |
| | PERF | 11.74 | 8.86 | 8.63 | | | | | |
| | NAME | Samuel Coe | | | | | | | |
| Hammer | CLUB | Conac | | | | | | | |
| | PERF | 60.05 CBP | | | | | | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

Under 15 Girls

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------------------|------|---------------|------------------|------------------|--------------------|-------------------|---------------|----------------|------------|
| | NAME | Jade Chesney | Chloe Smith | Holly slater | Chloe Crisp | | | | |
| High Jump | CLUB | Conac | Conac | Conac | Conac | | | | |
| | PERF | 1.50 | 1.40 | 1.40 | 1.20 | | | | |
| | NAME | Sophie Poyner | Gemma Neve | Laura Green | Leanne parker | Catherine England | | | |
| 200m | CLUB | Conac | ryston | Conac | Thetford | Peterborough | | | |
| Heat 1 | PERF | 27.9 | 28.8 | 29.4 | 30.1 | 30.2 | | | |
| | NAME | Shanice Burch | Victoria Borrman | Jenny Milligan | Chloe Smith | Emily Reeve | Holly Slater | | |
| 200m | CLUB | Wnac | Ryston | Conac | Conac | Thetford | Conac | | |
| Heat 2 | PERF | 27.8 | 28.3 | 28.5 | 29.4 | 29.9 | 31.3 | | |
| | NAME | Shanice Burch | Sophie Poyner | Victoria Borrman | Jenny Milligan | Gemma Neve | Laura Green | | |
| 200m | CLUB | Wnac | Conac | Ryston | Conac | ryston | Conac | | |
| Final | PERF | 27.50 | 27.9 | 28.0 | 28.7 | 28.8 | 29.2 | | |
| | NAME | Chloe Clarke | Nadine Simmons | | | | | | |
| Javelin | CLUB | Wnac | Gydac | | | | | | |
| | PERF | 15.56 | 14.16 | | | | | | |
| | NAME | Sadie Miller | Gilly Savage | Freya Penn | Juliette Knights | Monique Reeve | Laura Rout | | |
| 800m | CLUB | Conac | Conac | Conac | Conac | Thetford | Diss | | |
| | PERF | 2.28.2 | 2.30.5 | 2.31.7 | 2.33.4 | 2.53.0 | 3.17.8 | | |
| | NAME | Gemma Neve | Jenny Milligan | Freya Bell | Laura Green | Mimi Denmark | Chloe Crisp | | |
| 75m Hurdles | CLUB | Ryston | Conac | Conac | Conac | Conac | Cona | | |
| | PERF | 12.9 | 13.0 | 13.5 | 13.8 | 13.9 | 14.9 | | |
| | NAME | Jessica Crisp | Jenna Cannell | Chloe Clarke | Chantelle Lewis | | | | |
| Discus | CLUB | Conac | Conac | Wnac | Thetford | | | | |
| | PERF | 18.33 | 18.0 | 13.75 | 13.49 | | | | |
| | NAME | Claire Pring | Iona Lake | | | | | | |
| 1500m | CLUB | Conac | Conac | | | | | | |
| | PERF | 4.56.6 | 5.21.4 | | | | | | |
| | NAME | Shanice Burch | Sophie Poyner | Mimi Denmark | Gemma Neve | Emily Reeve | Tyla Vane | Nadine Simmons | Laura Rout |
| Long Jump | CLUB | Wnac | Conac | Conac | Ryston | Thetford | Thetford | Gydac | Diss |
| | PERF | 4.62 | 4.49 | 4.44 | 4.40 | 4.02 | 3.95 | 3.60 | 3.07 |
| | NAME | Shanice Burch | Jenny Milligan | Chloe Smith | Caatherine England | Leanne Parker | Monique Reeve | | |
| 100m | CLUB | Wnac | conac | Conac | Peterborough | Thetford | Thetford | | |
| Heat1 | PERF | 13.6 | 13.7 | 13.9 | 14.3 | 14.4 | 15.0 | | |
| | NAME | Sophie Poyner | Victoria Borrman | Laura Green | Holly slater | Chantelle Lewis | | | |
| 100m | CLUB | Conac | Ryston | Conac | Conac | Thetford | | | |
| Heat 2 | PERF | 13.8 | 14.0 | 14.1 | 14.8 | 16.7 | | | |
| | NAME | Shanice Burch | Sophie Poyner | Chloe Smith | Jenny Milligan | Victoria Borrman | Laura Green | | |
| 100m | CLUB | Wnac | Conac | Conac | Conac | Ryston | Conac | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|--------------------------------|------|-------------------|----------------|---------------|--------------|--------------|-----------------|--|--|
| Final | PERF | 13.5 | 13.6 | 13.9 | 14.0 | 14.0 | 14.4 | | |
| Under 15 Girls continue | | | | | | | | | |
| | NAME | Jessica Crisp | Nadine Simmons | Jenna Cannell | Mimi Denmark | Chloe Clarke | Chantelle Lewis | | |
| Shot | CLUB | Conac | Gydac | Conac | Conac | Wnc | Thetford | | |
| | PERF | 7.55 | 7.04 | 6.73 | 6.65 | 6.43 | 5.68 | | |
| | NAME | Victoria Borrmann | | | | | | | |
| Triple Jump | CLUB | Ryston | | | | | | | |
| | PERF | 8.76 | | | | | | | |

Under 15 Boys

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------------------|------|-------------------|-----------------------|-----------------|---------------------|----------------------|--------------|---------------|----------|
| | NAME | Samuel Wilson | Adam Howard | Karl Higgins | | | | | |
| High Jump | CLUB | Conac | Conac | Thetford | | | | | |
| | PERF | 1.45 | 1.35 | 1.20 | | | | | |
| | NAME | Jahmal Mills | DelaRey Veenendaal | Tim Cochius | Samuel wilson | Ryan Parker | | | |
| 200m | CLUB | Gydac | Glebe School | conac | Conac | Thetford | | | |
| | PERF | 24.40 | 25.5 | 26.1 | 28.1 | 29.8 | | | |
| | NAME | Ed Skinner | Harry Newenham | Michael Rouse | Thomas Francis | Karl Higgins | Aaron Brown | | |
| Javelin | CLUB | Conac | Conac | Diss | Thetford | Thetford | Conac | | |
| | PERF | 37.02 | 36.90 | 32.43 | 23.06 | 21.80 | 19.45 | | |
| | NAME | James Senior | Joel Taylor | Thomas Crawshaw | Andrew McAllisher | Karl Higgins | Ben Johnson | | |
| 800m | CLUB | Conac | Conac | Conac | Wym College | Thetford | Gydac | | |
| | PERF | 2.11.3 | 2.12.8 | 2.14.8 | 2.27.2 | 2.43.4 | 2.48.8 | | |
| | NAME | Samuel Wilson | Christopher Woodhouse | Adam Howard | Ben Johnson | | | | |
| 80m Hurdles | CLUB | Conac | Wnac | Conac | Gydac | | | | |
| | PERF | 13.3 | 15.2 | 16.6 | 17.2 | | | | |
| | NAME | Andrew McAllister | Joel Taylor | Michael Rouse | Ed Skinner | Harry Newenham | | | |
| Discus | CLUB | Wym. College | Conac | Diss | Conac | Conac | | | |
| | PERF | 28.37 | 24.50 | 23.61 | 23.20 | 20.03 | | | |
| | NAME | Oliver Maskell | Thomas Francis | George Melville | Christopher Johnson | | | | |
| 1500m | CLUB | Conac | Thetford | Conac | Conac | | | | |
| | PERF | 4.46.1 | 5.02.6 | 5.04.1 | 5.52.1 | | | | |
| | NAME | Jahmal Mills | Adam Howard | Wesley Attew | Ryan Parker | Josh Chaplain-Barton | Daniel Beeby | Robert Taylor | |
| Long Jump | CLUB | Gydac | Conac | Gydac | Thetford | Wnac | Ryston | Ryston | |
| | PERF | 5.75 | 4.88 | 4.70 | 4.55 | 4.31 | 4.19 | 3.63 | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|-------------------------------|------|-----------------|-----------------------|----------------------|-----------------------|----------------------|--------------|--|--|
| | NAME | Tim Cochius | De La Rey Veenenddal | Ed Skinner | Wesley Attew | | | | |
| 100m | CLUB | Conac | Glebe Sch | Conac | Gydac | | | | |
| Heat1 | PERF | 12.5 | 12.7 | 14.2 | 14.2 | | | | |
| | NAME | Jahmal Mills | Christopher Woodhouse | Ryan Parker | Ben Johnson | Robert Taylor | | | |
| 100m | CLUB | Gydac | Wnac | Thetford | Gydac | Ryston | | | |
| Heat 2 | PERF | 12.1 | 12.9 | 14.3 | 14.3 | 15.7 | | | |
| | NAME | Jahmal Mills | Tim cochius | De La Rey Veenendaal | Christopher Woodhouse | Ed Skinner | Wesley Attew | | |
| 100m | CLUB | Gydac | Conac | Glebe Sch | Wnac | Conac | Gydac | | |
| Final | PERF | 12.1 | 12.3 | 12.4 | 12.9 | 14.1 | 14.3 | | |
| | | | | | | | | | |
| Under 15 Boys continue | | | | | | | | | |
| | NAME | James Senior | Michael Rouse | | | | | | |
| Shot | CLUB | Conac | Diss | | | | | | |
| | PERF | 9.10 | 8.73 | | | | | | |
| | NAME | James Senior | Tim Cochius | De la Rey Veenendaal | Thomas Crawshaw | Josh Chaplain-Barton | | | |
| 400m | CLUB | Conac | Conac | Glebe Sch | Conac | Wnac | | | |
| | PERF | 53.6 CBP | 56.6 | 57.3 | 59.3 | 60.5 | | | |
| | NAME | Daniel Beeby | Wesley Attew | | | | | | |
| Triple Jump | CLUB | Ryston | Gydac | | | | | | |
| | PERF | 10.02 | 9.76 | | | | | | |

Under 11 Girls

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------|------|-------------------|-------------------|-------------------|-------------------|-----------------|---------------|-------------|-------------|
| | NAME | Rachel Mumford | Louisa Marshall | Charlotte Griffin | Stephanie Griffin | Phoebe Vane | Bethany Brown | Ella Morris | Grace Frace |
| 600m | CLUB | Thetford | Gydac | Diss | Diss | Thetford | Conac | Conac | Thetford |
| | PERF | 2.06.7 | 2.13.0 | 2.15.4 | 2.24.4 | 2.25.9 | 2.32.4 | 2.34.2 | 2.40.5 |
| | NAME | Rachel Mumford | Katie Nash | Louisa Marshall | Phoebe Vane | Ella Morris | Grace Francis | | |
| Long Jump | CLUB | Thetford | Diss | Gydac | Thetford | Conac | Thetford | | |
| | PERF | 3.36 | 3.09 | 2.83 | 2.71 | 2.70 | 2.14 | | |
| | NAME | Charlotte Griffin | Stephanie Griffin | Bethany Brown | Grace Francis | Ella Morris | | | |
| 80m | CLUB | Dss | Diss | Wnac | Thetford | Conac | | | |
| Heat1 | PERF | 12.9 | 13.2 | 14.2 | 14.4 | 14.4 | | | |
| | NAME | Ella Stephenson | Rachel Mumford | Eleanor Blunt | Katie Nash | Louisa Marshall | Phoebe Vane | | |
| 80m | CLUB | Conac | Thetford | Conac | Diss | Gydac | Thetford | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

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|---------------|------|-----------------|----------------|---------------|-------------------|------------|-------------------|--|--|
| Heat 2 | PERF | 11.9 | 12.4 | 12.7 | 12.9 | 13.6 | 13.9 | | |
| | NAME | Ella Stephenson | Rachel Mumford | Eleanor Blunt | Charlotte Griffin | Katie Nash | Stephanie Griffin | | |
| 80m | CLUB | Conac | Thetford | Conac | Diss | Diss | Diss | | |
| Final | PERF | 12.1 | 12.5 | 12.6 | 12.8 | 13.0 | 13.2 | | |

NORFOLK COUNTY CHAMPIONSHIPS 13TH May 2006 at Lynn Sport Kings Lynn

Under 11 Boys

| EVENT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------|------|-----------------|----------------|-------------------|-------------------|------------------|--------------|----------------|--------------|
| | NAME | George Loughlin | William Gibbs | James Burton | Bradley Stansbury | Daniel Griffin | James Carton | Matthew Bailey | |
| 600m | CLUB | Wnac | Conac | Conac | Conac | Diss | Wnac | Wnac | |
| | PERF | 2.02.3 | 2.05.8 | 2.07.5 | 2.17.9 | 2.20.6 | 2.21.4 | 2.31.3 | |
| | NAME | Craig Brooks | Joshua Jackson | James Carton | Edward De Winton | George Loughlin | James Burton | William Gibbs | Samuel Green |
| Long Jump | CLUB | Wnac | Wnac | Wnac | Wnac | Wnac | Conac | Conac | Conac |
| | PERF | 3.69 | 3.16 | 3.14 | 2.98 | 2.95 | 2.94 | 2.88 | 2.84 |
| | NAME | Edward Borrman | Ryan Martin | Bradley Stansbury | Matthew Bailey | | | | |
| | CLUB | Ryston | Dereham | Conac | Wnac | | | | |
| | PERF | 2.83 | 2.76 | 2.71 | 2.52 | | | | |
| | NAME | Daniel Griffin | Samuel Green | Matthew Bailey | Bradley Stansbury | Edward De winton | | | |
| 80m | CLUB | Diss | Conac | Wnac | Conac | Wnac | | | |
| Heat 1 | PERF | 13.1 | 13.3 | 13.6 | 13.9 | 14.1 | | | |
| | NAME | James Burton | Jmes Carton | William Gibbs | Ryan Martin | | | | |
| 80m | CLUB | Conac | Wnac | Conac | Dereham | | | | |
| Heat 2 | PERF | 12.4 | 12.8 | 13.4 | 14.8 | | | | |
| | NAME | Craig Brooks | Ryan Nixon | Ross Gilbert | George Loughlin | | | | |
| 80m | CLUB | Wnac | Conac | Conac | Wnac | | | | |
| Heat 3 | PERF | 12.4 | 12.5 | 13.3 | 13.5 | | | | |
| | NAME | James Burton | Ryan Nixon | Craig Brooks | Daniel Griffin | James Carton | Ross Gilbert | Samuel Green | |
| 80m | CLUB | Conac | Conac | Wnac | Diss | Wnac | Conac | Conac | |
| Final | PERF | 12.1 | 12.3 | 12.7 | 12.7 | 12.8 | 12.8 | 13.7 | |