

Norfolk Schools Athletics Association Championships 2025 Saturday 14th June - Sportspark, Norwich, NR4 7TJ

Thank you for entering the Norfolk Schools Athletics Championships.

If a student's name is highlighted in red on the lists below then they have been entered in more than 2 events, which is the maximum. Please email us to state the 2 events the student wishes to compete in by Thursday 12th June at the latest.

Please email: athleticsnorfolk@gmail.com

ESSENTIAL INFORMATION FOR SATURDAY:

1. Check the time of your events on the next page of this document.
2. Arrive in enough time to collect your bib numbers from the balcony, warm-up sufficiently and be on time for the start of your event - ensure you are by your event area 10mins before the allocated start time.
3. For races where there are heats planned, if there are insufficient number (due to less people attending) then a straight final will be held in place of the heat – please listen carefully to the marksman by the start line of your race. If an athlete qualifies for the final, the results sheet will indicate this with a 'q' next to the result. Please check post race for qualification - fastest 8 across all heats to qualify
4. Athletes will receive 4 attempts in the throws and horizontal jumps.
5. Medals will be handed out at the end of each competition for field events, and ASAP after track race finals.

NOTE: STARTING BLOCKS CAN ONLY BE USED IN FINAL - NOT ALLOWED IN HEATS AS PER ENGLISH SCHOOLS AA RULES

Track events take priority over field, therefore please ensure you inform the field judge at your event you are leaving to race if you have a clash. They will do their best to fit you in when you return. DO NOT walk across the infield on the middle of the track, walk around the outside at all times. Parking is free on site, there is the main UEA campus car park (take a token) and also the Sportspark car park (take a ticket) – validate either your token or ticket at reception when you leave.

ANGLIAN SCHOOLS SELECTION POLICY:

The first and second placed athletes in each track and field final will receive an Anglian Schools selection letter. Each County can enter up to 2 athletes in each event at the Anglian Schools Championships. No one will be selected in an event at the Anglian Schools that they do not compete in at the Norfolk Schools.

This event is combined with an Athletics Norfolk QuadKids match for years 4-7. They will be competing in track and field events between 10-12pm.

Norfolk Schools Athletics Association track and field Championships 2025

Track timetable

Time	Event
09:50	3000m
10:10	QuadKids 75m
10:30	JG 75m hurdles
10:38	IG & JB 80m hurdles
10:46	IB & SG 100m hurdles
10:55	QuadKids 100m
11:15	QuadKids 600m
11:35	QuadKids 800m
11:50	100m JG H1
11:54	100m JG H2
11:58	100m JG H3
12:02	100m JB H1
12:06	100m JB H2
12:10	100m IG H1
12:14	100m IG H2
12:18	100m IB H1
12:22	100m IB H2
	TRACK BREAK
12:50	400m IB & SB
13:00	100m JG final
13:04	100m IG final
13:08	100m JB final
13:12	100m IB final
13:16	100m SG & SB final
	TRACK BREAK
13:40	400m hurdles
13:45	300m hurdles
13:55	300m JG H1
14:00	300m JG H2
14:10	800m JG
14:18	800m IG & SG
14:26	800m JB
14:34	800m IB & SB
	TRACK BREAK
14:50	200m JG H1
14:54	200m JG H2
14:58	200m IG H1
15:02	200m IG H2
15:06	200m JB H1
15:10	200m JB H2
15:14	200m IB H1
15:18	200m IB H2
15:30	300m JG final
15:35	300m JB final
15:40	300m IG final
15:45	1500m JG
15:53	1500m IG & SG
16:01	1500m JB

Field timetable

Time	Event
10:00	QuadKids U13G Long jump
10:00	QuadKids U13B Vortex
10:20	QuadKids U11B Long jump
10:20	QuadKids U11G Vortex
10:45	Long jump 1 - IB & SB
11:00	Pole vault
11:00	QuadKids U13B Long jump
11:00	QuadKids U13G Vortex
11:30	QuadKids U11G Long jump
11:30	QuadKids U11B Vortex
11:30	Hammer - All
11:45	Long jump 2 - JB
12:15	Discus 1 - JG & SG & SB
13:15	Discus 2 - JB & IB & SB
13:30	Long jump 3 - IG
13:30	High jump 1 JB&JG
14:00	Shot 1 - JG & IG & SG
14:30	Javelin 1 - JB & IB & SB
14:30	High jump 2 - IG & IB & SB
14:30	Long jump 4 - JG
15:00	Shot 2 - JB & IB & SB
15:30	Javelin 2 - JG & IG & SG
15:45	Triple jump - All

16:09	1500m IB + SB
16:20	200m JG finals
16:24	200m IG finals
16:28	200m JB finals
16:32	200m IB finals
16:36	200m SB & SG final
16:50	1500m steeplechase IB

Norfolk Schools Athletics Association track and field Championships 2025

Junior girls

Event	Name	School
Sprint hurdles	Betty Appleton	Wymondham High Academy
Sprint hurdles	Norah Hashem	Beeston Hall
Sprint hurdles	Sophie Fryer	Town Close School
100m	Camilla Lake Jones	Norwich High
100m	Liviya Gopakumar	Norwich High
100m	Siena Bullimore	Flegg high
100m	Kayla-Leigh Nurse	Great Yarmouth Academy
100m	Myley gilboy	Springwood
100m	Darcie Holmes	Hethersett Academy
100m	Lauren Crisp	Aylsham High School
100m	Khadijah Mair	City of Norwich School (CNS)
100m	Faith Ajayi	Ormiston Victory Academy
100m	Leah Inkpen	Lynn Grove Academy
100m	Mollie Earle	Beeston Hall School
100m	Grace Loudoun	Ormiston Victory Academy (OVA)
100m	Lydia Hopkins	Neathered High School
100m	Eleana doe	Notre dame
100m	Angelina Bada	Wymondham College
100m	Casey Ward	St Clement's High
100m	Eden Chan	Norwich School
200m	Siena Bullimore	Flegg high
200m	Myley gilboy	Springwood
200m	Darcie Holmes	Hethersett Academy
200m	Lauren Crisp	Aylsham High School
200m	Betty Appleton	Wymondham High Academy
200m	Faith Ajayi	Ormiston Victory Academy
200m	Carly-may Nichols	Lynn grove high school
200m	Darcy Curry	Lynn Grove Academy
200m	Caelah Whyte	Lynn Grove Academy
200m	Hetty Bunkle	Dereham Neatherd High School

200m	Lydia Hopkins	Neathered High School
200m	Ilona MacNicol	Beeston Hall
200m	Chloe Harper	Wymondham College
200m	Saffron Howell	Homeschooled
200m	Sienna Bartley	Hobart High school
300m	Molly Ellard-Thurtle	Sprowston community academy
300m	Darcy Curry	Lynn Grove Academy
300m	Orlagh Devlin	Gresham's School
300m	Jemima Snaith	Alderman Peel HS
300m	Ava Todd	Ormiston Venture
300m	Saffron Howell	Homeschooled
300m	Hattie Beverley	Norwich School
300m	Eva Morrell	Norwich School
300m	Sienna Bartley	Hobart High school
800m	Tayla Goodswen	Harleston Sancroft Academy
800m	Molly Ellard-Thurtle	Sprowston community academy
800m	April Green	Wymondham college
800m	Carly-may Nichols	Lynn grove high school
800m	Leah Inkpen	Lynn Grove Academy
800m	Sophia bell	Ova
800m	Sophia Standen	Northgate Dereham High School
800m	Alice Dickety	Aylsham High School
800m	Ava Todd	Ormiston Venture
800m	Casey Ward	St Clement's High
800m	Alice Dickety	Aylsham High
800m	Sofia Pyrog	Aylsham High
800m	Ruby Ivie	Norwich School
800m	Eva Morrell	Norwich School
1500m	Kayla-Leigh Nurse	Great Yarmouth Academy
1500m	Emilia Farnell	Beeston Hall School
1500m	Florence Abbott	Notre Dame
1500m	Lola Abram	Ormiston Victory Academy
1500m	Alice Thompson-Read	Aylsham High
1500m	Niamh McAuley	Norwich School
Discus	Maisie Powles-Warren	Hethersett Academy
Discus	Eleana Osifo-Doe	Notre dame
Discus	Maisie edmonds	Lynn grove academy
Discus	Eleanor Wright	Hethersett Academy
Discus	Millie Woods	Town Close School
Discus	Ilona MacNicol	Beeston Hall
Discus	Ava Webb	Norwich School
Hammer	Eleanor Wright	Hethersett Academy
Javelin	Maisie Powles-Warren	Hethersett Academy
Javelin	April Green	Wymondham college

Javelin	Sophia Standen	Northgate Dereham High School
Javelin	Millie Woods	Town Close School
Javelin	Xenia Lai	Norwich School
Shot	Siena Bullimore	Flegg high
Shot	Myley gilboy	Springwood
Shot	April Green	Wymondham college
Shot	Maisie edmonds	Lynn grove academy
Shot	Tomisin Gbotoso	Wymondham College
Shot	Jennifer Mardle	Norwich School
Shot	Nona Griffiths	Norwich School
Long jump	Siena Bullimore	Flegg high
Long jump	Kayla-Leigh Nurse	Great Yarmouth Academy
Long jump	Tayla Goodswen	Harleston Sancroft Academy
Long jump	Darcie Holmes	Hethersett Academy
Long jump	Eleana Osifo-Doe	Notre dame
Long jump	Khadijah Mair	City of Norwich School (CNS)
Long jump	April Green	Wymondham college
Long jump	Mollie Earle	Beeston Hall School
Long jump	Caelah Whyte	Lynn Grove Academy
Long jump	Hetty Bunkle	Dereham Neatherd High School
Long jump	Norah Hashem	Beeston Hall
Long jump	Eleana doe	Notre dame
Long jump	Angelina Bada	Wymondham College
Long jump	Ava Webb	Norwich School
Long jump	Nona Griffiths	Norwich School
High jump	Siena Bullimore	Flegg high
High jump	Orlagh Devlin	Gresham's School
High jump	Sophie Fryer	Town Close School
High jump	Chloe Harper	Wymondham College
High jump	Jennifer Mardle	Norwich School
Junior boys		
Event	Name	School
Sprint hurdles	Charlie Sutton	Thorpe st andrew high school
Sprint hurdles	Marlone Sibanda	Wymondham College
100m	Corben Pollard	Cliff Park Ormiston Academy
100m	Kathryn Rozario	kathryn
100m	Dexter Appleton-Barnes	Fakenham Academy
100m	Kiyan Medina	Minerva Virtual Academy
100m	Jake Villalard	Dereham Neatherd
100m	Tom Stanbridge	Gresham's School
100m	Jacob Callejo	NotreDame High School
100m	Corben Pollard	Cliff Park Ormiston Academy
100m	Jacob Hughes	Jane Austen College

100m	Jake Dury	Alderman Peel HS
100m	Henry Read	Wymondham College
100m	Robert Nicholls	jane Austen College
100m	Benjamin Naulls	Notre Dame High School, Norwich
100m	George Holmes	Hobart High school
100m	Thomas Rossi	Aylsham High
200m	Corben Pollard	Cliff Park Ormiston Academy
200m	Luke Anderson	King Edward vii (KES)
200m	Kiyan Medina	Minerva Virtual Academy
200m	Jake Villalard	Dereham Neatherd
200m	Jameson Chard	Northgate
200m	Stanley Underwood	Dereham Neatherd High School
200m	Tom Stanbridge	Gresham's School
200m	Jake Guy	Reepham High School
200m	Dylan Guy	Reepham High School
200m	Corben Pollard	Cliff Park Ormiston Academy
200m	Jacob Hughes	Jane Austen College
200m	Henry Read	Wymondham College
200m	George Wright	Wymondham College
200m	Benjamin Naulls	Notre Dame High School, Norwich
200m	George Holmes	Hobart High school
300m	Luke Anderson	King Edward vii (KES)
300m	Jameson Chard	Northgate
300m	Alfie Cox	Gresham's School
300m	Aamil Ganiyu	Wymondham College
300m	Will Pattison	Wymondham College
300m	Rory Normanton	Norwich School
300m	Robert Nicholls	jane Austen College
300m	Jack Leary	Norwich School
800m	Austin Gibbs	Caister Academy
800m	Austin Gibbs	Caister Academy
800m	Kaiden moore	Lynn grove academy
800m	Stanley Underwood	Dereham Neatherd High School
800m	Jake Guy	Reepham High School
800m	Caspar James	Notre Dame High School
800m	Noah Buchan	Norwich School
1500m	Billy Finch	Wymondham High
1500m	Harry Doran	Lynn Grove
1500m	Finley Winship	Langley School
1500m	Thomas Murray	Alderman Peel High School
1500m	Archie Charles	Caister Academy
1500m	Rufus Hamilton	City of Norwich School (CNS)
1500m	Leonardo Gegaj	Notre dame high school
1500m	Caspar James	Notre Dame

1500m	Jake Villalard	Dereham Neatherd
1500m	Alfie Cox	Gresham's School
1500m	Jack Mellor	Gresham's School
1500m	Dylan Guy	Reepham High School
1500m	Connor Mardell	Cromer Academy
1500m	Leo Alvarez - Escursell	Notre Dame High
1500m	Oliver Boyce	Taverham High School
1500m	Thomas Murray	Alderman Peel HS
1500m	Will Pattison	Wymondham College
1500m	Finley Winship	Langley School
1500m	Rufus Hamilton	City of Norwich School
Discus	Thomas Fairhurst	Sheringham High School
Discus	Bertie Beck	Gresham's School
Discus	Kian Jacobs	Notre Dame High School
Discus	Noah Boothe	Notre dame high school
Discus	Will crane	Langley
Discus	Oscar Webb	Norwich School
Javelin	Shemi Ayers	Gresham's School
Javelin	Tafadzwa Kaguda	Wymondham College
Javelin	Will crane	Langley
Javelin	George Ganley	Hethersett Academy
Javelin	Lewis Daniels	Reepham High School
Javelin	Marlowe Foden	Norwich School
Javelin	Jack Leary	Norwich School
Shot	Noah Boothe	Notre dame high school
Shot	Arthur Lamb	Norwich School
Shot	Oscar Webb	Norwich School
Long jump	Adam Edwards	Caister Academy
Long jump	Jake Dury	Alderman Peel HS
Long jump	Marlone Sibanda	Wymondham College
Long jump	Will Zhou	Wymondham College
Long jump	Thomas Rossi	Aylsham High
Long jump	Marlowe Foden	Norwich School
Long jump	Archie Woodward	Norwich School
Long jump	Arthur Lamb	Norwich School
High jump	Dexter Appleton-Barnes	Fakenham Academy
High jump	Aamil Ganiyu	Wymondham College
High jump	Noah Buchan	Norwich School
High jump	Archie Woodward	Norwich School
High jump	Bamidele Oyewale	Wymondham College
Pole vault	Thomas Fairhurst	Sheringham High School
Triple jump	Adam Edwards	Caister Academy
Triple jump	Jack Mellor	Gresham's School
Triple jump	Jacob Callejo	NotreDame High School

Triple jump	Charlie Sutton	Thorpe st andrew high school
Triple jump	Will Zhou	Wymondham College
Triple jump	Rory Normanton	Norwich School
Triple jump	George Ganley	Hethersett Academy
Triple jump	Bamidele Oyewale	Wymondham College
Intermediate girls		
Event	Name	School
Sprint hurdles	Evie Coles	Northgate High School
Sprint hurdles	Rebecca Johnson	King Edward VII Academy
Sprint hurdles	Madison Threlfall	Thorpe St. Andrew
Sprint hurdles	Grace doran	Thorpe St Andrew school and sixth form
100m	Beth Butler	Norwich High School
100m	Nicole Grimsey	Norwich High School
100m	Any Fielding	Flegg High
100m	Maizie boylan	Flegg high school
100m	Mia Squires	Lynn Grove Academy
100m	Bryony Fance	FLEGG HIGH ORMISTON ACADEMY
100m	Rebecca Johnson	King Edward VII Academy
100m	Daniella Baldeo	Notre Dame High School
100m	Ellie warman	Reepham High School
100m	Dana Duah	Wymondham College
100m	Minnie Richardson	Norwich School
1500m	Lexi Toulson	Norwich High School
1500m	Olivia Allen	Broadland High Ormiston Academy
1500m	Eloise Edridge	Aylsham high school
1500m	Olivia Allen	Broadland High Ormiston Academy
1500m	Missy Dix	Gresham's School
1500m	Violet Brooke	Jane Austin Collage
1500m	Chloe Green	Flegg High School
1500m	Evie Clayton	Litcham High School
200m	Any Fielding	Flegg High
200m	Maizie boylan	Flegg high school
200m	Evie Coles	Northgate High School
200m	Bryony Fance	FLEGG HIGH ORMISTON ACADEMY
200m	Eva Townshend	Aylsham high school
200m	Zoe Slater	Gresham's School
200m	Ellie warman	Reepham High School
200m	Anastasja Wall	Dereham Neatherd High School
200m	Lexi Simpson	Aylsham High
200m	Lauren Crisp	Aylsham High
200m	Sophie Slinger	Norwich School
300m	Milena Sejud	Notre Dame High School
300m	Ava Heale	Norwich School

300m	Lily Goddard	Thorpe St Andrew school
300m	Adeola Arole	Gresham's School
300m	Anastasja Wall	Dereham Neatherd High School
300m	Emily doran	Thorpe St Andrew school and sixth form
300m	Sophie Slinger	Norwich School
300m	Tabi Jones	Norwich School
300m hurdles	Lily Ganley	Hethersett Academy
800m	Sophie Mutimer	Norwich High School
800m	Milena Sejud	Notre Dame High School
800m	Violet Brooke	Long Stratton high school
800m	Beatrice Green	Dereham Neatherd
800m	Eloise Edridge	Aylsham High school
800m	Ava Heale	Norwich School
800m	Eva Townshend	Aylsham high school
800m	Evie Greenhalf	Hobart High School
800m	Chloe Green	Flegg High School
3000m	Alice Thompson Read	Aylsham High School
3000m	Lexie Heather	Reepham High School
Discus	Chloe Ainsworth	Lynn Grove Academy
Discus	Lily Goddard	Thorpe St Andrew school
Discus	Eleri Hancock	Norwich High School
Discus	Rose Hurren	Norwich School
Hammer	Chloe Ainsworth	Lynn Grove Academy
Javelin	Eleri Hancock	Norwich High School
Javelin	Aggie Long	Litcham
Javelin	Anya Faithorn	Smithdon High School
Javelin	Keisha de Freitas	Notre Dame High School
Javelin	Isla Hibbett	Hethersett Academy
Shot	Anya Faithorn	Smithdon High School
Shot	Isla Hibbett	Hethersett Academy
Shot	Mila Mleczkowska	Alderman Peel HS
Shot	Grace doran	Thorpe St Andrew school and sixth form
Shot	Rose Hurren	Norwich School
Shot	Minnie Richardson	Norwich School
High jump	Emily doran	Thorpe St Andrew school and sixth form
High jump	Tabi Jones	Norwich School
Long jump	Mia Squires	Lynn Grove Academy
Long jump	Ava Heale	Norwich School
Long jump	Bryony Fance	FLEGG HIGH ORMISTON ACADEMY
Long jump	Madison Threlfall	Thorpe St. Andrew
Long jump	Maisie Stewart	Cromer Academy
Long jump	Daniella Baldeo	Notre Dame High School
Long jump	Mila Mleczkowska	Alderman Peel HS
Long jump	Dana Duah	Wymondham College

Triple jump	Adeola Arole	Gresham's School
Triple jump	Lily Ganley	Hethersett Academy
Intermediate boys		
Event	Name	School
Sprint hurdles	Archie Hannent	Framingham Earl High School
Sprint hurdles	Oscar Fulford	Gresham's School
Sprint hurdles	James Lupton	Taverham
100m	Ronnie Tubby	Ormiston venture academy
100m	Callum Theobald	Thetford Grammar School
100m	Johnny Olusanya	Gresham's School
100m	Roland Watson	Gresham's School
100m	Sam Barber	Hobart High school
100m	Lewis Chambers	Wymondham College
100m	Leon Royle	Wymondham High School
100m	Max Allen	Wymondham College
100m	Durotimi Oyewale	Wymondham College
100m	Safal Neupane	Norwich School
200m	Ronnie Tubby	Ormiston venture academy
200m	Jude Linstead	Thorpe St. Andrew
200m	Roland Watson	Gresham's School
200m	Amir El Mokhtari	Gresham's School
200m	Finn Reher	Gresham's School
200m	Tomasz Pasieczny	Lynn Grove Academy Gorleston
200m	Lewis Chambers	Wymondham College
200m	Leon Royle	Wymondham High School
200m	Max Allen	Wymondham College
200m	Durotimi Oyewale	Wymondham College
200m	Jonathan Crowle	Thorpe St Andrew
400m	Archie Hannent	Framingham Earl High School
400m	Harry Woodgett	Dereham Neatherd High School
400m	Jude Linstead	Thorpe St. Andrew
400m	Alfred Sparkes	Wymondham College
400m	Max Buckingham	Gresham's School
400m	Finn Reher	Gresham's School
400m	Jonathan Crowle	Thorpe St Andrew
800m	Joshua Tinsdale	Sheringham High School
800m	Harry Woodgett	Dereham Neatherd High School
800m	Finlay Haynes	Wymondham High Academy
800m	Vito Machin	Wymondham College
800m	Taylor Wood	Thorpe St Andrew High School and Sixth Form
800m	Milo Debbage	Broadland High School
800m	Vito Machin	Wymondham College
800m	Alfie Mathias	Notre Dame

800m	Benji Buskell	Norwich School
1500m	Fletcher James	Notre Dame High School
1500m	Joshua Tinsdale	Sheringham High School
1500m	Aaron Lillistone	Aylsham High School
1500m	Milo Debbage	Broadland High School
1500m	Oscar Thorrell	Wymondham College
1500m	Seth Burch	Broadland high
1500m	Henry Burton	Hobart High School
1500m	Kit Rudling	Norwich School
3000m	Fletcher James	Notre Dame High School
3000m	Alfie Bone	Lynn Grove Academy
3000m	Tobias Neale	Sheringham High School
3000m	John Whitefoot	Thorpe St. Andrew School and Sixth Form
3000m	Jonah Life	Broadband High School
3000m	Toby Scott	Acle Academy
3000m	Henry Burton	Hobart High School
3000m	Ethan Ward	St Clement's High
Steeplechase	Alfie Bone	Lynn Grove Academy
Discus	Stanley Berning	Sheringham High schpp;
Discus	Ruben Alexander	Gresham's School
Discus	Ben Beardshaw	Gresham's School
Discus	Tomasz Pasieczny	Lynn Grove Academy Gorleston
Discus	Ted Schooley	Wymondham College
Discus	Krish Chilleystone	Wymondham College
Javelin	Archie Hannent	Framingham Earl High School
Javelin	Taylor Wood	Thorpe St Andrew High School and Sixth Form
Javelin	Stanley Berning	Sheringham High schpp;
Javelin	Ben Beardshaw	Gresham's School
Javelin	Amir El Mokhtari	Gresham's School
Javelin	Sosuke Nakaya	Gresham's School
Javelin	Max Sayers	Wymondham College
Shot	Charlie Broad	Downham Market Academy
Shot	Stanley Berning	Sheringham High schpp;
Shot	Ollie Winkworth	Thorpe st Andrew Highschool
Shot	Archie Skinner	Alderman Peel HS
Shot	Krish Chilleystone	Wymondham College
Long jump	Alfie Hogston	Wymondham College
Long jump	Callum Theobald	Thetford Grammar School
Long jump	Max Buckingham	Gresham's School
Long jump	Austin Baker	Gresham's School
Long jump	James Lupton	Taverham
Long jump	Sam Barber	Hobart High school
Long jump	Matthew Christophi	Gresham's School
Long jump	Tomasz Pasieczny	Lynn Grove Academy Gorleston

Long jump	Jesse Bradford	Framingham Earl High School
Long jump	Safal Neupane	Norwich School
Long jump	Benji Buskell	Norwich School
High jump	Alfie Hogston	Wymondham College
High jump	Zach Montgomery	Thorpe St Andrew High School
High jump	Johnny Olusanya	Gresham's School
High jump	Oscar Fulford	Gresham's School
High jump	Austin Baker	Gresham's School
High jump	Archie Skinner	Alderman Peel HS
High jump	Ben Henshall	Wymondham College
High jump	Tom Hardy	Norwich School
Triple jump	Zach Montgomery	Thorpe St Andrew High School
Triple jump	Sam Barber	Hobart High school
Triple jump	Jesse Bradford	Framingham Earl High School
Triple jump	Ben Henshall	Wymondham College
Triple jump	Jack Waring	Norwich School
Senior Girls		
Event	Name	School
Sprint hurdles	Charlotte Gilding	Notre Dame
100m	Aisha Elouassi	Easton college
100m	Ella Goldring	Springwood High School
200m	Aisha Elouassi	Easton college
200m	Ella Goldring	Springwood High School
800m	Georgia Shirley	Thorpe St Andrew
800m	Rosie Dickety	Notre Dame
1500m	Ava Mears	Notre dame
1500m	Georgia Shirley	Thorpe St Andrew
1500m	Connie Easter	Dereham 6th form
3000m	Sarah Barrett	Notre Dame high school and sixth form
400m hurdles	Caitlin Bell	Lord Nelson Sixth Form
Discus	Maddy Powles-Warren	CNS
Discus	Lilymae Coote	East Norfolk College
Hammer	Lilymae Coote	East Norfolk College
Javelin	Maddy Powles-Warren	CNS
Shot	Maddy Powles-Warren	CNS
Shot	Charlotte Gilding	Notre Dame
Senior Boys		
Event	Name	School
100m	William Lupton	Taverham
100m	Zinnia-Claire Booty	Gresham's School
100m	Theo Carus	Eaton CNS
200m	Zinnia-Claire Booty	Gresham's School

200m	Theo Carus	Eaton CNS
400m	Thomas O'Neill	Norwich School
800m	Zachary James Dunne	Notre Dame HS
800m	Will Percival	Wymondham High
1500m	Edward Murray	Springwood 6th Form
1500m	Billy Eccles	Easton College
1500m	Michael Clark	Wymondham College
1500m	Zachary James Dunne	Notre Dame HS
1500m	Tobias Cheesbrough	Sir Isaac Newton Sixthform
1500m	Will Percival	Wymondham High
3000m	Edward Murray	Springwood 6th Form
3000m	Billy Eccles	Easton College
3000m	Michael Clark	Wymondham College
3000m	Zachary James Dunne	Notre Dame HS
400m hurdles	George Smith	East Norfolk Sixth Form College
Discus	Thomas Norkett	Thomas Paine 6th form Thetford
Hammer	Thomas Norkett	Thomas Paine 6th form Thetford
Javelin	Thomas O'Neill	Norwich School
High jump	Billy Francis	Norwich School
Long jump	William Lupton	Taverham
Pole vault	Billy Francis	Norwich School