

BOSTON AND DISTRICT ATHLETIC CLUB
JUNIOR SPORTSHALL 2022/23
MATCH TWO
RESULTS

U9 & U11 BOYS & GIRLS

2 Laps	1/ Emily Ward	U/11	B&DAC	24.5
	2/ Lucy Ambrose	U/11	B&DAC	24.8
	3/ Mia Clark-Atkins	U/11	B&DAC	26.4
	4/ Ellis Richardson	U/9	B&DAC	28.8
3 Laps	1/ Emily Ward	U11		38.0
	2/ Lucy Ambrose	U11		39.4
	3/ Mia Clark-Atkins	U11		42.0
	4/ Ellis Richardson	U9		46.9
4 Laps	1/ Emily Ward	U11		53.3
	2/ Lucy Ambrose	U11		54.6
	3/ Mia Clark-Atkins	U11		61.1
	4/ Ellis Richardson	U9		67.0
6 Laps	1/ Lucy Ambrose	U11		1.27.7
	2/ Mia Clark-Atkins	U11		1.36.2
	3/ Ellis Richardson	U9		1.43.8
SB 20secs	1/ Emily Ward	U11		45
	2/ Lucy Ambrose	U11		38
	3/ Mia Clark-Atkins	U11		33
	4/ Ellis Richardson	U9		26
VJ	1/ Mia Clark-Atkins	U11		31
	2/ Emily Ward	U11		28
	3/ Lucy Ambrose	U11		26
	4/ Ellis Richardson	U9		21
Bal. Test	1/ Lucy Ambrose	U11		60sec
	2/ Emily Ward	U11		48sec
	3/ Mia Clark-Atkins	U11		36sec
	4/ Ellis Richardson	U9		20sec
STJ	1/ Mia Clark-Atkins	U11		4.32
	2/ Lucy Ambrose	U11		3.68
	3/ Ellis Richardson	U9		3.34
	4/ Emily Ward	U11		3.24

SLJ	1/ Mia Clark-Atkins	U11	1.60
	2/ Emily Ward	U11	1.48
	3/ Lucy Ambrose	U11	1.34
	4/ Ellis Richardson	U9	1.12

Chest Push	1/ Mia Clark-Atkins	U11	3.50
	2/ Emily Ward	U11	3.00
	3/ Lucy Ambrose	U11	2.50
	4/ Ellis Richardson	U9	2.50

U13 BOYS & GIRLS

3 Laps	1/ Jacob Collier	U13	B&DAC	37.2
	2/ Damian McNally	U13	B&DAC	37.6
	3/ Noah Donnelly-Coles	U13	B&DAC	37.8
	4/ Kirsten Richardson	U13	B&DAC	38.3
	5/ Amelia Ambrose	U13	B&DAC	40.0

4 Laps	1/ Jacob Collier			52.4
	2/ Damian McNally			53.4
	3/ Noah Donnelly-Coles			53.8
	4/ Kirsten Richardson			55.3
	5/ Amelia Ambrose			60.1

6 Laps	1/ Jacob Collier			1.26.6
	2/ Kirsten Richardson			1.27.6
	3/ Damian McNally			1.33.6
	4/ Noah Donnelly-Coles			1.34.9
	5/ Amelia Ambrose			1.38.8

SB 30secs	1/ Kirsten Richardson			70
	2/ Damian McNally			62
	3/ Amelia Ambrose			54
	4/ Noah Donnelly-Coles			52
	5/ Jacob Collier			44

STJ	1/ Damian McNally			5.10
	2/ Kirsten Richardson			4.72
	3/ Noah Donnelly-Coles			4.72
	4/ Jacob Collier			4.03
	5/ Amelia Ambrose			3.81

SLJ	1/ Damian McNally			1.68
	2/ Kirsten Richardson			1.60
	3/ Noah Donnelly-Coles			1.58
	4/ Amelia Ambrose			1.46
	5/ Jacob Collier			1.34

Shot	1/ Damian McNally		5.35
	2/ Kirsten Richardson		4.29
	3/ Jacob Collier		4.21
	4/ Noah Donnelly-Coles		4.11
	5/ Amelia Ambrose		2.90

U15 BOYS

3 Laps	1/ Hayden Quantrill	B&DAC	31.3
	2/ Patrick McNally	B&DAC	31.7
4 Laps	1/ Patrick McNally		45.2
6 Laps	1/ Patrick McNally		1.13.7
SB 30secs	1/ Hayden Quantrill		66
	2/ Patrick McNally		56
STJ	1/ Hayden Quantrill		6.37
	2/ Patrick McNally		6.34
SLJ	1/ Patrick McNally		2.18
Shot	1/ Hayden Quantrill		8.84
	2/ Patrick McNally		6.16