

BOSTON AND DISTRICT ATHLETIC CLUB  
JUNIOR SPORTSHALL 2022/23  
MATCH FOUR  
JANUARY 28<sup>th</sup> 2023  
RESULTS

U9 & U11

2 Laps	1	Mia Clark-Atkins	B&DAC	25.6	U11
	2	Hannah Moore	Louth AC	26.9	U9
	3	Ellis Richardson	B&DAC	28.5	U11
3 Laps	1	Mia Clark-Atkins	B&DAC	41.6	U11
	2	Hannah Moore	Louth AC	42.3	U9
	3	Ellis Richardson	B&DAC	45.7	U11
4 Laps	1	Mia Clark-Atkins	B&DAC	58.3	U11
	2	Hannah Moore	Louth AC	60.1	U9
	3	Ellis Richardson	B&DAC	69.3	U11
6 Laps	1	Hannah Moore	Louth AC	1.38.8	U9
	2	Mia Clark-Atkins	B&DAC	1.39.5	U11
SLJ	1	Mia Clark-Atkins	B&DAC	1.62	U11
	2	Hannah Moore	Louth AC	1.35	U9
	3	Ellis Richardson	B&DAC	1.21	U11
STJ	1	Mia Clark-Atkins	B&DAC	4.50	U11
	2	Hannah Moore	Louth AC	3.41	U9
	3	Ellis Richardson	B&DAC	3.26	U11
VJ	1	Mia Clark-Atkins	B&DAC	32	U11
	2	Hannah Moore	Louth AC	31	U9
	3	Ellis Richardson	B&DAC	19	U11
SB 20secs	1	Mia Clark-Atkins	B&DAC	38	U11
	2	Hannah Moore	Louth AC	37	U9
	3	Ellis Richardson	B&DAC	32	U11
CP	1	Mia Clark-Atkins	B&DAC	4.50	U11
	2	Hannah Moore	Louth AC	3.00	U9
	3	Ellis Richardson	B&DAC	3.00	U11
Bal.T	1	Mia Clark-Atkins	B&DAC	50s	U11
	2	Hannah Moore	Louth AC	48s	U9
	3	Ellis Richrdson	B&DAC	33s	U11

U13

2 Laps	1	Owais Moore	Louth AC	22.2
	2	Noah Donnelly-Coles	B&DAC	24.2
	3	Damian McNally	B&DAC	24.7
3 Laps	1	Owais Moore	Louth AC	36.5
	2	Noah Donnelly-Coles	B&DAC	40.4
	3	Damian McNally	B&DAC	42.2
4 Laps	1	Owais Moore	Louth AC	47.9
	2	Noah Donnelly-Coles	B&DAC	59.6
	3	Damian McNally	B&DAC	65.6
6 Laps	1	Owais Moore	Louth AC	1.22.7
	2	Noah Donnelly-Coles	B&DAC	1.28.8
SLJ	1	Owais Moore	Louth AC	1.84
	2	Damian McNally	B&DAC	1.62
	3	Noah Donnelly-Coles	B&DAC	1.62
STJ	1	Owais Moore	Louth AC	5.45
	2	Damian McNally	B&DAC	4.98
	3	Noah Donnelly-Coles	B&DAC	4.68
VJ	1	Owais Moore	Louth AC	47
	2	Damian McNally	B&DAC	40
	3	Noah Donnelly-Coles	B&DAC	38
SB 30secs	1	Owais Moore	Louth AC	64
	2	Noah Donnelly-Coles	B&DAC	53
	3	Damian McNally	B&DAC	52
Bal.T	1	Damian McNally	B&DAC	60s
	2	Owais Moore	Louth AC	51s
	3	Noah Donnelly-Coles	B&DAC	48s
SHOT 3k	1	Damian McNally	B&DAC	6.27
	2	Owais Moore	Louth AC	6.23
	3	Noah Donnelly-Coles	B&DAC	3.97

U15

2 Laps	1	Patrick McNally	B&DAC	21.8
	2	Julia Paluch	B&DAC	22.1
	3	Beth Mitchell	B&DAC	28.2

3 Laps	1	Patrick McNally	B&DAC	33.9
	2	Julia Paluch	B&DAC	36.2
	3	Beth Mitchell	B&DAC	36.7
4 Laps	1	Patrick McNally	B&DAC	50.0
	2	Beth Mitchell	B&DAC	52.2
	3	Julia Paluch	B&DAC	52.4
6 Laps	1	Patrick McNally	B&DAC	1.15.5
	2	Beth Mitchell	B&DAC	1.21.4
	3	Julia Paluch	B&DAC	1.26.4
SLJ	1	Julia Paluch	B&DAC	2.24
	2	Patrick McNally	B&DAC	1.96
	3	Beth Mitchell	B&DAC	1.65
STJ	1	Patrick McNally	B&DAC	6.40
	2	Julia Paluch	B&DAC	6.10
	3	Beth Mitchell	B&DAC	5.44
VJ	1	Julia Paluch	B&DAC	49
	2	Patrick McNally	B&DAC	48
	3	Beth Mitchell	B&DAC	36
SB 30secs	1	Patrick McNally	B&DAC	69
	2	Julia Paluch	B&DAC	69
	3	Beth Mitchell	B&DAC	58
SHOT 4K	1	Patrick McNally	B&DAC	6.30
	3.25K 2	Julia Paluch	B&DAC	6.71
	3.25K 3	Beth Mitchell	B&DAC	4.22