

BOSTON AND DISTRICT ATHLETIC CLUB
FINAL FLING OPEN JUMPS AND THROWS COMPETITION
OCTOBER 8th 2023
RESULTS

Vortex U9 B&G

1	Theodore Louth	B&DAC	26.74
2	Heidi Cowling	Scunthorpe AC	22.39

Vortex U11 B&G

1	Poppy Aldridge	Scunthorpe AC	15.83
2	Lucy Ambrose	B&DAC	15.23
3	Rose Pell	B&DAC	13.05
4	Evie Nolan	B&DAC	12.89

Pole Vault U15G

1	Julia Paluch	B&DAC	2.20
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High Jump Mixed ages

1	Jake Briggs	KUHAC	1.15	U13B
1	Joseph Thorpe	Sleaford Striders	1.15	U15B
1	Paige McInerney	KUHAC	1.40	U15G
2	Clemmie Wright	KUHAC	1.25	U15G
1	Ben Pell	B&DAC	1.35	Mv40

Long Jump U9 B&G

1	Theodore Louth	B&DAC	3.17
2	Heidi Cowling	Scunthorpe AC	2.88

Long Jump U11 B&G

1	Rose Pell	B&DAC	3.84
2	Lucy Ambrose	B&DAC	2.89
3	Poppy Aldridge	Scunthorpe AC	2.64
4	Evie Nolan	B&DAC	2.51

Long Jump U13G

1	Letitia Arch	Sleaford Striders	3.79
2	Amelie Cole	KUHAC	3.72
3	Isabel Cassell	B&DAC	3.53
4	Amelia Ambrose	B&DAC	3.34
5	Mia Clark-Atkins	B&DAC	2.90

Long Jump U15G

1	Julia Paluch	B&DAC	4.31
2	Paige McInerney	KUHAC	4.28
3	Emily Nicklen	Scunthorpe Harriers	3.67
4	Issy Reid	B&DAC	3.64

Long Jump U13B

1	Jake Briggs	KUHAC	3.82
2	Jacob Collier	B&DAC	3.61

Long Jump U15B

1	Jack Clark-Atkins	B&DAC	5.25
2	Cameron Shivas	Newark AC	4.60
3	Joseph Thorpe	Sleaford Striders	3.73

Long Jump U17M

1	Ben McClintock	Carres Grammar School	6.04
2	William Crowe	KUHAC	5.73

Long Jump Mv40

1	Ben Pell	B&DAC	5.07
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Triple Jump U13 B&G

1	Jacob Collier	B&DAC	7.56
2	Isabel Cassell	B&DAC	7.39

Triple Jump U15G

1	Julia Paluch	B&DAC	9.34
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Triple Jump U15B

1	Jack Clark-Atkins	B&DAC	11.43
2	Cameron Shivas	Newark AC	10.20

Triple Jump U17W

1	Jess Newlin	B&DAC	8.30
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Triple Jump U17M

1	William Crowe	KUHAC	12.56
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Shot U13G

1	Phoebe Moore	KUHAC	7.47
2	Letitia Arch	Sleaford Striders	4.65
3	Mia Clark-Atkins	B&DAC	4.04

Shot U15G

1	Matilda Hewitt	Chelmsford AC	12.08
2	Amelia Fraser	KUHAC	9.24
3	Grace Marshall	Grantham AC	8.92
4	Julia Paluch	B&DAC	8.43
5	Clemmie Wright	KUHAC	7.82
6	Madison Poulter	Chelmsford AC	7.32
7	Paige McInerny	KUHAC	7.09
8	Issy Reid	B&DAC	6.66
9	Emily Nicklen	Scunthorpe Harriers	5.42

Shot U13B

1	Logan Cowling	Scunthorpe Harriers	10.98
2	Ewan Macmillan	Goole Youth	6.61
3	Will Blagburn	Retford AC	4.65

Shot U15B

1	Jack Clark-Atkins	B&DAC	10.84
2	Cameron Shivas	Newark AC	7.19

Shot U17W

1	Matilda Wright	KUHAC	9.78
2	Jess Newlin	B&DAC	6.39

Shot SW

1	Gemma Barnsdale	Scunthorpe Harriers	10.47
2	Emma Smith	Scunthorpe Harriers	8.45
3	Sally Pusey	PANVAC	7.16 Vw50

Shot U17M

1	Jamie Greenhalgh	Leigh Harriers	9.44
2	Alfie Dodds	Leigh Harriers	9.03

Shot U20M

1	Alexander Chivers	KUHAC	11.05
2	Joel Limmer	Retford AC	8.51

Shot VM

1	Martin Wray	Northern Masters	9.91 Vm65
2	Ben Pell	B&DAC	9.31 Vm40
3	Phil Garner	Grantham AC	8.52 Vm60

Discus U13G

1	Phoebe Moore	KUHAC	23.93
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Discus U15G

1	Matilda Hewitt	Chelmsford AC	31.85
2	Grace Marshall	Grantham AC	29.09
3	Amelia Fraser	KUHAC	27.82
4	Clemmie Wright	KUHAC	22.84
5	Madison Poulter	Chelmsford AC	21.97
6	Issy Reid	B&DAC	16.58
7	Emily Nicklen	Scunthorpe Harriers	14.51

Discus U13B

1	Logan Cowling	Scunthorpe Harriers	28.12
2	Will Blagburn	Retford AC	13.40

Discus U17W

1	Matilda Wright	KUHAC	31.57
2	Jess Newlin	B&DAC	15.36

Discus SW

1	Gemma Barnsdale	Scunthorpe Harriers	34.73	
2	Emma Smith	Scunthorpe Harriers	20.67	
3	Sally Pusey	PANVAC	16.64	Vw50

Discus U17M

1	Jamie Greenhalgh	Leigh Harriers	31.50	
2	Alfie Dodds	Leigh Harriers	29.05	
3	William Crowe	KUHAC	26.92	

Discus U20M

1	Alexander Chivers	KUHAC	25.09	
2	Joel Limmer	Retford AC	24.85	

Discus VM

1	Martin Wray	Northern Masters	33.37	Vm65
2	Phil Garner	Grantham AC	31.39	Vm60
3	Nigel Bilton	B&DAC	29.09	Vm65

Javelin U13G

1	Phoebe Moore	KUHAC	15.42	
2	Isabelle Thorpe	Sleaford Striders	12.16	

Javelin U15G

1	Matilda Hewitt	Chelmsford AC	31.31	
2	Amelia Fraser	KUHAC	30.38	
3	Madison Poulter	Chelmsford AC	23.47	
4	Issy Reid	B&DAC	21.68	

Javelin U13B

1	Logan Cowling	Scunthorpe Harriers	30.07	
2	Jacob Collier	B&DAC	12.30	
3	Will Blagburn	Retford AC	11.91	

Javelin U15B

1	Finley Dines	West Suffolk	37.09	
2	Jack Clark-Atkins	B&DAC	36.96	
3	Cameron Shivas	Newark AC	24.91	
4	Joseph Thorpe	Sleaford Striders	14.79	

Javelin U17W

1	Matilda Wright	KUHAC	29.18	
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Javelin U17M

1	Alfie Dodds	Leigh Harriers	36.55	
2	William Crowe	KUHAC	32.60	

Javelin U20M

1	Alexander Chivers	KUHAC	39.21	
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Javelin VM

1	Ben Pell	B&DAC	30.13	Vm40
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Hammer U13G

1	Mia Clark-Atkins	B&DAC	18.35	
2	Isabelle Thorpe	Sleaford Striders	7.67	

Hammer U15G

1	Matilda Hewitt	Chelmsford AC	36.75	
2	Madison Poulter	Chelmsford AC	29.88	

Hammer U15B

1	Joseph Thorpe	Sleaford Striders	12.95	
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Hammer U17W

1	Jess Newlin	B&DAC	25.28	
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Hammer SW

1	Gemma Barnsdale	Scunthorpe Harriers	35.64	
2	Emma Smith	Scunthorpe Harriers	35.00	
3	Sally Pusey	PANVAC	22.41	Vw50

Hammer U17M

1	Alfie Dodds	Leigh Harriers	36.96	
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Hammer U20M

1	Joel Limmer	Retford AC	16.67	
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Hammer VM

1	Phil Garner	Grantham AC	35.01	Vm60
2	Nigel Bilton	B&DAC	27.98	Vm65

70mH U13G

1	Amelie Cole	KUHAC	14.00	
2	Isabel Cassell	B&DAC	14.6	
3	Isabelle Thorpe	Sleaford Striders	15.5	
4	Letitia Arch	Sleaford Striders	16.2	
5	Amelia Ambrose	B&DAC	17.0	

75mH U13B

1	Ewan Macmillan	Goole Youth	15.7	
2	Jake Briggs	KUHAC	16.6	

75mH U15G

1	Paige McInerney	KUHAC	13.4	
2	Clemmie Wright	KUHAC	14.2	

600m U9 &U11 B&G

1	Rose Pell	B&DAC	2.10.4	U11
2	Theodore Louth	B&DAC	2.18.8	U9

3	Heidi Cowling	Scunthorpe Harriers	2.19.8	U9
4	Poppy Aldridge	Scunthorpe Harriers	2.22.5	U11
5	Lucy Ambrose	B&DAC	2.25.4	U11
6	Evie Nolan	B&DAC	2.45.8	U11