

Norwich Union shine:awards Disability Attainment Table Multiplication Factor

When calculating the scores of performances in the adapted scheme, the performance achieved by the athlete should be multiplied by the appropriate factor in the table below. Please note, performance values for the scored event should be rounded to the nearest whole number in order to gain the points score.

Profile Number	Description	Running and timed activities	Jumping, throwing and measured activities	Scored Activities, relating to any activities which requires a count or number score.
1	Electric Wheelchair User	0.45	1.45	1.45
2	Manual Wheelchair User Cerebral Palsy Quadriplegia	0.45	1.45	1.45
3	Manual Wheelchair User	0.45	1.45	1.45
4	Manual Wheelchair User Cerebral palsy Paraplegia, Polio, Spina bifida	0.65	1.65	1.65
5	Manual Wheelchair User, Amputee Cerebral palsy, Paraplegia, Polio, Spina bifida	0.65	1.65	1.65
6	Ambulant Cerebral Palsy	0.65	1.65	1.65
7	Ambulant Cerebral Palsy	0.65	1.65	1.65
8	Ambulant Cerebral Palsy	0.8	1.8	1.8
9	Ambulant Cerebral Palsy	0.85	1.85	1.85
10	Ambulant Amputee	0.8	1.8	1.8
11	Ambulant Amputee	0.8	1.8	1.8
12	Ambulant Amputee	0.8	1.8	1.8
13	Ambulant Blind of Visually Impaired	0.8	1.8	1.8
14	Ambulant Blind of Visually Impaired	0.8	1.8	1.8
15	Ambulant Deaf	0.85	1.85	1.85
16	Ambulant Dwarf	-	-	-
17	Ambulant Moderate Learning Difficulties	0.85	1.85	1.85
18	Ambulant Severe Learning Difficulties	0.65	1.65	1.65

The factors should be applied as in the below example.

Caroline has a disability profile of 10 and scores 1m in the standing long jump. This score is multiplied by the factor of 1.8 ($1 \times 1.8 = 1.8$). This amended performance of 1.8m is now compared against the aggregate tables for that age group to give the athlete their point's score.

Norwich Union shine:awards Attainment Tables

L4 Girls	Speed									L4 Girls	Units	L4 Girls	Speed									L4 Girls
	60m	80m hurdles	100m	100m hurdles	200m	300m	300m hurdles	400m	400m hurdles				60m	80m hurdles	100m	100m hurdles	200m	300m	300m hurdles	400m	400m hurdles	
	Units	0.01s	0.01s	0.01s	0.1s	0.1s	0.1s	0.1s	0.1s				Units	0.01s	0.01s	0.01s	0.1s	0.1s	0.1s	0.1s	0.1s	
1	20.00	55.00	80.00	60.00	100.00	240.00	300.00	300.00	300.00	1	41	10.70	16.70	16.85	26.70	34.60	59.50	70.00	82.00	93.00	41	
2	19.00	45.00	60.00	50.00	94.00	210.00	260.00	270.00	270.00	2	42	10.60	16.60	16.80	26.50	34.30	58.00	69.00	81.50	92.00	42	
3	17.50	40.00	40.00	45.00	80.00	180.00	230.00	240.00	240.00	3	43	10.50	16.50	16.70	26.30	34.00	57.50	68.50	81.00	91.00	43	
4	16.50	38.00	30.00	42.00	70.00	160.00	200.00	210.00	220.00	4	44	10.40	16.40	16.60	26.10	33.70	57.00	68.00	80.50	90.00	44	
5	16.00	35.00	25.00	39.00	60.00	140.00	170.00	190.00	200.00	5	45	10.30	16.30	16.50	25.90	33.40	56.50	67.50	80.00	89.00	45	
6	15.50	30.00	23.00	35.00	55.00	120.00	150.00	170.00	180.00	6	46	10.25	16.20	16.40	25.40	33.10	56.00	67.00	79.50	88.00	46	
7	15.00	28.00	22.00	34.00	50.00	105.00	137.00	155.00	160.00	7	47	10.20	16.10	16.30	25.10	32.80	55.50	66.50	79.00	87.00	47	
8	14.50	24.00	21.50	33.50	48.00	95.00	127.00	140.00	150.00	8	48	10.15	16.00	16.10	24.90	32.50	55.00	66.00	78.50	86.00	48	
9	14.00	22.00	21.00	33.00	46.00	85.00	118.00	130.00	140.00	9	49	10.10	15.90	16.00	24.50	32.20	54.50	65.50	78.00	85.00	49	
10	13.00	20.00	20.60	32.50	45.50	78.00	110.00	120.00	135.00	10	50	10.05	15.80	15.80	24.10	31.90	54.00	65.00	77.50	84.00	50	
11	12.80	20.80	20.40	32.40	45.00	75.00	105.00	115.00	130.00	11	51	10.00	15.70	15.60	23.90	31.70	53.50	64.50	77.00	83.00	51	
12	12.60	20.60	20.20	32.30	44.50	74.00	102.00	110.00	128.00	12	52	9.90	15.60	15.40	23.50	31.50	53.00	64.00	76.50	82.50	52	
13	12.40	20.50	20.00	32.20	44.00	73.50	99.00	108.00	126.00	13	53	9.80	15.50	15.20	23.10	31.10	52.50	63.50	76.00	82.00	53	
14	12.30	20.40	19.80	32.10	43.50	73.00	97.00	106.00	124.00	14	54	9.70	15.40	15.00	22.90	30.80	52.00	63.00	75.50	81.50	54	
15	12.25	20.30	19.60	32.00	43.00	72.50	96.00	105.00	122.00	15	55	9.60	15.30	14.90	22.40	30.50	51.50	62.50	75.00	81.00	55	
16	12.20	20.20	19.40	31.90	42.50	72.00	95.00	104.00	120.00	16	56	9.50	15.20	14.80	22.10	30.20	51.00	62.00	74.50	80.50	56	
17	12.15	20.10	19.20	31.80	42.00	71.50	94.00	103.00	118.00	17	57	9.40	15.10	14.75	21.90	29.90	50.50	61.50	74.00	80.00	57	
18	12.10	20.00	19.10	31.70	41.50	71.00	93.00	102.00	116.00	18	58	9.30	15.00	14.70	21.50	29.60	50.00	61.00	73.50	79.50	58	
19	12.05	19.90	18.90	31.60	41.00	70.50	92.00	101.00	115.00	19	59	9.20	14.90	14.60	21.10	29.30	49.60	60.50	73.00	79.00	59	
20	12.00	19.80	18.80	31.50	40.50	70.00	91.00	100.00	114.00	20	60	9.10	14.80	14.50	20.90	29.25	49.30	60.00	72.50	78.50	60	
21	11.95	19.70	18.70	31.40	40.00	69.50	90.00	99.00	113.00	21	61	9.00	14.70	14.40	20.80	29.20	49.20	59.50	72.00	78.00	61	
22	11.90	19.60	18.50	31.30	39.50	69.00	89.00	98.00	112.00	22	62	8.90	14.60	14.30	20.60	29.10	49.00	59.00	71.50	77.50	62	
23	11.85	19.50	18.40	31.20	39.00	68.50	88.00	97.00	111.00	23	63	8.80	14.50	14.20	20.40	29.05	48.90	58.50	71.00	77.00	63	
24	11.80	19.40	18.30	31.10	38.50	68.00	87.00	96.00	110.00	24	64	8.70	14.40	14.10	20.30	29.00	48.80	58.00	70.50	76.50	64	
25	11.75	19.30	18.20	29.90	38.00	67.50	86.00	95.00	109.00	25	65	8.60	14.30	14.00	20.10	28.95	48.60	57.50	70.00	76.00	65	
26	11.70	18.20	18.10	29.70	37.60	67.00	85.00	94.00	108.00	26	66	8.50	14.20	13.90	20.00	28.90	48.50	57.00	69.50	75.75	66	
27	11.65	18.10	18.00	29.50	37.50	66.50	84.00	93.00	107.00	27	67	8.45	14.10	13.80	19.90	28.80	48.40	56.75	69.25	75.50	67	
28	11.60	18.00	17.90	29.30	37.40	66.00	83.00	92.00	106.00	28	68	8.40	14.00	13.70	19.80	28.70	48.30	56.50	69.00	75.25	68	
29	11.55	17.90	17.80	29.10	37.30	65.50	82.00	91.00	105.00	29	69	8.35	13.90	13.60	19.70	28.60	48.20	56.25	68.75	75.00	69	
30	11.50	17.80	17.70	28.90	37.20	65.00	81.00	90.00	104.00	30	70	8.30	13.80	13.50	19.50	28.50	48.10	56.00	68.50	74.75	70	
31	11.45	17.70	17.60	28.70	37.10	64.50	80.00	89.00	103.00	31	71	8.25	13.70	13.40	19.40	28.40	48.00	55.75	68.25	74.50	71	
32	11.40	17.60	17.50	28.50	37.00	64.00	79.00	88.00	102.00	32	72	8.20	13.60	13.30	19.20	28.30	47.90	55.50	68.00	74.25	72	
33	11.35	17.50	17.40	28.30	36.90	63.50	78.00	87.00	101.00	33	73	8.15	13.50	13.20	19.10	28.20	47.80	55.25	67.75	74.00	73	
34	11.30	17.40	17.30	28.10	36.80	63.00	77.00	86.00	100.00	34	74	8.10	13.40	13.10	19.00	28.10	47.70	55.00	67.50	73.75	74	
35	11.25	17.30	17.20	27.90	36.70	62.50	76.00	85.00	99.00	35	75	8.05	13.30	13.00	18.90	28.00	47.60	54.75	67.25	73.50	75	
36	11.20	17.20	17.15	27.70	36.20	62.00	75.00	84.50	98.00	36	76	8.00	13.20	12.90	18.80	27.90	47.50	54.50	67.00	73.25	76	
37	11.10	17.10	17.10	27.50	35.80	61.50	74.00	84.00	97.00	37	77	7.95	13.10	12.80	18.70	27.80	47.40	54.25	66.75	73.00	77	
38	11.00	17.00	17.05	27.30	35.60	61.00	73.00	83.50	96.00	38	78	7.90	13.00	12.70	18.60	27.70	47.30	54.00	66.50	72.75	78	
39	10.90	16.90	17.00	27.10	35.30	60.50	72.00	83.00	95.00	39	79	7.85	12.80	12.60	18.50	27.60	47.20	53.75	66.25	72.50	79	
40	10.80	16.80	16.90	26.90	34.90	60.00	71.00	82.50	94.00	40	80	7.80	12.70	12.50	18.40	27.50	47.10	53.50	66.00	72.00	80	

Norwich Union shine:awards Attainment Tables

		Endurance										Endurance							
L4 Girls		800m	1500m	1500m steplechase	1500m walk	2000m walk	2000m steplechase	3000m	L4 Girls		L4 Girls	800m	1500m	1500m steplechase	1500m walk	2000m walk	2000m steplechase	3000m	L4 Girls
	Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units		Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units
1	10:50	21:40	21:40	16:40	24:00	30:00	51:40	1		41	3:52	7:29	9:11	10:10	14:10	10:16	13:52	41	
2	9:10	18:20	20:00	16:20	23:30	26:40	46:40	2		42	3:49	7:22	9:05	10:05	14:00	10:04	13:44	42	
3	8:10	16:40	18:20	16:00	23:10	25:00	41:40	3		43	3:46	7:15	8:59	10:00	13:50	9:52	13:38	43	
4	7:20	15:00	16:40	15:40	22:50	23:20	36:40	4		44	3:43	7:08	8:53	9:55	13:40	9:40	13:32	44	
5	6:30	14:10	15:20	15:20	22:30	22:00	31:40	5		45	3:40	7:03	8:47	9:50	13:30	9:32	13:26	45	
6	6:00	13:20	14:30	15:00	21:40	20:20	28:20	6		46	3:37	6:58	8:41	9:40	13:20	9:24	13:20	46	
7	5:45	12:30	13:50	14:10	20:50	19:10	25:50	7		47	3:34	6:53	8:35	9:30	13:10	9:16	13:14	47	
8	5:40	11:40	13:20	14:00	20:00	18:20	24:10	8		48	3:31	6:48	8:29	9:20	13:00	9:08	13:08	48	
9	5:35	11:30	12:50	13:50	19:35	17:40	23:00	9		49	3:28	6:43	8:23	9:10	12:50	9:00	13:02	49	
10	5:30	11:10	12:30	13:40	19:10	17:10	22:10	10		50	3:25	6:38	8:17	9:05	12:40	8:55	12:56	50	
11	5:25	10:50	12:25	13:30	18:45	16:30	21:00	11		51	3:22	6:33	8:09	9:00	12:30	8:50	12:50	51	
12	5:20	10:30	12:10	13:20	18:20	16:10	20:20	12		52	3:19	6:28	8:02	8:55	12:20	8:45	12:45	52	
13	5:15	10:10	11:59	13:15	18:10	15:52	19:50	13		53	3:16	6:23	7:55	8:45	12:10	8:40	12:40	53	
14	5:13	10:00	11:53	13:10	18:00	15:40	19:30	14		54	3:13	6:18	7:48	8:35	12:00	8:35	12:35	54	
15	5:10	9:55	11:47	13:00	17:50	15:28	19:10	15		55	3:10	6:13	7:41	8:30	11:50	8:30	12:30	55	
16	5:07	9:50	11:41	12:50	17:40	15:16	18:50	16		56	3:07	6:08	7:34	8:25	11:40	8:25	12:25	56	
17	5:04	9:45	11:35	12:40	17:30	15:04	18:30	17		57	3:04	6:03	7:27	8:20	11:30	8:20	12:20	57	
18	5:01	9:40	11:29	12:30	17:20	14:52	18:10	18		58	3:01	5:59	7:20	8:15	11:20	8:15	12:15	58	
19	4:58	9:35	11:23	12:20	17:10	14:40	17:55	19		59	2:59	5:55	7:15	8:10	11:10	8:10	12:10	59	
20	4:55	9:30	11:17	12:10	17:05	14:28	17:40	20		60	2:56	5:52	7:10	8:05	11:00	8:05	12:05	60	
21	4:52	9:25	11:11	12:00	17:00	14:16	17:25	21		61	2:52	5:49	7:05	8:00	10:50	8:00	12:00	61	
22	4:49	9:20	11:05	11:50	16:55	14:04	17:10	22		62	2:50	5:46	7:00	7:55	10:40	7:55	11:55	62	
23	4:46	9:15	10:59	11:40	16:50	13:52	16:55	23		63	2:49	5:43	6:55	7:50	10:30	7:50	11:50	63	
24	4:43	9:10	10:53	11:30	16:45	13:40	16:40	24		64	2:45	5:40	6:52	7:46	10:20	7:45	11:45	64	
25	4:40	9:05	10:47	11:20	16:40	13:28	16:25	25		65	2:43	5:37	6:50	7:43	10:15	7:40	11:40	65	
26	4:37	9:00	10:41	11:11	16:30	13:16	16:10	26		66	2:40	5:35	6:49	7:40	10:10	7:39	11:35	66	
27	4:34	8:55	10:35	11:07	16:20	13:04	16:00	27		67	2:37	5:34	6:48	7:35	10:05	7:38	11:30	67	
28	4:31	8:50	10:29	11:03	16:10	12:52	15:50	28		68	2:34	5:33	6:47	7:30	10:00	7:37	11:25	68	
29	4:28	8:45	10:23	10:59	16:00	12:40	15:40	29		69	2:31	5:32	6:46	7:25	9:55	7:36	11:20	69	
30	4:25	8:40	10:17	10:55	15:55	12:28	15:30	30		70	2:28	5:31	6:45	7:20	9:50	7:35	11:15	70	
31	4:22	8:35	10:11	10:51	15:50	12:16	15:20	31		71	2:25	5:30	6:44	7:15	9:45	7:34	11:10	71	
32	4:19	8:30	10:05	10:47	15:40	12:04	15:10	32		72	2:23	5:29	6:43	7:10	9:40	7:33	11:05	72	
33	4:16	8:25	9:59	10:43	15:30	11:52	15:00	33		73	2:20	5:28	6:42	7:05	9:35	7:32	11:00	73	
34	4:13	8:20	9:53	10:39	15:20	11:40	14:50	34		74	2:17	5:27	6:41	7:00	9:30	7:31	10:55	74	
35	4:10	8:11	9:47	10:35	15:10	11:28	14:40	35		75	2:14	5:26	6:40	6:55	9:25	7:30	10:50	75	
36	4:07	8:04	9:41	10:31	15:00	11:16	14:32	36		76	2:25	5:25	6:39	6:50	9:20	7:29	10:45	76	
37	4:04	7:57	9:35	10:27	14:50	11:04	14:24	37		77	2:17	5:24	6:38	6:45	9:15	7:28	10:40	77	
38	4:01	7:50	9:29	10:23	14:40	10:52	14:16	38		78	2:14	5:23	6:37	6:40	9:10	7:27	10:35	78	
39	3:58	7:43	9:23	10:19	14:30	10:40	14:08	39		79	2:10	5:22	6:36	6:35	9:05	7:26	10:30	79	
40	3:55	7:36	9:17	10:15	14:20	10:28	14:00	40		80	2:05	5:21	4:05	6:30	9:00	5:25	8:20	80	

Norwich Union shine:awards Attainment Tables

L4 Girls	Jumps				Throws				L4 Girls	Units	L4 Girls	Jumps				Throws				L4 Girls
	High jump	Long jump	Triple jump	Pole vault	Shot	Discus	Javelin	Hammer				High jump	Long jump	Triple jump	Pole vault	Shot	Discus	Javelin	Hammer	
	0.01m	0.01m	0.01m	0.01m	0.01m	0.01m	0.1m	0.1m				0.01m	0.01m	0.01m	0.01m	0.01m	0.01m	0.1m	0.1m	
1	0.10	0.30	0.50	0.40	0.10	0.50	0.50	1.00	1	41	1.27	3.58	6.60	1.69	6.15	17.80	15.75	16.00	41	
2	0.20	0.70	0.80	0.45	0.30	1.00	1.00	2.00	2	42	1.28	3.60	6.70	1.70	6.18	18.05	16.00	16.33	42	
3	0.30	1.10	1.00	0.50	0.50	2.00	1.50	2.50	3	43	1.29	3.62	6.80	1.71	6.20	18.30	16.25	16.66	43	
4	0.40	1.40	1.10	0.55	0.70	3.00	2.00	3.00	4	44	1.30	3.64	6.90	1.72	6.23	18.55	16.50	17.00	44	
5	0.50	1.80	1.40	0.65	1.00	4.00	2.50	3.50	5	45	1.31	3.66	7.00	1.73	6.28	18.80	16.75	17.33	45	
6	0.60	2.05	1.70	0.70	1.50	4.50	3.00	4.00	6	46	1.32	3.68	7.10	1.74	6.30	19.05	17.00	17.66	46	
7	0.65	2.20	2.00	0.75	2.00	5.00	3.50	4.50	7	47	1.33	3.70	7.20	1.75	6.33	19.30	17.50	18.00	47	
8	0.70	2.30	2.30	0.85	2.30	5.50	4.00	5.00	8	48	1.34	3.72	7.30	1.76	6.38	19.50	17.75	18.33	48	
9	0.75	2.40	2.60	0.95	2.60	6.00	4.50	5.33	9	49	1.35	3.74	7.40	1.77	6.40	19.70	18.00	18.66	49	
10	0.80	2.50	2.90	1.05	3.00	6.50	5.00	5.66	10	50	1.36	3.76	7.50	1.78	6.43	19.90	18.25	19.00	50	
11	0.85	2.60	3.20	1.10	3.50	7.00	5.50	6.00	11	51		3.78	7.60	1.79	6.48	20.10	18.50	19.25	51	
12	0.89	2.65	3.50	1.15	4.00	7.50	6.00	6.33	12	52	1.37	3.80	7.70	1.80	6.50	20.30	18.75	19.50	52	
13	0.92	2.70	3.70	1.20	4.30	8.00	6.50	6.66	13	53		3.82	7.80	1.82	6.55	20.50	19.00	19.75	53	
14	0.94	2.75	3.90	1.25	4.60	8.50	7.00	7.00	14	54	1.38	3.84	7.90	1.84	6.60	20.70	19.25	20.00	54	
15	0.96	2.80	4.00	1.28	4.75	9.00	7.50	7.33	15	55		3.86	8.00	1.85	6.50	20.90	19.50	20.25	55	
16	0.97	2.85	4.10	1.32	4.90	9.50	8.00	7.66	16	56	1.39	3.88	8.10	1.87	6.70	21.10	19.75	20.50	56	
17	0.99	2.90	4.20	1.35	5.00	10.00	8.50	8.00	17	57		3.90	8.20	1.88	6.80	21.30	20.00	20.75	57	
18	1.00	2.93	4.30	1.37	5.10	10.50	9.00	8.33	18	58	1.40	3.95	8.30	1.89	6.90	21.45	20.25	21.00	58	
19	1.02	2.96	4.40	1.39	5.20	11.00	9.50	8.66	19	59		4.00	8.40	1.90	7.00	21.60	20.50	21.25	59	
20	1.03	2.99	4.50	1.40	5.30	11.50	10.00	9.00	20	60	1.41	4.05	8.45	1.92	7.10	21.75	20.75	21.50	60	
21	1.05	3.02	4.60	1.42	5.35	11.80	10.50	9.33	21	61		4.10	8.50	1.94	7.15	21.90	21.00	21.75	61	
22	1.06	3.05	4.70	1.43	5.40	12.10	11.00	9.66	22	62	1.42	4.15	8.55	1.95	7.20	22.05	21.25	22.00	62	
23	1.08	3.08	4.80	1.44	5.45	12.40	11.25	10.00	23	63		4.20	8.60	1.97	7.25	22.20	21.50	22.25	63	
24	1.09	3.11	4.90	1.45	5.50	12.70	11.50	10.33	24	64	1.43	4.25	8.65	1.98	7.30	22.30	21.75	22.50	64	
25	1.11	3.14	5.00	1.47	5.55	13.00	11.75	10.66	25	65		4.30	8.75	1.99	7.40	22.40	22.00	22.75	65	
26	1.12	3.17	5.10	1.49	5.60	13.30	12.00	11.00	26	66	1.44	4.35	8.80	2.00	7.50	22.50	22.25	23.00	66	
27	1.13	3.20	5.20	1.50	5.65	13.60	12.25	11.33	27	67		4.40	8.85	2.03	7.55	22.60	22.50	23.10	67	
28	1.14	3.23	5.30	1.52	5.70	13.90	12.50	11.66	28	68	1.45	4.45	8.90	2.05	7.60	22.70	22.75	23.20	68	
29	1.15	3.26	5.40	1.53	5.75	14.20	12.75	12.00	29	69		4.50	8.95	2.08	7.65	22.80	23.00	23.30	69	
30	1.16	3.29	5.50	1.54	5.80	14.50	13.00	12.33	30	70	1.46	4.55	9.00	2.10	7.70	22.90	23.25	23.40	70	
31	1.17	3.32	5.60	1.55	5.85	14.80	13.25	12.66	31	71		4.60	9.05	2.12	7.75	23.00	23.50	23.50	71	
32	1.18	3.35	5.70	1.57	5.90	15.10	13.50	13.00	32	72	1.47	4.65	9.10	2.15	7.80	23.10	23.75	23.60	72	
33	1.19	3.38	5.80	1.58	5.93	15.40	13.75	13.33	33	73		4.70	9.15	2.18	7.85	23.20	24.00	23.70	73	
34	1.20	3.41	5.90	1.59	5.98	15.70	14.00	13.66	34	74	1.48	4.75	9.20	2.20	7.90	23.30	24.25	23.80	74	
35	1.21	3.44	6.00	1.60	6.00	16.00	14.25	14.00	35	75		4.80	9.25	2.22	7.95	23.40	24.50	23.90	75	
36	1.22	3.47	6.10	1.63	6.03	16.30	14.50	14.33	36	76	1.49	4.85	9.30	2.25	8.00	23.50	24.75	24.00	76	
37	1.23	3.50	6.20	1.64	6.05	16.60	14.75	14.66	37	77		4.90	9.35	2.28	8.05	23.60	25.00	24.10	77	
38	1.24	3.52	6.30	1.65	6.08	16.90	15.00	15.00	38	78	1.50	4.95	9.40	2.30	8.10	23.70	25.25	24.20	78	
39	1.25	3.54	6.40	1.67	6.10	17.20	15.25	15.33	39	79		5.00	9.45	2.32	8.15	23.80	25.50	24.30	79	
40	1.26	3.56	6.50	1.68	6.13	17.50	15.50	15.66	40	80	1.51	5.05	9.50	2.35	8.20	23.90	25.60	24.40	80	

Norwich Union shine:awards Attainment Tables

Fitness & Conditioning									Fitness & Conditioning											
L4 Girls	Sit ups	Step ups	Press ups	Speed bounce	Squat thrusts	Bench dips	Shuttle run (10 x 10m)	12 minute run	L4 Girls	Units	L4 Girls	Sit ups	Step ups	Press ups	Speed bounce	Squat thrusts	Bench dips	Shuttle run (10 x 10m)	12 minute run	L4 Girls
	Units	count	count	count	count	count	0.1s	10m	Units			count	count	count	count	count	count	count	0.1s	10m
1	1	5	5	4	2	3	0:50	400	1		41	21	25	18	48	25	18	0:30	2410	41
2	2	10		6	4	4	0:48	600	2		42	22	26		49	26	19		2420	42
3			6	8	5	5	0:46	800	3		43			19					2440	43
4	3	11	7	9	6	6	0:45	1000	4		44	23	27		50				2460	44
5				11	8	7	0:44	1200	5		45					27		0:29	2470	45
6	4	12	8	12	9	8	0:43	1400	6		46	24	28		51		20		2480	46
7				13		10	0:42	1500	7		47			20					2500	47
8	5	13	9	14	10	11	0:41	1600	8		48	25	29		52	28		0:28	2520	48
9		14		15			0:40	1610	9		49								2550	49
10	7	15	10	16	11	12		1620	10		50	26	30	21	53	29	21		2580	50
11		16		17			0:39	1640	11		51								2600	51
12	8	17	11	18	12		0:38	1670	12		52	27	31	22	55	30	22	0:27	2620	52
13	9			19				1690	13		53								2640	53
14	10	18	12	20	13	13	0:37	1720	14		54		32	23	56	31			2660	54
15				22				1760	15		55	28			57			0:26	2680	55
16	12	19		23	14		0:36	1790	16		56								2700	56
17								1830	17		57	29	33	24	58	32	24		2720	57
18				24	15		0:35	1860	18		58								2740	58
19	13	20		25		14		1890	19		59	30	34	25	60	33	25		2760	59
20			13	26	16		0:34	1930	20		60								2790	60
21	14			27				1960	21		61	31		26	61				2820	61
22					17			2000	22		62		35			34		0:25	2830	62
23		21		28			0:33	2030	23		63	32		27	62				2840	63
24	15			29	18			2060	24		64				63	35			2850	64
25				30				2100	25		65				65				2860	65
26	16		14	31	19			2130	26		66	33	36	28	66	36	27		2870	66
27		22		33		15	0:32	2170	27		67				67				2880	67
28				34	20			2180	28		68			29	68		28		2890	68
29	17			35				2190	29		69	34	37		69	38			2900	69
30			15	36	21			2200	30		70			30	70		29		2920	70
31	18	23		37		16		2220	31		71				71		30		2940	71
32				38	22		0:31	2240	32		72	35	38	31	72	39		0:24	2960	72
33			16	39				2260	33		73				73		31		2980	73
34				40				2280	34		74			32	74				3000	74
35	19	24	17	41	23	18		2300	35		75	36	39		75	40	32		3050	75
36				42				2320	36		76			33	76				3100	76
37				44	24			2340	37		77				77		33		3150	77
38	20			45				2360	38		78	37	40	34	78	41			3200	78
39				46				2380	39		79				79		34		3250	79
40	21	25	18	47	25			2400	40		80	38	41	36	80		35	0:23	3300	80

Norwich Union shine:awards Attainment Tables

Cross Country							Cross Country									
L4 Girls	1500m cross country	2000m cross country	3000m cross country	4000m cross country	5000m cross country	6000m cross country	L4 Girls		L4 Girls	1500m cross country	2000m cross country	3000m cross country	4000m cross country	5000m cross country	6000m cross country	L4 Girls
Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units		Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units
1	14:50	24:40	31:50	40:30	55:00	71:40	1		41	9:00	13:10	18:05	26:00	30:00	36:20	41
2	14:15	23:40	31:00	39:30	53:20	70:00	2		42	8:55	13:00	17:50	25:40	29:35	36:05	42
3	13:50	23:00	30:20	38:50	52:30	68:20	3		43	8:50	12:50	17:40	25:20	29:10	35:50	43
4	13:30	22:20	29:40	38:10	51:40	66:40	4		44	8:45	12:40	17:30	25:00	28:55	35:35	44
5	13:10	21:40	29:00	37:30	50:50	65:00	5		45	8:40	12:30	17:20	24:40	28:40	35:20	45
6	12:50	21:00	28:30	36:50	50:00	63:20	6		46	8:35	12:20	17:10	24:20	28:25	35:10	46
7	12:35	20:30	28:00	36:20	49:10	61:40	7		47	8:30	12:10	17:00	24:00	28:10	35:00	47
8	12:20	20:00	27:30	35:50	48:20	60:00	8		48	8:25	12:00	16:50	23:40	27:55	34:50	48
9	12:10	19:30	27:00	35:20	47:30	58:20	9		49	8:20	11:50	16:40	23:20	27:40	34:40	49
10	12:02	19:00	26:30	34:50	46:40	56:40	10		50	8:15	11:40	16:30	23:00	27:25	34:30	50
11	11:53	18:40	26:00	34:20	45:50	55:00	11		51	8:10	11:30	16:20	22:40	27:10	34:20	51
12	11:44	18:20	25:30	34:00	45:00	53:20	12		52	8:05	11:20	16:10	22:20	26:55	33:40	52
13	11:35	18:00	25:10	33:40	44:10	51:40	13		53	7:55	11:10	16:00	22:00	26:40	33:00	53
14	11:26	17:40	24:50	33:15	43:20	50:00	14		54	7:45	11:00	15:50	21:40	26:25	32:20	54
15	11:19	17:30	24:35	33:00	42:50	49:00	15		55	7:35	10:50	15:40	21:20	26:10	32:00	55
16	11:12	17:20	24:20	32:45	42:10	48:25	16		56	7:30	10:40	15:30	21:00	25:55	31:40	56
17	11:05	17:10	24:05	32:30	41:30	47:50	17		57	7:25	10:30	15:20	20:40	25:40	31:00	57
18	10:59	17:00	23:50	32:15	40:50	47:15	18		58	7:20	10:10	15:10	20:20	25:10	30:30	58
19	10:53	16:50	23:35	32:00	40:10	46:40	19		59	7:15	10:00	15:00	20:00	24:40	30:00	59
20	10:47	16:40	23:20	31:45	39:30	46:05	20		60	7:10	9:40	14:40	19:40	24:10	29:30	60
21	10:41	16:30	23:05	31:30	39:00	45:30	21		61	7:05	9:20	14:20	19:20	23:40	29:00	61
22	10:35	16:20	22:50	31:15	38:30	45:00	22		62	7:00	9:00	14:00	19:00	23:10	28:30	62
23	10:30	16:10	22:35	31:00	38:00	44:30	23		63	6:55	8:50	13:50	18:50	22:40	27:50	63
24	10:25	16:00	22:20	30:45	37:30	44:00	24		64	6:50	8:40	13:40	18:40	22:20	27:20	64
25	10:20	15:50	22:05	30:30	37:00	43:30	25		65	6:45	8:30	13:30	18:30	22:00	27:00	65
26	10:15	15:40	21:50	30:15	36:30	43:00	26		66	6:40	8:20	13:20	18:20	21:40	26:40	66
27	10:10	15:30	21:35	30:00	36:00	42:30	27		67	6:35	8:10	13:10	18:10	21:20	26:20	67
28	10:05	15:20	21:20	29:45	35:30	42:00	28		68	6:30	8:00	13:00	18:00	21:00	26:00	68
29	10:00	15:10	21:05	29:30	35:00	41:30	29		69	6:25	7:50	12:50	17:50	20:40	25:40	69
30	9:55	15:00	20:50	29:15	34:35	41:00	30		70	6:20	7:40	12:40	17:40	20:20	25:20	70
31	9:50	14:50	20:35	29:00	34:10	40:30	31		71	6:15	7:30	12:30	17:30	20:00	25:00	71
32	9:45	14:40	20:20	28:45	33:45	40:00	32		72	6:10	7:20	12:20	17:20	19:40	24:40	72
33	9:40	14:30	20:05	28:30	33:20	39:30	33		73	6:05	7:10	12:10	17:10	19:20	24:20	73
34	9:35	14:20	19:50	28:15	32:55	39:00	34		74	6:00	7:00	12:00	17:00	19:00	24:00	74
35	9:30	14:10	19:35	28:00	32:30	38:30	35		75	5:55	6:50	11:50	16:50	18:40	23:40	75
36	9:25	14:00	19:20	27:40	32:05	38:00	36		76	5:50	6:40	11:40	16:40	18:20	23:20	76
37	9:20	13:50	19:05	27:20	31:40	37:35	37		77	5:45	6:30	11:30	16:30	18:00	23:00	77
38	9:15	13:40	18:50	27:00	31:15	37:10	38		78	5:40	6:20	11:20	16:20	17:40	22:40	78
39	9:10	13:30	18:35	26:40	30:50	36:50	39		79	5:35	6:10	11:10	16:10	17:20	22:20	79
40	9:05	13:20	18:20	26:20	30:25	36:35	40		80	5:30	6:00	11:00	16:00	17:00	22:00	80

Norwich Union shine:awards Attainment Tables

Race Walking				Race Walking					
L4 Girls	1000m walk	2000m walk	5000m walk	L4 Girls	L4 Girls	1000m walk	2000m walk	5000m walk	L4 Girls
Units	0.1s	0.1s	0.1s	Units	Units	0.1s	0.1s	0.1s	Units
1	11:00	24:00	66:40	1	41	6:45	14:10	37:50	41
2	10:45	23:30	63:20	2	42	6:40	14:00	37:30	42
3	10:30	23:10	61:40	3	43	6:35	13:50	37:10	43
4	10:15	22:50	60:00	4	44	6:30	13:40	36:40	44
5	10:00	22:30	58:20	5	45	6:25	13:30	36:10	45
6	9:40	21:40	56:40	6	46	6:20	13:20	35:50	46
7	9:20	20:50	55:00	7	47	6:15	13:10	35:30	47
8	9:10	20:00	53:20	8	48	6:10	13:00	35:00	48
9	9:00	19:35	51:40	9	49	6:05	12:50	34:30	49
10	8:50	19:10	50:00	10	50	6:00	12:40	34:10	50
11	8:40	18:45	49:10	11	51	5:55	12:30	33:50	51
12	8:35	18:20	48:20	12	52	5:50	12:20	33:30	52
13	8:30	18:10	46:40	13	53	5:45	12:10	33:20	53
14	8:25	18:00	45:00	14	54	5:40	12:00	33:00	54
15	8:20	17:50	44:10	15	55	5:35	11:50	32:40	55
16	8:17	17:40	43:20	16	56	5:30	11:40	32:20	56
17	8:13	17:30	43:00	17	57	5:27	11:30	32:00	57
18	8:10	17:20	42:50	18	58	5:24	11:20	31:50	58
19	8:05	17:10	42:40	19	59	5:20	11:10	31:40	59
20	8:00	17:05	42:30	20	60	5:18	11:00	31:10	60
21	7:55	17:00	42:20	21	61	5:15	10:50	30:50	61
22	7:50	16:55	42:10	22	62	5:12	10:40	30:30	62
23	7:45	16:50	42:00	23	63	5:09	10:30	30:10	63
24	7:40	16:45	41:50	24	64	5:06	10:20	29:50	64
25	7:35	16:40	41:40	25	65	5:03	10:15	29:30	65
26	7:33	16:30	41:30	26	66	5:00	10:10	29:20	66
27	7:30	16:20	41:20	27	67	4:55	10:05	29:10	67
28	7:28	16:10	41:10	28	68	4:50	10:00	29:00	68
29	7:25	16:00	41:00	29	69	4:45	9:55	28:50	69
30	7:20	15:55	40:50	30	70	4:40	9:50	28:40	70
31	7:15	15:50	40:40	31	71	4:35	9:45	28:30	71
32	7:10	15:40	40:30	32	72	4:30	9:40	28:20	72
33	7:08	15:30	40:20	33	73	4:25	9:35	28:10	73
34	7:05	15:20	40:10	34	74	4:20	9:30	28:00	74
35	7:03	15:10	40:00	35	75	4:15	9:25	27:50	75
36	7:00	15:00	39:40	36	76	4:10	9:20	27:40	76
37	6:58	14:50	39:20	37	77	4:05	9:15	27:30	77
38	6:55	14:40	38:50	38	78	4:00	9:10	27:20	78
39	6:53	14:30	38:30	39	79	3:55	9:05	27:10	79
40	6:50	14:20	38:10	40	80	3:50	9:00	27:00	80

Norwich Union shine:awards Attainment Tables

L4 Boys	Speed							L4 Boys	Units	L4 Boys	Speed							L4 Boys
	60m	100m	100m hurdles	110m hurdles	200m	400m	400m hurdles				60m	100m	100m hurdles	110m hurdles	200m	400m	400m hurdles	
	0.01s	0.01s	0.01s	0.01s	0.1s	0.1s	0.1s				0.01s	0.01s	0.01s	0.01s	0.1s	0.1s	0.1s	
1	19.00	25.00	40.00	44.80	90.00	300.00	19.00	1	41	9.70	14.30	18.90	21.17	29.60	71.20	9.70	41	
2	18.00	24.00	35.00	39.20	80.00	270.00	18.00	2	42	9.60	14.20	18.80	21.06	29.40	70.50	9.60	42	
3	17.00	23.00	32.00	35.84	70.00	240.00	17.00	3	43	9.50	14.15	18.60	20.83	29.20	69.80	9.50	43	
4	16.00	22.00	30.00	33.60	60.00	210.00	16.00	4	44	9.40	14.10	18.50	20.72	29.00	69.10	9.40	44	
5	15.50	21.00	28.00	31.36	50.00	180.00	15.50	5	45	9.30	14.05	18.40	20.61	28.80	68.40	9.30	45	
6	15.00	20.00	27.00	30.24	45.00	160.00	15.00	6	46	9.25	14.00	18.30	20.50	28.60	67.70	9.25	46	
7	14.50	19.50	26.00	29.12	42.00	145.00	14.50	7	47	9.20	13.95	18.20	20.38	28.40	67.00	9.20	47	
8	14.00	19.00	25.00	28.00	41.00	130.00	14.00	8	48	9.15	13.90	18.10	20.27	28.20	66.30	9.15	48	
9	13.50	18.50	24.00	26.88	40.50	120.00	13.50	9	49	9.10	13.85	18.00	20.16	28.00	65.60	9.10	49	
10	13.00	18.00	23.50	26.32	40.00	112.00	13.00	10	50	9.05	13.80	17.90	20.05	27.80	64.90	9.05	50	
11	12.50	17.50	23.00	25.76	39.50	105.00	12.50	11	51	9.00	13.75	17.80	19.94	27.60	64.20	9.00	51	
12	12.20	17.00	22.50	25.20	39.00	100.00	12.20	12	52	8.90	13.60	17.70	19.82	27.40	63.50	8.90	52	
13	11.50	16.80	22.40	25.09	38.50	97.00	11.50	13	53	8.80	13.50	17.50	19.60	27.20	62.80	8.80	53	
14	11.30	16.60	22.30	24.98	37.70	95.00	11.30	14	54	8.70		17.30	19.38	27.00	62.10	8.70	54	
15	11.25	16.50	22.10	24.75	37.30	94.00	11.25	15	55	8.60	13.40	17.10	19.15	26.80	61.40	8.60	55	
16	11.20	16.40	22.00	24.64	36.90	93.00	11.20	16	56	8.50		17.00	19.04	26.60	60.70	8.50	56	
17	11.15	16.30	21.90	24.53	36.50	92.00	11.15	17	57	8.40	13.30	16.90	18.93	26.40	60.00	8.40	57	
18	11.10	16.20	21.80	24.42	36.10	91.00	11.10	18	58	8.30	13.20	16.80	18.82	26.20	59.50	8.30	58	
19	11.05	16.10	21.70	24.30	35.70	90.00	11.05	19	59	8.20	13.10	16.70	18.70	26.00	59.00	8.20	59	
20	11.00	16.00	21.60	24.19	35.30	89.00	11.00	20	60	8.10	12.90	16.68	18.68	25.80	58.50	8.10	60	
21	10.95	15.90	21.50	24.08	34.90	88.00	10.95	21	61	8.00	12.70	16.64	18.64	25.60	58.00	8.00	61	
22	10.90	15.80	21.40	23.97	34.60	87.00	10.90	22	62	7.90	12.50	16.60	18.60	25.40	57.50	7.90	62	
23	10.85	15.70	21.30	23.86	34.30	86.00	10.85	23	63	7.80	12.40	16.58	18.58	25.20	57.00	7.80	63	
24	10.80	15.60	21.20	23.74	34.00	85.10	10.80	24	64	7.70	12.30	16.55	18.55	25.00	56.60	7.70	64	
25	10.75	15.50	21.10	23.63	33.70	84.20	10.75	25	65	7.60	12.20	16.53	18.53	24.90	56.30	7.60	65	
26	10.70	15.40	21.00	23.52	33.40	83.30	10.70	26	66	7.50	12.10	16.50	18.50	24.80	56.00	7.50	66	
27	10.65	15.30	20.90	23.41	33.10	82.40	10.65	27	67	7.45	12.00	16.40	18.37	24.70	55.70	7.45	67	
28	10.60	15.25	20.80	23.30	32.80	81.50	10.60	28	68	7.40	11.90	16.30	18.26	24.60	55.40	7.40	68	
29	10.55	15.20	20.70	23.18	32.50	80.60	10.55	29	69	7.35	11.80	16.20	18.14	24.50	55.10	7.35	69	
30	10.50	15.15	20.60	23.07	32.20	79.70	10.50	30	70	7.30	11.70	16.10	18.03	24.40	54.80	7.30	70	
31	10.45	15.10	20.50	22.96	31.90	78.80	10.45	31	71	7.25	11.60	16.00	17.92	24.30	54.50	7.25	71	
32	10.40	15.05	20.40	22.85	31.60	77.90	10.40	32	72	7.20	11.50	15.90	17.81	24.20	54.20	7.20	72	
33	10.35	15.00	20.20	22.62	31.30	77.00	10.35	33	73	7.15	11.40	15.80	17.70	24.10	53.90	7.15	73	
34	10.30	14.95	20.00	22.40	31.00	76.10	10.30	34	74	7.10	11.30	15.70	17.58	24.00	53.60	7.10	74	
35	10.25	14.90	19.80	22.18	30.80	75.40	10.25	35	75	7.05	11.20	15.60	17.47	23.90	53.30	7.05	75	
36	10.20	14.80	19.60	21.95	30.60	74.70	10.20	36	76	7.00	11.10	15.50	17.36	23.80	53.00	7.00	76	
37	10.10	14.70	19.40	21.73	30.40	74.00	10.10	37	77	6.95	11.00	15.40	17.25	23.70	52.70	6.95	77	
38	10.00	14.60	19.20	21.50	30.20	73.30	10.00	38	78	6.90	10.90	15.30	17.14	23.60	52.40	6.90	78	
39	9.90	14.50	19.10	21.39	30.00	72.60	9.90	39	79	6.85	10.80	15.20	17.02	23.50	52.10	6.85	79	
40	9.80	14.40	19.00	21.28	29.80	71.90	9.80	40	80	6.80	10.70	15.00	16.80	23.40	51.80	6.80	80	

Norwich Union shine:awards Attainment Tables

		Endurance											Endurance								
L4 Boys		800m	1500m	1500m steplechase	1500m walk	2000m steplechase	2000m walk	3000m	L4 Boys		L4 Boys	800m	1500m	1500m steplechase	1500m walk	2000m steplechase	2000m walk	3000m	L4 Boys		
	Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units		Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units		
1	9:10	16:40	23:20	16:25	30:00	25:00	40:00	1		41	3:02	6:15	8:40	9:25	13:40	13:35	13:14	41			
2	7:30	15:00	20:00	16:00	26:40	24:10	35:00	2		42	3:00	6:10	8:35	9:15	13:30	13:25	13:05	42			
3	6:40	14:10	16:40	15:35	24:10	23:20	31:40	3		43	2:58	6:05	8:30	9:05	13:20	13:15	12:56	43			
4	5:50	13:20	15:00	15:15	22:30	22:30	28:20	4		44	2:56	6:00	8:25	9:00	13:10	13:05	12:47	44			
5	5:30	12:30	13:20	14:50	20:50	21:40	25:40	5		45	2:53	5:55	8:23	8:55	13:00	12:55	12:38	45			
6	5:00	10:50	12:30	14:30	19:10	20:50	23:20	6		46	2:50	5:50	8:18	8:50	12:40	12:45	12:29	46			
7	4:50	9:20	11:50	14:10	18:00	20:00	21:40	7		47	2:48	5:46	8:15	8:45	12:20	12:35	12:20	47			
8	4:45	9:10	11:40	13:55	17:50	19:10	20:00	8		48	2:46	5:42	8:12	8:40	12:10	12:25	12:11	48			
9	4:40	9:00	11:38	13:41	17:40	18:45	19:00	9		49	2:44	5:38	8:09	8:35	12:00	12:15	12:03	49			
10	4:35	8:50	11:35	13:27	17:30	18:30	18:20	10		50	2:42	5:34	8:06	8:30	11:50	12:05	11:55	50			
11	4:30	8:45	11:33	13:13	17:20	18:20	18:00	11		51	2:40	5:30	8:03	8:25	11:40	11:55	11:47	51			
12	4:25	8:40	11:28	12:59	17:10	18:10	17:45	12		52	2:38	5:26	8:00	8:20	11:30	11:50	11:39	52			
13	4:20	8:35	11:25	12:45	17:00	18:00	17:30	13		53	2:36	5:22	7:50	8:10	11:20	11:40	11:31	53			
14	4:15	8:30	11:23	12:35	16:50	17:50	17:17	14		54	2:34	5:18	7:40	8:00	11:10	11:30	11:23	54			
15	4:10	8:25	11:20	12:25	16:45	17:40	17:08	15		55	2:32	5:14	7:30	7:55	11:00	11:20	11:15	55			
16	4:05	8:20	11:18	12:15	16:40	17:30	16:59	16		56	2:30	5:10	7:25	7:50	10:50	11:10	11:07	56			
17	4:00	8:15	11:15	12:07	16:35	17:20	16:50	17		57	2:28	5:06	7:20	7:45	10:40	11:00	10:59	57			
18	3:57	8:10	11:10	11:59	16:30	17:10	16:41	18		58	2:26	5:02	7:15	7:40	10:35	10:50	10:51	58			
19	3:54	8:05	11:00	11:51	16:20	17:00	16:32	19		59	2:24	4:58	7:10	7:35	10:30	10:40	10:43	59			
20	3:50	8:00	10:50	11:43	16:10	16:50	16:23	20		60	2:22	4:55	7:05	7:30	10:25	10:35	10:35	60			
21	3:47	7:55	10:40	11:35	16:00	16:40	16:14	21		61	2:20	4:51	7:00	7:25	10:15	10:30	10:27	61			
22	3:44	7:50	10:30	11:27	15:50	16:30	16:05	22		62	2:18	4:48	6:55	7:20	10:10	10:25	10:21	62			
23	3:40	7:45	10:20	11:23	15:40	16:20	15:56	23		63	2:16	4:45	6:50	7:15	10:05	10:20	10:15	63			
24	3:36	7:40	10:15	11:19	15:35	16:10	15:47	24		64	2:14	4:42	6:48	7:10	10:00	10:15	10:10	64			
25	3:34	7:35	10:10	11:15	15:30	16:00	15:38	25		65	2:13	4:40	6:44	7:05	9:55	10:10	10:05	65			
26	3:32	7:30	10:05	11:10	15:25	15:50	15:29	26		66	2:12	4:38	6:40	7:00	9:50	10:05	10:00	66			
27	3:30	7:25	10:00	11:05	15:20	15:40	15:20	27		67	2:11	4:36	6:38	6:55	9:45	10:00	9:55	67			
28	3:28	7:20	9:55	11:00	15:15	15:30	15:11	28		68	2:10	4:34	6:36	6:50	9:40	9:55	9:50	68			
29	3:26	7:15	9:50	10:55	15:10	15:20	15:02	29		69	2:09	4:32	6:34	6:45	9:35	9:50	9:45	69			
30	3:24	7:10	9:40	10:50	15:05	15:10	14:53	30		70	2:08	4:30	6:32	6:40	9:30	9:45	9:40	70			
31	3:22	7:05	9:30	10:45	15:00	15:00	14:44	31		71	2:07	4:28	6:30	6:35	9:25	9:40	9:35	71			
32	3:20	7:00	9:25	10:40	14:55	14:50	14:35	32		72	2:06	4:26	6:28	6:30	9:20	9:35	9:30	72			
33	3:18	6:55	9:20	10:35	14:50	14:45	14:26	33		73	2:05	4:24	6:26	6:25	9:15	9:30	9:25	73			
34	3:16	6:50	9:15	10:30	14:45	14:40	14:17	34		74	2:04	4:22	6:24	6:20	9:10	9:25	9:20	74			
35	3:14	6:45	9:10	10:25	14:40	14:35	14:08	35		75	2:03	4:20	6:22	6:15	9:05	9:20	9:15	75			
36	3:12	6:40	9:05	10:15	14:30	14:25	13:59	36		76	2:02	4:18	6:20	6:10	9:00	9:15	9:10	76			
37	3:10	6:35	9:00	10:05	14:20	14:15	13:50	37		77	2:01	4:16	6:18	6:05	8:55	9:10	9:05	77			
38	3:08	6:30	8:55	9:55	14:10	14:05	13:41	38		78	2:00	4:14	6:16	6:00	8:50	9:05	9:00	78			
39	3:06	6:25	8:50	9:45	14:00	13:55	13:32	39		79	1:59	4:12	6:14	5:55	8:45	9:00	8:55	79			
40	3:04	6:20	8:45	9:35	13:50	13:45	13:23	40		80	1:58	4:10	6:12	5:50	8:40	8:55	8:50	80			

Norwich Union shine:awards Attainment Tables

Jumps					Throws				Jumps					Throws					
L4 Boys	High jump	Long jump	Triple jump	Pole vault	Shot	Discus	Javelin	Hammer	L4 Boys	L4 Boys	High jump	Long jump	Triple jump	Pole vault	Shot	Discus	Javelin	Hammer	L4 Boys
Units	0.01m	0.01m	0.01m	0.01m	0.01m	0.01m	0.1m	0.1m	Units	Units	0.01m	0.01m	0.01m	0.01m	0.01m	0.01m	0.1m	0.1m	Units
1	0.30	1.00	2.00	0.50	2.20	4.00	2.00	3.50	1	41	1.38	4.45	9.42	2.08	7.56	21.10	28.00	22.00	41
2	0.37	1.30	2.70	0.55	2.65	4.90	4.00	4.80	2	42	1.40	4.50	9.52	2.10	7.68	21.40	28.50	22.40	42
3	0.44	1.55	3.20	0.60	2.80	5.70	5.00	5.80	3	43	1.41	4.55	9.62	2.12	7.78	21.70	29.00	22.80	43
4	0.50	1.75	3.80	0.65	2.95	6.50	6.00	6.60	4	44	1.43	4.60	9.72	2.14	7.88	22.00	29.40	23.20	44
5	0.56	1.90	4.20	0.70	3.10	7.30	7.00	7.20	5	45	1.44	4.65	9.82	2.16	7.98	22.30	29.80	23.60	45
6	0.62	2.05	4.60	0.75	3.25	8.00	8.00	7.80	6	46	1.45	4.70	9.92	2.18	8.08	22.60	30.20	24.00	46
7	0.68	2.20	4.90	0.80	3.40	8.70	9.00	8.00	7	47	1.46	4.75	10.02	2.20	8.18	22.90	30.60	24.20	47
8	0.73	2.33	5.20	0.90	3.55	9.40	10.10	8.60	8	48	1.47	4.80	10.12	2.22	8.28	23.20	31.00	24.40	48
9	0.78	2.45	5.45	1.00	3.70	10.00	10.90	9.10	9	49	1.48	4.85	10.22	2.24	8.38	23.50	31.40	24.60	49
10	0.83	2.56	5.65	1.10	3.85	10.60	11.70	9.60	10	50	1.49	4.90	10.32	2.26	8.48	23.80	31.80	24.80	50
11	0.87	2.66	5.90	1.15	4.00	11.10	12.50	10.00	11	51	1.50	4.95	10.42	2.28	8.57	24.10	32.20	25.00	51
12	0.91	2.75	6.10	1.20	4.14	11.50	13.10	10.40	12	52	1.51	5.00	10.52	2.30	8.66	24.40	32.60	25.20	52
13	0.95	2.83	6.25	1.25	4.28	11.90	13.70	10.80	13	53	1.52	5.05	10.62	2.33	8.75	24.70	33.10	25.40	53
14	0.98	2.91	6.40	1.30	4.32	12.30	14.30	11.20	14	54	1.53	5.10	10.72	2.38	8.84	25.00	33.50	25.60	54
15	0.99	2.98	6.53	1.33	4.44	12.70	14.90	11.60	15	55	1.54	5.15	10.82	2.40	8.93	25.30	33.90	25.80	55
16	1.01	3.04	6.65	1.37	4.56	13.10	15.50	12.00	16	56	1.55	5.20	10.92	2.43	9.02	25.60	34.30	26.00	56
17	1.02	3.10	6.77	1.40	4.68	13.50	16.00	12.40	17	57	1.56	5.25	11.02	2.45	9.11	25.80	34.70	26.20	57
18	1.04	3.16	6.89	1.43	4.80	13.90	16.50	12.80	18	58	1.57	5.30	11.12	2.48	9.20	26.00	35.10	26.40	58
19	1.05	3.22	7.01	1.48	4.92	14.30	17.00	13.20	19	59	1.58	5.35	11.20	2.50	9.29	26.20	35.40	26.60	59
20	1.07	3.28	7.13	1.50	5.04	14.70	17.50	13.60	20	60	1.59	5.39	11.27	2.53	9.38	26.40	35.70	26.80	60
21	1.08	3.34	7.25	1.53	5.16	15.10	18.00	14.00	21	61	1.60	5.42	11.35	2.58	9.47	26.60	36.00	27.00	61
22	1.10	3.40	7.37	1.55	5.28	15.40	18.50	14.40	22	62	1.61	5.45	11.41	2.60	9.56	26.80	36.30	27.20	62
23	1.11	3.46	7.49	1.58	5.40	15.70	19.00	14.80	23	63	1.62	5.48	11.47	2.63	9.65	27.00	36.60	27.40	63
24	1.13	3.52	7.60	1.60	5.52	16.00	19.50	15.20	24	64	1.63	5.50	11.53	2.65	9.80	27.20	36.90	27.60	64
25	1.14	3.58	7.71	1.63	5.64	16.30	20.00	15.60	25	65	1.64	5.53	11.55	2.68	9.90	27.40	37.20	27.80	65
26	1.16	3.64	7.82	1.68	5.76	16.60	20.50	16.00	26	66	1.65	5.55	11.60	2.70	10.00	27.60	37.50	28.00	66
27	1.17	3.70	7.93	1.70	5.88	16.90	21.00	16.40	27	67	1.66	5.58	11.70	2.73	10.10	27.80	37.80	28.20	67
28	1.19	3.76	8.04	1.73	6.00	17.20	21.50	16.80	28	68	1.67	5.60	11.75	2.75	10.19	28.00	38.10	28.40	68
29	1.20	3.82	8.15	1.75	6.12	17.50	22.00	17.20	29	69	1.68	5.63	11.80	2.78	10.28	28.20	38.40	28.60	69
30	1.22	3.88	8.26	1.78	6.24	17.80	22.50	17.60	30	70	1.69	5.65	11.85	2.80	10.37	28.40	38.70	28.80	70
31	1.23	3.94	8.37	1.80	6.36	18.10	23.00	18.00	31	71	1.70	5.68	11.90	2.83	10.46	28.60	39.00	29.00	71
32	1.25	4.00	8.48	1.83	6.48	18.40	23.50	18.40	32	72	1.71	5.70	11.95	2.85	10.55	28.80	39.30	29.20	72
33	1.26	4.05	8.59	1.85	6.60	18.70	24.00	18.80	33	73	1.72	5.73	12.00	2.88	10.64	29.00	39.60	29.40	73
34	1.28	4.10	8.70	1.88	6.72	19.00	24.50	19.20	34	74	1.73	5.75	12.05	2.90	10.73	29.20	39.90	29.60	74
35	1.29	4.15	8.82	1.90	6.84	19.30	25.00	19.60	35	75	1.74	5.78	12.10	2.93	10.82	29.40	40.20	29.80	75
36	1.31	4.20	8.92	1.93	6.96	19.60	25.50	20.00	36	76	1.75	5.80	12.15	2.95	10.91	29.60	40.50	30.00	76
37	1.32	4.25	9.02	1.97	7.08	19.90	26.00	20.40	37	77	1.76	5.83	12.20	2.98	11.00	29.80	40.80	30.20	77
38	1.34	4.30	9.12	2.00	7.20	20.20	26.50	20.80	38	78	1.77	5.85	12.25	3.00	11.09	30.00	41.10	30.40	78
39	1.35	4.35	9.22	2.03	7.32	20.50	27.00	21.20	39	79	1.78	5.88	12.30	3.03	11.18	30.20	41.40	30.60	79
40	1.37	4.40	9.32	2.05	7.44	20.80	27.50	21.60	40	80	1.79	5.90	12.35	3.05	11.27	30.40	41.70	30.80	80

Norwich Union shine:awards Attainment Tables

Fitness & Conditioning									Fitness & Conditioning											
L4 Boys	Sit ups	Step ups	Press ups	Speed bounce	Squat thrusts	Bench dips	Shuttle run (10 x 10m)	12 minute run	L4 Boys	Units	L4 Boys	Sit ups	Step ups	Press ups	Speed bounce	Squat thrusts	Bench dips	Shuttle run (10 x 10m)	12 minute run	L4 Boys
	Units	count	count	count	count	count	0.1s	10m	Units			Units	count	count	count	count	count	count	count	0.1s
1	2	10	10	8	10	8	0:50	1700	1		41	29	37	31	40	31	27	0:30	2900	41
2	4	11	11	10	11	9	0:48	1720	2		42	30	38	32	41	32	28		2920	42
3	6						0:46	1740	3		43				42				2930	43
4	8	16	12	12	12	10	0:45	1800	4		44	31			43			0:29	2950	44
5		18	13			13	0:44	1850	5		45		39	33	44	33	29		2960	45
6	10			14			0:43	1900	6		46				45				2980	46
7			14		14	12	0:42	1950	7		47	32			46			0:28	2990	47
8	12	20	15	16	15	13	0:41	2000	8		48		40	34	47	34	30		3000	48
9							0:40	2050	9		49	33			48				3010	49
10	14	22	16	18	16			2100	10		50				49			0:27	3020	50
11		23	17			17	0:39	2125	11		51		41	35	50	35			3030	51
12	16			20			0:38	2150	12		52	34			51		31		3040	52
13		24	18		18			2175	13		53				52				3050	53
14	18	25	19	22	19	15	0:37	2200	14		54		42	36	53	36	32	0:26	3060	54
15									15		55	35			54				3070	55
16		26	20	23	20	16	0:36	2240	16		56				55		33		3080	56
17	19							2280	17		57	36	43	37	56	37			3090	57
18		27	21	24	21	17	0:35	2320	18		58				57				3100	58
19	20							2360	19		59	37			58		34		3110	59
20		28	22	25	22	18	0:34	2400	20		60		44	38	59	38		0:25	3120	60
21	21							2440	21		61	38			60				3130	61
22		29	23	26	23	19		2480	22		62				61				3140	62
23	22						0:33	2520	23		63	39	45	39	62	39	35		3150	63
24		30	24	27	24	20		2560	24		64				63				3160	64
25	23							2600	25		65				64				3170	65
26		31	25	28	25	21		2640	26		66	40	46	40	65	40	36		3180	66
27	24						0:32	2680	27		67				66				3190	67
28		32	26	29	26	22		2720	28		68				67				3200	68
29								2760	29		69	41	47	41	68	41	41	0:24	3210	69
30	25	33	27	30	27	23		2780	30		70				69				3220	70
31								2800	31		71				70				3230	71
32	26	34	28	31	28	24	0:31	2810	32		72	42	48	42	71	42	42		3250	72
33				32				2820	33		73				72				3300	73
34				33				2830	34		74				73				3350	74
35	27	35	29	34	29	25		2840	35		75	43	49	43	74	43	43		3400	75
36				35				2850	36		76				75			0:23	3450	76
37	28	36	30	36	30	26		2860	37		77				76				3500	77
38				37				2870	38		78	44	50	44	77	44	44		3550	78
39	29			38			0:30	2880	39		79				78				3600	79
40		37	31	39	31	27		2890	40		80			45	79				3650	80

Norwich Union shine:awards Attainment Tables

		Cross Country											Cross Country								
L4 Boys		1500m cross country	2000m cross country	3000m cross country	4000m cross country	5000m cross country	6000m cross country	10000m cross country	L4 Boys		L4 Boys	1500m cross country	2000m cross country	3000m cross country	4000m cross country	5000m cross country	6000m cross country	10000m cross country	L4 Boys		
	Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units		Units	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	0.1s	Units		
1		12:50	19:40	27:40	39:10	63:20	59:00	126:40	1		41	8:19	12:01	17:24	23:20	29:35	35:55	58:40	41		
2		12:30	19:20	27:10	38:20	61:40	58:00	123:20	2		42	8:14	11:52	17:10	23:00	29:10	35:30	57:50	42		
3		12:20	19:00	26:40	37:30	60:00	57:00	120:00	3		43	8:09	11:43	16:56	22:40	28:45	35:05	57:00	43		
4		12:10	18:40	26:20	36:40	58:20	56:00	116:40	4		44	8:04	11:34	16:42	22:20	28:20	34:40	56:10	44		
5		12:00	18:20	26:00	35:50	56:40	55:00	113:20	5		45	7:59	11:25	16:28	22:00	27:55	34:15	55:20	45		
6		11:50	18:00	25:50	35:20	55:00	54:00	110:00	6		46	7:54	11:16	16:14	21:40	27:30	33:50	54:30	46		
7		11:40	17:50	25:40	35:00	53:20	53:20	106:40	7		47	7:49	11:07	16:00	21:20	27:05	33:25	53:40	47		
8		11:38	17:40	25:30	34:40	51:40	52:40	103:20	8		48	7:44	10:58	15:46	21:05	26:40	33:00	53:00	48		
9		11:35	17:30	25:20	34:20	50:00	52:00	100:00	9		49	7:39	10:49	15:32	20:50	26:15	32:35	52:20	49		
10		11:33	17:20	25:10	34:00	48:20	51:20	96:40	10		50	7:34	10:40	15:18	20:35	25:50	32:10	51:40	50		
11		11:28	17:10	25:00	33:40	46:40	50:40	93:20	11		51	7:29	10:31	15:04	20:20	25:25	31:45	51:00	51		
12		11:25	17:00	24:55	33:20	45:00	50:00	90:00	12		52	7:22	10:22	14:50	20:10	25:00	31:20	50:20	52		
13		11:23	16:50	24:50	33:00	43:20	49:20	86:40	13		53	7:15	10:13	14:36	20:00	24:35	30:55	49:40	53		
14		11:13	16:44	24:41	32:30	42:50	48:50	85:00	14		54	7:08	10:04	14:22	19:50	24:10	30:30	49:00	54		
15		11:04	16:31	24:23	32:05	42:10	48:20	84:00	15		55	7:01	9:55	14:08	19:40	23:50	30:05	48:20	55		
16		10:55	16:18	24:06	31:40	41:30	47:50	83:00	16		56	6:54	9:46	13:54	19:30	23:30	29:40	47:40	56		
17		10:46	16:05	23:48	31:20	40:50	47:20	82:00	17		57	6:47	9:37	13:40	19:20	23:10	29:15	47:00	57		
18		10:37	15:52	23:30	31:00	40:10	46:50	81:00	18		58	6:40	9:28	13:26	19:10	22:50	28:50	46:20	58		
19		10:28	15:39	23:12	30:40	39:30	46:20	80:00	19		59	6:38	9:24	13:18	19:00	22:30	27:55	45:40	59		
20		10:19	15:26	22:54	30:20	39:00	45:50	79:00	20		60	6:35	9:20	13:10	18:50	22:20	27:40	45:00	60		
21		10:10	15:13	22:36	30:00	38:30	45:20	78:00	21		61	6:32	9:16	13:02	18:40	22:10	27:25	44:20	61		
22		10:03	15:00	22:18	29:40	38:00	44:50	77:00	22		62	6:29	9:12	12:54	18:30	22:00	27:10	43:40	62		
23		9:56	14:50	22:00	29:20	37:30	44:20	76:00	23		63	6:26	9:08	12:46	18:20	21:50	26:55	43:00	63		
24		9:49	14:40	21:42	29:00	37:00	43:50	75:00	24		64	6:23	9:04	12:38	18:10	21:40	26:40	42:20	64		
25		9:42	14:30	21:26	28:40	36:30	43:20	74:00	25		65	6:20	9:00	12:30	18:00	21:30	26:25	41:40	65		
26		9:35	14:20	21:10	28:20	36:00	42:50	73:00	26		66	6:17	8:56	12:22	17:50	21:20	26:10	41:00	66		
27		9:29	14:10	20:54	28:00	35:30	42:20	72:00	27		67	6:14	8:52	12:14	17:40	21:10	25:50	40:20	67		
28		9:24	14:00	20:38	27:40	35:00	41:50	71:00	28		68	6:11	8:48	12:06	17:30	21:00	25:30	39:40	68		
29		9:19	13:50	20:22	27:20	34:35	41:20	70:00	29		69	6:08	8:44	11:58	17:20	20:50	25:10	39:00	69		
30		9:14	13:40	20:06	27:00	34:10	40:50	69:00	30		70	6:05	8:40	11:50	17:10	20:40	24:50	38:20	70		
31		9:09	13:30	19:50	26:40	33:45	40:20	68:00	31		71	6:02	8:36	11:42	17:00	20:30	24:30	37:40	71		
32		9:04	13:22	19:34	26:20	33:20	39:50	67:00	32		72	5:59	8:32	11:34	16:50	20:20	24:10	37:00	72		
33		8:59	13:13	19:18	26:00	32:55	39:20	66:00	33		73	5:56	8:28	11:26	16:40	20:10	23:50	36:20	73		
34		8:54	13:04	19:02	25:40	32:30	38:50	65:00	34		74	5:53	8:24	11:18	16:30	20:00	23:30	35:40	74		
35		8:49	12:55	18:48	25:20	32:05	38:20	64:00	35		75	5:50	8:20	11:10	16:20	19:50	23:10	35:00	75		
36		8:44	12:46	18:34	25:00	31:40	37:50	63:00	36		76	5:47	8:16	11:02	16:10	19:40	22:50	34:20	76		
37		8:39	12:37	18:20	24:40	31:15	37:30	62:00	37		77	5:44	8:12	10:54	16:00	19:30	22:30	33:40	77		
38		8:34	12:28	18:06	24:20	30:50	37:10	61:10	38		78	5:41	8:08	10:46	15:50	19:20	22:10	33:00	78		
39		8:29	12:19	17:52	24:00	30:25	36:45	60:20	39		79	5:38	8:04	10:38	15:40	19:10	21:50	32:20	79		
40		8:24	12:10	17:38	23:40	30:00	36:20	59:30	40		80					21:30			80		

Norwich Union shine:awards Attainment Tables

Race Walking				Race Walking						
L4 Boys	1000m walk	2000m walk	5000m walk	L4 Boys	L4 Boys	1000m walk	2000m walk	5000m walk	L4 Boys	
Units	0.1s	0.1s	0.1s	Units	Units	0.1s	0.1s	0.1s	Units	
1	10:50	25:00	61:40	1		41	6:10	13:35	36:50	41
2	10:00	24:10	60:00	2		42	6:07	13:25	36:10	42
3	9:40	23:20	58:20	3		43	6:03	13:15	35:30	43
4	9:20	22:30	56:40	4		44	6:00	13:05	35:00	44
5	9:10	21:40	55:00	5		45	5:57	12:55	34:30	45
6	9:00	20:50	53:20	6		46	5:53	12:45	33:50	46
7	8:55	20:00	51:40	7		47	5:50	12:35	33:20	47
8	8:50	19:10	50:00	8		48	5:47	12:25	32:50	48
9	8:45	18:45	48:20	9		49	5:43	12:15	32:40	49
10	8:40	18:30	45:50	10		50	5:40	12:05	32:20	50
11	8:35	18:20	45:00	11		51	5:38	11:55	32:10	51
12	8:30	18:10	44:10	12		52	5:35	11:50	32:00	52
13	8:25	18:00	43:20	13		53	5:30	11:40	31:40	53
14	8:20	17:50	42:30	14		54	5:25	11:30	31:20	54
15	8:15	17:40	41:40	15		55	5:20	11:20	31:00	55
16	8:05	17:30	40:35	16		56	5:15	11:10	30:50	56
17	8:00	17:20	40:25	17		57	5:10	11:00	30:30	57
18	7:55	17:10	40:15	18		58	5:05	10:50	30:10	58
19	7:50	17:00	40:05	19		59	5:00	10:40	29:50	59
20	7:45	16:50	40:00	20		60	4:55	10:35	29:40	60
21	7:40	16:40	39:55	21		61	4:50	10:30	29:30	61
22	7:35	16:30	39:50	22		62	4:45	10:25	29:20	62
23	7:30	16:20	39:45	23		63	4:40	10:20	29:10	63
24	7:25	16:10	39:40	24		64	4:35	10:15	29:00	64
25	7:20	16:00	39:35	25		65	4:30	10:10	28:50	65
26	7:15	15:50	39:30	26		66	4:25	10:05	28:40	66
27	7:10	15:40	39:25	27		67	4:20	10:00	28:30	67
28	7:05	15:30	39:15	28		68	4:15	9:55	28:20	68
29	7:00	15:20	39:10	29		69	4:10	9:50	28:10	69
30	6:55	15:10	39:05	30		70	4:05	9:45	28:00	70
31	6:50	15:00	39:00	31		71	4:00	9:40	27:50	71
32	6:45	14:50	38:55	32		72	3:55	9:35	27:40	72
33	6:40	14:45	38:50	33		73	3:50	9:30	27:30	73
34	6:35	14:40	38:45	34		74	3:45	9:25	27:20	74
35	6:30	14:35	38:40	35		75	3:40	9:20	27:10	75
36	6:25	14:25	38:30	36		76	3:35	9:15	27:00	76
37	6:23	14:15	38:10	37		77	3:30	9:10	26:50	77
38	6:20	14:05	37:50	38		78	3:25	9:05	26:40	78
39	6:17	13:55	37:30	39		79	3:20	9:00	26:30	79
40	6:13	13:45	37:10	40		80	3:15	8:55	26:20	80

Norwich Union shine:awards

Level 4 Aggregate Tables

Award	Green	Blue	Bronze	Silver	Gold
Ages: 14-16					
Boys Decathlon	280	353	523	566	610
Cross Country	840	1059	1569	1698	1830
Endurance	84	106	157	170	183
Fit Athlete	224	282	418	453	488
Girls Heptathlon	196	247	366	396	427
Jumps	84	106	157	170	183
Race Walking	840	1059	1569	1698	1830
Speed	84	106	157	170	183
star:track	84	106	157	170	183
Throws	84	106	157	170	183

Ages: Over 17

Boys Decathlon	300	370	550	593	640
Cross Country	1500	1850	2750	2965	3200
Endurance	90	111	165	178	192
Fit Athlete	240	296	440	474	512
Girls Heptathlon	210	259	385	415	448
Jumps	90	111	165	178	192
Race Walking	1500	1850	2750	2965	3200
Speed	90	111	165	178	192
star:track	90	111	165	178	192
Throws	90	111	165	178	192