

South West Championships and Intercounties - 24 07 22

Track Results

300m Hurdles U17 Women

1	84	Jaya	Collinson	Poole AC/Dorset	U17W	52.14
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400m Hurdles U17 Men

1	406	Charlie	Staddon	Team Bath AC/Wiltshire	U17M	57.37
2	270	Nicolas	Maczugowski	City of Plymouth AC/Devon	U17M	58.04
3	83	Tyler	Collins	Poole AC/Dorset	U17M	1:02.75

400m Hurdles Senior Men

1	289	Ben	McIntyre	Swindon Harriers/Gloucestersh	SM	1:00.01
2	345	Chris	Perry	Exeter Harriers/Devon	SM	1:07.36

400m Hurdles U20 & Senior Women

1	235	Sarah	Kearsey	Poole AC/Dorset	SW	1:01.87
2	435	Hanna	Ulvede	Newton Abbot AC/Devon	U20W	1:04.85
3	210	Cicely	Hunt	Yeovil Olympiads AC/Wiltshire	SW	1:06.48
4	42	Stephanie	Brooks	Yate & District AC/Avon	U20W	1:06.87
5	98	Lucy	Crossman	Taunton AC/Somerset	U20W	1:08.92

100m U13 Girls Race 1

+2.4 (Manual) M/S

1	230	Iris	Jones	Wimborne AC/Dorset	U13G	13.93
2	318	Ella	Nicholls	Swindon Harriers/Wiltshire	U13G	14.21
3	292	Freya	McMeeking	Swindon Harriers/Wiltshire	U13G	14.24
4	441	Lily	Walkey	Yate & District AC/Avon	U13G	14.39
5	99	Eva	Crowe	North Somerset AC/Avon	U13G	14.48

100m U13 Girls Race 2

+1.6 (Manual) M/S

1	427	Mia	Thorpe	North Somerset AC/Avon	U13G	14.13
2	59	Zoe	Capel	Exeter Harriers	U13G	14.20
3	336	Olivia	Pachula	Gloucester AC/Gloucestershire	U13G	14.34
4	80	Erin	Cockle	Tavistock AC	U13G	14.45
5	368	Summer	Richards	Yate & District AC	U13G	14.54

100m U13 Girls Race 3

+2.5 (Manual) M/S

1	190	Martha	Herringshaw	North Somerset AC/Avon	U13G	13.15
2	45	Emily	Bryant	City of Salisbury A&RC/Wiltshi	U13G	13.34
3	214	Sophia	Ingham	Exeter Harriers/Devon	U13G	13.48
4	400	Frankie	Skelly	Torbay AAC/Devon	U13G	13.60
5	56	Amari	Cambridge	Gloucester AC/Gloucestershire	U13G	13.82
6	351	Gabriella	Pitman	Bournemouth AC/Dorset	U13G	13.98
7	108	Madeleine	Davis-Hull	North Devon AC/Devon	U13G	14.27

100m U13 Boys Race 1

+3.0 (Manual) M/S

1	224	Aidan	John	Cheltenham & C Harriers/Glou	U13B	13.14
2	138	George	Fielder	Taunton AC/Somerset	U13B	13.39
3	444	Oscar	Warren	North Somerset AC/Avon	U13B	13.72
4	97	Elliot	Cox	Swindon Harriers/Wiltshire	U13B	13.78
5	173	Omar	Hammoudeh	City of Plymouth AC/Cornwall	U13B	13.80

100m U13 Boys Race 2			+2.3 (Manual)	M/S	
1	41 Rufus	Brookes	Dorchester AC/Dorset	U13B	12.68
2	104 Kevin	Dapaah	Poole Runners	U13B	12.92
3	149 Zachary	Fricker	Wimborne AC/Dorset	U13B	13.04
4	371 Stanley	Ridout	Yeovil Olympiads AC	U13B	13.31
5	436 Janus	Van Deventer	Poole AC	U13B	13.45
6	220 Ben	Janes	Swindon Harriers/Wiltshire	U13B	13.98
100m U15 Girls Race 1			+3.3 (Manual)	M/S	
1	1 Poppy	Abercrombie	Swindon Harriers/Wiltshire	U15G	13.06
2	367 Jasmine	Richards	Yate & District AC	U15G	13.12
3	211 Zoë	Huntley	Yeovil Olympiads AC/Somerset	U15G	13.14
4	100 Isobel	Curry	Newton Abbot AC	U15G	13.79
5	286 Kate	McCurich	Gloucester AC	U15G	13.83
6	339 Evie	Palmer	Tavistock AC/Devon	U15G	14.04
100m U15 Girls Race 2			+1.5 (Manual)	M/S	
1	440 Isabelle	Walkey	Yate & District AC/Avon	U15G	12.50
2	136 Elinor	Farrier	Cheltenham & C Harriers/Glou	U15G	12.77
3	21 Laila-jae	Belgrave	Swindon Harriers/Wiltshire	U15G	12.98
4	260 Keeley	Little	Torbay AAC/Devon	U15G	13.12
5	264 Lucy	Lucas	Wimborne AC/Dorset	U15G	13.13
6	340 Elodie	Partington-Nash	Cornwall AC/Cornwall	U15G	13.23
7	469 Ruby	Woodman	Bristol & West AC/Avon	U15G	13.46
100m U15 Boys			+2.8 (Manual)	M/S	
1	392 Thomas	Scargill-King	Exeter Harriers/Devon	U15B	11.81
2	66 Alexander	Chamberlain	Newquay & Par AC/Cornwall	U15B	11.84
3	12 Matas	Barisauskas	Bristol & West AC/Avon	U15B	11.92
4	278 Jacob	Massey	Bristol & West AC/Avon	U15B	12.15
5	401 Aaron	Smith	Torbay AAC/Devon	U15B	12.16
6	457 Zack	Wigginton	Yate & District AC/Avon	U15B	12.22
7	10 Joseph	Bailey	Team Bath AC/Avon	U15B	12.31
3000m Female					
1	410 Olivia	Steer	Exeter Harriers/Devon	U15G	10:29.33
2	320 Tilly	Nickell	Team Bath AC/Wiltshire	U17W	10:31.27
3	23 Matilda	Bengtsson	Poole Runners	U15G	10:32.13
4	411 Emma	Stepto	Cornwall AC/Cornwall	SW	10:36.70
5	69 Isabel	Cherrett	Bournemouth AC/Dorset	U15G	10:49.46
6	74 Georgina	Clarke	Newquay & Par AC/Cornwall	U17W	10:57.89
7	372 Gabriela	Ritter Sherratt	Bristol & West AC/Avon	U15G	11:52.25
8	89 Amelie	Cook	Yeovil Olympiads AC/Somerset	U15G	11:59.05
9	150 Evie	Fuller	Wimborne AC/Dorset	U15G	12:03.40
3000m Male					
1	112 Ben	Di Salvo	North Devon AC/Devon	SM	8:57.34
2	279 Harry	Maxwell	Team Bath AC/Wiltshire	U17M	9:05.44
3	413 Dylan	Stoneman	Team Bath AC/Avon	U17M	9:06.34
4	308 Isaac	Mould	Swindon Harriers/Gloucestershire	U20M	9:23.03
5	93 Charlie	Court	Mendip AC/Somerset	U15B	9:24.01
6	276 Dominic	Martin	Cheltenham & C Harriers/Glou	U15B	9:26.57
7	261 Oliver	Lock	North Somerset AC/Avon	SM	9:39.73

8	280 Joshua	Maxwell	Team Bath AC/Wiltshire	U17M	9:42.02
9	111 Thomas	Dewey	City of Salisbury A&RC/Wiltshi	U15B	9:42.30
10	465 Sam	Wilson	Cheltenham & C Harriers/Glou	U15B	9:45.33
11	343 Murray	Pearson	Yate & District AC/Avon	U17M	9:46.67
12	370 Hugo	Richardson	Bournemouth AC/Dorset	U17M	9:52.52
13	159 Theo	Glew	Torbay AAC/Devon	U15B	9:53.47
14	306 Anubis	Molina-Vazquez	Swindon Harriers/Wiltshire	U15B	9:55.13
15	140 Joseph	Finch	North Somerset AC/Avon	U15B	10:03.72
16	431 Lewis	Trubridge	Bodmin Dragons Tri Club/Corn	U15B	10:18.60
17	349 Roman	Philips	Cornwall AC/Cornwall	U15B	11:11.29

300m U15 Girls Race 1

1	257 Lexi	Lewin	Poole AC/Dorset	U15G	44.28
2	355 Meredith	Prosser	Swindon Harriers/Wiltshire	U15G	45.02
3	118 Charlotte	Doney	Tavistock AC/Cornwall	U15G	45.36
4	174 Fleur	Hardie	North Somerset AC/Avon	U15G	49.34

300m U15 Girls Race 2

1	175 Nia	Harradine-Cole	Newton Abbot AC/Devon	U15G	42.55
2	208 Georgia	Howell	Cheltenham & C Harriers/Glou	U15G	43.02
3	146 Eleanor	Foster	North Devon AC/Devon	U15G	43.28
4	122 Amber	Drake	North Devon AC/Devon	U15G	43.86
5	274 Claire	Marshall	Yate & District AC/Wiltshire	U15G	44.15

300m U15 Boys

1	195 Liam	Higgins	Newquay & Par AC/Cornwall	U15B	38.83
2	442 Thomas	Ward	Torbay AAC/Devon	U15B	39.65
3	77 Charlie	Cleal	Wimborne AC/Dorset	U15B	40.96

1500m U13 Girls

1	416 Ava	Sutton	Cornwall AC/Cornwall	U13G	5:01.81
2	281 Sophie	Maxwell	Team Bath AC/Wiltshire	U13G	5:10.56
3	316 Myiesha	Newcombe	North Devon AC/Devon	U13G	5:12.95
4	28 Ellie	Birchall	Exeter Harriers/Devon	U13G	5:14.40
5	7 Olivia	Avery	Cheltenham & C Harriers/Glou	U13G	5:14.77

1500m U13 Boys

1	403 Ewan	Sparey	Bristol & West AC/Avon	U13B	4:41.89
2	50 Harry	Burdekin	Swindon Harriers/Gloucesters	U13B	4:52.59
3	402 Stanley	Smith	North Devon AC	U13B	4:54.82
4	348 Joshua	Peters	Cornwall AC/Cornwall	U13B	4:56.71
5	33 Freddie	Bosworth	City of Salisbury A&RC/Wiltshi	U13B	4:57.72
6	407 Henry	Stedeford	Cornwall AC/Cornwall	U13B	4:59.91
7	409 Joseph	Steer	Exeter Harriers/Devon	U13B	5:06.23
8	259 Reuben	Linscott	Swindon Harriers/Wiltshire	U13B	5:09.42
9	293 Euan	Meacock	North Somerset AC/Avon	U13B	5:12.35
10	145 Adam	Foster	North Devon AC/Devon	U13B	5:15.03
11	333 Rory	Osborne	Team Bath AC/Wiltshire	U13B	5:22.39
12	154 Dan	Garland	Cornwall AC/Cornwall	U13B	5:32.51

1500m U15 Girls & Boys

1	82 Benjamin	Collins	North Somerset AC/Avon	U15B	4:21.22
2	29 William	Birchall	Exeter Harriers/Devon	U15B	4:26.49

3	379 Finlay	Roderick	IIF/Wiltshire	U15B	4:29.99
4	58 Oliver	Canavan	Bournemouth AC/Dorset	U15B	4:40.92
5	388 Daisy	Rowe	Exeter Harriers/Devon	U15G	4:43.02
6	404 Ella	Spencer	Swindon Harriers/Wiltshire	U15G	4:47.04
7	262 Estelle	Lowe	Yate & District AC/Avon	U15G	4:58.10
8	263 Felicity	Lowe	Yate & District AC/Avon	U15G	5:28.21
70m Hurdles U13 Girls Race 1			+1.5 (Manual)	M/S	
1	25 Darcie	Benson	Torbay AAC	U13G	12.86
2	179 Emma	Harrold	Cornwall AC/Cornwall	U13G	12.99
3	288 Cara	Mcgrane	Cornwall AC/Cornwall	U13G	13.25
4	18 Genevieve	Beer	North Devon AC/Devon	U13G	13.40
70m Hurdles U13 Girls Race 2			+3.0 (Manual)	M/S	
1	358 Seni	Purnell	Bournemouth AC/Dorset	U13G	11.59
2	232 Olivia	Jones	Wimborne AC/Dorset	U13G	12.20
3	227 Megan	Johnson	Newton Abbot AC/Devon	U13G	12.53
4	5 Megan	Amey	Cheltenham & C Harriers/Glou	U13G	12.76
5	116 Olivia	Divall	Tavistock AC	U13G	12.94
75m Hurdles U13 Boys			+1.0 (Manual)	M/S	
1	97 Elliot	Cox	Swindon Harriers/Wiltshire	U13B	12.88
2	224 Aidan	John	Cheltenham & C Harriers/Glou	U13B	13.15
3	269 Finn	MacLeod	Yate & District AC/Wiltshire	U13B	13.24
4	436 Janus	Van Deventer	Poole AC/Dorset	U13B	14.71
5	124 Seth	Dyson	Newquay & Par AC/Cornwall	U13B	14.96
6	313 Oscar	Mytton	South Devon AC/Devon	U13B	15.30
75m Hurdles U15 Girls			+2.1 (Manual)	M/S	
1	420 Kezia	Tarzey	Bristol & West AC/Avon	U15G	11.58
2	132 Cara	Ellis	Cornwall AC/Cornwall	U15G	11.91
3	21 Laila-jae	Belgrave	Swindon Harriers/Wiltshire	U15G	11.95
4	362 Celeste	Redmond	Yate & District AC/Avon	U15G	12.67
5	394 Holly	Scott	Swindon Harriers/Wiltshire	U15G	12.80
6	338 Isla	Pain	Cheltenham & C Harriers/Glou	U15G	13.37
80m Hurdles U15 Boys			+2.3 (Manual)	M/S	
1	456 Arthur	Widdows	Swindon Harriers/Wiltshire	U15B	13.03
80m Hurdles U17 Women			+2.3 (Manual)	M/S	
1	61 Vivienne	Card	Yeovil Olympiads AC/Somerset	U17W	11.90
2	11 Lydia	Baldwin	Cheltenham & C Harriers/Glou	U17W	12.20
100m Hurdles U20 & Senior Women			+2.3 (Manual)	M/S	
1	380 Seren	Rodgers	Taunton AC/Somerset	U20W	14.72
2	40 Amelia	Brandon	Swindon Harriers/Wiltshire	SW	15.27
3	435 Hanna	Ulvede	Newton Abbot AC/Devon	U20W	15.36
100m Hurdles U17 Men			+0.8 (Manual)	M/S	
1	422 Joshua	Taylor	Torbay AAC/Devon	U17M	13.71
2	218 George	Isgrove	Bristol & West AC/Avon	U17M	13.89
3	115 Adam	Dingley	City of Plymouth AC/Devon	U17M	13.90

110m Hurdles U20 Men & Men			+3.5 (Manual)	M/S	
1	95 Jake	Cover	Team Bath AC/Wiltshire	U20M	14.16
2	101 Henry	Curtis	City of Plymouth AC/Cornwall	U20M	14.32
3	170 Lewis	Guest	Yeovil Olympiads AC/Somerset	SM	15.39
4	76 Tobias	Clayden	City of Plymouth AC/Devon	SM	15.39
200m U13 Girls Race 1			+1.2 (Manual)	M/S	
1	400 Frankie	Skelly	Torbay AAC/Devon	U13G	28.48
2	230 Iris	Jones	Wimborne AC/Dorset	U13G	29.43
3	427 Mia	Thorpe	North Somerset AC/Avon	U13G	30.09
4	119 Isabelle	Doney	Tavistock AC/Cornwall	U13G	30.34
5	99 Eva	Crowe	North Somerset AC/Avon	U13G	33.12
200m U13 Girls Race 2			+2.0 (Manual)	M/S	
1	190 Martha	Herringshaw	North Somerset AC/Avon	U13G	27.83
2	45 Emily	Bryant	City of Salisbury A&RC/Wiltshire	U13G	28.17
3	108 Madeleine	Davis-Hull	North Devon AC/Devon	U13G	28.42
4	351 Gabriella	Pitman	Bournemouth AC	U13G	28.93
5	214 Sophia	Ingham	Exeter Harriers/Devon	U13G	29.14
6	56 Amari	Cambridge	Gloucester AC/Gloucestershire	U13G	29.42
7	15 Isla	Bater	North Devon AC/Devon	U13G	29.80
200m U13 Boys Race 1			+2.0 (Manual)	M/S	
1	138 George	Fielder	Taunton AC/Somerset	U13B	27.93
2	444 Oscar	Warren	North Somerset AC/Avon	U13B	28.20
3	220 Ben	Janes	Swindon Harriers/Wiltshire	U13B	28.83
4	145 Adam	Foster	North Devon AC/Devon	U13B	29.22
5	222 Sam	Jeenes	Cheltenham & C Harriers/Gloucestershire	U13B	29.66
6	173 Omar	Hammoudeh	City of Plymouth AC/Cornwall	U13B	30.98
200m U15 Girls Race 1			+1.0 (Manual)	M/S	
1	469 Ruby	Woodman	Bristol & West AC/Avon	U15G	27.10
2	367 Jasmine	Richards	Yate & District AC	U15G	27.30
3	1 Poppy	Abercrombie	Swindon Harriers/Wiltshire	U15G	27.53
4	208 Georgia	Howell	Cheltenham & C Harriers/Gloucestershire	U15G	27.54
5	425 Sienna	Thomas	Gloucester AC	U15G	27.71
200m U15 Girls Race 2			+2.8 (Manual)	M/S	
1	440 Isabelle	Walkey	Yate & District AC/Avon	U15G	25.79
2	136 Elinor	Farrier	Cheltenham & C Harriers/Gloucestershire	U15G	26.00
3	264 Lucy	Lucas	Wimborne AC/Dorset	U15G	26.37
4	132 Cara	Ellis	Cornwall AC/Cornwall	U15G	26.61
5	260 Keeley	Little	Torbay AAC/Devon	U15G	27.57
200m U13 Boys Race 2			+4.2 (Manual)	M/S	
1	41 Rufus	Brookes	Dorchester AC/Dorset	U13B	25.81
2	149 Zachary	Fricker	Wimborne AC/Dorset	U13B	26.40
3	104 Kevin	Dapaah	Poole Runners	U13B	26.51
4	389 Harry	Ruscoe	Wimborne AC	U13B	26.86
5	371 Stanley	Ridout	Yeovil Olympiads AC	U13B	27.31
6	436 Janus	Van Deventer	Poole AC	U13B	28.71

200m U15 Boys Race 1			+3.2 (Manual)	M/S	
1	442 Thomas	Ward	Torbay AAC/Devon	U15B	24.43
2	401 Aaron	Smith	Torbay AAC/Devon	U15B	24.69
3	457 Zack	Wigginton	Yate & District AC/Avon	U15B	25.38
4	77 Charlie	Cleal	Wimborne AC/Dorset	U15B	25.38
5	32 Owen	Boon	Yate & District AC/Avon	U15B	25.91
200m U15 Boys Race 2			+1.2 (Manual)	M/S	
1	392 Thomas	Scargill-King	Exeter Harriers/Devon	U15B	24.51
2	66 Alexander	Chamberlain	Newquay & Par AC/Cornwall	U15B	24.73
3	10 Joseph	Bailey	Team Bath AC/Avon	U15B	24.77
4	195 Liam	Higgins	Newquay & Par AC/Cornwall	U15B	24.94
200m U17 Women			+3.4 (Manual)	M/S	
1	186 Olivia	Hayes	Torbay AAC/Devon	U17W	25.70
2	236 Lily-Anne	Keogh	City of Salisbury A&RC/Wiltshi	U17W	26.28
3	273 Lily	Marchant	Cheltenham & C Harriers/Glou	U17W	26.32
4	207 Freya	Howard	Cornwall AC/Cornwall	U17W	26.76
5	65 Sengul	Ceylan	Mendip AC/Somerset	U17W	27.09
6	185 Phoebe	Havard	Yate & District AC/Avon	U17W	27.57
200m U20 Women			+2.4 (Manual)	M/S	
1	246 Kinga	Kudzia	City of Plymouth AC/Devon	U20W	25.58
2	42 Stephanie	Brooks	Yate & District AC/Avon	U20W	25.98
3	429 Kirsty	Treglown	Yate & District AC/Wiltshire	U20W	26.23
4	16 Harriet	Beardsmore	City of Plymouth AC/Cornwall	U20W	26.27
5	233 Ella	Julin	Gloucester AC/Gloucestershire	U20W	27.84
200m Senior Women			+3.2 (Manual)	M/S	
1	449 Megan	Webber	Torbay AAC/Devon	SW	25.46
2	244 Khiaaama	Kofi	Bristol & West AC/Avon	SW	25.68
3	243 Amena	Kofi	Bristol & West AC/Avon	SW	29.04
200m U17 Men			+4.0 (Manual)	M/S	
1	350 Mackenzie	Pike	City of Plymouth AC/Devon	U17M	23.15
2	183 Jack	Harvey	Newquay & Par AC/Cornwall	U17M	23.57
3	216 Andreas	Isaias	City of Plymouth AC/Devon	U17M	23.61
4	22 Toby	Bemand	Wimborne AC/Dorset	U17M	23.78
5	322 Ralph	Nicklin	Cheltenham & C Harriers/Glou	U17M	24.14
200m U20 Men			+3.2 (Manual)	M/S	
1	248 Jacob	Lamboll	City of Plymouth AC/Cornwall	U20M	21.90
2	130 Max	Elliott	Yate & District AC/Avon	U20M	21.99
3	283 Connell	McCarthy	City of Plymouth AC/Cornwall	U20M	22.77
200m Senior Men			+2.5 (Manual)	M/S	
1	27 Ollie	Biddle	Bristol & West AC/Avon	SM	21.58
2	451 Ben	Wells	Yate & District AC/Wiltshire	SM	21.93
3	234 Nicholas	Kanonik	Yate & District AC/Gloucesters	SM	22.02
4	92 Mark	Cottam	Bristol & West AC/Avon	SM	22.13
5	171 Scott	Gunning	Coventry Godiva H/Wiltshire	SM	22.74
6	309 Kenneth	Muhumuza	Team Bath AC/Wiltshire	SM	23.03
7	369 Christopher	Richardson	City of Plymouth AC/Devon	SM	23.26

8	321 Michael	Nickells	Team Bath AC/Avon	SM	23.78
800m U17 U20 & Senior Women					
1	387 Sienna	Rosewell	Stroud & District AC/Gloucestershire	U17W	2:13.46
2	381 Emma	Ryder	Tavistock AC/Devon	SW	2:14.14
3	110 Keira	Devereux	North Somerset AC/Avon	U17W	2:15.33
4	127 Nicole	Edmunds	Exeter Harriers/Devon	SW	2:16.24
5	287 Freya	McFadden	Stroud & District AC/Gloucestershire	U17W	2:17.99
6	421 Hannah	Taunton T20	Taunton AC/Somerset	SW	2:18.38
7	303 Lucy	Milliner	Exeter Harriers/Devon	U17W	2:18.82
8	328 Mackenzie	O'Dea	Yeovil Olympiads AC/Somerset	U17W	2:22.21
9	365 Holly	Reid	City of Plymouth AC/Cornwall	U17W	2:22.92
10	143 Daisy	Flux	Dorchester AC/Dorset	U17W	2:27.26
11	354 Charlotte	Preece	Calne Running Club/Wiltshire	SW	2:27.63
12	417 Verity	Tank	City of Plymouth AC/Devon	U17W	2:28.12
800m U17 Men					
1	398 Henry	Sheffield	Stroud & District AC/Gloucestershire	U17M	2:02.23
2	461 Blake	Williams	Newquay & Par AC/Cornwall	U17M	2:02.64
3	363 Ryan	Reed	Taunton AC/Somerset	U17M	2:04.49
4	180 Fletcher	Hart	Swindon Harriers/Gloucestershire	U17M	2:05.41
5	193 Jack	Harvey	Yeovil Olympiads AC/Somerset	U17M	2:05.78
6	71 Jack	Choules	Swindon Harriers/Wiltshire	U17M	2:07.02
7	13 Sam	Barnaby	Torbay AAC/Devon	U17M	2:10.14
8	81 Patrick	Cole	Taunton AC/Somerset	U17M	2:12.21
9	265 Harry	Lucker	Gloucester AC	U17M	2:17.86
10	302 Dillon	Millard	Taunton AC/Somerset	U17M	2:18.56
800m U20 Men					
1	305 Edward	Mitchell	Cornwall AC/Cornwall	U20M	1:57.88
2	424 George	Thomas	North Devon AC/Devon	U20M	2:00.69
3	251 Oscar	Lee	Taunton AC/Somerset	U20M	2:02.23
4	182 Samuel	Hart	Torbay AAC/Devon	U20M	2:08.38
5	160 Bradley	Glover	Yeovil Olympiads AC/Somerset	U20M	2:12.45
800m Senior Men					
1	31 Joshua	Blake	City of Plymouth AC/Devon	SM	1:55.96
2	471 Matthew	Woodward	Swindon Harriers/Wiltshire	SM	1:57.93
3	317 Daniel	Newman	City of Plymouth AC/Devon	SM	1:58.70
4	201 Matt	Hogg	North Somerset AC/Avon	SM	1:59.52
5	148 Tom	Foxon	Bristol & West AC/Avon	SM	1:59.99
6	291 Bradley	McClellan	Newquay & Par AC/Cornwall	SM	2:00.32
100m U17 Women					
			+3.0 (Manual)	M/S	
1	186 Olivia	Hayes	Torbay AAC/Devon	U17W	12.50
2	207 Freya	Howard	Cornwall AC/Cornwall	U17W	12.65
3	65 Sengul	Ceylan	Mendip AC/Somerset	U17W	13.15
4	285 Nia	McConnell	Dorchester AC	U17W	13.24
100m U20 Women					
			+2.4 (Manual)	M/S	
1	429 Kirsty	Treglown	Yate & District AC/Wiltshire	U20W	12.37
2	20 Delleah	Belgrave	Swindon Harriers/Wiltshire	U20W	12.39

3	137 Lili	Fern	City of Plymouth AC/Devon	U20W	12.43
4	445 Amelia	Watling	City of Salisbury A&RC/Wiltshi	U20W	12.75
5	412 Georgina	Stokes	Poole AC/Dorset	U20W	12.88
6	233 Ella	Julin	Gloucester AC/Gloucestershire	U20W	13.17
100m Senior Women			+2.4 (Manual)	M/S	
1	462 Hannah	Williams	Bristol & West AC/Avon	SW	11.73
2	449 Megan	Webber	Torbay AAC/Devon	SW	12.26
3	244 Khiaaama	Kofi	Bristol & West AC/Avon	SW	12.40
4	386 Rebecca	Roots	Torbay AAC/Devon	SW	12.68
5	40 Amelia	Brandon	Swindon Harriers/Wiltshire	SW	12.94
6	88 Kirstie	Constable	Cardiff Archers/Gloucestershir	SW	13.27
100m U17 Men			+2.4 (Manual)	M/S	
1	39 Ryan	Brady	Bristol & West AC/Avon	U17M	11.17
2	350 Mackenzie	Pike	City of Plymouth AC/Devon	U17M	11.40
3	8 Ashley	Avis	Team Bath AC/Wiltshire	U17M	11.45
4	183 Jack	Harvey	Newquay & Par AC/Cornwall	U17M	11.59
5	322 Ralph	Nicklin	Cheltenham & C Harriers/Glou	U17M	11.90
6	218 George	Isgrove	Bristol & West AC/Avon	U17M	11.96
100m U20 Men Race 1			+3.3 (Manual)	M/S	
1	95 Jake	Cover	Team Bath AC/Wiltshire	U20M	11.12
2	299 Jacob	Michaelides	City of Plymouth AC/Devon	U20M	11.35
3	453 James	Wheeler	Tavistock AC/Cornwall	U20M	11.43
4	467 Alfie	Wood	Cheltenham & C Harriers/Glou	U20M	11.46
5	103 Jake	Dan	Newton Abbot AC/Devon	U20M	11.54
100m U20 Men Race 2			+2.2 (Manual)	M/S	
1	310 Dominic	Murray	Team Bath AC/Wiltshire	U20M	11.24
2	101 Henry	Curtis	City of Plymouth AC/Cornwall	U20M	11.26
3	283 Connell	McCarthy	City of Plymouth AC/Cornwall	U20M	11.27
4	26 Leon	Biaggi	Exeter Harriers/Devon	U20M	11.42
5	240 Alastair	Klemz	Cheltenham & C Harriers/Glou	U20M	11.54
100m Senior Men			+1.5 (Manual)	M/S	
1	408 Ethan	Steele	Yate & District AC/Gloucesters	SM	10.78
2	92 Mark	Cottam	Bristol & West AC/Avon	SM	11.08
3	76 Tobias	Clayden	City of Plymouth AC/Devon	SM	11.13
4	4 Femi	Akinbobola	Swansea Harriers/Wiltshire	SM	11.15
5	171 Scott	Gunning	Coventry Godiva H/Wiltshire	SM	11.21
6	364 Theodore	Reeve	Yate & District AC	SM	11.29
7	309 Kenneth	Muhumuza	Team Bath AC/Wiltshire	SM	11.48
8	3 Brook	Adnitt	City of Plymouth AC/Devon	SM	11.60
9	321 Michael	Nickells	Team Bath AC/Avon	SM	11.63
1500m SC Female					
1	109 Kiya	Dee	Cheltenham & C Harriers/Glou	U20W	5:07.90
2	256 Zoe	Levin	Newquay & Par AC/Cornwall	SW	5:20.19
3	418 Imogen	Tanner	City of Salisbury A&RC/Wiltshi	U20W	5:31.94
4	282 Bella	May	City of Plymouth AC/Devon	U17W	6:19.44

2000m SC U20 & Senior Men

1	268 Matthew	Lusby	Yeovil Olympiads AC/Somerset	SM	6:19.17
2	204 Luke	Hopper	Newquay & Par AC/Cornwall	SM	7:38.46

1500m U17 Women & U17 Men

1	461 Blake	Williams	Newquay & Par AC/Cornwall	U17M	4:17.20
2	158 Kenny	Gibson	Cornwall AC/Cornwall	U17M	4:17.44
3	142 Innes	FitzGerald	Exeter Harriers/Devon	U17W	4:22.60
4	319 Sophie	Nicholls	Yeovil Olympiads AC/Somerset	U17W	4:37.66
5	46 Isla	Bryson	Exeter Harriers/Devon	U17W	4:41.28
6	94 Iris	Courtney	Wimborne AC	U17W	4:47.68
7	162 Imogen	Gray	City of Salisbury A&RC/Wiltshi	U17W	5:01.20

1500m U20 Women & Senior Women

1	53 Erin	Burt	Newquay Road Runners/Cornwall	SW	4:38.93
2	237 Fern	Kimber	Poole AC/Dorset	SW	4:43.47
3	405 Tilly	Spinney	Yate & District AC/Gloucesters	U20W	4:47.36
4	242 Katie	Knowles	Newquay Road Runners/Cornwall	SW	4:49.40
5	311 Emily	Murray	Yeovil Olympiads AC/Somerset	SW	4:56.93

1500m U20 Men & Senior Men

1	471 Matthew	Woodward	Swindon Harriers/Wiltshire	SM	4:05.98
2	91 Freddie	Cooper	Yate & District AC/Gloucesters	U20M	4:06.80
3	141 Daniel	Fisher	Taunton AC/Somerset	U20M	4:07.81

300m U17 Women

1	188 Mali	Heard	City of Plymouth AC/Devon	U17W	41.13
2	84 Jaya	Collinson	Poole AC/Dorset	U17W	41.75
3	236 Lily-Anne	Keogh	City of Salisbury A&RC/Wiltshi	U17W	42.71
4	285 Nia	McConnell	Dorchester AC/Dorset	U17W	43.02
5	273 Lily	Marchant	Cheltenham & C Harriers/Glou	U17W	43.23
6	143 Daisy	Flux	Dorchester AC/Dorset	U17W	44.37

400m U20 Women

1	16 Harriet	Beardsmore	City of Plymouth AC/Cornwall	U20W	59.27
2	396 Kerrie	Shanley	Newquay & Par AC/Cornwall	U20W	1:01.04
3	435 Hanna	Ulvede	Newton Abbot AC/Devon	U20W	1:01.09
4	331 Bea	Oliver-Stevens	Exeter Harriers/Devon	U20W	1:01.48
5	134 Katie	Evans	Dorchester AC/Dorset	U20W	1:04.06
6	191 Annabelle	Hess	Tavistock AC/Devon	U20W	1:07.85

400m Senior Women & U17 Men

1	270 Nicolas	Maczugowski	City of Plymouth AC/Devon	U17M	51.28
2	22 Toby	Bemand	Wimborne AC/Dorset	U17M	52.48
3	212 Teresa	Iannetelli	Swindon Harriers/Wiltshire	SW	58.11
4	198 Rebecca	Hoadley	Cheltenham & C Harriers/Glou	SW	59.12
5	243 Amena	Kofi	Bristol & West AC/Avon	SW	1:05.55

400m U20 Men

1	248 Jacob	Lamboll	City of Plymouth AC/Cornwall	U20M	49.30
2	454 Joe	Wheeler	Tavistock AC/Cornwall	U20M	50.34
3	103 Jake	Dan	Newton Abbot AC/Devon	U20M	52.87

400m Senior Men

1	463 Dale	Willis	Yeovil Olympiads AC/Somerset	SM	48.82
2	4 Femi	Akinbobola	Swansea Harriers/Wiltshire	SM	49.59
3	238 Ethan	Kirby T20	Newton Abbot AC/Devon	SM	49.73
4	332 Kit	Oliver-Stevens	Exeter Harriers/Devon	SM	49.92
5	120 Elliot	Doughty	Swindon Harriers/Gloucestershire	SM	51.18
6	369 Christopher	Richardson	City of Plymouth AC/Devon	SM	51.26
7	3 Brook	Adnitt	City of Plymouth AC/Devon	SM	53.48