

400M HURDLES U20W, WOMEN & W35

1	Tamzin Gribble W35	Plymouth AC	75.0
2	Caroline Parmenter U20	NDAC	79.6

300M HURDLES

1	Thuza Edworthy	N Abbot AC	46.8
2	Samantha Walker	Torbay AC	56.0

100 METRES U13 BOYS

1	Luke Rutley	N Abbot AC	14.0
2	Matthew Neyle-Opie	Plymouth AC	14.5
3	Omar Abou-Shehada	Plymouth AC	14.9
4	Connor Passmore	Torbay AC	14.9
5	Ben Williams	Erme Valley H	15.1

1	Sam Crowter	Exeter H	13.9
2	Karl Underwood	Plymstock RR	13.9
3	Reuben Gordon	Plymstock RR	14.7
4	Nicholas Grew	Exeter H	15.7

1	Matthew Hartridge	Dartmouth AC	14.4
2	Elliot Platt	Plymstock RR	15.0
3	Jack Digby	Plymstock RR	15.9
4	Dominic Allen	Exeter H	16.0

100 METRES U13 BOYS FINAL Wind +0.4

1	Karl Underwood	Plymstock RR	13.2
2	Luke Rutley	N Abbot AC	13.8
3	Sam Crowter	Exeter H	13.9
4	Matthew Neyle-Opie	Plymouth AC	13.9
5	Matthew Hartridge	Dartmouth AC	14.4
6	Reuben Gordon	Plymstock RR	14.8

T4 100 METRES U15 BOYS

1	Lewis Burges	Exeter H	12.2
2	Callum Reynolds	Exeter H	12.7
3	Krystian Lane	Unatt	13.0
4	Jack Kennedy	Torbay AC	13.6

1	Paul Wilkinson	Plymouth AC	12.2
2	Craig Pike	NDAC	12.7
3	Joe Haslam	Plymouth AC	13.0

FINAL

1	Paul Wilkinson	Plymouth AC	11.8
2	Lewis Burges	Exeter H	12.2
3	Craig Pike	NDAC	12.6
4	Callum Reynolds	Exeter H	12.6
5	Krystian Lane	Unatt	13.2
6	Joe Haslam	Plymouth AC	13.8

1500 METRES MEN & MASTERS

1	Michael Wilsmore	RNAC	3.59.5
2	Kevin Heywood	Bideford AAC	4.05.3
3	Simon Anderson	Plymouth AC	4.05.6
4	Jack Bancroft	Exeter H	4.08.6

100 METRES U17 MEN

1	David King	Plymouth AC	12.0
2	Max Oliver	Exeter H	12.1
3	Nathan Higgins	Plymouth AC	12.2
4	Ben Gilbert	EVH	12.4

1	Alec Crowter	Exeter H	11.8
2	James Norman	NDAC	12.3
3	Jake Parmenter	NDAC	12.7

1	Alec Crowter	Exeter H	11.8
2	David King	Plymouth AC	12.0
3	Nathan Higgins	Plymouth AC	12.1
4	James Norman	NDAC	12.2
5	Ben Gilbert	EVH	12.3

T6 100 METRES U20 MEN

1	Tyler Johnson	Plymouth AC	11.2
2	Ben Conibear	Exeter H	11.9
3	Aaron Pinch	Plymouth AC	12.1

T7 100 METRES MEN & MASTERS Wind -0.7

1	Richard Derrick	Exeter H	11.4
2	Lennox Cabral	Plymouth AC	11.7
3	Ian Allen	Exeter H	11.9
4	Geoff Hill	Exeter H	11.9
5	Bobby Smale	NDAC	12.2
6	Mario Lapka	Exeter H	13.0

1500 METRES U17 WOMEN

1	Frederica Richards	Plymouth AC	4.53.2
2	Katie Burns	Plymouth AC	5.26.1
3	Samantha Walker	Torbay AC	5.40.9

T10 1500 METRES WOMEN

1	Katherine Humphreys	Exeter H	4.37.4
2	Chloe Anderson	Exeter H	4.45.3
3	Linda Lawrence	Plymouth AC	5.01.5

T11 1500 METRES U17 MEN

1	Joe Parish	NDAC	4.18.0
2	Jack Hutchens	NDAC	4.21.1
3	Nick Bennett	NDAC	4.22.2
4	George Speak	Tavi AC	4.33.0
5	Rob Overney	NDAC	4.37.2
6	Thomas Stockley	SDAC	4.39.0
7	Hugh Bayley	Exeter H	4.44.5

1500 METRES U20 Men

1	Davey Platt	NDAC	4.08.6
2	Sam Petty	NDAC	4.09.1
3	Eliot Buckner	EVH	4.23.7
4	Andrew Reed	EVH	4.35.3
5	Matt Macnamara-Waddington	Tavistock AC	4.56.4

T18 200 METRES U17 WOMEN

1	Rebecca Chapman	Exeter H	25.8
2	Rebecca Brown	Exeter H	26.1
3	Beth Scattergood	NDAC	26.8

	5	Steve Gallienne	Bideford AC	4.10.9		4	Rebecca Phillips	NDAC	26.8
	6	Torsten Chandler	Poole Runners	4.16.1		5	Lauren Clapp	Exeter H	27.8
	7	Richard Wallace	SDAC	4.20.7		6	Thuza Edworthy	N Abbot AC	28.4
M40	8	Peter Stockman	Exeter H	4.35.2					
M45	9	Adrian Millership	Plymouth AC	4.57.4			200 METRES U20W WOMEN	Wind -0.5	
M55	10	Ian Snow	Torrington AC	5.09.4					
M60	11	Bob Chapman	RNAC	5.21.4		1	Jenny Robinson	Exeter H	26.2
M50	12	John Drennan	SDAC	6.14.8		2	Hayley Harvey	Plymouth AC	26.4
						3	Lauren Priest	Bideford AAC	27.7
		200 METRES U13 GIRLS	HEAT 1	Wind +0.3					
	1	Jessica Strang	Plymouth AC	28.8		T19	200 METRES WOMEN	FINAL	Wind -0.9
	2	Laura Puleston	EVH	30.6		1	Katherine Endacott	Plymouth AC	24.5
	3	Victoria Weir	Plymouth AC	30.9		2	Sophie Skinner	Exeter H	26.2
	4	Amalia Gimbuta	Exeter H	31.2		3	Lucy Sings	Plymouth AC	26.5
	5	Lucy Hooper	Plymouth AC	31.4		4	Karla Drew	Team Soton	26.9
	6	Mollie Daly	N Abbot AC	31.7		5	Amanda Evans	Exeter H	28.0
			HEAT 2	Wind -1.1			200 METRES W35+	Wind -0.5	
	1	Jessica Dobson	N Abbot AC	29.3	W35	1	Tamzin Gribble	Plymouth AC	28.6
	2	Jessica Prior	N Abbot AC	29.9	W40	2	Georgina Martin	NDAC	29.0
	3	Shannon Robertson	Exeter H	30.4			400 METRES U15 BOYS	FINAL	
	4	Sophie Davis	EVH	30.8		1	Daniel Kelland	Plymouth AC	55.3
	5	Charlotte Bramley	NDAC	31.8		2	Callum Reymolds	Exeter H	58.4
		FINAL	Wind +0.2			3	Craig Pike	NDAC	61.4
	1	Jessica Strang	Plymouth AC	29.0		4	Graeme Tinkler	N Abbot AC	62.9
	2	Jessica Dobson	N Abbot AC	29.1		5	David Weir	Plymouth AC	65.4
	3	Jessica Prior	N Abbot AC	30.7			400 METRES U17 MEN	FINAL	
	4	Sophie Davis	EVH	30.9		1	Alec Crowter	Exeter H	52.0
	5	Laura Puleston	EVH	32.0		2	Byron Fitzgerald	Exeter H	52.9
DNF		Shannon Robertson	Exeter H			3	Ben Gilbert	EVH	56.6
T17		200 METRES U15 GIRLS	Heat 1	Wind +0.8		4	Olly Friend	NDAC	59.8
	1	Fleur Millership	Plymouth AC	27.1		5	William Rozier	Exeter H	62.4
	2	Chloe Gimbuta	Exeter H	27.5		T23	400 METRES U20 MEN	HEAT 1	
	3	Jazmin Gould	Plymouth AC	28.2		1	Sam Petty	NDAC	54.6
	4	Carie Robertson-Bell	EVH	28.9		2	Matt Parsley	Exeter H	55.2
	5	Lucy Campbell	NDAC	29.4		3	Ben Anderson	Plymouth AC	55.4
	6	Chloe Regan	NDAC	29.9		4	Sam Stacey	Exeter H	56.2
			Heat 2	Wind -0.6					
	1	Saxon Howson	NDAC	27.2				HEAT 2	
	2	Holly Schulz	Exeter H	27.9		1	Davey Platt	NDAC	54.5
	3	Holly Stewart	Plymouth AC	28.2		2	Doug Bruce	Exeter H	55.2
	4	Jessica Bennett	NDAC	28.9		3	Chris Smith	Exeter H	58.9
	5	Abbie Brailey	NDAC	29.4					
	6	Maddie Platt	Plymstock RR	32.1					
		400 METRES U20 MEN	FINAL						
	1	Matt Parsley	Exeter H	50.8			1500 METRES U15 GIRLS		
	2	Sam Petty	NDAC	52.1		1	Lucy Campbell	NDAC	5.10.9
	3	Davey Platt	NDAC	52.4		2	Steise Hodgson	NDAC	5.16.8
	4	Doug Bruce	Exeter H	54.4		3	Alice Sayles	SDAC	5.24.2
	5	Ben Anderson	Plymouth AC	55.0		4	Bridie Head	Bideford AAC	6.06.6
	6	Sam Stacey	Exeter H	55.3			1500 METRES U15 BOYS		
T24		400 METRES MEN	HEAT 1			1	Michael Gaunt	NDAC	4.41.3
	1	Mark Linskill	NDAC	53.6		2	Seth McNamara-Waddington	Tavi AC	5.38.3
	2	Alisdair Carpenter	Plymouth AC	53.7			600 METRES U13 BOYS		
	3	Adam Tofield	Tavi AC	54.9					

	5	Jessica Strang	Plymouth AC	5.21					
	6	Laura Puleston	EVH	5.05	U20	1	Suzanne McNiff	Plymouth AC	37.80
	7	Charlotte Brailey	NDAC	5.00					
	8	Cody Morrish	Plymstock RR	4.69	SEN	1	Rachel Higgs	NDAC	36.78
11.45	F4	TRIPLE JUMP FEMALE			HIGH JUMP U17W & U20 WOMEN				
U15	1	Kim Morgan	NDAC	9.22	U17	1	Rebecca Chapman	Exeter H	1.50
	2	Jessica Bennett	NDAC	8.59					
	3	Abbie Brailey	NDAC	8.30	U20	1	Adrienne Richards	N Abbot AC	1.55
U17	1	Sophie O'Neill	Torbay AC	10.06	U20	2	Caroline Parmenter	NDAC	1.50
	2	Poppy Kirkup	Plymouth AC	9.55	DISCUS U13 GIRLS				
	3	Lauren Clapp	Exeter H	8.77					
U20	1	Lauren Priest	Bideford AAC	11.38		1	Elizabeth Godwin	Exeter H	21.39
		SHOT U15 GIRLS				2	Tiegan Walsh	Plymstock RR	9.99
						3	Cody Morrish	Plymstock RR	9.48
					F12	DISCUS U15 GIRLS			
	1	Fleur Millership	Plymouth AC	8.12		1	Rebecca Spear	NDAC	21.34
	2	Saxon Howson	NDAC	7.91		2	Chloe Regan	NDAC	12.09
	3	Rebecca Spear	NDAC	6.94					
	4	Steise Hodgson	NDAC	6.06					
14.15	F13	LONG JUMP U17, U20 SEN & VET MEN			JAVELIN U17M, U20M, MEN & VET MEN				
U17	1	Joshua Tunstall	Exeter H	5.95					
	2	David King	Plymouth AC	5.91	U17	1	Steven Turnock	Exeter H	61.44
	3	Jake Parmenter	NDAC	5.76					
	4	James Norman	NDAC	5.06	U20	1	Matthew Smith	Exeter H	63.93
U20	1	Ben Conibear	Exeter H	5.24		2	Ben Conibear	Exeter H	44.32
SEN	1	Lennox Cabral	Plymouth AC	5.82		3	Sam Petty	NDAC	42.16
						4	Peter Heathman	N Abbot AC	39.39
M40	1	Ian Allen	Exeter H	6.16	SEN	1	Mike Tarran	Birchfield H	64.01
M50	1	John Drennan	SDAC	3.47		2	Luke Sings	Plymouth AC	44.66
M55	1	Mario Lapka	Exeter H	4.81	M35	1	Simon Bennett	Woodford Gn	61.19
15.15	F14	LONG JUMP U15 BOYS			M65	1	George Eccles	Exeter H	35.61
	1	Ash Stott	Plymouth AC	5.54	LONG JUMP U13 BOYS				
	2	Lewis Burges	Exeter H	5.24		1	Karl Underwood	Plymstock RR	4.60
	3	Jack Kennedy	Torbay AC	4.55		2	Luke Rutley	N Abbot AC	4.28
	4	Craig Pike	NDAC	4.53		3	Matthew Hartridge	Dartmouth AC	4.19
	5	Todd Allen	Exeter H	4.50		4	Ben Williams	Erme Valley H	4.06
	6	Joe Haslam	Plymouth AC	4.28		5	Sam Grannell	EVH	4.04
	7	David Weir	Plymouth AC	3.71		6	Matt Neyle-Opie	Plymouth AC	3.93
	8	Seth McNamara-Waddington	Tavi AC	3.49		7	Reuben Gordon	Plymstock RR	3.53
15.15	F15	SHOT U17 WOMEN AND WOMEN				8	Omar Abou-Shehada	Plymouth AC	3.50
U17	1	Rebecca Brown	Exeter H	8.83		9	Nicholas Grew	Exeter H	3.45
	2	Poppy Kirkup	Plymouth AC	7.49		10	Pete Jarnman	Tavistock AC	3.44
	3	Beth Skinner	Exeter H	6.59		11	Gareth Pike	NDAC	3.24
	4	Lucy Smith	Exeter H	5.96		12	Dominic Allen	Exeter H	3.10
U20	1	Suzanne McNiff	Plymouth AC	8.05		13	Elliott Platt	Plymstock RR	2.83
SEN	1	Katherine Endacott	Plymouth AC	10.25					
	2	Rachel Higgs	NDAC	8.32					

400 METRES HURDLES U20M & MEN

U20	1	Matt Parsley	Exeter H	56.4
	2	Matt Sumner	Plymouth AC	56.9
	3	James Berry	Exeter H	59.1
SM	1	Mark Linskill	NDAC	57.5
	2	Geoff Hill	Exeter H	60.2

T2 400M HURDLES U17M & M50

U17	1	Byron Fitzgerald	Exeter H	59.4
	2	David King	Plymouth AC	65.9
M50	1	John Drennan	SDAC	96.7

800 METRES U15 BOYS

1	Graeme Tinkler	N Abbot AC	2.23.4
2	Blake Blackwood	Exeter H	2.28.6
3	David Weir	Plymouth AC	2.30.1
4	James Thomas	Plymouth AC	2.31.0
5	Seth McNamara-Waddington	Tavi AC	2.49.8
6	Tom Hansen	EVH	2.50.1

T4 800 METRES U15 GIRLS

1	Carrie Robertson-Bell	EVH	2.27.6
2	Steise Hodgson	NDAC	2.28.2
3	Jessica Bennett	NDAC	2.30.8
4	Alice Sayles	SDAC	2.33.4
5	Chloe Regan	NDAC	2.39.6
6	Rebecca Rogers	Plymstock RR	2.43.3
7	Katy Anderson	Plymouth AC	2.46.0
8	Tabitha Vaughan	Exeter H	2.48.0
9	Sarah Cartwright	N Abbot AC	2.57.1

800 METRES U17 WOMEN & W55

1	Kelsie Peters	EVH	2.23.8
2	Katie Burns	Plymouth AC	2.35.3
3	Sophie Berry	NDAC	3.04.1

W55	1	Jackie Walpole	Exeter H	2.33.1
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800 METRES U20 WOMEN & WOMEN

U20	1	Jessica Burns	Plymouth AC	2.14.5
SEN	1	Katherine Humphreys	Exeter H	2.15.5
	2	Chloe Anderson	Exeter H	2.16.5
		Amanda Evans	Exeter H	DNF

100 METRES U15 GIRLS HEAT 3 Wind +1.1

1	Saxon Howson	NDAC	13.4
2	Gabi Tillson-Hawke	Exeter H	13.5
3	Holly Schulz	Exeter H	13.7
4	Holly King	SWRR	14.2

FINAL Wind -0.6

1	Fleur Millership	Plymouth AC	13.0
2	Chloe Gimbuta	Exeter H	13.1
3	Saxon Howson	NDAC	13.1
4	Sophie Mason	Plymouth AC	13.2
5	Shawna-Lee Race- Walsh	Plymouth AC	13.2
6	Gabi Tillson-Hawke	Exeter H	13.6

100 METRES U13 GIRLS

HEAT 1 Wind +1.1			
1	Jessica Dobson	N Abbot AC	14.1
2	Lucy Hooper	Plymouth AC	14.6
3	Sophie Davis	EVH	14.7
4	Charlotte Brailey	NDAC	15.5
5	Mollie Roach	NDAC	16.4

HEAT 2 Wind +1.6

1	Jade Simson	EVH	14.9
2	Amalia Gimbuta	Exeter H	15.0
3	Kailah Downie	Plymouth AC	15.6
4	Phoebe Phillips	EVH	16.0
5	Cody Morrish	Plymstock RR	16.0

HEAT 3 Wind +1.3

1	Jessica Strang	Plymouth AC	14.2
2	Elizabeth Godwin	Exeter H	15.0
3	Freya Taylor-Hatswell	EVH	15.3
4	Chloe Godwin	Exeter H	15.4
5	Tiegan Walsh	Plymstock RR	15.5

Runoff

Wind +0.5

1	Amalia Gimbuta	Exeter H	15.0
2	Elizabeth Godwin	Exeter H	15.0

FINAL

Wind +2.5

1	Jessica Strang	Plymouth AC	14.0
2	Jessica Dobson	N Abbot AC	14.1
3	Lucy Hooper	Plymouth AC	14.6
4	Jade Simson	EVH	14.7
5	Sophie Davis	EVH	15.0
6	Amalia Gimbuta	Exeter H	15.2

100 METRES U15 GIRLS

HEAT 1 Wind +1.6

1	Chloe Gimbuta	Exeter H	13.1
2	Sophie Mason	Plymouth AC	13.2
3	Jazmin Gould	Plymouth AC	13.6
4	Rosie Dawson	Exeter H	14.7

HEAT 2 Wind -0.1

1	Fleur Millership	Plymouth AC	13.3
2	Shawna-Lee Race- Walsh	Plymouth AC	13.3
3	Holly Stewart	Plymouth AC	14.2

200 METRES U13 BOYS

HEAT 1 Wind +0.9

1	Karl Underwood	Plymstock RR	27.3
2	Sam Crowter	Exeter H	29.5
3	Xan Wesolowski	NDAC	31.4
4	Elliot Platt	Plymstock RR	31.7

HEAT 2 Wind -1.7

1	Luke Rutley	N Abbot AC	28.8
2	Matthew Neyle-Opie	Plymouth AC	29.0
3	Ben Williams	Erme Valley H	32.2
4	Gareth Pike	NDAC	34.1

12.45	3000 METRES MALE			4	Andrew Reed	EVH	2.10.7	
				5	Matt Macnamara-Waddington	Tavistock AC	2.19.5	
U15	1	Michael Gaunt	NDAC	10.00.2	800 METRES MEN & MASTERS			
	2	Kit Grierson	Exeter H	10.54.1	1	Michael Wilsmore	RNAC 1.55.5	
U17	1	Joe Parish	NDAC	9.20.9	2	James Meadows	Exeter H 1.55.9	
	2	Joshua Trigwell	Torbay AC	9.30.9	3	Jack Bancroft	Exeter H 1.58.5	
	3	Nick Bennett	NDAC	9.33.9	M35	4	Richard Scott	Exeter H 1.58.9
	4	Matthew Harding	Tavi AC	10.14.8	5	Alisdair Carpenter	Exeter H 2.00.2	
U20	1	Andrew Smith	Tiverton H	9.49.0	6	Dan Strang	Uni of Exeter 2.01.6	
SM	1	Harry Wiltshire	Tavi AC	9.20.3	M45	7	Richard Wallace	SDAC 2.02.7
M45	1	Alan Ryder	EVH	10.28.0	M55	8	Simon Anderson	Plymouth AC 2.03.4
M45	2	Adrian Millership	Plymouth AC	10.34.1	9	Adam Tofield	SDAC 2.10.3	
M55	1	Ian Snow	Torrington AC	11.00.0	10	Bobby Smale	NDAC 2.15.5	
					11	Ian Snow	Torrington AC 2.42.0	
					300 METRES U15 GIRLS HEAT 1			
					1	Jazmin Gould	Plymouth AC 46.2	
					2	Jessica Bennett	NDAC 47.0	
					3	Chloe Regan	NDAC 48.7	
					4	Maddie Platt	Plymstock RR 50.0	
					100M HURDLES U20 W & WOMEN Wind +0.4 HEAT 2			
U20	1	Jenny Robinson	Exeter H	15.2	1	Holly Stewart	Plymouth AC 45.7	
SEN	1	Karla Drew	Team Soton	14.4	2	Alice Sayles	SDAC 48.8	
					3	Katy Anderson	Plymouth AC 49.7	
					100M HURDLES U17 MEN & M50+ Wind +1.3 FINAL			
U17	1	Nathan Higgins	Plymouth AC	14.6	1	Holly Stewart	Plymouth AC 46.2	
	2	David King	Plymouth AC	14.6	2	Jazmin Gould	Plymouth AC 46.3	
M50	1	John Drennan	SDAC	27.7	3	Jessica Bennett	NDAC 46.5	
					4	Chloe Regan	NDAC 49.5	
					5	Katy Anderson	Plymouth AC 50.6	
					300 METRES U17 WOMEN			
	1	Beth Scattergood	NDAC	43.5	600 METRES U13 GIRLS GRADED RACES			
	2	Jenny Anderson	Plymouth AC	46.0	1	Jessica Strang	Plymouth AC 1.48.8	
	3	Katie Burns	Plymouth AC	49.6	2	Hannah Gaunt	NDAC 1.52.1	
	4	Holly Sharpe	NDAC	50.5	3	Victoria Weir	Plymouth AC 1.52.3	
	5	Claire Flanagan	NDAC	51.5	4	Poppy Tank	Plymouth AC 1.66.7	
	6	Sophie Berry	NDAC	52.6	5	Freya Taylor-Hatswell	EVH 2.02.7	
					6	Chloe Howard	Exeter H 2.06.2	
					7	Natasha Duncan	EVH 2.08.8	
					8	Jenna Bieron	Plymouth AC 2.12.0	
					9	Phoebe Phillips	EVH 2.12.1	
					10	Tiegan Walsh	Plymstock RR 2.18.7	
					11	Cody Morrish	Plymstock RR 2.23.0	
					400 METRES U20 WOMEN			
	1	Hayley Harvey	Plymouth AC	59.4	4 X 100 METRES U13 GIRLS			
	2	Jessica Burns	Plymouth AC	60.4	1	Exeter Harriers	60.7	
	3	Beth Anderson	Plymouth AC	64.0	2	Erme Valley Harriers	60.8	
	4	Jo Devine	NDAC	64.6	4 X 100 METRES U15 GIRLS			
	5	Lauren Anning	EVH	66.9	1	Plymouth AC	52.0	
					2	North Devon AC	55.5	
					3	North Devon AC Guest	60.0	
					400 METRES WOMEN & WOMEN 35+			
	1	Lucy Sings	Plymouth AC	60.5	4 X 100 METRES U15 BOYS			
	2	Katherine Humphreys	Exeter H	61.1	1	Plymouth AC	54.3	
	3	Amanda Evans	Exeter H	62.0	2	North Devon AC	57.7	
	4	Katherine Endacott	Plymouth AC	1.49.8	4 X 100 METRES U17 WOMEN			
					1	North Devon AC	55.6	
					2	Exeter Harriers	56.9	
					400 METRES WOMEN 35+			
	1	Georgina Martin	NDAC	65.5				
					1200 METRES U13 BOYS			
	1	Ned Oliver	Bideford AC	4.00.5				
	2	Xan Wesolowski	NDAC	4.02.9				
	3	Luke Rutley	N Abbot AC	4.04.4				
	4	James Blackford	Plymouth AC	4.12.7				
	5	Grey Grierson	Exeter H	4.15.6				

	6	William Battershill	EVH	4.28.9		
	7	Pete Jarnman	Tavistock AC	4.38.4	4 X 100 METRES	U17 MEN
	8	Matthew Neyle-Opie	Plymouth AC	4.49.0		
					1	North Devon AC 53.6
		3000M STEEPLECHASE				
					4 X 100 METRES	WOMEN
	1	Matt Bradley	Plymouth AC	11.45.3		
U20	2	Ben Anderson	Plymouth AC	11.57.5	1	Plymouth AC 50.6
M55	1	Kieran Dore	N Abbot AC	13.13.0	2	Exeter Harriers 51.6
M50	1	John Drennan	SDAC	14.53.6	3	North Devon AC 54.8
					4 X 100 METRES	MEN
					1	Exeter Harriers 45.1
					2	Plymouth AC 45.9

FIELD EVENTS

		DISCUS U17, U20 MEN 7MEN35+				LONG JUMP U13 GIRLS		
U20	1	Oliver Wright	Plymouth AC	35.54	1	Jade Simson	EVH 4.15	
	2	Ben Conibear	Exeter H	31.10	2	Charlotte Brailey	NDAC 3.82	
	3	Michael King	Plymouth AC	29.95	3	Lizzie Godwin	Exeter H 3.73	
SEN	1	David Dawson	Exeter H	44.01	4	Freya Taylor-Hatswell	EVH 3.68	
	2	Rob Woodger	Exeter H	32.24	5	Amalia Gimbuta	Exeter H 3.62	
	3	Matt Woodger	N Abbot AC	30.08	6	Chloe Godwin	Exeter H 3.38	
M40	1	Jon Milum	Exeter H	37.86	7	Jenna Brierton	Plymouth AC 3.29	
M45	1	Dale Johns	SWVAC	23.08	8	Hannah Gaunt	NDAC 3.28	
M55	1	Colin Petty	NDAC	25.30	9	Tiegan Walsh	Plymouth RR 3.26	
					10	Kailah Downie	Plymouth AC 2.96	
		HIGH JUMP U13 BOYS			11	Phoebe Phillips	EVH 2.79	
					12	Cody Morrish	Plymouth RR 2.64	
	1	Matt Neyle-Opie	Plymouth AC	1.30	13	Mollie Roach	NDAC 2.50	
	2	Xan Wesolowski	NDAC	1.20		DISCUS U13 BOYS		
		HIGH JUMP U15 BOYS			1	Joseph Rees	Exeter H 26.38	
					2	Pete Jarnman	Tavistock AC 13.66	
	1	Nirin Bahi	Exeter H	1.63	3	Dominic Allen	Exeter H 12.74	
	2	Ash Stott	Plymouth AC	1.50	4	Nicholas Grew	Exeter H 12.62	
	3	Todd Allen	Exeter H	1.40		DISCUS U15 BOYS		
	4	Tom Hansen	EVH	1.25	1	Sam Roach	NDAC 36.37	
		LONG JUMP U17W U20W WOMEN & W35+			2	Liam Quick	Unatt 25.36	
U17	1	Sophie O'Neill	Torbay AC	4.51	3	Ash Stott	Plymouth AC 23.80	
	2	Rebecca Phillips	NDAC	4.35		HAMMER U15B U17M U20M MEN & M35+		
	3	Anna Rust	Exeter H	4.22	U15	1	Sam Roach	NDAC 25.35
	4	Claire Flanagan	NDAC	3.50	U15	2	Liam Quick	Unatt 23.46
U20	1	Amy Wakeham	Exeter H	5.21	SEN	1	Rob Woodger	Exeter H 36.90
SEN	1	Claire Linskill	NDAC	5.81	M40	1	Jon Milum	Exeter H 46.32
	2	Katherine Endacott	Plymouth AC	5.47	M55	1	Colin Petty	NDAC 24.12
	3	Karla Drew	Team Soton	5.16		HIGH JUMP U13 GIRLS		
		HIGH JUMP U13 GIRLS			1	Chloe Godwin	Exeter H 1.35	
					2	Jessica Dobson	N Abbot AC 1.35	
					3	Jade Simson	EVH 1.25	
					4	Sophie Davis	EVH 1.15	
					5	Natasha Duncan	EVH 1.15	
					6	Hannah Gaunt	NDAC 1.10	
		HIGH JUMP U15 GIRLS				TRIPLE JUMP U15 BOYS		
					1	Todd Allen	Exeter H 9.34	
					2	Jack Kennedy	Torbay AC 9.32	
					3	Craig Pike	NDAC 9.14	
					4	Michael Gaunt	NDAC 8.46	
					5	Tom Hansen	EVH 7.99	
		HIGH JUMP U15 GIRLS				TRIPLE JUMP U17 MEN & MEN		
					1	David King	Plymouth AC 12.03	
					2	Joshua Tunstall	Exeter H 11.70	
					3	Jake Parmenter	NDAC 11.68	
					4	Olly Friend	NDAC 9.74	
					5	Matthew Harding	Tavi AC 9.66	

M55	1	Mario Lapka	Exeter H	10.18
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JAVELIN U13 GIRLS

1	Lizzie Godwin	Exeter H	25.33
2	Natasha Duncan	EVH	12.89
3	Mollie Roach	NDAC	7.24

JAVELIN U15 GIRLS

1	Saxon Howson	NDAC	28.16
2	Sophie Mason	Plymouth AC	26.66
3	Jessica Bennett	NDAC	18.91
4	Kim Morgan	NDAC	16.31

JAVELIN U17W, U20W WOMEN & W35+

U17	1	Rebecca Chapman	Exeter H	31.16
	2	Lucy Smith	Exeter H	27.52
	3	Beth Skinner	Exeter H	22.22
	4	Samantha Walker	Torbay AC	20.32
	5	Sophie Berry	NDAC	14.80
	6	Rebecca Phillips	NDAC	13.20

U20	1	Jenny Robinson	Exeter H	24.78
	2	Lauren Anning	EVH	24.38

SEN	1	Roxanne Sieman	Plymouth AC	27.88
	2	Karla Drew	Team Soton	25.51

SHOT U17M U20M MEN & MEN35+

U20	1	Oliver Wright	Plymouth AC	12.73
	2	Ben Conibear	Exeter H	10.50

SM	1	David Dawson	Exeter H	13.25
	2	Rob Woodger	Exeter H	11.71
	3	Matt Woodger	N Abbot AC	10.45

M40	342	Jon Milum	Exeter H	15.30
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SHOT U13 BOYS

1	Joseph Rees	Exeter H	8.33
2	Sam Grannell	EVH	6.64
3	Nicholas Grew	Exeter H	5.96
4	Pete Jarnman	Tavistock AC	5.57
5	Dominic Allen	Exeter H	5.42
6	Elliot Platt	Plymstock RR	4.52
7	Jack Digby	Plymstock RR	3.78

SHOT U15 BOYS

1	Sam Roach	NDAC	12.83
2	Liam Quick	Unatt	9.28
3	Craig Pike	NDAC	7.06

LONG JUMP UNDER 15 GIRLS

1	Chloe Gimbuta	Exeter H	4.97
2	Sophie Mason	Plymouth AC	4.40
3	Kim Morgan	NDAC	4.39
4	Holly Schulz	Exeter H	4.36
5	Megan Hansen	EVH	4.29
6	Steise Hodgson	NDAC	4.19
7	Lucy Campbell	NDAC	3.99
8	Chloe Regan	NDAC	3.42