

Team	Score	
1 Victoria Park Harriers & Tower Hamlets	106	R
2 North Devon	109	N
3 City of Plymouth	112	C
4 West Suffolk	131	S

Senior A 100m

Wind=

1 Hayley Harvey	U20	City of Plymouth	13.2	4
2 Emily Rogers	U17	West Suffolk	13.2	3
3 Esther Olanipekun	SW	Victoria Park Harriers & Tower	13.2	2
4 Rebecca Phillips	SW	North Devon	13.7	1

Senior B 100m

Wind=

1 Lucy Sings	SW	City of Plymouth	13.1	4
2 Montana Jackson	U17	West Suffolk	13.3	3
3 Katy Devine	SW	North Devon	13.4	2
4 Ava Gay Smith	SW	Victoria Park Harriers & Tower	14.1	1

Senior A 200m

Wind=

1 Lucy Sings	SW	City of Plymouth	26.8	4
2 Emily Rogers	U17	West Suffolk	27.2	3
3 Rebecca Phillips	SW	North Devon	27.7	2
4 Esther Olanipekun	SW	Victoria Park Harriers & Tower	30.4	1

Senior B 200m

Wind=

1 Montana Jackson	U17	West Suffolk	27.4	4
2 Katy Devine	SW	North Devon	28.2	3
3 Jess Driver	U17	City of Plymouth	28.3	2
4				

Senior A 400m

1 Hayley Harvey	U20	City of Plymouth	61.0	4
2 Brogan Percy	U20	Victoria Park Harriers & Tower	64.2	3
3 Jo Devine	SW	North Devon	65.0	2
4				1

Senior B 400m

1 Tamzin Gribble	W35	City of Plymouth	66.9	4
2 Beth Scattergood	SW	North Devon	67.2	3
3 Mel McClure	vet	Victoria Park Harriers & Tower	103.1	2
4				1

Senior A 800m

1 Sophie Tupman	U17	West Suffolk	2:25.4	4
2 Frederica Richards	U17	City of Plymouth	2:25.4	3
3 Emily Mosedale	SW	Victoria Park Harriers & Tower	2:46.5	2
4 Sophie Berry	SW	North Devon	2:46.7	1

Senior B 800m

1 Olivia Driver	U17	City of Plymouth	2:49.8	4
2 Hollis Sharpe	SW	North Devon	3:22.0	3
3 Mel McClure	vet	Victoria Park Harriers & Tower	3:41.2	2
4				1

Senior A 1500m

1 Sophie Tupman	U17	West Suffolk	5:03.0	4
2 Frederica Richards	U17	City of Plymouth	5:04.9	3
3 Emily Mosedale	SW	Victoria Park Harriers & Tower	5:38.5	2
4				1

Senior B 1500m

1 Olivia Driver	U17	City of Plymouth	6:33.3	4
2 Mel McClure	vet	Victoria Park Harriers & Tower	6:59.6	3
3 Dawn Mason	W50	West Suffolk	7:28.3	2
4				1

Senior A 3000m

1	Mel McClure	SW	Victoria Park Harriers & Tower	14:46.2	4
2	Dawn Mason	W50	West Suffolk	16:04.0	3
3					2
4					1

Senior B 3000m

1					4
2					3
3					2
4					1

Senior A 100mH

Wind=

1	Lauren Ambrose	SW	Victoria Park Harriers & Tower	15.2	4
2	Tania Spurling	SW	West Suffolk	16.6	3
3	Tamzin Gribble	V35	City of Plymouth	18.3	2
4	Caroline Parminter	SW	North Devon	20.0	1

Senior B 100mH

Wind=

1	Issy Jeffs	SW	North Devon	19.0	4
2					3
3					2
4					1

Senior A 400mH

1	No one	SW	City of Plymouth	73.7	4
2	Caroline Parminter	SW	North Devon	80.8	3
3					2
4					1

Senior B 400mH

1					4
2					3
3					2
4					1

Senior A High Jump

1	Tania Spurling	SW	West Suffolk	1.60	4
2	Caroline Parminter	SW	North Devon	1.50	2
3	Lauren Ambrose	SW	Victoria Park Harriers & Tower	1.50	2
4	Tamzin Gribble	W35	City of Plymouth	1.30	1

Senior B High Jump

1	Lizzie Harrison	U17	West Suffolk	1.60	4
2	Funke Oyewole	U17	Victoria Park Harriers & Tower	1.25	3
3	Bethan Evans	SW	North Devon	1.25	2
4					1

Senior A Pole Vault

1	Kerry Smith-Wightman	V35	City of Plymouth	2.00	4
2	Sophie Berry	SW	North Devon	1.80	3
3					2
4					1

Senior B Pole Vault

1					4
2					3
3					2
4					1

Senior A Long Jump

1	Amader Ranger	SW	Victoria Park Harriers & Tower	5.62	4
2	Tania Spurling	SW	West Suffolk	5.41	3
3	Rebecca Phillips	SW	North Devon	4.46	2
4	Jess Driver	U17	City of Plymouth	4.35	1

Wind

Senior B Long Jump

1	Simone Keisha-Fanis	U17	Victoria Park Harriers & Tower	5.07	4
2	Emily Rogers	U17	West Suffolk	5.04	3
3	Amy Millard	U20	City of Plymouth	4.14	2
4	Bethan Evans	SW	North Devon	4.08	1

Wind

Senior A Triple Jump

Wind

1	Tania Spurling	SW	West Suffolk	11.58	4
2	Simone Keisha-Fanis	U17	Victoria Park Harriers & Tower	10.58	3
3	Poppy Kirkup	U17	City of Plymouth	9.76	2
4	Caroline Parminter	SW	North Devon	9.18	1

Senior B Triple Jump

Wind

1	Montana Jackson	U17	West Suffolk	11.37	4
2	Amy Millard	U20	City of Plymouth	8.68	3
3					2
4					1

Senior A Shot Putt

1	Issy Jeffs	SW	North Devon	10.25	4
2	Tracey Quartey	SW	Victoria Park Harriers & Tower	9.86	3
3	Lauren Choun	U17	City of Plymouth	8.43	2
4	Emily Cross	U17	West Suffolk	5.90	1

Senior B Shot Putt

1	Rachel Higgs	SW	North Devon	8.63	4
2	Taniska Smith	U20	Victoria Park Harriers & Tower	8.33	3
3	Dawn Mason	W50	West Suffolk	5.67	2
4	Kerry Smith-Wightman	V35	City of Plymouth	3.36	1

Senior A Discus

1	Sam Milner	U17	West Suffolk	40.61	4
2	Tracey Quartey	SW	Victoria Park Harriers & Tower	31.75	3
3	Bonnie Lenehan	U17	City of Plymouth	26.44	2
4	Clare Facey	SW	North Devon	19.27	1

Senior B Discus

1	Taniska Smith	U20	Victoria Park Harriers & Tower	29.52	4
2	Laura Cole	SW	North Devon	16.78	3
3	Emily Cross	U17	West Suffolk	16.24	2
4		0	0 City of Plymouth		

Senior A Hammer

1	Bonnie Lenehan	U17	City of Plymouth	36.68	4
2	Rachel Higgs	SW	North Devon	34.40	3
3	Sam Milner	U17	West Suffolk	22.22	2
4	Tracey Quartey	SW	Victoria Park Harriers & Tower	15.70	1

Senior B Hammer

1	Kerry Smith-Wightman	V35	City of Plymouth	33.27	4
2	Laura Cole	SW	North Devon	23.34	3
3	Dawn Mason	W45	West Suffolk	16.77	2
4					1

Senior A Javelin

1	Issy Jeffs	SW	North Devon	39.31	4
2	Tania Spurling	SW	West Suffolk	28.58	3
3	Bonnie Lenehan	U17	City of Plymouth	28.11	2
4	Taniska Smith	SW	Victoria Park Harriers & Tower	18.55	1

Senior B Javelin

1	Kerry Smith-Wightman	V35	City of Plymouth	22.46	4
2	Emily Cross	U17	West Suffolk	21.02	3
3	Clare Facey	SW	North Devon	18.29	2
4	Wunmi Ogbaro	U17	Victoria Park Harriers & Tower	14.63	1

Senior 4x100m

1	Victoria Park Harriers & Tower	SW	Victoria Park Harriers & Tower	51.8	4
2	North Devon	SW	North Devon	52.2	3
3	West Suffolk	SW	West Suffolk	52.7	2
4	City of Plymouth	SW	City of Plymouth	53.4	1

Senior 4x400m

1	City of Plymouth	SW	City of Plymouth	4:28.8	4
2	North Devon	SW	North Devon	5:03.6	3
3					2
4					1