

U13G

100m heat 1

1	Sophie Feist	NFJAC	14.1
2	Charlotte Ayton	Wimborne	15.1
3	Holly Lowther	BAC	15.9
4	Grace Kelly	Portsmouth	15.9
5	Alexandra Stevenson	WSPH	16.0
6	Lucy Torrance	WADAC	16.2

100m heat 2

1	Ellie Hoolgson	Southampton	14.3
2	Pippa Hine	Wimborne	14.4
3	Danielle Broom	BAC	14.7
4	Amy Lambert	West Dorset	16.4
5	Courtney M-Smart	WSPH	16.8
6	Michaela Bettridge	WADAC	17.6

100m heat 3

1	Emma Froome	WADAC	14.2
2	Jasmine Alamo	Camberley	15.5
3	Phoebe Barnes	WSPH	15.9
4	Catlyn Hooper	Wimborne	16.0
5	Eve James	Dorchester	16.3
6	Zoe Allan	WSPH	16.9

100m heat 4

1	Iona Sheerin	BAC	14.2
2	Lilly Tozer	Wimborne	15.7
3	Jodie Clark	WSPH	16.3
4	Victoria Butler-Clack	BMHAC	16.4

200m heat 1

1	Sophie Feist	NFJAC	29.0
2	Olivia Galloway	BAC	30.5
3	Alex Cocker	Dorchester	30.8
4	Abigail Woollett	WADAC	33.8
5	Eve James	Dorchester	35.3
6	Phoebe Barnes	WSPH	36.3

200m heat 2

1	Pippa Hine	Wimborne	29.5
2	Lucy Torrance	WADAC	33.1
3	Rebecca May	Wimborne	35.5
4	Zoe Allan	WSPH	35.8
5	Michaela Bettridge	WADAC	37.5

200m heat 3

1	Emma Froome	WADAC	29.2
2	Gemma Kennard	BAC	32.4
3	Grace Copeland	Wimborne	32.8

70m Hurdles

1	Olivia Galloway	BAC	12.8
2	Sophie Domingo	unattached	12.8
3	Hannah Molyneaux	BAC	13.2
4	Ellie Hodgson	Southampton	13.5
5	Bethany Burley	Wimborne	13.7
6	Holly Lowther	BAC	16.2
7	Emily Fraher	WSPH	17.4
8	Courtney M-Smart	WSPH	17.5

Long Jump

1	Iona Sheerin	BAC	4.23
2	Hannah Molyneaux	BAC	4.08
3	Olivia Galloway	BAC	3.91
4	Charlotte Ayton	Wimborne	3.83
5	Jasmin Alamo	Camberley	3.70
6	Alex Cocker	Dorchester	3.69
7	Becky Kent	Wimborne	3.67
8	Sophie Feist	NFJAC	3.46
9	Lucy Torrance	WADAC	3.45
10	Holly Lowther	BAC	3.40
11	Phoebe Barnes	WSPH	3.37
12	Michaela Betteridge	WADAC	3.36
13	Jasmine Snell	BAC	3.32
14	Lizzy Tozer	Wimborne	3.31
15	Victoria Butler-Clack	BMHAC	3.31
16	Courtney Megregor	WSPH	3.21
17	Ella Tanner	Andover	3.20
18	Emily Fraher	WSPH	3.20
19	Abigail Woollett	WADAC	3.15
20	Alicia Markham	BAC	3.10
21	Alexandra Stevenson	WSPH	2.94

High Jump

1	Lilly Tozer	Wimborne	1.35
2	Gemma Kennard	BAC	1.30
3	Sophie Domingo	unattached	1.25
4	Becky Kent	Wimborne	1.25
5	Maisie Grice	Portsmouth	1.20
6	Rebecca May	Wimborne	1.05
6	Scarlett Kilshaw	Wimborne	1.05

Discus

1	Danielle Broom	BAC	17.05
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Javelin

1	Maisey Grice	Portsmouth	20.46
2	Bethan Burley	Wimborne	20.38
3	Grace Kelly	Portsmouth	17.75
4	Alicia Markham	BAC	16.80
5	Sophie Domingo	unattached	16.60
6	Eve James	Dorchester	14.97
7	Eva Bowring	West Dorset	13.75
8	Jasmine Alamo	Camberley	11.99
9	Abigail Woollett	WADAC	9.41
10	Alexandra Stevenson	WSPH	8.95
11	Grace Copeland	Wimborne	8.88

Shot

1	Emma Froome	WADAC	7.72
2	Hannah Molyneaux	BAC	7.67
3	Bethan Burley	Wimborne	7.64
4	Ellie Hodgson	Southampton	7.20
5	Iona Sheerin	BAC	6.34
6	Amy Lambert	West Dorset	6.13
7	Eva Bowring	West Dorset	5.44
8	Victoria Butler-Clack	BMHAC	4.04

U13B

100m heat 1

1	Elliott Thorne	WSPH	14.1
2	George Ronson	Southampton	14.1
3	Jula Evans	Andover	14.1
4	Jordan Harding	BAC	14.7
5	Michael Cornes	PAC	15.0
6	Sam Langford	Blandford	16.9

100m heat 2

1	Thomas Lench	PAC	15.1
2	Ethan B-Grennan	Dorchester	15.1
3	Lucas Noble	Wimborne	15.4
4	Dylan Rees	BAC	15.8
5	Matthew Jolliffe	PAC	16.6
6	James Limb	WSPH	17.8

200m heat 1

1	Jack Howlett	PAC	28.8
2	Jula Evans	Andover	29.7
3	Alex Forster	NFJAC	30.0
4	Ethan B-Grennan	Dorchester	31.5
5	Thomas Bourne	Wimborne	31.5
6	Michael Cornes	PAC	32.3

200m heat 3

		(with vet men)	
4	Jordan Harding	BAC	30.3

75m hurdles

1	George Rosen	Southampton	14.4
2	Lucas Noble	Wimborne	16.1
3	Glenn Balfour	BAC	16.4

Long Jump

1	Elliott Thorne	Slough Jnr	4.91
2	Jordan Harding	BAC	4.39
3	Jula Evans	Andover	4.30
4	George Rosen	Southampton	4.26
5	Alfie Benson	Wimborne	4.23
6	Glenn Balfour	BAC	4.17
7	Alex Forster	NFJAC	4.11
8	Micheal Cornes	PAC	3.85
9	Dylan Rees	BAC	3.68
10	Mathew Elliot	Dorchester	3.63
11	Matthew Jolliffe	PAC	3.57
12	Marco Chiossone	BMHAC	3.54
13	Ethan B-Grennan	Dorchester	3.36
14	James Limb	Weymouth	2.83

High Jump

1	Elliott Thorne	Slough	1.53
2	Matthew Jolliffe	PAC	1.15
2	James Limb	Weymouth	1.15
2	Lucas Noble	Wimborne	1.15

Discus

1	Alfie Beddow	Wimborne	16.48
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Javelin

1	Jack Howlett	PAC	27.27
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Shot

1	Jack Howlett	PAC	8.04
2	Marco Chiossone	BMHAC	6.61
3	Alfie Beddow	Wimborne	5.34
4	Thaisen Chant	West Dorset	4.51

U15G

100m heat 1

1	Antonia Hancock	PR	13.3
1	Ashleigh Power	PAC	13.3
2	Amber Lench	PAC	13.7
3	Elizabeth Butler-Clack	BMHAC	13.8
4	Seun Ayo-Ojo	Camberley	13.9

100m heat 2

1	Grace Butt	Dorchester	14.0
2	Amy Teal	Soton	14.1
3	Kinnie Songu	Bristol + West	14.3
4	Bridget Dence	BAC	14.5
4	Isobel Gray	WADAC	14.5
5	Laura Cocker	Dorchester	14.8
6	Sarah Hewett	PR	14.9

200m heat 1

1	Rachel Dumbrell	Dorchester	27.4
2	Antonia Hancock	PR	27.8
3	Amber Lench	PAC	28.7
4	Grace Butt	Dorchester	29.3
5	Flora Courtney	Rugby & Nhants	30.1

200m heat 2

1	Bridget Dence	BAC	29.3
2	Sarah Hewett	PR	30.1
3	Anne Flitcroft	BMHAC	32.1
4	Ophelia Bowring	West Dorset	32.8

300m heat 1

1	Rachel Dumbrell	Dorchester	43.7
2	Laura Darcey	K'ston & Poly	45.6
3	Katya Oldfield	Havant	46.6
4	Seun Ayo-Ojo	Camberley	47.4
5	Flora Courtney	Rugby & Nhants	47.5
6	Mia Alamo	Camberley	47.7

300m heat 2

1	Devon Brimecome	Havant	45.0
2	Rosie Wootten	BAC	46.9
3	Lucy Emms	Havant	47.7
4	Hannah Westhenry	WSPH	49.2
5	Ella Hearne	Wimbourne	49.5
6	Rachel Forster	NFJAC	54.5

75m hurdles

1	Devon Brimecome	Havant	12.3
2	Millie Cavanagh	Soton	12.4
3	Laura Darcy	K'ston & Poly	13.0
4	Brittany Wood	Rugby & Nhants	13.1
5	Rachel Dumbrell	Dorchester	13.4
6	Katya Oldfield	Havant	13.4
7	Anne Flitcroft	BMHAC	14.6

Long Jump

1	Millie Cavanagh	Soton	5.20
2	Lucy Church	NFJ	4.58
3	Elizabeth Butler-Clack	BMHAC	4.58
4	Emma Carpenter	PAC	4.56
5	Samantha Cash	PAC	4.52
6	Rosie Wootten	BAC	4.34
7	Angel Kerin	BAC	4.23
8	Maddy Diment	Wimborne	3.94
9	Laura Darcy	K'ston & Poly	3.93
10	Scarlett Goldsack	Wimborne	3.78
11	Sophie Mould	Wimborne	3.53
12	Ophelia Bowring	West Dorset	3.27

Triple jump

1	Angel Kerin	BAC	9.45
2	Kinnie Songu	Bristol	8.42
3	Millie Calkin	Radley	8.06

High Jump

1	Katya Oldfield	Havant	1.50
2	Rosie Wootten	BAC	1.50
3	Lucy Church	NFJ	1.45
4	Jordan Arnold	P.R.	1.45
5	Devon Brimecome	Havant	1.45
6	Ashleigh Pike	BAC	1.30
7	Hannah Westhenry	WSPH	1.25

Discus

1	Sophie Merritt	Soton	35.91
2	Michaela Whitton	Newbury	22.16
3	Lucy Topliss		17.55
4	Savannah Evans	Weymouth	16.88
5	Cloudia Kinsbille	BAC	14.99
6	Elizabeth Butler-Clack	BAS & WH	14.41
7	Millie Calkin	Radley	14.00

Shot

1	Asleigh Power	PAC	9.22
2	Michaela Whitton	Newbury	8.83
3	Isobel Gray	WADAC	7.27
4	Lucy Topliss		6.68
5	Lucy Emms	Havant	6.25
6	Claudia K-Heyne	BAC	6.18
7	Laura Cocker	Dorchester	5.70
8	Jessica May	Wimborne	5.37

Javelin

1	Sophie Merritt	Soton	37.07
2	Emma Carpenter	PAC	26.50
3	Savannah Evans	WSPH	21.65
4	Isobel Gray	WADAC	21.15
5	Mia Alamo	Camberly	17.27
6	Jessica May	Wimbourne	13.08
7	Ophelia Bowring	West Dorset	12.93

Hammer

1	Ashleigh Power	PAC	41.34
2	Sophie Merritt	Soton	36.17
3	Anne Flitcroft	BMHAC	15.71

U15B

100m

1	Robert Palmer	WADAC	12.6
1	Patrick Sylla	BAC	12.6
2	William Stirling-Stainsby	WADAC	12.9
3	Dominic Fowell	Wimborne	15.1
4	Connor Wright	Poole AC	15.3

200m

1	Scott Rutter	PAC	24.8
2	Robert Palmer	WADAC	24.9
3	William Stirling-Stainsby	WADAC	25.6
4	Luke Powell	Southampton	28.7
5	Callum Duff	Andover	29.0
6	Piers Copeland	Wimborne	30.6
7	Connor Wright	PAC	31.2
8	Andrew Dumbrell	Dorchester	33.0

300m

1	Owen Richardson	BMHAC	39.0
2	William Stirling-Stainsby	WADAC	40.4
3	Aaron Howard	Havant	42.4
4	Callum Duff	Andover	45.5

80m hurdles

1	Aaron Howard	Dorchester	13.6
2	Dominique Flavell	Wimborne	18.7

Long Jump

1	Patrick Sylla	BAC	5.71
2	Jack Stroulger	Southampton	5.37
3	Joseph Rutherford	BAC	5.22
4	Ross Crabbe	Wimborne	4.57
5	Callum Duff	Andover	4.51
6	Luke Strong	WSPH	3.82
7	Tom Boulton	Wimborne	3.67

High Jump

1	Luke Strong	WSPH	1.35
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Triple jump

1	Patrick Sylla	BAC	12.27
2	Jack Stroulger	Southampton	10.14
3	Piers Copeland	Wimborne	8.38

Discus

1	Jamie Kuehnel	Newbury	34.21
2	Thomes Peters	BAC	31.00
3	Ben Carter	Southampton	18.68
4	Ben Dickinson	BAC	18.04
5	Tom Boulton	Southampton	13.61

Shot

1	Jamie Kuehnel	Newbury	10.29
2	Thomas Peters	BAC	9.29
3	Aaron Howard	Havant	8.15
4	Connor Wright	PAC	4.75

Javelin

1	Ben Dickinson	BAC	30.61
2	Ben Carter	Southampton	28.34
3	Dominique Flavell	Wimborne	20.65
4	Ross Crabbe	Wimborne	18.11

Hammer

1	Jamie Kuehnel	Newbury	50.23
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U17W

100m heat 1

1	Rachel Welch	BAC	13.0
1	Holly Butt	Dorchester	13.0
2	Yemma Songu	Bristol & West	13.3
2	Anna James	Dorchester	13.3

100m heat 2

1	Kelly Allen	Dorchester	13.7
2	Sophie Mail	Southampton	14.2
3	Gemma Wardle	Portsmouth	14.5
4	Sarah Cunningham	Wimbourne	15.5

200m heat 1

1	Yemma Songu	Bristol & West	26.6
2	Holly Butt	Dorchester	26.7
3	Lurenda Mudd	Gloucester	27.1
4	Anna James	Dorchester	27.3
5	Amy Jaramazovic	Salisbury	27.3
6	Michelle Bigg	NFJAC	27.9

200m heat 2

1	Kelly Allan	Dorchester	29.1
2	Kirsty Wickham	Dorchester	29.5
3	Sophie Mail	Southampton	29.8
4	Charlotte Bourne	Wimborne	34.1

300m

1	Lurenda Mudd	Gloucester	43.9
2	Zoe Carles	Southampton	45.6
3	Kelly Allen	Dorchester	46.3

80m hurdles

1	Emma Cowell	Southampton	12.6
2	Michelle Bigg	NFJAC	13.4
3	Kirsty Wickham	Dorchester	13.4
4	Jemma Wardle	Portsmouth	13.6

300m hurdles

1	Amy Jaramazovic	Salisbury	48.5
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Long jump

1	Rachel Welch	BAC	5.16
2	Calla Bennett	BAC	4.93
3	Kirsty Wickham	Dorchester	4.66
4	Emily Orford	BAC	4.34
5	Sarah Cunningham	Wimborne	3.58
6	Amy Mould	Wimborne	3.11

Triple jump

1	Annie Brookes	Andover	10.48
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High Jump

1	Emma Cowell	Southampton	1.70
2	Emily Orford	BAC	1.65
3	Michelle Bigg	NFJAC	1.50
4	Amber Mayall	BAC	1.50
5	Sarah Cunningham	Wimborne	1.30

Discus

1	Awen Rosser	Carmarthen	37.48
2	Emma Seymour	Team Kennet	23.67
3	Charlotte Bourne	Wimborne	14.85

Shot

1	Awen Rosser	Carmarthen	10.52
2	Emma Seymour	Team Kennet	7.45
3	Emma Stephenson	WSPH	7.13

Javelin

1	Natalie Whisken	BAC	35.18
2	Emma Cowell	Southampton	29.44
3	Emma Stevenson	WSPH	21.12
4	Emma Seymour	Team Kennet	18.96

U17M

100m heat 1

1	Myles Richardson	BMHAC	11.3
2	Jason Amartey	Southampton	11.7
3	Josh Willock	Team Kennet	11.8
4	Harvey Darby	BAC	11.9
5	Muiris Egan	unattached	12.0
6	Archie Watts	Wimborne	12.2

100m heat 2

1	Matt Curtis	Wimborne	12.1
2	Adam Nicholas	BAC	12.5
3	Jamie Jupp	Southampton	12.6
4	George Walker	Poole AC	12.9
5	Josh Powell	Southampton	13.0
6	Christon Flavell	Wimborne	13.1

200m

1	Myles Richardson	BMHAC	22.8
2	Jason Amartey	Southampton	23.5
3	Harvey Darby	BAC	23.9
4			24.4
5	Archie Watts	Wimborne	25.3
6	Jamie Jupp	Southampton	26.0
7	Ryan Walbridge	Wimborne	27.0

400m

1	Luca Chiossone	BMHAC	53.2
2	Ryan Walbridge	Wimborne	57.0
3	Ben Brearley	NFJAC	58.2
4	Mark Flitcroft	BHMAC	60.6
5	Matthew Cornes	PAC	69.6

100m hurdles

1	Matt Curtis	Wimborne	14.4
2	George Walker	PAC	17.0
3	Christian Flavell	Wimborne	17.7

400m hurdles

1	Joel Buckett	Crawley	60.6
2	Luca Chiossone	BMHAC	62.4
3	Declan Toth	PR	65.2
4	Christian Flavell	Wimborne	67.0

Long jump

1	Josh Willock	Team Kennet	5.44
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Triple jump

1	Callum Hatt	PAC	9.79
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High Jump

1	Matthew Aldridge	BAC	1.90
2	Jamie Williamson	BAC	1.75
3	George Walker	PAC	1.75
4	Callum Hatt	PAC	1.45

Discus

1	Ryan Smith	Dorchester	35.40
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Shot

1	Ryan Smith	Dorchester	9.49
2	Matthew Cornes	PAC	5.81

Javelin

1	Ben Brearley	NFJAC	44.02
2	Denzil Guy	PR	41.09

Hammer

1	Taylor Campbell	WSEH	63.13
2	Ben Brearley	NFJAC	36.27
3	Mark Flitcroft	BMHAC	26.25

U20W

100m

1	Steffi Wilson	PAC	12.1
2	Sarah Kearsey	BAC	12.9

200m

1	Steffi Wilson	PAC	24.6
2	Sarah Kearsey	BAC	26.2
3	Phoebe Beer	Dorchester	28.0

400m

1	Sarah Kearsey	BAC	58.7
2	Lizzie Harris	PR	61.6
3	Phoebe Beer	Dorchester	62.2

Long jump

1	Gaby Rowsell	PAC	5.58
2	Hannah Winton	Wimborne	5.10
3	Katrina White	BAC	4.93
4	Jo Legg	BAC	4.77

Triple jump

1	Katrina White	BAC	10.56
2	Hannah Winton	Wimborne	10.20

High Jump

1	Gaby Rowsell	PAC	1.65
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Discus

1	Phoebe Dowson	BAC	44.48
2	Alice Grosjean	Mendip	32.57
3	Zoe Magnall	Vale of Ayles	31.45
4	Alisha Bradford	Team Kennet	26.99
5	Kayleigh Partleton	Newbury	25.66
6			

Shot

1	Zoe Magnall	Vale Of Ayles	9.73
2	Alice Grosjean	Mendip	8.82
3	Alisha Bradford	Team Kennet	8.11
4	Kayleigh Partleton	Newbury	7.81

Javelin

1	Zoe Magnall	Vale Of Ayles	26.68
2	Phoebe Beer	Dorchester	19.64
3	Kayleigh Partleton	Newbury	14.52

Hammer

1	Phoebe Dowson	BAC	26.01
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U20M

100m

1	Alexander Hately	PAC	11.6
2	Adam Carpenter	Poole AC	11.7
3	Jordan Knox	Deeside	12.1
4	Oscar Borton	PAC	12.3
4	Chris Hawkins	WADAC	12.3
5	Oliver Stacey	Chichester	13.0
6	Adam Wright	PAC	13.3

200m

1	Alexander Hately	PAC	22.9
2	Jordan Knox	Deeside	23.8
3	Calum Rowe	Southampton	24.6
4	Chris Hawkins	WADAC	25.1
5	Oliver Stacey	Chichester	25.5
6	Adam Wright	PAC	26.2

400m

1	Chris Hawkins	WADAC	53.1
2	Calum Rowe	Southampton	53.1
3	Thomas Kearns	Durham Uni	53.8
4	Michael Blyth	Winchester Uni	60.8

110m hurdles

1	Dan Martin	PR	17.4
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Long jump

1	Oscar Borton	PAC	6.19
2	Rob Woolgar	AFD	6.01
3	Dan Martin	PR	5.61

High Jump

1	Jack Roach	PAC	1.95
2	Oscar Borton	PAC	1.75
3	William Evans	PAC	1.75

Discus

1	Ricky Doran	Newbury	39.12
2	Lee Doran	Newbury	37.96
3	Derek Philbey	Newbury	36.76
4	Adam Carpenter	PAC	32.41

Shot

1	Derek Philbey	Newbury	13.27
2	Ricky Doran	Newbury	11.20
3	Lee Doran	Newbury	10.25
4	Dan Martin	PR	9.28

Hammer

1	Daniel Avery	Southampton	52.15
2	Ricky Doran	Newbury	49.78
3	Lee Doran	Newbury	46.33

Sen W

100m heat 1

1	Nora Lehnebach	Wimborne	13.7
2	Lizzy Gourlay	PAC	13.8
3	Natasha Bennett	Southampton	14.7
3	Trudi Carler (W40)	Wimborne	14.7

200m

1	Corin Reynolds	Havant	27.3
2	Lizzy Gourlay	PAC	28.3
3	Natasha Bennett	Southampton	29.7

1	Carol Dawkins (W50)	Portsmouth	30.0
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400m

1	Corin Reynolds	Havant	59.5
2	Claire Netley	Portsmouth	64.6
3	Maddie Cole	Portsmouth Uni	65.2
4	Kerry Squires	BAC	65.5

400m hurdles

1	Emily Bonnett	Yeovil	63.6
2	Maddie Cole	Portsmouth	69.5
3	Claire Netley	Portsmouth	69.8
4	Zoe Beauvoisin	Winchester	80.9

Long jump

1	Nora Lehnebach	Wimborne	4.28
1	Trudi Carter (W40)	Wimborne	4.97

Discus

1	Megan Tuck	Dorchester	36.58
2	Suzanna Wise	Luton	29.37
3	Anna Stevens	Southampton	25.57
4	Kerry Squires	BAC	22.47

Shot

1	Megan Tuck	Dorchester	9.35
2	Anna Stevens	Soton	9.19
3	Suzanna Wise	Luton	7.70

Javelin

	Christina Course	Winch Uni	13.55
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Hammer

1	Anna Stevens	Soton	36.45
2	Suzanna Wise	Luton	34.17
3	Emma Phillips	P.R.	29.77
1	Rosemarie Hutton (W60)	Wimborne	29.23

Sen M

100m heat 1

1	Ray Watkins (M55)	BMHAC	13.2
2	Paul Flavell (M45)	Wimborne	13.5
3	Chris Evernden (M50)	PR	13.9
4	Mike Maisey (M60)	Herts Phoenix	14.0
5	Derek Warn (45)	Southampton	14.2
5	Edward Warhurst (M45)	PR	14.2
6			

100m heat 2

1	Mo Abdullahi	Portsmouth Uni	11.4
2	Bradley Pickup	BAC	11.5
3	Kelvin Callender	Newbury	11.8
4	Tyson Oladokun	VPH	12.3
4	Neil Chivers	PR	12.3

100m heat 3

1	Ben Ellis	BMHAC	11.3
2	Giziel Lima	BRAT	11.4
3	Adam Cowburn	Southampton Uni	12.0
3	Peter Mitchell	BAC	12.0
3	Ian Whittaker	Exeter Uni	12.0
4	Dan Spencer		12.9
5	Zilong Wang	Southampton Uni	13.3

200m heat 1

1	Mo Abdullahi	Portsmouth Uni	22.0
2	Ben Ellis	BMHAC	22.0
3	Giziel Lima	BRAT	22.9
4	Stefan Richards	WSEH	23.3
5	Kelvin Callender	Newbury	23.4
6	Tyson Oladokun	VPH	23.8
7	Ben Amey	BAC	24.4

200m heat 2

1	Gregg Lott	AFD	24.3
2	Ronald De-Biqug	Wimborne	24.7
3	Joseph Flitcroft	BMHAC	24.9
4	Fredrick Legah	Southampton	25.3
5	Zilong Wang	Southampton Uni	27.2

200m heat 3

1	Ray Watkins (M55)	BMHAC	26.3
2	Chris Evernden (M50)	PR	28.4
3	Edward Warhurst (M45)	PR	29.6

400m heat 1

1	Chris Tandi	Portsmouth	50.2
2	Steven Carter	Southampton	50.6
3	Tyson Oladokun	VPH	50.9
4	Stefen Richards	WSEH	51.3
5	Greg Lott	AFD	52.9
6	Paul Dickson	BAC	53.3

400m heat 2

1	Adam Cowburn	Southampton	53.0
2	Neil Woodfine	Southampton Uni	55.4
3	Fredrick Legah	Southampton	55.4
4	Joseph Flitcroft	BMHAC	56.0
5	Paul Blake	Dorchester	57.3
1	Ray Watkins (M55)	BMHAC	61.3
2	Chris Evernden (M50)	PR	63.7

110m Hurdles

1	Paul Flavell (M45)	Wimborne	19.5
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400m hurdles

- 1
- 2
- 3

Long jump

1	Bradley Pickup	BAC	6.96
2	Peter Mitchell	BAC	6.59
3	Ben Davies	Camb & Cole	5.81
1	Derek Warn (M45)	Southampton	4.36

Triple jump

1	Patrick Apantaku	Worthing	12.23
2	Ian Whittaker	Exeter Uni	11.52

High Jump

1	Matthew Watson	Southampton	2.00
2	Matt Sloane	Bournemouth AC	1.96
1	Mark Roach (M45)	PAC	1.65

Discus

1	Garry Newton	Southampton	40.06
2	Peter Briant	BAC	35.63
1	Mike Ferne (M60)	Southampton	45.25
2	Reji Thomas (M40)		17.32

Shot

1	Garry Newton	Southampton	14.01
2	Joseph Walton		12.63
3	Dean Showler-Davis	BAS & MH	11.98
4	Joseph Flitcroft	BAS & MH	9.27
1	Paul Flavell (M45)	Wimborne	7.64
2	Derek Warn (M45)	Southampton	7.52

Javelin

1	John Thompson	Bath Uni	53.88
2	William Trimble	Portsmouth	50.70
1	Reji Thomas (M40)		31.18
2	Mark Roach (M45)	PAC	28.14
3	Derek Warn (M45)	Southampton	26.54

Hammer

1	Samuel Ridgeway	MMK	46.42
2	Joseph Flitcroft	BMHAC	37.54

800m

Race 1

1	Adam Pelling-Pharro	U15B	BAC	2.52.2
2	Hannah Westhenry	U15G	WSPH	2.59.0
3	Ella Tanner	U13G	Andover	3.01.0
4	Ceri Edwards	U13G	Dorchester	3.02.6
5	Rachel Forster	U15G	NFJAC	3.14.1
6	Emily Fraher	U13G	WSPH	3.18.0
7	Zoe Allan	U13G	WSPH	3.28.7

Race 2

1	Rebecca Cooke	Sen W	Winchester Uni	2.45.2
2	Chloe Knight	U17W	Havant	2.46.9
3	Sarah Burbury	U17W	Havant	2.49.0
4	Grace Kelly	U13G	Portsmouth	2.49.8
5	Emma-Louise Parker	Sen W	Winchester Uni	2.54.4
6	Abigail Rutter	U13G	PAC	2.54.8
7	Scarlett Goldsack	U15G	Wimborne	2.59.6

Race 3

1	Josh Powell	U17M	Southampton	2.20.3
2	Megan Edwards	U20W	Dorchester	2.33.6
3	Amelia Davis	U13G	PAC	2.36.9
4	Mia Alamo	U15G	Camberley	2.40.8
5	Georgie Lavery	U17W	Havant	2.42.9

Race 4

1	Harry Horton-Hill	U17M	BAC	2.15.4
2	Lewis Golden	U15B	BAC	2.16.7
3	Callum Kennedy	U20M	Wimborne	2.19.7
4	Elisabeth Hood	U15G	PAC	2.20.8
5	Paul Flavell	M45	Wimborne	2.23.0
6	Josh Cooper	Sen M	Winchester Uni	2.27.3
7	Aby Lazenbury	Sen W	Portsmouth	2.30.1

Race 5

1	Karl Welch	Sen M	BAC	1.57.2
2	Andrew Sweeney	Sen M	Southampton	2.05.1
3	Casper Jakobsen	Sen M	BAC	2.07.2

1500m

Race 1

1	Bess Bickel	U13G	PR	5.24.4
2	Maddie Williams	U15G	Wimborne	5.29.7
3	Maisie Grice	U13G	Portsmouth	5.30.0
4	Matthew Elliott	U13B	West Dorset	5.39.2
5	Alice Rorke	U17W	Havant	5.43.8
6	Thaisen Chant	U13B	West Dorset	5.52.9
7	Ella Hearne	U15G	Wimborne	5.54.2
8	Sophie Taylor	U13G	BAC	5.55.7
9	Rebecca Skeats	U17W	Wimborne	5.56.9
10	Sam Langford	U13B	Blandford	6.13.8

Race 2

1	Mark Copeland	M45	Wimborne	4.59.9
2	Evie Grice	U15G	Portsmouth	5.05.2
3	Thomas Bourne	U13B	Wimborne	5.07.8
4	Bridget Dence	U15G	BAC	5.08.5
5	Alex Forster	U13B	NFJAC	5.11.3
6	Glenn Balfour	U13B	BAC	5.11.3
7	Amy Bream	U20W	Havant	5.16.6
8	Grace Copeland	U13G	Wimborne	5.19.7
9	Briallen Taylor	U15G	Southampton	5.22.0
10	Andrew Teale	Sen M	Winchester Uni	5.23.0

Race 3

1	Casper Jakobsen	Sen M	BAC	4.17.9
2	Matt Gordon	U20M	Havant	4.21.7
3	Stephen Simpson	U17M	NFJAC	4.32.8
4	Ryan Walbridge	U17M	Wimborne	4.36.6
5	Harry Horton-Hill	U17M	BAC	4.39.3
6	Corrie Norton	U17M	BAC	4.40.0
7	Piers Copeland	U15B	Wimborne	4.41.4
8	Luke Powell	U15B	Southampton	4.51.8
9	Lance Birkby	M45	AFD	4.52.7
10	Aby Lazenbury	Sen W	Portsmouth	5.14.6

3000m

1	Stephen Simpson	U17M	NFJAC	9.40.0
2	Callum Kennedy	U20M	Wimborne	9.58.4
3	Mark Stevens	Sen M	Winchester Uni	10.36.3
4	Jaymee Domoney	U15B	Salisbury	10.37.8
5	David Ready	Sen M		10.38.2
6	Sharon Hutchings	U17W	Wimborne	11.23.5
7	Tom Boulton	U15B	Wimborne	11.29.1
8	Abbie Hine	U15G	Wimborne	11.29.7
9	Andrew Dumbrell	U15B	Dorchester	12.01.6
10	Charlotte Bourne	U17W	Wimborne	12.21.0
11	Charlotte Wood	Sen W	Winchester Uni	14.12.4