

Rankings as at 31st December 2022.

Indoor performances are listed in italic font.

I have used the lowest ranked athlete from 2019, more or less, as the cut off point for the 2022 rankings.

I have listed the Gun times in the Road races and given them preference. Where only a chip time is available these are marked ch.

Please send any errors and omissions to
Reg Hook reghook@ntlworld.com with full
details Inc. wind.

MEN

100m

10.54	Olutimilehin Essam	20	Cr	28.5	Dag
10.64	Bryn Smith	23	ER	26.7	Wor
10.67	Toby Harries		BP	30/8	Ket
10.79	Joshua Hawkins	23	BH	10.7	Gill
10.84	Jimmy Seacombe		Wdh	6.7	Win
10.89	Tobias Hawkins	23	BH	24.7	Dag
11.00	Dominic Barth	20	Chi	26.7	Wor
11.01	Matthew Overall		Cr	26.7	Wor
11.03	Jamie Holme		Cr	10.7	Hill
11.05	Bradley Eisnor		BH	26.7	Wor
11.1	Noah Grant-Barwis	20	BH	24.4	Hill
11.1	Kyle Romans	20	BH	24.4	Hill
11.1	Louis Dickson	23	BH	12.6	MileE
11.15	Aaron Carter		Cr	17.7	Strat

Under 20

11.16	Yash Majithia		Cr	18.4	K2
11.16	Ethan Muirhead		Wdh	26.7	Wor
11.26	Charlie Fisher	15	BH	26.7	Wor
11.32	Ethan Craven		Wdh	31.8	LV
11.40	Danny Giustiniani		BH	15.5	K2
11.53	Jack Palmer		Lew	26.7	Wor

Under 17

11.57	Aidan Bayley		Wdh	26.7	Wor
11.61	Jed Defriend		Cr	31.8	LV
11.64	Louis Wilson		BP	15.5	K2
11.7	Joseph Campbell		BH	24.4	Hill
11.85	Oliver Strange		EG	26.7	Wor
11.86	Albert Holroyd		EG	26.7	Wor
11.91	Malachai Broderick		SxS	18.6	KM
11.97	Michael Murphy		SxS	11.6	K2

Under 15

11.7	Joash Kadege		BH	3.7	Croy
11.7	Jesse Sobrasuaipiri		Lew	22.7	With
12.0	Ryan Angel		Wdh	3.7	Has
12.1	Liam Hosier		Wdh	2.9	With
12.13	Toby Shepherd		ER	26.7	Wor
12.15	Louis Mathews		Cr	15.5	K2
12.23	Raffaele Barra		BH	15.5	K2
12.3	Harry Long		Cr	21.5	Brac
12.4	Theo Craske		Chi	2.9	With

Under 13

12.57	Nathan Burge		SxS	26.7	Wdh
13.17	Thomas Sorrell		BP	24.7	King
13.64	Brook Smith		SYN	26.7	WdH
13.79	Jude Porter		BH	21.6	WdH
13.84	Toby Salazar		BH	24.2	King

200m

20.78	Toby Harries
21.55i	Bryn Smith
21.90	Joshua Hawkins
22.00	Jimmy Seacombe
22.07	Matthew Overall
22.08	Olutimilehin Esan
22.10	Tobias Hawkins
22.21	Jamie Holme
22.27	Louis Dickson
22.46	Aaron Carter
22.49	Moyo Sargent

Under 20

22.6	Kyle Romans
22.79	Ethan Craven
22.92	Ethan Muirhead
22.98	Rowan Pearson
23.1	Charlie Fisher
23.11	Stephen Yell
23.15	Noah Grant-Barwis
23.20	Danny Giustiniani
23.26	Cameron Reed
23.32	Dylan Brudenell
23.4	Dominic Barth

Under 17

23.7	Joseph Campbell
23.94	Ethan Usherwood
23.98	Aidan Bayley
24.11	Louis Wilson
24.19	Oliver Strange
24.35	Milo Hampton
24.37	Albert Holroyd

Under 15

23.1	Charlie Fisher
24.6	Toby Shepperd
24.63	Ryan Angell
24.82	Raffaele Barra
25.1	Joash Kadege
25.1	Louis Mathews
25.37	George Frost
25.5	Theo Craske
25.61	Harry Long
25.9	Reece Taylor

Under 13

27.16	Thomas Sorrell
28.32	Jude Porter

300m

38.4	Sonny Ryder
39.3	Nate Cahill
39.5	Saul Bennett
39.66	Thomas Lusted
40.2	Samuel Davis
40.48	Ayotunde Amokeodo
40.611	Reece Taylor
41.1	Sam Cato
41.20	Denholm Rutherford
41.2	Oscar Mizen

400m

47.85	Matthew Overall
48.07i	Jimmy Seacombe
48.72	Moyo Sargent
48.72	Luca Bigg
49.39	Charlie Baldwin

24.2 - 25.6

	BP	20.8	Kett
23	ER	20.8	Shef
23	BH	10.9	Peri
	Wdh	6.7	Win
	Cr	26.7	Wor
20	Cr	14.5	K2
23	BH	10.7	Gill
	Cr	3.9	Gill
23	BH	16.7	Stev
	Cr	2.5	Wor
23	ER	7.6	Lou

Under 20

BH	24.4	Hill
Wdh	29.8	K2
Wdh	22.7	Wor
Lew	14.5	K2
BH	22.7	With
BH	10.7	Gill
BH	26.7	Wor
BH	26.7	Wor
Hhh	11.6	K2
ER	29.5	Erit2
Chi	16.7	K2

Under 17

BH	29.5	Brne
BH	14.5	K2
Wdh	14.5	K2
BH	7.8	Por
EG	26.7	Wor
BP	14.5	K2
EG	26.7	Wor

Under 15

BH	22.7	With
ER	2.9	With
Wdh	10.9	Hors
BH	11.6	K2
BH	26.7	Wo
Cr	27.5	With
SxS	11.6	K2
Chi	2.9	With
Cr	8.5	Ton
Cr	30.7	Ton

Under 13

BP	24.7	King
BH	24.7	King

Under 15

BH	22.7	With
Ha	3.7	Has
BH	2.9	With
Cr	29.8	K2
Cr	27.5	With
SxS	11.6	K2
Cr	22.7	K2
Ha	22.7	With
SxS	18.6	KM
ER	22.7	With

52.0 - 60.00

	Cr	4.6	Bed
	Wdh	6.2	
23	ER	22.5	Lou
23	BP	2.6	Wor
	Wdh	28.5	Dag

49.67	Gavin Stephens	40	Wdh	8.7	Finl
49.79	Rowan Pearson	17	Lew	14.8	Chel
49.94	Adam Dray	20	BP	10.8	Mona
50.16	Archie Sloan	20	Wdh	30.4	BP
50.17	Stephen Yell	20	BP	18.4	K2
50.26	Joshua Hawkins	23	BH	29.8	K2

Under 20

50.33	Louis Goodwin	17	Lew	15.5	K2
50.37	Bradley Einsor	S	BH	26.7	Wor
50.64	Michael Shaw	20	BH	18.4	K2
50.79	Thomas Niner	S	BH	13.8	With
50.84	Pyers Lockwood	23	ER	28.8	Hen
51.25	Thomas Fox		Cr	11.6	K2
51.40	Mass Campbell-Brambilla		BH	26.7	Wor
51.68	Miles Waterworth	17	BP	18.4	Ton
52.02	Dylan Brudenell		ER	10.9	Wok
52.20	Louis Goodman	17	Lew	18.6	KM
52.55	Joshua Dunne	17	Chi	15.5	K2
52.77	Samuel Sprostranov	17	Cr	21.6	Wor
52.91	Elliott Hanslow	17	Cr	12.6	K2
53.0	Joseph Callard		Lew	12.6	Lew
53.05	Henry Yelling		BH	10.9	Per
53.36	Ethan Usherwood	17	BH	25.6	K2
53.4	William Cooper		Ha	16.7	K2

Under 17

53.72	Fionn Murchu		BH	2.9	Por
54.52	Ethan Woodhead		Cr	21.6	K2

800m

1:46.74	George Mills		BP	26.8	Sui
1:47.77	Archie Davis		BP	14.5	Belf
1:49.41	Adam Dray	20	BP	17.8	Elt
1:47.47	Luca Bigg	23	BP	14.5	Bir
1:50.17	Charlie Da'Vall		BP	18.3	SRB
1:50.50	Thomas Niner		BH	18.5	Wat
1:51.8	Charlie Baldwin		Wdh	11.6	Wat
1:52.24	Miles Waterworth	17	BP	11.6	Wat
1:51.58	William Broom	23	Chi	22.6	Elt
1:53.33	Liam Dunne	23	BP	13.7	Wat

Under 20

1:56.10	Henry Yelling		BH	26.7	Wor
1:56.5	Dylan Hanslow		Cr	7.5	KM
1:59.16	Thomas Kimber		Cr	4.6	Bed
1:59.41	Nathan Buckeridge		Cr	14.5	K2
1:59.61	Stan Pendered		Lew	4.6	MK
2:00.60	Luc Best		Cr	29.8	K2
2:02.67	Ethan Ward		Wdh	21.6	K2
2:02.8	Ash Williams		Hbs	22.5	K2
2:04.6	Joseph Dobson		Wdh	16.7	K2

Under 17

1:56.12	Alex Riley		BH	20.7	Erith
1:56.36	Fionn O'Murcha		BH	21.6	Wor
1:57.94	Joshua Dunne		Chi	15.6	Wat
1:59.16 i	Luke Newton		Cr	16.1	LV
2:00.06	Samuel Sprostranov		Cr	29.8	K2
2:02.08	Finley Jones		BP	13.7	Wat
2:02.58	Rowan Pearson		Lew	26.7	Wor
2:03.77	Oliver Hughes		SxS	18.6	KM
2:04.44	Andrew Martin		Wor	14.5	K2

Under 15

2:06.13	Nate Cahill		Hast	10.9	Hors
2:07.23	Saul Bennett		BH	29.8	K2

1200m Under 13

3:41.51	George Gilbert		BH	3.4	K2
3:46.42	Harry Collins Smith		B&B	8.5	Ton
3:57.37	Oliver Aylward		Cr	3.7	Horn
3:57.7	Elliott James		BH	30.7	TB

1500m

3:35.30	George Mills		BP	4.9	Ber
3:38.62 i	Charlie Da'Vall Grice		BP	12.2	USA
3:40.11	Archie Davis		BP	6.6	NED
3:40.21	Ian Crowe-Wright		BH	23.7	Traff
3:45.71	William Broom	23	Chi	29.5	Wat
3:48.97	Tomer Tarragano	23	BG	28.5	Man
3:50.5	Jack Woods		Wdh	13.7	Wat
3:51.77	Ned Potter	23	Chi	28.5	Man
3:51.78	Declan Neary		BP	25.3	USA
3:52.93	Thomas Niner		BH	1.6	Wim

Under 20. – Under 17

3:55.44	Miles Waterworth	17	BP	1.6	Wim
4:01.70	Thomas Kimber		Cr	4.5	Wat
4:04.17.	Henry Yelling		BH	15.5	K2
4:04.29	Fion Murchu	17	BH	1.6	Wim
4:05.19	Joseph Callard		Lew	15.5	K2
4:05.71	Nathan Buckeridge		Cr	15.5	K2
4:08.52	Dylan Hanslow		Cr	21.08	Bed
4:10.28	Luke Newton	17	Cr	15.5	K2
4:10.65	Alan Pendered		Lew	11.6	K2
4:11.44	Charlie Wright	17	Lew	17.8	Elt
4:13.21	James Jewell		ER	15.5	K2
4:13.66	Harvey McGuiness	17	Chi	11.6	K2
4:14.53	Owen Wallek	17	BP	15.5	K2
4:14.85	Joseph Dobson		Wdh	26.7	Wor
4:18.17	Samuel Sprostranov	17	Cr	15.5	K2
4:16.32	Finlay Goodman	15	BH	26.7	Wor
4:19.45	James Stephen		ER	7.8	TB
4:20.13	Ilya Kochev	15	ER	15.5	2
4:20.39	Ravi Clark	17	BP	15.5	K2
4:21.35	Jude Clayton	17	BH	18.4	Ton
4:21.88	Ash Williams		Hbs	15.5	K2
4:22.60	Finley Jones	17	BP	15.5	K2

Under 15

4:25.2	Saul Bennett		BH	2.9	With
4:27.5	Arun Khursheed		Hhh	22.7	With
4:29.74	Barney Hastings		Lew	15.5	K2
4:33.2	Finlay Blythe		Hhh	22.7	With
4:35.5	Thomas Matthews		BH	22.7	With
4:38.9	John Clayton		Cr	24.6	With
4:39.91	Alex Ballard		Cr	11.6	K2
4:40.65	Thomas Barnett		BH	15.5	K2

Under 13

4:36.08	George Gilbert		BH	11.9	Brn
4:38.46	Finlay Lumber-Fry		Ebr.	9.7	K2
4:52.31	Harry Collins Smith		B&B.	1.6	Wim
4:52.84	Jacob Fernie		BH	26.7	Wdh
4:59.96	Michael O'Connor		Lew	9.7.	K2

Under 13

One Mile

3:57.22 i	Charlie Da'Vall Grice		BP	5.2	USA
3:57.96	Ian Crowe-Wright		BH	9.7	BirU
4:11.14 i	Declan Neary		BP	11.2	USA
4:20.44	Jack Woods		Wdh	30.4	BP
4:23.67	Bradley Burke	23	Hbs	4.6	Ox

3000

7:56.00	Ian Crowe-Wright		BH	13.7	Wim
8:07.45	Tomer Tarragano	23	BH	11.5	BirU
8:13.21	Jack Leitch		Wdh	29.1	USA
8:17.24	William Cork		BH	15.6	Wat
8:18.41 i	Finn McNally		BP	9.1	LV
8:20.92	Ned Potter	23	Chi	21.6	Wor
8:27.91	Joshua Burgess		Lew	13.7	Wim
8:35.30	Ben Savill		Lew	1.6	Wat
8:35.88	Jack Woods		Wdh	4.6	Bed

8:40.43	Thomas Thayre	23	Cr	4.5	Wat	31:28	James Turner	BH	20.3	Eastl	
	Under 20					31:30	Rob Mullett	Lew	19.2	USA	
8:58.88	Henry Yelling		BH	21.6	Wor	31:35	Ben Savill	Lew	20.11	Btn	
9:02.16	Alexander Sproston		Cr	21.7	Wor	31:49	Simon Heath	BP	6.2	Chi	
9:04.16	Thomas Hutton		BdyW	24.8	TB	31:55	Kieran Barnes	Cr	20.11	Btn	
9:27.87	James Stephen		Er	18.4	K2	32.04	Cameron Dunn	BH	20.11	Btn	
9:29.94	Thomas Kimber		Cr	24.4	Ton	Half-marathon					
9:30.10	Joseph Dobson		Wdh	21.6	Wor	63:24	Adam Clarke	AFD	18,9	Den	
9:44.23	Stan Pendered		Lew	18.4	K2	67:13	Nick Dawson	Wdh	13.3	PadW	
	Under 17					67:48	Ross Skelton	HY	27.2	Btn	
9:28.38	Luke Newton		Cr	18.9	K2	68.58	Simon Heath	35	BP	27.2	Btn
9:05.75	Fionn O'Murchu		BH	7.9	Wat	69.26	Maxwell Dumbrell		Hbs	23.4	Swe
9:20.16	Jude Clayton		BH	21.6	Wor	69.58	Joshua Hobbs	20	Cr	9.10	Man
9:25.26	Finlay Goodman	15	BH	21.6	Wor	70:12	James Baker	45	Chi	20.3	StL
9:26.59	Benjamin Brown		ER	21.6	Wor	70:25	Kieran Barnes		Cr	4.9	Green
9:27.87	Ravi Clark		BP	21.6	Wor	70:33	Rob Brundish	40	HJ	20.11	Gos
9:36.17	Charlie Wright		Lew	11.6	K2	71.10	Neil Boniface	45	Cr	8.5	Cr
9:43.68	Fin Sutcliffe		Wdh	21,6	Wor	Marathon					
9:57.2	Jonathan Beckett		Hhh	12.6	Lew	2:15:37	Adam Clarke	AFD	20.2	ESP	
9:57.63	Ethan Neale		Wdh	21.6	Wor	2:20;49	Ross Skelton	HY	3.4	Man	
	Under 15					2:26:07	Sam Bennett	Lew	4.6	USA	
9:32,97	Ilya Korchev		ER	21.6	Wor	2:26:38	James Baker	Chi	3.4	good	
9:47.96	Arun Khursheed		HHH	21.6	Wor	2:30:02	Will Green	45	Lew	10.4	Btn
10:10.57	Saul Bennett		BH	21.6	Wor	2:33:25	Garry McKivett	40	A80	3.4	Man
10:23.80	Alex Roberts		BH	21.6	Wor	2:33.49	Jon Clays	40	BP	4.12	Esp
	5,000					2:33:53	Ash Dorrington	35	BP	2.10	Ches
13:47.11	Ian Crowe-Wright		BH	11.6	Wat	2:33:57	Jamie Corbett	35	BP	2.10	Ldn
14:05.61	Jack Leitch		Wdh	1.4	USA	2:35:40	Alex Garrod		BP	25.9	Ger
14:10.22	Ned Potter	23	Chi	6.8	Wim	110m hurdles					18.5
14.16.47	Tomer Tarragano	23	BH	11.6	Wat	15.15	Bradley Eisnor	BH	21.8	Bed	
14.19.86	Finn McNally		BP	11.6	Wat	17.2	Mattew Smith	BH	4.9	Carl	
14;47.18	Jack Woods		Wdh	15.4	BP	17.52	Steve Kasparis	BH	16.7	Stev	
14:50.19	William Cork		BH	15.5	K2	UNDER 20					
15:07.4	Ben Savill		Lew	22.5	Elt	15.51	Sebastian Wallace	BH	17.7	Bed	
15:10.34	Kieran Barnes		Cr	6.8	Wim	16.29	Will Sutton	Cr	26.6	K2	
15:11.0	Hugo Hewitt	23	Cr	26.10	Exe	16.58	Stephen Yell	BH	7.8	Ports	
	UNDER 20					16.64	Jabar Busari	Cr	7.8	K2	
15:22.71	Matt Geddes		Bdy	1.6	FinsP	100 hurdles UNDER 17					
15:24.33	Thomas Hutton		Bdy	24.8	TB	14.78	James Templar East	Cr	11.6	K2	
15:56.6	Alexander Sproston		Cr	14.9	K2	15.04	Elliott Hanslow	Cr	15.5	K2	
16:34.42	James Stephen		ER	1.6	Salis	15.10	Ronan Daniel	SxS	11.6	K2	
	10,000m					15.3	Daniel Allan	BH	26.6	Har	
29:33.92	Jack Leitch		Wdh	14.4	USA	15.50	Max Willemse	BH	7.8	Ports	
30;21.45	Finn McNally		BP	14.5	ParH	80m hurdles UNDER 15					11.6/12.1
31:26.01	Ben Savill		Lew	14.5	ParH	11.8	Braimoh Busari	Cr	22.7	With	
32:29.91	James Turner		BH	17.6	Walt	13.4	Gabriel Shaw	Cr	2.9	With	
33:38.96	Ben Short		Cr	14.5	ParH	75 hurdles under 13					15.5.
33:57.84	Craig Halsey	40	BH	17.6	Walt	14.70	Harry Ward	Cr	3.7	Hrn	
35:12.43	Paul Howard	40	BH	14.9	BP	14.72	Oscar Fermor-McGhie	Lew.	4.9	K2	
	5km Road					14.76	Jonah Messer	Ebr	4.9	K2	
14.09	Finn McNally		BP	11.2	BP	14.80	Joshua Webster	Ebr	4.9	K2	
14.24	Jack Woods		Wdh	11.2	BP	15.25	Arthur Rogers	BH	24.7	King	
14.32	William Cork		BH	29.4	BP	400 HURDLES 54.8/56.0 –56.6/58.0 62.5 – 65.0					
14.50	William Broom	23	Chi	2.54	BP	55.18	Pyers Lockwood	23	Lew	6.8	Bel
14.51	Ben Savill		Lew	29.4	BP	55.23	Ben Okeiyi Vicencio	23	Cr	4.6	Bed
14.57	Thomas Niner		BP	11.2	BP	55.73	Yassir Moutia		Cr	12.6	K2
14.58	Oliver Pritchard		Bdy	15.9	BP	57.86	Bradley Eisnor		BH	22.5	Croy
15.02	Samuel Wade		BP	4.5	Ard	59.04	Dylan Hanslow	20	Cr	7.8	K2
15.05	Joshua Burgess		Lew	4.5	Ard	59.50	Stevie Kasparis	23	BH	18.6	Chel]
15.05	Kieran Barnes		Cr	4.5	Ard	60.94	Stephen Yell	20	BH	10.9	Peri
	10km ROAD					62.36	Bradley Burke	23	Hbs	2.7	Stev
28:34	Adam Clarke		AFD	9.1	ESP	1.5km Steeplechase Under 17					
29:.48	Finn McNally		BP	13.7	Btn						
30:26	William Cork		BH	20.3	Eas						
30:47	Jack Woods		Wdh	6.2	Chi						
30:58	Nick Dawson		Wdh	20.3	Eas						

2000m Under 20 S/C

6:14.91	Dylan Hanslow	Cr	24.4 Ton
6:20.09	Alexander Sproston	Cr	9.7 Man
6:27.7	Henry Yelling	BH	29.5 Brne
6:43.89	Joseph Callard	Lew	26.6 Lew
6:48.5	James Stephen	ER	22.5 Ton
7:10.52	James Jewell	ER	26.6 Lew

3000m Steeplechase

8:51.60	Declan Neary	BP	13.5 USA
9:09.22	Bradley Burke	Hbs	11.6 Wat
10:34.7	Callum Upton	Win	12.6 Swin
10:49.6	Matthew Grindrod	BH	12.6 MiEn

High Jump

2.06 i	<i>Harry Reinecker-Found</i>	23	BH	26.2 USA
2.04	Hari Brogan	20	BH	7.8 Ports
2.03	Harry Baker		Hbsh	2.4 USA
2.03	William Sutton	17	Cr	5.9 K2
1.93	Adam Lindo	23	Cr	21.8 Bed
1.90	<i>Bradley Eisnor</i>		BH	12.2 Carl
1.90	Thomas Wells	20	BH	16.7 Steve
1.85	Torin Seagrove	20	BH	22.5 Croy
1.85	Aidan Coree		Wdh	13.8 With
1.83	Matthew Smith		BH	3.9 Carl

Under 20

1.80	Ollie O'Reagan	Cr	7.5 KM
1.80	Tom Ridley	BH	13.8 With
1.75 i	<i>Stephen Yell</i>	BH	12.2 Carl

Under 17

1.75	Seth Bond		Hbsh	11.6 K2
1.75	Oliver Horton	15	CoPo	30.7 Eton
1.75	Ali Moghul		Cr	7.8 K2
1.75	Max Willemse		BH	7.8 Ports
1.73	Callum Palmer	20	Hbsh	12.6 Lew
1.73	Dylan Calvey		SxS	18. KM
1.65	Jamie Gregory		SxS	11.6 K2
1.65	Kyron Rodrigues-Gayle		Cr	16.7 Brne

Under 15

1.60	Will Eadie Mesegeur		SxS	11.6 K2
1.55	Harry Evans		Wdh	18.4 K2
1.50	Harry Llewellyn		SxS	11.6 K2
1.50	Nick Palmer		SxS	11.6 K2
1.50	Sam Wyatt		Chi	11.6 K2
1.50	Ferdinand Akpoveta		Hbs	2.9 With
1.50	Ben Ward		Chi	2.9 With

Under 13

1.40	Johnny Kitchen		Chi	4.9. K2
1.35	Paul Leger		BH	15.7 Lew
1.35	Harry Ward		Cr	4.9 K2
1.31	Hassan Moghul		Cr	15.7 K2
1.30	Charlie Stay		HHH	9.7. K2

Pole Vault

5.05	George Turner		Cr	25.6 Man
4.55 i	<i>Jack Harris</i>	23	Lew	9.2 LV
4.42	William Snashall	23	Cr	22.6 Lou
4.35 i	<i>Cameron Wells</i>	20	Lew	27.3 LV
4.20	Dillan Tierney	20	Cr	14.5 K2
4.10 i	<i>Otis Schorr-Kon</i>	20	Lew	8.1 Carl
4.05	Isaac Lancaster	20	Lew	26.6 Lew
4.00	James Pratt	20	Cr	7.8 K2
3.80	Scott Devlin		Cr	16.7 Brne
3.60	Braimoh Busari	15	Cr	8.7 Man
3.52	Matthew Smith		BH	4.9 Carl
3.50	Will Sutton	20	Cr	26.6 K2
3.20	Roger Skedd	40	Chel	4.9 Bed
3.35	Leo Woolgar-Golds	17	Cr	3.9 Lew
3.20	Ashley Tierney	20	Cr	10.9 Nor

3.00	Grant Stirling	45	ER	13.8 Gill
	Under 15			
2.45	Ivan Wray		Lew	2.7 Lew
2.43	Freddie Ives		Lew	20.3 Lew
2.21	Diggory Thomas		Lew	24.9 Lew
2.20	Paul Nixon		Cr	3.7 Horn

Long jump

				5.90-5.00
7.60	Adam Lindo	23	Cr	9.7 BirU
6.82	Massi Campbell	20	BH	26.6 Harr
6.67	Will Sutton	20	Cr	24.4 Ton
6.57	Morgan Hayward	23	Cr	2.7 Brne
6.48	Benjamin Boardman	23	Cr	13.8 Ton
6.29	Matthew Collins	20	BH	24.4 Hill
6.29	Aidan Coree		Wdh	21.6 Wor
6.28	Matthew Smith		BH	13.8 With
6.25	Stephen Yell	20	BH	10.9 Peri
6.20	Jabar Busari	20	Cr	28.5 WG
6.20	Dominic Barth	20	Chi	16.7 K2
6.18	Noel Butler		Wdh	21.6 Wor
6.12	Scott Devlin		Cr	13.8 Ton
6.02	Jesse Sobrasuaipiri	15	Lew	3.7 Lew
5.98	Timi Haastrup	20	SxS	11.6 K2

Under 20

5.84	Ethan Woodhead	17	Cr	21.6 Wor
5.80	Thomas Wells		BH	16.7 Stev
5.78 i	<i>Sebastian Wallace</i>		BH	12.2 Carl
5.75	Callum Palmer		Hbsh	12.6 Lew

Under 17

5.77	Harry Goatcher		Hhh	10.9 Hors
5.64	Aidan Bayley		Wdh	12.6 Lew
5.50	Harry Rees		Lew	26.6 Lew
5.49	Louis Wilson		BP	14.5 K2
5.45	Archie Williams	15	SxS	18.6 KM
5.43	Charlie White		SxS	11.2 K2

Under 15

5.28	Toby Shepherd		ER	29.8 K2
5.23	Harry Long		Cr	21.5 Brac
5.07	Ferdinand Alpoveta		Hbs	29.8 K2
5.04	George Barker		Wdh	11.6 Cr
5.00	Raffaele Barra		BH	8.5 Bed
5.00	Louis Williams		Lew	14.5 K2
4.93	Olly Breach		SxS	11. K2

Under 13

				4.40
4.73	Rafferty Matthews		Chi	4.9 K2
4.60	Harry Windham		Wdh	30.7 Wdh
4.47	Jude Porter		BH	21.6 Wdh
4.46	Louis Ashworth		BH	24.7 King

Triple jump

				11.80 – 10.10
14.71	Morgan Hayward	23	Cr	2.5 Chel
14.35 i	<i>Louis Goffin</i>		BH	22.1 Emir
13.43	Massi Campbell	20	BH	16.7 Bed
13.12	Grant Stirling	45	ER	8.7 Fin
13.12	Matthew Collins	20	BH	14.8 Newp
12.87	Matthew Smith		BH	22.5 Croy

Under 20

12.82	Pelumi Dosumu	17	SxS	18.6 KM
12.14	Jabar Busari		Cr	21.8 Bed
12.07	Thomas Alexander	17	BH	15.5 K2
11.73	Max Turnbull	17	BH	11.6 K2
11.01	Fionn O'Murchu	17	BH	7.8 Ports

Shot

				10.80
15.76	Daniel James Thomas	23	ER	30.4 Chel
15.23	Samuel Heawood		Wdh	13.3 Wim
13.00	Joey Watson		Lew	15.4 Shef
12.85	Joe Morris		BH	22.5 Croy
12.66	Robert Skedd	40	Chel	4.9 Bed

12.24	Matt Lasis	Cr	4.6	Bed	14.69	Tommy Batchelor	BH	15.7	Kew
12.13	Simon Brown	Hbs	19.3	BirU	14.69	Davon Ryder	BH	4.9	K2
12.03	Jack Wadman	20 Chi	16.7	K2	Hammer				
11.27	Bradley Eisnor	BH	22.5	Croy	67.28	Ben Hawkes	23	Wdh	12.4 Aderd
11.16 i	Simon Evans	Wdh	13.2	Carl	50.72	Matt Lasis		Cr	21.8 K2
	Under 20				44.49	Simon Evans		Wdh	12.6 Lew
13.36	Jack Wadman	Chi	9.7	Man	42.65	Matthew Evans		Wdh	11.9 Brne
12.71	Will Sutton	Cr	17.9	Bed	35.93	Andy Hall	60	Chi	22.5 K2
12.14	Jonah Davies	Ha	11.6	Barr	31.59	Roger Skedd	35	Chel	20.7 BstE
11.89	Oliver Beach	Chi	7.8	Ports	30.31	Simon Brown		Hbs	16.7 K2
11.79	Nonso Chinye	SxS	11.6	K2	27.96	Ashley Tierney	20	Cr	12. K2
11.16 i	Freddie Hawes	Cr	13.2	Carl	27.75	Eddie Vermeer	45	EG	16.7 K2
10.90	Matthew Collins	BH	29.5	Brne	26.16	Joe Morris		BH	10.9 Peri
10.61 i	Stephen Yell	BH	13.2	Carl	Under 20				
10.32	Conal Rowbotham	Lew	11.6	K2	33.90	Luke Higgins		Wdh	14.5 K2
	Under 17				32.29	Daniel Stonehouse		Lew	14.5 K2
13.32	Will Thurston	Cr	24.4	Tom	29.50	Ashley Tierney		Cr	26.6 Cant
11.15	Fionn Murchu	BH	7.8	Ports	Under 17				
11.04	Will Quinell	SxS	11.6	K2	39.69	Oscar Staples		EG	10.9 Hors
10.98	Ethan Usherwood	BH	11.6	K2	26.19	Alfie Hampton		Cr	28.5 WG
10.86	Theo Ramage	Hbs	14.5	K2	24.38	Will Thurston		Cr	24.4 Ton
10.77	Harrison Brimlow	SxS	11.6	K2	Under 15				
	Under 15				31.60	Ede Ruso		Wdh	10.9 Hors
10.86	Harry Tradewell	SxS	11.6	K2	Javelin				
9.53	George Cronk	SxS	11.6	K2	60.83	Scott Staples		Cr	14.5 K2
	Under 13				57.87	James Pratt	20	Cr	3.4 K2
10.42	Oliver Twynning	EG	4.7	Nun	55.75	Luke Johnson		Hbs	16.7 K2
9.27	Noah Walker	BH	9.7	K2	55.72	Bradley Eisnor		BH	16.7 Steve
9.23	Ben Stewart	Chi	30.7	K2	49.64	Roger Skedd	35	Chel	20.7 BstE
8.82	Alfie Southgate	Chi	3.7	KM	47.50	Will Sutton	20	Cr	14.5 K2
8.29	Nathan Burge	SxS	4.9	K2	44.86	Liam Hennesay	23	ER	13.8 Gill
7.88	Hadley Tranter-French	Hbs	24.7	KM	44.63	Matthew Smith		BH	4.9 Carl
7.76	Harry Windham	Wdh	30.7	Wor	38.30	Simon Evans		Wdh	16.7 K2
7.18	Hassan Mogul	Cr	30.7	Ton	Under 20				
6.64	Harry Dunne	Chi	30.7	K2	37.26	Stephen Yell		BH	26.6 K2
	Discus				37.09	Nicholas Land	17	Hbs	16.7 K2
55.75	Chris Scott	Soton	26.6	Man	Under 17				
40.56	Oliver Beach	20 Chi	16.7	K2	52.52	Josh Clarke		BH	11.6 K2
39.57	Roger Skedd	35 Chel	21.8	Bed	45.91	Ali Moghul		Cr	15.4 K2
38.95	Matt Lasis	Cr	4.6	Bed	44.88	Hugo Mason		Lew	11.6 K2
36.34	Bradley Eisnor	BH	13.8	With	44.16	Louis Opoku		BH	15.5 K2
36.09	Arpad Vermes	BH	16.7	Steve	43.17	Alfie Hampton		Cr	7.8 K2
35.40	Matthew Smith	BH	4.9	Carl	40.65	Theo Messent-Lilly		BH	11.6 K2
34.41	Samuel Heawood	Cr	2.7	Brne	40.38	Doon Kenang		BP	11.6 K2
29.55	Scott Devlin	Cr	16.7	Brne	36.18	Henry Minola		SxS	11.6 K2
	Under 20				Under 15				
45.29	Oliver Beach	Chi	7.8	Ports	53.38	Barney Hastings		Lew	27.8 Bed
36.50	Will Sutton	Cr	18.9	Bed	45.65	Harry Long		Hbs	9.7 Stret
35.26	Jonah Davies	Ha	11.6	Barrow	35.32	Bertie Payne		SxS	11.6 K2
35.25	Stephen Yell	BH	24.7	Hors	32.17	Christopher Metcalfe		BH	4.7 Nune
35.23	Freddie Piper	SxS	11.6	K2	30.33	Sebastian Anscombe		SxS	11.6 K2
34.10	Archie Thomas	SxS	11.6	K2	Under 13				
	Under 17				34.26	Frank Furniss		BH	4.9 K2
31.93	Jonathan Oludipe	SxS	11.6	K2	29.62	Callum Bloxam		Wdh	4.9 K2
	Under 15				26.34	Arthur Rogers		BH	4.9 K2
26.18	Adam Churchyard	ER	2.9	With	25.86	Arthur White		Cr	30.7 Ton
	Under 13				24.55	Harry Windham		Wdh	4.9 K2
32.79	Noah Walker	BH	4.9	K2	24.30	Angus Glyn-Jones		BH	18.4 K2 24.30
21.62	Aidan Gallagher	EG	4.9	K2	23.45	Sam Campnell-Brown		Lew	17.6 With
19.74	Hadley Tranter-French	Hbs	15.7	K2	20.22	Isaac Machin	11	BH	17.6 With
15.54	Nate Hope	EG	29.4	K2	19.28	Xavier Parker		Lew	9.7 K2
15.45	Cian Gaston	Hhh	4.9	K2	Decathlon				
15.27	Henry Cotton	Hhh	4.9	K2	5806	Matthew Smith		BH	9.9 Carl
15.13	Cardan Mackenzie	EG	9.7	K2	Under 20				
15.06	Leighton Norman	Wdh	4.9	K2	6247	Will Suttton		Cr	18.9 Bed
14.93	Jude Porter	BH	15.5	K2					

5723 Stephen Yell BH 25.6 K2
Octathlon Under 17
Pentathlon Under 15
 1618 Paul Nixon Cr 1.6 K2
Under 13 Pentathlon

WOMEN

13.2-13.

100m

11.49 Amber Anning 23 BH 19.3 USA
 11.51 Kimbely Baptiste Cr 10.6 Staff
 12.2 Hannah Childs 23 BH 12.6 MilE
 12.34 Holly Gregory nee Turner Cr 21.8 Bed
 12.59 Shania Martlew 23 ER 26.7 Wor
 12.60 Isabell Akpoveta 15 CR 10.9 Hors
 12.6 Livvy Connor Lew 16.7 Brne
 12.6 Isabella Lehtinen 20 Cr 10.9 Nor
 12.7 Delicia Pascall 20 Ha 22.5 K2
 12.75 Rosa Pitt Ha 10.6 Strat

Under 20

12.78 Mia O'Hara Cr 14.5 K2
 12.78 Favour Ezike 15 Cr 29.8 K2
 12.8 Madeline Way 17 Cr 13.8 Ton
 12.82 Nao Maoundus Cr 2.7 Brne
 12.89 Lucy Kirby BH 3.4 Win
 12.92 Temperance Cornish 15 Cr 8.5 Ton
 12.92 Sophie Hogton Cr 29.8 K2

Under 17

13.0 Ruby Challis BH 24.4 Hill
 13.0 Sophie Wilkinson BH 24.4 Hill
 13.09 Chloe Kornevall 20 Lew 31.8 LV
 13.02 Grace Wheeler Lew 14.5 K2
 13.1 Dasha Petrovaska Chi 12.6 Lew
 13.1 Stella Kalman 15 BH 24.6 With
 13.12 Caitlyn Spencer ER 26.7 Wor
 13.17 Holly Barbour SsS 11.6 K2
 13.2 Amber Purcell BH 27.3 Brne
 13.2 Fleur Hollyer 20 Chi 22.5 K2
 13.2 Charlotte Rayner 15 Cr 24.6 With
 13.2 Foyin Sonoiki 15 BH 22.7 With
 13.3 Eva Grandi 15 ER 24.6 With
 13.3 Elodie Bradley 15 BH 2.9 With
 13.22 Rosie Korneval Lew 25.9 Win
 13.30 Daisy Barrow ER 26.7 Wor

Under 15

13.4 Lucy Barker Hhh 22.7 With
 13.43 Josie Usher ER 26.7 With

Under 13

Under 13

75m 11.1

10.6 Joy Russell BH 17.6 Bh
 10.6 Charlotte Short BH 3.7 Croy
 10.6 Lily Clements HAS 30.7 Croy
 10.62 Kristi Prifiti Ebr 9.7 K2
 10.62 Millie Cole Cr 9.7 K2
 10.63 Maya Bray Lew 21.5 Wd
 10.64 Maya Westgate Cr 9.7 K2
 10.7 Eryn Denton-Brown Hbs 8.5 Drt
 10.76 Isabel Griggs Wdh. 9.7 K2
 10.9 Antalia Cole HY 17.6 Bh

200m

27.7-28.3

23.27 i Amber Anning 23 BH 12.2 USA
 25.47 Holly Gregory nee Turner Cr 15.5 K2
 25.62 Livvy Connor Lew 11.9 Carl
 25.68 Jessica Lister 20 Cr 13.2 Shef
 25.7 Hannah Childs 23 BH 12.6 MilE

25.88 Shania Martlew 23 ER 12.6 K2
 25.99 Mia O'Hara 20 Cr 2.7 Brne
 26.14 Elodie Bradley 15 BH 30.1 LV
 26.2 Sophie Hogton 20 Cr 26.9 Nor
 26.23 Molly Swingler 20 BH 4.6 Bed
 26.3 Isabella Akpoveta 15 Cr 2.9 With
 26.31 Delicia Pascall Ha19.6 Chelm
 26.32 Isabella Lehtinen Cr 15.5 K2
 26.36 Chloe Kornevall Lew 16.6 Chel
 26.38 Ruby Challis 17 BH 15.5 K2
 26.49 Rosa Pitt Ha 3.7 Dag

Under 20

26.53 Madeline Way 17 Cr 7.8 K2
 26.55 Katie Coles 17 Cr 11.6 KM
 26.64 Isabelle Stanger Cr 21.6 Wor
 26.66 Stella Kalman 15 BH 15.5 K2
 26.8 Carys Leyshon 17 Cr 16.7 Brne
 27.81 Rosie Korneval 17 Lew 29.8 K2
 27.82 Temperance Cornish 15 Cr 8.5 Ton
 26.84 Lucy Kirby BH 15.5 K2
 26.89 Caitlyn Spencer ER 12.6 K2
 27.0 Dacha Petrovaska Chi 16.6 K2
 27.00 Favour Ezike 15 Cr 29.8 K2
 27.10 Noa Maoundus 20 Cr 15.5 K2

Under 15

27.76 Edie Holmes Wdh21.6 Wor
 27.82 Molly Jones Cr 15.5 K2
 28.0 Martha Challis BH 27.5 With
 28.1 Josie Usher ER 24.6 With
 28.2 Britannia MCleod Cr 2.9 With
 28.2 Foyin Sonoiki BH 2.9 With

Under 13

150m

20.40 Kristi Prifiti
 20.61 Joy Russell
 20.9 Kira Dunford
 21.1 Lily Clements
 21.12 Maya Westgate
 21.23 Millie Cole
 21.29 Charlotte Short
 21.6 Eryn Denton-Brown
 21.66 Antalia Cole
 21.78 Seren Rowe
 22.0 Lucienne Simkiss-Day

22.0

Ebr 9.7 K2
 BH 9.7 K2
 BH 3.7 Croy
 Has 3.7 Has
 Cr 9.7 K2
 Cr 3.7 Horn
 BH 9.7 K2
 Hbs. 3.7 Has
 HY 4.9. K2
 BH 9.7 K2
 Has 8.5 Dart

300m

U17

42.3 Alice Cox
 42.52 Rosie Kornevall
 42.9 Grace Tuesday
 42.97 Amelie McGurk
 42.99 Jennifer Klein
 43.17 Orla Edwards
 43.73 Ava James
 44.08 Anna Fox
 44.17 Sofia Akilade
 44.42 Caitlyn Spencer
 44.7 Rosa Pucci
 44.8 Julieana Walsh
 44.82 Molly Jones
 44.84 Libby Russell
 45.27 Dulcie Yelling

Under 15

45.28 Emilia Singer Lew 14.5 K2

46.6

15 Cr 21.5 Brac
 Lew 25.9 Win
 15 Lew 3.7 Lew
 Chi 26.7 Wor
 15 Cr 3.7 Horn
 Cr 28.5 WG
 15 Lew 21.5 WG
 Cr 28.5 WG
 BP 26.7 Wor
 ER 14.5 K2
 15 BH 27.5 With
 15 BH 22.7 With
 15 Cr 14.5 K2
 BH 14.5 K2
 BH 14.5 K2

45.4	Freya Lloyd		Wdh	3.7	Has
45.6	Lila Cox		Cr	2.9	With
400m				65.0	
51.87 i	Amber Anning	23	BH	26.2	USA
55.95	Holly Gregory nee Turner		Cr		Chelm
57.20	Jessica Lambert	23	Cr	4.2	USA
58.40	Grace Vans Agnew	23	Cr	21.6	Wor
	Under 20				
58.71	Chloe Kornevall		Lew	21.6	Wor
59.54	Mia O'Hara		Cr	28.5	Dag
60.20	Emily Muzio		BH	22.5	Croy
60.79	Rosie Korneval	17	Lew	10.9	Hors
60.85 i	Molly Swingler		ER	6.2	LV
61.3	Rae Le Fay	17	Ha	16.7	K2
61.53	Eleanor Strevens	17	ER	16.7	Wok
61.74	Erin Bracknell	20	Cr	14.5	K2
62.13	Sofia Akilade	17	BP	21.6	Wor
62.27	Amelie McGurk	17	Chi	18.8	Ald
63.16 i	Orla Edwards	17	Cr	16.1	LV
62.91	Francesca Clayton		Cr	7.8	K2
63.11	Keira Paterson-Jewell		BH	11.6	K2
63.14	Ciara Muzio		BH	16.7	Steve
63.27	Emilia Burkinshaw		Hbs	11.6	K2
63.99	Milly Dickinson		BP	10.8	Mon
800m					
2:07.46	Alice Wright	20	BP	24.8	TB
2:07.47	Grace Vans Agnew	23	Cr	17.8	Elt
2:09.31	Jessica Lambert	23	Cr	15.5	USA
2:09.52	Grace Tuesday	15	Lew	21.6	Wor
2:14.23	Stephanie Shaw	17	Cr	20.7	Elt
2:14.69	Rae Le Fay	17	Ha	5.7	Ton
2:15.05 i	Milly Dickinson	20	BP	9.2	LV
2:16.02	Nia Simpkins	17	BP	26.7	Wor
2:16.6	Holly Gregory n Turner		Cr	26.7	Wor
2:16.4	Philippa Aukett	35	Soton	22.5	Ton
	UNDER 20				
2:17.12	Amelia Cox		Cr	15.5	K2
2:17.16	Emily Muzio		BH	22.5	Croy
2:17.27	Ava James	15	Lew	26.7	Wor
2:17.47	Alice Cox	15	Cr	26.7	Wor
2:18.67	Francesca Clayton		Cr	15.5	K2
2:18.80	Dulcie Yelling	17	BH	21.6	Wor
2:19.17	Eleanor Strevens	17	ER	10.9	Wok
2:19.62	Ellie McClean	17	ER	21.6	Wor
2:20.32	Cerys West	17	Wdh	26.7	Wor
2:20.40	Ciara Muzio		BH	26.7	Wor
2:21.90	Rosie Gasson	17	BH	15.5	K2
2:22.19	Eadie Yelling		BH	184	K2
	Under 17				
2:22.0	Emily Carman	15	Wdh	26.7	Wor
2:22.4	Jennifer Klein	15	Cr	21.5	Brac
2:23.3	Laila Hellyer	15	Wdh	2.9	With
2:23.34	Esme Palmer-Malins		BP	15.5	K2
2:23.48	Julieana Walsh	15	BH	26.7	Wor
2:24.33	Sofia Akilade		BP	15.5	K2
	Under 15				
2:24.36	Lillie Hellyer		Wdh	26.7	Wor
2:25.71	Lara Cox		BH	21.6	Wor
2:28.18	Angelina Diacci		BH	21.6	Wor
	Under 13				
2:28.38	Katherine Haslip		BP	21.6	Wor
2:31.33	Evie Lennard		ER	29.8	K2
2:31.57	Seren Rowe		BH	26.7	Wor
2:31.99	Kira Dunford		BH	14.5	K2
2:33.46	Bibi Webb		Cr	5.6	K2

	Under 13 1200m				
4:02.59	Bibi Webb		Cr	3.4	K2
4:04.26	Kira Dunford		BH	3.4	K2
4:08.39	Seren Rowe		BH	3.4	K2
4:10.4	Amelie Whitehouse		Cr	21.5	Brk
4:12.4	Elodie Hill		Chi	21.5	Brn
4:14.5	Daisy Hillyer		Chi	21.5	Brn
4:19.23	Eliza Barry		Lew	21.5	Wood
4:19.28	Renee Daniels		Cr	3.4	K2
	1,500m			5:14/5:22	
4:18.74	Alice Wright	20	BP	10.8	Wat
4:21.29	Beth Kidger		BP	11.6	Wat
4:31.74	Maia Hardman	23	BP	14.5	BirU
4:33.8	Grace Tuesday	15	Lew	24.8	With
4:34.91	Ruby Whyte-Wilding		Lew	6.7	BirU
4:36.64	Stephanie Shaw	17	Cr	8.7	Man
4:39.69	Rae Le Fay	17	Ha	27.8	Bed
4:40.04	Eadie Yelling	20	BH	14.5	K2
4:41.5	Amelia Cox	20	Cr	25.5	Elt
4:41.88	Ava James	15	Kew	8.7	Man
4:42.28	Katherine Haslip	13	BP	26.7	Wor
4:44.66	Alice Cox	15	Cr	8.7	Man
4:44.7	Yasmin Kashdan	17	Cr	25.5	Elt
4:45.03	Laila Hellyer	15	Wdh	26.7	Wor
4:45.50	Phippa Aukett		Soton	1.8	Can
4:49.95	Anna Hughes Davies	40	A80	12.6	Derb
	Under 20				
4:50.70	Ellie McClean	17	ER	18.4	Ton
4:52.32	Francesca Clayton		Cr	26.6	Cant
4:52.78	Ciara Muzio		BH	4.6	MK
	Under 17				
4:53.17	Dulcie Yelling		BH	26.7	Wor
4:54.17	Rihanon Daniels	15	Cr	27.5	With
4:59.4	Rosie Gasson		BH	29.5	Brne
	Under 15				
4:59.9	Elsie Whyman		Cr	4.6	With
4:59.93	Isabella Buchanan	13	Hy	24.7	KM
5:03.32	Evie Lennard	13	ER	2.8	Ton
5:07.23	Esme Stephenson		Lew	8.5	Elt
5:08.08	Seren Rowe	13	BH	9.7	K2
5:09.0	Eleni Pistolas		BH	8.5	Bed
5:09.3	Molly Smithers		Chi	22.7	With
	Under 13				
5:12.29	Juliana Christopherson		BH	9.7	K2
5:12.67	Amelie Whitehouse		Cr	9.9	K2
	One Mile				
4:54.39	Maia Hardman	23	BP	8.5	Ox
5:23.08	Katherine Haslip	13	BP	30.4	BaP
5:28.52	Darja Knotkova-Hanley	23	Lew	20.7	Wim
	3000			12:36	
9:09.00	Beth Kidger		BP	9.7	BirU
9:22.18 i	Almi Nerurkar	23	BP	9.2	LV
9:34.15	Harriet Bloor	23	Lew	22.5	Lou
9:51.37	Alice Wright	20	BP	21.6	Wor
9:53.89	Ruby Whyte-Wilding		Lew	9.7	BirU
9:58.28	Emma Navesey		Lew	21.6	Wor
10:00.0	Maia Hardman	23	BP	23.4	Cam
10:09.96	Yasmin Kashdan	17	Cr	4.6	MK
10:21.22	Eadie Yelling	20	BH	21.6	Wor
10:24.53	Laila Hellyer	15	Wdh	21.6	Wor
10:31.22	Darja Knotkova-Hanley	23	Lew	18.4	K2
10:38.43	Alice Cox	15	Cr	21.6	Wor
10:39.9	Emily Proto		Lew	16.7	K2

Under 20

10:40.09	Amelia Cox	Cr	21.6	Wor
10:55.26	Lillie Hellyer		Wdh	21.6 Wor
11:03.27	Anna Hughes Davies	40	A80	18.4 Yeo
11:04.47	Freda Pearce	15	ER	18.4 K2
11:05.58	Esme Stephenson		Lew	18.4 K2
11:10.29	Ellie Mclean	17	ER	21.6 Wor
11:21.3	Ciara Muzio		BH	26.6 Harr

5000

15:37.47	Beth Kidger		BP	7.8 Bir
16:19.15	Harriet Bloor	23	Lew	11.6 Wat
17:13.68	Maia Hardman	23	BP	15.4 BaP
17:17.64	Beth Garland		Chi	17.6 MeM
17:29.1	Ruby Whyte-Wilding		Lew	12.6 Lew
17:33.5	Emma Navesey		Lew	12.6 Lew
17:37.13	Tara Bage		BP	17.3 PaH

10,000

33:01.14	Beth Kidger		BP	1.4 USA
36:23.73	Emma Navesey		Lew	17.6 Walm
38:44.23	Tara Bage		BP	23.4 Lou
39:42.27	Emily Proto		Lew	14.5 PaH

5km Road

15:57	Beth Kidger		BP	11.2 BaP
16:12ch	Harriet Bloor	20	Lew	7.6 BaP
17:07	Beth Garland		Chi	6.5 Edin
17:15ch	Ruby Whyte-Wilding		Lew	12.3 Barro
17:18	Eileen Beach		Ha	6.2 Ch
17:18	Emma Navesey		Lew	4.5 Ard
17:26	Ava James	15	Lew	4.5 Ard
17:31ch	Tara Bage		BP	11.2 BaP
17:49	Megan Taylor		Lew	11.2 BaP
17:50	Katherine Haslip	11	BP	6.2 Ch

10km Road

32:53	Beth Kidger		BP	9.1 Esp
33:19	Harriet Bloor	20	Lew	11.12 Tel
35:15ch	Beth Garland		Chi	15.4 Erin
35:24	Ruby Whyte-Wilding		Lew	20.11 Btn
35:40	Emma Navesey		Lew	20.11 Btn
35:53	Tara Bage		BP	9.1 Esp
36:32	Anna Hughes Davies	40	A80	27.2 Bour
36:36	Kate Natkiel		BP	20.11 Btn
36:45	Bobby Searle		BP	25.9 Bris
36:56	Amy Harris		BP	18.9 Swa

Half-marathon

78:53	Emma Navesey		Lew	11.9 NewcOTy
81:49	Rachel Hillman	35	Hai	3.7 Gdw
82:22	Rachael Mulvey		Hy	20.3 StLe
82:52ch	Masie Trafford		BP	24.4 Wor
82:56	Linda Schofield	50	BH	20.3 StLe
80:14ch	Emily Proto		Lew	25.4 Good
83:53ch	Megan Taylor		Lew	18.4 Wind
84:30	Amelia Brown	40	BP	8.5 Cr
84:45	Sarah Kingston	45	Wdh	27.2 Btn
84:47	Kat Owens	40	Cr	22.8 Green

Marathon

2:24:10ch	Amy Harris		BP	2.10 Ldn
2:54:30	Rachel Hillman	35	Lew	25.9 Ger
2:56:31	Elsbeth Turner	55	Hbs	9.10 Ned
2:57:19	Dani Tarleton	45	A80	3.4 Man
3:00:21	Kat Owens	40	Cr	18.4 Bos
2:59:14	Sarah Kingston	45	Wdh	10.4 Btn
2:59:26ch	Amelia Brown	40	Cr	10.4 Btn
3:01:18	Emma Footman	40	Wdh	4.12 Esp
3:01:26ch	Rachel Mulvey		Hy	2.10 Ldn
3:04:46ch	Emily Proto		Lew	3.10 Ldn

100m hurdles

14.7	Elise Lovell		Ha	20.6 With
15.66	Livvy Connor		Lew	7.9 Brne
16.37	Lucy Kirby	20	BH	5.9 K2
16.54	Isabelle Humphreys	20	Cr	19.6 K2
16.9	Jessica Lambert	23	Cr	11.7 K2

80 hurdles Under 17

11.62	Noa Maoundus		Cr	12.6 K2
11.73	Isabella Lehtinen		Cr	4.7 With
12.58	Sophie Hogton		Cr	5.9 K2
13.39	Sophie Wilkinson		BH	26.5 Lew

75 hurdles Under 15

11.9	Carys Leshon		Cr	19.6 K2
12.22	Ottillie Shelton		Cr	4.7 With
12.22	Phoebe Penston		Hbs	4.7 With
12.26	Lila Cox		Hbs	19.6 Cr
12.62	Charlotte Rayner		Cr	31.7 K2
13.12	Madeleine Way		Hbs	2.5 Wor
13.25	Anna Daniel		SxSc	12.6 K2

70m hurdles Under 13

12.80	Azreyah Durairaj		Lew	31.7 K2
12.97	Jennifer Klein		Cr	18.9 K2
13.4	Heidi Ely		Cr	18.7 Ton
13.70	Kira Dunford		BH	12.9 Carl
13.70	Elsie Whyman		Cr	12.9 Carl
14.0	Sophie Ware		Cr	12.9 Carl

400 Hurdles

63.70	Jessica Lambert	23	Cr	19.3 USA
64.10	Molly Swinger	20	BH	19.6 Chel
64.57	Mia O'Hara	20	Cr	16.6 Bed
67.2	Leanne Buxton	40	Bed	22.5 HeHe
69.7	Dulcie Yelling	17	BH	12.6 MilE
71.20	Eadie Yelling	20	BH	13.8 With
72.56	Isabella Lehtinen	20	Cr	14.5 K2
72.84	Tallulah Sullivan	20	Cr	28.5 WG

300 Hurdles

48.67	Phoebe Penston		Cr	11.6 K2
50.56	Tatiana Nehta		BH	14.5 K2
50.87	Dulcie Yelling		BH	7.8 Ports
51.42	Rosa Howie		BP	14.5 K2
51.51	Libby Kirby		BH	10.4 Gill

3k Steeplechase

11:24.64	Eadie Yelling	20	BH	18.6 Chel
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2k Steeplechase

7:21.33	Eadie Yelling	20	BH	22.5 Croy
7:28.3	Amelia Cox	20	Cr	7.5 KM
7:50.4	Rae Le Fay	17	Ha	16.7 K2
8:29.79	Becky Owen		BH	21.8 Bed
8:41.06	Eleanor Strevens	17	ER	10.9 Wok
8:41.09	Ellie Mclean	17	ER	10.9 Wok

1.500 Steeplechase

5:13.0	Eadie Yelling	20	BH	29.5 Brne
5:14.31	Amelia Cox	20	Cr	4.6 MK
5:18.2	Dulcie Yelling	17	BH	18.6 KM
5:34.5	Lois Dooley	23	BH	12.6 MilE
5:43.2	Rosie Gasson	17	BH	29.5 Brne
6:06.0	Tilly Wilburn	17	BH	24.4 Hill
6:34.0	Sophie Packham	17	BH	24.4 Hill

High Jump

1.71 i	Lillie Franks		Cr	26.2 USA
1.63	Livvy Connor		Lew	21.8 Bed
1.61	Julia Machin	50	BH	13.8 With
1.53	Emma Finlay	17	Wdh	14.5 Cr
1.53	Izzy Schute	15	SxS	11.6 K2
1.53	Nat Corkerton-Purchas	23	Cr	12.6 K2
1.50 i	Libby Russell	17	BH	13.2 Carl

1.50	Molly Swingler	20	ER	12.6	MilE	5.02	Harriet Yelling	15	Wdh	30.7	Wor
1.50	Aneira Farrar-Daniel		BH	16.7	Steve	4.99	Julia Machin	50	BH	29.8	K2
1.50	Charlotte Rayner	15	Cr	10.9	Hors	Under 17					
1.45	Anna Fox		Cr	28.5	WG	4.86	Phoebe Hughes		BH	29.5	Brne
1.45	Jessica Bliss		BH	29.5	Brne	4.83 i	Orla Edwards		Cr	12.2	Carl
1.45	Rebecca Lambert		Cr	11.6	K2	4.68	Nelly Bathard-Smith		Er	11.6	K2
1.45	Lydia Preston		Cr	26.6	Cant	Under 15					
1.45	Lucienne Simkiss-Day	13	Ha	29.8	Ton	4.83	Siobhan McMahon		Hhh	22.7	With
1.45	Josie Usher		ER	24.6	With	4.65	Jennifer Klein		Cr	27.5	With
1.40	Lila Cox		Cr	18.4	K2	4.60	Kiera Bruce		Cr	15.5	K2
1.40	Eva Grandi		ER	27.5	With	4.59	Layla Bowen		BH	21.6	Wor
1.40	Mabel Graham-Cameron		BH	24.6	With	4.52	Jaiten Best		BH	11.6	K2
	Under 13			1.30		4.49	Temperance Cornish		Hbs	8.5	Ton
1.36	Evie Delahunt		Hbs	9.7	K2	4.46	Emilia Singer		Lew	27.5	With
1.36	Kitty Goodband		Chi	30.7	K2	4.45	Maya Bray	13	Lew	17.6	With
1.35	Joy Russell		BH	8.5	Bed	4.4.5	Kira Dunford	13	BH	17.6	With
1.35	Hope Norman		Wdh	4.9	K2	4.41	Mia Barnes		Cr	15.5	K2
1.35	Antalia Cole		Hy	4.9	K2	Under 13					
1.32	Autumn Hooker		Hbs	30.7	Wor	4.26	Heidi Ely		Cr	15.7	K2
	Pole Vault			1.50		4.24	Lucienne Simkiss-Day		Has	29.8	Ton
4.10	Gemma Tutton	17	Lew	4.8	COL	4.16	Charlotte Short		BH	30.7	TB
3.90	Nat Corketon-Purchas	23	Cr	15.5	USA	4.08	Isabel Griggs		Wdh	9.7	K2
3.60	Jessica Hall	23	GG	18.6	Chel	Triple jump					
3.60	Emilie Oakden	20	Lew	9.7	Man	11.69	Tani Sonoiki	17	BH	11.9	Brne
3.50	Chloe Billingham		Hbs	18.6	Chel	11.56	Livvy Connor		Lew	2.7	Brne
3.50	Amelia Hatchard	20	Lew	9.7	Man	11.48	Amber Purcell	17	BH	27.3	Brne
3.43 i	Ivy Spencer	23	Lew	20.3	lew	11.45	Mary Adeniji		BB	8.5	Ox
3.43	Livvy Connor		Lew	21.8	Bed	11.26	Scarlett Margaroli	20	BH	13.8	With
3.25	Maddy Bullen	20	Lew	18.4	K2	10.72 i	Kirsty Nelson	23	BH	18.2	Shef
3.35	Natasha Clarke	17	Lew	9.7	Man	10.70	Adeline Preston	23	Cr	30.4	Ton
2.90	Tahlya Curtis	20	Wdh	14.8	Has	10.60	Lydia Preston	17	Cr	13.8	Ton
2.80	Haulwen Davies	17	Wdh	27.6	Lew	10.59 i	Harriet Armstrong	20	ER	13.2	Carl
2.80	Lydia Preston	17	Cr	11.7	K2	10.49	Ruth Noble	23	BH	25.3	Shef
3.25	Amalie Smith Jarman	17	Lew	8.7	Man	10.46	Julia Machin	50	BH	21.8	Bed
3.05	Natasha Clarke	15	Lew	11.6	K2	10.37	Maureen Onyema	17	SxS	18.6	KM
3.00	Yuna Hadlow	15	Lew	15.5	K2	10.22	Kelsey Sutherland	23	BH	14.5	K2
3.00	Tahya Curtis	23	Wdh	22.5	K2	10.19	Layla Bowen	15	BH	14.5	K2
	Under 20					10.09	Jaiten Best	15	BH	18.4	K2
3.00	Imogen Clarke	15	Lew	29.8	K2	9.68	Tallulah Sullivan	20	Cr	14.5	K2
2.95	Haulwen Davies		Wdh	12.6	Lew	9.66	Alice Lees		Hhh	11.6	Stou
2.90	Riyhanna Duvergier	17	Cr	15.5	K2	9.66	Louisa Young	17	SxSc	18.6	KM
2.80 i	Esme Lindo	17	Cr	6.2	LV	9.61	Lucy Kirby	20	BH	14.5	K2
2.60 l	Lydia Preston	17	Lew	16.1	LV	Shot 4km					
2.60 i	Mena Powell		Lew	8.1	Carl	11.21	Heather Cabbage	23	Cr	12.6	K2
2.60 i	Jessica Banner	15	Lew	16.1	LV	10.89 i	Leanne Buxton	40	Bed	27.2	Portu
2.50	Charlotte Sida		Lew	15.5	K2	10.55	Rebecca Tyler	20	EG	7.8	TB
	Long jump			4.60-4.40		10.52	Julia Machin	50	BH	13.8	With
6.09 i	Ruby Jerges	20	Cr	12.2	Shef	10.11	Muna Okorie	20	Cr	11.6	KM
5.93	Mary Adeniji	23	BB	8.5	Ox	9.70	Peanut Meekings	20	Hbs	22.5	K2
5.67	Livvy Connor		Lew	2.7	Brne	9.22	Livvy Connor		Lew	3.9	Carl
5.45	Poppy Oliver	20	Cr	22.5	Harr	9.13	Sarah Hewitt	45	BH	10.9	Peri
5.44	Mame Sow	23	Cr	4.6	Bed	9.04	Isabelle Humphries	20	Hbs	15.5	K2
5.41	Madeleine Way	17	Cr	28.5	WG	9.03	Kimberley Martin		Ha	12.6	Lew
5.33	Stella Kalman	15	BH	8.7	Man	Under 20					
5.30	Tani Sonoiki	17	BH	21.6	Wor	10.55	Rebekah Tyler		EG	7.8	TB
5.27	Cleo Tomlinson	20	Hbs	15.5	K2	10.11	Michelle Okorie		Cr	11.6	KM
5.22 i	Jade Brewster		Cr	22.1	LV	9.70	Peanut Meekings		Hbs	22.5	K2
5.15 i	Amber Purcell	17	BH	22.1	Emira	9.04	Isabelle Humphries	20	Hbs	15.5	K2
5.11	Scarlet Margaroli	20	BH	24.4	Hill	Under 17/15- 3kg					
5.09	Alcia Borrill	20	Cr		Cant	11.82	Muna Okorie		Cr	11.6	KM
5.08	Lydia Preston	17	Cr	13.08	K2	10.96	Rebecca Roberts	15	Wdh	10.9	Hors
5.06 i	Cara Maker	40	Er	12.2	Carl	10.69	Estelle Schwarz		SxS	11.6	K2
5.04	Carys Leshon17	17	Cr	3.7	Dag	10.37	Alice Howie	15	Wdh	14.5	K2
5.02	Leanne Buxton	40	Bed	22.5	HeHe	9.92	Carys Leyshon		Cr	18.6	Bed
						9.63	Biba Mills	15	Cr	24.6	With
						9.61	Clemmie Hogg		SxSc	18.6	KM

9.50	Libby Russell		BH 30.4 Couls	25.74	Leanne Buxton	40	Bed 10.9 BED
8.78	Jessica Beach	15	Chi 30.7 K2	25.52	Aneira Farrar-Daniel		BH 16.7
8.76	Mary Smith	15	SxS 1.6 K2	Under 17 – 500gm			
8.70	Verity Pope-William	15	SxS11.6 HeHe	47.99	Dulcie Yelling		BH 28.8 Bed
8.19	Alice Pendlebury	15	SxS 18.6 Km	40.06	Eloise White		BH 11.6 K2
Under 13 - 2.72kg				35.05	Cays Leyshon		Cr 1.6 K2
6.42	Evie Delahunt		Hbs 24.7 KM	33.84	Jessica Bliss		BH 11.6 K2
6.41	Kira Dunford		BH 1.6 K2	31.88	Madeleine Badruzaman		BH 25.3 Ports
6.33	Gracie Fox		BH 30.7 TB	26.66	Martha Lillicrap		SxS 11.6 K2
6.08	Heidi Ely		Cr 29.8 Ton	Under 15 – 500gm			
6.07	Mia Gaul		Hbs 9.7 K2	36.02	Biba Mills		Cr 18.6 K2
Discus 22.00/19.00				32.50	Halle Millard		BH 2.9 With
42.53	Heather Cabbage	23	Cr 12.6 K2	31.94	Alice Howie		Wdh10.9 Hors
33.67	Maya Solly	20	Chi 15.5K2	28.62	Vivienne Morra		BH 11.6 K2
33.27	Freya Brennand	20	BH 26.6 Harr	27.53	Rebecca Roberts		Wdh11.9 Brne
32.85	Rebecca Roberts	15	Wdh 14.5K2	26.08	Harley Brown		Cr 30.7 Ton
32.05	Rebekah Tyler	20	EG 15.5 K2	24.12	Grace Haworth		Chi 2.9 With
31.77	Hayley Emerson	20	Hbs 9.7 Man	22.51	Harriet H Northam		SxS2.9 11.6 K2
31.35	Sarah Hewitt	45	BH 13.8 K2	21.20	Elise Machin		BH 8.5 Bed
30.29	Abigail Wamala	17	SxS 11.6 K2	Under 13 – 400gm			
28.77	Leanne Buxton	40	Bed 10.9 Bed	26.93	Sophie Bliss		BH 4.7 Nun
27.09	Annie Freeman	23	BH 1.5 Chel	25.24	Rosie Austin		BH 4.9 K2
26.66	Alice Howie	15	Wdh11.9 Brne	21.65	Heidi Ely		Cr 9.7 K2
Under 20				20.81	Millie Fearn		Cr 17.6 K2
25.66	Rubee Bracewell		SxS 11.6 K2	17.86	Tilly Goodband		Chi 4.9 K2
24.42	Ella Kessell		EG 15.5 K2	16.31	Mia Potton		BH 17.6 With
Under 17				HEPTATHLON			
24.46	Carys Leyshon		Cr 10.9 Hors	4610	Livvy Connor		Lew 4.9 Carl
24.42	Emilia Deighton		Lew 11.6 K2	3077	Talulah Sullivan	20	Cr 26.6 K2
23.17	Biba Mills	15	Cr 27.5 With	Under 17			
23.12	Emma Kimber		Cr 24.4 Ton	3965	Carys Leyshon		Cr 24.7 Hors
22.76	Libby Russell		BH 24.4 Hill	Pentathlon- Under 15			
Under 15 1k				2095	Emilia Singer		Lew 26.6 K2
22.35	Zoe Leader		SxS 11.6 K2	1963	Mary Smith		SxS 1.6 K2
22.09	Verity Pope-William		SxS11.6 HeHe	Under 13			
21.62	Harley Brown		Cr Ton	2011	Lucienne Simkiss-Day		Ha 29.8 Ton
21.32	Bronwen Llewellyn		SxS 11.6 K2	1908	Heidi Ely		Cr 29.8 Ton
Under 13 -0.75kg							
18.80	Kira Dunford		BH 9.7 K2				
16.49	Megan Hopkins-Parry		HY 24.7 KM				
15.64	Bella Deighton		Lew 15.7 Lew				
Hammer 20.00							
49.22	Heather Cabbage	23	Cr 12.6 K2				
46.90	Freya Brennand	20	BH 23.5 Lew				
38.89	Larissa Carter	23	Lew 23.5 Lew				
32.83	Hayley Emerson	20	Cr 16.7 BRNE				
31.16	Kimberley Martin		Ha 12.6 Lew				
29.97	Ella Kessell	20	EG 24.4 Elt				
27.49	Sarah Hewitt	45	BH 13.8 With				
27.33	Jia Atkins	17	Lew 22.5 K2				
26.66	Annie Freeman	23	Lew 19.3 Lanc				
23.81	Emma Kimber	17	Cr 24.4 Ton				
23.62	Rebecca Tyler	20	EG 7.8 TB				
Under 17/15 – 3kg							
54.67	Alice Howie	15	Wdh 27.8 Bed				
40.02	Rebecca Roberts	15	Wdh 27.3 Brne				
Javelin 23.60							
46.77	Elizabeth Korczak	20	BH 25.6 Man				
40.90	Rachael Wall	20	BH 12.6 MilE				
39.15	Peanut Meekings	20	Hbs 22.6 K2				
34.80	Carys Leyshon	17	Cr 12.6 K2				
30.75	Lily Carter	20	BH 26.6 Harr				
27.71	Ella Kennedy-Martin	20	SxS 11.6 K2				
26.52	Lilia Simpson	17	Hbs 16.7 K2				
26.22	Kleri Tantele		Hhh 16.7 K2				
26.20	Julia Machin	50	BH 13.8 With				