

Spring Warm Up - Plymouth **Sunday 7th April**

U11 Girls

50m (QuadKids)	Daisy Sweeting	9.61m
400m (QuadKids)	Daisy Sweeting	1.40.70
75m	Bluebell McBride	13.79s
	Millie Barrett	14.92s
150m	Isabelle Joynes	28.16s
Long Jump	Millie Barrett	2.12m
	Isabelle Joynes	1.79m
	Bluebell McBride	1.74m
Vortex	Isabelle Joynes	14.23m
	Bluebell McBride	13.05m

U11 Boys

70m Hurdles	Theo England	15.21s
	Isaac Lyons	16.08s
75m	William Rogers	12.47s
150m	William Rogers	25.27s
	Jack Sweeting	26.70s
600m	William Rogers	2.09.57
	Isaac Lyons	2.17.90
Vortex	Theo England	24.05m
	Jack Sweeting	23.53m

U13 Girls

100m	Harriet Rogers	15.6s
	Amelia Lyons	15.9s
150m	Harriet Rogers	23.92s
600m	Harriet Rogers	2.07.95
	Eryn Hoey	2.16.39
Long Jump	Eryn Hoey	3.52m
	Amelia Lyons	3.15m

U13 Boys

100m	Elliott Barrett	14.83s
Long Jump	Elliott Barrett	3.53m

U17 Women

80m Hurdles	Isabella Trowell	13.03s
Javelin	Isabella Trowell	23.63m

U17 Men

3000m	Ellis Hemsley-Whorne	11.33.1
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Great West Open - Ken Trickey Memorial **Sunday 21st April**

U11 Girls

60m Mini Hurdles	Holly Barraclough	14.83s
75m	Holly Barraclough	14.26s
150m	Isabelle Joynes	28.47s
Long Jump	Isabelle Joynes	2.49m
	Holly Barraclough	2.31m
Turbo Javelin	Holly Barraclough	9.88m

U13 Girls

100m	Rosie Barraclough	17.70s
Long Jump	Rosie Barraclough	2.46m
Javelin	Rosie Barraclough	2.86m

U17 Women

80m Hurdles	Isabella Trowell	13.46s
Triple Jump	Isabella Trowell	10.29m
Shot	Isabella Trowell	9.23m