

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	Eryn Hoey	15.3s
	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

Devon Open 1 - Exeter Sunday 28th April

U11 Girls

75m	Isabelle Joynes	13.8s
	Millie Barrett	15.1s
Long Jump	Isabelle Joynes	2.61m
	Millie Barrett	2.05m

U11 Boys

75m	Isaac Drew	12.7s
	Felix Bowen	13.6s
600m	Felix Bowen	2.39.51
Long Jump	Isaac Drew	3.21m
	Felix Bowen	2.32m

U13 Girls

100m	Oceana Tolfree	16.2s
1500m	Freya Norris	6.25.51
Long Jump	Oceana Tolfree	3.48m
	Freya Norris	3.23m
Shot	Freya Norris	4.50m

U13 Boys

100m	Elliott Barrett	15.3s
Long Jump	Elliott Barrett	3.45m

U15 Girls

High Jump	Isabelle Drew	1.35m
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Long Jump Isabelle Drew 4.17m

U17 Men

100m	Ellis Hemsley-Whorne	13.52s	
400m	Ellis Hemsley-Whorne	64.33s	
1500m	Ellis Hemsley-Whorne	5.09.82	
5000m	Luke Hayes	16.31.51	NCR

U20 Men

 Matt Gilvear 15.50.35

Somerset Schools Combined Events - Yeovil **Sunday 28th April**

U17 Women

Heptathlon	Isabella Trowell	3647 pts	NCR
	80m Hurdles	13.14s	
	High Jump	1.38m	
	Shot	8.49m	
	200m	28.51s	
	Long Jump	4.41m	
	Javelin	26.44m	
	800m	2.32.69	

Exeter Evening Open **Tuesday 30th April**

U17 Women

Triple Jump	Isabella Trowell	9.96m
Javelin	Isabella Trowell	20.86m

South West League - Exeter **Sunday 5th May**

U13G

70m Hurdles	Oceana Tolfree	14.97s
200m	Harriet Rogers	33.17s
1500m	Harriet Rogers	5.55.21
	Freya Norris	6.22.98
Long Jump	Freya Norris	2.91m
Shot	Freya Norris	3.88m

U15G

High Jump	Isabelle Drew	1.35m
Long Jump	Isabelle Drew	4.06m

U15B

300m	Harry Patrick	47.49s
1500m	Thomas Carter	5.24.53
	Harry Patrick	5.30.62

U17 Women

80m Hurdles	Isabella Trowell	13.23s
Javelin	Isabella Trowell	19.75m
Triple Jump	Isabella Trowell	10.10m

U17 Men

400m	Ellis Hemsley-Whorne	61.28s
1500m	Ellis Hemsley-Whorne	5.00.28

Devon County Championships - Exeter **Sunday 12th May**

U13G

70m Hurdles	2nd	Oceana Tolfree	14.85s
100m	3rd	Oceana Tolfree	16.04s
200m	4th	Eryn Hoey	31.95s
	5th	Harriet Rogers	32.63s
800m	3rd	Harriet Rogers	2.52.35
Long Jump	3rd	Eryn Hoey	3.91m
	7th	Oceana Tolfree	3.38m

U13B

75m Hurdles	3rd	Elliott Barrett	16.30s
Long Jump	5th	Elliott Barrett	3.93m

U13G

High Jump	3rd	Isabelle Drew	1.30m
Long Jump	5th	Isabelle Drew	4.08m

U17 Women

80m Hurdles	1st	Isabella Trowell	12.99s
300m Hurdles	1st	Isabella Trowell	50.34s
Triple Jump	2nd	Isabella Trowell	10.62m

U17 Men

3000m	1st	Luke Hayes	9.32.77
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U20 Men

5000m	1st	Matt Gilvear	15.55.56
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Devon Open 2 - Plymouth **Sunday 26th May**

U11 Girls

150m	Erin Follett	27.81s
600m	Erin Follett	2.12.29
Long Jump	Erin Follett	2.84m

U11 Boys

75m	Isaac Drew	12.58s
	Thomas Pratten	12.59s
Long Jump	Isaac Drew	3.46m
	Thomas Pratten	2.02m

U13 Girls

Pentathlon	Freya Norris	863 pts
	70m Hurdles	18.30s
	High Jump	1.01m
	Long Jump	2.86m
	Shot	4.22m
	800m	3.03.77

U15 Girls

Pentathlon	Isabelle Drew	1528 pts
	75m Hurdles	17.30s
	High Jump	1.30m
	Long Jump	3.79m
	Shot	5.90m
	800m	3.01.70

U17 Women

Pentathlon	Isabella Trowell	2662 pts
	80m Hurdles	13.21s
	High Jump	1.41m
	Long Jump	4.74m
	Shot	8.50m
	800m	2.40.64

U17 Men

100m	Ellis Hemsley-Whorne	13.24s
400m	Ellis Hemsley-Whorne	59.15s
3000m	Luke Hayes	9.24.64

Senior Men

800m	Tom Davies	2.36.72
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Exeter Evening Open **Tuesday 28th May**

U13 Girls

70m Hurdles	Oceana Tolfree	14.82s
100m	Oceana Tolfree	16.27s
Long Jump	Oceana Tolfree	3.60m

South West League - Exeter
Sunday 2nd June

U13G

100m	Eryn Hoey	15.30s
200m	Eryn Hoey	32.58s
Long Jump	Eryn Hoey	3.63m

U17 Women

300m Hurdles	Isabella Trowell	49.13s
200m	Isabella Trowell	28.5s
Long Jump	Isabella Trowell	4.54m

U17 Men

100m	Ellis Hemsley-Whorne	13.66s
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Devon County 10000m & Mile Races
Wednesday 19th June

U17 Men

1 Mile	Luke Hayes	4.44.49	NCR
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Peter Brend Young Athletes Meeting - Braunton
Sunday 23rd June

U11G

75m	Isabelle Joynes	13.6s
Long Jump	Isabelle Joynes	2.60m
Vortex	Isabelle Joynes	14.83m

South West League - Exeter
Sunday 30th June

U13G

1500m	Freya Norris	6.35.44
Long Jump	Freya Norris	2.85m
Shot	Freya Norris	4.41m

U15 Girls

High Jump	Isabelle Drew	1.35m
Long Jump	Isabelle Drew	4.17m

U17 Men

400m	Ellis Hemsley-Whorne	57.95s
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Tavistock Rising Stars Evening Open

Wednesday 3rd July

U11 Girls

75m	Esme Prall	14.2s
	Daisy Sweeting	14.2s
Long Jump	Esme Prall	2.34m
Vortex	Esme Prall	10.11m
	Daisy Sweeting	8.00m

U11 Boys

75m	Thomas Pratten	12.4s
	William Rogers	12.8s
	Jack Sweeting	13.2s
600m	William Rogers	2.07.5
	Jack Sweeting	2.21.5
	Thomas Pratten	2.26.6
Vortex	Jack Sweeting	26.89m
	Thomas Pratten	24.18m
	William Rogers	21.81m

U13G

100m	Harriet Rogers	15.8s
1 Mile	Harriet Rogers	6.34.1

Devon Open 3 - Braunton Sunday 7th July

U11 Girls

75m	Holly Barrachough	13.25s
	Isabelle Joynes	13.61s
	Millie Barrett	14.87s
Long Jump	Isabelle Joynes	2.62m
	Holly Barrachough	2.46m
	Millie Barrett	2.12m
Vortex	Isabelle Joynes	14.26m

U17 Men

100m	Ellis Hemsley-Whorne	12.81s
400m	Ellis Hemsley-Whorne	60.36s
	Luke Hayes	62.81s
1 Mile	Ellis Hemsley-Whorne	5.21.17
5000m	Luke Hayes	16.34.14

SW Championships & Intercounties Sunday 28th July

U15 Girls

High Jump	4th	Isabelle Drew	1.35m
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U17 Women

80m Hurdles	2nd	Isabella Trowell	13.32s
300m Hurdles	3rd	Isabella Trowell	49.54s
Triple jump	5th	Isabella Trowell	10.13m

Devon Open 4 - Tavistock **Sunday 4th August**

U11 Girls

75m	Bluebell McBride	13.37s
	Isabelle Joynes	13.38s
	Lily-Mae Haynes	13.89s
	Daisy Haynes	14.54s
150m	Lily-Mae Haynes	29.26s
800m	Bluebell McBride	3.13.48
	Imogen Palmer	3.16.89
	Lily-Mae Haynes	3.43.97
	Daisy Haynes	4.00.62
Long Jump	Isabelle Joynes	2.66m
	Imogen Palmer	2.57m
	Daisy Haynes	2.35m
Vortex	Isabelle Joynes	14.46m
	Bluebell McBride	13.26m

U11 Boys

75m	Isaac Drew	12.78s
	William Rogers	13.10s
800m	William Rogers	2.50.35
Long Jump	Isaac Drew	2.95m

U13 Girls

100m	Harriet Rogers	16.26s
800m	Harriet Rogers	2.56.10
Long Jump	Frankie Scoble	2.56m
Javelin	Frankie Scoble	9.15m

U13 Boys

100m	Charlie Long	17.17s
Long Jump	Charlie Long	3.13m
Javelin	Charlie Long	7.95m

U15 Girls

High Jump	Isabelle Drew	1.30m
Long Jump	Isabelle Drew	3.52m

Exeter Evening Open **Tuesday 27th August**

U17 Women

80m Hurdles	Isabella Trowell	13.55s
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Shot Isabella Trowell 8.50m

U17 Men

100m Ellis Hemsley-Whorne 13.04s
400m Ellis Hemsley-Whorne 60.47s

South West League - Exeter
Sunday 1st September

U17 Men

400m Ellis Hemsley-Whorne 60.95s
800m Ellis Hemsley-Whorne 2.21.37
3000m Luke Hayes 9.36.56