

Exeter Open
Sunday 30th March

U13 Girls

100m	Isabelle Joynes	16.90s
Long Jump	Isabelle Joynes	3.02m
Javelin	Isabelle Joynes	9.87m

U15 Girls

100m	Aralyia Martin	14.11s
200m	Aralyia Martin	29.14s
300m	Aralyia Martin	47.40s

Spring Warm Up - Plymouth
Sunday 6th April

U11 Girls

70m Hurdles	Zara Follett	19.89s
150m	Zara Follett	28.38s
600m	Zara Follett	2.26.59
Vortex	Emily Bailey	5.40m

U11 Boys

75m	Jack Squires	13.53s
	Noah Neal	13.95s
150m	Jack Squires	27.77s
600m	Jack Squires	2.22.35
Long Jump	Noah Neal	2.75m
Vortex	Noah Neal	19.50m

U13 Girls

70m Hurdles	Rose Bond	16.85s
100m	Maisie Squires	16.87s
	Isabelle Joynes	17.07s
150m	Emily Bartram	26.56s
600m	Bluebell McBride	2.19.47
	Rose Bond	2.24.15
	Maisie Squires	2.25.89
1500m	Erin Follett	6.42.41
Long Jump	Isabelle Joynes	3.11m
	Rose Bond	2.65m
	Emily Bartram	2.60m
	Maisie Squires	2.48m
Shot	Erin Follett	4.22m
	Bluebell McBride	4.04m
Javelin	Isabelle Joynes	10.66m
	Erin Follett	9.45m
	Emily Bartram	5.39m

U13 Boys

70m Hurdles (55cm)	Theo England	15.53s	competed in wrong age group
600m	Theo England	2.11.78	
1500m	Arthur Nicholson	5.37.89	
Vortex	Theo England	25.90m	
Javelin	Arthur Nicholson	18.89m	

U17 Women

80m Hurdles	Isabella Trowell	12.83s
200m	Isabella Trowell	27.50s
Shot	Isabella Trowell	9.33m

U20 Men

1500m	Matthew Gilvear	4.22.73
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Sen Men

800m	Tom Davies	2.32.87
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