

COPAC Mile Races
Tuesday 24th March

U12 Girls

Ruby Ferrero-Lewis 7.18.1

U12 Boys

Alfie Carroll 7.32.0

U14 Girls

Freya Norris 6.15.0

U18 Men

Luke Hayes 4.55.7

Angus Wilson 5.36.2

Sen Women

Emma Lake 6.23.5

Becky Lee 7.11.0

Sen Men

Peter Allen 5.18.5

Ben Bristow 5.26.8

Neil Squires 5.23.2

Russell Gibson 5.35.7

Adam Griffiths 5.41.5

Nigel Grottick 5.45.5

Tom Davies 5.49.9

Stuart Witty 6.26.5

South West Athletics Spring Open - Exeter
Sunday 29th March

U10 Girls

75m Fran Pickstone 13.71s

600m Fran Pickstone 2.23.65

Turbo Javelin Fran Pickstone 8.52m

U14 Girls

100m Bluebell McBride 15.89s

800m Bluebell McBride 3.10.06

Spring Warm Up - Plymouth
Sunday 5th April

U10 Boys

50m Rafe Hoey 9.49s

Long Jump Rafe Hoey 2.41m

Vortex Rafe Hoey 20.57m

U12 Girls

70m Hurdles	Ruby Ferrero-Lewis	16.86s
150m	Ruby Ferrero-Lewis	25.28s
800m	Ruby Ferrero-Lewis	3.08.02
Javelin	Alicia Ferrero-Lewis	7.37m
Shot	Alicia Ferrero-Lewis	4.29m

U12 Boys

75m Hurdles	Noah Neal	17.24s
75m	Alfie Carroll	14.34s
150m	Jack Squires	28.28s
	Alfie Carroll	29.00s
800m	Jack Squires	3.08.55
	Alfie Carroll	3.23.83
High Jump	Noah Neal	1.10m
	Tommy Saunders	1.10m
Long Jump	Noah Neal	2.94m
	Jack Squires	2.80m
Javelin	Tommy Saunders	10.34m
Shot	Tommy Saunders	5.11m

U14 Girls

100m	Esme Gardner	16.44s
200m	Maisie Squires	34.94s
800m	Freya Norris	2.45.76
Long Jump	Maisie Squires	2.98m
Shot	Freya Norris	6.59m

U16 Girls

100m	Eryn Hoey	14.94s
300m	Eryn Hoey	50.65s
Long Jump	Eryn Hoey	4.16m

Sen Men

200m	Peter Allen	29.66s
400m	Peter Allen	64.36s
800m	Tom Davies	2.35.30
	Neil Squires	2.40.23
	Barry Neal	2.40.23
3000m	Peter Allen	10.22.11
Javelin	Ben Bristow	29.07m
	Neil Squires	18.42m
	Barry Neal	14.69m
Shot	Ben Bristow	6.13m
Discus	Ben Bristow	15.25m
Hammer	Ben Bristow	14.08m

Great West Open - Ken Trickey Memorial **Saturday 18th April**

U12 Girls

70m Hurdles	Ruby Ferrero-Lewis	16.32s
75m	Ruby Ferrero-Lewis	12.09s
	Alicia Ferrero-Lewis	13.84s
600m	Ruby Ferrero-Lewis	2.17.06
Shot	Alicia Ferrero-Lewis	5.45m
Vortex	Alicia Ferrero-Lewis	16.03m

U12 Boys

75m Hurdles	Noah Neal	16.72s
75m	Noah Neal	13.46s
High Jump	Noah Neal	1.05m
Long Jump	Tommy Saunders	2.54m
Vortex	Tommy Saunders	34.23m
Shot	Tommy Saunders	5.67m

U14 Girls

1500m	Freya Norris	5.41.55
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U18 Women

100m Hurdles	Isabella Trowell	15.73s
Long Jump	Isabella Trowell	5.12m
Shot	Isabella Trowell	9.54m

Senior Men

100m	Barry Neal	14.92s
200m	Tom Davies	29.22s
800m	Tom Davies	2.32.61
	Barry Neal	2.40.94
Shot	Ben Bristow	6.99m
Javelin	Ben Bristow	25.00m