

COPAC Mile Races
Tuesday 24th March

U12 Girls

Ruby Ferrero-Lewis	7.18.1
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U12 Boys

Alfie Carroll	7.32.0
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U14 Girls

Freya Norris	6.15.0
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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

COPAC 1200m Races **Tuesday 21st April**

U14 Girls

Freya Norris	4.19.0
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Devon Open 1 - Exeter **Sunday 27th April**

U12 Girls

Funetics Multi	Ruby Ferrero-Lewis	252 pts
Challenge	75m	12.13s
	Long Jump	3.03m
	Vortex Howler	17.27m
	600m	2.16.54
	Alicia Ferrero-Lewis	169 pts
	75m	13.88s
	Long Jump	2.83m

Vortex Howler	15.59m
600m	2.40.36

U12 Boys

Funetics Multi Challenge	Tommy Saunders	222 pts
	75m	13.91s
	Long Jump	2.64m
	Vortex Howler	32.32m
	600m	2.23.53
	Alfie Carroll	123 pts
	75m	13.73s
	Long Jump	2.01m
	Vortex Howler	16.45m
	600m	2.23.76

U16 Girls

100m	Eryn Hoey	14.25s
200m	Eryn Hoey	30.94s
High Jump	Isabelle Drew	1.45m
Long Jump	Isabelle Drew	3.92m
	Eryn Hoey	3.89m

Men

200m	Peter Allen	29.58s
1500m	Peter Allen	4.53.72
3000m	Ben Bristow	10.28.01
	Peter Allen	10.38.19
	Tom Davies	11.44.87
Long Jump	Peter Allen	3.83m
Shot	Ben Bristow	7.01m
	Peter Allen	5.60m
Javelin	Ben Bristow	27.13m

Somerset Schools Combined Events - Yeovil **Saturday 26th, Sunday 27th April**

U18 Women

Heptathlon	Isabella Trowell	4376 pts
	100m Hurdles	15.56s
	High Jump	1.50m
	Shot	10.33m
	200m	27.16s
	Long Jump	4.96m
	Javelin	27.64m
	800m	2.24.81

Exeter Evening Open **Tuesday 28th April**

U12Boys

High Jump	Noah Neal	1.10m
Long Jump	Noah Neal	2.84m

Men

300m	Tom Davies	46.16s
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South West League - Exeter **Sunday 3rd May**

U12 Boys

800m	William Rogers	2.40.46
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U14 Girls

1500m	Harriet Rogers	5.42.13
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U16 Girls

High Jump	Isabelle Drew	1.40m
Long Jump	Isabelle Drew	4.01m

Men

200m	Tom Davies	29.01s
1500m	Tom Davies	5.21.80
2000m S/Chase	Ben Bristow	7.36.41
High Jump	Tom Davies	1.45m
Shot	Ben Bristow	6.44m
Javelin	Ben Bristow	26.04m

Devon County Championships - Exeter **Sunday 10th May**

U12 Girls

70m Hurdles	2nd	Ruby Ferrero-Lewis	16.09s
75m	2nd	Ruby Ferrero-Lewis	13.15s
600m	2nd	Ruby Ferrero-Lewis	2.18.10
Shot	2nd	Alicia Ferrero-Lewis	3.98m
Javelin	1st	Alicia Ferrero-Lewis	10.38m

U12 Boys

75m	5th	William Rogers	12.27s
	7th	Thomas Pratten	12.69s
	9th	Alfie Carroll	14.39s
150m	5th	Alfie Carroll	28.95s
600m	2nd	William Rogers	1.55.30
1200m	6th	Alfie Carroll	5.17.21
High Jump	2nd	Noah Neal	1.05m
	3rd	Tommy Saunders	1.05m
Long Jump	6th	Noah Neal	2.61m
Shot	1st	Tommy Saunders	5.96m
Javelin	2nd	Tommy Saunders	13.92m

4th Thomas Pratten 8.89m

U14 Girls

800m	3rd	Freya Norris	2.40.97
	4th	Harriet Rogers	2.43.86
Long Jump	5th	Harriet Rogers	3.80m
Shot	1st	Freya Norris	6.56m

U16 Girls

300m	7th	Molly Cole	50.75s
1500m S/Chase	1st	Molly Cole	7.08.51
High Jump	2nd	Isabelle Drew	1.40m
Long Jump	3rd	Isabelle Drew	4.18m

U18 Women

100m Hurdles	1st	Isabella Trowell	16.38s
400m Hurdles	2nd	Isabella Trowell	68.92s
Javelin	1st	Isabella Trowell	31.26m

Men

3000m	2nd	Ben Bristow	10.36.76
Shot	2nd	Ben Bristow	6.69m
Javelin	3rd	Ben Bristow	20.17m

Devon Open 2 - Braunton **Sunday 24th May**

U10 Boys

Funetics Multi	Alfie Carroll	116 pts
Challenge	75m	13.57s
	Long Jump	2.27m
	Vortex Howler	11.00m
	600m	2.25.95

Men

200m	Tom Davies	29.02s
5000m	Graham Reed	17.55.03

South West League - Exeter **Sunday 7th June**

U12B

Shot	Tommy Saunders	6.81m
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U16B

100m	Feranmi Olaoye	12.61s
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Men

5000m	Ben Bristow	18.30.54
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Javelin	Ben Bristow	26.40m
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South West League - Exeter

Sunday 5th July

Men

1500m	Ben Bristow	4.54.32
Shot	Ben Bristow	6.78m
Javelin	Ben Bristow	24.53m

Devon Open 3 - Tavistock

Sunday 12th July

U12 Girls

Funetics Multi Challenge	Ruby Ferrero-Lewis	280 pts
	75m	11.56s
	Long Jump	3.46m
	Vortex Howler	15.34m
	600m	2.12.94
	Alicia Ferrero-Lewis	193 pts
	75m	14.00s
	Long Jump	2.85m
	Vortex Howler	21.36m
	600m	2.52.36

U12 Boys

Funetics Multi Challenge	Noah Neal	240 pts
	75m	12.73s
	Long Jump	3.19m
	Vortex Howler	25.40m
	600m	2.18.88
	Jack Squires	225 pts
	75m	13.09s
	Long Jump	2.73m
	Vortex Howler	25.64m
	600m	2.09.74
	Alfie Carroll	140 pts
	75m	13.47s
	Long Jump	2.58m
	Vortex Howler	14.73m
	600m	2.24.91

Men

400m	Peter Allen	67.57s
800m	Peter Allen	2.28.42
3000m	Peter Allen	10.52.83

SW Championships & Intercounties

Sunday 19th July

U14 Girls

800m	Freya Norris	2.34.62
Shot	Freya Norris	7.15m

U18 Women

100m Hurdles	Isabella Trowell	15.38s
400m Hurdles	Isabella Trowell	68.49s
Long Jump	Isabella Trowell	5.16m

England Athletics U16/U18 Championships

Saturday & Sunday 25th/26th July

U18 Women

400m Hurdles	Isabella Trowell	72.15s
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Devon Open 4 - Plymouth

Sunday 9th August

U10 Boys

Funetics Multi Challenge	Ollie Harding	462 pts
	50m	8.21s
	Long Jump	3.17m
	Vortex Howler	24.76m
	400m	1.18.80

U12 Girls

Funetics Multi Challenge	Ruby Ferrero-Lewis	282 pts
	75m	11.63s
	Long Jump	3.50m
	Vortex Howler	12.92m
	600m	2.06.45
	Alicia Ferrero-Lewis	213 pts
	75m	13.69s
	Long Jump	2.81m
	Vortex Howler	23.69m
	600m	2.42.11

U12 Boys

Funetics Multi Challenge	Noah Neal	238 pts
	75m	12.79s
	Long Jump	3.26m
	Vortex Howler	23.76m
	600m	2.13.14
	Alfie Carroll	143 pts
	75m	13.67s

Long Jump	2.74m
Vortex Howler	12.54m
600m	2.18.58
Frederick Milne	143 pts
75m	13.31s
Long Jump	2.67m
Vortex Howler	18.85m
600m	dns

Men

1500m	Peter Allen	4.46.22
5000m	Ben Bristow	17.34.76
	Peter Allen	18.21.63
Shot	Ben Bristow	6.10m
	Peter Allen	5.33m
Javelin	Ben Bristow	24.80m