

100m (Saturday)					
Final	Wind -3.3				
	1	Abi Galpin	Guernsey AC	107	12.504
	2	Jasmine McClutchie	Andover AC	101	12.817 SB
	3	Alexis Newton-French	City of Portsmouth AC	100	13.457 PB
	4	Tabitha Caroline Proudley	Southampton AC	109	13.724 SB
	5	Holly Whitter	Isle of Wight AC	104	14.145 SB
	6	Naomi Kafanga-Mafuta	SETAFA	102	14.971 SB
100m Hurdles (Saturday)					
Final	Wind -3.4				
	1	Rhiannon Dowinton	Guernsey AC	105	15.998 SB
	2	Emma King	Basingstoke & Mid Hants AC	133	19.133 SB
1500m (Saturday)					
Final					
	1	Eloise Scholes	Guernsey AC	124	04:47.6 PB
	2	Rebecca Lord	Stubbington Green Runners	122	04:49.5 SB
	3	Nicole Petit	Guernsey AC	123	04:53.4 SB
	4	Emma Etheredge	St Mary's Richmond AC	121	05:01.5 SB
1500m Steeplechase (Saturday)					
Final					
	1	Kathryn Simpson	Southampton AC	132	05:40.6 PB

200m (Sunday)					
Final	Wind -3.0				
	1	Cara McGrath	Basingstoke & Mid Hants AC	106	26.035 PB
	2	Lucy Hunt	Jersey Spartan AC	113	26.672 PB
	3	Serena Thomas	University of Southampton	111	26.77 SB
	4	Tabitha Caroline Proudley	Southampton AC	109	27.76 SB
	5	Libbie French	Basingstoke & Mid Hants AC	112	28.152 SB
	6	Trinity Gaisford	City of Portsmouth AC	114	29.492 SB
	7	Naomi Kafanga-Mafuta	SETAFA	102	30.456
3000m (Sunday)					
Final					
	1	Alex Lane	Winchester Running Club	127	10:06.8 PB
	2	Rebecca Lord	Stubbington Green Runners	122	10:23.9 SB
	3	Eloise Scholes	Guernsey AC	124	10:27.5 PB
	4	Nicole Petit	Guernsey AC	123	10:38.7 PB
	5	Abigail Woolaston	Winchester & AC	131	10:46.1 PB
	6	Jess Gill	Winchester & AC	126	11:37.4 SB
	7	Rachel Muckelt	Denmead Striders	128	11:52.4 PB
400m (Saturday)					
Final					
	1	Cara McGrath	Basingstoke & Mid Hants AC	106	58.146 PB
	2	Lucy Hunt	Jersey Spartan AC	113	01:00.4 SB
	3	Kate Bain	Guernsey AC	116	01:01.1 SB
	4	Ava Griggs	City of Portsmouth AC	115	01:01.7 PB
400m Hurdles	No Competition				

800m (Sunday)					
Final					
	1	Kate Bain	Guernsey AC	116	02:16.5
	2	Emma Etheredge	St Mary's Richmond AC	121	02:27.7 SB
	3	Isabelle Brydon	City of Portsmouth AC	118	02:40.7 SB
	4	Rachel Caitlin Davis	City of Portsmouth AC	120	02:56.7 SB
3000m Walk (4 May)					
Final					
	1	Natasha Louise Mitchell	Southampton AC	181	14:50.4 PB
Discus (Sunday)					
Final					
	1	Sophie Merritt-Drew	Harrow AC	141	44.88 SB
	2	Anna Merritt	Harrow AC	137	35.80 SB
	3	Rachel Leck F38	Jersey Spartan AC	138	31.77 PB
	4	Abbie Blake	Southampton AC	142	29.62 SB
	5	Lucy Rann	Isle of Wight AC	139	26.83
	6	Stephanie Leanne Hooker	City of Portsmouth AC	140	14.38 SB
Hammer (Saturday)					
Final					
	1	Anna Merritt	Harrow AC	137	56.40 CR SB
	2	Gracie Adele Jenvey	Southampton AC	144	44.33 SB
	3	Harriet Barkaway	Aldershot Farnham District	143	35.58
High Jump (Saturday)					
Final					
	1	Trinity Gaisford	City of Portsmouth AC	114	1.30 SB

Javelin (Sunday)					
Final					
	1	Jasmine Larsen	Southampton AC	146	46.33 SB
	2	Lucy Odell	Harrow AC	145	43.00 SB
	3	Anna Merritt	Harrow AC	137	26.71 SB
	4	Holly Whitter	Isle of Wight AC	104	22.53
	5	Charmaine Johnson	Veterans AC	134	22.24 SB
	6	Stephanie Leanne Hooker	City of Portsmouth AC	140	14.84 PB
Long Jump (Sunday)					
Final					
	1	Amelia Gray	Andover AC	136	5.47
	2	Alexis Newton-French	City of Portsmouth AC	100	5.09
	3	Emily Fry	Southampton AC	108	5.09
Pole Vault					
	No Competition				
Shot Put (Saturday)					
Final					
	1	Sophie Merritt-Drew	Harrow AC	141	13.58 SB
	2	Anna Merritt	Harrow AC	137	10.13 SB
	3	Lucy Rann	Isle of Wight AC	139	10.02
	4	Rachel Leck F38	Jersey Spartan AC	138	8.84
	5	Charmaine Johnson	Veterans AC	134	8.10 SB
	6	Stephanie Leanne Hooker	City of Portsmouth AC	140	6.42 SB
Triple Jump (Saturday)					
Final					
	1	Amelia Gray	Andover AC	136	11.69
	2	Holly Drake	Guernsey AC	135	9.74
	3	Trinity Gaisford	City of Portsmouth AC	114	8.92