

100m (Saturday)						
Final	Wind -1.8					
	1	Jasmine McClutchie	Andover AC	102	13.137	SB
	2	Emma King	Basingstoke & Mid Hants AC	103	13.215	PB
	3	Cara McGrath	Basingstoke & Mid Hants AC	107	13.437	SB
	4	Emily Fry	Southampton AC	109	13.504	
	5	Tabitha Caroline Proudley	Southampton AC	104	13.687	PB
	6	Fern Isla Gannon	Aldershot Farnham District	105	13.802	SB
	7	Megan Lilley	Guernsey AC	106	14.424	PB
	8	Sarah Al-Romaithi	Havant AC	110	14.647	SB
110m Hurdles (Saturday)						
Final	Wind NW					
	1	Emma King	Basingstoke & Mid Hants AC	103	17.351	
1500m (Saturday)						
Final						
	1	Helen Hall	Winchester Running Club	124	04:26.3	SB
	2	Ellie Ravenscroft	Southampton AC	119	04:31.8	
	3	Rhiannon Navesey	City of Portsmouth AC	125	04:47.9	PB
	4	Joanne House	Southampton AC	118	04:59.6	PB
1500m Steeplechase						
		No Competition				
200m (Sunday)						
Final	Wind -1.9					
	1	Lucy Hunt	Jersey Spartan AC	115	26.74	PB
	2	Ellen Franklin	Aldershot Farnham District	113	27.347	PB
	3	Cara McGrath	Basingstoke & Mid Hants AC	107	27.359	SB
	4	Tabitha Caroline Proudley	Southampton AC	104	27.726	PB
	5	Emma King	Basingstoke & Mid Hants AC	103	28.498	PB
	6	Georgina Darnell	Aldershot Farnham District	112	29.23	SB
	7	Libbie French	Basingstoke & Mid Hants AC	114	30.053	SB
	8	Tracy Duke	Aldershot Farnham District	101	30.25	

3000m (Sunday)						
Final						
	1	Jess Gill	Winchester & AC	127	11:30.5	
	2	Mariam Mojahid	Southampton AC	128	12:47.6	PB
400m (Saturday)						
Final						
	1	Lucy Hunt	Jersey Spartan AC	115	59.18	PB
	2	Cara McGrath	Basingstoke & Mid Hants AC	107	01:02.0	PB
400m Hurdles	No Competition					
800m (Sunday)						
Final						
	1	Ellie Ravenscroft	Southampton AC	119	02:12.1	PB
	2	Helen Hall	Winchester Running Club	124	02:12.7	PB
	3	Mia Billins	Havant AC	117	02:13.7	PB
	4	Lucy Harrison	Southampton AC	123	02:23.9	PB
	5	Sian Lewis	Winchester & AC	121	02:26.3	PB
	6	Joanne House	Southampton AC	118	02:27.8	PB
	7	Isabelle Brydon	City of Portsmouth AC	122	02:34.2	
3000m Walk (6 May)						
Final						
	1	Susan Margaret Law Payne	Haslemere Border AC	23	19:45.5	PB
	2	Susan Davies	Aldershot Farnham & District	24	21:17.3	
	3	Abigail Jennings	Aldershot Farnham & District	31	14:13.1	

Discus (Sunday)						
Final						
	1	Phoebe Dowson	Windsor Slough Eton & Hounslow	139	54.97	CR SB
	2	Anna Merritt	Newham & Essex Beagles AC	137	38.02	SB
	3	Suzanna Wise	Luton AC	136	33.14	PB
	4	Stephanie Leanne Hooker	City of Portsmouth AC	138	14.86	
Hammer (Saturday)						
Final						
	1	Anna Merritt	Newham & Essex Beagles AC	137	56.09	SB
	2	Suzanna Wise	Luton AC	136	40.99	SB
	3	Wallis Canning	Isle of Wight AC	140	38.63	SB
	4	Lara Hambleton	Aldershot Farnham District	141	28.34	SB
	5	Stephanie Leanne Hooker	City of Portsmouth AC	138	17.38	SB
High Jump (Saturday)						
Final						
	1	Emma King	Basingstoke & Mid Hants AC	103	1.44	PB
		Charmaine Johnson	Veterans AC	129	NM	
Javelin (Sunday)						
Final						
	1	Lucy Odell	Harrow AC	142	41.82	SB
	2	Anna Merritt	Newham & Essex Beagles AC	137	26.12	PB
	3	Suzanna Wise	Luton AC	136	20.00	
	4	Stephanie Leanne Hooker	City of Portsmouth AC	138	12.78	
Long Jump (Sunday)						
Final						
						Wind
	1	Emily Fry	Southampton AC	109	4.83	2.8
	2	Charmaine Johnson	Veterans AC	129	3.19	2.6
		Holly Drake	Guernsey AC	133	DNS	

Pole Vault (Sunday)						
Final						
	1	Claudia Cabbage	City of Portsmouth AC	130	2.00	SB
Shot Put (Saturday)						
Final						
	1	Anna Merritt	Newham & Essex Beagles AC	137	9.20	SB
	2	Suzanna Wise	Luton AC	136	8.66	PB
	3	Claudia Cabbage	City of Portsmouth AC	130	8.42	PB
	4	Charmaine Johnson	Veterans AC	129	8.10	
	5	Stephanie Leanne Hooker	City of Portsmouth AC	138	6.55	
Triple Jump (Saturday)						
Final						
	1	Amelia Gray	Andover AC	134	11.15	-3 SB
	2	Jasmine McClutchie	Andover AC	102	9.85	-2.4 SB
	3	Holly Drake	Guernsey AC	133	9.35	-3.6 SB
						Wind
						Created 19 January 2026