

100m						
Final	Wind +2,4					
	1	Charlotte Longden	Winchester & District AC	109	12.32	
	2	Klara Hoffmannova	Southampton Athletic Club	123	12.86	
	3	Tabitha Caroline Proudley	Southampton Athletic Club	138	13.16	
	4	Libbie French	Basingstoke & Mid Hants AC	125	13.24	
	5	Trinity Gaisford	City of Portsmouth AC	139	13.38	
		Emily Fry	Southampton Athletic Club	115	DQ	
100m Hurdles						
Final	Wind +0.7					
	1	Rhiannon Dowinton	Guernsey AC	132	15.10	SB
	23	Emma King	Basingstoke & Mid Hants AC	116	15.99	PB
	5	Tabitha Caroline Proudley	Southampton Athletic Club	138	17.37	SB
1500m						
Final						
	1	Eloise Scholes	Guernsey AC	114	04:32.93	PB
	2	Leah Johnson	Winchester & District AC	124	04:35.58	PB
	3	Rebecca Lord	Stubbington Green Runners	131	04:50.00	SB
1500m Steeplechase						
Final						
	1	Amy Brooks	Havant AC	104	05:47.88	
	2	Kathryn Simpson	Southampton Athletic Club	122	05:54.17	SB
200m						
Final	Saturday					
		Wind +3.7				
	1	Charlotte Longden	University of Leeds	109	24.93	
	2	Rhiannon Dowinton	Guernsey AC	132	26.53	
	3	Emma King	Basingstoke & Mid Hants AC	116	26.99	
	4	Tabitha Caroline Proudley	Southampton Athletic Club	138	27.36	
	5	Libbie French	Basingstoke & Mid Hants AC	125	27.44	
	6	Trinity Gaisford	City of Portsmouth AC	139	27.67	
		Alexandra Burchill	Southampton Athletic Club	101	DNS	
3000m						
Final						
	1	Helen Hall	Winchester Running Club	118	09:40.65	SB
3000m Walk						
Final	4th May					
	1	Natasha Louise Mitchell	Southampton Athletic Club	246	14:50.9	SB
	2	Susan Payne	Aldershot Farnham & District	235	19:14.4	
	3	Susan Davies	Aldershot Farnham & District	239	21:51.9	
		Abigail Jennings	Aldershot Farnham & District	999	14:51.8	SB

400m						
Final						
	1	Alexandra Burchill	Southampton Athletic Club	101	58.30	SB
	3	Poppy Bigg	Basingstoke & Mid Hants AC	129	01:00.34	PB
	4	Daisy Allford	Basingstoke & Mid Hants AC	111	01:01.28	SB
		Lucy Hunt	Jersey Spartan AC	126	DNS	
400m Hurdles		No competition				
800m						
Final						
	1	Eloise Scholes	Guernsey AC	114	02:13.26	PB
	2	Sian Lewis	Winchester & District AC	134	02:16.76	PB
	3	Charlotte Vickers	Basingstoke & Mid Hants AC	110	02:17.79	SB
	4	Amber Faull	Havant AC	102	02:18.56	
	5	Jessica Hayward	Aldershot Farnham & District	121	02:22.77	SB
		Leah Johnson	Winchester & District AC	124	DNS	
Discus						
Final						
	1	Sophie Merritt-Drew	Harrow AC	135	41.73	SB
	2	Anna Merritt	Harrow AC	106	33.99	SB
	3	Rachel Leck F38	Jersey Spartan AC	130	29.43	SB
	4	Abigail Blake	Southampton Athletic Club	100	25.75	
	5	Stephanie Leanne Hooker	City of Portsmouth AC	136	16.47	SB
Hammer						
Final						
	1	Anna Merritt	Harrow AC	106	54.34	SB
	2	Eloise MacDonald	Newbury AC	113	44.23	PB
	3	Suzanna Wise	Luton Athletic Club	137	39.39	SB
High Jump						
Final						
	1	Klara Hoffmannova	Southampton Athletic Club	123	1.55	SB
	2	Trinity Gaisford	City of Portsmouth AC	139	1.35	SB
Javelin						
Final						
	1	Lucy Odell	Harrow AC	127	47.63	PB
	2	Anna Merritt	Harrow AC	106	26.79	SB
	3	Stephanie Leanne Hooker	City of Portsmouth AC	136	14.5	

Long Jump						
Final						
	1	Amelia Gray	Andover AC	103	5.78	3.9
	2	Klara Hoffmannova	Southampton Athletic Club	123	5.12	2.6
	3	Emily Fry	Southampton Athletic Club	115	4.79	3.8
Pole Vault						
No competition						
Shot Put						
Final						
	1	Serena Vincent	City of Portsmouth AC	133	17.25	CBP
	2	Sophie Merritt-Drew	Harrow AC	135	13.27	SB
	3	Anna Merritt	Harrow AC	106	9.24	SB
	4	Suzanna Wise	Luton Athletic Club	137	8.9	SB
	5	Rachel Leck F38	Jersey Spartan AC	130	8.67	SB
	6	Stephanie Leanne Hooker	City of Portsmouth AC	136	6.98	SB
Triple Jump						
Final						
	1	Amelia Gray	Andover AC	103	12.68w	2.3
					12.46	0.2 CBP
	2	Holly Drake	Guernsey AC	119	9.95	