

100m				
Final	Wind +2.4			
	1 Maisie Hibberd	Basingstoke & Mid Hants AC	771	12.19w
	2 Bella Cheesbrough-Pierce	Hedge End Running Club	715	12.64
	3 Nia Faith Trotman	City of Portsmouth AC	779	12.65
	4 Ella Duarte	Jersey Spartan AC	731	12.69
	5 Scarlett Maddison Taylor	Aldershot Farnham & District	789	12.82
	6 Ariana Koutsogiannis	City of Portsmouth AC	713	12.89
	7 Daisy Layla Grace Le Page	Guernsey AC	729	13.04
	8 Hunea Clarke	Basingstoke & Mid Hants AC	756	13.13
Heat 1	Wind -0.3			
	1 Ella Duarte	Jersey Spartan AC	731	12.83 Q
	2 Chiedza Teresa Munowenyu	Basingstoke & Mid Hants AC	724	13.55 Q
	3 Holly Taylor	Isle of Wight Athletics Club	755	13.61 Q
	4 Indi Warren	Guernsey AC	759	13.63
	5 Chloe Louise Wooldridge	Guernsey AC	726	13.73
	6 Rosie White	Guernsey AC	787	13.83
	7 Nia Watson	Jersey Spartan AC	780	14.46
	8 Megan Hale	Basingstoke & Mid Hants AC	774	14.66
Heat 2	Wind +1.6			
	1 Maisie Hibberd	Basingstoke & Mid Hants AC	771	12.48 Q
	2 Nia Faith Trotman	City of Portsmouth AC	779	12.88 Q
	3 Vida-Pascaline Pericard	City of Portsmouth AC	797	13.05 Q
	4 Daisy Layla Grace Le Page	Guernsey AC	729	13.10 q
	5 Tabitha Bingham	Basingstoke & Mid Hants AC	793	13.19 q
	6 Kylin Selena Simpson	Aldershot Farnham & District	762	13.23 q
	7 Estelle D. Lamy	Jersey Spartan AC	738	13.27 q
	8 Clara Malorey	Jersey Spartan AC	727	13.94
Heat 3	Wind +0.7			
	1 Scarlett Maddison Taylor	Aldershot Farnham & District	789	12.84 Q
	2 Hunea Clarke	Basingstoke & Mid Hants AC	756	12.95 Q
	3 Ariana Koutsogiannis	City of Portsmouth AC	713	13.06 Q
	4 Charlotte Wilson	Andover AC	723	13.67
	5 Poppy Mapplebeck	Jersey Spartan AC	784	13.78
	6 Victoria Jackson	Guernsey AC	796	14.01
	7 Modesire Ola	South of England Track and Field Academy	776	14.17
	8 Teni Tola-Lawal	South of England Track and Field Academy	794	14.33
Heat 4	Wind -0.6			
	1 Bella Cheesbrough-Pierce	Southampton Athletic Club	715	12.82 Q
	2 Oneita Tugbiyele Endje-Oko Mbuna	South of England Track and Field Academy	783	13.49 Q
	3 Summer Jane Smallman	Basingstoke & Mid Hants AC	792	13.60 Q
	4 Imogen Torode	Guernsey AC	758	13.79
	5 Lily Griffiths-Ali	Guernsey AC	767	14.11
	6 Megan Whitmore	Guernsey AC	775	14.37
	7 Sadie Le Cornu	Jersey Spartan AC	788	14.45
	8 Maisie Kirkham	Winchester & District AC	772	15.10
Semi Final 1	Wind -0.1			
	1 Maisie Hibberd	Basingstoke & Mid Hants AC	771	12.49 Q
	2 Bella Cheesbrough-Pierce	Hedge End Running Club	715	12.76 Q
	3 Scarlett Maddison Taylor	Aldershot Farnham & District	789	12.81 q
	4 Ella Duarte	Jersey Spartan AC	731	12.87 q
	5 Nia Faith Trotman	City of Portsmouth AC	779	12.87 q
	6 Hunea Clarke	Basingstoke & Mid Hants AC	756	13.04 q
	7 Chiedza Teresa Munowenyu	Basingstoke & Mid Hants AC	724	13.52
	8 Oneita Tugbiyele Endje-Oko Mbuna	South of England Track and Field Academy	783	13.57
Semi Final 2	Wind +0.5			
	1 Ariana Koutsogiannis	City of Portsmouth AC	713	13.05 Q
	2 Daisy Layla Grace Le Page	Guernsey AC	729	13.14 Q
	3 Tabitha Bingham	Basingstoke & Mid Hants AC	793	13.22
	4 Estelle D. Lamy	Jersey Spartan AC	738	13.48
	5 Summer Jane Smallman	Basingstoke & Mid Hants AC	792	13.63
	6 Holly Taylor	Isle of Wight Athletics Club	755	13.80
	7 Kylin Selena Simpson	Aldershot Farnham & District	762	13.87
	8 Vida-Pascaline Pericard	City of Portsmouth AC	797	19.81

1500m					
Final					
	1	Grace King	Guernsey AC	748	04:48.58
	2	Harriet Saunders	Team Kennet Triathlon & AC	752	04:51.38
	3	Freya Klepacz	City of Portsmouth AC	747	04:57.46
	4	Freya Biggs	City of Portsmouth AC	746	05:03.90
	5	Emily Bunn	Isle of Wight Triathlon Club	734	05:06.98
	6	Aoife Uniacke	Winchester & District AC	711	05:10.89
	7	Bonnie Bean	Fleet & Crookham AC	719	05:13.65
	8	Indi Warren	Guernsey AC	759	05:21.23
	9	Bethany Hinshelwood	Fleet & Crookham AC	716	05:25.21
	10	Jessica Merrien	Guernsey AC	761	05:33.80
		Evie Smith	Winchester Running Club	741	DNS
1500m Steeplechase					
		No competition			
200m					
		Wind +1.4			
Final					
	1	Amelie van Heerden	Guernsey AC	707	24.90
	2	Maisie Hibberd	Basingstoke & Mid Hants AC	771	25.15
	3	Bella Cheesbrough-Pierce	Southampton Athletic Club	715	25.94
	4	Scarlett Maddison Taylor	Aldershot Farnham & District	789	26.16
	5	Freida North	Andover AC	745	26.32
	6	Laila Rawlings	South of England Track and Field Academy	763	26.55
	7	Tabitha Bingham	Basingstoke & Mid Hants AC	793	27.03
	8	Nia Faith Trotman	City of Portsmouth AC	779	27.35
Heat 1					
		Wind +1.7			
	1	Amelie van Heerden	Guernsey AC	707	26.07 Q
	2	Maya Vivienne Kirby	Olympia Athletics	773	26.90 Q
	3	Naomi King	Basingstoke & Mid Hants AC	778	27.31 Q
	4	Indi Warren	Guernsey AC	759	27.85 q
	5	Lily Griffiths-Ali	Guernsey AC	767	29.04
	6	Sadie Le Cornu	Jersey Spartan AC	788	29.62
	7	Adaora Okete	Southampton Athletic Club	701	30.33
Heat 2					
		Wind +2.5			
	1	Bella Cheesbrough-Pierce	Southampton Athletic Club	715	26.60 Q
	2	Maisie Hibberd	Basingstoke & Mid Hants AC	771	26.68 Q
	3	Tabitha Bingham	Basingstoke & Mid Hants AC	793	27.17 Q
	4	Chloe Annabelle Spencer	City of Portsmouth AC	725	27.61 q
	5	Florence Maria Williams	Jersey Spartan AC	743	27.71 q
	6	Chloe Louise Wooldridge	Guernsey AC	726	28.76
	7	Abi Howse	Southampton Athletic Club	700	29.18
Heat 3					
		Wind +3.8			
	1	Scarlett Maddison Taylor	Aldershot Farnham & District	789	26.24 Q
	2	Laila Rawlings	South of England Track and Field Academy	763	26.68 Q
	3	Nia Faith Trotman	City of Portsmouth AC	779	27.01 Q
	4	Holly Taylor	Isle of Wight Athletics Club	755	28.52 q
	5	Lulu Harrison	Jersey Spartan AC	770	28.97
	6	Zahra Al-Najjar	Southampton Athletic Club	798	29.02
		Chiedza Teresa Munowenyu	Basingstoke & Mid Hants AC	724	DNS
Heat 4					
		Wind +2.2			
	1	Freida North	Andover AC	745	26.49 Q
	2	Summer Jane Smallman	Basingstoke & Mid Hants AC	792	27.27 Q
	3	Daisy Layla Grace Le Page	Guernsey AC	729	28.32 Q
	4	Imogen Torode	Guernsey AC	758	28.59
	5	Megan Whitmore	Guernsey AC	775	29.37
	6	Molly Wilmot	City of Portsmouth AC	777	30.45
Semi Final 1					
		Wind +2.3			
	1	Maisie Hibberd	Basingstoke & Mid Hants AC	771	25.88 Q
	2	Amelie van Heerden	Guernsey AC	707	25.99 Q
	3	Bella Cheesbrough-Pierce	Southampton Athletic Club	715	26.11 Q
	4	Nia Faith Trotman	City of Portsmouth AC	779	27.19 Q
	5	Summer Jane Smallman	Basingstoke & Mid Hants AC	792	27.40
	6	Daisy Layla Grace Le Page	Guernsey AC	729	27.84
	7	Chloe Annabelle Spencer	City of Portsmouth AC	725	28.17
	8	Holly Taylor	Isle of Wight Athletics Club	755	28.33

Semi Final 2	Wind +3.4				
	1	Scarlett Maddison Taylor	Aldershot Farnham & District	789	26.23 Q
	2	Freida North	Andover AC	745	26.39 Q
	3	Laila Rawlings	South of England Track and Field Academy	763	26.46 Q
	4	Tabitha Bingham	Basingstoke & Mid Hants AC	793	27.11 Q
	5	Naomi King	Basingstoke & Mid Hants AC	778	27.45
	6	Maya Vivienne Kirby	Olympia Athletics	773	27.69
	7	Florence Maria Williams	Jersey Spartan AC	743	27.78
	8	Indi Warren	Guernsey AC	759	27.99
3000m					
Final					
	1	Romilly Baker	City of Portsmouth AC	786	11:55.85
	2	Lula Burton	Jersey Spartan AC	769	12:36.65
300m					
Final					
	1	Alexa Divers	Winchester & District AC	702	39.65
	2	Amelie van Heerden	Guernsey AC	707	40.59
	3	Freida North	Andover AC	745	42.33
	4	Florence Maria Williams	Jersey Spartan AC	743	43.24
	5	Naomi King	Basingstoke & Mid Hants AC	778	43.57
	6	Amari Miller	Winchester & District AC	704	45.81
	7	Tabitha Bingham	Basingstoke & Mid Hants AC	793	46.71
	8	Lulu Harrison	Jersey Spartan AC	770	47.17
Heat 1					
	1	Alexa Divers	Winchester & District AC	702	41.34 Q
	2	Amelie van Heerden	Guernsey AC	707	44.00 Q
	3	Lulu Harrison	Jersey Spartan AC	770	45.73 Q
	4	Scarlett Moloney	Basingstoke & Mid Hants AC	790	46.83
Heat 2					
	1	Freida North	Andover AC	745	42.33 Q
	2	Naomi King	Basingstoke & Mid Hants AC	778	43.31 Q
	3	Florence Maria Williams	Jersey Spartan AC	743	43.36 Q
	4	Amari Miller	Winchester & District AC	704	44.08 q
	5	Tabitha Bingham	Basingstoke & Mid Hants AC	793	44.30 q
300m Hurdles					
Final					
	1	Alexa Divers	Winchester & District AC	702	43.44
	2	Bibiana Riva	Jersey Spartan AC	718	46.38
	3	Daisy Selway	Isle of Wight Athletics Club	730	46.73
	4	Francesca Bertacchini	Winchester & District AC	744	46.94
	5	Daisy Layla Grace Le Page	Guernsey AC	729	48.24
	6	Florence Maria Williams	Jersey Spartan AC	743	50.70
	7	Rosie White	Guernsey AC	787	50.98
800m					
Final					
	1	Imogen Shaw	City of Portsmouth AC	757	02:20.83
	2	Amy Rose Kilner-Smith	Basingstoke & Mid Hants AC	708	02:22.59
	3	Bibiana Riva	Jersey Spartan AC	718	02:22.96
	4	Tilly Goodchild	City of Portsmouth AC	795	02:24.48
	5	Bethany Silva	Jersey Spartan AC	717	02:25.13
	6	Olivia Bentley	Team Kennet Triathlon & AC	781	02:27.07
	7	Amelie Shawcross Campbell	Winchester & District AC	706	02:28.72
	8	Evie Bowditch	Basingstoke & Mid Hants AC	740	02:36.08
Heat 1					
	1	Amy Rose Kilner-Smith	Basingstoke & Mid Hants AC	708	02:22.84 Q
	2	Olivia Bentley	Team Kennet Triathlon & AC	781	02:23.02 Q
	3	Bibiana Riva	Jersey Spartan AC	718	02:23.39 Q
	4	Amelie Shawcross Campbell	Winchester & District AC	706	02:23.92 q
	5	Emma Jinks	Basingstoke & Mid Hants AC	735	02:32.35
	6	Evie Smith	Winchester Running Club	741	02:40.38
	7	Imogen Torode	Guernsey AC	758	02:42.74

Heat 2					
	1	Imogen Shaw	City of Portsmouth AC	757	02:24.53 Q
	2	Bethany Silva	Jersey Spartan AC	717	02:27.39 Q
	3	Tilly Goodchild	City of Portsmouth AC	795	02:29.17 Q
	4	Evie Bowditch	Basingstoke & Mid Hants AC	740	02:29.95 q
	5	Indi Warren	Guernsey AC	759	02:32.93
	6	Jessica Merrien	Guernsey AC	761	02:39.37
	7	Lula Burton	Jersey Spartan AC	769	02:42.15
	8	Erin Wilding	Olympia Athletics	737	02:43.55
80m Hurdles					
Final					
		Wind -0.4			
	1	Vida-Pascaline Pericard	City of Portsmouth AC	797	11.87
	2	Laila Rawlings	South of England Track and Field Academy	763	12.18
	3	Scarlett Maddison Taylor	Aldershot Farnham & District	789	12.21
	4	Daisy Selway	Isle of Wight Athletics Club	730	12.65
	5	Daisy Layla Grace Le Page	Guernsey AC	729	12.72
	6	Emma Jinks	Basingstoke & Mid Hants AC	735	13.20
	7	Rosie White	Guernsey AC	787	14.04
		Kylin Selena Simpson	Aldershot Farnham & District	762	DNS
Heat 1					
		Wind +3.0			
	1	Vida-Pascaline Pericard	City of Portsmouth AC	797	11.95 Q
	2	Kylin Selena Simpson	Aldershot Farnham & District	762	12.41 Q
	3	Daisy Selway	Isle of Wight Athletics Club	730	12.54 Q
	4	Daisy Layla Grace Le Page	Guernsey AC	729	12.76 q
	5	Emma Jinks	Basingstoke & Mid Hants AC	735	12.90 q
Heat 2					
		Wind +1.3			
	1	Laila Rawlings	South of England Track and Field Academy	763	12.60 Q
	2	Scarlett Maddison Taylor	Aldershot Farnham & District	789	12.62 Q
	3	Rosie White	Guernsey AC	787	14.20 Q
	4	Anabelle Sandars	Jersey Spartan AC	709	14.95
Discus					
Final					
	1	Clarice Thorne-Henderson	Winchester & District AC	728	32.37
	2	Hattie Monk	City of Portsmouth AC	753	31.90
	3	Lily Cathrine O'Connell	Basingstoke & Mid Hants AC	765	28.80
	4	Rebecca Stephanie Taylor	Havant AC	785	24.22
	5	Catherine Wood	Team Kennet Triathlon & AC	720	23.38
	6	Olivia Hollis	Basingstoke & Mid Hants AC	782	18.45
	7	Ava Lily Worthington	Guernsey AC	714	18.43
Hammer					
Final					
	1	Charlotte Grace Humphreys	Winchester & District AC	721	40.62
	2	Lily Cathrine O'Connell	Basingstoke & Mid Hants AC	765	29.84
	3	Isla Griffith	Winchester & District AC	760	28.72
High Jump					
Final					
	1	Ella Duarte	Jersey Spartan AC	731	1.60
	2	Arabella da Costa	City of Portsmouth AC	712	1.55
	3	Emma Jinks	Basingstoke & Mid Hants AC	735	1.50
	4	Holly Faith Crook	Winchester & District AC	754	1.45
	5	Anabelle Sandars	Jersey Spartan AC	709	1.45
	6	Lina Lockrose	City of Portsmouth AC	768	1.40
	7	Megan Hale	Basingstoke & Mid Hants AC	774	1.30
		Eloise Spencer	Basingstoke & Mid Hants AC	733	NM
Javelin					
Final					
	1	Clarice Thorne-Henderson	Winchester & District AC	728	31.21
	2	Charlotte Palmer	Basingstoke & Mid Hants AC	722	28.80
	3	Olivia Hollis	Basingstoke & Mid Hants AC	782	25.79
	4	Catherine Wood	Team Kennet Triathlon & AC	720	21.76
	5	Eve Elizabeth Minett	Winchester & District AC	739	18.91
	6	Poppy Mapplebeck	Jersey Spartan AC	784	15.30

Long Jump					
Final					Wind
1	Lily Gray	Andover AC	766	5.39w	2.8
2	Ella Duarte	Jersey Spartan AC	731	5.25	4.6
3	Amari Miller	Winchester & District AC	704	5.12	4.1
4	Emmie Prentice	Southampton Athletic Club	736	4.95	4.9
5	Vida-Pascaline Pericard	City of Portsmouth AC	797	4.91	4.5
6	Victoria Jackson	Guernsey AC	796	4.8	5.3
7	Elodie Grace Trott	Southampton Athletic Club	732	4.75	2.8
8	Clara Malorey	Jersey Spartan AC	727	4.51	4.9
9	Evie Bowditch	Basingstoke & Mid Hants AC	740	4.5	2.9
10	Nia Watson	Jersey Spartan AC	780	4.32	3.0
11	Poppy Mapplebeck	Jersey Spartan AC	784	4.02	1.7
12	Megan Hale	Basingstoke & Mid Hants AC	774	3.87	3.8
13	Anabelle Sandars	Jersey Spartan AC	709	3.83	NW
14	Chloe Louise Wooldridge	Guernsey AC	726	3.79	4.3
15	Emma Jinks	Basingstoke & Mid Hants AC	735	3.77	4.5
16	Molly Wilmot	City of Portsmouth AC	777	3.52	6.4
17	Eloise Spencer	Basingstoke & Mid Hants AC	733	3.13	1.7
18	Lulu Harrison	Jersey Spartan AC	770	3.04	3.0
19	Chiedza Teresa Munowenyu	Basingstoke & Mid Hants AC	724	1.48	3.5
Pole Vault					
No competition					
Shot Put					
Final					
1	Clarice Thorne-Henderson	Winchester & District AC	728	10.65	
2	Catherine Wood	Team Kennet Triathlon & AC	720	9.54	
3	Lily Cathrine O'Connell	Basingstoke & Mid Hants AC	765	9.37	
4	Evie Bowditch	Basingstoke & Mid Hants AC	740	9.02	
5	Rebecca Stephanie Taylor	Havant AC	785	7.80	
6	Megan Whitmore	Guernsey AC	775	7.61	
7	Lily Griffiths-Ali	Guernsey AC	767	7.11	
8	Ava Lily Worthington	Guernsey AC	714	6.95	
Triple Jump					
Final					Wind
1	Lily Gray	Andover AC	766	11.34	0.2
2	Evie Bowditch	Basingstoke & Mid Hants AC	740	10.16	3.0
3	Maisie Kirkham	Winchester & District AC	772	8.8	2.3

		766	5.39	
		731	5.25	
		704	5.12	
		736	4.95	
		797	4.91	
		796	4.8	
		732	4.75	
		727	4.51	
		740	4.5	
		780	4.32	
CBP, SB		784	4.02	SB
		774	3.87	
		709	3.83	
		726	3.79	
		735	3.77	
		777	3.52	
SB		733	3.13	
		770	3.04	
		724	1.48	
CBP, SB		728	10.65	
PB		720	9.54	
PB		765	9.37	
PB		740	9.02	
PB		785	7.8	
PB		775	7.61	
PB		767	7.11	
PB		714	6.95	
CBP, PB		766	11.34	
		740	10.16	
		772	8.8	