Event 170m Hurdles (68.5)		Heat 1	Guide Start Time: 12:50	
	3		Scott-Harden (F13), Maisie	Marlborough AC
	4		Rahim (F13), Nura	Yate & District AC
	5		Kavanagh (F13), Erin	Yate & District AC
	6		Stopa (F13), Nelly	Team Bath
			,	
Event 170m Hurdles (68.5)	I	Heat 2	Guide Start Time : 12:55	
	2		Powell (F13), Olivia	Yate & District AC
	3		Hughes (F13), Matilda	North Somerset AC
	4		Coote (F13), Madison	Cardiff AAC
	5		Coote (F13), Olivia	Cardiff AAC
	6	56	Proctor (F13), Immy	Team Bath
			- 1	
Event 2 75m Hurdles (76.2)		Heat 1	Guide Start Time : 13:00	Tarantan AO
	1		Wright (F15), Anna	Taunton AC
	2		Raper-Thornell (F15), Trudie	Yate & District AC
	3		Thurston (F15), Ella	North Somerset AC
	4		Young (F15), Harriet	Neath Harriers
	5		Vecchi (F15), Imogen	Cardiff AAC
	6		Joynes (F15), Rosie	Yeovil Olympiads
	7		Powell (M13), Charlie	Yate & District AC
	8	84	Howell (M13), Henry	Gloucester AC
Event 3 80m Hurdles (76.2)		Heat 1	Guide Start Time : 13:10	
Event 5 dom maraies (70.2)	1		Gordon (F17), Annabel	Yate & District AC
	2		Jakubowski (F17), Maya	Team Bath
	3		Rodgers (F17), Nia	Taunton AC
	4		Tarzey (F17), Kezia	Bristol & West AC
	5		Redmond (F17), Celeste	Yate & District AC
	6		Woods (F17), Jemima	Team Bath
	7		Hallsworth (F17), Evie	Marlborough AC
	8		Brown (F17), Eleri	Neath Harriers
Event 480m Hurdles (84.0)	ı	Heat 1	Guide Start Time : 13:15	
Event 4 80m Hurdles (84.0)	3	41	Scherer-Cowell (M15), Harry	Yate & District AC
Event 4 80m Hurdles (84.0)	3	41 135	Scherer-Cowell (M15), Harry Yates (M15), Callum	Gloucester AC
Event 4 80m Hurdles (84.0)	3 4 5	41 135 217	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn	Gloucester AC Yate & District AC
Event 4 80m Hurdles (84.0)	3	41 135 217	Scherer-Cowell (M15), Harry Yates (M15), Callum	Gloucester AC
	3 4 5 6	41 135 217 42	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest	Gloucester AC Yate & District AC
Event 4 80m Hurdles (84.0) Event 5 100m Hurdles (84.0)	3 4 5 6	41 135 217 42 Heat 1	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25	Gloucester AC Yate & District AC Newport Harriers
	3 4 5 6	41 135 217 42 Heat 1 78	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time : 13:25 Aitchison (F20), Evie	Gloucester AC Yate & District AC Newport Harriers Neath Harriers
	3 4 5 6	41 135 217 42 Heat 1 78 134	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time : 13:25 Aitchison (F20), Evie Lee (F34), Cerys	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC
	3 4 5 6	41 135 217 42 Heat 1 78 134 32	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers
	3 4 5 6	41 135 217 42 Heat 1 78 134 32 69	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC
	3 4 5 6	41 135 217 42 Heat 1 78 134 32 69 146	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads
	3 4 5 6	41 135 217 42 Heat 1 78 134 32 69 146 119	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University
	3 4 5 6 1 2 3 4 5 6 7	41 135 217 42 Heat 1 78 134 32 69 146 119 25	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC
	3 4 5 6	41 135 217 42 Heat 1 78 134 32 69 146 119 25	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University
Event 5 100m Hurdles (84.0)	3 4 5 6 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC
	3 4 5 6 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC
Event 5 100m Hurdles (84.0)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC
Event 5 100m Hurdles (84.0)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Frnest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers
Event 5 100m Hurdles (84.0)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 164	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 1 2 3 4 5 6 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 216 126 126 164 137	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 2 3 4 5 6 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 216 126 164 137 39	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 216 126 164 137 39 36	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron Isgrove (M20), George	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers Team Bath
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 126 137 39 36 197	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron Isgrove (M20), George Akanbi-Mortimer (M20), Toks	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers Team Bath Cardiff AAC
Event 5 100m Hurdles (84.0) Event 6 100m Hurdles (91.4)	3 4 5 6 1 1 2 3 4 5 6 7 8	41 135 217 42 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 126 137 39 36 197	Scherer-Cowell (M15), Harry Yates (M15), Callum Macleod (M15), Finn Maley (M15), Ernest Guide Start Time: 13:25 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:30 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron Isgrove (M20), George	Gloucester AC Yate & District AC Newport Harriers Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers Team Bath

Event 9 300 Metres Heat 1 Guide Start Time : 14:00 2 82 Scott-Harden (F13), Maisie Marlborough AC	
3 90 Thompson (F15), Ava Neath Harriers	
4 188 Guzman (M13), Sebastian Yate & District AC	
5 187 Humphries-Cuff (F15), Elasia Gloucester AC	
6 168 Rundle (M15), Jed Yate & District AC	
7 196 Ball (F20), Louisa Neath Harriers	
7 130 Ball (1 20), Louisa Neath Hamers	
Event 9 300 Metres Heat 2 Guide Start Time : 14:05	
1 154 House (F13), Abigail North Somerset AC	
2 42 Maley (M15), Ernest Newport Harriers	
3 165 Ellery (M60), Mark Bristol & West AC	
4 135 Yates (M15), Callum Gloucester AC	
5 166 Hodges (F15), Scarlett Bridgend AC	
6 181 Cowton (M60), Malcolm South West Vets AC	
7 116 Phelps (F15), Sophie Team Bath	
8 167 Raper-Thornell (F15), Trudie Yate & District AC	
Event 9 300 Metres Heat 3 Guide Start Time : 14:10	
1 21 Killourhey (F17), Lilia Yate & District AC	
2 157 Howell (F17), Georgia Cheltenham Harriers	
3 200 Shepperd (F17), Anais Cardiff AAC	
4 204 Trueman (M34), Dan Stroud & District AC	
5 66 Robbie (M20), Jon-Henry Cardiff Archers	
6 176 Vittle (F17), Holly Cardiff AAC	
7 11 Richards (F17), Jasmine Yate & District AC	
8 143 Warren (M15), Oscar Unattached	
Event 10 400 Metres Heat 1 Guide Start Time : 14:15	
1 141 Lazenbury (F20), Alice Worcester AC	
2 89 Mullins (F20), Ellie Team Bath	
3 94 Jeffries (F65), Louise Team Bath	
4 192 Davis (M45), Andrew Unattached	
5 193 Davis (M15), Sidney Yate & District AC	
6 45 Gutteridge (M17), Freddie Marlborough AC	
7 189 Wright (F20), Ellie Yate & District AC 8 197 Akanbi-Mortimer (M20), Toks Cardiff AAC	
o 197 Akalibi-Motulilei (M20), Toks Caldill AAC	
Event 10 400 Metres Heat 2 Guide Start Time : 14:20	
1 152 Flavell (M34), Dominic Team Bath	
2 109 Sheffield (F15), Eleanor Stroud & District AC	
3 88 McFadden (F20), Freya Stroud & District AC	
4 54 Devereux (F20), Keira North Somerset AC	
5 73 Cossins (F17), Millie Stroud & District AC	
· ,	
6 78 Aitchison (F20), Evie Neath Harriers	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers 2 108 McIntosh (F20), Eleanor Bristol & West AC	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers 2 108 McIntosh (F20), Eleanor Bristol & West AC 3 177 White (M17), Thomas Team Bath	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers 2 108 McIntosh (F20), Eleanor Bristol & West AC 3 177 White (M17), Thomas Team Bath 4 24 Barnes (M17), Lewis Cardiff AAC	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers 2 108 McIntosh (F20), Eleanor Bristol & West AC 3 177 White (M17), Thomas Team Bath 4 24 Barnes (M17), Lewis Cardiff AAC 5 86 Carroll (M17), Rylan Shay Neath Harriers	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers 2 108 McIntosh (F20), Eleanor Bristol & West AC 3 177 White (M17), Thomas Team Bath 4 24 Barnes (M17), Lewis Cardiff AAC 5 86 Carroll (M17), Rylan Shay Neath Harriers 6 210 Watson (M17), Henry Yate & District AC	
6 78 Aitchison (F20), Evie Neath Harriers 7 42 Maley (M15), Ernest Newport Harriers 8 182 Collins (M65), Callum Bristol & West AC Event 10 400 Metres Heat 3 Guide Start Time: 14:25 1 144 Fletcher (M20), Daniel Cwmbran Harriers 2 108 McIntosh (F20), Eleanor Bristol & West AC 3 177 White (M17), Thomas Team Bath 4 24 Barnes (M17), Lewis Cardiff AAC 5 86 Carroll (M17), Rylan Shay Neath Harriers	

Event 10 400 Metres	Heat 4	Guide Start Time : 14:30	
1	186	Boon (M17), Owen	Yate & District AC
2	43	Wilkinson (M34), Jacob	Swansea Harriers
3	169	Gunning (M34), Scott	Basingstoke and Mid Hants AC
4	215	Onyewu (M34), Eli	Swansea Harriers
5	205	Wilson (M23), Edward	Yate & District AC
6	66	Robbie (M20), Jon-Henry	Cardiff Archers
7		Lancett (M20), Max	Cheltenham Harriers
8		Edwards (M34), James	Yate & District AC
Event 11 75 Metres	Heat 1	Guide Start Time : 14:45	
1		Jones (M13), George	North Somerset AC
2		Warren (F13), Millie	North Somerset AC
3		Arkwright (F13), Alba	Yate & District AC
4		Phillips (F13), Emily	Yate & District AC
5		Howell (M13), Henry	Gloucester AC
6		Rahim (F13), Nura	Yate & District AC
7	133	Hargrave (F13), Jess	North Somerset AC
Event 11 75 Metres	Heat 2	Guide Start Time : 14:50	
1		Kavanagh (F13), Erin	Yate & District AC
2		Neary (F13), Lara	Yate & District AC
3		Thurston (F13), Tess	North Somerset AC
4		Stopa (F13), Nelly	Team Bath
5		Grant (M13), Eli	Yate & District AC
6		Bowell (F13), Emily	Yate & District AC
7		Major (F13), Megan	Yate & District AC
8		Powell (M13), Charlie	Yate & District AC
0	100	Towell (W170), Gridine	rate a District No
Event 11 75 Metres	Heat 3	Guide Start Time : 14:54	
1	188	Guzman (M13), Sebastian	Yate & District AC
2	27	Swift-Smith (F13), Lucy	Yate & District AC
3	159	Coote (F13), Olivia	Cardiff AAC
4	83	Nugent (F13), Janae	Cardiff AAC
5	50	King (F13), Edith	Marlborough AC
6	82	Scott-Harden (F13), Maisie	Marlborough AC
7	154	House (F13), Abigail	North Somerset AC
8	65	Richards (M13), Lewis	Yate & District AC
Front 44 75 Motuce	Heat 4	Cuido Start Timo : 14:50	
Event 11 75 Metres	Heat 4	Guide Start Time : 14:59 Bennett (F13), Beatrix	Yate & District AC
2		Wakefield-Paul (F13), Rosie	North Somerset AC
3		Powell (F13), Olivia	Yate & District AC
4		Barnes (M13), Jacob	Cardiff AAC
5		Sutherland (M13), Joseph	Yate & District AC
6		Marr (F13), Isabella	North Somerset AC
7		Ramsey (F13), Lauren	Yate & District AC
8		Coote (F13), Madison	Cardiff AAC
0	100	Coole (1-13), Madison	Calum AAC
Event 12 100 Metres Para	Heat 1	Guide Start Time : 15:05	
2	213	Spry (M15), Harry	Yate & District AC
3	214	Jubb (F17), Nancy	Yate & District AC
4		Callow (M34), Chris	Yate & District AC
5	203	Richardson (M15), Toby	Yate & District AC
		(//)	
6		Hewitt (F35), Eleanor	Yate & District AC

Event 13 100 Metres	Heat 1	Guide Start Time : 15:10	
2		Rundle (M15), Jed	Yate & District AC
3		Thompson (F15), Beatrice	Marlborough AC
4		Rahim (F13), Nura	Yate & District AC
5		Lee (F15), Annabel	Yate & District AC
6	29	McMullan (F15), Mia	Team Bath
Event 13 100 Metres	Heat 2	Guide Start Time : 15:15	No othe Hamilana
1		Austin (M15), Finnley	Neath Harriers
2		Aliyu (F15), Fayola	Bristol & West AC
3 4		Warren (M50), Paul Phelps (F15), Sophie	Marlborough AC Team Bath
5		Blackmore (F15), Erin	Marlborough AC
6		Akinde (M17), Michael	Bath University
7		Scherer-Cowell (M15), Harry	Yate & District AC
8		Richmond (F15), Frida	Yate & District AC
· ·		(1 10), 1 maa	Tato & District, to
Event 13 100 Metres	Heat 3	Guide Start Time : 15:19	
1		Moore Bethel (F15), Sophie	Marlborough AC
2		Hughes (F13), Matilda	North Somerset AC
3		Hart (F34), Katrina	Birchfield Harriers
4		Walkey (F15), Lily	Yate & District AC
5 6		Young (F15), Harriet Challis (F13), Serena-Summer	Neath Harriers North Somerset AC
7		Nicoll (F15), Aaliyah	Yate & District AC
8		Foster (F17), Rosie	Yate & District AC
O	30	Toster (1 17), Nosie	Tate & District AC
Event 13 100 Metres	Heat 4	Guide Start Time : 15:24	
1	150	Lawal (F15), Naomi	Cheltenham Harriers
2		Patterson (M35), Chris	Marlborough AC
3		Richards (F15), Summer	Yate & District AC
4		Aitchison (F17), Layla	Neath Harriers
5		Andrews (F17), Libby	Gloucester AC
6		Davies (M65), Roderick	Swansea Harriers
7		Vecchi (F15), Imogen	Cardiff AAC
8	40	Connorton (F15), Madelaine	Marlborough AC
Event 13 100 Metres	Heat 5	Guide Start Time : 15:28	
1		Goodwin (F15), Anya-Rose	Cardiff AAC
2		Ellery (M60), Mark	Bristol & West AC
3		Tapper (F17), Libby	Cwmbran Harriers
4		Howell (F15), Bella	Yate & District AC
5		Hibbert (F20), Tamar	Marlborough AC
6		Marshall (M55), James	Bristol & West AC
7 8		Pugh (F17), Scarlett Bassett (F17), Alice	Marlborough AC Team Bath
Ü	10	bassett (1 17), Alice	ream batti
Event 13 100 Metres	Heat 6	Guide Start Time : 15:33	
1		Hill (F17), Isabel	Yate & District AC
2		Rodgers (F17), Nia	Taunton AC
3		Wilkins (M15), Tristan	Yate & District AC
4		Yates (M15), Callum	Gloucester AC
5		Drennen (F17), Ruby-Mae	Yate & District AC
6 7		Patterson (F15), Evie Warren (M15), Oscar	Marlborough AC Unattached
8		Thomas (F17), Evey	Unattached
0	92	inomas (i ii), Lvey	Unallauneu

Event 13 100 Metres	Heat 7	Guide Start Time : 15:37	
1		Wright (F15), Anna	Taunton AC
2		Karekla (F23), Stefani	Swansea Harriers
3		Brown (F17), Eleri	Neath Harriers
4		Pachula (F15), Olivia	Gloucester AC
5		Darby (F23), Hannah	University of Birmingham
6		Nelson (M23), Louie	Yate & District AC
7		Webb (M17), Daniel	Bristol & West AC
8		Imoh (F15), Chizorom	Bristol & West AC
Ü	00	mon (r 10), onizorom	Bristor & West No
Event 13 100 Metres	Heat 8	Guide Start Time : 15:42	
1	31	Gibbs (F34), Sarah	Newport Harriers
2		Woods (F17), Jemima	Team Bath
3	114	Turner (F15), Beth	Team Bath
4		Moyes (F17), Natasha	Yate & District AC
5		Cambridge (F15), Amari	Gloucester AC
6		Murray (M17), Euan	Team Bath
7		Tandy (F15), Amber	Gloucester AC
8		Tarzey (F17), Kezia	Bristol & West AC
-		,,	
Event 13 100 Metres	Heat 9	Guide Start Time : 15:46	
1	48	Morgan (M50), James	Unattached
2	100	Murray (F17), Elana	Cardiff AAC
3	87	Herringshaw (F15), Martha	North Somerset AC
4	144	Fletcher (M20), Daniel	Cwmbran Harriers
5	111	Brown (M17), Jacob	Gloucester AC
6	13	Higginson (F17), Katie	Cardiff AAC
7	183	Sharp (M17), Billy	North Somerset AC
8	156	Anderson (F17), Mercedes	Cardiff AAC
Event 13 100 Metres		Guide Start Time : 15:51	
1	77	Marchant (M17), Oliver	Cheltenham Harriers
1 2	77 3	Marchant (M17), Oliver Treglown (F23), Kirsty	Yate & District AC
1 2 3	77 3 17	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley	Yate & District AC Torbay AAC
1 2 3 4	77 3 17 71	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver	Yate & District AC Torbay AAC Cardiff AAC
1 2 3 4 5	77 3 17 71 32	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers
1 2 3 4 5 6	77 3 17 71 32 127	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC
1 2 3 4 5 6 7	77 3 17 71 32 127 148	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers
1 2 3 4 5 6	77 3 17 71 32 127 148	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC
1 2 3 4 5 6 7 8	77 3 17 71 32 127 148 175	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers
1 2 3 4 5 6 7 8 Event 13 100 Metres	77 3 17 71 32 127 148 175	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC
1 2 3 4 5 6 7 8 Event 13 100 Metres	77 3 17 71 32 127 148 175 Heat 11 55	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC
1 2 3 4 5 6 7 8 Event 13 100 Metres	77 3 17 71 32 127 148 175 Heat 11 55 145	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC
1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3	77 3 17 71 32 127 148 175 Heat 11 55 145 30	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC
1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3 4	77 3 17 71 32 127 148 175 Heat 11 55 145 30 5	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack Ramsey (M17), Jack	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC Yate & District AC
1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3 4 5 5	77 3 17 71 32 127 148 175 Heat 11 55 145 30 5 161	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack Ramsey (M17), Jack Gurtubay (M17), Noah	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC Yate & District AC
1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3 4 5 6 6	77 3 17 71 32 127 148 175 Heat 11 55 145 30 5 161 51	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack Ramsey (M17), Regan-Jack Gurtubay (M17), Noah Dyson (M20), Noah	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC Yate & District AC Yate & District AC Team Bath
1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3 4 5 6 7 6 7	777 3 177 71 32 127 148 175 Heat 11 55 145 30 5 161 51	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack Ramsey (M17), Jack Gurtubay (M17), Noah Dyson (M20), Noah Walkey (F17), Isabelle	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC Yate & District AC Yate & District AC Team Bath Yate & District AC
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1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3 4 5 6 7 6 7	77 3 17 71 32 127 148 175 Heat 11 55 145 30 5 161 51 1 62	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack Ramsey (M17), Jack Gurtubay (M17), Noah Dyson (M20), Noah Walkey (F17), Isabelle	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC Yate & District AC Yate & District AC Team Bath Yate & District AC
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Event 13 100 Metres 1 2 3 4 5 6 7 8 Event 13 100 Metres 1 2 3 4 5 6 7 8 Event 13 100 Metres	77 3 17 71 32 127 148 175 Heat 11 55 145 30 5 161 51 1 62 Heat 12 64 23	Marchant (M17), Oliver Treglown (F23), Kirsty Little (F17), Keeley Shearer (M15), Oliver Morgan (F23), Grace Fields (M35), Alex Mhlanga (M17), Sibusiso Roach (M17), Zac Guide Start Time: 15:55 Morant (M45), Martyn Bryant (M20), Jasper Williams (M17), Regan-Jack Ramsey (M17), Jack Gurtubay (M17), Noah Dyson (M20), Noah Walkey (F17), Isabelle Mantle (F20), Jess Guide Start Time: 16:00 Tailor (M23), Carlos Van Beneden (M20), Nicholas	Yate & District AC Torbay AAC Cardiff AAC Cardiff Archers Bristol & West AC Neath Harriers Cardiff AAC Team Bath Cheltenham Harriers Yate & District AC Yate & District AC Yate & District AC Team Bath Yate & District AC Cardiff AAC North Somerset AC
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1	Event 13 100 Metres	Heat 13	Guide Start Time : 16:04	
2				Taunton AC
3				
4			· · ·	
5			* ' *	
Fig. 2				
Team Bath			55 ()	
September Continue Continue			- ', '	
Description Company				
Fevent 14 150 Metres	0	131	Staddon (M20), Chanle	ream bam
Fevent 14 150 Metres	Officials Brook 20 mins			
1 130 Phillips (F13), Emily Yate & District AC 2 50 King (F13), Edith Marlborough AC 3 97 Arkwright (F13), Alba Yate & District AC 4 188 Guzman (M13), Sebastian Yate & District AC 5 138 Jones (M13), Sebastian Yate & District AC Nath Somerset AC 6 84 Howell (M13), Henry Gloucester AC 7 133 Hargrave (F13), Jess North Somerset AC 8 118 Stopa (F13), Nelly Team Bath Team Bath	Officials break 20 mills			
2 50 King (F13), Édith	Event 14 150 Metres	Heat 1	Guide Start Time : 16:25	
3	1	130	Phillips (F13), Emily	Yate & District AC
4	2	50	King (F13), Edith	Marlborough AC
5	3	97	Arkwright (F13), Alba	Yate & District AC
6	4			Yate & District AC
6	5		,	North Somerset AC
Table				
Event 14 150 Metres			, ,	
Fevent 14 150 Metres			• ,	
1	Ŭ	0		
2	Event 14 150 Metres			
3			- · ·	
4		142	Warren (F13), Millie	North Somerset AC
5	3	27	Swift-Smith (F13), Lucy	Yate & District AC
6 65 Richards (M13), Lewis	4	81	Marr (F13), Isabella	North Somerset AC
7	5	120	Wakefield-Paul (F13), Rosie	North Somerset AC
7			, ,	
B	6	65	Richards (M13), Lewis	Yate & District AC
1			, ,	
1	7	173	Grant (M13), Eli	Yate & District AC
2 83 Nugent (F13), Janae Cardiff AAC 3 101 Powell (F13), Olivia Yate & District AC 4 8 Barnes (M13), Jacob Cardiff AAC 5 28 Sutherland (M13), Joseph Yate & District AC 6 40 Bennett (F13), Beatrix Yate & District AC 7 6 Ramsey (F13), Lauren Yate & District AC 8 154 House (F13), Abigail North Somerset AC Event 15 200 Metres Para Heat 1 Guide Start Time: 16:40 S 214 Jubb (F17), Nancy Yate & District AC 4 207 Callow (M34), Chris Yate & District AC 5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC 7 Sight Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	7 8	173 191	Grant (M13), Eli Major (F13), Megan	Yate & District AC
3 101 Powell (F13), Olivia Yate & District AC 4 8 Barnes (M13), Jacob Cardiff AAC 5 28 Sutherland (M13), Joseph Yate & District AC 6 40 Bennett (F13), Beatrix Yate & District AC 7 6 Ramsey (F13), Lauren Yate & District AC 8 154 House (F13), Abigail North Somerset AC Event 15 200 Metres Para Heat 1 Guide Start Time: 16:40 3 214 Jubb (F17), Nancy Yate & District AC 4 207 Callow (M34), Chris Yate & District AC 5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC 7 Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 1 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	7 8 Event 14 150 Metres	173 191 Heat 3	Grant (M13), Eli Major (F13), Megan Guide Start Time : 16:35	Yate & District AC Yate & District AC
4 8 Barnes (M13), Jacob Cardiff AAC 5 28 Sutherland (M13), Joseph Yate & District AC 6 40 Bennett (F13), Beatrix Yate & District AC 7 6 Ramsey (F13), Lauren Yate & District AC 8 154 House (F13), Abigail North Somerset AC Event 15 200 Metres Para Heat 1 Guide Start Time: 16:40 5 203 Richardson (M15), Toby Yate & District AC 5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC Event 16 200 Metres Heat 1 Guide Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 Event 16 200 Metres Heat 1 Guide Start Time: 16:45 2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	7 8 Event 14 150 Metres	173 191 Heat 3 115	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer	Yate & District AC Yate & District AC North Somerset AC
5 28 Sutherland (M13), Joseph Yate & District AC 6 40 Bennett (F13), Beatrix Yate & District AC 7 6 Ramsey (F13), Lauren Yate & District AC 8 154 House (F13), Abigail North Somerset AC Event 15 200 Metres Para Heat 1 Guide Start Time : 16:40 3 214 Jubb (F17), Nancy Yate & District AC 4 207 Callow (M34), Chris Yate & District AC 5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC Event 16 200 Metres Heat 1 Guide Start Time : 16:45 2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 4 20 Thompson (F15), Harry Yate & District AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	7 8 Event 14 150 Metres	173 191 Heat 3 115 83	Grant (M13), Eli Major (F13), Megan Guide Start Time : 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC
6 40 Bennett (F13), Beatrix Yate & District AC 7 6 Ramsey (F13), Lauren Yate & District AC 8 154 House (F13), Abigail North Somerset AC Event 15 200 Metres Para Heat 1 Guide Start Time: 16:40 3 214 Jubb (F17), Nancy Yate & District AC 4 207 Callow (M34), Chris Yate & District AC 5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC Event 16 200 Metres Heat 1 Guide Start Time: 16:45 2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	7 8 Event 14 150 Metres 1 2 3	173 191 Heat 3 115 83 101	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC
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3 214 Jubb (F17), Nancy Yate & District AC 4 207 Callow (M34), Chris Yate & District AC 5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC Event 16 200 Metres Heat 1 Guide Start Time: 16:45 2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	Fvent 14 150 Metres 1 2 3 4 5 6 7	173 191 Heat 3 115 83 101 8 28 40 6	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC
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5 203 Richardson (M15), Toby Yate & District AC 6 151 Hewitt (F35), Eleanor Yate & District AC Event 16 200 Metres Heat 1 Guide Start Time: 16:45 2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	7 8 Event 14 150 Metres 1 2 3 4 5 6 7 8 Event 15 200 Metres Para	173 191 Heat 3 115 83 101 8 28 40 6 154	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC
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2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	Fvent 14 150 Metres 1 2 3 4 5 6 7 8	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC
2 133 Hargrave (F13), Jess North Somerset AC 3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	Event 14 150 Metres 1 2 3 4 5 6 7 8 Event 15 200 Metres Para 3 4 5	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC
3 163 Nisbet (F15), Nico Yate & District AC 4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	Event 14 150 Metres 1 2 3 4 5 6 7 8 Event 15 200 Metres Para 3 4 5 6 6	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203 151	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC
4 20 Thompson (F15), Beatrice Marlborough AC 5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	Event 14 150 Metres 1 2 3 4 5 6 7 7 8 Event 15 200 Metres Para 3 4 5 6 6 Event 16 200 Metres	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203 151 Heat 1	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC
5 41 Scherer-Cowell (M15), Harry Yate & District AC 6 170 Lee (F15), Annabel Yate & District AC	Event 14 150 Metres 1 2 3 4 5 6 7 7 8 Event 15 200 Metres Para 3 4 5 6 6 Event 16 200 Metres	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203 151 Heat 1 133	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Hargrave (F13), Jess	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC
6 170 Lee (F15), Annabel Yate & District AC	Event 14 150 Metres 1 2 3 4 5 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203 151 Heat 1 133 163	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Hargrave (F13), Jess Nisbet (F15), Nico	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC
	Event 14 150 Metres 1 2 3 4 5 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203 151 Heat 1 133 163 20	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Hargrave (F13), Jess Nisbet (F15), Nico Thompson (F15), Beatrice	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Marlborough AC
7 149 Richmond (F15), Frida Yate & District AC	Event 14 150 Metres 1 2 3 4 5 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 2 3 4 5 6	173 191 Heat 3 115 83 101 8 28 40 6 154 Heat 1 214 207 203 151 Heat 1 133 163 20 41	Grant (M13), Eli Major (F13), Megan Guide Start Time: 16:35 Challis (F13), Serena-Summer Nugent (F13), Janae Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Hargrave (F13), Jess Nisbet (F15), Nico Thompson (F15), Beatrice Scherer-Cowell (M15), Harry	Yate & District AC Yate & District AC North Somerset AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC
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Event 16 200 Metres	Heat 2	Guide Start Time : 16:50	
1	60	Imoh (F15), Chizorom	Bristol & West AC
2	208	Akinde (M17), Michael	Bath University
3	113	Nicoll (F15), Aaliyah	Yate & District AC
4	116	Phelps (F15), Sophie	Team Bath
5	19	Blackmore (F15), Erin	Marlborough AC
6	94	Jeffries (F65), Louise	Team Bath
7	189	Wright (F20), Ellie	Yate & District AC
8	85	Girling (M20), Joe	Neath Harriers
Event 16 200 Metres	Heat 3	Guide Start Time : 16:55	
1	132	Hughes (F13), Matilda	North Somerset AC
2		Aliyu (F15), Fayola	Bristol & West AC
3		Connorton (F15), Madelaine	Marlborough AC
4	185	Andrews (F17), Libby	Gloucester AC
5	75	Moore Bethel (F15), Sophie	Marlborough AC
6	83	Nugent (F13), Janae	Cardiff AAC
7	153	Young (F15), Harriet	Neath Harriers
8	81	Marr (F13), Isabella	North Somerset AC
Frant 40 200 Matrice	Heat 4	Cuido Ctort Timo : 47:00	
Event 16 200 Metres	Heat 4	Guide Start Time: 17:00 Killourhey (F17), Lilia	Yate & District AC
2		Tapper (F17), Libby	Cwmbran Harriers
3		Walkey (F17), Libby	Yate & District AC
4		Hibbert (F20), Tamar	Marlborough AC
5		Turner (F15), Beth	Team Bath
6		Patterson (F15), Evie	Marlborough AC
7		Bassett (F17), Alice	Team Bath
8		Davies (M65), Roderick	Swansea Harriers
		· ,	
Cycont 4C 200 Matron	Heat 5	Guide Start Time: 17:05	
Event 16 200 Metres			O 1'ff A A O
1	91	Goodwin (F15), Anya-Rose	Cardiff AAC
1 2	91 67	Goodwin (F15), Anya-Rose Marshall (M55), James	Bristol & West AC
1 2 3	91 67 52	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva	Bristol & West AC Cardiff AAC
1 2 3 4	91 67 52 150	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi	Bristol & West AC Cardiff AAC Cheltenham Harriers
1 2 3 4 5	91 67 52 150 124	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath
1 2 3 4 5 6	91 67 52 150 124 174	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC
1 2 3 4 5 6 7	91 67 52 150 124 174 72	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC
1 2 3 4 5 6	91 67 52 150 124 174 72	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC
1 2 3 4 5 6 7 8	91 67 52 150 124 174 72 10	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Yate & District AC
1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Yate & District AC
1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3	91 67 52 150 124 174 72 10 Heat 6 12 99	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4	91 67 52 150 124 174 72 10 Heat 6 12 99 14	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC
1 2 3 4 5 5 6 6 7 8 8 Event 16 200 Metres 1 2 3 4 5 5	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC
1 2 3 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 6 7	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC
1 2 3 4 5 6 6 7 8 5 6 6 7 8 5 6 6 7 8 8 6 6 7 8 8 8 8 8 8 8 8 8 8 8 8	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 5 6 7 8 Event 16 200 Metres 8 8	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC Unattached
1 2 3 4 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6 7 8 Event 16 200 Metres 1	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel Gibbs (F34), Sarah	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC Newport Harriers
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7 98 31 68	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel Gibbs (F34), Sarah Cambridge (F15), Amari	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC Unattached
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7 98 31 68	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel Gibbs (F34), Sarah Cambridge (F15), Amari Karekla (F23), Stefani	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC Unattached Yate & District AC Swansea Harriers
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7 98 31 68 102 33	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel Gibbs (F34), Sarah Cambridge (F15), Amari Karekla (F23), Stefani Bell (F17), Charlotte	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Tauton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC Unattached
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7 98 31 68 102 33 107	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel Gibbs (F34), Sarah Cambridge (F15), Amari Karekla (F23), Stefani Bell (F17), Charlotte Tandy (F15), Amber	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Taunton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC Unattached Yate & District AC Swansea Harriers Stroud & District AC Gloucester AC
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	91 67 52 150 124 174 72 10 Heat 6 12 99 14 131 53 165 59 92 Heat 7 98 31 68 102 33 107 147	Goodwin (F15), Anya-Rose Marshall (M55), James Ifill (F17), Eva Lawal (F15), Naomi Ovens (F17), Reef Pugh (F17), Scarlett Howell (F15), Bella Richards (F15), Summer Guide Start Time: 17:10 Wilkins (M15), Tristan Redmond (F17), Celeste Gordon (F17), Annabel Rodgers (F17), Nia Wright (F15), Anna Ellery (M60), Mark Drennen (F17), Ruby-Mae Thomas (F17), Evey Guide Start Time: 17:15 Hill (F17), Isabel Gibbs (F34), Sarah Cambridge (F15), Amari Karekla (F23), Stefani Bell (F17), Charlotte	Bristol & West AC Cardiff AAC Cheltenham Harriers Team Bath Marlborough AC Yate & District AC Tauton AC Taunton AC Bristol & West AC Yate & District AC Unattached Yate & District AC Unattached

Event 16 200 Metres	Heat 8	Guide Start Time : 17:20	
1	178	Webb (M17), Daniel	Bristol & West AC
2	156	Anderson (F17), Mercedes	Cardiff AAC
3	22	Bailey (F23), Lily	Yate & District AC
4	100	Murray (F17), Elana	Cardiff AAC
5	48	Morgan (M50), James	Unattached
6	13	Higginson (F17), Katie	Cardiff AAC
7	117	Murray (M17), Euan	Team Bath
8		Pachula (F15), Olivia	Gloucester AC
Event 16 200 Metres	Heat 9	Guide Start Time : 17:25	
1		Herringshaw (F15), Martha	North Somerset AC
2		Treglown (F23), Kirsty	Yate & District AC
3		Ramsey (M17), Jack	Yate & District AC
4		Mantle (F20), Jess	Cardiff AAC
5		Marchant (M17), Oliver	Cheltenham Harriers
6		Sharp (M17), Billy	North Somerset AC
7		Lee (F34), Cerys	Taunton AC
8	200	Shepperd (F17), Anais	Cardiff AAC
Event 16 200 Metres		Guide Start Time: 17:30	No ath Hauriana
1		Austin (M15), Finnley	Neath Harriers
2		Shearer (M15), Oliver	Cardiff AAC
3		Evans (F34), Lauren	Cardiff AAC
4		Brown (M17), Jacob	Gloucester AC
5		Walkey (F17), Isabelle	Yate & District AC
6		Brooks (F23), Stephanie	Yate & District AC
7		Roach (M17), Zac	Cardiff AAC
8	17	Little (F17), Keeley	Torbay AAC
Event 16 200 Metres	Heat 11	Guide Start Time: 17:35	
Event 16 200 Metres		Guide Start Time: 17:35 Fields (M35), Alex	Bristol & West AC
1	127	Fields (M35), Alex	Bristol & West AC Cheltenham Harriers
1 2	127 145	Fields (M35), Alex Bryant (M20), Jasper	
1	127 145 161	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah	Cheltenham Harriers
1 2 3 4	127 145 161 74	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max	Cheltenham Harriers Yate & District AC
1 2 3 4 5	127 145 161 74 58	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack	Cheltenham Harriers Yate & District AC Cheltenham Harriers
1 2 3 4 5 6	127 145 161 74 58 55	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath
1 2 3 4 5	127 145 161 74 58 55 148	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC
1 2 3 4 5 6 7	127 145 161 74 58 55 148	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers
1 2 3 4 5 6 7 8 Event 16 200 Metres	127 145 161 74 58 55 148 64	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC
1 2 3 4 5 6 7 8 Event 16 200 Metres	127 145 161 74 58 55 148 64 Heat 12	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2	127 145 161 74 58 55 148 64 Heat 12 35	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3	127 145 161 74 58 55 148 64 Heat 12 35 136	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4	127 145 161 74 58 55 148 64 Heat 12 35 136	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC
1 2 3 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 5 5	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC
1 2 3 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6 7	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC
1 2 3 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6 7	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6 7 8 8	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC
1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6 7 8 Event 16 200 Metres 5 6 6 7 8 8	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13 76	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45 Brady (M20), Ryan	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC Yate & District AC
Event 16 200 Metres Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13 76 179 125	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45 Brady (M20), Ryan Muhumuza (M34), Kenneth	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC Yate & District AC Team Bath
Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13 76 179 125 204	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45 Brady (M20), Ryan Muhumuza (M34), Kenneth Webb (M20), Callum	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC Yate & District AC Yate & District AC Team Bath Cardiff Archers
Event 16 200 Metres Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13 76 179 125 204 15	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45 Brady (M20), Ryan Muhumuza (M34), Kenneth Webb (M20), Callum Trueman (M34), Dan	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC Yate & District AC Team Bath Cardiff Archers Stroud & District AC
Event 16 200 Metres Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13 76 179 125 204 15 104	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45 Brady (M20), Ryan Muhumuza (M34), Kenneth Webb (M20), Callum Trueman (M34), Dan Maggs (M23), Josh	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC Yate & District AC Team Bath Cardiff Archers Stroud & District AC Bristol & West AC Bristol & West AC
Event 16 200 Metres Event 16 200 Metres 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 7 8	127 145 161 74 58 55 148 64 Heat 12 35 136 37 7 110 158 61 30 Heat 13 76 179 125 204 15 104 24	Fields (M35), Alex Bryant (M20), Jasper Gurtubay (M17), Noah Lancett (M20), Max Wigginton (M17), Zack Morant (M45), Martyn Mhlanga (M17), Sibusiso Tailor (M23), Carlos Guide Start Time: 17:40 Eluyera (M23), Ayomide Rabhi (M23), Youssef Chinaka (M35), Samson Brudney (M34), Sam Durran (M17), Adam Kumar (M34), Kanish Walsh (M20), Leon Williams (M17), Regan-Jack Guide Start Time: 17:45 Brady (M20), Ryan Muhumuza (M34), Kenneth Webb (M20), Callum Trueman (M34), Dan Maggs (M23), Josh Ritson (M20), Mack	Cheltenham Harriers Yate & District AC Cheltenham Harriers Yate & District AC Team Bath Neath Harriers North Somerset AC Cardiff AAC Swansea Harriers Newport Harriers Yate & District AC North Somerset AC University of West England Yate & District AC Yate & District AC Yate & District AC Team Bath Cardiff Archers Stroud & District AC Bristol & West AC Yate & District AC Yate & District AC

Event 17 300m Hurdles (76.2)	Heat 1 Guide Start Time : 17:50	
1	140 Lazenbury (F17), Molly	Worcester AC
2	63 Jakubowski (F17), Maya	Team Bath
3	79 Aitchison (F17), Layla	Neath Harriers
4	34 Moyes (F17), Natasha	Yate & District AC
5	9 Woods (F17), Jemima	Team Bath
6	80 Mills (F17), Ruby	Swansea Harriers
7	182 Collins (M65), Callum	Bristol & West AC
Event 18 400m Hurdles (76.2)	Heat 1 Guide Start Time : 17:55	
2	196 Ball (F20), Louisa	Neath Harriers
3	211 Bates (F23), Mia	Team Bath
4	93 Mackintosh (F34), Katie	Team Bath
5	25 Brooks (F23), Stephanie	Yate & District AC
6	212 Koubkova (F34), Lenka	University of Worcester
7	89 Mullins (F20), Ellie	Team Bath
8	123 Turner (F20), Evie	Yate & District AC
Event 20 400m Hurdles (84.0/91.4)	Heat 1 Guide Start Time : 18:00	
1	95 Hines (M17), Matthew	Swansea Harriers
2		
3	194 Roberts (M23), Dafydd	
4	152 Flavell (M34), Dominic	Team Bath
5	209 Beresford (M20), Joseph	Swansea Harriers
6	155 Jansen Van Rensburg (F34), Dane	Birchfield Harriers
7	190 Callan (M23), Michael	Team Bath
8	218 Welch (M23), Kester	Taunton AC