

## South West Athletics Spring Open

Exeter - 29th March 2026

### Track Results

#### 75m U10 Race 1

1	76 Harry	Bristow	Torbay AAC	U10B	1262
2	194 Toby	Joannou	Torbay AAC	U10B	1286
3	97 Dempsey	Ingleby	City of Plymouth AC	U10B	1312
4	207 Elsie	Penney	City of Plymouth AC	U10G	1330
5	148 Frederick	Linney-Goodall	City of Plymouth AC	U10B	1371

#### 75m U10 Race 2

1	190 Frida	Faircloth	Exeter Harriers	U10G	1290
2	28 Chloe	Bowden	Exeter Harriers	U10G	1299
3	180 Samuel	Cowell	City of Plymouth AC	U10B	1333
4	26 Fran	Pickstone	Erme Valley Harriers	U10G	1371
5	99 Felix	Hall	South West Athletics	U10B	1564

#### 75m U10 Race 3

1	87 Mawgan	Giles		U10B	1208
2	195 Maya	Bahoum	Torbay AAC	U10G	1226
3	147 Aaron	Cantwell		U10B	1340
4	224 Dakota	Walker	Exeter Harriers	U10G	1528

#### 100m Race 1

		+2.5 (Manual)	M/S		
1	16 Dante	Nusser	Bideford AAC	U12B	1491
2	211 Lucas	Rhodes	Newquay & Par AC	U12B	1569
3	64 Max	Cook	Bideford AC	U12B	1586
4	219 Kieran	Collman	South West Athletics	U12B	2085
5	68 Eloise	Addyman	Exeter Harriers	U12G	3093

#### 100m Race 2

		+1.9 (Manual)	M/S		
1	11 Jordan	Bleazard	Exeter Harriers	U12B	1415
2	193 Louie	Joannou	Torbay AAC	U12B	1535
3	125 Oliver	Pospisil	Exeter Harriers	U10B	1539
4	149 Harper	Linney-Goodall	City of Plymouth AC	U12G	1621
5	27 Betsy	Hook	Torbay AC	U12G	1654

#### 100m Race 3

		+2.0 (Manual)	M/S		
1	121 George	Sidaway	Exeter Harriers	U14B	1263
2	187 Evie	Ledger	Taunton AC	U14G	1303
3	176 Lila	Richards	Wimborne AC	U14G	1405
4	172 Elliot	Richings	Poole AC	U14B	1494
5	192 Alfie	Forster	City of Plymouth AC	U14B	1589

100m Race 4		+1.4 (Manual)	M/S		
1	161				1411
2	67 Oscar	Addyman	Exeter Harriers	U14B	1483
3	29 Blubell	McBride	Erme Valley Harriers	U14G	1589
4	156 Erin	Alderman	Exeter Harriers	U14G	1596

100m Race 5		+2.7 (Manual)	M/S		
1	165 Leon	Biaggi	Exeter Harriers	SM	1132
2	201 Wilbert	Purser-Mountford	Exeter Harriers	SM	1151
3	80 Jack	Wood	Exeter Harriers	SM	1155
4	107 Zachary	Richings	Poole AC	U20M	1159
5	167 Finlay	Stuart	Taunton AC	U20M	1174

100m Race 6		+2.0 (Manual)	M/S		
1	205 Luke	Thomas	Carmarthen Harriers	SM	1144
2	71 Brett	Mills	North Somerset AC	U20M	1149
3	162 Quentin	Sturley	North Devon AC	U16B	1151
4	88 Will	Mallen	Exeter University AC	SM	1187
5	129 Benjamin	Charlesworth	Swindon Harriers	U18M	1212
6	189 Ethan	Mason	City of Plymouth AC	U20M	1221

100m Race 7		+2.0 (Manual)	M/S		
1	160 Bay	Roach	North Somerset AC	U16B	1248
2	171 Jonah	Richings	Poole AC	U16B	1269
3	223 Jacob	Lucas	Bideford AAC	U16B	1461
4	220 Lewis	Collman	South West Athletics	U16B	2181

100m Race 8		+3.3 (Manual)	M/S		
1	206 Pip	Knapton	Exeter Harriers	SW	1362
2	199 Emily	Harvey	Cornwall AC	U16G	1398
3	146 Iona	Nevill	Newton Abbot AC	U16G	1455
4	212 Elsa	Friend	Cornwall AC	U16G	1492

800m Race 1					
1	16 Dante	Nusser	Bideford AAC	U12B	2:2988
2	221 Jack	Penney	City of Plymouth AC	U12B	2:2989
3	203 Evie	Bolt	City of Plymouth AC	U12G	2:3837
4	9 Roux	Tucker	South Devon AC	U12B	2:5145
5	193 Louie	Joannou	Torbay AAC	U12B	2:5451
6	64 Max	Cook	Bideford AC	U12B	2:5635
7	112 Keaton	Quinn	Torbay AAC	U12B	2:5664
8	211 Lucas	Rhodes	Newquay & Par AC	U12B	2:5977
9	4 Evelyn	Thomson	Newquay & Par AC	U12G	3:0101

10	149 Harper	Linney-Goodall	City of Plymouth AC	U12G	3:0665
11	86 Violet	Fulling	Poole Runners	U12G	3:0852

#### 800m Race 2

1	197 Jack	Burrough	Exeter Harriers	U14B	2:2861
2	200 Evie	Welsh	City of Plymouth AC	U14G	2:3051
3	77 Paige	Ryan	Exeter Harriers	U14G	2:3351
4	215 Micah	Martin	City of Plymouth AC	U14B	2:3374
5	161 Finley	Coogan	Exeter Harriers	U14B	2:3681
6	85 Poppy	Fulling	Poole Runners	U14G	2:3784
7	79 Sadie	Block	City of Plymouth AC	U14G	2:4356
8	202 Isla	Rhodes	Newquay & Par AC	U14G	2:4833
9	210 Joshua	Lane	South Devon AC	U14B	2:5016
10	159 Elsa	Skelding	Bideford AAC	U14G	3:0566
11	29 Blubell	McBride	Erme Valley Harriers	U14G	3:1006

#### 800m Race 3

1	213 William	Turner	Exeter Harriers	U18M	2:1961
2	70 Oskar	Eva King	South Devon AC	U16B	2:2673
3	196 Isla	Hayes	Yeovil Olympiads	U16G	2:3523
4	223 Jacob	Lucas	Bideford AAC	U16B	2:3998
5	92 Cara	Hobson	Poole Runners	U16G	2:4180
6	198 Bella	Corrin	Exeter Harriers	U16G	2:4323
7	82 Oliver	Jennings	Bournemouth AC	U16B	3:3207

#### 600m U10

1	87 Mawgan	Giles		U10B	2:0762
2	207 Elsie	Penney	City of Plymouth AC	U10G	2:0890
3	190 Frida	Faircloth	Exeter Harriers	U10G	2:0904
4	69 Esme	Quinn	Torbay AAC	U10G	2:1416
5	195 Maya	Bahoum	Torbay AAC	U10G	2:1782
6	76 Harry	Bristow	Torbay AAC	U10B	2:1923
7	180 Samuel	Cowell	City of Plymouth AC	U10B	2:1968
8	98 Atticus	Manners		U10B	2:1979
9	217 Lochlan	Burns	City of Plymouth AC	U10B	2:2031
10	148 Frederick	Linney-Goodall	City of Plymouth AC	U10B	2:2084
11	194 Toby	Joannou	Torbay AAC	U10B	2:2092
12	147 Aaron	Cantwell		U10B	2:2252
13	26 Fran	Pickstone	Erme Valley Harriers	U10G	2:2365

#### 150 m

		+2.1 (Manual)	M/S		
1	16 Dante	Nusser	Bideford AAC	U12B	2277
2	221 Jack	Penney	City of Plymouth AC	U12B	2386
3	64 Max	Cook	Bideford AC	U12B	2488

4	4 Evelyn	Thomson	Newquay & Par AC	U12G	2531
5	164 Harry	Craze		U12B	2768
6	163 Buster	Dennis		U10B	3075
7	219 Kieran	Collman	South West Athletics	U12B	3578
200m Race 1		+3.3 (Manual)	M/S		
1	187 Evie	Ledger	Taunton AC	U14G	2701
2	79 Sadie	Block	City of Plymouth AC	U14G	2973
3	85 Poppy	Fulling	Poole Runners	U14G	3054
4	159 Elsa	Skelding	Bideford AAC	U14G	3369
5	116 Isabella	Hollobon	Exeter Harriers	U14G	3563
200m Race 2		+1.0 (Manual)	M/S		
1	197 Jack	Burrough	Exeter Harriers	U14B	2984
2	11 Jordan	Bleazard	Exeter Harriers	U12B	3031
3	215 Micah	Martin	City of Plymouth AC	U14B	3035
4	210 Joshua	Lane	South Devon AC	U14B	3200
5	67 Oscar	Addyman	Exeter Harriers	U14B	3293
6	192 Alfie	Forster	City of Plymouth AC	U14B	3364
200m Race 3		+3.6 (Manual)	M/S		
1	92 Cara	Hobson	Poole Runners	U16G	2980
2	212 Elsa	Friend	Cornwall AC	U16G	3065
3	216 Erin	Burns	City of Plymouth AC	U16G	3172
200m Race 4		+2.6 (Manual)	M/S		
1	162 Quentin	Sturley	North Devon AC	U16B	2396
2	160 Bay	Roach	North Somerset AC	U16B	2596
3	208 Casper	Dyer	South Devon AC	U16B	2837
200m Race 5		+1.9 (Manual)	M/S		
1	205 Luke	Thomas	Carmarthen Harriers	SM	2321
2	201 Wilbert	Purser-Mountford	Exeter Harriers	SM	2330
3	71 Brett	Mills	North Somerset AC	U20M	2435
4	167 Finlay	Stuart	Taunton AC	U20M	2452
5	206 Pip	Knapton	Exeter Harriers	SW	2891
6	25 Noemi	Gonczol	Exeter Harriers	SW	2954
400m					
1	72 Rory	Brown	Yate AC	SM	1:0066
1 Mile					
1	90 Gerard	McGrady	Blackheath & Bromley H	SM	4:3202
2	108 Henry	Gardiner	Torbay AAC	U16B	4:5413

3	95 Jacob	Adams	Exeter Harriers	U16B	4:5546
4	204 Isaac	Hammond	Torbay AAC	U18M	5:0023
5	89 Olivia	Steer	Exeter Harriers	U18W	5:0898
6	188 Nyla	Roode	Exeter Harriers	U18W	5:2197
7	169 Ella	Richards	Torbay AAC	U18W	5:2754
8	81 Olivia	Eves	Wimborne AC	U16G	5:3153
9	135 Ellie	Charlesworth	Swindon Harriers	U16G	5:3570
10	214 Alyssa	Baker	University of Exeter AC	SW	5:3744
11	218 Carlos	Clarke	South Devon AC	U14B	5:3970
12	83 Andrew	Jennings		SM	5:4096