

Brighon Phoenix/BMC Open Meeting, Withdean Stadium, Wednesday 30th May, 2018

| <u>Place</u> | <u>Bib no</u> | <u>First Name</u> | <u>Last Name</u> | <u>Age Group/Club</u> | <u>Time</u> |
|------------------------------|---------------|-------------------|------------------|------------------------|-------------|
| U9/U11 Girls 800m | | | | | |
| 1 | 321 | George | Gilbert | U9M | 02:57.13 |
| 2 | 318 | Megan | Hopkins Parry | U9W | 03:10.03 |
| 3 | 386 | Emmet | Bailey | U9M | 03:18.29 |
| 4 | 317 | Bibbi | Webb | U9W | 03:19.18 |
| 5 | 383 | Ruth | Lewis | U9W | 03:22.01 |
| 6 | 319 | Elodie | Clayton | U9W | 03:30.05 |
| 7 | 393 | Jimmy | Jasper | U11M | 03:38.76 |
| U11/ U9 Boys 800m | | | | | |
| 1 | 385 | Corbin | Bailey | U11M | 02:43.27 |
| 2 | 320 | Sidney | Stephenson | U11M | 02:43.52 |
| 3 | 384 | Marco | Holt | U11M | 02:43.60 |
| 4 | 377 | Joe | Hall | U11M | 02:44.26 |
| 5 | 322 | Alex | Kavourus | U11M | 02:50.08 |
| 6 | 375 | Tyler | Bloom-Ovin | U11M | 02:54.37 |
| 7 | 376 | Vincent | Pegley | U11M | 02:55.77 |
| 8 | 388 | Jasper | Simmons | U11M | 02:57.43 |
| 9 | 392 | Tommy | Jasper | U11M | 02:57.91 |
| 10 | 391 | Jo | Fearn-Ousley | U11W | 02:58.54 |
| 11 | 389 | Oliver | Darcy | U11M | 02:59.82 |
| U11 800m race 3 | | | | | |
| 1 | 316 | Elodie | Bradley | U11W | 02:42.2 |
| 2 | 314 | Florence | East | U11W | 02:44.2 |
| 3 | 315 | Kitty | Brydon | U11W | 02:48.2 |
| 4 | 313 | Stella | Kalman | U11W | 02:54.2 |
| 5 | 312 | Molly | Edwards | U11W | 02:58.8 |
| 6 | 380 | Pearl | Goodwin | U11W | 03:05.5 |
| 7 | 394 | Lyla | Millsa | U11W | 03:17.4 |
| 8 | 310 | Talula | Khan | U11W | 03:21.4 |
| 9 | 390 | Leily | Saadatzadel | U11M | 03:24.5 |
| 10 | 311 | Angelina | Diacci | U11W | 03:29.5 |
| U13 Gilrs A 800m | | | | | |
| 1 | 324 | Eleanor | Stevens | U13W Eastbourne | 02:26.3 |
| 2 | 325 | Mollie | Barrett | U13W Brighton and Hove | 02:27.0 |
| 3 | 327 | Dulcie | Yelling | U13W Brighton and Hove | 02:32.0 |
| 4 | 329 | Anna | Fox | U13W Crawley | 02:33.8 |
| 5 | 326 | Beatrice | Ingles | U13W Lewes | 02:37.8 |
| 6 | 331 | Pearl | Pennington | U13W Brighton and Hove | 02:38.1 |
| 7 | 328 | Gabrielle | Holland | U13W East Grinstead | 02:38.1 |
| 8 | 323 | Imogen | Read | U13W Brighton Phoenix | 02:46.3 |
| 9 | | | | | |
| 10 | | | | | |
| U13 Girls 800m B Race | | | | | |
| 1 | 333 | Sophie | Packham | U13W Brighton & Hove | 02:37.52 |

| | | | | | |
|---|-----|-----------|----------------|-----------------------|----------|
| 2 | 379 | Annalise | Brown | U13W Brighton Phoenix | 02:41.36 |
| 3 | 332 | Rosie | Gasson | U13W Brighton & Hove | 02:43.16 |
| 4 | 339 | Polly | Ashton-Prevett | U13W Brighton & Hove | 02:45.62 |
| 5 | 337 | Florence | Bagnall | U13W Brighton & Hove | 02:50.05 |
| 6 | 335 | Tilly | Wilburn | U13W Brighton & Hove | 02:50.59 |
| 7 | 334 | Madeleine | Badruzaman | U13W Brighton & Hove | 02:51.48 |
| 8 | 338 | Mekdes | Berry | U13W Brighton Phoenix | 02:56.33 |

U13 Boys 800m A Race

| | | | | | |
|---|-----|---------|------------|-------------------------|---------|
| 1 | 342 | Louis | Goodwin | U13M Lewes | 02:20.3 |
| 2 | 340 | Eddy | Purser | U13M City of Portsmouth | 02:26.7 |
| 3 | 344 | Gusie | Lewis | U13M Reigate Priory | 02:29.7 |
| 4 | 343 | Finley | Stonehouse | U13M Lewes | 02:30.6 |
| 5 | 347 | Alex | Riley | U13M Brighton & Hove | 02:31.0 |
| 6 | 349 | Max | Webb | U13M Crawley | 02:31.5 |
| 7 | 345 | Gabriel | Penrose | U13M Lewes | 02:31.9 |
| 8 | 341 | James | Barnes | U13M Cambridge H | 02:35.4 |
| 9 | 348 | Harris | Truss | U13M Lewes | 02:41.4 |

800m U13 Boys B Race

| | | | | | |
|----|-------|----------|----------|-----------------------|---------|
| 1 | 352 | Ethan | Darcy | U13M Crawley | 02:29.4 |
| 2 | 355 | Jaymes | Fonteyn | U13M Brighton Phoenix | 02:34.6 |
| 3 | 354 | Archie | Turner | U13M Brighton & Hove | 02:34.9 |
| 4 | 351 | Jude | Clayton | U13M Brighton & Hove | 02:35.1 |
| 5 | 353 | Adam | Mehew | U13M Unattached | 02:38.5 |
| 6 | 356 | Matthew | Noakes | U13M Brighton Phoenix | 02:39.1 |
| 7 | 374 | Woody | Rickwood | U13M Brighton Phoenix | 02:43.6 |
| 8 | 370 | Angelina | Bowen | U13W | 02:45.2 |
| 9 | 360 | Rory | Monti | U13M Brighton & Hove | 02:49.6 |
| 10 | 357 | Milo | Sutton | U13M Brighton & Hove | 02:49.5 |
| 11 | 359 | Felix | Ellis | U13M Brighton Phoenix | 02:55.4 |
| 12 | 395?? | | | | 03:00.1 |

+0.1 (Manual)

Closed 100m race 1

M/S

| | | | | | |
|---|-----|---------|-----------|-----------------------|-------|
| 1 | 362 | Kiera | Jewell | U15W Brighton Phoenix | 13.74 |
| 2 | 366 | Anna | Court | U15W Brighton Phoenix | 14.03 |
| 3 | 365 | Natasha | Bowen | U15W Brighton Phoenix | 14.18 |
| 4 | 368 | Ruby | Challis | U13W Brighton Phoenix | 14.32 |
| 5 | 381 | Kitty | Krikiskiw | u13W Brighton Phoenix | 14.46 |
| 6 | 371 | Sophie | Wilkinson | U13W Brighton Phoenix | 14.49 |
| 7 | 313 | Stella | Kalman | U11W Brighton Phoenix | 14.95 |
| 8 | 372 | Connie | Bagnall | U11W Brighton Phoenix | 15.30 |

BMC 800m Race O

| | | | | | |
|---|---|-----------|---------------|------------------------|----------|
| 1 | 1 | Eddie | Harrison | U15M Brighton Phoenix | 02:26.26 |
| 2 | 5 | Charlotte | Sida | U15W Lewes | 02:35.33 |
| 3 | 7 | Jack | Tilford-Carey | U15M Crawley | 02:35.59 |
| 4 | 8 | Hannah | Miller | U15W Bodyworks | 02:38.68 |
| 5 | 3 | Aoife | Edwards | U15W Brighton Phoenix | 02:39.71 |
| 6 | 6 | Madelaine | Parmar | U17W Brighton Phoenix | 02:40.18 |
| 7 | 4 | Valerie | Parocki | U15W Herne Hill | 02:40.53 |
| 8 | 2 | Hugo | Lewis | U15M Sutton & District | 02:44.88 |

BMC 800m Race N

| | | | | | |
|---|-----|-----------|---------|---------------------------|----------|
| 1 | 10 | Joshua | Pay | U15M Brighton & Hove | 02:24.10 |
| 2 | 130 | Francesca | Clayton | U15W Crawley | 02:31.26 |
| 3 | 15 | Tomas | Harris | U15M Crawley | 02:33.92 |
| 4 | 13 | Paul | Gasson | V60M Arena 80/Southern Cc | 02:34.34 |
| 5 | 11 | Flora | Davis | U15W Brighton Phoenix | 02:35.29 |

BMC 800m Race M

| | | | | | |
|----|----|----------|------------|-------------------------|----------|
| 1 | 38 | Robert | Nemeth | M35M | 02:19.18 |
| 2 | 20 | Isabelle | Brydon | U15W City of Portsmouth | 02:26.89 |
| 3 | 16 | Maddie | Bond | U15W City of Portsmouth | 02:27.03 |
| 4 | 17 | Adam | Morrissy | U15M Hastings AC | 02:28.43 |
| 5 | 21 | Jess | Corbett | U15W Brighton & Hove | 02:28.61 |
| 6 | 24 | Saoirse | McGuinness | U17W Brighton Phoenix | 02:29.09 |
| 7 | 18 | Amalie | Primdal | U17W Crawley | 02:30.44 |
| 8 | 22 | Lacey | Fowler | U15W Brighton & Hove | 02:31.44 |
| 9 | 23 | Amy | Hughes | U15W Crawley | 02:34.07 |
| 10 | 19 | Nicole | Boltwood | U15W Chichester | 02:39.37 |

BMC 800m Race L

| | | | | | |
|----|----|----------|-----------------|---------------------------|----------|
| 1 | 30 | George | Taylor | U15M Brighton & Hove | 02:16.88 |
| 2 | 27 | Oliver | Francis | U15M Lewes | 02:17.61 |
| 3 | 51 | Henry | Yelling | U15M Brighton & Hove | 02:19.03 |
| 4 | 26 | Benjamin | Connolly | U15M Brighton Phoenix | 02:19.20 |
| 5 | 25 | Naomi | Fonteyn | U20W Brighton Phoenix | 02:19.94 |
| 6 | 31 | Jonathan | Burrell | V55M Lewes | 02:21.69 |
| 7 | 29 | Amelia | McMurtrie | U17W Rugby & Northampto | 02:22.37 |
| 8 | 32 | Emily | Dunkley | U15W City of Portsmouth | 02:23.70 |
| 9 | 28 | David | McKeown-Webster | V45M Arena 80/Southern Cc | 02:24.41 |
| 10 | 33 | Mia | Edwards | U17W Brighton Phoenix | 02:25.82 |

BMC 800m Race B

| | | | | | |
|---|----|-------------|----------|------------------------------|----------|
| 1 | 37 | Christopher | Dodd | SM Eastbourne/Bristol Uni/C | 01:52.99 |
| 2 | 34 | Charlie | Baldwin | SM Crawley/St. Mary's Uni | 01:52.99 |
| 3 | 36 | Elliott | Dorey | SM Glasgow City/St. Mary's L | 01:53.00 |
| 4 | 62 | Declan | Neary | U23M City of York/Brighton | 01:53.42 |
| 5 | 39 | Tom | Bowerman | SM Aldershot Farnham & Dis | 01:54.78 |
| 6 | 41 | Billy | White | U23M Brighton Phoenix/Cra | 01:55.15 |

BMC 800m Race K

| | | | | | |
|---|----|---------|---------------|-----------------------------|----------|
| 1 | 42 | Annabel | Carter | SW Invicta East Kent/Loughk | 02:19.09 |
| 2 | 45 | Rose | Chaplin | U17W Eastbourne | 02:19.19 |
| 3 | 49 | Chloe | Kornevall | U17W Lewes | 02:19.85 |
| 4 | 47 | Tia | Forde | U20W Crawley | 02:20.84 |
| 5 | 44 | Erin | Bracknell | U15W Crawley | 02:20.88 |
| 6 | 43 | Kiera | Aslett | U20W Crawley | 02:21.19 |
| 7 | 48 | April | Hanslow | U20W Crawley | 02:21.59 |
| 8 | 50 | Tatum | Walker | U15W Brighton & Hove | 02:22.49 |
| 9 | 46 | Poppy | Craig-McFeely | U15W Herne Hill | 02:22.98 |

BMC 800m Race J2

| | | | | | |
|---|----|---------|-----------------|-----------------------|----------|
| 1 | 55 | Cassius | Hebden | U15M Brighton Phoenix | 02:13.97 |
| 2 | 60 | Milly | Dickinson | U17W Brighton Phoenix | 02:15.98 |
| 3 | 54 | Rachael | Grass | SW Hastings AC | 02:17.07 |
| 4 | 59 | Harmony | Cooper | U17W Hastings AC | 02:17.66 |
| 5 | 52 | Shen | Wigfield Turner | U15W | 02:19.62 |
| 6 | 58 | Megan | Coffey | U17W Walton | 02:23.17 |

BMC 800m Race A

| | | | | | |
|---|----|----------|----------|------------------------------|----------|
| 1 | 67 | Elliot | Giles | SM Birchfield H | 01:47.80 |
| 2 | 69 | Spencer | Thomas | U23M Brighton Phoenix | 01:48.47 |
| 3 | 72 | Archie | Davis | U23M Brighton Phoenix | 01:48.78 |
| 4 | 68 | Sean | Molloy | SM Tonbridge/St. Mary's Uni | 01:49.31 |
| 5 | 70 | Finley | Bigg | U23M Brighton Phoenix | 01:49.46 |
| 6 | 73 | Jack | Hallas | SM Birchfield H/Leeds Becker | 01:50.10 |
| 7 | 74 | Ricky | Lutakome | U20M Sutton & District/Blac | 01:50.40 |
| 8 | 35 | Simon | Coppard | U20M Tonbridge | 01:50.82 |
| 9 | 75 | Nicholas | Landeau | SM Ealing/ Trinidad and Toba | 01:55.33 |

BMC 800m Race J

| | | | | | |
|---|----|---------|-----------|---------------------|----------|
| 1 | 76 | Caitlin | Millar | SW Hastings AC | 02:14.38 |
| 2 | 77 | Maisie | Collis | U15W Herne Hill | 02:14.55 |
| 3 | 81 | Thomas | Kimber | U15M Crawley | 02:14.93 |
| 4 | 78 | Annabel | Hobday | U20W Herne Hill | 02:17.11 |
| 5 | 57 | Lucy | Broderick | U17W Reigate Priory | 02:18.39 |
| 6 | 82 | Alan | Rolfe | V50M Eastbourne | 02:24.57 |

BMC 800m Race D

| | | | | | |
|---|-----|---------|------------------|-----------------------------|----------|
| 1 | 86 | Joshua | Schofield | U23M City of York/Leeds Bec | 01:56.28 |
| 2 | 85 | Tom | Rickards | U17M Reading AC | 01:57.31 |
| 3 | 122 | Jamie | Webster | U17M Bedford & County/Loi | 01:57.50 |
| 4 | 90 | Jacques | Cunningham Marsh | U20M Medway & Maidstone | 01:57.81 |
| 5 | 64 | Ted | Ntibazonkiza | SM Shaftesbury | 01:57.95 |
| 6 | 87 | Harry | Tullett | U20M Chelmsford | 01:58.03 |
| 7 | 88 | Peter | Guy | U17M Blackheath & Bromley | 01:58.25 |

BMC 800m Race I

| | | | | | |
|---|-----|----------|----------------|--------------------------|----------|
| 1 | 93 | Benjamin | Hendry | U20M Brighton Phoenix | 02:07.49 |
| 2 | 97 | Dylan | Hanslow | U15M Crawley | 02:08.60 |
| 3 | 91 | Jim | Bennet | M40M Southampton | 02:10.11 |
| 4 | 99 | Harry | Sullivan-Jones | U23M Brighton & Hove/UCL | 02:10.50 |
| 5 | 100 | Sam | Kane | U20M Brighton & Hove | 02:11.68 |
| 6 | 92 | Fiona | de Mauny | V35W Herne Hill | 02:12.52 |
| 7 | 96 | Maisie | Grice | U20W Aldershot Farnham & | 02:13.85 |
| 8 | 98 | Andrew | Phillips | SM Brighton Phoenix | 02:14.56 |
| 9 | 95 | Theo | Lewis | U17M Sutton & District | 02:18.14 |

BMC 800m Race E

| | | | | | |
|---|-----|---------|-----------|-----------------------------|----------|
| 1 | 103 | Matthew | Grindrod | U17M Eastbourne | 01:59.55 |
| 2 | 104 | Ben | Pattison | U23M St. Albans AC/Brighton | 01:59.82 |
| 3 | 105 | Redwan | Sultan | U17M Highgate | 01:59.97 |
| 4 | 102 | Calum | Upton | U23M Winchester/Sussex Ur | 02:00.29 |
| 5 | 101 | Tomer | Tarragano | U20M Brighton & Hove/Herc | 02:00.45 |

| | | | | | |
|-------------------------|-----|---------|------------------|----------------------------|----------|
| 6 | 106 | Charlie | Warren | U20M Brighton Phoenix | 02:00.66 |
| BMC 800m Race G | | | | | |
| 1 | 107 | Aaron | Duncan | U15M Lewes | 02:00.10 |
| 2 | 108 | Paul | Howard | V35M Brighton & Hove | 02:01.47 |
| 3 | 112 | Josh | Goldfinch | U17M City of Portsmouth | 02:03.51 |
| 4 | 113 | Travis | Hutchinson | U20M Bodyworks | 02:06.26 |
| 5 | 109 | James | Mountford | SM Hastings AC | 02:10.33 |
| BMC 800m Race H | | | | | |
| 1 | 117 | Jack | Madden | V35M Hastings AC | 02:07.73 |
| 2 | 121 | Peter | Bannister | SM Tonbridge | 02:07.86 |
| 3 | 118 | Steve | Atkinson | V50M Brighton Phoenix/Vet | 02:09.32 |
| 4 | 119 | Yasmin | Austridge | U20W Blackheath & Bromley | 02:09.64 |
| 5 | 114 | Thomas | Roe | U17M City of Portsmouth | 02:12.83 |
| 6 | 115 | Max | Dickson | U15M Kingston & Poly | 02:12.97 |
| 7 | 120 | Louis | Woods | U15M Cambridge H | 02:13.60 |
| 8 | 116 | Zachary | Elbourne | U17M Brighton Phoenix/Pho | 02:14.74 |
| BMC 800m Race E2 | | | | | |
| 1 | 123 | Jack | Dickson | U17M Kingston & Poly | 01:59.08 |
| 2 | 128 | Sam | Wilkinson | U20M Brighton & Hove | 01:59.60 |
| 3 | 127 | Patrick | McManus | U23M Lewes | 02:00.60 |
| 4 | 126 | Adam | Kimber | U20M City of Portsmouth | 02:02.35 |
| 5 | 124 | Joe | Clayson | U20M Brighton & Hove | 02:03.14 |
| BMC 1500m Race A | | | | | |
| 1 | 67 | Elliot | Giles | SM Birchfield H | 03:47.39 |
| 2 | 134 | Canaan | Solomon | U23M Woodford Green Esse | 03:48.82 |
| 3 | 129 | Rowan | Axe | SM Cardiff/St. Mary's Uni | 03:50.81 |
| 4 | 136 | Thomas | Niner | SM Brighton & Hove/Crawley | 03:52.50 |
| 5 | 138 | Joe | Smith | U17M Crawley | 03:53.58 |
| 6 | 137 | Thomas | Randolph | U20M Tamworth/St. Mary's I | 03:55.89 |
| 7 | 133 | George | Grassly | U20M Dorking & Mole Valley | 03:57.08 |
| BMC 1500m Race B | | | | | |
| 1 | 140 | Callum | Crawford-Walker | U23M Annadale/St. Mary's U | 03:58.93 |
| 2 | 144 | Andrew | Clarke | SM Herne Hill | 04:00.59 |
| 3 | 139 | Jamie | Bryant | SM Tonbridge | 04:01.10 |
| 4 | 143 | Andrew | Warburton | SM Notts | 04:02.35 |
| 5 | 151 | Lewis | Laylee | U23M Dulwich/Birmingham | 04:02.53 |
| 6 | 145 | Matthew | Francis | U17M Blackheath & Bromley | 04:04.01 |
| 7 | 146 | James | Hancock | U23M Sutton & District/Exe | 04:05.63 |
| 8 | 147 | Bede | Pitcairn-Knowles | U20M Tonbridge | 04:06.76 |
| 9 | 150 | Samuel | Southall | U17M St. Mary's Richmond/' | 04:11.09 |
| 1500m Race C | | | | | |
| 1 | 159 | Thomas | Thayre | U20M Crawley | 04:09.34 |
| 2 | 153 | Leo | Stallard | U20M Chichester | 04:11.42 |
| 3 | 158 | Jacob | O'Hara | U20M City of Portsmouth | 04:13.15 |
| 4 | 154 | William | Carey | U17M Brighton Phoenix | 04:13.43 |
| 5 | 156 | Adam | Dray | U17M Haywards Heath | 04:13.74 |

| | | | | | |
|---|-----|--------|--------|----------------------------|----------|
| 6 | 152 | Noah | Candy | U20M Bodyworks | 04:14.51 |
| 7 | 157 | Sam | Martin | U17M Guildford & Godalmir | 04:16.50 |
| 8 | 149 | Ned | Potter | U17M Chichester | 04:18.77 |
| 9 | 155 | Callum | Crook | U17M City of Portsmouth/Ci | 04:24.10 |

1500m Race D

| | | | | | |
|----|-----|-----------|----------------|---------------------------|----------|
| 1 | 160 | Joe | Ashley | V35M Arena 80/Southern Cc | 04:15.75 |
| 2 | 162 | Ellie | Baker | U23W Shaftesbury Barnet | 04:18.20 |
| 3 | 165 | Ashley | Williams | U17M Horsham Blue Star | 04:20.35 |
| 4 | 164 | Anold | Perana | U17M Crawley | 04:21.88 |
| 5 | 94 | Beth | Kidger | SW Brighton Phoenix | 04:21.93 |
| 6 | 167 | Atticus | Mohapi-Dobouny | U17M Lewes | 04:23.48 |
| 7 | 169 | Theo | Machin-Paley | U15M Highgate | 04:23.70 |
| 8 | 172 | Simon | Stebbing | M45M Oxford City | 04:24.28 |
| 9 | 161 | Tom | Stevens | SM Southampton | 04:24.42 |
| 10 | 178 | Matty | Smith | U15M Horsham Blue Star | 04:25.00 |
| 11 | 174 | Harry | Hyde | U15M | 04:25.46 |
| 12 | 173 | Bailey | Roberts | U15M Aldershot Farnham & | 04:26.26 |
| 13 | 163 | Isaac | Elam | U17M Hastings AC | 04:26.68 |
| 14 | 171 | Harvey | Grant | U15M Brighton & Hove | 04:26.76 |
| 15 | 166 | Jadon | Dodson | U17M Highgate | 04:28.81 |
| 16 | 170 | Olukorede | Fasina | U15M Tonbridge | 04:29.34 |

BMC 1500m Race E

| | | | | | |
|----|-----|----------|---------------|------------------------------|----------|
| 1 | 182 | Thomas | Hardman | U17M Guildford & Godalmir | 04:27.20 |
| 2 | 183 | Leah | Harris | U23W Worthing | 04:31.47 |
| 3 | 177 | Marco | Galasso | U15M Crawley | 04:32.38 |
| 4 | 186 | Jonas | Judah | U15M Hastings AC | 04:32.48 |
| 5 | 179 | Morgan | Squibb | U17W Blackheath & Bromle | 04:33.06 |
| 6 | 175 | Lewis | Courtnage | U17M Hastings AC | 04:34.40 |
| 7 | 180 | Grace | Brock | W Cornwall AC | 04:34.58 |
| 8 | 200 | Cameron | Walker-Powell | U15M City of Portsmouth | 04:34.69 |
| 9 | 181 | Yasmin | Goater | SW Highgate/Sheffield Hallar | 04:34.71 |
| 10 | 176 | Ellie | Farrow | U17W City of Portsmouth | 04:36.09 |
| 11 | 188 | Bethany | Cook | U15W Bodyworks | 04:40.21 |
| 12 | 189 | Davoren | Fenton | U15M Lewes | 04:43.12 |
| 13 | 185 | Eva | Holland | U15W Herne Hill | 04:43.21 |
| 14 | 191 | Olivia | McDonald | U17W Guildford & Godalmir | 04:43.33 |
| 15 | 192 | Pippa | Roessler | U15W Aldershot Farnham & | 04:43.99 |
| 16 | 184 | Lukas | Harber | U15M Worthing | 04:44.80 |
| 17 | 187 | Sofie | Kent | SW | 04:47.37 |
| 18 | 190 | Isabella | Hayes | U15W Horsham Blue Star | 04:49.00 |

BMC 1500m Race F

| | | | | | |
|---|-----|---------|-----------|--------------------------|----------|
| 1 | 199 | Archie | Rowles | U15M Brighton & Hove | 04:43.70 |
| 2 | 193 | Jonah | Davies | U17M Hastings AC | 04:44.25 |
| 3 | 194 | Thomas | Keenan | SM Sutton & District | 04:45.95 |
| 4 | 201 | Holly | Wilkinson | U15W City of Portsmouth | 04:46.42 |
| 5 | 213 | Emma | Gill | U20W Brighton & Hove | 04:46.82 |
| 6 | 204 | Thomas | Fox | U15M Crawley | 04:47.57 |
| 7 | 202 | Jessica | Neal | U17W Blackheath & Bromle | 04:47.58 |
| 8 | 196 | Lois | Dooley | U17W Brighton & Hove | 04:50.77 |

| | | | | | |
|----|-----|---------|-------------|-------------------------|----------|
| 9 | 203 | Ailbhe | Barnes | U15W Cambridge H | 04:52.31 |
| 10 | 195 | Nicole | Ainsworth | U17W City of Portsmouth | 04:52.41 |
| 11 | 209 | Matilda | Stevens-Cox | U15W Herne Hill | 04:53.97 |

BMC 1500m Race H

| | | | | | |
|----|-----|-------------|---------------|-------------------------|----------|
| 1 | 241 | Ollie | Spinks | U13M | 04:54.21 |
| 2 | 240 | Barney | Hastings | U13M | 04:54.90 |
| 3 | 222 | Mia | Billins | U17W City of Portsmouth | 04:56.70 |
| 4 | 225 | Olivia | East | U15W City of Portsmouth | 04:56.95 |
| 5 | 232 | Sebastien | Behuret | SM Brighton Phoenix | 04:57.49 |
| 6 | 382 | Poppy | Palmer Malins | U15W Brighton & Hove | 04:58.85 |
| 7 | 223 | Shannon | Hopkins-Parry | U15W Hastings AC | 04:59.26 |
| 8 | 229 | Eadie | Yelling | U15W Brighton & Hove | 05:11.79 |
| 9 | 226 | Imogen | Matthews | U20W Chichester | 05:12.14 |
| 10 | 224 | Abigail | Hughes | U20W Eastbourne | 05:13.24 |
| 11 | 228 | Jesse | Mackarel | U15M Horsham Blue Star | 05:15.98 |
| 12 | 231 | Sophie | Morris | U15W Horsham Blue Star | 05:18.05 |
| 13 | 230 | Sid | DeLara | V60M Southampton/Vegan | 05:20.72 |
| 14 | 12 | Eleanor | Purdue | U20W City of Portsmouth | 05:20.92 |
| 15 | 239 | Lizzie | Hastings | U13W | 05:21.21 |
| 16 | 234 | Kit | Monti | U15M Brighton & Hove | 05:41.53 |
| 17 | 238 | Christopher | Berry | V60M Brighton Phoenix | 05:45.23 |
| 18 | 237 | Allanah | Clayton | U15W Brighton & Hove | 05:59.80 |

BMC 1500m Race G

| | | | | | |
|----|-----|---------|------------|--------------------------------|----------|
| 1 | 211 | Carlos | Nieto-Parr | U15M Hastings AC | 04:37.66 |
| 2 | 206 | Rebecca | Losh | U15W Brighton & Hove | 04:49.09 |
| 3 | 207 | Sophie | Markwick | U23W Hastings AC/St. Mary's | 04:53.12 |
| 4 | 215 | Eloise | Key | U15W Bodyworks | 04:54.13 |
| 5 | 210 | Alice | Wright | U17W Brighton Phoenix/Crawley | 04:55.33 |
| 6 | 216 | Alice | Wood | U23W Tonbridge/Birmingham | 04:55.74 |
| 7 | 217 | Harriet | Bloor | U17W Hailsham | 04:56.15 |
| 8 | 218 | Paul | Johnson | V55M Southampton/Southampton | 04:56.74 |
| 9 | 212 | Erika | Body | U15W Hastings AC | 04:56.95 |
| 10 | 220 | Ellen | Donald | U15W Highgate | 04:57.91 |
| 11 | 208 | Steven | Selby | V50M Brighton Phoenix | 05:01.36 |
| 12 | 219 | Hannah | Clark | U15W Blackheath & Bromley | 05:03.17 |
| 13 | 214 | Nigel | Herron | V50M Brighton Phoenix/Veterans | 05:06.16 |

Womens 3000m

| | | | | | |
|----|-----|-----------|-------------|-------------------------------------|----------|
| 1 | 244 | Georgie | Grgec | SW Herne Hill/New Zealand | 09:33.06 |
| 2 | 243 | Katy | Hedgethorpe | SW Cambridge & Coleridge/Herne Hill | 09:40.03 |
| 3 | 245 | Jessica | Mitchell | U20W Havering | 09:50.19 |
| 4 | 249 | Ella | Newton | U20W Herne Hill/Cambridge | 09:57.77 |
| 5 | 242 | Charlotte | Alexander | U17W Herne Hill/Crawley | 09:59.29 |
| 6 | 251 | Natasha | Lodge | SW Herne Hill | 09:59.83 |
| 7 | 247 | Tara | Bage | U23W Brighton Phoenix/UC | 10:00.03 |
| 8 | 246 | Lizzie | Clarke | U20W Weald Tri/Kent Schs | 10:00.25 |
| 9 | 252 | Dominique | Corradi | U17W Sutton & District | 10:13.39 |
| 10 | 257 | Louise | Nash | U23W Hastings AC/St. Mary's | 10:16.57 |
| 11 | 248 | Olivia | Stillman | U20W Herne Hill | 10:17.47 |

| | | | | | |
|----|-----|--------|-----------|--------------------------|----------|
| 12 | 253 | Emma | Burgess | SW Highgate | 10:21.51 |
| 13 | 256 | Emiko | Salvi | U17W Reigate Priory | 10:26.82 |
| 14 | 264 | Emily | Proto | W Arena 80 | 10:28.12 |
| 15 | 258 | Emma | Navesey | SW Haywards Heath | 10:29.77 |
| 16 | 254 | Zoe | Tompkins | U20W Herne Hill | 10:30.18 |
| 17 | 255 | Phoebe | Anderson | U17W Windsor Slough Eton | 10:33.39 |
| 18 | 259 | Maya | Ramnarine | U17W Hastings AC | 10:51.33 |
| 19 | 261 | Rachel | Gorman | SW Brighton Phoenix | 11:08.93 |
| 20 | 260 | Bobby | Searle | SW Brighton Phoenix | 11:10.99 |
| 21 | 263 | Amelia | Culshaw | V45W Running Somewhere I | 12:57.42 |
| 22 | 262 | Judith | Matthews | V55W Brighton Phoenix | 15:00.09 |

Mens 3000m A race

| | | | | | |
|----|-----|---------|------------|----------------------------|----------|
| 1 | 276 | James | Westlake | SM Crawley | 08:29.97 |
| 2 | 62 | Declan | Neary | U23M City of York/Brighton | 08:30.41 |
| 3 | 265 | Lachlan | Wellington | U20M City of Portsmouth | 08:31.10 |
| 4 | 266 | Max | Pickard | SM Brighton Phoenix | 08:33.49 |
| 5 | 267 | Joshua | Burgess | SM Lewes | 08:40.42 |
| 6 | 272 | Gary | Foster | SM Hastings AC | 08:41.15 |
| 7 | 283 | Kevin | Moore | SM Brighton and Hove | 08:42.66 |
| 8 | 279 | Kevin | Rojas | V35M Brighton & Hove | 08:45.49 |
| 9 | 273 | Chris | Bird | V35M Chichester | 08:46.41 |
| 10 | 286 | James | Kingston | U17M Tonbridge | 08:46.44 |
| 11 | 270 | Kieran | Lindars | U23M Bodyworks | 08:47.07 |
| 12 | 274 | Howard | Bristow | V40M Brighton & Hove/Crav | 08:47.85 |
| 13 | 275 | George | Pool | U17M Hastings AC | 08:50.38 |
| 14 | 281 | Fraser | Gordon | U17M Tonbridge | 08:52.97 |
| 15 | 284 | Leo | Brewer | U17M Brighton phoenix | 08:54.88 |
| 16 | 271 | Jack | Woods | U23M Crawley | 08:55.74 |
| 17 | 285 | Tomer | Tarragano | U20M Brighton & Hove/Her | 08:58.04 |
| 18 | 280 | Theo | Doran | U17M Aldershot Farnham & | 08:59.61 |
| 19 | 282 | Ben | Morton | U20M Chichester | 09:06.80 |
| 20 | 278 | Calum | Upton | U23M Winchester/Sussex Ur | 09:07.37 |

Mens 3000m B Race

| | | | | | |
|----|-----|---------|------------|--------------------------|----------|
| 1 | 292 | Morgan | Rhodes | U23M MedwayTri | 09:14.07 |
| 2 | 289 | Jamie | Bedwell | U23M Bodyworks | 09:27.05 |
| 3 | 290 | Callum | Stone | U17M Crawley | 09:32.83 |
| 4 | 288 | Graham | Godden | V50M Brighton & Hove | 09:38.54 |
| 5 | 291 | Paul | Howard | V35M Brighton & Hove | 09:45.39 |
| 6 | 293 | Ash | Dorrington | SM Brighton Phoenix | 09:46.07 |
| 7 | 297 | Alex | Begley | V40M Brighton & Hove | 09:50.26 |
| 8 | 309 | Paul | Weir | SM Brighton Phoenix | 09:53.48 |
| 9 | 299 | Charles | Taylor | U20M Lewes | 09:56.20 |
| 10 | 277 | Russell | Mullen | SM Haywards Heath | 09:57.69 |
| 11 | 294 | Jon | Bowditch | V35M Arena 80 | 09:59.76 |
| 12 | 298 | Tom | Hooper | V35M Brighton Phoenix | 10:04.79 |
| 13 | 296 | Alfie | Spurle | U17M Chichester | 10:15.22 |
| 14 | 295 | Chris | de Mauny | V35M Walton/Hailsham/Her | 10:23.14 |
| 15 | 301 | Mark | Halls | V50M Brighton & Hove | 10:25.06 |
| 16 | 302 | David | Skidmore | V40M Unattached/Rotary | 10:33.69 |
| 17 | 300 | Justin | Eggs | V40M Chichester | 10:35.11 |

| | | | | | |
|----|-----|--------------|-----------------|---------------------------|----------|
| 18 | 307 | Andrew David | Edmonds | V40M Hastings AC | 11:17.74 |
| 19 | 303 | David | McKeown-Webster | V45M Arena 80/Southern Cc | 11:42.07 |
| 20 | 308 | Andrew | Haig | V70M Brighton Phoenix | 13:04.31 |