

## Folkestone Leisure Centre, Folkestone Sportshall U11's Results 20th November 2016

Team Name	Team No.s	Speed Bounce 20 Sec	rank /pts	Vertical Jump	rank /pts	Standing Long Jump	rank /pts	Foam Javelin	rank /pts	Under and Over Race	rank /pts	Under and Over Race	rank /pts	total rank pts	Finish Position
Folkestone RC 1	21 - 24	107	20	1.01	20	3.52	17	25.25	18	84.3	20	84.1	12	107	1
Paddock Wood AC 1	9 - 12	99	14	0.88	18	3.34	16	23.75	15	90.7	17	80.3	19	99	2
JRJ Jaguars	65 - 68	107	20	0.80	14	3.90	20	30.75	20	87.9	19	87.6	4.5	97.5	3
The Churchill Sch 1	1 - 4	101	15.5	0.89	19	3.67	19	28.25	19	90.1	18	86.5	6	96.5	4
Park Wood Jun Sch	49 - 52	88	8.5	0.87	17	3.54	18	21.50	13	93.5	14	79.2	20	90.5	5
Folkestone RC 2	25 - 28	102	17	0.77	13	3.17	10.5	25.00	17	94.3	11	84.8	10	78.5	6
JRJ Lions	73 - 76	107	20	0.76	11.5	3.16	9	18.75	10	94.0	13	84.0	13	76.5	7
The Churchill Sch 2	5 - 8	90	10	0.83	15	3.12	8	24.25	16	95.6	7	80.9	18	74	8
Bexley AC	81 - 84	92	12	0.74	10	3.24	12.5	19.25	11	93.3	15	84.5	11	71.5	9
Medway & Maidstone 1	53 - 56	77	3	0.84	16	3.24	12.5	16.25	5	92.7	16	81.4	16	68.5	10
JRJ Panthers	69 - 72	92	12	0.68	5	3.30	15	16.75	6	95.1	8	81.2	17	63	11
Folkestone RC 3	29 - 32	101	15.5	0.65	4	3.17	10.5	22.00	14	94.5	9.5	86.3	7	60.5	12
Swale Combined 1	85 - 88	79	5	0.69	7	3.26	14	35.50	21	96.8	5	93.4	1	53	13
Paddock Wood AC 2	13 - 16	38	2	0.73	9	1.27	1	20.50	12	94.2	12	82.9	15	51	14
Folkestone RC 4	33 - 36	105	18	0.69	7	2.83	3	14.00	3	98.8	3	86.1	8	42	15
Swale Combined 2	89 - 92	36	1	0.33	2	3.10	6.5	18.25	9	94.5	9.5	83.8	14	42	15
JRJ Tigers	77 - 80	88	8.5	0.69	7	3.10	6.5	14.25	4	96.3	6	87.6	4.5	36.5	17
Dover Roadrunners AC	45 - 48	81	6	0.76	11.5	2.92	5	13.75	2	99.7	1	84.9	9	34.5	18
JRJ Cougars	17 - 20	92	12	0.60	3	2.88	4	17.75	7	99.5	2	88.6	3	31	19
Medway & Maidstone 2	57 - 60	87	7					18.00	8					15	20
Folkestone RC 6	41 - 44	78	4	0.32	1	2.65	2	9.00	1	98.3	4	89.7	2	14	21

### Standing Long Jump

Luke Prior	JRJ Jaguars	2.12	1
Fergie Conway	Swale Combined 1	1.91	2
Caitlin Taylor	The Churchill Sch 1	1.86	3
Kailun Brown	The Churchill Sch 2	1.82	4
Charlie Goodwin	The Churchill Sch 1	1.81	5
Grace Norman	Folkestone RC 1	1.80	6
Matisse Thompson	JRJ Jaguars	1.78	7
Megan Currier	Park Wood Jun Sch	1.78	7
Kian Redpath	Park Wood Jun Sch	1.76	9
Oscar Mas	Medway & Maidstone	1.74	10
Charlotte Jack	Swale Combined 2	1.74	10
Evie Fouracre	Folkestone RC 2	1.74	10
Maisie Riddle	Folkestone RC 1	1.72	13
Sophie Bellamy	JRJ Panthers	1.70	14
Hayden Phillips	Paddock Wood AC 1	1.68	15
Grace Hughes	Paddock Wood AC 1	1.66	16
Mason Turnbull	Bexley AC	1.66	16
Ida Keller	Folkestone RC 3	1.65	18
Callum James	JRJ Lions	1.65	18
Sophie Schweiler	JRJ Tigers	1.62	20
May Farr	JRJ Panthers	1.60	21
Alexa Uttidge	Bexley AC	1.58	22
Emily McKenzie	Folkestone RC 3	1.52	23
Niamh Ralph	JRJ Lions	1.51	24
Cameron Issac	Medway & Maidstone	1.50	25
Chloe Lloyd	JRJ Tigers	1.48	26
Avie Teale	JRJ Cougars	1.48	26
Beau Tyler	Dover Roadrunners /	1.46	28
Tina Riera	Dover Roadrunners /	1.46	28
Joe Bruce	Folkestone RC 2	1.43	30
Libby Breeze	Folkestone RC 4	1.42	31
Faith White	Folkestone RC 4	1.41	32
Carter Lloyd	JRJ Cougars	1.40	33
Isabella Smith	Folkestone RC 6	1.37	34
Harrisom Gillespie	Swale Combined 2	1.36	35
Noah Jennings	Swale Combined 1	1.35	36
Lily Searle	The Churchill Sch 2	1.30	37
Nicola Humphries	Folkestone RC 6	1.28	38
Lilly Smith	Paddock Wood AC 2	1.27	39

## Vertical Jump

Emmanuel Virginie	Folkestone RC 1	0.57	1
Jake Foster	Medway & Maidstone	0.47	2
Isaac Wilson	The Churchill Sch 2	0.47	2
Kian Redpath	Park Wood Jun Sch	0.46	4
Ella Preston-Chambers	The Churchill Sch 1	0.45	5
Joshua Evans	Folkestone RC 1	0.44	6
Joe Stone	Paddock Wood AC 1	0.44	6
Erin Clarke	Paddock Wood AC 1	0.44	6
Sam Smith	The Churchill Sch 1	0.44	6
Tazmin Pearson	Dover Roadrunners /	0.43	10
Amira Gidda	JRJ Tigers	0.41	11
Zoe Dodd	JRJ Jaguars	0.41	11
Megan Currier	Park Wood Jun Sch	0.41	11
Katie Hudson	Swale Combined 1	0.40	14
Kei Taylor	Bexley AC	0.39	15
Hannah Murphy	JRJ Lions	0.39	15
Charlie Lilley	Folkestone RC 2	0.39	15
Nadia Sadler-Reeves	JRJ Jaguars	0.39	15
Max Neame	JRJ Panthers	0.38	19
Grace Dixon	Folkestone RC 2	0.38	19
Zakariya Balogun	JRJ Cougars	0.38	19
Stanley Cook	Medway & Maidstone	0.37	22
Harry Franklin	Paddock Wood AC 2	0.37	22
Rosie Maher	JRJ Lions	0.37	22
Trinity Paine	Folkestone RC 4	0.36	25
Ollie Jury	Paddock Wood AC 2	0.36	25
Lillie Jones	The Churchill Sch 2	0.36	25
Kahia Gediz	Bexley AC	0.35	28
Owen Humphries	Folkestone RC 3	0.34	29
Lily Spencer	Dover Roadrunners /	0.33	30
Lily Monious	Folkestone RC 4	0.33	30
Ben Heygate-Browne	Swale Combined 2	0.33	30
Leo Young	Folkestone RC 6	0.32	33
Harvey Burke	Folkestone RC 3	0.31	34
Katie Schweiler	JRJ Panthers	0.30	35
Jamie Berkman	Swale Combined 1	0.29	36
Thomas Harrison	JRJ Tigers	0.28	37
Samuel Parrott	JRJ Cougars	0.22	38

**Foam Javelin**

Fergie Conway	Swale Combined 1	18.25	1
Jamie Berkman	Swale Combined 1	17.25	2
Emmanuel Virginie	Folkestone RC 1	16.25	3
Luke Prior	JRJ Jaguars	15.75	4
Isaac Wilson	The Churchill Sch 2	15.25	5
Matisse Thompson	JRJ Jaguars	15.00	6
Ella Preston-Chambers	The Churchill Sch 1	15.00	6
Robert Wright	Park Wood Jun Sch	14.25	8
Joe Bruce	Folkestone RC 2	13.50	9
Sam Smith	The Churchill Sch 1	13.25	10
Grace Hughes	Paddock Wood AC 1	12.75	11
Evie Fouracre	Folkestone RC 2	11.50	12
Harvey Burke	Folkestone RC 3	11.25	13
Ollie Jury	Paddock Wood AC 2	11.25	13
Zakariya Balogun	JRJ Cougars	11.00	15
Hayden Phillips	Paddock Wood AC 1	11.00	15
Owen Humphries	Folkestone RC 3	10.75	17
Charlie Rouse	Medway & Maidstone	10.75	17
Kahia Gediz	Bexley AC	10.50	19
Callum James	JRJ Lions	10.25	20
Max Neame	JRJ Panthers	10.00	21
Ben Heygate-Browne	Swale Combined 2	9.25	22
Harry Franklin	Paddock Wood AC 2	9.25	22
Lillie Jones	The Churchill Sch 2	9.00	24
Charlotte Jack	Swale Combined 2	9.00	24
Leo Young	Folkestone RC 6	9.00	24
Faith White	Folkestone RC 4	9.00	24
Joshua Evans	Folkestone RC 1	9.00	24
Kei Taylor	Bexley AC	8.75	29
Niamh Ralph	JRJ Lions	8.50	30
Jake Foster	Medway & Maidstone	8.25	31
Cameron Issac	Medway & Maidstone	8.00	32
Tina Riera	Dover Roadrunners /	8.00	32
Thomas Harrison	JRJ Tigers	7.50	34
Eleanor Watson	Park Wood Jun Sch	7.25	35
Zack Mitchell	Medway & Maidstone	7.25	35
Samuel Parrott	JRJ Cougars	6.75	37
Amira Gidda	JRJ Tigers	6.75	37
Katie Schweiler	JRJ Panthers	6.75	37
Beau Tyler	Dover Roadrunners /	5.75	40
Libby Breeze	Folkestone RC 4	5.00	41

### Speed Bounce 20 Sec

Lily Monious	Folkestone RC 4	57	1
Maisie Riddle	Folkestone RC 1	57	1
Rosie Maher	JRJ Lions	56	3
Nadia Sadler-Reeves	JRJ Jaguars	55	4
Zoe Dodd	JRJ Jaguars	52	5
Emily McKenzie	Folkestone RC 3	52	5
Charlie Lilley	Folkestone RC 2	51	7
Grace Dixon	Folkestone RC 2	51	7
Caitlin Taylor	The Churchill Sch 1	51	7
Hannah Murphy	JRJ Lions	51	7
Charlie Goodwin	The Churchill Sch 1	50	11
Kailun Brown	The Churchill Sch 2	50	11
Grace Norman	Folkestone RC 1	50	11
Joe Stone	Paddock Wood AC 1	50	11
Avie Teale	JRJ Cougars	49	15
Ida Keller	Folkestone RC 3	49	15
Robert Wright	Park Wood Jun Sch	49	15
Erin Clarke	Paddock Wood AC 1	49	15
Trinity Paine	Folkestone RC 4	48	19
Alexa Uttidge	Bexley AC	48	19
Zack Mitchell	Medway & Maidstone	47	21
May Farr	JRJ Panthers	47	21
Sophie Bellamy	JRJ Panthers	45	23
Sophie Schweiler	JRJ Tigers	44	24
Chloe Lloyd	JRJ Tigers	44	24
Mason Turnbull	Bexley AC	44	24
Carter Lloyd	JRJ Cougars	43	27
Katie Hudson	Swale Combined 1	42	28
Isabella Smith	Folkestone RC 6	42	28
Stanley Cook	Medway & Maidstone	41	30
Tazmin Pearson	Dover Roadrunners /	41	30
Charlie Rouse	Medway & Maidstone	40	32
Lily Searle	The Churchill Sch 2	40	32
Lily Spencer	Dover Roadrunners /	40	32
Eleanor Watson	Park Wood Jun Sch	39	35
Lilly Smith	Paddock Wood AC 2	38	36
Noah Jennings	Swale Combined 1	37	37
Nicola Humphries	Folkestone RC 6	36	38
Harrisom Gillespie	Swale Combined 2	36	38
Jake Foster	Medway & Maidstone	36	38

**KCAA U13-U17 Folkestone Results 20/11/2016**

Under 13 Boys		VJ	SP	STJ	SBn	4 Lap	Total	Pos'n
No	Name							
121	Michael Uzoie	52	7.26	6.24	62	56.2		
	Medway & Maidstone AC	129	136	138	151	127	681	1
104	Lucien Duvoisin	54	5.76	6.12	69	59.5		
	Ashford AC	133	123	134	165	110	665	2
112	Nathaniel Ryan	45	5.73	6.02	79	60.3		
	Folkestone RC	115	123	131	185	104	658	3
106	Chase Arnold	46	6.50	6.24	63	57.7		
	Ashford AC	117	129	138	153	119	656	4
127	Luke Francis	56	4.79	5.98	73	60.3		
	Swale Combined AC	137	97	130	173	104	641	5
102	Lewis Groombridge	51	5.22	5.54	76	61.4		
	Dartford H	127	116	117	179	96	635	6
120	Kieran Isaac	47	7.63	5.14	65	59.5		
	Medway & Maidstone AC	119	140	105	157	110	631	7
105	Mackenzie Drew	45	4.86	5.80	74	61.1		
	Ashford AC	115	101	125	175	98	614	8
113	Bill Norman	49	5.51	5.92	69	63.8		
	Folkestone RC	123	121	128	165	77	614	8
108	Harvey Fordham	56	4.55	6.48	62	63.2		
	Paddock Wood AC	137	87	145	151	81	601	10
126	Joshua Clarke	51	6.99	5.02	59	62.5		
	Swale Combined AC	127	134	101	145	87	594	11
128	Liam Paine	41	5.80	5.56	56	61.3		
	Swale Combined AC	107	124	117	139	97	584	12
115	Nathan Young	39	6.33	5.14	51	59.6		
	Folkestone RC	103	128	105	129	110	575	13
114	Oscar Maull	37	5.24	5.44	65	62.9		
	Folkestone RC	99	117	114	157	83	570	14
107	Alex Stone	40	4.67	5.42	62	61.8		
	Paddock Wood AC	105	91	113	151	92	552	15
116	Conrad Keller	46	4.50	5.16	62	66.0		
	Folkestone RC	117	85	105	151	67	525	16
124	Prince Gediz	39	3.90	4.74	69	60.9		
	Bexley AC	103	62	90	165	100	520	17
119	Ted Atkinson	39	3.99	4.98	66	61.9		
	Folkestone RC	103	62	100	159	91	515	18
122	Jamie Pearce	43	3.86	4.74	75	64.2		
	Medway & Maidstone AC	111	62	90	177	75	515	18
123	Ollie Rodwell	42	3.72	5.14	54	61.4		
	Medway & Maidstone AC	109	62	105	135	96	507	20
125	James Judges,	40	4.43	4.64	57	66.6		
	Swale Combined AC	105	81	86	141	63	476	21
103	Robert Cossey	35	4.34	4.04	60	66.2		
	Ashford AC	95	78	62	147	65	447	22
109	Matthew Brown	38	3.85	4.58	53	66.6		
	Paddock Wood AC	101	62	84	133	63	443	23
117	Jack Doubtfire	-	4.99	6.20	-	-		
	Folkestone RC		108	137			245	24

Team	Pts
Folkestone RC	2417
Ashford AC	2382
Medway & Maidstone AC	2334
Swale Combined AC	2295
Paddock Wood AC/Bexley AC	2116

**Vertical Jump 3 Best Performances**

<b>Name</b>	<b>Club</b>	<b>Perf</b>
Harvey Fordham	Paddock Wood AC	56
Luke Francis	Swale Combined AC	56
Lucien Duvoisin	Ashford AC	54

**Shot 3 Best Performances**

<b>Name</b>	<b>Club</b>	<b>Perf</b>
Kieran Isaac	Medway & Maidstone AC	7.63
Michael Uzozie	Medway & Maidstone AC	7.26
Joshua Clarke	Swale Combined AC	6.99

**Standing Triple Jump 3 Best Performances**

<b>Name</b>	<b>Club</b>	<b>Perf</b>
Harvey Fordham	Paddock Wood AC	6.48
Chase Arnold	Ashford AC	6.24
Michael Uzozie	Medway & Maidstone AC	6.24

**Speed Bounce 3 Best Performances**

<b>Name</b>	<b>Club</b>	<b>Perf</b>
Nathaniel Ryan	Folkestone RC	79
Lewis Groombridge	Dartford H	76
Jamie Pearce	Medway & Maidstone AC	75

**4 Lap 4 Best Performances**

<b>Name</b>	<b>Club</b>	<b>Perf</b>
Michael Uzozie	Medway & Maidstone AC	56.2
Chase Arnold	Ashford AC	57.7
Lucien Duvoisin	Ashford AC	59.5
Kieran Isaac	Medway & Maidstone AC	59.5

Under 13 Girls		VJ	SP	STJ	SBn	4 Lap	Total	Pos'n
No	Name							
130	Sarris Teale	58	7.95	7.00	84	51.3		
	Ashford AC	141	154	161	195	172	823	1
160	Freya Jury	56	6.37	6.49	92	53.5		
	Swale Combined AC	137	136	145	211	150	779	2
153	Emily Frimpong	61	8.51	6.50	69	55.1		
	Bexley AC	147	160	146	165	135	753	3
131	Lydia Owen	47	7.39	5.81	69	54.4		
	Ashford AC	119	148	125	165	141	698	4
144	Libby Turbutt	57	4.68	6.17	74	57.2		
	Folkestone RC	139	115	136	175	122	687	5
154	Jessie Sargeant	50	5.59	5.76	76	58.3		
	Bexley AC	125	128	123	179	116	671	6
149	Olivia Humphries	49	6.13	5.78	69	59.6		
	Medway & Maidstone AC	123	134	124	165	110	656	7
156	Libby Pritchard	49	5.57	5.81	70	59.3		
	Thanet AC	123	127	125	167	111	653	8
146	Caoimhe Mallen	52	5.88	5.42	67	58.0		
	Medway & Maidstone AC	129	131	113	161	118	652	9
161	Zoe Francis	48	5.09	5.54	72	57.5		
	Swale Combined AC	121	122	117	171	120	651	10
134	Charlotte Whiffin	49	5.67	5.48	60	55.2		
	Paddock Wood AC	123	128	115	147	133	646	11
142	Catrina MacArthur	54	4.92	5.30	64	57.5		
	Folkestone RC	133	121	110	155	120	639	12
138	Libby Johnson	42	5.31	5.10	78	58.9		
	Folkestone RC	109	125	104	183	113	634	13
147	Katie Rothery	46	4.73	5.12	74	58.8		
	Medway & Maidstone AC	117	117	104	175	114	627	14
148	Mia Cox	45	5.37	5.24	68	59.1		
	Medway & Maidstone AC	115	125	108	163	112	623	15
132	DN	46	5.00	5.32	58	58.8		
	Ashford AC	117	122	110	143	114	606	16
155	Michelle Karen	45	4.46	5.64	71	62.1		
	Bexley AC	115	105	120	169	90	599	17
157	Mabel Naisbitt	41	5.51	5.04	67	61.6		
	Thanet AC	107	127	102	161	94	591	18
158	Grace Jakeman	45	3.67	5.26	76	58.9		
	Thanet AC	115	67	108	179	113	582	19
129	Naomi Parrott	43	5.93	5.19	54	61.1		
	Ashford AC	111	131	106	135	98	581	20
139	Macey Forster	37	5.76	4.84	59	60.8		
	Folkestone RC	99	129	94	145	100	567	21
143	Ellie Burke	43	5.39	5.13	69	68.3		
	Folkestone RC	111	125	105	165	54	560	22
141	Lydia Stanton	38	4.81	4.62	61	62.0		
	Folkestone RC	101	119	85	149	91	545	23
135	Sarah Mitchell	38	4.05	5.00	66	62.8		
	Paddock Wood AC	101	85	101	159	84	530	24
140	Emma Yates	38	5.50	4.64	56	64.1		
	Folkestone RC	101	127	86	139	77	530	24
133	Poppy Jury	43	4.16	4.60	57	63.3		
	Paddock Wood AC	111	89	85	141	80	506	26
137	Imogen Davis	43	8.04	5.22	-	56.4		
	Invicta EK AC	111	155	107		126	499	27
152	Beth Hunt	33	3.90	4.44	57	61.1		
	Swanley and District AC	91	78	78	141	98	486	28
136	Ciara Harrop	29	2.36	4.34	37	68.8		
	Paddock Wood AC	83	39	74	101	53	350	29



Team	Pts
Ashford AC	2708
Medway & Maidstone AC	2558
Bexley AC/Invicta EK AC	2522
Thanet AC/Swanley and District AC	2312
Folkestone RC	2276
Paddock Wood AC	2032

#### Vertical Jump 3 Best Performances

Name	Club	Perf
Emily Frimpong	Bexley AC	61
Sarris Teale	Ashford AC	58
Libby Turbutt	Folkestone RC	57

#### Shot 3 Best Performances

Name	Club	Perf
Emily Frimpong	Bexley AC	8.51
Imogen Davis	Invicta EK AC	8.04
Sarris Teale	Ashford AC	7.95

#### Standing Triple Jump 3 Best Performances

Name	Club	Perf
Sarris Teale	Ashford AC	7.00
Emily Frimpong	Bexley AC	6.50
Freya Jury	Swale Combined AC	6.49

#### Speed Bounce 3 Best Performances

Name	Club	Perf
Freya Jury,	Swale Combined AC	92
Sarris Teale	Ashford AC	84
Libby Johnson	Folkestone RC	78

#### 4 Lap 3 Best Performances

Name	Club	Perf
Sarris Teale	Ashford AC	51.3
Freya Jury	Swale Combined AC	53.5
Lydia Owen	Ashford AC	54.4

Under 15 Boys		VJ	SP	STJ	SBn	4 Lap	Total	Pos'n	
No	Name								
172	Connor Neal	65	7.25	7.56	78	52.3			
	Thanet AC	155	139	177	183	162	816	1	
167	Steven Abbott	52	7.36	7.84	62	58.7			
	Medway & Maidstone AC	129	140	186	151	114	720	2	
173	Aston Fredericks	55	5.95	6.76	67	54.7			
	Thanet AC	135	126	153	161	138	713	3	
175	James English	46	5.32	6.26	72	56.9			
	Swale Combined AC	117	120	138	171	123	669	4	
168	James Rothery	49	7.21	5.94	60	60.2			
	Medway & Maidstone AC	123	139	129	147	105	643	5	
171	Ben Howe	49	6.4	5.96	46	60.7			
	Swanley and District AC	123	131	129	119	101	603	6	
169	Adam Mitchell	43	4.38	5.26	64	60.9			
	Medway & Maidstone AC	111	79	108	155	100	553	7	

Team	Pts
Thanet AC/Swale Comb AC/Swan and Dist	2801

Under 15 Girls		VJ	SP	STJ	SBn	4 Lap	Total	Pos'n
No	Name							
194	Elena Jury	49	6.50	6.66	88	56.6		
	Swale Combined AC	123	129	150	203	125	730	1
176	Megan Groombridge	55	6.51	6.24	90	58.0		
	Dartford H	135	130	138	207	118	728	2
181	Lauren Macey	49	6.90	6.54	80	55.0		
	Invicta EK AC	123	133	147	187	135	725	3
177	Lilly Ebsworth	58	6.64	6.5	72	55.6		
	Paddock Wood AC	141	131	146	171	130	719	4
185	Katie Lacey	50	5.82	6.22	86	58.9		
	Folkestone RC	125	124	137	199	113	698	5
191	Amaka Ggbue	55	5.85	6.32	75	57.9		
	Medway & Maidstone AC	135	124	140	177	118	694	6
190	Bethany Neal	55	7.19	5.92	75	61.0		
	Medway & Maidstone AC	135	136	128	177	99	675	7
186	Caitlin Gallagher	48	5.00	5.72	82	58.4		
	Folkestone RC	121	109	122	191	116	659	8
182	Rose Hughes	52	6.70	6.10	59	61.4		
	Invicta EK AC	129	131	134	145	96	635	9
187	Jessica Atkinson	42	5.74	5.44	78	61.1		
	Folkestone RC	109	123	114	183	98	627	10
192	Lauren Colwell	47	5.73	4.92	72	58.5		
	Medway & Maidstone AC	119	123	97	171	115	625	11
183	Charlotte Griffiths	48	6.09	6.04	54	59.6		
	Invicta EK AC	121	126	132	135	110	624	12
188	Jaan Sobande	52	4.88	6.02	60	58.9		
	Folkestone RC	129	102	131	147	113	622	13
184	Amelia Richards	49	4.80	5.72	54	65.7		
	Invicta EK AC	123	98	122	135	68	546	14
193	Amy Willard	45	5.65	5.48	59	0		
	Swanley and District AC	115	122	115	145	0	497	15
189	Aisling Green	39	4.80	4.48	55	69.0		
	Medway & Maidstone AC	103	98	80	137	52	470	16

Team	Pts
Dartford H/Padd Wood/Swale/S&D	2674
Folkestone RC	2606
Invicta EK AC	2530
Medway & Maidstone AC	2464

#### Vertical Jump 4 Best Performances

Name	Club	Perf
Lilly Ebsworth	Paddock Wood AC	58
Megan Groombridge	Dartford H	55
Bethany Neal	Medway & Maidstone AC	55
Amaka Ggbue	Medway & Maidstone AC	55

#### Shot 3 Best Performances

Name	Club	Perf
Bethany Neal	Medway & Maidstone AC	7.19
Lauren Macey	Invicta EK AC	6.90
Rose Hughes	Invicta EK AC	6.70

#### Standing Triple Jump 3 Best Performances

Name	Club	Perf
Elena Jury	Swale Combined AC	6.66
Lauren Macey	Invicta EK AC	6.54
Lilly Ebsworth	Paddock Wood AC	6.50

**Speed Bounce 3 Best Performances**

Name	Club	Perf
Megan Groombridge	Dartford H	90
Elena Jury	Swale Combined AC	88
Katie Lacey	Folkestone RC	86

**4 Lap 3 Best Performances**

Name	Club	Perf
Lauren Macey	Invicta EK AC	55.0
Lilly Ebsworth	Paddock Wood AC	55.6
Elena Jury	Swale Combined AC	56.6

Under 17 Girls		VJ	SP	STJ	SBn	4 Lap	Total	Pos'n
No	Name							
198	Mia Kunan	53	6.91	5.92	64	58.9		
	Invicta EK AC	131	136	128	155	113	663	1
196	Ishah Keeling	44	6.04	6.30	72	62.4		
	Invicta EK AC	113	127	140	171	88	639	2