

**Kent Cross Country League Results - Foots Cray Meadows, Sidcup 12/10/2024****Under 20 Women 5000m Individual Results**

| <b>Pos</b> | <b>No</b> | <b>Name</b>     | <b>Club</b>                 | <b>Time</b> |
|------------|-----------|-----------------|-----------------------------|-------------|
| 1          | 413       | Hannah Clark    | Blackheath and Bromley H AC | 18:52       |
| 2          | 434       | Ella Webb       | Medway and Maidstone AC     | 19:41       |
| 3          | 432       | Abigail Royden  | Medway and Maidstone AC     | 19:51       |
| 4          | 422       | Amelia Lawrence | Cambridge Harriers          | 20:57       |
| 5          | 414       | Carys Firth     | Blackheath and Bromley H AC | 21:10       |
| 6          | 425       | Teigan Sullivan | Invicta East Kent AC        | 21:59       |
| 7          | 419       | Megan Slattery  | Blackheath and Bromley H AC | 22:22       |
| 8          | 412       | Sophia Moore    | Bexley AC                   | 22:36       |
| 9          | 429       | Abigail Hawkes  | Medway and Maidstone AC     | 22:44       |
| 10         | 431       | Beth Palmer     | Medway and Maidstone AC     | 23:50       |
| 11         | 418       | Islay Pearson   | Blackheath and Bromley H AC | 24:20       |
| 12         | 420       | Isla Spink      | Blackheath and Bromley H AC | 24:29       |
| 13         | 428       | Ciara Harrop    | Medway and Maidstone AC     | 25:49       |