

**Kent County Championship Results Saturday 12/05/2018**

**Senior Men**

<b>100m</b>		<b>Final</b>		<b>w/s= 0.1</b>
No.	Athlete	Club	Perf	
1	8	Jack Lennard	Tonbridge AC	10.78
2	5	Nathan Brown	Kent AC	10.87
3	10	Kesiena Oghoghorie	Invicta East Kent AC	11.07
4	13	Wade Thompson	Cambridge Harriers	11.15
5	12	Kimani Smart	S Factor Academy	11.27
6	1	Israel Ajala	Kent AC	11.38
7	2	Femi Awe	Invicta East Kent AC	11.42
8	11	Matteo Okogie	Cambridge Harriers	11.47

<b>400m</b>		<b>Heat 1</b>		
No.	Athlete	Club	Perf	
1	26	Omari Markland-Montgomery	Cambridge Harriers	51.02
2	12	Kimani Smart	S Factor Academy	51.33
3	31	George Muana	S Factor Academy	51.94
4	25	George Huxley	Kent AC	52.52
5	14	Connor Campbell	Dartford Harriers AC	53.02
6	29	Lewis Smith	Ashford AC	53.47
	1	Israel Ajala	Kent AC	DIS

Q  
Q  
Q  
q

<b>400m</b>		<b>Heat 2</b>		
No.	Athlete	Club	Perf	
1	19	Lewis Collins	Tonbridge AC	49.68
2	30	Franco Vainio-Doiseul	Cambridge Harriers	50.90
3	21	Jamie Farrell	Bexley AC	51.83
4	27	William Pope	Blackheath & Bromley H AC	52.30
5	24	Alexander Hookway	Tonbridge AC	52.98
6	20	Max Evans	Kent AC	54.52
7	28	Andrejs Safars	Medway and Maidstone AC	54.58

Q  
Q  
Q  
q

<b>400m</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	19	Lewis Collins	Tonbridge AC	48.60
2	31	George Muana	S Factor Academy	50.30
3	12	Kimani Smart	S Factor Academy	50.35
4	30	Franco Vainio-Doiseul	Cambridge Harriers	50.68
5	21	Jamie Farrell	Bexley AC	51.33
6	27	William Pope	Blackheath & Bromley H AC	53.11
	26	Omari Markland-Montgomery	Cambridge Harriers	DNF
	25	George Huxley	Kent AC	DNS

<b>1500m</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	41	Niki Faulkner	Bexley AC	4:04.92
2	40	Kieran Eland	Tonbridge AC	4:07.54
3	42	Jack Goss	South Kent Harriers	4:08.13
4	38	Craig Sharp	Central Park Athletics	4:08.90

<b>5000m</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	120	Marshall Smith (U20M)	Ashford AC	15:28.29
2	47	Tom Collins	Medway and Maidstone AC	15:31.33
3	54	Thomas Wright	Bexley AC	15:32.28
4	50	David Morgan	Kent AC	15:34.95
5	45	Ross Braden	Blackheath & Bromley H AC	15:36.87
6	49	Thomas Millard	South Kent Harriers	15:48.27
7	53	Anthony Webb	Medway Park Phoenix	15:56.91
8	51	Richard Newsome	South Kent Harriers	15:58.23
9	46	Alex Cameron	Dartford Harriers AC	15:59.24
10	114	Marley Godden (U20M)	Medway and Maidstone AC	16:19.32
11	44	Stuart Beaney	Kent AC	17:12.45

<b>110m Hurdles</b>		<b>Final</b>		<b>w/s= 0.4</b>
No.	Athlete	Club	Perf	
1	56	Peter Davey	Ashford AC	16.89
2	55	Bilen Ahmet	Kingston AC & Polytechnic Harriers	18.63

<b>Pole Vault</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	65	Scott Huggins	Blackheath & Bromley H AC	5.10
2	66	Thomas Snee	Kingston AC & Polytechnic Harriers	4.40
3	55	Bilen Ahmet	Kingston AC & Polytechnic Harriers	3.70
4	61	Tyler Adams	Ashford AC	3.60
5	69	Luke Williams	Ashford AC	3.50
6	24	Alexander Hookway	Tonbridge AC	3.10
	67	Alexander Wharfe	Ashford AC	nm

4.80 xo;5.00 o;5.10 o;5.20 xxx  
4.20 o;4.30 xo;4.40 xxo;4.50 xxx  
3.20 o3.50 o;3.60 o;3.70 o;3.80 xxx  
3.40 o;3.50 o;3.60 o;3.70 xxx  
3.20 o;3.30 o;3.40 xo;3.50 xxx  
2.60 o;2.80 o;2.90 o;3.00 xxo;3.10 xxx  
3.40 xx-

Shot		Final	
No.	Athlete	Club	Perf
1	80 Louis Mascarenhas	Blackheath & Bromley H AC	14.67
2	78 Luc Durant	Blackheath & Bromley H AC	13.97
3	77 David Coleman	Tonbridge AC	11.98
4	79 Michael Farrell (M55)	Swale Combined AC	7.29

13.40; 14.10; 13.98; x; 14.43; 14.67  
 x; 13.97; x; x; 13.39; x  
 10.33; 11.45; 11.84; 11.98; x; 11.71  
 6.85; 6.93; 7.29; x; x; x

Discus		Final	
No.	Athlete	Club	Perf
1	80 Louis Mascarenhas	Blackheath & Bromley H AC	46.67
2	77 David Coleman	Tonbridge AC	44.81
3	81 Andrew Kruszewski (M55)	Cambridge Harriers	36.82
4	82 Benjamin Roberts	Ashford AC	25.11
5	79 Michael Farrell (M55)	Swale Combined AC	23.59
6	83 Stephen Talbot (M45)	Dartford Harriers AC	21.97

44.48; 41.04; 44.38; 46.67; 45.37; 45.63  
 x; 43.06; 40.02; x; 44.81; x  
 35.28; 36.03; 36.82; 33.47; 34.03; 33.88  
 x; x; 24.39; 25.11; x; x  
 23.59; 22.63; 21.48; 21.62; x; 20.96  
 20.21; 21.79; 19.52; 20.97; 21.97; 20.10

Hammer		Final	
No.	Athlete	Club	Perf
1	84 Graham Holder (M45)	Bexley AC	50.17
2	28 Andrejs Safars	Medway and Maidstone AC	30.83
3	85 Andrew Rushbrook (M55)	Bexley AC	29.86
4	79 Michael Farrell (M55)	Swale Combined AC	26.83
5	83 Stephen Talbot (M45)	Dartford Harriers AC	26.50

x; 48.42; x; 49.86; 50.17; x  
 30.07; 29.19; 27.56; 30.83; x; x  
 x; 29.20; 28.48; 29.86; 27.77; 28.79  
 ; 15.55; 22.01; x; 26.83; 25.78  
 23.01; x; x; 23.35; 26.30; 26.50

### U20 Men

100m		Heat 1		w/s= 0.3
No.	Athlete	Club	Perf	
1	89 Korede Awe	Invicta East Kent AC	11.02	Q
2	97 Luke Moore	Cambridge Harriers	11.39	Q
3	88 Moses Aregbesola	Bexley AC	11.41	Q
4	90 Matthew Elliott	Ashford AC	11.62	q
5	99 Harry Pitman	Ashford AC	11.77	

100m		Heat 2		w/s= 0.5
No.	Athlete	Club	Perf	
1	96 Alex Marshall	Medway and Maidstone AC	11.03	Q
2	94 Matthew Knight	Blackheath & Bromley H AC	11.13	Q
3	95 Rory Kuypers	Medway and Maidstone AC	11.30	Q
4	93 Nathan Isaac	Medway and Maidstone AC	11.52	q
5	91 Konrad Farrall	Thanet AC	12.18	

100m		Final		w/s= 0.6
No.	Athlete	Club	Perf	
1	89 Korede Awe	Invicta East Kent AC	10.77	
2	96 Alex Marshall	Medway and Maidstone AC	10.84	
3	94 Matthew Knight	Blackheath & Bromley H AC	11.13	
4	95 Rory Kuypers	Medway and Maidstone AC	11.16	
5	88 Moses Aregbesola	Bexley AC	11.28	
6	97 Luke Moore	Cambridge Harriers	11.42	
7	93 Nathan Isaac	Medway and Maidstone AC	11.60	
	90 Matthew Elliott	Ashford AC	DNS	

400m		Final	
No.	Athlete	Club	Perf
1	101 Ethan Brown	Blackheath & Bromley H AC	48.27
2	103 Michael Fagbenle	Bexley AC	48.86
3	104 Daejuan Madaza	S Factor Academy	51.42
4	106 Ben Sutton	Blackheath & Bromley H AC	53.40
5	107 Joseph Whitby	Invicta East Kent AC	53.49
6	105 Barnaby Dougal	Invicta East Kent AC	54.62

1500m		Final	
No.	Athlete	Club	Perf
1	116 Angus Harrington	Blackheath & Bromley H AC	4:10.00
2	117 Thomas Manning	Dartford Harriers AC	4:11.62
3	126 Oscar Hussey	Blackheath & Bromley H AC	4:12.04
4	112 Jacques Cunningham-Marsh	Medway and Maidstone AC	4:12.34
5	132 Daniel Schofield	Tonbridge AC	4:13.11
6	130 Oliver Prior	Ashford AC	4:13.60
7	128 Lewis Mills	Blackheath & Bromley H AC	4:14.04
8	129 Callum Myatt	Blackheath & Bromley H AC	4:15.88
9	115 Joseph Griffiths	Invicta East Kent AC	4:16.99
10	122 Quinn Austin	Medway and Maidstone AC	4:18.54
11	125 Mitchell Horne	Bexley AC	4:20.16
12	121 Harrison Tremain	Ashford AC	4:25.52
13	131 James Rolls	Dartford Harriers AC	4:26.51
14	133 Theo Wood	Blackheath & Bromley H AC	4:27.99

110m Hurdles		Final		w/s= 0.3
No.	Athlete	Club	Perf	
1	134 Ethan Akanni	Bexley AC	14.13	
2	135 Jonathan Mann	Bexley AC	14.61	

CBP

3	91	Konrad Farrall	Thanet AC	17.43
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### Pole Vault

### Final

No.	Athlete	Club	Perf	
1	143	George Pope	Blackheath & Bromley H AC	4.00
2	139	Douglas Noel	Invicta East Kent AC	3.70
3	142	George Blake	Medway and Maidstone AC	3.20
	137	Coleman Corry	Blackheath & Bromley H AC	nm

3.50 o;3.60 o;3.70 xxo;3.80 xo;3.90 o;4.00 xo;4.10 xxx  
3.40 xxo;3.50 o;3.60 xo;3.70 xxo;3.80 xxx  
3.20 o;3.30 xxx  
2.90 xxx

### Shot

### Final

No.	Athlete	Club	Perf	
1	146	Alfie Scopes	Tonbridge AC	13.81
2	147	Toby Seal	Tonbridge AC	12.59

x; 13.47; x; x; x; 13.81  
x; x; 8.30; x; 12.00; 12.59

### Discus

### Final

No.	Athlete	Club	Perf	
1	146	Alfie Scopes	Tonbridge AC	47.64
2	139	Douglas Noel	Invicta East Kent AC	37.31
3	147	Toby Seal	Tonbridge AC	35.56

47.28; x; 46.44; 46.63; 46.72; 47.64  
37.31; 36.33; 35.44; x  
33.27; 34.13; 33.80; 35.56; 33.92; 35.56

### Hammer

### Final

No.	Athlete	Club	Perf	
1	149	Joshua Ondoma	Bexley AC	43.48
2	150	Charlie Short	Blackheath & Bromley H AC	36.08
3	148	Kian Crawford	Ashford AC	30.63

x; 42.80; 41.73; 43.48; 42.47; x  
33.73; 33.16; 36.08; x; x; x  
27.86; 29.92; x; 30.63; 30.49; x

### U17 Men

#### 100m

#### Heat 1

w/s= 1.4

No.	Athlete	Club	Perf	
1	154	Anton Bachorski	Tonbridge AC	11.01
2	163	Andreas Mitas	Bexley AC	11.19
3	165	Sebastian Ngassa	Invicta East Kent AC	12.02
4	166	Emmanuel Osagiator-Obude	Bexley AC	12.06
5	161	William Heathcote	Medway and Maidstone AC	12.15
6	157	Excel Ebietomiye	Bexley AC	12.22
7	169	Joshua Stewart	S Factor Academy	12.25

Q  
Q  
Q  
q  
q

#### 100m

#### Heat 2

w/s= 0.9

No.	Athlete	Club	Perf	
1	160	Jake Goodman	Invicta East Kent AC	11.87
2	156	Leon Depreli	Paddock Wood AC	12.17
3	162	Trey McPherson	Dartford Harriers AC	12.36
4	159	Aston Fredericks	Thanet AC	12.50
5	168	Elliott Simmonds	Invicta East Kent AC	12.63
	167	Harry Osborne	Medway and Maidstone AC	DIS

Q  
Q  
Q

#### 100m

#### Final

w/s= -0.7

No.	Athlete	Club	Perf	
1	154	Anton Bachorski	Tonbridge AC	11.16
2	163	Andreas Mitas	Bexley AC	11.21
3	165	Sebastian Ngassa	Invicta East Kent AC	11.72
4	160	Jake Goodman	Invicta East Kent AC	11.86
5	166	Emmanuel Osagiator-Obude	Bexley AC	12.12
6	156	Leon Depreli	Paddock Wood AC	12.25
7	162	Trey McPherson	Dartford Harriers AC	12.41
8	161	William Heathcote	Medway and Maidstone AC	12.47

#### 400m

#### Heat 1

No.	Athlete	Club	Perf	
1	171	Oliver Briars	Blackheath & Bromley H AC	51.89
2	185	Connor Neal	Thanet AC	52.30
3	176	Kyron Morgan	Blackheath & Bromley H AC	52.69
4	188	Ben Townend	Medway and Maidstone AC	52.95
5	182	Jacob Calvert	Bexley AC	53.39
6	180	Stephen Bamigbade	Dartford Grammar School	54.00
7	183	Nathaniel Masters	Bexley AC	59.72

Q  
Q  
Q  
q  
q

#### 400m

#### Heat 2

No.	Athlete	Club	Perf	
1	184	Conor Murphy	Medway and Maidstone AC	50.72
2	177	Kristian Samwell-Nash	Ashford AC	51.02
3	190	Ewan Wood	Tonbridge AC	54.15
4	187	Eugene Sanger	Folkestone Running Club	54.39
5	189	Samuel Ward	Tonbridge AC	55.18
	225	Luke Hughes	Ashford AC	DNF
	162	Trey McPherson	Dartford Harriers AC	DNS

Q  
Q  
Q

400m		Final		
No.	Athlete	Club	Perf	
1	171	Oliver Briars	Blackheath & Bromley H AC	49.83
2	184	Conor Murphy	Medway and Maidstone AC	50.34
3	177	Kristian Samwell-Nash	Ashford AC	50.39
4	185	Connor Neal	Thanet AC	52.65
5	188	Ben Townend	Medway and Maidstone AC	53.92
6	176	Kyron Morgan	Blackheath & Bromley H AC	54.32
7	182	Jacob Calvert	Bexley AC	54.44
8	190	Ewan Wood	Tonbridge AC	54.74

1500m		Final		
No.	Athlete	Club	Perf	
1	204	Matthew Stonier	Invicta East Kent AC	4:01.86
2	200	Cameron MacRae	Invicta East Kent AC	4:02.69
3	192	Oliver Bright	Blackheath & Bromley H AC	4:02.79
4	218	Adam Wood	Ashford AC	4:04.25
5	213	James Kingston	Tonbridge AC	4:07.18
6	197	Peter Guy	Blackheath & Bromley H AC	4:09.44
7	212	Ben Hughes	Medway and Maidstone AC	4:10.44
8	210	Fraser Gordon	Tonbridge AC	4:11.07
9	211	Ted Higgins	Bexley AC	4:15.37
10	203	Oscar Parrick	Invicta East Kent AC	4:26.24
11	215	Cameron Sharp	Central Park Athletics	4:28.14
12	214	Daniel McGlynn	Medway and Maidstone AC	4:34.16
13	202	Sam Newson	Invicta East Kent AC	4:35.36
14	217	Isaac Thomas	Medway Park Phoenix	4:39.05
15	216	Benjamin Smith	Ashford AC	4:43.32
16	205	Luke Stringer	Medway and Maidstone AC	4:44.52
17	195	James English	Swale Combined AC	4:47.72
18	207	Lucas Beghein	Tonbridge AC	4:51.93

100m Hurdles		Final		w/s= 0.2
No.	Athlete	Club	Perf	
1	173	Rico Cottell	Blackheath & Bromley H AC	13.65
2	220	George Seery	Thanet AC	15.22

High Jump		Final		
No.	Athlete	Club	Perf	
1	232	Pedro Gleadall	Blackheath & Bromley H AC	1.81
2	233	Luke Mellor	Invicta East Kent AC	1.78
3	182	Jacob Calvert	Bexley AC	1.65
4	234	Joshua O'Brien	Tonbridge AC	1.60

1.70 o;1.75 o;1.78 -;1.81 o;1.85 x  
 1.65 o;1.70 o;1.75 xo;1.78 xxx  
 1.55 o;1.60 o;1.65 xo;1.70 xxx  
 1.55 o;1.60 xo;1.65 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	179	Myles Xavier	Blackheath & Bromley H AC	6.43
2	185	Connor Neal	Thanet AC	5.98
3	232	Pedro Gleadall	Blackheath & Bromley H AC	5.76
4	154	Anton Bachorski	Tonbridge AC	5.69
5	220	George Seery	Thanet AC	5.66
6	233	Luke Mellor	Invicta East Kent AC	5.45
7	159	Aston Fredericks	Thanet AC	5.14

- 6.31,-; 6.43,-; 6.11,-; 6.02,-; 6.25,-; 5.93,-  
 - 5.57,-; 5.50,-; 5.98,-; x; 5.46,-; x  
 - 5.76,-; 5.57,-; 4.13,-; 5.43,-; 5.60,-; 5.64,-  
 - 5.57,-; x; 5.69,-; 5.29,-; -  
 - 5.56,-; 5.45,-; 5.55,-; 5.65,-; 5.66,-; 5.56,-  
 - x; 5.45,-; 3.29,-; x; x; 5.32,-  
 - 4.93,-; 4.59,-; 5.14,-; 4.63,-; 4.76,-; -

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	220	George Seery	Thanet AC	10.97
2	161	William Heathcote	Medway and Maidstone AC	10.68

- x; 10.80,-; 10.24,-; 10.92,-; 10.97,-; 10.60,-  
 - 10.68,-; 10.43,-; 10.63,-; x; x; 10.32,-

Javelin		Final		
No.	Athlete	Club	Perf	
1	232	Pedro Gleadall	Blackheath & Bromley H AC	53.04
2	247	Rowan Burford	Dartford Harriers AC	44.12
3	246	Eddie Brown	Cambridge Harriers	42.94
4	194	Toby Emm	Tonbridge AC	37.47
5	233	Luke Mellor	Invicta East Kent AC	33.98

48.13; x; 52.18; 49.41; x; 53.04  
 38.43; 44.12; x; 40.28; 42.63; 41.17  
 41.47; 41.68; 42.94; 40.00; x; 40.67  
 37.47; 36.57; 35.59; 36.09; 36.92; 34.80  
 x; x; x; x; 33.98

U15 Boys		Heat 1			w/s= 0.4
No.	Athlete	Club	Perf		
1	264	Zachary Nwogwugwu	Tonbridge AC	11.52	Q
2	262	Prince Mulamba	Cambridge Harriers	11.65	Q
3	267	Michael Uozie	Medway and Maidstone AC	12.06	Q
4	261	Gianni Mbenze	Cambridge Harriers	12.30	q
5	266	Connor Sutton	Blackheath & Bromley H AC	12.56	
6	257	Kieran Isaac	Medway and Maidstone AC	12.64	
7	250	Nathan Awoyele	Cambridge Harriers	13.27	
8	254	Jack Doubtfire	Folkestone Running Club	13.35	

100m		Heat 2		w/s= 1.0	
No.	Athlete	Club	Perf		
1	258	Omarion Jones-Gayle	Cambridge Harriers	11.87	Q
2	259	Matthew Kinsambwe	Bexley AC	11.97	Q
3	249	Ridwaan Ahmed	Bexley AC	12.03	Q
4	255	Xahir Durant	Cambridge Harriers	12.11	q
5	260	Joe Lowes	Thanet AC	12.36	
6	252	Luke Christie	Cambridge Harriers	12.79	
7	265	Tommy Owler	Folkestone Running Club	13.10	
	256	Harvey Fordham	Paddock Wood AC	DNS	

100m		Final		w/s= 1.6	
No.	Athlete	Club	Perf		
1	264	Zachary Nwogwugwu	Tonbridge AC	11.39	
2	258	Omarion Jones-Gayle	Cambridge Harriers	11.69	
3	262	Prince Mulamba	Cambridge Harriers	11.70	
4	259	Matthew Kinsambwe	Bexley AC	11.85	
5	249	Ridwaan Ahmed	Bexley AC	12.01	
6	267	Michael Uozie	Medway and Maidstone AC	12.17	
7	255	Xahir Durant	Cambridge Harriers	12.67	
	261	Gianni Mbenze	Cambridge Harriers	DNS	

300m		Final			
No.	Athlete	Club	Perf		
1	267	Michael Uozie	Medway and Maidstone AC	39.07	
2	278	Daniel Goriola	Dartford Grammar School	40.48	
3	250	Nathan Awoyele	Cambridge Harriers	41.80	
4	265	Tommy Owler	Folkestone Running Club	44.18	
5	276	Edward Best	Dartford Harriers AC	44.55	
6	281	Adam Singleterry	Tonbridge AC	44.64	

1500m		Heat 1			
No.	Athlete	Club	Perf		
1	310	Pablo Seema Roca	Blackheath & Bromley H AC	4:19.46	Q
2	700	Samuel Reardon (Guest)	Blackheath & Bromley H AC	4:25.97	Q
3	313	Matthew Taylor	Tonbridge AC	4:45.56	Q
4	292	Ethan Fiore	Cambridge Harriers	4:47.00	Q
5	288	Matthew Dubery	Tonbridge AC	4:49.65	Q
6	304	Benjamin Campbell	Blackheath & Bromley H AC	4:56.82	q
7	305	Angus Currie	Tonbridge AC	4:57.08	q
8	293	Ananjan Ganguli	Tonbridge AC	5:02.80	
9	297	Daniel Moulton	Dartford Harriers AC	5:11.56	

1500m		Heat 2			
No.	Athlete	Club	Perf		
1	652	Louis Small	Thanet AC	4:30.37	Q
2	309	Jalen Pople	Bexley AC	4:32.01	Q
3	295	Jamie Keir	Invicta East Kent AC	4:36.33	Q
4	315	Louis Woods	Cambridge Harriers	4:42.51	Q
5	307	Frederick Georgiou	Blackheath & Bromley H AC	4:49.27	q
6	311	George Shaw	Blackheath & Bromley H AC	4:53.35	q
7	291	Luke Fenton	Dartford Harriers AC	4:57.28	
8	308	Adam Jeddo	Tonbridge AC	5:06.57	
9	303	George Burbage	Tonbridge AC	5:13.81	
10	276	Edward Best	Dartford Harriers AC	5:16.54	

80m Hurdles		Heat 1		w/s= -1.1	
No.	Athlete	Club	Perf		
1	323	Oliver Robertson	Blackheath & Bromley H AC	13.58	Q
2	251	Sami Baruah	Dartford Harriers AC	13.73	Q
3	322	Benjamin Oladapo-Gamu	Dartford Grammar School	13.73	Q
4	278	Daniel Goriola	Dartford Grammar School	13.80	q
5	275	Robert Tune	Tonbridge AC	15.61	
6	277	Princeriza Gediz	Bexley AC	16.71	

80m Hurdles		Heat 2		w/s= -2.0	
No.	Athlete	Club	Perf		
1	316	Jacob Byfield	Blackheath & Bromley H AC	12.74	Q
2	319	Oliver Gregory	Ashford AC	12.87	Q
3	318	Charles Costello	Tonbridge AC	13.54	Q
4	321	Nathan Njoku	Dartford Grammar School	14.14	q
5	317	Reuben Chandler	Cambridge Harriers	15.54	
6	320	Lewis Groombridge	Dartford Harriers AC	16.10	

80m Hurdles		Final		w/s= 0.4	
No.	Athlete	Club	Perf		
1	316	Jacob Byfield	Blackheath & Bromley H AC	12.35	
2	319	Oliver Gregory	Ashford AC	12.38	
3	278	Daniel Goriola	Dartford Grammar School	12.91	
4	323	Oliver Robertson	Blackheath & Bromley H AC	13.12	
5	322	Benjamin Oladapo-Gamu	Dartford Grammar School	13.28	
6	251	Sami Baruah	Dartford Harriers AC	13.42	
7	318	Charles Costello	Tonbridge AC	13.42	
8	321	Nathan Njoku	Dartford Grammar School	14.33	

High Jump		Final		
No.	Athlete	Club	Perf	
1	268	Zac Beasty	Tonbridge AC	1.68
2	323	Oliver Robertson	Blackheath & Bromley H AC	1.45
3	265	Tommy Owler	Folkestone Running Club	1.45
4	326	Barnaby Corry	Blackheath & Bromley H AC	1.45
5	278	Daniel Goriola	Dartford Grammar School	1.40
6	261	Gianni Mbenze	Cambridge Harriers	1.40

1.40 o;1.45 o;1.50 o;1.55 o;1.60 o;1.65 xo;1.68 xo;1.71 xxx  
 1.25 o;1.30 o;1.35 o;1.40 o;1.45 o;1.50 xxx  
 1.30 xxo;1.35 o;1.40 xo;1.45 o;1.50 xxx  
 1.35 o;1.40 xxo;1.45 xxo;1.50 x--  
 1.25 o;1.30 o;1.35 o;1.40 o;1.45 xxx  
 1.25 ;1.30 o;1.35 xo;1.40 o;1.45 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	316	Jacob Byfield	Blackheath & Bromley H AC	5.68
2	249	Ridwaan Ahmed	Bexley AC	5.41
3	266	Connor Sutton	Blackheath & Bromley H AC	5.21
4	322	Benjamin Oladapo-Gamu	Dartford Grammar School	5.20
5	256	Harvey Fordham	Paddock Wood AC	4.96
6	318	Charles Costello	Tonbridge AC	4.93
7	320	Lewis Groombridge	Dartford Harriers AC	4.35
8	260	Joe Lowes	Thanet AC	4.09
9	275	Robert Tune	Tonbridge AC	3.96

- 5.37,-; 5.63,-; 4.83,-; 5.64,-; 5.68,-; 5.57,-  
 - 4.77,-; 4.97,-; 5.41,-; x; 4.93,-; 4.56,-  
 - 5.14,-; 5.17,-; 5.21,-; 5.10,-; 5.11,-; x  
 - x; x; 5.20,-; x; 5.20,-; x  
 - 4.96,-; 4.95,-; 3.70,-; 4.27,-; 4.78,-; 4.95,-  
 - 4.63,-; 4.93,-; x; 4.83,-; 4.75,-; 4.79,-  
 - 3.72,-; 4.19,-; 4.26,-; 4.33,-; 4.35,-; 4.25,-  
 - 3.94,-; 4.09,-; 4.00,-; 3.86,-; 4.01,-; 3.01,-  
 - 3.89,-; 3.96,-; 3.82,-; -; -

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	316	Jacob Byfield	Blackheath & Bromley H AC	11.88
2	310	Pablo Seema Roca	Blackheath & Bromley H AC	11.27
3	257	Kieran Isaac	Medway and Maidstone AC	9.80
4	274	Alex Stone	Paddock Wood AC	9.58
5	321	Nathan Njoku	Dartford Grammar School	9.16

- 11.76,-; -; 11.88,-; -; 11.59,-; -  
 - 10.91,-; -; 10.75,-; 11.27,-; -  
 - 9.79,-; 9.80,-; 9.43,-; 9.44,-; 9.30,-; 9.50,-  
 - 9.58,-; 9.11,-; -; x; x  
 - 9.16,-; 9.15,-; 8.49,-; 9.05,-; x; x

Javelin		Final		
No.	Athlete	Club	Perf	
1	344	George Pegram	Ashford AC	38.70
2	343	Toby Hughes	Medway and Maidstone AC	36.95
3	329	Benjamin Platt	Blackheath & Bromley H AC	33.02
4	341	Matthew Cleary	Dartford Grammar School	29.37
5	274	Alex Stone	Paddock Wood AC	26.75
6	345	Edward Rowlinson	Dartford Grammar School	25.40
7	342	Theodore Hafford Tear	Cambridge Harriers	23.79
8	340	Joshua Buddle-Smith	Blackheath & Bromley H AC	21.80

36.82; 38.65; 37.30; 29.05; 34.02; 38.70  
 36.95; 33.24; 25.09; 34.38; 35.61; x  
 28.72; 33.02; 28.06; 29.79; 28.51; 28.77  
 25.71; 29.37; 24.57; x; 23.66; 27.63  
 -; 26.75; 26.02; x; x; 26.11  
 25.13; x; x; 25.40; x; 24.84  
 20.70; 18.80; 23.79; 20.64; 21.23; 21.42  
 21.44; x; 21.28; 20.29; 21.80; 21.54

### Senior Women

#### 200m Heat 1 w/s= -0.5

No.	Athlete	Club	Perf	
1	356	Jodie Leslie	Bedford & County AC	25.07
2	357	Emma-Louise Wagstaff	Kent AC	27.34
3	347	Claire Capon	Dartford Harriers AC	27.96
4	350	Megan Palmer	Tonbridge AC	28.73
5	349	Shamariah Notice	Kent AC	29.26

Q  
Q  
Q  
q

#### 200m Heat 2 w/s= -1.1

No.	Athlete	Club	Perf	
1	354	Samantha Brown	Dartford Harriers AC	25.94
2	352	Katie White	Tonbridge AC	26.68
3	353	Simone Baxter	Tonbridge AC	28.50
4	351	Kirstie Taylor	Dartford Harriers AC	28.65

Q  
Q  
Q  
q

#### 200m Final w/s= -1.3

No.	Athlete	Club	Perf	
1	352	Katie White	Tonbridge AC	26.86
2	357	Emma-Louise Wagstaff	Kent AC	27.12
3	347	Claire Capon	Dartford Harriers AC	27.98
4	350	Megan Palmer	Tonbridge AC	28.85
5	353	Simone Baxter	Tonbridge AC	29.79
	354	Samantha Brown	Dartford Harriers AC	DNS
	356	Jodie Leslie	Bedford & County AC	DNS
	351	Kirstie Taylor	Dartford Harriers AC	DNS

#### 800m Final

No.	Athlete	Club	Perf	
1	362	Kathryn Sutton	Dartford Harriers AC	2:12.68
2	363	Briony Walsh	Ashford AC	2:20.61
3	358	Annabel Carter	Invicta East Kent AC	2:23.23
4	364	Rebecca Wilby	Woodford Green w EL	2:29.88
5	360	Bonnie Maugey	Dartford Harriers AC	2:31.74
6	366	Rebecca Harris	Bexley AC	2:42.60

#### 400m Hurdles Final

No.	Athlete	Club	Perf	
1	354	Samantha Brown	Dartford Harriers AC	61.00
2	353	Simone Baxter	Tonbridge AC	80.12

5000m		Final	
No.	Athlete	Club	Perf
1	365 Clare Elms	Dulwich Runners AC	18:04.46
2	653 Amy Leach (U20W)	Blackheath & Bromley H AC	19:07.02
3	654 Roseanna Temple (U20W)	Invicta East Kent AC	20:02.65

1500m Steeplechase		Final	
No.	Athlete	Club	Perf
1	655 Nikoleta Ivanova	Ashford AC	6:41.81
2	372 Rebecca Dyer	Ashford AC	6:51.26

High Jump		Final	
No.	Athlete	Club	Perf
1	378 Deborah Martin	Ashford AC	1.70
2	377 Katherine Hamilton	Ashford AC	1.45

1.50 o;1.55 o;1.60 o;1.65 o;1.70 o;1.73 xxx  
1.40 o;1.45 xo;1.50 xxx

Long Jump		Final	
No.	Athlete	Club	Perf
1	374 Joanne Ware	Tonbridge AC	5.56
2	383 Jamiyla Robinson-Pascal	Blackheath & Bromley H AC	5.07

5.56,-; x; x; 5.56,-; 5.33,-; 5.41,-  
- x; 5.07,-; x; 3.60,-; 4.63,-; 4.71,-

Javelin		Final	
No.	Athlete	Club	Perf
1	394 Leanne O'Donovan	Dartford Harriers AC	30.41
2	388 Bianca Schuster (W35)	Thanet AC	23.11
3	393 Elizabeth Duffin (W35)	Paddock Wood AC	22.22
4	391 Natalie Mann	Cambridge Harriers	19.17
5	386 Christine Lynch (W60)	Swale Combined AC	13.95

30.41; 25.61; 28.21; 28.80; 29.45; 25.35  
21.28; 20.35; 21.05; 21.22; 23.11; 22.51  
20.69; 20.50; 22.22; 22.21; x; 20.95  
18.10; 19.17; x; 16.95; 17.71; x  
12.46; 11.63; 12.86; 12.59; 12.75; 13.95

U20 Women		Final		w/s= -1.0
No.	Athlete	Club	Perf	
1	401 Ellie Turner	Medway and Maidstone AC	24.95	
2	403 Louise Evans	Blackheath & Bromley H AC	25.08	
3	399 Parris Johnson	Blackheath & Bromley H AC	25.60	
4	406 Asha Root	Tonbridge AC	26.80	
5	404 Lucy Hope	Medway and Maidstone AC	27.00	
6	405 Faye Olszowka (T20)	Bexley AC	28.40	
7	421 Faith Cox	Ashford AC	28.88	
8	396 Emily Higham	Invicta East Kent AC	30.11	

800m		Final	
No.	Athlete	Club	Perf
1	419 Chloe Sharp	Central Park Athletics	2:15.20
2	415 Lara Atkinson	Cambridge Harriers	2:24.38
3	418 Lucy Elms	Blackheath & Bromley H AC	2:26.40
4	416 Phoebe Cooper	Bexley AC	2:40.89

400m Hurdles		Final	
No.	Athlete	Club	Perf
1	424 Jade Fitt	Cambridge Harriers	64.97
2	425 Eleanor Wastell	Medway and Maidstone AC	65.11
3	421 Faith Cox	Ashford AC	71.21
4	423 Magda Cieniala	Blackheath & Bromley H AC	72.90

1500m Steeplechase		Final	
No.	Athlete	Club	Perf
1	428 Amelia Smith	Blackheath & Bromley H AC	5:26.17
2	426 Annabel Field	Dartford Harriers AC	5:52.84

High Jump		Final	
No.	Athlete	Club	Perf
1	431 Rebecca Hawkins	Bexley AC	1.73
2	422 Ashleigh West	Medway and Maidstone AC	1.70
3	430 Alice English	Swale Combined AC	1.50
4	421 Faith Cox	Ashford AC	1.35

CBP  
1.60 o;1.65 o;1.70 o;1.73 o;1.76 xxx  
1.55 o;1.60 o;1.65 o;1.70 xxo;1.73 xxx  
1.40 o;1.45 o;1.50 o;1.55 xxx  
1.35 xxo;1.40 xxx

Long Jump		Final	
No.	Athlete	Club	Perf
1	435 Eloise Harvey	Dartford Harriers AC	5.53
2	438 Jade Oni	Blackheath & Bromley H AC	5.36
3	433 Lauren Campbell	Dartford Harriers AC	4.81
4	402 Rachel Yeldham	Blackheath & Bromley H AC	4.46
5	430 Alice English	Swale Combined AC	4.45
6	434 Emily Giardina	Thanet AC	3.92
7	421 Faith Cox	Ashford AC	3.89

- 5.33,-; 5.32,-; x; 5.27,-; 5.29,-; 5.53,-  
- x; 5.36,-; x; 5.30,-; -, 5.30,-  
- 4.57,-; 4.79,-; 4.76,-; 4.81,-; 4.55,-; 4.68,-  
- 3.91,-; 4.32,-; 4.46,-; 4.43,-; 4.30,-; 4.41,-  
- 4.45,-; 4.33,-; 4.36,-; 4.26,-; 4.24,-; 4.16,-  
- 3.84,-; 3.92,-; 3.85,-; 3.67,-; 3.43,-; 3.87,-  
- 3.78,-; 3.89,-; 3.89,-; 3.52,-; 3.84,-; 3.87,-

Triple Jump		Final	
No.	Athlete	Club	Perf
1	435 Eloise Harvey	Dartford Harriers AC	12.21
2	438 Jade Oni	Blackheath & Bromley H AC	12.06
3	433 Lauren Campbell	Dartford Harriers AC	10.68

- 9.71,-; 11.83,-; 12.21,-; 11.31,-; 11.57,-; x  
 - x; 12.06,-; x; x; 11.63,-; 12.00,-  
 - 10.45,-; 10.51,-; 9.32,-; x; 10.68,-; 10.44,-

Javelin		Final	
No.	Athlete	Club	Perf
1	447 Eloise Locke	Blackheath & Bromley H AC	38.96
2	448 Paige Macheath	Cambridge Harriers	36.00
3	446 Emilie Knights-Toomer	Ashford AC	34.97
4	434 Emily Giardina	Thanet AC	25.29
5	430 Alice English	Swale Combined AC	24.01
6	422 Ashleigh West	Medway and Maidstone AC	22.05
7	396 Emily Higham	Invicta East Kent AC	21.70
8	421 Faith Cox	Ashford AC	16.52
9	441 Chloe Williams	Thanet AC	12.75

37.92; 38.96; 37.73; x; x; -  
 32.07; x; 33.06; 36.00; 32.80  
 34.97; 34.81; 34.94; 33.63; 34.38; 32.65  
 25.29; x; 24.65; 23.95; x; x  
 x; x; 24.01; 19.97; 16.23; 20.07  
 18.27; 18.98; 18.47; 19.16; 22.05; 21.52  
 19.51; 19.85; 21.70; 20.47; x; 19.80  
 x; 16.52; x; x; x; 15.61  
 12.75; 12.46; 12.11

### U17 Women

200m		Heat 1		w/s= -0.7	
No.	Athlete	Club	Perf		
1	471 Holly Mpassy	Blackheath & Bromley H AC	25.24		Q
2	469 Zara Edeleanu	Medway and Maidstone AC	27.69		Q
3	477 Abigail Walters	Medway and Maidstone AC	27.80		Q
4	474 Ella Saxby	Ashford AC	27.85		q
5	472 Djamilla Nkereuwem	Invicta East Kent AC	28.20		q

200m		Heat 2		w/s= -1.1	
No.	Athlete	Club	Perf		
1	465 Kaliyah Young	Dartford Harriers AC	26.06		Q
2	463 Zsiriah Thomas	Blackheath & Bromley H AC	26.68		Q
3	470 Lucy Maunders	Medway and Maidstone AC	27.84		Q
4	475 Hannah Scrivens	Invicta East Kent AC	28.52		
5	464 Mollie Vaughan	Dartford Harriers AC	28.94		
6	467 Kendaa Cameron-Chavannes	Blackheath & Bromley H AC	29.85		

200m		Final		w/s= 0.2	
No.	Athlete	Club	Perf		
1	471 Holly Mpassy	Blackheath & Bromley H AC	24.88		
2	465 Kaliyah Young	Dartford Harriers AC	25.32		
3	463 Zsiriah Thomas	Blackheath & Bromley H AC	26.07		
4	469 Zara Edeleanu	Medway and Maidstone AC	27.42		
5	470 Lucy Maunders	Medway and Maidstone AC	27.58		
6	474 Ella Saxby	Ashford AC	27.74		
7	477 Abigail Walters	Medway and Maidstone AC	27.79		
8	472 Djamilla Nkereuwem	Invicta East Kent AC	28.16		

800m		Final	
No.	Athlete	Club	Perf
1	490 Morgan Squibb	Blackheath & Bromley H AC	2:15.14
2	487 Alexandra Millard	Invicta East Kent AC	2:16.73
3	489 Maisy Rose	Dartford Harriers AC	2:17.06
4	488 Jessica Neal	Blackheath & Bromley H AC	2:19.39
5	491 Charlotte Young	Medway and Maidstone AC	2:23.87
6	480 Rebekah O'Brien	Tonbridge AC	2:28.35
7	483 Luciana Anderson	Tonbridge AC	2:32.90
8	486 Rebecca Lloyd	Dartford Harriers AC	2:38.74

300m Hurdles		Final	
No.	Athlete	Club	Perf
1	505 Lauren Macey	Invicta East Kent AC	48.04
2	479 Emily Featherstone	Medway and Maidstone AC	48.91
3	507 Nika Najjar	Medway and Maidstone AC	49.41
4	510 Kirstie Vance	Bexley AC	52.50
5	478 Sohaila Ali	Tonbridge AC	53.01

1500m Steeplechase		Final	
No.	Athlete	Club	Perf
1	490 Morgan Squibb	Blackheath & Bromley H AC	5:06.03
2	513 Noemie Thomson	Tonbridge AC	5:20.52
3	503 Elena Jury	Swale Combined AC	5:26.53
4	497 Ellie Osmond	Blackheath & Bromley H AC	5:48.76
5	512 Ciara Mackey	Ashford AC	6:17.09
6	511 Isabel Lloyd	Dartford Harriers AC	6:21.48

Pole Vault		Final	
No.	Athlete	Club	Perf
1	524 Lois Warden	Blackheath & Bromley H AC	3.30
2	520 Eleanor Barrett	Blackheath & Bromley H AC	3.20
3	523 Erin Thomas	Bexley AC	3.00
4	521 Grace Pitman	Ashford AC	2.70
5	500 Zoe Austridge	Blackheath & Bromley H AC	2.70

3.10 o;3.20 o;3.30 o;3.40 xxx  
 2.90 xo;3.00 o;3.10 o;3.20 o;3.30 xxx  
 3.00 o;3.10 xxx  
 2.60 xo;2.70 o;2.80 xxx  
 2.40 o;2.50 o;2.60 o;2.70 xxo;2.80 xxx



Shot		Final		
No.	Athlete	Club	Perf	
1	532	Nana Gyedu	Cambridge Harriers	13.91
2	534	Hannah Macaulay	Blackheath & Bromley H AC	12.34
3	502	Lauren Farley	Blackheath & Bromley H AC	11.84
4	531	Kirsty-Anne Ebbage	Tonbridge AC	10.99
5	537	Abigail Stewart	Cambridge Harriers	10.50
6	536	Maisie Rixon	Tonbridge AC	10.38
7	533	Lexie Hammon	Swale Combined AC	7.64
8	530	Mia Bonner	Bexley AC	7.54
9	535	Elle Nihwai	Tonbridge AC	7.51

12.28; 13.91; 13.48; 13.69; x; 13.12  
 12.22; 12.31; 12.09; 11.54; 12.34; x  
 11.84; x; 11.24; 10.68; 11.09; x  
 10.50; x; 10.86; 10.99  
 10.50; 10.47; 10.04; 10.13; 10.36; 9.64  
 10.35; 10.17; 9.87; 10.38; 9.66; 9.83  
 x; 7.63; 7.51; 7.64  
 7.48; 7.54; 7.48; x; x; r  
 7.45; 7.51; 7.50; -; -; -

Discus		Final		
No.	Athlete	Club	Perf	
1	534	Hannah Macaulay	Blackheath & Bromley H AC	36.52
2	531	Kirsty-Anne Ebbage	Tonbridge AC	34.82
3	537	Abigail Stewart	Cambridge Harriers	30.35
4	533	Lexie Hammon	Swale Combined AC	19.50
5	535	Elle Nihwai	Tonbridge AC	17.88

35.85; x; 34.17; 34.00; 32.51; 36.52  
 33.97; x; 32.99; 34.82; x; 31.11  
 x; x; 23.65; 27.33; 30.35; x  
 x; 19.18; 17.16; x; 19.50; x  
 16.01; x; 17.88; x; 16.79; 16.58

Hammer		Final		
No.	Athlete	Club	Perf	
1	531	Kirsty-Anne Ebbage	Tonbridge AC	43.41
2	538	Katherine Donnelly	Medway and Maidstone AC	31.49
3	533	Lexie Hammon	Swale Combined AC	28.83
4	535	Elle Nihwai	Tonbridge AC	22.89

42.01; x; x; 43.41; 38.18; 39.97  
 26.99; 27.83; 29.49; 31.49; 30.34; 29.83  
 26.21; 26.89; x; 24.66; 25.16; 28.83  
 20.30; x; x; 22.89; x; x

### U15 Girls

200m		Heat 1		w/s= -1.3
No.	Athlete	Club	Perf	
1	563	Marian Owusuwaah	Cambridge Harriers	27.07
2	574	Emily Newnham	Medway Park Phoenix	27.09
3	580	Sarris Teale	Ashford AC	27.21
4	568	Kelechi Ambros	Bexley AC	28.54
5	575	Omoteniade Olisa	Cambridge Harriers	29.09
6	584	Michelle Yalkehue	Medway and Maidstone AC	29.24
7	546	Jessica Daly	Tonbridge AC	29.69
8	572	Annabelle Hales	Tonbridge AC	29.95

Q  
Q  
q

200m		Heat 2		w/s= -1.3
No.	Athlete	Club	Perf	
1	544	Emily Bowart	Tonbridge AC	27.42
2	573	Rebecca Maddy	Cambridge Harriers	27.70
3	553	Bryanna Kacou	Cambridge Harriers	28.20
4	582	Libby Turbutt	Ashford AC	28.41
5	567	Georgia Sullivan	Blackheath & Bromley H AC	29.29
6	541	Beatrice Aherne	Tonbridge AC	30.09
7	579	Jessie Sargeant	Bexley AC	30.93

Q  
Q  
q

200m		Heat 3		w/s= -0.7
No.	Athlete	Club	Perf	
1	554	Emily Kerr	Blackheath & Bromley H AC	26.83
2	543	Jessica Booth	Thanet AC	28.71
3	570	Olivia Gewitzke	Blackheath & Bromley H AC	29.21
4	540	Cleo Agyepong	Cambridge Harriers	29.60
5	578	Chloe Sands	Invicta East Kent AC	30.28
6	565	Chloe Salter	Dartford Harriers AC	31.44
7	581	Isobel Thorn	Tonbridge AC	32.37

Q  
Q

200m		Final		w/s= 1.0
No.	Athlete	Club	Perf	
1	554	Emily Kerr	Blackheath & Bromley H AC	25.81
2	574	Emily Newnham	Medway Park Phoenix	26.13
3	544	Emily Bowart	Tonbridge AC	26.35
4	563	Marian Owusuwaah	Cambridge Harriers	26.60
5	580	Sarris Teale	Ashford AC	26.81
6	573	Rebecca Maddy	Cambridge Harriers	27.17
7	553	Bryanna Kacou	Cambridge Harriers	28.07
8	543	Jessica Booth	Thanet AC	28.61

800m		Heat 1		
No.	Athlete	Club	Perf	
1	602	Ellie Dolby	Blackheath & Bromley H AC	2:22.37
2	613	Amarisa Sibley	Blackheath & Bromley H AC	2:23.91
3	610	Anna Palmer	Medway and Maidstone AC	2:31.87
4	589	Cameron Kelly-Gordon	Blackheath & Bromley H AC	2:32.53
5	593	Kelsey Pullin	Blackheath & Bromley H AC	2:35.48
6	604	Robin Hallett	S Factor Academy	2:36.42
7	611	Elisha Roger	Ashford AC	2:37.72
8	619	Annabel Young	Medway and Maidstone AC	2:45.46
9	608	Isabella Louth	Blackheath & Bromley H AC	2:48.79

Q  
Q  
q

800m		Heat 2			
No.	Athlete	Club	Perf		
1	606	Erin Hughes	Medway and Maidstone AC	2:29.61	Q
2	612	Maddison Sawyer	Invicta East Kent AC	2:29.69	Q
3	585	Rachel Anderson	Medway and Maidstone AC	2:31.00	q
4	591	Sarah Mitchell	Medway and Maidstone AC	2:34.49	
5	618	Madeline Tynan	Cambridge Harriers	2:36.56	
6	607	Judie Lawrence	Bexley AC	2:38.71	
7	599	Jildou Chappell	Invicta East Kent AC	2:39.23	
8	603	Amy-Jayne Goodhand	Thanet Roadrunners AC	2:41.27	
9	598	Taya Carver	Invicta East Kent AC	2:52.24	

800m		Heat 3			
No.	Athlete	Club	Perf		
1	588	Daniella Harper	Blackheath & Bromley H AC	2:29.04	Q
2	615	Jennifer Swandale	Thanet Roadrunners AC	2:33.40	Q
3	572	Annabelle Hales	Tonbridge AC	2:34.45	
4	600	Hannah Clark	Blackheath & Bromley H AC	2:34.75	
5	609	Amelia Middleton	Blackheath & Bromley H AC	2:38.91	
6	578	Chloe Sands	Invicta East Kent AC	2:40.93	
7	605	Abigail Hope	Invicta East Kent AC	2:44.07	
8	617	Isobel Tyler	Thanet Roadrunners AC	2:53.32	
9	581	Isobel Thorn	Tonbridge AC	2:58.61	

800m		Final			
No.	Athlete	Club	Perf		
1	602	Ellie Dolby	Blackheath & Bromley H AC	2:18.53	
2	612	Maddison Sawyer	Invicta East Kent AC	2:19.17	
3	613	Amarisa Sibley	Blackheath & Bromley H AC	2:19.64	
4	615	Jennifer Swandale	Thanet Roadrunners AC	2:24.96	
5	588	Daniella Harper	Blackheath & Bromley H AC	2:27.97	
6	606	Erin Hughes	Medway and Maidstone AC	2:29.80	
7	585	Rachel Anderson	Medway and Maidstone AC	2:31.24	
8	610	Anna Palmer	Medway and Maidstone AC	2:31.99	

75m Hurdles		Heat 1		w/s= -0.2	
No.	Athlete	Club	Perf		
1	626	Emily Frimpong	Bexley AC	11.75	Q
2	571	Asmara Griffiths	Cambridge Harriers	12.88	Q
3	579	Jessie Sargeant	Bexley AC	13.19	q
4	582	Libby Turbutt	Ashford AC	13.37	q
5	564	Naomi Parrott	Ashford AC	13.42	
6	556	Asha Lacey	Ashford AC	14.71	
	578	Chloe Sands	Invicta East Kent AC	DNS	

75m Hurdles		Heat 2		w/s= -0.9	
No.	Athlete	Club	Perf		
1	557	Kaliyah Lacey	Ashford AC	11.98	Q
2	552	Freya Jury	Swale Combined AC	12.86	Q
3	545	Mia Cox	Dartford Harriers AC	14.02	
4	625	Sofia Elliott	Blackheath & Bromley H AC	14.30	
5	565	Chloe Salter	Dartford Harriers AC	15.94	
	628	Samantha Stubbs	Tonbridge AC	DNS	

75m Hurdles		Heat 3		w/s= -2.2	
No.	Athlete	Club	Perf		
1	587	Isabelle Harding	Invicta East Kent AC	11.87	Q
2	577	Shakanya Osahon	Blackheath & Bromley H AC	12.12	Q
3	627	Katie Rothery	Medway and Maidstone AC	13.63	
4	554	Emily Kerr	Blackheath & Bromley H AC	13.65	
5	546	Jessica Daly	Tonbridge AC	14.12	
6	551	Phebe Foster	Tonbridge AC	15.44	

75m Hurdles		Final		w/s= 1.1	
No.	Athlete	Club	Perf		
1	626	Emily Frimpong	Bexley AC	11.60	
2	557	Kaliyah Lacey	Ashford AC	11.67	
3	587	Isabelle Harding	Invicta East Kent AC	11.73	
4	577	Shakanya Osahon	Blackheath & Bromley H AC	11.78	
5	552	Freya Jury	Swale Combined AC	12.41	
6	571	Asmara Griffiths	Cambridge Harriers	12.74	
7	579	Jessie Sargeant	Bexley AC	13.27	
8	582	Libby Turbutt	Ashford AC	13.78	

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	637	Lucinda White	Tonbridge AC	2.80
2	636	Lydia Owen	Ashford AC	2.10

2.40 xxo;2.50 o;2.60 o;2.70 o;2.80 xo;2.90 xxx  
2.00 o;2.10 o;2.20 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	626	Emily Frimpong	Bexley AC	10.50
2	583	Kacey Walters	Cambridge Harriers	9.13
3	540	Cleo Agyepong	Cambridge Harriers	8.60
4	643	Summer Salter	Medway and Maidstone AC	8.17
5	645	Katie Willis	Tonbridge AC	7.65
6	644	Amelia Williams	Swale Combined AC	7.54
7	587	Isabelle Harding	Invicta East Kent AC	7.00
8	625	Sofia Elliott	Blackheath & Bromley H AC	7.00
9	642	Emma Osborn	Bexley AC	5.46

10.50  
 9.13; 8.57; 9.05; 8.59; 8.65; 8.73  
 8.60; 8.26; 7.89; 8.30; 7.41; 8.60  
 7.66; 7.63; 8.17; 8.09; 8.05; 8.14  
 7.53; 6.98; 7.65; 7.07; x; 6.33  
 7.36; 7.00; 7.44; 6.93; 7.09; 7.54  
 6.98; 7.00  
 6.22; 6.89; 6.72; 6.22; 6.78; 7.00  
 4.29; 4.46; 5.46

Discus		Final		
No.	Athlete	Club	Perf	
1	646	Gypsy Nash	Medway and Maidstone AC	28.85
2	640	Elliyah Burke	Folkestone Running Club	19.11
3	645	Katie Willis	Tonbridge AC	18.79
4	625	Sofia Elliott	Blackheath & Bromley H AC	17.88
5	642	Emma Osborn	Bexley AC	13.58

28.85; 24.91; x; 25.42; 25.70; 27.63  
 x; 16.71; x; 19.11; x; x  
 15.50; 17.48; 16.32; x; 18.79; 15.16  
 17.88; 16.47; 16.15; x; 14.82; 14.57  
 13.58; 13.26; 13.50; 12.94; x; 11.50

Hammer		Final		
No.	Athlete	Club	Perf	
1	647	Lily Murray	Thanet AC	49.48
2	646	Gypsy Nash	Medway and Maidstone AC	41.69
3	643	Summer Salter	Medway and Maidstone AC	36.32
4	648	Charlotte Whiffen	Paddock Wood AC	29.83
5	640	Elliyah Burke	Folkestone Running Club	25.37
6	645	Katie Willis	Tonbridge AC	24.55
7	644	Amelia Williams	Swale Combined AC	21.38
8	625	Sofia Elliott	Blackheath & Bromley H AC	20.81
9	642	Emma Osborn	Bexley AC	15.38

CBP  
 x; 44.86; 46.55; 46.76; 48.47; 49.48  
 40.59; 39.00; 41.69; x; 39.56; x  
 36.32; 33.91; x; 35.96; 33.14; 34.72  
 24.02; 28.01; 29.83; 29.38; 28.27; x  
 24.19; 24.17; 25.37; 24.01; x; x  
 24.55; 21.00; 22.44; x; 20.10; 21.51  
 20.90; 21.38; x; x; x; x  
 19.92; 19.27; 20.81; 20.37; 19.02; 20.04  
 15.38; 15.27; 14.15

**Kent County Championship Results Sunday 13/05/2018**  
**Senior Men**

<b>100m Disability</b>		<b>Final</b>		<b>w/s= 0.5</b>
No.	Athlete	Club	Perf	
1	16	Conrad Davis	Bexley AC	14.99
1	87	Matthew Cornish	Bexley AC	15.04

<b>200m</b>		<b>Heat 1</b>		<b>w/s= -2.3</b>	
No.	Athlete	Club	Perf		
1	5	Nathan Brown	Kent AC	22.73	Q
2	15	Ryan Campbell	Dartford Harriers AC	23.63	Q
3	18	Andy Millen	Bexley AC	24.16	Q
4	14	Connor Campbell	Dartford Harriers AC	24.34	q
5	16	Conrad Davis	Bexley AC	27.04	

<b>200m</b>		<b>Heat 2</b>		<b>w/s= -1.3</b>	
No.	Athlete	Club	Perf		
1	8	Jack Lennard	Tonbridge AC	22.51	Q
2	17	Reece Dimech	Medway and Maidstone AC	22.74	Q
3	10	Kesiena Oghoghorie	Invicta East Kent AC	23.39	Q
4	2	Femi Awe	Invicta East Kent AC	24.07	q

<b>200m</b>		<b>Final</b>		<b>w/s= 0.0</b>
No.	Athlete	Club	Perf	
1	5	Nathan Brown	Kent AC	21.90
2	8	Jack Lennard	Tonbridge AC	22.14
3	17	Reece Dimech	Medway and Maidstone AC	22.75
4	18	Andy Millen	Bexley AC	23.26
5	15	Ryan Campbell	Dartford Harriers AC	23.34
6	2	Femi Awe	Invicta East Kent AC	24.10
7	14	Connor Campbell	Dartford Harriers AC	24.26
10	Kesiena Oghoghorie	Invicta East Kent AC	DNS	

<b>800m</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	33	Michael Major	Colchester Harriers	1:58.61
2	38	Craig Sharp	Central Park Athletics	2:00.72
3	32	Daniel Kennedy	Blackheath & Bromley H AC	2:01.14
4	34	Robert Meyer	Medway and Maidstone AC	2:01.29
5	36	Tom Richards	Tonbridge AC	2:01.77
6	20	Max Evans	Kent AC	2:06.96

<b>400m Hurdles</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	57	Lewis Heffernan	Medway and Maidstone AC	56.60
2	21	Jamie Farrell	Bexley AC	61.62
3	55	Bilen Ahmet	Kingston AC & Polytechnic Harriers	66.27
4	22	Kemal Gediz	Bexley AC	74.62

<b>2000m Steeplechase</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	58	Robert Donohue	Blackheath & Bromley H AC	7:18.22

<b>3000m Walk</b>		<b>Final</b>		
No.	Athlete	Club	Perf	
1	60	Luc Legon	Bexley AC	13:28.50
2	59	Jonathan Hobbs	Ashford AC	13:54.29

<b>High Jump</b>		<b>Final</b>			
No.	Athlete	Club	Perf		
1	63	Matthew Smiley	Ashford AC	1.80	1.65 o;1.70 o;1.75 o;1.80 o;1.85 xxx
2	61	Tyler Adams	Ashford AC	1.80	1.75 xo;1.80 o;1.85 xxx
3	21	Jamie Farrell	Bexley AC	1.75	1.60 xxo;1.65 o;1.70 o;1.75 o;1.80 xxx
4	24	Alexander Hookway	Tonbridge AC	1.65	1.55 o;1.60 o;1.65 xo;1.70 xxx
5	55	Bilen Ahmet	Kingston AC & Polytechnic Harriers	1.60	1.55 xxo;1.60 xxo;1.65 xx-

<b>Long Jump</b>		<b>Final</b>			
No.	Athlete	Club	Perf		
1	70	Ashley Buckman	Ashford AC	6.28	- x; 6.16,-; 6.28,-; 6.11,-; 6.00,-; 5.82,-
2	74	Paul Slater	Bexley AC	6.12	- 6.12,-; 5.95,-; 6.11,-; 6.05,-; x; x
3	71	Jack Fox	Dartford Harriers AC	6.08	- 5.82,-; 5.96,-; 6.08,-; 5.86,-; 6.03,-; 5.86,-
4	72	Callum Gardiner	Blackheath & Bromley H AC	5.78	- x; x; 5.76,-; 5.71,-; x; 5.78,-

Triple Jump		Final	
No.	Athlete	Club	Perf
1	75 Lawrence Harvey (M35)	Trafford AC	14.26
2	70 Ashley Buckman	Ashford AC	13.37
3	71 Jack Fox	Dartford Harriers AC	13.33
4	74 Paul Slater	Bexley AC	12.03
5	55 Bilen Ahmet	Kingston AC & Poly Harriers	11.55

- 14.23,0.0; 14.20,0.0; 14.26,0.0; 14.02,0.0; 14.24,0.0; x  
 - 13.28,0.0; x; x; 13.15,0.0; 13.37,0.0; 12.86,0.0  
 - 13.33,0.0; 13.07,0.0; x; 13.08,0.0; 12.83,0.0; 13.09,0.0  
 - 11.65,0.0; 12.03,0.0; 11.93,0.0; 11.84,0.0; 11.99,0.0; x  
 - 11.24,0.0; 11.27,0.0; 11.52,0.0; 11.55,0.0; x; 11.22,0.0

Javelin		Final	
No.	Athlete	Club	Perf
1	86 Sonny Nash	Medway and Maidstone AC	58.49
2	61 Tyler Adams	Ashford AC	46.30
3	24 Alexander Hookway	Tonbridge AC	34.38

52.44; 52.17; 51.66; 54.71; 56.91; 58.49  
 42.76; 46.30; 43.89; x; x; 41.89  
 32.83; x; 34.38; x; 30.25; x

## U20M

100m Disability		Final		w/s= 0.5
No.	Athlete	Club	Perf	
1	151 Sebastian Brooks (U20M) (T20)	Tonbridge AC	16.74	

200m		Heat 1		w/s= 0.2
No.	Athlete	Club	Perf	
1	101 Ethan Brown	Blackheath & Bromley H AC	22.25	Q
2	89 Korede Awe	Invicta East Kent AC	22.52	Q
3	97 Luke Moore	Cambridge Harriers	22.89	Q
4	88 Moses Aregbesola	Bexley AC	23.07	q
5	93 Nathan Isaac	Medway and Maidstone AC	23.22	
6	100 Iyioluwa Adesan	Cambridge Harriers	24.08	
7	91 Konrad Farrall	Thanet AC	24.70	

200m		Heat 2		w/s= -0.6
No.	Athlete	Club	Perf	
1	96 Alex Marshall	Medway and Maidstone AC	22.4	Q
2	103 Michael Fagbenle	Bexley AC	22.6	Q
3	95 Rory Kuypers	Medway and Maidstone AC	22.9	Q
4	94 Matthew Knight	Blackheath & Bromley H AC	22.9	q
5	104 Daejuan Madaza	S Factor Academy	23.38	
98	Abraham Ogunmefun	Bexley AC	DNS	

200m		Final		w/s= 0.7
No.	Athlete	Club	Perf	
1	101 Ethan Brown	Blackheath & Bromley H AC	21.66	
2	96 Alex Marshall	Medway and Maidstone AC	21.82	
3	89 Korede Awe	Invicta East Kent AC	21.82	
4	103 Michael Fagbenle	Bexley AC	22.16	
5	95 Rory Kuypers	Medway and Maidstone AC	22.49	
6	97 Luke Moore	Cambridge Harriers	22.98	
94	Matthew Knight	Blackheath & Bromley H AC	DNS	
88	Moses Aregbesola	Bexley AC	DNS	

800m		Final	
No.	Athlete	Club	Perf
1	110 Simon Coppard	Tonbridge AC	1:54.93
2	117 Thomas Manning	Dartford Harriers AC	1:57.59
3	111 Charles Crick	Tonbridge AC	1:58.20
4	112 Jacques Cunningham-Marsh	Medway and Maidstone AC	2:01.17
5	115 Joseph Griffiths	Invicta East Kent AC	2:02.70
6	120 Marshall Smith	Ashford AC	2:03.42
7	113 Marcus Etheridge	Invicta East Kent AC	2:04.33
8	121 Harrison Tremain	Ashford AC	2:06.54
9	114 Marley Godden	Medway and Maidstone AC	2:06.57
118	Reece Miles	Cambridge Harriers	2:08.09

400m Hurdles		Final	
No.	Athlete	Club	Perf
1	137 Coleman Corry	Blackheath & Bromley H AC	57.52
2	136 Fuad Busoir	Cambridge Harriers	57.60

2000m Steeplechase		Final	
No.	Athlete	Club	Perf
1	128 Lewis Mills	Blackheath & Bromley H AC	6:14.97

High Jump		Final	
No.	Athlete	Club	Perf
1	138 David Fullbrook	Tonbridge AC	1.90
2	140 Luke Okosieme	Cambridge Harriers	1.85
3	139 Douglas Noel	Invicta East Kent AC	1.80

1.65 o;1.70 o;1.75 o;1.80 xo;1.85 xo;1.90 xxo;1.93 xxx  
 1.85 xo;1.90 xxx  
 1.60 o;1.65 o;1.70 o;1.75 xo;1.80 xo;1.85 xxx

Long Jump		Final	
No.	Athlete	Club	Perf
1	106 Ben Sutton	Blackheath & Bromley H AC	6.74
2	145 Okiki Olugunna	Bexley AC	5.61

- 6.55,-; 6.42,-; 6.63,-; 6.44,-; 6.49,-; 6.74,-  
- 5.39,-; 4.25,-; 5.45,-; 5.61,-; -;

Disability Long Jump		Final	
No.	Athlete	Club	Perf
1	151 Sebastian Brooks (U20M) (T20)	Tonbridge AC	3.45

- 3.09,-; 3.14,-; 3.45,-; 2.01,-; 3.40,-; 3.34,-

Triple Jump		Final	
No.	Athlete	Club	Perf
1	145 Okiki Olugunna	Bexley AC	12.63

- 12.63,-; 12.38,-; 12.31,-; x; x; 12.37,-

Javelin		Final	
No.	Athlete	Club	Perf
1	147 Toby Seal	Tonbridge AC	49.19
2	138 David Fullbrook	Tonbridge AC	46.09
3	139 Douglas Noel	Invicta East Kent AC	45.65
4	142 George Blake	Medway and Maidstone AC	38.51
5	148 Kian Crawford	Ashford AC	32.99

44.31; 47.84; 43.78; 47.66; 44.17; 49.19  
41.71; x; 37.28; 45.66; x; 46.09  
36.04; 45.65; 39.15; 39.51; x; x  
38.51; x; 35.89; x; 34.06; 36.97  
32.41; 31.08; 32.99; 30.04; 32.69; 32.13

## U17M

200m		Heat 1		w/s= 0.6
No.	Athlete	Club	Perf	
1	177 Kristian Samwell-Nash	Ashford AC	22.87	Q
2	171 Oliver Briars	Blackheath & Bromley H AC	23.07	Q
3	160 Jake Goodman	Invicta East Kent AC	23.14	q
4	165 Sebastian Ngassa	Invicta East Kent AC	23.63	q
5	178 George Smith	Tonbridge AC	25.08	

200m		Heat 2		w/s= -1.0
No.	Athlete	Club	Perf	
1	173 Rico Cottell	Blackheath & Bromley H AC	23.13	Q
2	154 Anton Bachorski	Tonbridge AC	23.64	Q
3	176 Kyrone Morgan	Blackheath & Bromley H AC	24.14	
4	157 Excel Ebietomiye	Bexley AC	25.20	
5	174 Josef Hrabec	Dartford Harriers AC	26.21	
6	166 Emmanuel Osagiator-Obude	Bexley AC	DNS	

200m		Heat 3		w/s= -1.7
No.	Athlete	Club	Perf	
1	179 Myles Xavier	Blackheath & Bromley H AC	23.16	Q
2	163 Andreas Mitas	Bexley AC	23.23	Q
3	167 Harry Osborne	Medway and Maidstone AC	24.21	
4	175 Ernest Lake	Tonbridge AC	24.47	
5	162 Trey McPherson	Dartford Harriers AC	25.49	
6	169 Joshua Stewart	S Factor Academy	25.58	
7	161 William Heathcote	Medway and Maidstone AC	25.97	

200m		Final		w/s= -0.2
No.	Athlete	Club	Perf	
1	154 Anton Bachorski	Tonbridge AC	22.35	
2	163 Andreas Mitas	Bexley AC	22.53	
3	177 Kristian Samwell-Nash	Ashford AC	22.71	
4	179 Myles Xavier	Blackheath & Bromley H AC	22.72	
5	173 Rico Cottell	Blackheath & Bromley H AC	22.91	
6	665 Oliver Briars	Blackheath & Bromley H AC	22.93	
7	160 Jake Goodman	Invicta East Kent AC	23.29	
8	165 Sebastian Ngassa	Invicta East Kent AC	DNS	

800m		Final	
No.	Athlete	Club	Perf
1	198 Jack Higgins	Bexley AC	1:55.94
2	204 Matthew Stonier	Invicta East Kent AC	1:59.34
3	194 Toby Emm	Tonbridge AC	2:00.91
4	193 Alexander Donnelly	Medway and Maidstone AC	2:05.41
5	199 Joe-Paul Kwaramba	Dartford Grammar School	2:06.75
6	203 Oscar Parrick	Invicta East Kent AC	2:10.84
7	195 James English	Swale Combined AC	2:12.33
8	201 Isaac Maxwell	Kent AC	2:16.10
9	205 Luke Stringer	Medway and Maidstone AC	2:17.25

400m Hurdles		Final	
No.	Athlete	Club	Perf
1	223 Benjamin Blake	Medway and Maidstone AC	56.65
2	224 James Crawley	Tonbridge AC	61.59
3	226 Caelan Raju	Blackheath & Bromley H AC	62.09
4	187 Eugene Sanger	Folkestone Running Club	63.11

**1500m Steeplechase****Final**

No.	Athlete	Club	Perf
1	228 Archie May	Dartford Harriers AC	4:28.84
2	227 Benjamin Gardiner	Blackheath & Bromley H AC	4:40.74
3	229 Cameron Swatton	Blackheath & Bromley H AC	4:52.52

**3000m Walk****Final**

No.	Athlete	Club	Perf
1	231 Matthew Crane	Bexley AC	14:49.28

**Pole Vault****Final**

No.	Athlete	Club	Perf
1	232 Pedro Gleadall	Blackheath & Bromley H AC	4.10
2	236 Alfie Gilby	Ashford AC	3.85
3	221 Daniel Smith	Tonbridge AC	3.20
4	235 Theo Fotheringham	Ashford AC	2.80

CBP

3.90 o;4.10 o;4.30 xxx

3.50 o;3.70 o;3.85 xo;3.90 xxx

3.00 o;3.10 xo;3.20 o;3.30 xxx

2.50 o;2.60 xo;2.70 o;2.80 xxo;2.90 xxx

**Shot****Final**

No.	Athlete	Club	Perf
1	242 Freddie Marshall	Tonbridge AC	11.72
2	241 Arjun Ghosh	Tonbridge AC	10.48
3	240 Alex Bailey	Bexley AC	10.40
4	239 Neil Akinyemi	Dartford Grammar School	9.89

11.67; x; 11.41; 11.72; 11.58; x

9.65; 9.82; 10.03; 10.48; x; x

9.66; 9.35; 10.40; 9.26; 9.80; 8.98

9.58; x; x; 9.89; x; 9.88

**Discus****Final**

No.	Athlete	Club	Perf
1	239 Neil Akinyemi	Dartford Grammar School	32.86
2	241 Arjun Ghosh	Tonbridge AC	31.79

30.71; x; 32.86; x; x; x

29.42; x; 31.77; x; x; 31.79

**Hammer****Final**

No.	Athlete	Club	Perf
1	245 Alex Ringshall	Dartford Harriers AC	37.22
2	244 Reece Perkins	Medway and Maidstone AC	36.06
3	241 Arjun Ghosh	Tonbridge AC	33.43
4	240 Alex Bailey	Bexley AC	27.53
5	217 Isaac Thomas	Medway Park Phoenix	22.51

x; x; x; 37.22; x; x

34.80; x; 34.35; 36.06; 34.97; 35.52

32.95; x; 33.43; x; x; x

x; x; 24.26; 27.53; x; x

20.14; 18.02; 20.59; 19.47; 22.51; 22.10

**U15B****200m****Heat 1****w/s= 1.6**

No.	Athlete	Club	Perf
1	267 Michael Uzozie	Medway and Maidstone AC	24.10
2	259 Matthew Kinsambwe	Bexley AC	24.18
3	255 Xahir Durant	Cambridge Harriers	24.95
4	249 Ridwaan Ahmed	Bexley AC	25.31
5	266 Connor Sutton	Blackheath & Bromley H AC	25.52
6	272 Joshua Oyetti	Dartford Grammar School	26.30
7	274 Alex Stone	Paddock Wood AC	28.81

Q

Q

Q

**200m****Heat 2****w/s= 1.9**

No.	Athlete	Club	Perf
1	262 Prince Mulamba	Cambridge Harriers	23.74
2	258 Omarion Jones-Gayle	Cambridge Harriers	24.32
3	270 Adam Islam-Medeaux	Blackheath & Bromley H AC	24.82
4	260 Joe Lowes	Thanet AC	24.87
5	268 Zac Beasty	Tonbridge AC	24.90
6	257 Kieran Isaac	Medway and Maidstone AC	26.83
7	275 Robert Tune	Tonbridge AC	29.14

Q

Q

Q

q

q

**200m****Final****w/s= 0.6**

No.	Athlete	Club	Perf
1	262 Prince Mulamba	Cambridge Harriers	23.58
2	267 Michael Uzozie	Medway and Maidstone AC	24.17
3	259 Matthew Kinsambwe	Bexley AC	24.26
4	258 Omarion Jones-Gayle	Cambridge Harriers	24.34
5	268 Zac Beasty	Tonbridge AC	24.81
6	270 Adam Islam-Medeaux	Blackheath & Bromley H AC	25.07
7	255 Xahir Durant	Cambridge Harriers	25.09
8	260 Joe Lowes	Thanet AC	25.52

800m		Heat 1			
No.	Athlete	Club	Perf		
1	282	Jake Anthony	Blackheath & Bromley H AC	2:16.29	Q
2	301	Lucas Zurdo	Kent AC	2:18.66	Q
3	291	Luke Fenton	Dartford Harriers AC	2:22.06	Q
4	281	Adam Singleterry	Tonbridge AC	2:25.16	q
5	289	Callum Featherstone	Medway and Maidstone AC	2:25.65	
6	285	Ollie Croll	Tonbridge AC	2:26.76	
7	294	Archie Jones	Folkestone Running Club	2:30.63	
8	300	Benedikt Stokes	Invicta East Kent AC	2:39.77	
9	296	Dylan Leach	Thanet Roadrunners AC	2:43.01	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	273	Samuel Reardon	Blackheath & Bromley H AC	2:03.88	Q
2	284	Finlay Croll	Tonbridge AC	2:21.14	Q
3	283	Stefano Bertero	S Factor Academy	2:21.56	Q
4	299	Matthew Smith	Blackheath & Bromley H AC	2:22.18	q
5	290	Cameron Featherstone	Medway and Maidstone AC	2:26.10	
6	293	Ananjan Ganguli	Tonbridge AC	2:27.74	
7	297	Daniel Moulton	Dartford Harriers AC	2:29.66	
8	298	Joshua Read	Dartford Grammar School	2:37.85	
9	302	Oscar Zurdo	Kent AC	2:47.42	

800m		Final			
No.	Athlete	Club	Perf		
1	273	Samuel Reardon	Blackheath & Bromley H AC	2:10.12	
2	284	Finlay Croll	Tonbridge AC	2:13.96	
3	282	Jake Anthony	Blackheath & Bromley H AC	2:17.17	
4	301	Lucas Zurdo	Kent AC	2:18.47	
5	281	Adam Singleterry	Tonbridge AC	2:19.35	
6	283	Stefano Bertero	S Factor Academy	2:19.98	
7	299	Matthew Smith	Blackheath & Bromley H AC	2:20.42	
8	291	Luke Fenton	Dartford Harriers AC	2:21.87	

1500m		Final			
No.	Athlete	Club	Perf		
1	310	Pablo Seema Roca	Blackheath & Bromley H AC	4:17.70	
2	652	Louis Small	Thanet AC	4:21.50	
3	309	Jalen Pople	Bexley AC	4:23.73	
4	313	Matthew Taylor	Tonbridge AC	4:27.72	
5	295	Jamie Keir	Invicta East Kent AC	4:29.32	
6	292	Ethan Fiore	Cambridge Harriers	4:36.31	
7	315	Louis Woods	Cambridge Harriers	4:40.03	
8	288	Matthew Dubery	Tonbridge AC	4:45.94	
9	307	Frederick Georgiou	Blackheath & Bromley H AC	4:48.25	
	304	Benjamin Campbell	Blackheath & Bromley H AC	DNS	
	305	Angus Currie	Tonbridge AC	DNS	
	311	George Shaw	Blackheath & Bromley H AC	DNS	

3000m Walk		Final			
No.	Athlete	Club	Perf		
1	325	Alex Macheath	Cambridge Harriers	15:05.56	
2	324	Christian Hopper	Cambridge Harriers	16:39.27	

Pole Vault		Final			
No.	Athlete	Club	Perf		
1	326	Barnaby Corry	Blackheath & Bromley H AC	3.15	2.70 o;2.80 o;2.90 o;3.00 o;3.05 xo;3.10 o;3.15 o;3.21 xxx
2	328	Nathaniel Hughes	Ashford AC	2.50	2.00 o;2.10 xo;2.20 o;2.30 o;2.40 o;2.50 xo;2.60 xxx
3	273	Samuel Reardon	Blackheath & Bromley H AC	2.40	2.00 o;2.10 o;2.20 o;2.30 o;2.40 o;2.50 xxx
3	318	Charles Costello	Tonbridge AC	2.40	2.00 o;2.10 o;2.20 o;2.30 o;2.40 o;2.50 xxx
5	298	Joshua Read	Dartford Grammar School	2.20	1.70 o;1.85 xxo;2.00 xo;2.10 xxo;2.20 xxo;2.30 xxx
6	329	Benjamin Platt	Blackheath & Bromley H AC	2.10	1.85 o;2.00 o;2.10 xo;2.20 xxx
7	275	Robert Tune	Tonbridge AC	2.00	1.70 xo;1.85 xo;2.00 xxo;2.10 xxx
	272	Joshua Oyetti	Dartford Grammar School	nm	1.70 -;1.85 r

Shot		Final			
No.	Athlete	Club	Perf		
1	331	Dillon Claydon	Blackheath & Bromley H AC	12.57	11.93; 11.48; 10.99; 12.00; 12.57; 12.35
2	334	Levi Onipede	Dartford Grammar School	12.56	10.74; x; 11.80; 10.65; 12.50; 12.56
3	332	James Martin	The Judd School	10.69	9.10; 10.33; 10.19; 10.50; 10.55; 10.69
4	335	Anthony Oulai	Dartford Grammar School	10.41	9.61; 9.95; 10.20; 10.41; 9.71; 9.96
5	257	Kieran Isaac	Medway and Maidstone AC	9.80	9.22; 9.54; 9.25; 9.80; 9.19; 9.26
6	333	Keenan Simmons	Folkestone Running Club	8.34	8.33; 8.34; 8.16; 8.14; 8.06; 8.17
7	336	Sidney Taylor	Dartford Grammar School	7.35	6.11; 7.35; 7.28; 7.25; 7.35; 7.05
8	249	Ridwaan Ahmed	Bexley AC	7.07	6.56; 7.07; 5.54; -; -; -



Discus		Final		
No.	Athlete	Club	Perf	
1	331	Dillon Claydon	Blackheath & Bromley H AC	41.11
2	332	James Martin	The Judd School	36.86
3	337	Harry Blake	Medway and Maidstone AC	28.56
4	333	Keenan Simmons	Folkestone Running Club	26.00
5	253	Christian Dolley	Tonbridge AC	22.38
6	274	Alex Stone	Paddock Wood AC	20.81

41.11; x; 37.13; 39.89; 36.48; x  
27.50; 36.86; 36.32; x; x; x  
27.78; x; 25.05; x; 28.56; 28.07  
23.26; x; 25.08; 26.00; 25.54; 23.77  
19.38; 22.38; x; 22.15; 22.14; 21.20  
20.15; 20.81; 19.98; 18.38; x; 19.14

Hammer		Final		
No.	Athlete	Club	Perf	
1	337	Harry Blake	Medway and Maidstone AC	41.14
2	339	Timothy Masters	Bexley AC	40.01
3	338	George Dunne	Dartford Grammar School	38.62
4	334	Levi Onipede	Dartford Grammar School	29.80
5	335	Anthony Oulai	Dartford Grammar School	28.74
6	336	Sidney Taylor	Dartford Grammar School	28.04
7	333	Keenan Simmons	Folkestone Running Club	23.27

35.48; 38.16; 38.86; 41.14; 39.71; 37.14  
35.93; x; 40.01; x; x; 38.18  
37.42; 37.73; 38.62; 35.93; 36.45; 37.40  
29.80; 26.14; 29.06; 21.35; x; 27.80  
27.79; 28.27; 28.65; 27.84; 27.12; 28.74  
24.41; 28.04; 26.94; x; x; 26.46  
23.09; x; 22.57; x; 23.27; x

Senior Women		Final		w/s= 0.1	
100m		No.	Athlete	Club	Perf
1	352	Katie White	Tonbridge AC	12.72	
2	348	Jessica Murphy	Tonbridge AC	12.73	
3	347	Claire Capon	Dartford Harriers AC	13.05	
4	350	Megan Palmer	Tonbridge AC	13.75	
5	349	Shamariah Notice	Kent AC	13.78	

400m		Final		
No.	Athlete	Club	Perf	
1	359	Gloria Hooper	Harrow AC	54.12
2	363	Briony Walsh	Ashford AC	60.16
3	358	Annabel Carter	Invicta East Kent AC	60.28
4	357	Emma-Louise Wagstaff	Kent AC	61.82
5	360	Bonnie Maugey	Dartford Harriers AC	67.57
6	361	Katie Scoones	Swale Combined AC	72.24

1500m		Final		
No.	Athlete	Club	Perf	
1	370	Anna Weston	Invicta East Kent AC	4:53.21
2	365	Clare Elms	Dulwich Runners AC	4:53.99
3	368	Amber Reed	Blackheath & Bromley H AC	5:05.70
4	367	Jacqueline O'Reilly	Tonbridge AC	5:10.63
	369	Emma Rowland	Blackheath & Bromley H AC	DNF

100m Hurdles		Final		w/s= -0.9
No.	Athlete	Club	Perf	
1	655	Nikoleta Ivanova	Ashford AC	19.76

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	375	Lesley Hall	Ashford AC	19:23.11
2	376	Geraldine Legon	Bexley AC	21:26.45

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	380	Laura-Ann Henderson	Ashford AC	3.20
2	382	Jennifer Sheasby	Blackheath & Bromley H AC	2.50

3.00 xo; 3.10 o; 3.20 o; 3.30 xxx  
2.00 o; 2.20 o; 2.30 o; 2.40 o; 2.50 o; 2.60 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	384	Marianne Berndt (W35)	Bexley AC	9.95
2	387	Hannah Owen	Ashford AC	9.83
3	385	Nicola Gregory	Bexley AC	8.95
4	361	Katie Scoones	Swale Combined AC	6.03
5	386	Christine Lynch (W60)	Swale Combined AC	4.94

9.95; 9.70; x; 9.81; 9.73; 9.84  
9.18; 8.91; 9.47; 9.83; 9.58; 9.56  
8.70; 8.95; 8.71; 8.86; x; 8.14  
5.58; 6.03; 5.86; 5.85; 5.70; 5.84  
4.72; 4.84; 4.87; 4.87; 4.94; 4.84

Discus		Final		
No.	Athlete	Club	Perf	
1	384	Marianne Berndt (W35)	Bexley AC	32.37
2	385	Nicola Gregory	Bexley AC	31.77
3	347	Claire Capon	Dartford Harriers AC	24.23
4	386	Christine Lynch (W60)	Swale Combined AC	13.80

32.37; x; 26.99; 32.34; 31.12; 27.26  
27.02; 29.25; 31.77; 31.47; 29.97; x  
21.69; 24.23; 23.27; 19.07; x; 22.96  
12.97; 11.65; 13.57; 12.85; 12.36; 13.80

Hammer		Final	
No.	Athlete	Club	Perf
1	387 Hannah Owen	Ashford AC	41.55
2	390 Donna Kent	Bexley AC	36.96
3	389 Jessica Blake	Medway and Maidstone AC	34.46
4	347 Claire Capon	Dartford Harriers AC	29.72
5	392 Lauren Thynne	Medway and Maidstone AC	29.09
6	391 Natalie Mann	Cambridge Harriers	23.34
7	386 Christine Lynch (W60)	Swale Combined AC	14.42

36.06; 41.55; 40.43; 38.41; 41.32; 36.39  
 29.96; 35.82; 36.47; 34.36; 36.96; 35.64  
 33.46; 32.32; 34.46; 33.37; 32.03; x  
 x; x; 29.01; x; 27.29; 29.72  
 25.52; x; 22.09; 25.66; 23.37; 29.09  
 22.33; 22.66; x; 22.44; 23.34; 20.28  
 13.83; 14.42; 13.54; 12.98; 13.71; x

U20W		Final		w/s= 0.3	
100m		No.	Athlete	Club	Perf
1	401 Ellie Turner	Medway and Maidstone AC	11.94		
2	398 Kera Jean-Francois	Cambridge Harriers	12.77		
3	402 Rachel Yeldham	Blackheath & Bromley H AC	13.19		
4	397 Kiera Houching	Cambridge Harriers	13.55		
5	400 Monay Thomas	Cambridge Harriers	13.74		
6	396 Emily Higham	Invicta East Kent AC	14.39		

400m		Heat 1	
No.	Athlete	Club	Perf
1	403 Louise Evans	Blackheath & Bromley H AC	59.50
2	413 Grace Scopes	Blackheath & Bromley H AC	60.78
3	409 Taiwo Eyiowuawi	Bexley AC	61.08
4	414 Ellie White	Bexley AC	65.57
5	410 Cary Kwaramba-Downs	Dartford Harriers AC	72.07

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400m		Heat 2	
No.	Athlete	Club	Perf
1	408 Megan Walsh	Blackheath & Bromley H AC	57.88
2	406 Asha Root	Tonbridge AC	59.16
3	404 Lucy Hope	Medway and Maidstone AC	63.74
4	405 Faye Olszowka (T20)	Bexley AC	66.59
5	411 Amardeep Mann	Bexley AC	71.36

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400m		Final	
No.	Athlete	Club	Perf
1	403 Louise Evans	Blackheath & Bromley H AC	56.18
2	406 Asha Root	Tonbridge AC	56.93
3	408 Megan Walsh	Blackheath & Bromley H AC	57.27
4	413 Grace Scopes	Blackheath & Bromley H AC	60.10
5	409 Taiwo Eyiowuawi	Bexley AC	60.58
6	404 Lucy Hope	Medway and Maidstone AC	62.72
7	405 Faye Olszowka (T20)	Bexley AC	66.12
	414 Ellie White	Bexley AC	DNF

1500m		Final	
No.	Athlete	Club	Perf
1	419 Chloe Sharp	Central Park Athletics	4:31.70
2	415 Lara Atkinson	Cambridge Harriers	4:53.43
3	418 Lucy Elms	Blackheath & Bromley H AC	5:02.49

100m Hurdles		Final		w/s= -0.9
No.	Athlete	Club	Perf	
1	422 Ashleigh West	Medway and Maidstone AC	15.62	
2	421 Faith Cox	Ashford AC	18.77	

3000m Walk		Final	
No.	Athlete	Club	Perf
1	429 Jacqueline Benson	Ashford AC	17:57.14

Pole Vault		Final	
No.	Athlete	Club	Perf
1	432 Grace Thomas	Bexley AC	2.90

2.60 o; 2.70 o; 2.80 o; 2.90 o; 3.00 xxx

Shot		Final	
No.	Athlete	Club	Perf
1	440 Anika Olalere	Blackheath & Bromley H AC	10.07
2	396 Emily Higham	Invicta East Kent AC	8.04
3	439 Grace Adeleye	Medway and Maidstone AC	8.02
4	441 Chloe Williams	Thanet AC	7.41
5	434 Emily Giardina	Thanet AC	6.35

9.34; 9.96; 9.72; 10.07; x; x  
 7.50; 7.32; 7.27; 7.72; 8.04; x  
 8.02; 7.83; 7.57; 7.22; 7.21; 6.90  
 7.13; 7.41; 6.68; 6.63; 6.64; 7.07  
 6.17; x; x; 5.72; 6.35; 6.12

Discus		Final	
No.	Athlete	Club	Perf
1	443 Carys Marsden	Blackheath & Bromley H AC	36.92
2	442 Anna Barnett	Blackheath & Bromley H AC	30.36
3	440 Anika Olalere	Blackheath & Bromley H AC	30.21
4	441 Chloe Williams	Thanet AC	20.04

36.05; x; 35.55; 32.66; 36.92; x  
 29.71; 29.93; 30.36; 27.10; x; x  
 x; 30.18; x; 30.21; 29.65; x  
 20.04; 19.40; 19.74; x; 19.77x17.50

Hammer		Final		
No.	Athlete	Club	Perf	
1	445	Victoria Wiltshire	Blackheath & Bromley H AC	47.88
2	443	Carys Marsden	Blackheath & Bromley H AC	41.95
3	439	Grace Adeleye	Medway and Maidstone AC	38.62
4	444	Sophie Fenner	Cambridge Harriers	31.32
5	441	Chloe Williams	Thanet AC	24.43
6	429	Jacqueline Benson	Ashford AC	21.75

46.63; x; 47.52; 47.88; 44.76; x  
x; x; x; 32.49; 40.53; 41.95  
34.62; 35.43; 38.62; x; x; 32.71  
28.54; 31.32; 29.03; x; 30.21; x  
23.33; 20.54; 24.43; 19.44; 21.00; x  
21.75; x; 18.73; 21.63; 19.66; 21.19

U17W				
100m		Heat 1	w/s= -0.3	
No.	Athlete	Club	Perf	
1	465	Kaliyah Young	Dartford Harriers AC	12.81
2	452	Katia Cienciala	Blackheath & Bromley H AC	12.91
3	451	Madeleine Bonner	Blackheath & Bromley H AC	13.85
4	461	Chloe Morford	Dartford Harriers AC	13.88
5	453	Annabel Duncombe	Blackheath & Bromley H AC	14.24
6	466	Mia Young	Bexley AC	14.56
	455	Marie-Reine Fotso	Bexley AC	DIS

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100m		Heat 2	w/s= 0.2	
No.	Athlete	Club	Perf	
1	463	Zsiriah Thomas	Blackheath & Bromley H AC	12.74
2	460	Yetunde Mongo	Ashford AC	12.89
3	464	Mollie Vaughan	Dartford Harriers AC	13.49
4	459	Davina Jasper	Tonbridge AC	13.55
5	454	Lilly Ebsworth	Paddock Wood AC	13.56
6	449	Rashidah Ayinbode	Blackheath & Bromley H AC	13.74
7	457	Samantha Hockey	Paddock Wood AC	14.13
	456	Angel Gediz	Bexley AC	DNS

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100m		Final	w/s= 2.1	
No.	Athlete	Club	Perf	
1	452	Katia Cienciala	Blackheath & Bromley H AC	12.57
2	465	Kaliyah Young	Dartford Harriers AC	12.61
3	463	Zsiriah Thomas	Blackheath & Bromley H AC	12.63
4	460	Yetunde Mongo	Ashford AC	12.91
5	454	Lilly Ebsworth	Paddock Wood AC	13.42
6	459	Davina Jasper	Tonbridge AC	13.46
7	464	Mollie Vaughan	Dartford Harriers AC	13.72
8	451	Madeleine Bonner	Blackheath & Bromley H AC	13.82

300m		Heat 1		
No.	Athlete	Club	Perf	
1	471	Holly Mpassy	Blackheath & Bromley H AC	39.88
2	480	Rebekah O'Brien	Tonbridge AC	42.97
3	482	Sophia Smith	Invicta East Kent AC	44.25
4	472	Djamilla Nkereuwem	Invicta East Kent AC	44.64
5	478	Sohailla Ali	Tonbridge AC	46.97

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300m		Heat 2		
No.	Athlete	Club	Perf	
1	481	Jessica O'Hara	Tonbridge AC	43.19
2	474	Ella Saxby	Ashford AC	43.85
3	470	Lucy Maunders	Medway and Maidstone AC	44.17
4	467	Kendaa Cameron-Chavannes	Blackheath & Bromley H AC	45.79

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300m		Final		
No.	Athlete	Club	Perf	
1	471	Holly Mpassy	Blackheath & Bromley H AC	39.57
2	480	Rebekah O'Brien	Tonbridge AC	42.44
3	481	Jessica O'Hara	Tonbridge AC	42.69
4	474	Ella Saxby	Ashford AC	43.55
5	470	Lucy Maunders	Medway and Maidstone AC	43.81
6	472	Djamilla Nkereuwem	Invicta East Kent AC	44.98
7	482	Sophia Smith	Invicta East Kent AC	45.28
8	467	Kendaa Cameron-Chavannes	Blackheath & Bromley H AC	46.10

1500m		Final		
No.	Athlete	Club	Perf	
1	487	Alexandra Millard	Invicta East Kent AC	4:38.18
2	490	Morgan Squibb	Blackheath & Bromley H AC	4:41.20
3	495	Katie Goodge	Tonbridge AC	4:47.01
4	488	Jessica Neal	Blackheath & Bromley H AC	4:50.45
5	491	Charlotte Young	Medway and Maidstone AC	4:59.78
6	497	Ellie Osmond	Blackheath & Bromley H AC	5:07.76
7	498	Bethany Panton	Blackheath & Bromley H AC	5:12.45
8	493	Alexandria Baker-Jones	Medway and Maidstone AC	5:19.63
9	499	Zoe White	Blackheath & Bromley H AC	5:29.95
10	494	Flora Currie	Tonbridge AC	5:34.49

80m Hurdles		Final		w/s= -0.9
No.	Athlete	Club	Perf	
1	465	Kaliyah Young	Dartford Harriers AC	11.96
2	500	Zoe Austridge	Blackheath & Bromley H AC	12.58
3	505	Lauren Macey	Invicta East Kent AC	12.87
4	504	Joy Kelvin	Bexley AC	13.16
5	501	Ella Brown	Blackheath & Bromley H AC	14.54
	502	Lauren Farley	Blackheath & Bromley H AC	DNS

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	514	Isabelle Bridge	Blackheath & Bromley H AC	17:13.34
2	516	Millie Morris	Medway and Maidstone AC	19:11.74
3	515	Hannah Hopper	Cambridge Harriers	19:47.18

High Jump		Final		
No.	Athlete	Club	Perf	
1	480	Rebekah O'Brien	Tonbridge AC	1.60
2	517	Ayanna Henry	Cambridge Harriers	1.55
3	477	Abigail Walters	Medway and Maidstone AC	1.50
4	518	Oluwagbemisola Kasumu	Medway and Maidstone AC	1.45

1.40 o;1.45 o;1.50 o;1.55 xo;1.60 o;1.65 xxx  
 1.40 o;1.45 o;1.50 xo;1.55 xxo;1.60 xxx  
 1.35 o;1.40 o;1.45 xo;1.50 o;1.55 xxx  
 1.30 o;1.35 o;1.40 o;1.45 xo;1.50 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	526	Mayong Tabe	Medway and Maidstone AC	5.68
2	525	Zoe Martial	Blackheath & Bromley H AC	4.92
3	502	Lauren Farley	Blackheath & Bromley H AC	4.75
4	517	Ayanna Henry	Cambridge Harriers	4.70
5	469	Zara Edeleanu	Medway and Maidstone AC	4.56
6	461	Chloe Morford	Dartford Harriers AC	4.41
7	453	Annabel Duncombe	Blackheath & Bromley H AC	4.37
8	466	Mia Young	Bexley AC	4.13

- 5.68,-; x; x; 5.67,-; 5.60,-; 5.61,-  
 - 4.92,-; x; 4.83,-; 4.74,-; x; 4.80,-  
 - 4.75,-; x; 4.09,-; x; x; x  
 - x; 4.70,-; 4.53,-; 4.58,-; x; 4.49,-  
 - 4.10,-; 4.56,-; 1.84,-; 4.12,-; 4.31,-; -  
 - 4.41,-; x; x; 4.28,-; x; 4.36,-  
 - 4.25,-; 4.29,-; 4.25,-; 4.24,-; 4.19,-; 4.37,-  
 - 4.11,-; 3.76,-; 3.91,-; 3.90,-; 4.13,-; 4.07,-

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	527	Megan Groombridge	Dartford Harriers AC	10.54
2	528	Kamiyla Robinson-Pascal	Blackheath & Bromley H AC	9.87
3	469	Zara Edeleanu	Medway and Maidstone AC	9.65
4	518	Oluwagbemisola Kasumu	Medway and Maidstone AC	9.46
5	529	Yasmin Sadler-Reeves	Ashford AC	9.30
6	454	Lilly Ebsworth	Paddock Wood AC	8.81

- 10.36,-; 10.54,-; 10.44,-; x; 10.51,-; 10.34,-  
 - 9.87,-; 9.75,-; 9.68,-; x; 9.36,-; 9.36,-  
 - x; 9.54,-; x; 9.59,-; x; 9.65,-  
 - 9.46,-; x; 8.93,-; 8.90,-; 8.87,-; 9.20,-  
 - 9.19,-; 9.25,-; 9.30,-; 9.22,-; 9.26,-; 9.20,-  
 - 8.81,-; 8.64,-; 8.69,-; -; -

Javelin		Final		
No.	Athlete	Club	Perf	
1	502	Lauren Farley	Blackheath & Bromley H AC	40.84
2	530	Mia Bonner	Bexley AC	22.71

34.55; 38.56; 38.29; 36.92; x; 40.84  
 x; x; x; 21.96; 20.93; 22.71

### U15G

100m		Heat 1		w/s= 0.1
No.	Athlete	Club	Perf	
1	553	Bryanna Kacou	Cambridge Harriers	13.28
2	549	Isabella Fassnidge	Tonbridge Athletics	13.63
3	552	Freyja Jury	Swale Combined AC	13.75
4	557	Kaliyah Lacey	Ashford AC	13.95
5	561	Amirat Mohammed-Hassan	Cambridge Harriers	14.09
6	560	Ellie Mcleavey	Folkestone Running Club	14.17
7	546	Jessica Daly	Tonbridge AC	14.28

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100m		Heat 2		w/s= 0.3
No.	Athlete	Club	Perf	
1	563	Marian Owusuwaah	Cambridge Harriers	12.92
2	540	Cleo Agyepong	Cambridge Harriers	13.73
3	543	Jessica Booth	Thanet AC	13.84
4	542	Georgia Baker	Tonbridge AC	13.86
5	567	Georgia Sullivan	Blackheath & Bromley H AC	13.99
6	564	Naomi Parrott	Ashford AC	14.18
7	541	Beatrice Aherne	Tonbridge AC	14.29
8	556	Asha Lacey	Ashford AC	14.93

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100m		Heat 3		w/s= 0.3
No.	Athlete	Club	Perf	
1	554	Emily Kerr	Blackheath & Bromley H AC	12.63
2	548	Sileena Farrell	Dartford Harriers AC	12.69
3	562	Victoria Onuegbu	Medway and Maidstone AC	13.44
4	558	Tianna Lewis	Cambridge Harriers	13.62
5	547	Rosie Donohoe	Tonbridge AC	14.23
6	565	Chloe Salter	Dartford Harriers AC	14.96
7	551	Phebe Foster	Tonbridge AC	15.08

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100m		Final		w/s= -0.4
No.	Athlete	Club	Perf	
1	554	Emily Kerr	Blackheath & Bromley H AC	12.63
2	548	Sileena Farrell	Dartford Harriers AC	12.77
3	563	Marian Owusuwaah	Cambridge Harriers	13.01
4	553	Bryanna Kacou	Cambridge Harriers	13.41
5	562	Victoria Onuegbu	Medway and Maidstone AC	13.47
6	558	Tianna Lewis	Cambridge Harriers	13.69
7	540	Cleo Agyepong	Cambridge Harriers	13.96
	549	Isabella Fassnidge	Tonbridge Athletics	DNS

300m		Heat 1		
No.	Athlete	Club	Perf	
1	577	Shakanya Osahon	Blackheath & Bromley H AC	41.90
2	584	Michelle Yalkehue	Medway and Maidstone AC	44.39
3	586	Amelia Bates	Dartford Harriers AC	44.62
4	588	Daniella Harper	Blackheath & Bromley H AC	45.14
5	596	Bethany Waite	Invicta East Kent AC	48.83

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300m		Heat 2		
No.	Athlete	Club	Perf	
1	544	Emily Bowart	Tonbridge AC	41.98
2	594	Keira Rose	Medway and Maidstone AC	42.38
3	587	Isabelle Harding	Invicta East Kent AC	42.39
4	593	Kelsey Pullin	Blackheath & Bromley H AC	45.01
5	585	Rachel Anderson	Medway and Maidstone AC	45.95
6	591	Sarah Mitchell	Medway and Maidstone AC	49.47

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q

300m		Heat 3		w/s= 0.0
No.	Athlete	Club	Perf	
1	574	Emily Newnham	Medway Park Phoenix	43.15
2	589	Cameron Kelly-Gordon	Blackheath & Bromley H AC	44.52
3	595	Emilia Stokes	Invicta East Kent AC	44.96
4	549	Isabella Fassnidge	Tonbridge Athletics	45.08
5	546	Jessica Daly	Tonbridge AC	45.82
	590	Maya Marriner	Medway and Maidstone AC	DNS

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300m		Final		
No.	Athlete	Club	Perf	
1	574	Emily Newnham	Medway Park Phoenix	41.75
2	544	Emily Bowart	Tonbridge AC	41.78
3	577	Shakanya Osahon	Blackheath & Bromley H AC	42.38
4	594	Keira Rose	Medway and Maidstone AC	42.49
5	587	Isabelle Harding	Invicta East Kent AC	43.09
6	589	Cameron Kelly-Gordon	Blackheath & Bromley H AC	45.40
7	586	Amelia Bates	Dartford Harriers AC	46.20
8	584	Michelle Yalkehue	Medway and Maidstone AC	47.47

CBP

1500m		Final		
No.	Athlete	Club	Perf	
1	602	Ellie Dolby	Blackheath & Bromley H AC	4:50.18
2	612	Maddison Sawyer	Invicta East Kent AC	4:54.49
3	620	Olivia Berry	Blackheath & Bromley H AC	4:57.17
4	597	Ailbhe Barnes	Cambridge Harriers	4:58.52
5	610	Anna Palmer	Medway and Maidstone AC	4:59.91
6	614	Teigan Sullivar	Invicta East Kent AC	4:59.92
7	603	Amy-Jayne Goodhand	Thanet Roadrunners AC	5:01.50
8	600	Hannah Clark	Blackheath & Bromley H AC	5:05.45
9	624	Madeleine Wise	Tonbridge AC	5:08.31
10	572	Annabelle Hales	Tonbridge AC	5:13.67
11	623	Lily Meers	Blackheath & Bromley H AC	5:14.20
12	591	Sarah Mitchell	Medway and Maidstone AC	5:15.34
13	611	Elisha Roger	Ashford AC	5:15.98
14	618	Madeline Tynan	Cambridge Harriers	5:20.45
15	622	Darcey Hobbs	Thanet Roadrunners AC	5:29.55
16	621	Rachel Bradley	Dartford Harriers AC	5:44.69

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	631	Katie Stringer	Medway and Maidstone AC	17:35.34
2	632	Grace Whittingham	Ashford AC	17:45.45
3	630	Abigail Smith	Blackheath & Bromley H AC	17:55.24
	629	Devina Nova	Ashford AC	DNF

High Jump				Final	
No.	Athlete	Club	Perf		
1	583	Kacey Walters	Cambridge Harriers	1.50	1.35 o;1.40 o;1.45 o;1.50 xxo;1.55 xxx
2	542	Georgia Baker	Tonbridge AC	1.45	1.25 o;1.30 -;1.35 o;1.40 o;1.45 xxo;1.50 xxx
3	634	Freya Ridge	Tonbridge AC	1.40	1.25 o;1.30 o;1.35 o;1.40 o;1.45 xxx
3	633	Saskia Lean	Tonbridge AC	1.40	1.25 o;1.30 -;1.35 o;1.40 o;1.45 xxx
5	635	Akeiyla Robinson-Pascal	Blackheath & Bromley H AC	1.40	1.35 o;1.40 xxo;1.45 xxx
6	586	Amelia Bates	Dartford Harriers AC	1.35	1.25 o;1.30 o;1.35 o;1.40 xx-;1.45 -
7	572	Annabelle Hales	Tonbridge AC	1.35	1.20 o;1.25 xo;1.30 o;1.35 xo;1.40 xxx
9	591	Sarah Mitchell	Medway and Maidstone AC	1.20	1.20 xo;1.25 xxx
	600	Hannah Clark	Blackheath & Bromley H AC	nm	1.20 xxx

Long Jump				Final	
No.	Athlete	Club	Perf		
1	542	Georgia Baker	Tonbridge AC	5.05	- 4.86,-; 4.79,-; 4.94,-; 4.99,-; 5.05,-
2	554	Emily Kerr	Blackheath & Bromley H AC	5.01	- 5.01,-; 4.92,-; 4.89,-; 4.62,-; 4.86,-
3	635	Akeiyla Robinson-Pascal	Blackheath & Bromley H AC	4.99	- 4.74,-; 4.99,-; 4.94,-; 3.11,-; x; 4.93,-
4	626	Emily Frimpong	Bexley AC	4.87	- 4.70,-; 4.87,-; 4.87,-; 4.53,-; 4.66,-
5	568	Kelechi Ambros	Bexley AC	4.87	- x; 4.87,-; 4.63,-; x; 4.37,-; 4.33,-
6	580	Sarris Teale	Ashford AC	4.85	- 4.66,-; 4.80,-; 4.72,-; x; 4.85,-; x
7	582	Libby Turbutt	Ashford AC	4.79	- 3.57,-; 4.57,-; 4.79,-; x; x; 4.33,-
8	587	Isabelle Harding	Invicta East Kent AC	4.67	- 4.59,-; 4.63,-; 4.67,-; 4.58,-; 4.67,-; 4.67,-
9	552	Freya Jury	Swale Combined AC	4.54	- x; 4.54,-; 4.53,-
10	543	Jessica Booth	Thanet AC	4.38	- 4.13,-; 4.38,-; 4.12,-
11	579	Jessie Sargeant	Bexley AC	4.34	- 4.27,-; 4.20,-; 4.34,-
12	547	Rosie Donohoe	Tonbridge AC	4.21	- 4.21,-; 4.11,-; 4.19,-
13	558	Tianna Lewis	Cambridge Harriers	4.12	- 4.01,-; 4.12,-; 3.89,-
14	583	Kacey Walters	Cambridge Harriers	4.09	- 3.79,-; 4.09,-; r
15	639	Martha Jones	Tonbridge AC	4.06	- 3.83,-; 3.98,-; 4.06,-
16	546	Jessica Daly	Tonbridge AC	4.05	- 3.81,-; 3.95,-; 4.05,-
17	638	Amalie Abdali	Tonbridge AC	4.00	- 3.84,-; x; 4.00,-
18	541	Beatrice Aherne	Tonbridge AC	3.93	- 3.84,-; x; 3.93,-
19	610	Anna Palmer	Medway and Maidstone AC	3.42	- 3.42,-; 3.05,-; 3.09,-
20	565	Chloe Salter	Dartford Harriers AC	3.10	- 2.20,-; 2.29,-; 3.10,-

Triple Jump				Final	
No.	Athlete	Club	Perf		
1	548	Sileena Farrell	Dartford Harriers AC	10.88	- 10.60,-; 10.44,-; 10.35,-; 10.52,-; 10.48,-; 10.88,-
2	580	Sarris Teale	Ashford AC	10.13	- 10.08,-; 10.06,-; 10.13,-; 9.75,-; 9.88,-; x
3	584	Michelle Yalkehue	Medway and Maidstone AC	9.83	- 9.28,-; 9.55,-; 9.83,-; 9.32,-; 9.71,-; 9.61,-
4	638	Amalie Abdali	Tonbridge AC	9.00	- 8.73,-; 8.69,-; 7.78,-; 8.62,-; 8.70,-; 9.00,-
5	634	Freya Ridge	Tonbridge AC	8.99	- 8.99,-; 8.80,-; 8.98,-; 8.44,-; 8.94,-; 8.80,-

Javelin				Final	
No.	Athlete	Club	Perf		
1	637	Lucinda White	Tonbridge AC	37.14	35.48; 37.14; x; 34.95; 33.82; 32.25
2	649	Madeleine Cattanaach	Cambridge Harriers	30.75	25.94; 25.47; 30.75; 25.23; 26.60; 28.84
3	651	Keira Jones	Tonbridge AC	28.71	25.10; 24.90; x; 28.02; 28.69; 28.71
4	650	Maia Hyland	Paddock Wood AC	23.35	23.35; 21.23; 21.52; 20.56; 20.03; 20.63
5	579	Jessie Sargeant	Bexley AC	21.17	20.21; 19.43; 19.14; 19.61; 17.93; 21.17
6	639	Martha Jones	Tonbridge AC	17.57	x; x; 17.57; x; x; 13.17