

Kent County Championship Results Saturday 11/05/2024

Senior Men

100m		Heat 1		w/s= 2.7	
No.	Athlete	Club	Perf		
1	4	Michael Damoah	Blackheath & Bromley H AC	10.59	Q
2	11	Omari Markland-Montgomery	Cambridge Harriers	10.81	Q
3	5	Nathan Isaac	Medway and Maidstone AC	10.99	Q
4	9	Adam Lawal	Bexley AC	11.63	
5	10	Caspar Lumley	Ashford AC	16.65	
	13	Walter Michelli (M45)	Central Park Athletics	disq	
	16	Nickoy Robinson	Invicta East Kent AC	disq	

100m		Heat 2		w/s= 1.0	
No.	Athlete	Club	Perf		
1	17	Kristian Samwell-Nash	Thames Valley Harriers	10.77	Q
2	7	Rory Kuypers	Medway and Maidstone AC	10.91	Q
3	12	Trey McPherson	Dartford Harriers AC	11.00	Q
4	15	Lewis Parsons	Thanet AC	11.44	q
5	18	Steven Tester (M40)	Tonbridge AC	11.54	q
6	2	Richard Brooks (M50)	Dartford Harriers AC	12.02	

100m		Final		w/s= 2.7	
No.	Athlete	Club	Perf		
1	4	Michael Damoah	Blackheath & Bromley H AC	10.58	
2	11	Omari Markland-Montgomery	Cambridge Harriers	10.62	
3	17	Kristian Samwell-Nash	Thames Valley Harriers	10.72	
4	12	Trey McPherson	Dartford Harriers AC	10.76	
5	7	Rory Kuypers	Medway and Maidstone AC	10.82	
6	5	Nathan Isaac	Medway and Maidstone AC	11.05	
7	15	Lewis Parsons	Thanet AC	11.34	
8	18	Steven Tester (M40)	Tonbridge AC	11.41	

400m		Heat 1			
No.	Athlete	Club	Perf		
1	28	Henry Marshall	Tonbridge AC	50.80	Q
2	21	Lewis Collins	Tonbridge AC	50.93	Q
3	20	Joseph Burton	Medway and Maidstone AC	51.73	Q
4	2	Richard Brooks (M50)	Dartford Harriers AC	54.88	q
5	27	Ian Firla (M50)	Blackheath & Bromley H AC	59.52	

400m		Heat 2			
No.	Athlete	Club	Perf		
1	30	Bailey Stickings	Blackheath & Bromley H AC	48.81	Q
2	26	Kieran Eland	Tonbridge AC	49.46	Q
3	22	Samuel Day	Tonbridge AC	52.51	Q
4	18	Steven Tester (M40)	Tonbridge AC	53.26	q
5	29	Brandon Sikity	Cambridge Harriers	55.19	

400m		Final			
No.	Athlete	Club	Perf		
1	30	Bailey Stickings	Blackheath & Bromley H AC	47.86	
2	26	Kieran Eland	Tonbridge AC	48.15	
3	28	Henry Marshall	Tonbridge AC	48.53	
4	21	Lewis Collins	Tonbridge AC	50.08	
5	20	Joseph Burton	Medway and Maidstone AC	51.34	
6	18	Steven Tester (M40)	Tonbridge AC	52.17	
7	22	Samuel Day	Tonbridge AC	52.64	
	2	Richard Brooks (M50)	Dartford Harriers AC	dns	

1500m		Final			
No.	Athlete	Club	Perf		
1	44	Teweldebhran Menges	Medway and Maidstone AC	3:56.92	
2	40	Cameron Chambers	Tonbridge AC	3:57.69	
3	37	Jamie Walsh	Medway and Maidstone AC	3:59.10	
4	48	Lucas Taylor-Costin	Dartford Harriers AC	4:03.26	
5	36	Joseph O'Hara	Bexley AC	4:05.24	
6	39	Sean Barwick	Medway and Maidstone AC	4:14.45	
7	42	Jacques Cunningham-Marsh	Medway and Maidstone AC	4:16.02	
8	46	Andrew Pickett (M40)	Dartford Harriers AC	4:19.49	
9	45	Daniel Moulton	Dartford Harriers AC	4:27.45	
10	49	Oliver White	Tonbridge AC	4:35.90	

5000m		Final			
No.	Athlete	Club	Perf		
1	53	Wegahta Zerom	Ashford AC	15:29.26	
2	37	Jamie Walsh	Medway and Maidstone AC	15:35.81	
3	50	Bobby Babaker	Cambridge Harriers	15:37.30	
4	51	Brett Baker	Cambridge Harriers	15:37.82	
5	52	Alexander Donnelly	Medway and Maidstone AC	16:35.58	

110m Hurdles		Final		w/s= 2.0
No.	Athlete	Club	Perf	
1	54	Stephen Simmons	Bedford & County AC	14.72
2	29	Brandon Sikity	Cambridge Harriers	16.44

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	62	Bilen Ahmet	Kingston AC & Polytechnic Harriers	3.60
2	65	Luke Williams	Havering Mayesbrook AC	3.50
3	64	Roger Platt	Blackheath & Bromley H AC	3.30
	63	Ethan Kitteridge	Blackheath & Bromley H AC	nm

3.40 xo;3.50 -;3.60 o;3.70 -;3.85 xxr
3.30 o;3.40 -;3.50 xo;3.60 xxx
3.00 o;3.20 xo;3.30 xo;3.40 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	70	Brydon Duncan	Blackheath & Bromley H AC	12.64
2	72	Khuwayne Linton	Harrow AC	12.02
3	73	Mark Ryan	Medway and Maidstone AC	10.05
4	71	Andrew Kruszewski	Cambridge Harriers	9.73

11.21; x; 12.64; x; 11.85; 11.85
11.33; 11.46; 11.47; 11.08; 12.02; 11.73
9.22; 10.04; 9.84; 9.57; 10.05; x
9.53; 9.31; 9.55; 9.45; 9.73; 9.61

Discus		Final		
No.	Athlete	Club	Perf	
1	70	Brydon Duncan	Blackheath & Bromley H AC	40.39
2	74	Graham Holder	Bexley AC	32.64
3	71	Andrew Kruszewski	Cambridge Harriers	31.31
4	54	Stephen Simmons	Bedford & County AC	29.95
5	73	Mark Ryan	Medway and Maidstone AC	29.12

37.61; 38.78; 38.93; x; 40.39; 39.69
29.07; x; 30.25; 28.13; 32.64; x
27.31; x; 30.43; 29.44; 30.28; 31.31
; 29.95
x; 25.28; 25.25; 25.55; 29.12; x

Hammer		Final		
No.	Athlete	Club	Perf	
1	75	Harry Blake	Medway and Maidstone AC	49.87
2	74	Graham Holder	Bexley AC	47.59
3	73	Mark Ryan	Medway and Maidstone AC	33.44
4	77	Stephen Talbot	Dartford Harriers AC	31.72
5	76	Andrew Rushbrook	Bexley AC	28.57

x; 47.86; x; 49.87; x; x
46.09; 47.59; 46.13; x; 46.93; 46.15
32.75; 33.02; 31.45; 33.44; 32.56; 29.50
29.19; 27.77; 31.13; 31.72; x; 31.46
28.57; 26.51; x; x; 27.71; x

U20 Men

100m		Final		w/s= 1.9
No.	Athlete	Club	Perf	
1	87	Hassan Malador	Herne Hill Harriers	10.83
2	82	Dayne Douglas	Cambridge Harriers	10.89
3	89	Michael Somade-Makinde	Cambridge Harriers	10.93
4	83	Oliver Driscoll	Blackheath & Bromley H AC	11.11
5	85	Javan Gordon	Cambridge Harriers	11.29
6	84	Moshood Erinfolami	Cambridge Harriers	11.42

400m		Heat 1		
No.	Athlete	Club	Perf	
1	92	Dylan Purton	Medway and Maidstone AC	49.52
2	99	Jay Sanders	Invicta East Kent AC	50.64
3	98	Daniel Nyong	Cambridge Harriers	50.91
4	95	Thomas Daly	Tonbridge AC	51.65
5	90	Joshua Aboagye	Medway and Maidstone AC	54.49

Q
Q
Q
q

400m		Heat 2		
No.	Athlete	Club	Perf	
1	97	James Lawson	Blackheath & Bromley H AC	51.52
2	96	Nathan Firla	Blackheath & Bromley H AC	51.78
3	91	James Gill	Invicta East Kent AC	52.02
4	93	Joe Stone	Tonbridge AC	52.42

Q
Q
Q
q

400m		Final		
No.	Athlete	Club	Perf	
1	92	Dylan Purton	Medway and Maidstone AC	49.01
2	99	Jay Sanders	Invicta East Kent AC	49.73
3	95	Thomas Daly	Tonbridge AC	51.10
4	96	Nathan Firla	Blackheath & Bromley H AC	53.37
5	93	Joe Stone	Tonbridge AC	54.94
	91	James Gill	Invicta East Kent AC	dnf
	97	James Lawson	Blackheath & Bromley H AC	disq
	98	Daniel Nyong	Cambridge Harriers	dns

1500m		Final		
No.	Athlete	Club	Perf	
1	105	Franklin Shepherd	Medway and Maidstone AC	3:58.75
2	109	Alexander Middleton	Blackheath & Bromley H AC	4:04.65
3	108	Harry Fage	Blackheath & Bromley H AC	4:07.80
4	110	David Pongui	Cambridge Harriers	4:08.04
5	111	Alexander Taylor	Bexley AC	4:23.60
6	107	Luke Bullen	Bexley AC	4:41.88

110m Hurdles		Final		w/s= 2.0
No.	Athlete	Club	Perf	
1	94	Cheyne West	Medway and Maidstone AC	14.48
2	112	Reuben Chandler	Cambridge Harriers	17.22

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	117	Finn Kitteridge	Blackheath & Bromley H AC	3.85
2	118	Tom Walker	Dartford Harriers AC	3.50

3.40 o;3.50 -;3.60 o;3.70 o;3.85 xo;3.90 xxx
3.50 xxo;3.60 -;3.70 xxx

Discus		Final		
No.	Athlete	Club	Perf	
1	122	Daniel Culver	Medway and Maidstone AC	36.95

34.04; x; x; 36.95; 35.99; 35.27

Hammer		Final		
No.	Athlete	Club	Perf	
1	123	Max Thorne	Medway and Maidstone AC	41.27

40.83; x; 41.27; x; 38.64; 36.11

U17 Men

100m		Heat 1		w/s= 3.5	
No.	Athlete	Club	Perf		
1	140	Victor Redman	Folkestone Running and AC	11.22	Q
2	143	Toby Vagg	Sevenoaks AC	11.24	Q
3	136	Leo Norris	Ashford AC	11.48	Q
4	139	Daniel Olatunji	Blackheath & Bromley H AC	11.58	q
5	137	Keon Odulawa	Dartford Harriers AC	11.72	q
6	131	Alfie Hughes	Swale Combined AC	12.80	

100m		Heat 2		w/s= 3.4	
No.	Athlete	Club	Perf		
1	138	Oji Okoro	Blackheath & Bromley H AC	11.10	Q
2	142	Chaka-Tau Sankofa	Bexley AC	11.20	Q
3	141	George Robinson	Central Park Athletics	11.48	Q
4	133	Oscar Mitroi	Dartford Harriers AC	11.75	
5	129	Israel Faleye	Dartford Harriers AC	11.86	
6	132	Luke Martin	Invicta East Kent AC	11.89	
7	128	Tyler Coppins	Ashford AC	12.09	

100m		Final		w/s= 1.4	
No.	Athlete	Club	Perf		
1	138	Oji Okoro	Blackheath & Bromley H AC	11.10	
2	142	Chaka-Tau Sankofa	Bexley AC	11.18	
3	140	Victor Redman	Folkestone Running and AC	11.22	
4	143	Toby Vagg	Sevenoaks AC	11.33	
5	136	Leo Norris	Ashford AC	11.57	
6	141	George Robinson	Central Park Athletics	11.59	
7	139	Daniel Olatunji	Blackheath & Bromley H AC	11.71	
8	137	Keon Odulawa	Dartford Harriers AC	11.95	

400m		Heat 1			
No.	Athlete	Club	Perf		
1	148	Dillon Gregory	Medway and Maidstone AC	52.20	Q
2	151	Theo Ronchetti	Medway and Maidstone AC	52.68	Q
3	153	Joshua Wellings	Cambridge Harriers	53.49	Q
4	152	Harrison Vallins	Blackheath & Bromley H AC	54.37	q
5	155	George Worthy	Harvey Grammar School	55.23	
6	154	Isaac Wood	Ashford AC	58.84	

400m		Heat 2			
No.	Athlete	Club	Perf		
1	149	Elijah Olaleye	Cambridge Harriers	52.69	Q
2	141	George Robinson	Central Park Athletics	53.29	Q
3	146	Roddy Ostle	Invicta East Kent AC	53.71	Q
4	144	Rhys Joyeux	Cambridge Harriers	53.89	q
5	130	Luca Glyde-Jones	Cambridge Harriers	55.58	
6	147	Maxime Foissy	Medway and Maidstone AC	56.25	

400m		Final			
No.	Athlete	Club	Perf		
1	151	Theo Ronchetti	Medway and Maidstone AC	51.67	
2	148	Dillon Gregory	Medway and Maidstone AC	52.42	
3	146	Roddy Ostle	Invicta East Kent AC	53.65	
4	141	George Robinson	Central Park Athletics	54.04	
5	144	Rhys Joyeux	Cambridge Harriers	54.14	
6	149	Elijah Olaleye	Cambridge Harriers	54.35	
	152	Harrison Vallins	Blackheath & Bromley H AC	dns	
	153	Joshua Wellings	Cambridge Harriers	dns	

1500m		Final		
No.	Athlete	Club	Perf	
1	177	Joseph Scanes	Blackheath & Bromley H AC	4:09.28
2	170	Joseph Hill	Blackheath & Bromley H AC	4:16.07
3	179	Jed Starvis	Blackheath & Bromley H AC	4:16.62
4	178	Samuel Scrase-Field	Cambridge Harriers	4:17.43
5	169	Lucas Elmqvist	Blackheath & Bromley H AC	4:18.04
6	168	Nathan Clark	Blackheath & Bromley H AC	4:25.17
7	171	Aniket Iyengar	Cambridge Harriers	4:28.31
8	173	Connor Lynch	Central Park Athletics	4:29.62
9	174	Alex Martin	Blackheath & Bromley H AC	4:32.44
10	172	Samuel Jarrett	Central Park Athletics	4:50.74

100m Hurdles		Heat 1		w/s= 2.1
No.	Athlete	Club	Perf	
1	180	Tobechi Azodoh	Bexley AC	13.55
2	183	Rahman Odugbayi	Dartford Harriers AC	14.31
3	182	Samuel Newton	Tonbridge AC	14.37
4	186	Alex Powirski	Bexley AC	15.68
	181	Alexander Morrell	Blackheath & Bromley H AC	disq

Q
Q
Q
q

100m Hurdles		Heat 2		w/s= 2.0
No.	Athlete	Club	Perf	
1	135	Hans Nmaju	Cambridge Harriers	13.57
2	149	Elijah Olaleye	Cambridge Harriers	13.75
3	184	Ekene Ogbonna	Cambridge Harriers	15.00
4	185	Josiah Payne	Cambridge Harriers	15.46

Q
Q
Q
q

100m Hurdles		Final		w/s= 2.4
No.	Athlete	Club	Perf	
1	135	Hans Nmaju	Cambridge Harriers	13.27
2	180	Tobechi Azodoh	Bexley AC	13.38
3	149	Elijah Olaleye	Cambridge Harriers	13.96
4	183	Rahman Odugbayi	Dartford Harriers AC	14.55
5	184	Ekene Ogbonna	Cambridge Harriers	14.90
6	185	Josiah Payne	Cambridge Harriers	14.91
	186	Alex Powirski	Bexley AC	dns
	182	Samuel Newton	Tonbridge AC	dns

High Jump		Final		
No.	Athlete	Club	Perf	
1	182	Samuel Newton	Tonbridge AC	1.88
2	190	Daniel Obike	Cambridge Harriers	1.85
3	191	Harry Wickers	Medway and Maidstone AC	1.80
4	189	Dylan Leadbeater	Ashford AC	1.65
5	131	Alfie Hughes	Swale Combined AC	1.60
6	186	Alex Powirski	Bexley AC	1.55

1.80 o;1.85 xo;1.88 xxo;1.91 xxx
1.75 o;1.80 o;1.85 o;1.88 xxx
1.65 o;1.70 o;1.75 o;1.80 o;1.85 xxx
1.60 o;1.65 o;1.70 xxx
1.50 o;1.55 o;1.60 xo;1.65 xxx
1.45 o;1.50 o;1.55 o;1.60 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	195	Joshua Dako	Blackheath & Bromley H AC	7.02
2	183	Rahman Odugbayi	Dartford Harriers AC	6.77
3	135	Hans Nmaju	Cambridge Harriers	6.53
4	189	Dylan Leadbeater	Ashford AC	6.44
5	191	Harry Wickers	Medway and Maidstone AC	6.12
6	136	Leo Norris	Ashford AC	5.38
7	131	Alfie Hughes	Swale Combined AC	5.30
8	186	Alex Powirski	Bexley AC	4.98
9	155	George Worthy	Harvey Grammar School	4.14

w/s
2.5 x; x; 6.80,1.4; 7.02,2.5; x; x
1.1 6.39,1.4; 6.39,2.1; 6.50,1.8; 6.40,1.2; 6.77,1.1; 6.74,0.9
0.2 x; 6.53,0.2; x; 6.44,2.2; x; x
1.9 6.16,1.5; 1.68,1.7; 6.21,1.3; 6.12,1.4; 6.04,1.6; 6.44,1.9
1.3 6.02,0.7; x; 6.12,1.3; -; 4.32,1.2; x
2.0 4.68,1.1; 5.06,1.2; 5.15,1.0; 5.14,1.2; 5.38,2.0; 5.10,1.1
1.1 5.30,1.1; 5.23,1.5; 5.03,1.2; 4.76,1.4; x; 4.90,1.6
0.6 4.83,1.1; 4.98,0.6; -; 4.81,2.2; -; -
1.9 4.14,1.9; 3.83,1.2; 4.09,1.3

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	183	Rahman Odugbayi	Dartford Harriers AC	13.83
2	196	Derayo Alade	Dartford Harriers AC	13.13
3	149	Elijah Olaleye	Cambridge Harriers	12.69

w/s
- 12.81,-; x; 12.81,-; 13.39,-; 13.83,-; 13.57,-
- x; 13.13,-; 12.83,-; 12.85,-; x; x
- 12.69,-; 12.10,-; 12.03,-; r

Javelin		Final		
No.	Athlete	Club	Perf	
1	204	Ellis Ibrahim	Blackheath & Bromley H AC	51.15
2	205	Frederick Lockett	Dartford Harriers AC	40.18
3	191	Harry Wickers	Medway and Maidstone AC	36.44
4	203	George Blackwell	Blackheath & Bromley H AC	36.15
5	206	Harry Smith	Cambridge Harriers	32.78
6	156	Finley Adkins	Invicta East Kent AC	27.65

45.41; 45.74; 51.15; 50.20; 48.10; x
x; x; 38.26; x; 40.18; x
x; 26.36; 32.32; x; 34.90; 36.44
30.48; 31.18; 33.70; 36.15; 32.96; 32.72
x; 32.78; x; 32.17; x; x
27.65; x; x; x; 27.39; x

U15 Boys

100m		Heat 1		w/s= 3.1	
No.	Athlete	Club	Perf		
1	218	Tristan Suberu	Folkestone Running and AC	11.28	Q
2	211	Olufikayo Lana	Blackheath & Bromley H AC	11.85	Q
3	220	Caleb Warnke	Cambridge Harriers	12.32	Q
4	219	Morgan Wakefield	Thanet AC	13.67	
5	210	Kesinachi Ikegwu	Blackheath & Bromley H AC	14.56	

100m		Heat 2		w/s= 1.3	
No.	Athlete	Club	Perf		
1	212	Jovani Lindsey	Cambridge Harriers	11.53	Q
2	208	Zavier Brathwaite	Cambridge Harriers	11.67	Q
3	216	Jayden Naiker	Ashford AC	12.28	Q
4	214	Asher Maudhub	Medway and Maidstone AC	12.65	q
5	207	Sylvester Amo-Konadu Jr	Blackheath & Bromley H AC	13.00	q

100m		Final		w/s= 2.7	
No.	Athlete	Club	Perf		
1	218	Tristan Suberu	Folkestone Running and AC	11.24	
2	212	Jovani Lindsey	Cambridge Harriers	11.49	
3	208	Zavier Brathwaite	Cambridge Harriers	11.54	
4	211	Olufikayo Lana	Blackheath & Bromley H AC	11.93	
5	216	Jayden Naiker	Ashford AC	12.18	
6	220	Caleb Warnke	Cambridge Harriers	12.42	
7	214	Asher Maudhub	Medway and Maidstone AC	12.82	
8	207	Sylvester Amo-Konadu Jr	Blackheath & Bromley H AC	13.01	

300m		Heat 1			
No.	Athlete	Club	Perf		
1	230	Jonathan Adegbola	Blackheath & Bromley H AC	38.89	Q
2	236	Freddie Gibson	Medway and Maidstone AC	40.18	Q
3	243	Harry Wrigley	Tonbridge AC	40.57	Q
4	242	Jack Warner	Ashford AC	40.86	q
5	237	Jake Phillips	Ashford AC	41.43	q
6	238	Alikhan Rahimberganov	Dartford Grammar School	43.50	

300m		Heat 2			
No.	Athlete	Club	Perf		
1	231	Jasper Carroll	Folkestone Running and AC	38.89	Q
2	239	Oscar Sadowski	Blackheath & Bromley H AC	40.87	Q
3	223	Jake Conyers	White Cliffs Athletics and RC	42.99	Q
4	241	Samuel Voyle	Folkestone Running and AC	43.43	
5	232	Trejan Checheku-Boamah	Blackheath & Bromley H AC	43.60	
6	233	Connor Cousins	Medway and Maidstone AC	44.34	

300m		Final			
No.	Athlete	Club	Perf		
1	231	Jasper Carroll	Folkestone Running and AC	38.37	
2	239	Oscar Sadowski	Blackheath & Bromley H AC	38.79	
3	236	Freddie Gibson	Medway and Maidstone AC	39.02	
4	230	Jonathan Adegbola	Blackheath & Bromley H AC	39.05	
5	243	Harry Wrigley	Tonbridge AC	40.17	
6	242	Jack Warner	Ashford AC	41.45	
7	237	Jake Phillips	Ashford AC	41.64	
	223	Jake Conyers	White Cliffs Athletics and RC	dns	

800m		Heat 1			
No.	Athlete	Club	Perf		
1	250	Kian Farrell	Blackheath & Bromley H AC	2:12.00	Q
2	243	Harry Wrigley	Tonbridge AC	2:12.95	Q
3	240	Madalitso Valema-Mwanza	Dartford Harriers AC	2:13.14	q
4	246	Jack Barlow	Blackheath & Bromley H AC	2:23.22	
5	231	Jasper Carroll	Folkestone Running and AC	2:28.73	
6	241	Samuel Voyle	Folkestone Running and AC	2:32.06	
7	259	Matthew Tootell	Blackheath & Bromley H AC	2:32.22	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	253	Daniel Horgan	Blackheath & Bromley H AC	2:13.42	Q
2	251	Steven Galliard	Tonbridge AC	2:16.25	Q
3	245	Oscar Barker	Ashford AC	2:18.91	
4	252	Senuth Gomes	Bexley AC	2:24.67	
5	257	Johnny Lee	Blackheath & Bromley H AC	2:25.91	
6	233	Connor Cousins	Medway and Maidstone AC	2:28.45	
7	249	Andrei Dragulin	Dartford Grammar School	2:34.60	

800m		Heat 3			
No.	Athlete	Club	Perf		
1	228	Chidubem Ugoji	Dartford Harriers AC	2:12.85	Q
2	247	Matias Caceres	Blackheath & Bromley H AC	2:15.64	Q
3	260	Daniel Whitehouse	Cambridge Harriers	2:18.50	q
4	258	Austin Richards	Cambridge Harriers	2:22.55	
5	234	Lucas Drake	Bexley AC	2:25.82	
6	248	Dylan Davidson-Daniel	Ashford AC	2:29.32	
7	256	Victor Lambov	Ashford AC	2:39.49	

80m Hurdles		Heat 1		w/s= 0.8
No.	Athlete	Club	Perf	
1	226 Kai Rogan	Dartford Harriers AC	11.48	Q
2	284 George Savvas	The Judd School	11.79	Q
3	280 Jadon Durotoye	S Factor Academy	11.95	Q
4	279 Dylan Case	Dartford Grammar School	12.19	q
5	283 Ify Obodoh	Dartford Grammar School	14.11	
6	210 Kesinachi Ikegwu	Blackheath & Bromley H AC	16.08	

80m Hurdles		Heat 2		w/s= 2.1
No.	Athlete	Club	Perf	
1	282 Jamie Ellerton	Blackheath & Bromley H AC	11.89	Q
2	281 Bukunmi Edun	Medway and Maidstone AC	12.13	Q
3	227 Jack Ruby	Blackheath & Bromley H AC	12.26	Q
4	286 Alfie Walach	Swale Combined AC	12.29	q
5	287 Thomas Webb	Folkestone Running and AC	12.30	
6	237 Jake Phillips	Ashford AC	12.98	

80m Hurdles		Final		w/s= 2.4
No.	Athlete	Club	Perf	
1	226 Kai Rogan	Dartford Harriers AC	11.28	
2	280 Jadon Durotoye	S Factor Academy	11.65	
3	284 George Savvas	The Judd School	11.89	
4	282 Jamie Ellerton	Blackheath & Bromley H AC	12.02	
5	279 Dylan Case	Dartford Grammar School	12.11	
6	227 Jack Ruby	Blackheath & Bromley H AC	12.53	
	286 Alfie Walach	Swale Combined AC	dnf	
	281 Bukunmi Edun	Medway and Maidstone AC	dns	

High Jump		Final		
No.	Athlete	Club	Perf	
1	293 Toby Gwinnell	Tonbridge AC	1.75	1.45 o; 1.50 o; 1.55 o; 1.60 o; 1.65 xo; 1.70 o; 1.75 xo; 1.78 xxx
2	294 William Jones	Ashford AC	1.55	1.45 o; 1.50 xo; 1.55 xxo; 1.60 xxx
3	242 Jack Warner	Ashford AC	1.55	1.30 o; 1.35 xxo; 1.40 o; 1.45 o; 1.50 o; 1.55 xxo; 1.60 xxx
3	291 Thomas Connop	Medway and Maidstone AC	1.55	1.30 o; 1.35 o; 1.40 o; 1.45 o; 1.50 xxo; 1.55 xxo; 1.60 xxx
5	289 Ikenna Azodoh	Bexley AC	1.50	1.45 o; 1.50 o; 1.55 xxx
6	292 William Connop	Medway and Maidstone AC	1.45	1.30 o; 1.35 xo; 1.40 xo; 1.45 xxo; 1.50 xxx
7	258 Austin Richards	Cambridge Harriers	1.30	1.30 o; 1.35 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	226 Kai Rogan	Dartford Harriers AC	5.89	1.0 4.46,3.0; x; 5.70,1.2; 5.89,1.0; x; x
2	218 Tristan Suberu	Folkestone Running and AC	5.79	3.0 x; x; 5.35,1.5; x; 5.08,3.0; 5.79,3.0
3	281 Bukunmi Edun	Medway and Maidstone AC	5.46	2.0 5.10,2.5; x; 5.33,1.2; 4.59,1.0; x; 5.46,2.0
4	297 Alan Powirski	Bexley AC	5.05	1.8 4.70,0.8; 4.29,1.5; 5.05,1.8; x; 4.70,1.0; 4.76,1.0
5	214 Asher Maudhub	Medway and Maidstone AC	4.92	1.9 4.90,1.4; 4.92,1.9; x; x; 4.70,1.0; 4.44,2.0
6	220 Caleb Warnke	Cambridge Harriers	4.92	1.7 4.67,0.8; 4.70,1.5; 4.92,1.7; 4.82,1.2; 4.67,1.0; 4.87,1.0
7	237 Jake Phillips	Ashford AC	4.89	1.3 x; x; 4.78,2.6; 4.87,1.0; 4.89,1.3; -
8	248 Dylan Davidson-Daniel	Ashford AC	4.72	1.6 4.43,1.7; 4.68,0.9; 4.70,1.9; 4.72,1.6; 4.55,2.1; 4.57,3.0
9	229 Nathan Wood	Ashford AC	4.19	1.9 x; 4.19,1.9; x; -; -; -

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	300 Ellis Yeboah Afari	Dartford Grammar School	12.04	w/s - 12.04,-; 11.91,-; 11.59,-; 11.69,-; 11.70,-; 11.88,-
2	299 Bryan Ikechukwu-Chime	Dartford Grammar School	11.75	- 11.75,-; 10.16,-; x; 11.64,-; -; 10.86,-
3	250 Kian Farrell	Blackheath & Bromley H AC	11.24	- 11.24,-; 11.07,-; 10.95,-; 11.06,-; -; 11.09,-
4	235 Aathinarth Gananathan	Blackheath & Bromley H AC	10.40	- 9.94,-; 10.14,-; 10.23,-; 10.19,-; 10.19,-; 10.40,-
5	298 Desmond Eziefule	Dartford Grammar School	10.36	- x; 9.40,-; 9.71,-; x; 10.08,-; 10.36,-
	279 Dylan Case	Dartford Grammar School	nm	- x; r

Javelin		Final		
No.	Athlete	Club	Perf	
1	293 Toby Gwinnell	Tonbridge AC	47.74	40.68; 40.42; 41.67; 41.49; 47.74; x
2	292 William Connop	Medway and Maidstone AC	47.15	42.49; 43.44; 41.50; 47.15; 39.09; 41.66
3	291 Thomas Connop	Medway and Maidstone AC	38.55	31.77; 35.25; 34.23; 32.29; 37.37; 38.55
4	290 Story Bundy	Invicta East Kent AC	35.73	27.95; 25.91; 34.50; 31.45; 31.12; 35.73
5	287 Thomas Webb	Folkestone Running and AC	30.80	30.41; 29.49; 28.07; 29.13; 27.84; 30.80
6	310 Thomas Faraday	Thanet AC	30.33	25.94; 30.33; 25.33; 27.19; 25.18; 27.04
7	238 Alikhan Rahimberganov	Dartford Grammar School	29.43	27.48; 29.36; 29.27; 26.25; 29.43; 29.29
8	315 Sarhiren Puvanenthiran	Dartford Grammar School	27.47	20.52; 27.47; x; x; 25.80; 24.35
9	235 Aathinarth Gananathan	Blackheath & Bromley H AC	27.43	27.43; 26.87; 26.67
10	221 Samuel Beaumont	Ashford AC	16.08	16.08; x; x
11	313 George Ansell	Bexley AC	15.60	14.53; 13.78; 15.60
	314 Taj Namoa	Dartford Grammar School	nm	x; x; x

Senior Women**200m****Heat 1****w/s= 1.5**

No.	Athlete	Club	Perf
1	324 Ellie Turner	Medway and Maidstone AC	25.13
2	326 Chanelle Cole	Blackheath & Bromley H AC	25.71
3	325 Abigail Walters	Medway and Maidstone AC	26.38
4	316 Rebecca Abegunde-William	Blackheath & Bromley H AC	27.23
5	320 Shamariah Notice	Kent AC	28.86

Q
Q
Q
q**200m****Heat 2****w/s= 3.9**

No.	Athlete	Club	Perf
1	323 Scarlet Thomas-Wright	Invicta East Kent AC	24.75
2	327 Lucy Hope	Medway and Maidstone AC	25.82
3	321 Faye Olszowka	Bexley AC	26.69
4	331 Leah Wearing-Channing	Thanet AC	28.63
5	330 Rebecca Sommerville (W35)	Thanet AC	30.64
	329 Asha Root	Tonbridge AC	disq

Q
Q
Q
q**200m****Final****w/s= 0.5**

No.	Athlete	Club	Perf
1	324 Ellie Turner	Medway and Maidstone AC	24.21
2	323 Scarlet Thomas-Wright	Invicta East Kent AC	24.60
3	326 Chanelle Cole	Blackheath & Bromley H AC	25.74
4	327 Lucy Hope	Medway and Maidstone AC	25.95
5	325 Abigail Walters	Medway and Maidstone AC	26.01
6	321 Faye Olszowka	Bexley AC	27.21
7	316 Rebecca Abegunde-William	Blackheath & Bromley H AC	27.58
8	331 Leah Wearing-Channing	Thanet AC	28.53

800m**Final**

No.	Athlete	Club	Perf
1	338 Morgan Squibb	Blackheath & Bromley H AC	2:10.74
2	337 Chloe Sharp	Blackheath & Bromley H AC	2:11.47
3	335 Sophia Moore	Bexley AC	2:34.70

400m Hurdles**Final**

No.	Athlete	Club	Perf
1	345 Zoe Austridge	Blackheath & Bromley H AC	67.70
2	349 Holly Platt	Blackheath & Bromley H AC	78.44

5000m**Final**

No.	Athlete	Club	Perf
1	341 Emily Hale	Medway and Maidstone AC	19:54.62
2	340 Olwen Cockell (W50)	Swale Combined AC	21:09.40
	343 Madeleine Rogers	Ashford AC	dnf

1500m Steeplechase**Final**

No.	Athlete	Club	Perf
1	338 Morgan Squibb	Blackheath & Bromley H AC	5:10.11
2	340 Olwen Cockell (W50)	Swale Combined AC	6:28.92

CBP

High Jump**Final**

No.	Athlete	Club	Perf
1	355 Deborah Martin	Ashford AC	1.60
2	354 Imogen Davis	Thanet AC	1.50
3	353 Emma Cowell	Tonbridge AC	1.45
4	346 Faith Cox	Ashford AC	1.35

1.45 o;1.50 o;1.55 o;1.60 o;1.65 xxx
1.45 o;1.50 xo;1.55 xxx
1.45 o;1.50 xxx
1.35 xo;1.40 xxx**Long Jump****Final**

No.	Athlete	Club	Perf
1	354 Imogen Davis	Thanet AC	5.43
2	359 Eloise Harvey	Dartford Harriers AC	5.16
3	358 Claudia Baker	Blackheath & Bromley H AC	5.12
4	353 Emma Cowell	Tonbridge AC	5.11
5	346 Faith Cox	Ashford AC	4.66
6	360 Helen Mitroi	Dartford Harriers AC	3.97

w/s
2.0 5.07,1.6; 5.01,1.2; 5.39,1.9; 5.16,0.8; 5.09,0.9; 5.43,2.0
1.6 x; x; 5.16,1.6; x; x; x
1.1 x; 5.12,1.1; 4.83,0.8; 4.85,1.9; x; 4.80,1.8
1.3 4.91,0.7; 5.08,1.0; 5.11,1.3; 4.54,1.4; 4.72,0.4; 4.79,0.9
0.1 4.54,2.8; 4.42,0.8; 4.50,2.0; 4.60,1.4; 4.66,0.1; x
0.4 3.50,2.3; 3.97,0.4; 3.85,1.3; 3.70,1.6; 3.80,1.0; 3.84,0.3**Triple Jump****Final**

No.	Athlete	Club	Perf
1	362 Jade Oni	Blackheath & Bromley H AC	12.07
2	359 Eloise Harvey	Dartford Harriers AC	10.63
3	363 Grace Sullivan	Ashford AC	10.33
4	361 Rachael Ilori	Blackheath & Bromley H AC	9.93
5	360 Helen Mitroi	Dartford Harriers AC	8.22

w/s
- 12.07,-; 11.76,-; 12.00,-; 11.72,-; 12.04,-; x
- 10.41,-; x; 10.18,-; 10.63,-; x; x
- 10.01,-; 10.25,-; 10.33,-; 10.15,-; x; x
- 9.78,-; 9.93,-; 9.87,-; x; 9.79,-; x
- 7.94,-; 7.71,-; 7.94,-; 8.09,-; 8.22,-; 7.87,-**Javelin****Final**

No.	Athlete	Club	Perf
1	375 Lauren Farley	Blackheath & Bromley H AC	48.70
2	354 Imogen Davis	Thanet AC	25.37
3	346 Faith Cox	Ashford AC	24.72
4	374 Elizabeth Bignell	Paddock Wood AC	23.58
5	365 Natalie Mann	Cambridge Harriers	21.57
6	369 Zsuzsanna Racz	Bexley AC	16.70

48.70; x; 44.85; 43.29; 41.76; 47.75
25.37; 23.08; x; x; 22.81; x
22.97; 23.41; 24.72; x; x; 21.55
21.01; 23.58; x; 21.82; x; x
21.07; 19.90; 20.12; 19.90; 19.05; 21.57
x; x; 16.70; 16.56; x; x

U20 Women**200m****Final****w/s= 1.9**

No.	Athlete	Club	Perf
1	383 Charlotte Henrich	Invicta East Kent AC	23.64
2	379 Lucy Tallon	Tonbridge AC	24.22
3	385 Alexia Scotiniadis	Tonbridge AC	25.74
	381 Nina Whitter	Blackheath & Bromley H AC	disq

CBP

800m**Final**

No.	Athlete	Club	Perf
1	396 Lola Sutton	Medway and Maidstone AC	2:16.28
2	389 Hannah Clark	Blackheath & Bromley H AC	2:17.07
3	391 Amy-Jayne Goodhand	Invicta East Kent AC	2:17.54
4	392 Abigail Hawkes	Medway and Maidstone AC	2:18.76
5	390 Abbe Clarke	Dartford Harriers AC	2:19.21
6	397 Annabel Young	Medway and Maidstone AC	2:19.97
7	395 Megan Slattery	Blackheath & Bromley H AC	2:21.14
8	393 Olivia Magee-Brown	Blackheath & Bromley H AC	2:24.25
9	394 Beth Palmer	Medway and Maidstone AC	2:33.28
10	388 Lola Bischoff	Blackheath & Bromley H AC	2:38.06

400m Hurdles**Final**

No.	Athlete	Club	Perf
1	407 Keziah Olaleye	Cambridge Harriers	64.12
2	411 Neve Bachelor	Tonbridge AC	64.29
3	414 Georgina Kyte	Invicta East Kent AC	64.98
4	415 Faith Mpassy	Blackheath & Bromley H AC	65.09
5	416 Tallulah Ndikanwu	Blackheath & Bromley H AC	68.95
6	413 Jasmine Crossley	Dartford Harriers AC	72.41
7	412 Isabelle Bridgeman	Tonbridge AC	73.22

1500m Steeplechase**Final**

No.	Athlete	Club	Perf
1	417 Isla Spink	Blackheath & Bromley H AC	6:32.92

High Jump**Final**

No.	Athlete	Club	Perf
1	410 Matilda Secker	Tonbridge AC	1.65
2	420 Cerys Daniels	Cambridge Harriers	1.55
3	409 Jessie Sargeant	Blackheath & Bromley H AC	1.55
4	419 Heather Beet	Bexley AC	1.45

1.60 o;1.65 o;1.71 xxx

1.35 o;1.40 o;1.45 o;1.50 o;1.55 xo;1.60 xxx

1.40 o;1.45 xo;1.50 o;1.55 xxo;1.60 xxx

1.35 o;1.40 o;1.45 xo;1.50 xxx

Long Jump**Final**

No.	Athlete	Club	Perf
1	424 Daisy Snell	Blackheath & Bromley H AC	6.08
2	409 Jessie Sargeant	Blackheath & Bromley H AC	5.03
3	423 Nadia Sadler-Reeves	Ashford AC	4.96
4	411 Neve Bachelor	Tonbridge AC	4.62
5	422 Ellie Hepple	Kent AC	4.54

w/s

2.2 x; x; 6.07,0.8; x; 6.08,2.2; 6.01,1.8

1.0 5.03,1.2; 4.96,1.1; 4.94,1.8; 2.46,1.8; 5.03,1.0; 2.59,2.0

1.2 4.79,1.0; 3.44,1.4; 4.87,1.4; x; 4.96,1.2; 4.94,0.9

2.4 4.56,1.3; x; 4.50,1.6; 4.50,1.0; 4.62,2.4; x

1.1 4.28,1.5; 4.46,1.7; 4.54,1.1; 3.95,0.9; 4.43,0.7; 4.38,0.4

Triple Jump**Final**

No.	Athlete	Club	Perf
1	422 Ellie Hepple	Kent AC	9.72
2	419 Heather Beet	Bexley AC	9.20

w/s

- x; 9.50,-; 8.66,-; 9.72,-; 9.55,-; 9.68,-

- 9.20,-; 8.82,-; 8.89,-; 8.01,-; 9.19,-; 9.10,-

Javelin**Final**

No.	Athlete	Club	Perf
1	409 Jessie Sargeant	Blackheath & Bromley H AC	35.73
2	432 Eleanor Russell	Bexley AC	32.97
3	431 Katie Marsh	Cambridge Harriers	31.70
4	416 Tallulah Ndikanwu	Blackheath & Bromley H AC	28.65
	410 Matilda Secker	Tonbridge AC	nm

34.79; 35.73; 34.01; 34.33; 32.42; 33.92

28.13; 31.72; 31.27; 32.66; 31.73; 32.97

x; x; 15.51; x; 30.74; 31.70

25.54; 28.65; 27.56; 26.02; 26.98; 25.97

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U17 Women

200m		Heat 1	w/s= 2.0		
No.	Athlete	Club	Perf		
1	438	Emily Cadman	Cambridge Harriers	25.07	Q
2	454	Clio Parkes	Kent AC	25.51	Q
3	440	Grace Durrant	Medway and Maidstone AC	25.63	Q
4	463	Violet Maxted	Ashford AC	25.88	q
5	435	Hannah Areeson	Ashford AC	26.12	
6	459	Carys Kunwling	Blackheath & Bromley H AC	28.89	
7	448	Esther Kunrunmi	Bexley AC	29.76	
8	453	Cecilia Odesanya	Bexley AC	30.58	

200m		Heat 2	w/s= 3.8		
No.	Athlete	Club	Perf		
1	434	Danielle Agyemang-Tolbert	Cambridge Harriers	25.22	Q
2	456	Oluwadamitan Showemimo	Medway and Maidstone AC	25.33	Q
3	437	Chizam Boniface	Blackheath & Bromley H AC	25.67	Q
4	460	Evangeline Dixon	Tonbridge AC	26.04	q
5	462	Renee Itugbu	Bexley AC	28.14	
6	461	Sienna Gratwick	Medway and Maidstone AC	28.45	
7	442	Jayah Gaskin	Bexley AC	29.65	
8	447	Fayth Imafidon	Cambridge Harriers	31.99	

200m		Final	w/s= 1.7		
No.	Athlete	Club	Perf		
1	438	Emily Cadman	Cambridge Harriers	24.82	
2	456	Oluwadamitan Showemimo	Medway and Maidstone AC	25.24	
3	434	Danielle Agyemang-Tolbert	Cambridge Harriers	25.30	
4	454	Clio Parkes	Kent AC	25.70	
5	440	Grace Durrant	Medway and Maidstone AC	25.84	
6	437	Chizam Boniface	Blackheath & Bromley H AC	25.89	
7	463	Violet Maxted	Ashford AC	26.01	
8	460	Evangeline Dixon	Tonbridge AC	26.26	

800m		Heat 1			
No.	Athlete	Club	Perf		
1	471	Megan Barlow	Blackheath & Bromley H AC	2:26.31	Q
2	467	Leah Kyriacou	Blackheath & Bromley H AC	2:27.48	Q
3	472	Jennifer Clayton	Medway and Maidstone AC	2:27.53	Q
4	483	Aimee Price	Bexley AC	2:27.62	q
5	484	Neve Raymond	Tonbridge AC	2:29.85	
6	475	Eva Denbow	Blackheath & Bromley H AC	2:35.19	
7	477	Cecile Drew	Invicta East Kent AC	2:47.13	
8	476	Lily Divine	Invicta East Kent AC	2:47.63	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	485	Luciana Smith	Blackheath & Bromley H AC	2:18.75	Q
2	468	Elena Oliphant	S Factor Academy	2:19.46	Q
3	473	Iris Crossley	Medway and Maidstone AC	2:28.24	Q
4	480	Heidi Hughes	Medway and Maidstone AC	2:28.88	q
5	486	Zoë Vallis	Invicta East Kent AC	2:32.70	
6	470	Sophie Ansell	Bexley AC	2:33.60	
7	479	Madeleine Dunsmore	Bexley AC	2:49.85	
8	478	Jacqueline Drew	Invicta East Kent AC	2:50.21	

800m		Final			
No.	Athlete	Club	Perf		
1	485	Luciana Smith	Blackheath & Bromley H AC	2:14.06	
2	468	Elena Oliphant	S Factor Academy	2:20.09	
3	471	Megan Barlow	Blackheath & Bromley H AC	2:24.37	
4	467	Leah Kyriacou	Blackheath & Bromley H AC	2:27.59	
5	472	Jennifer Clayton	Medway and Maidstone AC	2:29.96	
6	480	Heidi Hughes	Medway and Maidstone AC	2:31.90	
7	483	Aimee Price	Bexley AC	2:33.29	
	473	Iris Crossley	Medway and Maidstone AC	dns	

300m Hurdles		Heat 1			
No.	Athlete	Club	Perf		
1	495	Gabriella Noyce	Cambridge Harriers	46.76	Q
2	496	Araba Taylor	Tonbridge AC	49.43	Q
3	497	Charlotte Bloodworth	Blackheath & Bromley H AC	50.59	Q
4	498	Aimee Hagger	Ashford AC	52.24	q
	504	Ella Thomas	Tonbridge AC	dnf	

300m Hurdles		Heat 2			
No.	Athlete	Club	Perf		
1	500	Matilda Shiland	Blackheath & Bromley H AC	50.04	Q
2	499	Beth Regan	Blackheath & Bromley H AC	51.13	Q
3	483	Aimee Price	Bexley AC	52.08	Q
4	479	Madeleine Dunsmore	Bexley AC	57.60	q

300m Hurdles Final

No.	Athlete	Club	Perf
1	495 Gabriella Noyce	Cambridge Harriers	45.80
2	496 Araba Taylor	Tonbridge AC	46.72
3	499 Beth Regan	Blackheath & Bromley H AC	47.77
4	497 Charlotte Bloodworth	Blackheath & Bromley H AC	49.69
5	500 Matilda Shilland	Blackheath & Bromley H AC	51.30
6	483 Aimee Price	Bexley AC	53.30
7	498 Aimee Hagger	Ashford AC	53.34
8	479 Madeleine Dunsmore	Bexley AC	63.38

1500m Steeplechase Final

No.	Athlete	Club	Perf
1	502 Angelina Mernaka	Blackheath & Bromley H AC	6:18.11

Shot Final

No.	Athlete	Club	Perf
1	507 Isabella Amartey	Dartford Harriers AC	10.15
2	495 Gabriella Noyce	Cambridge Harriers	9.74
3	442 Jayah Gaskin	Bexley AC	7.93
4	511 Layomi Edun	Medway and Maidstone AC	7.06

x; 9.42; 9.40; 9.22; 10.15; 9.88
 7.78; 9.01; 9.74; -; -; -
 7.58; 7.32; 7.17; 6.81; 7.93; 6.66
 6.13; 7.06; 6.38; -; -; -

Discus Final

No.	Athlete	Club	Perf
1	513 Erin Simpson	Blackheath & Bromley H AC	33.97
2	514 Lacey Webb	Blackheath & Bromley H AC	24.43
3	512 Gracie Lawton	Invicta East Kent AC	22.90
4	497 Charlotte Bloodworth	Blackheath & Bromley H AC	20.62
5	459 Carys Bowling	Blackheath & Bromley H AC	14.86

33.09; 33.21; 32.90; 28.81; 33.97; 32.60
 x; 16.07; 23.47; x; x; 24.43
 21.32; 21.27; x; 17.60; 22.90; x
 x; x; 16.76; x; 16.66; 20.62
 12.71; 14.86; 11.61; r

Hammer Final

No.	Athlete	Club	Perf
1	514 Lacey Webb	Blackheath & Bromley H AC	36.81
2	497 Charlotte Bloodworth	Blackheath & Bromley H AC	35.98
3	515 Maddison Lopez	Bexley AC	27.55

x; 34.81; x; x; x; 36.81
 -; -; 32.82; 35.98; 29.22; 31.70
 x; 27.55; x; 26.61; x; x

U15 Girls**200m Heat 1 w/s= 2.5**

No.	Athlete	Club	Perf
1	524 Isabella Campbell-Andou	Blackheath & Bromley H AC	25.96
2	526 Victoria Erinfolami	Cambridge Harriers	26.16
3	523 Martha Adkins	Invicta East Kent AC	26.54
4	554 Matilda Murray	Blackheath & Bromley H AC	26.66
5	546 Cheryl Adjadi	S Factor Academy	27.91
6	545 Uchenna Adigwe	Cambridge Harriers	28.45
7	525 Imogen Carter	Thanet AC	29.06

Q
Q
q
q

200m Heat 2 w/s= 3.3

No.	Athlete	Club	Perf
1	518 Ismae Abomeli	Thanet AC	26.30
2	553 Manroop Jandu	Dartford Harriers AC	26.37
3	542 Nia Thomas	Cambridge Harriers	26.85
4	517 Leah Abisi	Blackheath & Bromley H AC	26.92
5	550 Noelle Carr	Blackheath & Bromley H AC	27.46
6	533 Jayda Renae Mckenzie	Cambridge Harriers	27.50
7	552 Michelle Ekpenyong	Bexley AC	30.17

Q
Q

200m Heat 3 w/s= 1.1

No.	Athlete	Club	Perf
1	543 Sienna Thompson	Blackheath & Bromley H AC	26.01
2	539 Angel Salako	Dartford Harriers AC	26.47
3	534 Hannah Odelade	Dartford Harriers AC	27.17
4	547 Celia Allen	Cambridge Harriers	27.72
5	549 Mariana Caceres	Blackheath & Bromley H AC	28.32
6	551 Bethany Clayton	Invicta East Kent AC	28.83

200m Final w/s= 1.3

No.	Athlete	Club	Perf
1	524 Isabella Campbell-Andou	Blackheath & Bromley H AC	25.93
2	543 Sienna Thompson	Blackheath & Bromley H AC	26.15
3	526 Victoria Erinfolami	Cambridge Harriers	26.53
4	553 Manroop Jandu	Dartford Harriers AC	26.56
5	518 Ismae Abomeli	Thanet AC	26.60
6	523 Martha Adkins	Invicta East Kent AC	26.95
7	554 Matilda Murray	Blackheath & Bromley H AC	26.96
	539 Angel Salako	Dartford Harriers AC	dns

800m		Heat 1			
No.	Athlete	Club	Perf		
1	557	Kara Bryan	Blackheath & Bromley H AC	2:19.37	Q
2	571	Sophia-Rose Bonnar	Cambridge Harriers	2:30.31	Q
3	564	Freya Pearson	Blackheath & Bromley H AC	2:30.32	Q
4	565	Amelie Ramdeen	Blackheath & Bromley H AC	2:30.82	q
5	572	Isabel Brand	Cambridge Harriers	2:32.31	
6	573	Freya Dinwiddy	Blackheath & Bromley H AC	2:35.15	
7	580	Lucy Steer	Invicta East Kent AC	2:43.19	
8	576	Matilda Moisan	Medway and Maidstone AC	2:50.36	
9	579	Millicent Steele	Ashford AC	3:07.55	
	562	Amily Morgan	Dartford Harriers AC	disq	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	568	Sophie Tran	Blackheath & Bromley H AC	2:23.26	Q
2	575	Purdey Hutchings	Tonbridge AC	2:28.10	Q
3	556	Olivia Baker	Medway and Maidstone AC	2:30.79	Q
4	570	Katie Wake	Bexley AC	2:31.56	q
5	559	Evie Fish	Bexley AC	2:33.71	
6	567	Aoife Stanley	Blackheath & Bromley H AC	2:34.57	
7	578	Shevia Ryan	Dartford Harriers AC	2:35.31	
8	574	Alice Hales	Kent AC	2:43.72	
9	581	Natasha Stevens	Ashford AC	2:46.97	
10	582	Elodie Vivian	Bexley AC	3:21.36	

75m Hurdles		Heat 1		w/s= 0.5	
No.	Athlete	Club	Perf		
1	597	Tess Hepple	Kent AC	11.79	Q
2	554	Matilda Murray	Blackheath & Bromley H AC	11.79	Q
3	596	Sophie Floyd	Cambridge Harriers	13.03	Q
4	566	Lily Rockall	Folkestone Running and AC	13.19	q
5	581	Natasha Stevens	Ashford AC	15.91	

75m Hurdles		Heat 2		w/s= 1.7	
No.	Athlete	Club	Perf		
1	529	Talia Junaid-Evans	Dartford Harriers AC	11.48	Q
2	542	Nia Thomas	Cambridge Harriers	11.90	Q
3	538	Millie Rumley	Swale Combined AC	12.58	Q
4	551	Bethany Clayton	Invicta East Kent AC	12.82	q

75m Hurdles		Final		w/s= 1.5	
No.	Athlete	Club	Perf		
1	529	Talia Junaid-Evans	Dartford Harriers AC	11.35	
2	542	Nia Thomas	Cambridge Harriers	11.63	
3	554	Matilda Murray	Blackheath & Bromley H AC	11.71	
4	538	Millie Rumley	Swale Combined AC	12.62	
5	551	Bethany Clayton	Invicta East Kent AC	12.84	
6	596	Sophie Floyd	Cambridge Harriers	13.06	
	566	Lily Rockall	Folkestone Running and AC	dns	
	597	Tess Hepple	Kent AC	dns	

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	601	Ella Brooker	Blackheath & Bromley H AC	2.70
2	603	Zoya Gabryelow	Dartford Harriers AC	2.60
3	602	Luna Corry	Blackheath & Bromley H AC	2.50
4	604	Isabelle Rider	Dartford Harriers AC	2.40

2.40 o2.60 xo;2.70 xo;2.90 xxx
 2.20 o;2.30 xo;2.40 o;2.50 o;2.60 o;2.70 xxx
 2.10 xo;2.20 o;2.30 o;2.40 o;2.50 xo;2.60 xxx
 2.00 o2.20 o;2.30 o;2.40 o;2.50 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	522	Emilia Adese	Blackheath & Bromley H AC	12.63
2	610	Tilly Ryan	Medway and Maidstone AC	9.59
3	604	Isabelle Rider	Dartford Harriers AC	8.96
4	531	Kathleen Knight Misson	Paddock Wood AC	8.12
5	607	Olwyn Mtungwazi	Sevenoaks AC	7.45
6	606	Lily Juan	Medway and Maidstone AC	7.40
7	608	Abigail Smith	Folkestone Running and AC	7.17
8	596	Sophie Floyd	Cambridge Harriers	6.61
9	548	Hayley-Caprice Beaumont	S Factor Academy	4.94

12.14; 12.09; 11.43; 12.15; 12.25; 12.63
 8.55; 8.61; 8.74; 8.54; 9.59; -
 8.70; 8.96; 7.92; 8.50; 8.75; 7.82
 7.77; 8.11; 7.31; x; 7.90; 8.12
 6.27; 7.31; 7.19; 7.45; 6.91; x
 6.99; 6.64; 7.13; 6.69; 7.40; 7.38
 6.80; 7.17; 6.41; -; -; -
 6.29; 5.78; 5.64; 6.61; -; -
 3.87; 4.94; 4.80; -; -; -

Discus		Final		
No.	Athlete	Club	Perf	
1	612	Mia Jessup	Holland Sports AC	28.63
2	604	Isabelle Rider	Dartford Harriers AC	22.45
3	596	Sophie Floyd	Cambridge Harriers	21.61
4	614	Harriet Smith	Swale Combined AC	21.11
5	610	Tilly Ryan	Medway and Maidstone AC	20.74
6	598	Sienna Morris	Ashford AC	20.25
7	608	Abigail Smith	Folkestone Running and AC	18.48
8	611	Amelia Cannon	Tonbridge AC	17.15
9	613	Adriana Pepin	Thanet AC	16.33
10	615	Isla Wilson	Blackheath & Bromley H AC	12.40

27.76; 25.96; 26.38; 25.17; 28.63; 26.94
 21.05; 19.15; 22.45; x; 22.06; x
 20.08; 20.28; 21.61; 19.00; x; r
 20.02; 21.11; 18.77; 17.89; 20.21; 19.64
 18.02; 20.74; 20.39; 20.69; 17.98; 19.48
 14.69; 17.88; 20.02; 18.52; 18.12; 20.25
 x; 17.04; 18.48; x; 17.99; 18.30
 16.55; 14.34; 17.15; r
 15.09; 13.60; 16.33
 10.89; 12.25; 12.40

Hammer		Final		
	No.	Athlete	Club	Perf
1	610	Tilly Ryan	Medway and Maidstone AC	35.49
2	611	Amelia Cannon	Tonbridge AC	32.12
3	613	Adriana Pepin	Thanet AC	22.16
4	608	Abigail Smith	Folkestone Running and AC	22.13

x; x; 26.93; x; x; 35.49
 26.34; 24.32; x; 30.65; 32.12; x
 17.72; 20.85; 17.92; 22.16; 21.73; x
 x; 20.14; 17.64; 20.64; 19.64; 22.13

Kent County Championship Results Sunday 12/05/2024

Senior Men

200m		Heat 1		w/s= -1.0	
No.	Athlete	Club	Perf		
1	21	Lewis Collins	Tonbridge AC	22.76	Q
2	5	Nathan Isaac	Medway and Maidstone AC	22.81	Q
3	15	Lewis Parsons	Thanet AC	23.40	Q
4	13	Walter Michelli (M45)	Central Park Athletics	27.49	q
5	10	Caspar Lumley	Ashford AC	35.15	

200m		Heat 2		w/s= 1.4	
No.	Athlete	Club	Perf		
1	12	Trey McPherson	Dartford Harriers AC	22.35	Q
2	19	George Blake	Tonbridge AC	22.57	Q
3	20	Joseph Burton	Medway and Maidstone AC	23.22	Q
4	22	Samuel Day	Tonbridge AC	23.84	q
	24	Tommy Owler	Folkestone Running and AC	disq	

200m		Final		w/s= -0.2
No.	Athlete	Club	Perf	
1	5	Nathan Isaac	Medway and Maidstone AC	22.32
2	12	Trey McPherson	Dartford Harriers AC	22.37
3	19	George Blake	Tonbridge AC	22.56
4	21	Lewis Collins	Tonbridge AC	22.56
5	20	Joseph Burton	Medway and Maidstone AC	23.36
6	22	Samuel Day	Tonbridge AC	23.93
7	13	Walter Michelli (M45)	Central Park Athletics	27.91
	15	Lewis Parsons	Thanet AC	dns

800m		Final		
No.	Athlete	Club	Perf	
1	36	Joseph O'Hara	Bexley AC	1:53.61
2	37	Jamie Walsh	Medway and Maidstone AC	1:59.12
3	34	Terry Hawkey (M40)	Dartford Harriers AC	2:07.43

400m Hurdles		Final		
No.	Athlete	Club	Perf	
1	30	Bailey Stickings	Blackheath & Bromley H AC	51.04
2	19	George Blake	Tonbridge AC	55.66

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	59	Luc Legon	Bexley AC	13:19.11
2	56	Matthew Crane	Bexley AC	14:12.18
3	58	Jonathan Hobbs	Ashford AC	14:54.44
	57	Matthew Ellerton (M50)	Blackheath & Bromley H AC	disq

High Jump		Final		
No.	Athlete	Club	Perf	
1	60	Harvey Fordham	Paddock Wood AC	1.85

1.60 o;1.65 -;1.70 o;1.75 o;1.85 o;1.90 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	67	Ben Sutton	Blackheath & Bromley H AC	7.11
2	29	Brandon Sikity	Cambridge Harriers	6.26

w/s

1.3 6.91,0.8; 6.95,0.0; 7.11,1.3; 6.87,1.1; -; 7.11,1.6
2.0 5.42,1.3; 5.99,1.5; 5.54,1.4; x; 6.26,2.0; x

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	69	Alex Stone	Tonbridge AC	12.93
2	68	Kieran Isaac	Medway and Maidstone AC	11.48

w/s

-0.4 12.64,0.8; 12.52,-0.9; 12.93,-0.4; 12.71,-0.4; 12.68,0.5; x
0.7 x; x; 11.48,0.7; 10.95,1.4; 11.16,-0.7; 11.32,0.6

Javelin		Final		
No.	Athlete	Club	Perf	
1	79	Sean Rodwell	Medway and Maidstone AC	34.12

31.64; 32.84; 33.36; 33.71; 34.12; 30.54

U20M

200m		Heat 1		w/s= -0.3
No.	Athlete	Club	Perf	
1	92	Dylan Purton	Medway and Maidstone AC	22.34
2	87	Hassan Malador	Herne Hill Harriers	22.55
3	91	James Gill	Invicta East Kent AC	23.11
4	84	Moshood Erinfolami	Cambridge Harriers	23.65
5	90	Joshua Aboagye	Medway and Maidstone AC	24.29
200m		Heat 2		w/s= 1.5
No.	Athlete	Club	Perf	
1	94	Cheyne West	Medway and Maidstone AC	21.90
2	83	Oliver Driscoll	Blackheath & Bromley H AC	22.48
3	89	Michael Somade-Makinde	Cambridge Harriers	22.86
4	93	Joe Stone	Tonbridge AC	23.60
200m		Final		w/s= -0.2
No.	Athlete	Club	Perf	
1	92	Dylan Purton	Medway and Maidstone AC	21.89
2	94	Cheyne West	Medway and Maidstone AC	21.97
3	87	Hassan Malador	Herne Hill Harriers	22.49
4	83	Oliver Driscoll	Blackheath & Bromley H AC	22.72
5	91	James Gill	Invicta East Kent AC	23.27
6	89	Michael Somade-Makinde	Cambridge Harriers	23.30
7	84	Moshood Erinfolami	Cambridge Harriers	23.47
93	Joe Stone	Tonbridge AC	dns	

Q
Q
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q
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Q
q

800m		Final		
No.	Athlete	Club	Perf	
1	105	Franklin Shepherd	Medway and Maidstone AC	1:56.36
2	101	Mark Constable	Blackheath & Bromley H AC	2:00.92
3	100	Jasper Brooks	Blackheath & Bromley H AC	2:01.50
4	102	Franco Hillier	Blackheath & Bromley H AC	2:05.41
5	103	Aidan Newton	Cambridge Harriers	2:06.22
6	106	Liam Woodham	Ashford AC	2:24.24

400m Hurdles		Final		
No.	Athlete	Club	Perf	
1	94	Cheyne West	Medway and Maidstone AC	53.27
2	113	Edward Little	Medway and Maidstone AC	71.85

2000m Steeplechase		Final		
No.	Athlete	Club	Perf	
1	108	Harry Fage	Blackheath & Bromley H AC	6:33.54

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	115	Jonathan Ellerton	Blackheath & Bromley H AC	16:50.94

High Jump		Final		
No.	Athlete	Club	Perf	
1	116	Ellis Spedding	Ashford AC	1.60

1.50 ol;1.60 o;1.65 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	120	Oghenetega Gbagi	Thanet AC	6.55
2	93	Joe Stone	Tonbridge AC	6.36

0.9 6.29,0.2; 6.27,0.5; 6.52,0.2; 5.84,1.0; 6.55,0.9; 6.23,1.1
0.0 6.15,0.5; x; 6.32,1.6; 6.33,1.5; 6.36,0.0; 6.33,0.7

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	121	David Ola	Dartford Harriers AC	13.31
2	113	Edward Little	Medway and Maidstone AC	10.64

w/s
-0.3 x; x; 13.31,-0.3; x; x; x
1.4 10.33,-1.2; 10.64,1.4; 9.90,1.5; 10.44,0.2; 10.29,-1.3; 10.43,0.8

Javelin		Final		
No.	Athlete	Club	Perf	
1	125	Felix Mcardle Hodge	Tonbridge AC	53.59
2	124	Joshua Baker	Cambridge Harriers	48.53
3	95	Thomas Daly	Tonbridge AC	40.05

x; x; 50.68; x; x; 53.59
48.53; 43.77; 47.00; 45.79; 44.42; 47.06
39.02; 37.19; 40.05; 33.86; -; 36.58

U17M

200m		Heat 1		w/s= -0.6
No.	Athlete	Club	Perf	
1	141	George Robinson	Central Park Athletics	23.40
2	140	Victor Redman	Folkestone Running and AC	23.78
3	130	Luca Glyde-Jones	Cambridge Harriers	23.93
4	139	Daniel Olatunji	Blackheath & Bromley H AC	24.26
5	132	Luke Martin	Invicta East Kent AC	24.46
6	144	Rhys Joyeux	Cambridge Harriers	24.56

Q
Q
Q
q

200m		Heat 2		w/s= 0.7
No.	Athlete	Club	Perf	
1	138	Oji Okoro	Blackheath & Bromley H AC	22.55
2	142	Chaka-Tau Sankofa	Bexley AC	22.79
3	145	Chisom Mokwenye	Cambridge Harriers	24.26
4	137	Keon Odulawa	Dartford Harriers AC	24.26
5	133	Oscar Mitroi	Dartford Harriers AC	24.27
6	129	Israel Faley	Dartford Harriers AC	25.21
7	128	Tyler Coppins	Ashford AC	25.44

Q
Q
Q
q

200m		Final		w/s= -1.0
No.	Athlete	Club	Perf	
1	138	Oji Okoro	Blackheath & Bromley H AC	22.61
2	142	Chaka-Tau Sankofa	Bexley AC	22.65
3	141	George Robinson	Central Park Athletics	23.42
4	130	Luca Glyde-Jones	Cambridge Harriers	23.74
5	145	Chisom Mokwenye	Cambridge Harriers	24.43
6	137	Keon Odulawa	Dartford Harriers AC	24.52
7	139	Daniel Olatunji	Blackheath & Bromley H AC	24.53
	140	Victor Redman	Folkestone Running and AC	dns

800m		Final		
No.	Athlete	Club	Perf	
1	159	Hayden Kelk	Invicta East Kent AC	2:00.34
2	163	Sebastian Sanz-Kozyra	Invicta East Kent AC	2:01.74
3	166	Hendri Verster	Blackheath & Bromley H AC	2:03.05
4	160	Benjamin O'Grady	Blackheath & Bromley H AC	2:03.65
5	157	Oliver Cook	Cambridge Harriers	2:05.22
6	167	Alfie Whitelock	Blackheath & Bromley H AC	2:08.26
7	162	Dylan Sandhu	Kent AC	2:08.52
8	156	Finley Adkins	Invicta East Kent AC	2:20.89
9	165	Declan Tighe	Medway and Maidstone AC	2:32.50
10	161	Adam Parrett	Ashford AC	2:34.44

400m Hurdles		Final		
No.	Athlete	Club	Perf	
1	149	Elijah Olaleye	Cambridge Harriers	56.44
2	181	Alexander Morrell	Blackheath & Bromley H AC	60.19
3	185	Josiah Payne	Cambridge Harriers	63.97

1500m Steeplechase		Final		
No.	Athlete	Club	Perf	
1	188	Oliver Ward	Blackheath & Bromley H AC	5:06.96
2	187	Alfred Moisan	Medway and Maidstone AC	5:12.22

0,76m Height Barriers used

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	193	Michael Oyetti	Dartford Harriers AC	4.00
2	194	Charlie Platt	Blackheath & Bromley H AC	3.70
3	192	Harry Owen	Tonbridge AC	3.40
4	183	Rahman Odugbayi	Dartford Harriers AC	2.90
5	161	Adam Parrett	Ashford AC	2.40

3.60 o;3.70 -;3.80 xo;3.90 -;4.00 o;4.11 xxx
3.70 xxo;3.80 -;3.90 xxx
3.20 xo;3.30 xxo;3.40 xo;3.50 xxx
2.60 o;2.70 xo;2.80 o;2.90 xxo;3.00 xx-;3.10 -;3.20 x
2.20 o;2.30 o;2.40 o;2.50 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	198	Michael Bridge	Cambridge Harriers	15.75
2	199	Sonny Hatch	Dartford Harriers AC	14.47

14.31; x; x; x; x; 15.75
14.47; 13.93; 13.92; 13.25; 13.60; x

Discus		Final		
No.	Athlete	Club	Perf	
1	198	Michael Bridge	Cambridge Harriers	39.38
2	201	Blake Gates	Swale Combined AC	39.08
3	202	George Henderson	Blackheath & Bromley H AC	38.52

x; x; 39.38; 34.88; x; x
x; 38.04; 35.81; x; x; 39.08
38.52; 36.03; x; x; 34.98; x

Hammer		Final		
No.	Athlete	Club	Perf	
1	202	George Henderson	Blackheath & Bromley H AC	43.45
2	201	Blake Gates	Swale Combined AC	38.05

42.70; 42.78; 43.45; 42.04; 39.68; x
x; x; x; 36.29; 38.05; 37.85

U15B

200m		Heat 1		w/s= 1.7	
No.	Athlete	Club	Perf		
1	218	Tristan Suberu	Folkestone Running and AC	23.19	Q
2	208	Zavier Brathwaite	Cambridge Harriers	23.76	Q
3	226	Kai Rogan	Dartford Harriers AC	23.89	Q
4	225	Ben Rider	The Judd School	25.64	q
5	214	Asher Maudhub	Medway and Maidstone AC	26.65	
6	219	Morgan Wakefield	Thanet AC	28.24	
7	229	Nathan Wood	Ashford AC	28.71	

200m		Heat 2		w/s= -0.6	
No.	Athlete	Club	Perf		
1	224	Troy Ogedengbe	Blackheath & Bromley H AC	23.47	Q
2	212	Jovani Lindsey	Cambridge Harriers	23.65	Q
3	211	Olufikayo Lana	Blackheath & Bromley H AC	24.17	Q
4	228	Chidubem Ugoji	Dartford Harriers AC	24.74	q
5	222	Alexander Cheyne	Medway and Maidstone AC	26.88	
6	221	Samuel Beaumont	Ashford AC	32.99	
	216	Jayden Naiker	Ashford AC	disq	

200m		Final		w/s= -1.0	
No.	Athlete	Club	Perf		
1	224	Troy Ogedengbe	Blackheath & Bromley H AC	23.21	
2	218	Tristan Suberu	Folkestone Running and AC	23.64	
3	212	Jovani Lindsey	Cambridge Harriers	23.82	
4	208	Zavier Brathwaite	Cambridge Harriers	23.89	
5	226	Kai Rogan	Dartford Harriers AC	24.13	
6	211	Olufikayo Lana	Blackheath & Bromley H AC	24.44	
7	228	Chidubem Ugoji	Dartford Harriers AC	25.23	
8	225	Ben Rider	The Judd School	26.26	

800m		Final			
No.	Athlete	Club	Perf		
1	250	Kian Farrell	Blackheath & Bromley H AC	2:02.95	
2	228	Chidubem Ugoji	Dartford Harriers AC	2:05.37	
3	253	Daniel Horgan	Blackheath & Bromley H AC	2:08.08	
4	251	Steven Galliard	Tonbridge AC	2:08.15	
5	243	Harry Wrigley	Tonbridge AC	2:09.05	
6	247	Matias Caceres	Blackheath & Bromley H AC	2:11.70	
7	260	Daniel Whitehouse	Cambridge Harriers	2:18.01	
8	240	Madalitso Valema-Mwanza	Dartford Harriers AC	2:18.08	

1500m		Final			
No.	Athlete	Club	Perf		
1	236	Freddie Gibson	Medway and Maidstone AC	4:20.49	
2	269	Luca Moloney-Pedro	Blackheath & Bromley H AC	4:30.52	
3	275	James Shaw	Blackheath & Bromley H AC	4:31.60	
4	255	Zacchaeus Kelman	Blackheath & Bromley H AC	4:35.90	
5	262	James Bunn	Blackheath & Bromley H AC	4:36.34	
6	272	William Reed	Ashford AC	4:38.33	
7	270	Finley Paton	Ashford AC	4:41.37	
8	274	George Searle	Kent AC	4:46.73	
9	263	Louie Gear	Medway and Maidstone AC	4:48.68	
10	267	Daniel Kershaw	Medway and Maidstone AC	4:55.29	
11	273	James Ross	Sevenoaks AC	4:56.96	
12	276	Alexander Smith	Blackheath & Bromley H AC	4:59.06	
13	261	Monty Brown	Cambridge Harriers	5:00.42	
14	277	Aiden Tomsett	Ashford AC	5:05.54	
15	265	Teddy Hughes	Blackheath & Bromley H AC	5:16.13	
16	271	Miles Potter	Bexley AC	5:22.69	

3000m Walk		Final			
No.	Athlete	Club	Perf		
1	232	Trejan Checheku-Boamah	Blackheath & Bromley H AC	17:52.54	

Pole Vault		Final			
No.	Athlete	Club	Perf		
1	230	Jonathan Adegbola	Blackheath & Bromley H AC	3.20	2.70 o;2.80 -;2.90 o;3.00 -;3.10 xo;2.20 xo;3.30 xxx
2	296	Alistair Sosu	Dartford Grammar School	2.40	2.40 o;2.50 xxx
3	249	Andrei Dragulin	Dartford Grammar School	2.40	1.70 o;1.85 o;2.00 o;2.10 -;2.20 o;2.30 xxo;2.40 o;2.50 xxx
4	295	David Odeyemi	Dartford Harriers AC	2.30	2.00 o;2.10 o;2.20 o;2.30 xo;2.40 xxx
	221	Samuel Beaumont	Ashford AC	nm	1.70 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	302	Kierath Dhillon	Dartford Harriers AC	15.27
2	303	Joseph Zdunek	The Judd School	11.54
3	290	Story Bundy	Invicta East Kent AC	11.52
4	301	Obinna Aniebo	Dartford Grammar School	11.32
5	286	Alfie Walach	Swale Combined AC	9.59

14.67; 15.27; 14.16; 13.96; 14.59; 14.34
11.34; 11.14; 11.53; 11.54; 11.46; 11.32
9.62; 10.14; 11.11; 11.50; 9.93; 11.52
9.30; 10.44; 10.19; 11.32; 10.02; 7.79
9.50; 9.42; 9.59; 9.56; 9.30; 9.26

Discus		Final		
No.	Athlete	Club	Perf	
1	211	Olufikayo Lana	Blackheath & Bromley H AC	36.58
2	293	Toby Gwinnell	Tonbridge AC	34.96
3	244	Joel Ampong	Dartford Grammar School	33.28
4	290	Story Bundy	Invicta East Kent AC	31.57
5	235	Aathinarth Gananathan	Blackheath & Bromley H AC	29.07
6	291	Thomas Connop	Medway and Maidstone AC	23.49
7	270	Finley Paton	Ashford AC	16.38
8	221	Samuel Beaumont	Ashford AC	15.79

-; -; -; -; 36.58; 33.91
29.20; 30.26; x; 31.57; 31.21; 34.96
30.73; 27.62; x; 33.28; 31.44; 31.00
29.34; 31.16; x; 30.10; 31.57; 31.33
21.71; x; x; 25.10; x; 29.07
16.07; 20.75; 22.76; 21.61; 22.73; 23.49
13.88; x; 14.01; 16.38; x; x
15.79; x; x; x; x

Hammer		Final		
No.	Athlete	Club	Perf	
1	306	Timi Adebare	Dartford Grammar School	48.88
2	312	Rory Witcombe	Blackheath & Bromley H AC	44.86
3	307	Sope Aremu	Dartford Grammar School	39.72
4	311	Joshua Ogunkola	Dartford Grammar School	39.38
5	301	Obinna Aniebo	Dartford Grammar School	37.66
6	305	Chielotem Abana	Dartford Grammar School	33.06
7	295	David Odeyemi	Dartford Harriers AC	30.64
8	310	Richard Faraday	Thanet AC	21.19
9	308	Bradley Baird	White Cliffs Athletics and RC	19.81

41.61; x; 44.54; x; 48.88; x
38.56; 40.93; 38.84; 41.52; 43.89; 44.86
38.36; 36.26; x; x; 33.80; 39.72
35.83; 35.88; x; x; 39.38; x
x; x; 26.21; 30.96; 32.31; 37.66
31.91; x; 27.58; 28.81; 28.37; 33.06
30.64; x; 30.00; 25.49; x; x
21.19; x; x; 19.51; 20.99; 20.69
19.81; x; 17.59; -; -; -

Senior Women		Final		w/s= 2.1	
100m		No.	Athlete	Club	Perf
1	324	Ellie Turner	Medway and Maidstone AC	11.70	
2	323	Scarlet Thomas-Wright	Invicta East Kent AC	11.78	
3	318	Christal Izuchukwu	Cambridge Harriers	12.47	
4	325	Abigail Walters	Medway and Maidstone AC	12.59	
5	316	Rebecca Abegunde-William	Blackheath & Bromley H AC	12.89	
6	322	Mary Schouvaloff	Cambridge Harriers	12.98	
7	320	Shamariah Notice	Kent AC	13.79	
8	317	Zara Edeleanu	Medway and Maidstone AC	13.86	

400m		Final		
No.	Athlete	Club	Perf	
1	329	Asha Root	Tonbridge AC	54.87
2	326	Chanelle Cole	Blackheath & Bromley H AC	57.29
3	327	Lucy Hope	Medway and Maidstone AC	59.02
4	328	Bonnie Maugey	Central Park Athletics	59.66
5	332	Erin Hughes	Medway and Maidstone AC	62.45
6	321	Faye Olszowka	Bexley AC	63.02

1500m		Final		
No.	Athlete	Club	Perf	
1	339	Briony Walsh	Ashford AC	5:05.59
2	335	Sophia Moore	Bexley AC	5:22.92

100m Hurdles		Final		w/s= -1.4
No.	Athlete	Club	Perf	
1	346	Faith Cox	Ashford AC	18.66
2	347	Victory Ogbah	Cambridge Harriers	21.66

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	351	Hannah Hopper	Cambridge Harriers	15:36.99
2	350	Emily Ghose	Tonbridge AC	16:16.85
3	352	Grazia Manzotti (W50)	Tonbridge AC	16:27.36

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	349	Holly Platt	Blackheath & Bromley H AC	2.80
2	357	Hannah Lewis	Blackheath & Bromley H AC	2.80
3	356	Teresa Eades	Dartford Harriers AC	2.15

2.60 o;2.70 o;2.80 o;2.90 xxx
2.70 xxo;2.80 xo;2.90 xxx
2.00 o;2.15 xo;2.25 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	364	Kirsty-Anne Ebbage	Tonbridge AC	11.66
2	346	Faith Cox	Ashford AC	9.42
3	366	Nina Ridge	Tonbridge AC	8.34
4	365	Natalie Mann	Cambridge Harriers	8.16

x; x; 9.99; 9.71; 9.60; 11.66
8.60; 9.42; 8.88; 8.31; 8.68; 9.22
7.86; 8.11; x; x; 8.34; x
8.15; 7.60; 7.89; 8.16; 7.96; x

Discus		Final		
No.	Athlete	Club	Perf	
1	368	Zara Obamakinwa	Blackheath & Bromley H AC	50.18
2	364	Kirsty-Anne Ebbage	Tonbridge AC	44.64
3	365	Natalie Mann	Cambridge Harriers	25.11
4	370	Chloe Williams	Thanet AC	20.09
5	367	Sam Ansell	Bexley AC	18.24
6	369	Zsuzsanna Racz	Bexley AC	17.06

x; 48.54; x; x; x; 50.18
40.58; x; 44.24; 43.51; 44.03; 44.64
x; 22.95; 25.11; 21.89; 22.65; x
20.09; 14.36; 20.01; 19.04; 19.35; 18.01
17.49; 16.63; 18.24; x; 16.64; x
17.06; x; x; 15.19; 15.70; x

Hammer		Final		
No.	Athlete	Club	Perf	
1	364	Kirsty-Anne Ebbage	Tonbridge AC	45.08
2	372	Sophie Fenner	Cambridge Harriers	35.63
3	371	Claire Capon	Dartford Harriers AC	34.19
4	365	Natalie Mann	Cambridge Harriers	33.06
5	373	Stacy Taylor	Dartford Harriers AC	25.81
6	366	Nina Ridge	Tonbridge AC	25.50
7	370	Chloe Williams	Thanet AC	19.47

45.08; 43.49; x; 42.86; 43.41; 44.25
33.40; 34.49; 34.62; 34.88; 35.63; 35.00
34.19; 31.72; 29.45; x; 32.97; 33.99
28.04; 33.06; x; 30.45; 30.72; x
23.98; 25.38; 25.81; 24.53; 22.81; x
24.57; 25.41; 25.50; 23.30; 25.07; 24.38
18.24; x; x; 19.00; 17.51; 19.47

U20W 100m		Final			w/s= -0.2
No.	Athlete	Club	Perf		
1	379	Lucy Tallon	Tonbridge AC	12.09	
2	378	Zara Okoroafor	Blackheath & Bromley H AC	12.59	
3	377	Harriet Medlen	Tonbridge AC	12.76	
4	380	Nirah Valinejad	Cambridge Harriers	12.79	

400m		Final		
No.	Athlete	Club	Perf	
1	385	Alexia Scotiniadis	Tonbridge AC	60.40
2	387	Imogen Smith	Dartford Harriers AC	63.21

1500m		Final		
No.	Athlete	Club	Perf	
1	391	Amy-Jayne Goodhand	Invicta East Kent AC	4:32.26
2	389	Hannah Clark	Blackheath & Bromley H AC	4:38.44
3	405	Ella Webb	Medway and Maidstone AC	4:41.16
4	404	Abigail Royden	Medway and Maidstone AC	4:44.97
5	396	Lola Sutton	Medway and Maidstone AC	4:47.48
6	400	Amelia Lawrence	Cambridge Harriers	4:54.68
7	397	Annabel Young	Medway and Maidstone AC	4:56.73
8	398	Lily Crossley	Medway and Maidstone AC	5:10.20
9	393	Olivia Magee-Brown	Blackheath & Bromley H AC	5:17.33
10	402	Polly Moses	Tonbridge AC	5:35.53

100m Hurdles		Final			w/s= -1.4
No.	Athlete	Club	Perf		
1	408	Amelie Rabbidge	Tonbridge AC	14.77	
2	410	Matilda Secker	Tonbridge AC	15.25	
3	407	Keziah Olaleye	Cambridge Harriers	15.78	
4	409	Jessie Sargeant	Blackheath & Bromley H AC	17.42	

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	418	Jessica Wilton	Ashford AC	15:47.98

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	421	Lucinda White	Tonbridge AC	3.35

3.25 xo; 3.35 o; 3.45 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	425	Hannah Bridge	Cambridge Harriers	10.43
2	426	Hope Still	Dartford Harriers AC	9.11
3	427	Nia Thomas	Medway and Maidstone AC	6.85

x; x; x; x; x; 10.43
8.29; 8.47; 9.11; 8.88; 8.51; x
6.09; 6.55; 5.64; 6.55; 6.85; 6.40

Discus		Final		
No.	Athlete	Club	Perf	
1	425	Hannah Bridge	Cambridge Harriers	30.15
2	409	Jessie Sargeant	Blackheath & Bromley H AC	22.89

x; x; 30.15; x; 29.52; 25.97
17.73; 20.51; x; x; 20.60; 22.89

Hammer		Final		
No.	Athlete	Club	Perf	
1	428	Sapphire Houston-Ball	Blackheath & Bromley H AC	43.20
2	426	Hope Still	Dartford Harriers AC	42.14
3	430	Isabella Wilson	Invicta East Kent AC	36.52
4	429	Amelia Lawton	Invicta East Kent AC	32.83
5	407	Keziah Olaleye	Cambridge Harriers	20.05

39.38; 43.20; 40.72; 37.59; 42.88; 40.93
 x; 41.19; x; 42.14; 38.65; 40.58
 29.41; x; 31.97; x; 36.05; 36.52
 32.83; x; x; 30.71; x; x
 18.18; 18.40; 20.05; -; -; -

U17W				
100m		Heat 1	w/s= 0.0	
No.	Athlete	Club	Perf	
1	438	Emily Cadman	Cambridge Harriers	12.36
2	449	Azaria Makinde	Medway and Maidstone AC	12.74
3	436	Keriemba Bailey	Bexley AC	12.81
4	441	Amariah Ekperigin	Sevenoaks AC	12.83
5	433	Unimuyami Agweye	Ashford AC	13.10
6	442	Jayah Gaskin	Bexley AC	13.76
7	445	Lilly-Ella Gore	Folkestone Running and AC	13.83

Q
Q

100m		Heat 2	w/s= -0.8	
No.	Athlete	Club	Perf	
1	456	Oluwadamitan Showemimo	Medway and Maidstone AC	12.32
2	434	Danielle Agyemang-Tolbert	Cambridge Harriers	12.47
3	443	Lily Gayle	Cambridge Harriers	12.77
4	439	Ariana Clarke	Cambridge Harriers	12.95
5	435	Hannah Areeson	Ashford AC	13.05
6	458	Chikamso Ugoji	Dartford Harriers AC	13.37
7	448	Esther Kunrunmi	Bexley AC	14.40
8	453	Cecilia Odesanya	Bexley AC	14.72

Q
Q

100m		Heat 3	w/s= 0.2	
No.	Athlete	Club	Perf	
1	437	Chizam Boniface	Blackheath & Bromley H AC	12.29
2	450	Olivia Mtungwazi	Sevenoaks AC	12.36
3	454	Clio Parkes	Kent AC	12.58
4	440	Grace Durrant	Medway and Maidstone AC	12.67
5	444	Nana-Aisha Giwa	Bexley AC	13.35
6	455	Mia Pearson	Ashford AC	13.52
7	451	Isla Munoz-Wood	Thanet AC	13.74
8	447	Fayth Imafidon	Cambridge Harriers	15.07

Q
Q
q
q

100m		Final	w/s= -0.2	
No.	Athlete	Club	Perf	
1	438	Emily Cadman	Cambridge Harriers	12.21
2	456	Oluwadamitan Showemimo	Medway and Maidstone AC	12.35
3	437	Chizam Boniface	Blackheath & Bromley H AC	12.44
4	450	Olivia Mtungwazi	Sevenoaks AC	12.44
5	454	Clio Parkes	Kent AC	12.47
6	434	Danielle Agyemang-Tolbert	Cambridge Harriers	12.62
7	440	Grace Durrant	Medway and Maidstone AC	12.75
8	449	Azaria Makinde	Medway and Maidstone AC	12.93

300m		Final		
No.	Athlete	Club	Perf	
1	464	Alyssa Firla	Blackheath & Bromley H AC	41.17
2	467	Leah Kyriacou	Blackheath & Bromley H AC	41.94
3	468	Elena Oliphant	S Factor Academy	42.17
4	463	Violet Maxted	Ashford AC	42.46
5	445	Lilly-Ella Gore	Folkestone Running and AC	46.54
6	469	Eva Prevett-Hogg	Medway and Maidstone AC	47.14
7	465	Amelie Guthrie	Medway and Maidstone AC	47.77

1500m		Final		
No.	Athlete	Club	Perf	
1	482	Amber Matthews	Medway and Maidstone AC	4:56.00
2	490	Rose Crossley	Medway and Maidstone AC	5:00.18
3	488	Emma Clayton	Medway and Maidstone AC	5:11.06
4	474	Sofia Cudmore Smith	Medway and Maidstone AC	5:13.12
5	470	Sophie Ansell	Bexley AC	5:42.64
6	476	Lily Divine	Invicta East Kent AC	5:55.41

80m Hurdles		Final		w/s= 0.6
No.	Athlete	Club	Perf	
1	443	Lily Gayle	Cambridge Harriers	11.46
2	494	Elicia Lacey	Tonbridge AC	11.89
3	495	Gabriella Noyce	Cambridge Harriers	12.27
4	496	Araba Taylor	Tonbridge AC	12.49
5	493	Kaia Greener	Bexley AC	14.45

High Jump		Final	
No.	Athlete	Club	Perf
1	504	Ella Thomas	Tonbridge AC
2	503	Hannah St Clare	Ashford AC
3	495	Gabriella Noyce	Cambridge Harriers
4	436	Keriema Bailey	Bexley AC

1.50 o; 1.55 o; 1.60 o; 1.65 xo; 1.68 xxx
 1.45 o; 1.50 o; 1.55 xo; 1.60 xxx
 1.35 o; 1.40 o; 1.45 o; 1.50 xxx
 1.30 xxo; 1.35 xxx

Long Jump		Final	
No.	Athlete	Club	Perf
1	507	Isabella Amartey	Dartford Harriers AC
2	458	Chikamso Ugoji	Dartford Harriers AC
3	496	Araba Taylor	Tonbridge AC
4	495	Gabriella Noyce	Cambridge Harriers
5	508	Esme Aye-Kumi	S Factor Academy
6	509	Siv Leila Eliassen	Kent AC
7	442	Jayah Gaskin	Bexley AC
8	455	Mia Pearson	Ashford AC

w/s
 0.7 5.69,1.0; 5.79,0.7; x; 5.56,-0.5; x; x
 -1.4 4.42,0.0; x; 4.73,1.4; 4.02,-0.5; 5.11,-1.4; 4.94,0.0
 1.1 4.97,0.6; 5.09,1.1; 4.91,1.3; 4.96,1.0; 5.01,-1.5; 5.03,-1.4
 1.2 4.10,0.6; 4.73,1.7; 4.83,1.2; 4.51,0.3; 4.54,-1.0; 4.63,-1.2
 1.3 4.55,1.0; 4.67,1.3; x; 4.14,0.6; r
 1.9 4.50,1.9; 4.35,0.6; 4.49,1.2; 4.28,0.5; r
 -0.7 2.86,0.8; 4.29,1.0; 4.26,-0.4; 4.20,-0.3; 4.31,-0.7; 4.06,0.2
 0.9 4.03,0.9; 3.92,1.0; 3.89,1.7; 3.97,0.4; 4.01,-1.2; 3.57,-0.8

Triple Jump		Final	
No.	Athlete	Club	Perf
1	458	Chikamso Ugoji	Dartford Harriers AC
2	509	Siv Leila Eliassen	Kent AC

1.8 8.46,-0.8; 9.49,-1.4; 9.52,-2.5; 9.88,-1.5; 10.28,1.8; 9.19,0.1
 -0.6 9.41,0.2; 9.47,-0.6; r

Javelin		Final	
No.	Athlete	Club	Perf
1	516	Harriet Court	Paddock Wood AC
2	515	Maddison Lopez	Bexley AC
3	512	Gracie Lawton	Invicta East Kent AC
4	508	Esme Aye-Kumi	S Factor Academy

CBP 45.37; 51.88; 51.51; 45.48; 45.19; 42.53
 29.02; 31.82; 31.94; 32.21; 32.18; 31.60
 24.00; x; 25.55; 28.83; 26.63; x
 25.88; x; 26.04; x; r

U15G

100m		Heat 1		w/s= 0.0
No.	Athlete	Club	Perf	
1	524	Isabella Campbell-Andou	Blackheath & Bromley H AC	12.79
2	542	Nia Thomas	Cambridge Harriers	12.83
3	526	Victoria Erinfolami	Cambridge Harriers	13.20
4	533	Jayda Renae Mckenzie	Cambridge Harriers	13.47
5	532	Elizabeth McKen	Cambridge Harriers	13.76
6	530	Lily Kenyon	Invicta East Kent AC	14.48
7	537	Poppy Rogers	Medway and Maidstone AC	14.73

Q
 Q
 q

100m		Heat 2		w/s= 1.0
No.	Athlete	Club	Perf	
1	529	Talia Junaid-Evans	Dartford Harriers AC	12.74
2	535	Fayo Olatunde	Blackheath & Bromley H AC	12.84
3	543	Sienna Thompson	Blackheath & Bromley H AC	12.91
4	519	Faith Adedeji	Kent AC	13.28
5	521	Jesutobi Adesanya	Kent AC	13.55
6	536	Olivia-Daisy Prosser	Thanet AC	14.38
7	538	Millie Rumley	Swale Combined AC	14.38

Q
 Q
 q

100m		Heat 3		w/s= -1.1
No.	Athlete	Club	Perf	
1	518	Ismae Abomeli	Thanet AC	13.01
2	523	Martha Adkins	Invicta East Kent AC	13.03
3	520	Taraoluwa Adeeso	Cambridge Harriers	13.40
4	531	Kathleen Knight Misson	Paddock Wood AC	13.41
5	544	Rebecca Turner	Dartford Harriers AC	13.75
6	528	Laila Humphrey	Invicta East Kent AC	13.90
7	525	Imogen Carter	Thanet AC	14.39

Q
 Q

100m		Final		w/s= 0.0
No.	Athlete	Club	Perf	
1	524	Isabella Campbell-Andou	Blackheath & Bromley H AC	12.70
2	542	Nia Thomas	Cambridge Harriers	12.91
3	543	Sienna Thompson	Blackheath & Bromley H AC	12.92
4	518	Ismae Abomeli	Thanet AC	12.93
5	535	Fayo Olatunde	Blackheath & Bromley H AC	12.96
6	523	Martha Adkins	Invicta East Kent AC	13.01
7	529	Talia Junaid-Evans	Dartford Harriers AC	13.01
8	526	Victoria Erinfolami	Cambridge Harriers	13.48

300m

300m		Heat 1	
No.	Athlete	Club	Perf
1	568	Sophie Tran	Blackheath & Bromley H AC
2	553	Manroop Jandu	Dartford Harriers AC
3	564	Freya Pearson	Blackheath & Bromley H AC
4	570	Katie Wake	Bexley AC
5	556	Olivia Baker	Medway and Maidstone AC
6	560	Alba Homans-Yau	Blackheath & Bromley H AC
7	558	Ella Crimp	Dartford Harriers AC

Q
 Q
 Q
 q
 q

300m Heat 2

No.	Athlete	Club	Perf	
1	547	Celia Allen	Cambridge Harriers	44.51
2	561	Ariana Jenner-Heard	Blackheath & Bromley H AC	44.57
3	563	Jordyn Ofori-Awuah	Medway and Maidstone AC	45.58
4	567	Aoife Stanley	Blackheath & Bromley H AC	46.22
5	559	Evie Fish	Bexley AC	46.73
6	551	Bethany Clayton	Invicta East Kent AC	47.61
562	Amily Morgan	Dartford Harriers AC	disq	

Q
Q
Q**300m Final**

No.	Athlete	Club	Perf	
1	568	Sophie Tran	Blackheath & Bromley H AC	40.96
2	561	Ariana Jenner-Heard	Blackheath & Bromley H AC	43.37
3	564	Freya Pearson	Blackheath & Bromley H AC	43.56
4	570	Katie Wake	Bexley AC	43.93
5	556	Olivia Baker	Medway and Maidstone AC	44.23
6	547	Celia Allen	Cambridge Harriers	44.51
7	553	Manroop Jandu	Dartford Harriers AC	44.95
8	563	Jordyn Ofori-Awuah	Medway and Maidstone AC	45.50

CBP

800m Final

No.	Athlete	Club	Perf	
1	557	Kara Bryan	Blackheath & Bromley H AC	2:16.86
2	568	Sophie Tran	Blackheath & Bromley H AC	2:21.96
3	575	Purdey Hutchings	Tonbridge AC	2:24.81
4	565	Amelie Ramdeen	Blackheath & Bromley H AC	2:30.70
5	564	Freya Pearson	Blackheath & Bromley H AC	2:32.76
6	571	Sophia-Rose Bonna	Cambridge Harriers	2:33.26
7	570	Katie Wake	Bexley AC	2:34.85
556	Olivia Baker	Medway and Maidstone AC	dns	

1500m Final

No.	Athlete	Club	Perf	
1	591	Aoife McDonagh	Blackheath & Bromley H AC	4:45.65
2	593	Sophie Richmond	Weald Tri Club	4:48.54
3	584	Ava Chappell	Ashford AC	4:57.89
4	588	Matilda Holliday	Dartford Harriers AC	5:00.64
5	583	Celia Yeatman	Cambridge Harriers	5:02.95
6	587	Aoife Foley	Tonbridge AC	5:05.12
7	585	Meredith Cummins	Cambridge Harriers	5:07.09
8	586	Evie de Bruyn	Blackheath & Bromley H AC	5:07.16
9	594	Charlotte Stevens	Blackheath & Bromley H AC	5:13.80
10	589	Delilah Lester	Cambridge Harriers	5:14.03
11	590	Hana Maeda	Tonbridge AC	5:17.11
12	592	Annabelle Poon	Invicta East Kent AC	5:28.83
13	595	Sonika Thwaites-Ramaiya	Dartford Harriers AC	5:31.59

3000m Walk Final

No.	Athlete	Club	Perf	
1	599	Ellin Wilson	Ashford AC	18:21.87
2	598	Sienna Morris	Ashford AC	23:25.15

High Jump Final

No.	Athlete	Club	Perf	
1	540	Alessia Scala	Blackheath & Bromley H AC	1.55
2	553	Manroop Jandu	Dartford Harriers AC	1.50
2	529	Talia Junaid-Evans	Dartford Harriers AC	1.50
4	535	Fayo Olatunde	Blackheath & Bromley H AC	1.50

1.40 o;1.45 o;1.50 o;1.55 xo;1.60 xxx
1.45 o;1.50 o;1.55 xxx
1.35 o;1.40 o;1.45 o;1.50 o;1.55 -;1.60 xxx
1.40 o;1.45 o;1.50 xo;1.55 -;1.60 xxx**Long Jump Final**

No.	Athlete	Club	Perf	
1	518	Ismae Abomeli	Thanet AC	4.99
2	553	Manroop Jandu	Dartford Harriers AC	4.87
3	607	Olwyn Mtungwazi	Sevenoaks AC	4.87
4	529	Talia Junaid-Evans	Dartford Harriers AC	4.77
5	531	Kathleen Knight Misson	Paddock Wood AC	4.75
6	554	Matilda Murray	Blackheath & Bromley H AC	4.72
7	565	Amelie Ramdeen	Blackheath & Bromley H AC	4.56
8	521	Jesutobi Adesanya	Kent AC	4.54
9	532	Elizabeth McKen	Cambridge Harriers	4.52
10	528	Laila Humphrey	Invicta East Kent AC	4.46
11	551	Bethany Clayton	Invicta East Kent AC	4.43
12	530	Lily Kenyon	Invicta East Kent AC	4.31
13	544	Rebecca Turner	Dartford Harriers AC	4.29
14	598	Sienna Morris	Ashford AC	3.91
15	537	Poppy Rogers	Medway and Maidstone AC	3.80
16	579	Millicent Steele	Ashford AC	3.51
17	562	Amily Morgan	Dartford Harriers AC	3.50

w/s

-0.9 4.99,-0.9; 4.93,0.8; 4.79,-0.9; 4.83,1.0; x; 4.85,-1.1
-0.8 4.79,-0.7; 4.57,0.0; 4.38,-0.6; x; 4.45,-0.5; 4.87,-0.8
-0.9 4.57,-1.5; 4.75,1.1; 4.61,-1.1; 4.51,-2.1; 4.62,-0.5; 4.87,-0.9
-0.8 4.68,-0.3; 4.66,0.8; 4.77,-0.8; 4.66,1.8; 4.47,-0.5; 4.12,-1.1
-1.3 4.53,-1.7; x; 4.69,-0.2; 4.75,-1.3; 4.72,1.0; 4.67,-0.6
-0.9 4.48,-2.1; 4.15,0.7; 4.72,-0.9; 4.46,-2.2; x; x
-0.3 4.56,-0.3; 4.29,1.0; 4.40,-0.3; x; 4.37,1.2; 4.35,-1.4
-0.3 3.97,-0.3; 4.54,-0.3; 4.48,-2.0; r
0.9 4.42,-2.1; 4.52,0.9; 4.51,-1.3
1.4 4.41,-1.6; 4.28,0.1; 4.46,1.4
-1.0 4.24,-0.7; 4.04,-0.2; 4.43,-1.0
0.6 4.16,-0.3; 4.31,0.6; 4.05,-1.2
-1.3 4.29,-1.3; 4.15,-0.7; 4.26,0.1
-0.5 x; x; 3.91,-0.5
-0.4 3.45,-0.1; 3.69,0.0; 3.80,-0.4
0.7 2.55,-1.5; 3.51,0.7; 3.31,-0.4
-0.7 x; 3.43,-0.4; 3.50,-0.7

Triple Jump		Final	
No.	Athlete	Club	Perf
1	532 Elizabeth McKen	Cambridge Harriers	9.35
2	544 Rebecca Turner	Dartford Harriers AC	9.20
3	608 Abigail Smith	Folkestone Running and AC	8.15

w/s

-0.7 9.11,0.5; 9.24,-0.9; x; 9.15,2.0; 9.31,-1.4; 9.35,-0.7

-1.6 9.20,-1.6; x; 8.60,2.4; 8.50,1.5; 8.54,-2.2; 9.11,0.0

2.0 x; x; 8.15,2.0; 7.94,0.0; x; 8.10,0.0

Javelin		Final	
No.	Athlete	Club	Perf
1	605 Mia Blaber	Medway and Maidstone AC	26.87
2	608 Abigail Smith	Folkestone Running and AC	23.39
3	613 Adriana Pepin	Thanet AC	18.10
4	579 Millicent Steele	Ashford AC	14.50

26.60; x; x; 18.19; 25.69; 26.87

19.02; 17.33; 23.39; 20.21; 20.27; 21.80

14.81; 16.16; 18.10; 17.40; x; 16.49

13.01; 13.36; 14.50; x; 13.90; x