

Kent County Under 13 Championships, Erith Stadium, Erith - 21/09/2013 - 22/09/2013
Under 13 Boys

| 100m | | Heat 1 | | w/s=-1.9 | |
|-------------|---------|---------------|----------------------|-----------------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 100 | Ben Sutton | Dartford Harriers AC | 13.15 | Q |
| 2 | 85 | Ernie Lake | Tonbridge AC | 13.97 | Q |
| 3 | 92 | Connor Neal | Thanet AC | 14.17 | |
| 4 | 101 | Alex Thomson | Tonbridge AC | 14.25 | |
| 5 | 91 | Maliek Mills | Dartford Harriers AC | 14.86 | |
| 6 | 86 | Harry Lutz | Thanet AC | 15.87 | |
| 7 | 97 | Jack Seery | Thanet AC | dns | |

| 100m | | Heat 2 | | w/s=-1.5 | |
|-------------|---------|-----------------|-----------------------|-----------------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 94 | Justin Oludemi | Dartford Harriers AC | 13.47 | Q |
| 2 | 84 | Rory Kuypers | Medway & Maidstone AC | 13.55 | Q |
| 3 | 95 | Oliver Phillips | Tonbridge AC | 13.86 | q |
| 4 | 98 | Jack Smith | Bexley AC | 14.43 | |
| 5 | 88 | Elliot Martin | Medway & Maidstone AC | 15.58 | |
| 6 | 99 | Ronnie Stowell | Bexley AC | 16.60 | |

| 100m | | Heat 3 | | w/s=-1.8 | |
|-------------|---------|-----------------|---------------------------|-----------------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 90 | Isaac Milham | Medway & Maidstone AC | 13.14 | Q |
| 2 | 93 | Seyi Olatunji | Cambridge Harriers | 13.61 | Q |
| 3 | 102 | Zack Wellard | Swale Combined AC | 14.09 | q |
| 4 | 104 | Myles Xavier | Blackheath & Bromley H AC | 14.14 | |
| 5 | 87 | Jonathan Mann | Bexley AC | 14.61 | |
| 6 | 83 | Luke Cressey | Thanet AC | 15.43 | |
| 7 | 96 | Johannes Sadler | Medway Park Phoenix | 15.65 | |

| 100m | | FINAL | | w/s=-1.2 | |
|-------------|---------|-----------------|-----------------------|-----------------|--|
| No. | Athlete | Club | Perf | | |
| 1 | 90 | Isaac Milham | Medway & Maidstone AC | 12.70 | |
| 2 | 94 | Justin Oludemi | Dartford Harriers AC | 13.15 | |
| 3 | 100 | Ben Sutton | Dartford Harriers AC | 13.16 | |
| 4 | 84 | Rory Kuypers | Medway & Maidstone AC | 13.49 | |
| 5 | 85 | Ernie Lake | Tonbridge AC | 13.68 | |
| 6 | 93 | Seyi Olatunji | Cambridge Harriers | 13.73 | |
| 7 | 102 | Zack Wellard | Swale Combined AC | 13.82 | |
| 8 | 95 | Oliver Phillips | Tonbridge AC | dns | |

| 200m | | Heat 1 | | w/s=-1.1 | |
|-------------|---------|-----------------|-----------------------|-----------------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 100 | Ben Sutton | Dartford Harriers AC | 26.94 | Q |
| 2 | 85 | Ernie Lake | Tonbridge AC | 28.39 | q |
| 3 | 107 | David Fullbrook | Tonbridge AC | 29.83 | |
| 4 | 105 | Nathan Bostan | Medway & Maidstone AC | 32.27 | |

| 200m | | Heat 2 | | w/s=-1.3 | |
|-------------|---------|-----------------|---------------------------|-----------------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 90 | Isaac Milham | Medway & Maidstone AC | 27.32 | Q |
| 2 | 104 | Myles Xavier | Blackheath & Bromley H AC | 29.37 | |
| 3 | 87 | Jonathan Mann | Bexley AC | 30.18 | |
| 4 | 108 | Thomas Keaveney | Ashford AC | 32.12 | |
| 5 | 98 | Jack Smith | Bexley AC | dns | |

| 200m | | Heat 3 | | w/s=-1.6 | |
|-------------|---------|-----------------|----------------------|-----------------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 94 | Justin Oludemi | Dartford Harriers AC | 27.59 | Q |
| 2 | 109 | Cameron Roberts | Tonbridge AC | 28.96 | q |
| 3 | 92 | Connor Neal | Thanet AC | 29.03 | q |
| 4 | 101 | Alex Thomson | Tonbridge AC | 29.19 | |
| 5 | 91 | Maliek Mills | Dartford Harriers AC | 30.48 | |

| 200m | | FINAL | | w/s=0.6 | |
|-------------|---------|-----------------|-----------------------|----------------|--|
| No. | Athlete | Club | Perf | | |
| 1 | 90 | Isaac Milham | Medway & Maidstone AC | 25.72 | |
| 2 | 100 | Ben Sutton | Dartford Harriers AC | 26.31 | |
| 3 | 94 | Justin Oludemi | Dartford Harriers AC | 26.38 | |
| 4 | 85 | Ernie Lake | Tonbridge AC | 28.41 | |
| 5 | 109 | Cameron Roberts | Tonbridge AC | 29.27 | |
| 6 | 92 | Connor Neal | Thanet AC | 29.33 | |

800m Heat 1

| No. | Athlete | Club | Perf | |
|-----|---------|-----------------|---------------------------|---------|
| 1 | 96 | Johannes Sadler | Medway Park Phoenix | 2:33.36 |
| 2 | 117 | Lewis Stickings | Blackheath & Bromley H AC | 2:36.88 |
| 3 | 116 | Matthew Roach | Bexley AC | 2:38.45 |
| 4 | 118 | Oliver Weston | Invicta East Kent AC | dnf |

Q
Q
q**800m Heat 2**

| No. | Athlete | Club | Perf | |
|-----|---------|------------------|---------------------------|---------|
| 1 | 112 | Angus Harrington | Blackheath & Bromley H AC | 2:32.17 |
| 2 | 97 | Jack Seery | Thanet AC | 2:33.99 |
| 3 | 113 | Benjamin McNally | Dartford Harriers AC | 2:42.11 |
| 4 | 87 | Jonathan Mann | Bexley AC | 2:44.78 |
| 5 | 99 | Ronnie Stowell | Bexley AC | 2:47.87 |

Q
Q
q**800m FINAL**

| No. | Athlete | Club | Perf | |
|-----|---------|------------------|---------------------------|---------|
| 1 | 112 | Angus Harrington | Blackheath & Bromley H AC | 2:30.11 |
| 2 | 97 | Jack Seery | Thanet AC | 2:33.91 |
| 3 | 96 | Johannes Sadler | Medway Park Phoenix | 2:35.45 |
| 4 | 117 | Lewis Stickings | Blackheath & Bromley H AC | 2:37.04 |
| 5 | 116 | Matthew Roach | Bexley AC | 2:40.02 |
| 6 | 113 | Benjamin McNally | Dartford Harriers AC | 2:41.96 |

1500m FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|-------------------|---------------------------|---------|
| 1 | 121 | Michael Eagling | Blackheath & Bromley H AC | 4:50.27 |
| 2 | 112 | Angus Harrington | Blackheath & Bromley H AC | 4:50.66 |
| 3 | 125 | George Pope | Blackheath & Bromley H AC | 5:00.76 |
| 4 | 120 | Henry-James Cowie | Blackheath & Bromley H AC | 5:06.43 |
| 5 | 119 | Reegan Archer | Medway & Maidstone AC | 5:14.95 |
| 6 | 127 | James Stoney | Tonbridge AC | 5:15.90 |
| 7 | 123 | Tyler Green | Tonbridge AC | 5:55.62 |
| 8 | 122 | Logan Green | Tonbridge AC | 6:05.21 |

75m Hurdles Heat 1 w/s=-1.1

| No. | Athlete | Club | Perf | |
|-----|---------|-----------------|---------------------------|-------|
| 1 | 90 | Isaac Milham | Medway & Maidstone AC | 12.43 |
| 2 | 129 | Caelan Raju | Blackheath & Bromley H AC | 14.79 |
| 3 | 128 | Felix Brooks | Tonbridge AC | 15.99 |
| 4 | 117 | Lewis Stickings | Blackheath & Bromley H AC | 16.07 |
| 5 | 86 | Harry Lutz | Thanet AC | 16.21 |
| 6 | 99 | Ronnie Stowell | Bexley AC | 16.47 |

Q
Q
q
q**75m Hurdles Heat 2 w/s=-0.4**

| No. | Athlete | Club | Perf | |
|-----|---------|-------------------|---------------------------|-------|
| 1 | 98 | Jack Smith | Bexley AC | 12.99 |
| 2 | 120 | Henry-James Cowie | Blackheath & Bromley H AC | 13.45 |
| 3 | 107 | David Fullbrook | Tonbridge AC | 15.08 |
| 4 | 130 | Daniel Smith | Tonbridge AC | 16.12 |
| 5 | 108 | Thomas Keaveney | Ashford AC | 16.84 |

Q
Q
q
q**75m Hurdles FINAL w/s=0.3**

| No. | Athlete | Club | Perf | |
|-----|---------|-------------------|---------------------------|-------|
| 1 | 90 | Isaac Milham | Medway & Maidstone AC | 12.19 |
| 2 | 98 | Jack Smith | Bexley AC | 12.76 |
| 3 | 120 | Henry-James Cowie | Blackheath & Bromley H AC | 12.90 |
| 4 | 107 | David Fullbrook | Tonbridge AC | 14.28 |
| 5 | 129 | Caelan Raju | Blackheath & Bromley H AC | 15.46 |
| 6 | 117 | Lewis Stickings | Blackheath & Bromley H AC | 15.48 |
| 7 | 128 | Felix Brooks | Tonbridge AC | 15.92 |
| 8 | 130 | Daniel Smith | Tonbridge AC | dns |

2000m Walk FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|--------------|--------------|----------|
| 1 | 128 | Felix Brooks | Tonbridge AC | 12:40.29 |

HIGH JUMP**FINAL**

| No. | Athlete | Club | Perf |
|-----|------------------------|---------------------------|------|
| 1 | 120 Henry-James Cowie | Blackheath & Bromley H AC | 1.55 |
| 2 | 98 Jack Smith | Bexley AC | 1.40 |
| 3 | 126 George Slack | Tonbridge AC | 1.40 |
| 4 | 131 Omobodunde Balogun | Bexley AC | 1.35 |
| 5 | 129 Caelan Raju | Blackheath & Bromley H AC | 1.35 |
| 6 | 86 Harry Lutz | Thanet AC | 1.25 |
| 7 | 130 Daniel Smith | Tonbridge AC | 1.25 |
| 8 | 117 Lewis Stickings | Blackheath & Bromley H AC | 1.20 |
| 9 | 108 Thomas Keaveney | Ashford AC | 1.15 |

1.20 o;1.25 -;1.30 o;1.35 xxo;1.40 o;1.45 xo;1.55 xxo;1.58 xxx
 1.10 o;1.15 o;1.20 o;1.25 o;1.30 o;1.35 o;1.40 o;1.45 xxx
 1.10 o;1.15 o;1.20 o;1.25 o;1.30 o;1.35 o;1.40 xo;1.45 xxx
 1.10 o;1.15 o;1.20 o;1.25 o;1.30 xo;1.35 xo;1.40 xxx
 1.05 o;1.10 o;1.15 o;1.20 o;1.25 o;1.30 o;1.35 xxo;1.40 xxx
 1.10 o;1.15 o;1.20 o;1.25 xo;1.30 xxx
 1.10 o;1.15 o;1.20 xo;1.25 xxo;1.30 xxx
 1.05 o;1.10 o;1.15 o;1.20 o;1.25 xxx
 1.05 o;1.10 o;1.15 o;1.20 xxx

Long Jump**FINAL**

| No. | Athlete | Club | Perf |
|-----|------------------------|---------------------------|------|
| 1 | 100 Ben Sutton | Dartford Harriers AC | 5.13 |
| 2 | 95 Oliver Phillips | Tonbridge AC | 5.06 |
| 3 | 98 Jack Smith | Bexley AC | 4.53 |
| 4 | 104 Myles Xavier | Blackheath & Bromley H AC | 4.41 |
| 5 | 93 Seyi Olatunji | Cambridge Harriers | 4.10 |
| 6 | 86 Harry Lutz | Thanet AC | 4.05 |
| 7 | 130 Daniel Smith | Tonbridge AC | 3.97 |
| 8 | 83 Luke Cressey | Thanet AC | 3.93 |
| 9 | 131 Omobodunde Balogun | Bexley AC | 3.91 |
| 10 | 128 Felix Brooks | Tonbridge AC | 3.89 |
| 11 | 92 Connor Neal | Thanet AC | 3.87 |
| 12 | 97 Jack Seery | Thanet AC | 3.81 |
| 13 | 132 Robert Mills | Medway & Maidstone AC | 3.74 |
| 14 | 96 Johannes Sadler | Medway Park Phoenix | 3.62 |
| 15 | 108 Thomas Keaveney | Ashford AC | 3.53 |
| 16 | 101 Alex Thomson | Tonbridge AC | 3.48 |

- 4.64, -; 5.13, -; 4.93, -; -; 4.98, -; 4.95, -
 - 4.53, -; 4.52, -; 5.06, -; 4.77, -; 4.76, -; 4.92, -
 - 4.53, -; 4.41, -; 4.23, -; 4.30, -; 4.11, -; 4.41, -
 - 4.20, -; 4.41, -; 4.34, -; 4.34, -; 4.35, -; 4.22, -
 - 4.03, -; 3.65, -; 3.64, -; -; 4.10, -; 3.89, -
 - 3.97, -; 4.05, -; 3.96, -; 3.90, -; 3.96, -; 3.75, -
 - 3.86, -; 3.97, -; 3.80, -
 - 3.18, -; 3.93, -; 3.88, -
 - 3.82, -; 3.67, -; 3.91, -
 - 3.89, -; 3.53, -; nj
 - 3.87, -; 3.87, -; 3.85, -
 - 3.81, -; 3.77, -; 3.69, -
 - 3.74, -; 3.70, -; nj
 - 3.47, -; 3.38, -; 3.62, -
 - 3.42, -; 3.21, -; 3.53, -
 - nj; 3.48, -; 3.19, -

Shot**FINAL**

| No. | Athlete | Club | Perf |
|-----|-----------------------|---------------------------|-------|
| 1 | 135 Jack Royden | Medway & Maidstone AC | 10.29 |
| 2 | 120 Henry-James Cowie | Blackheath & Bromley H AC | 10.16 |
| 3 | 134 James O'Gorman | Paddock Wood AC | 9.24 |
| 4 | 95 Oliver Phillips | Tonbridge AC | 8.28 |
| 5 | 86 Harry Lutz | Thanet AC | 7.38 |
| 6 | 108 Thomas Keaveney | Ashford AC | 5.54 |

10.29; 10.14; 9.49; 9.10; 9.92; 9.92
 9.96; 10.16; np; 10.10; 8.93; 9.83
 9.24; 8.80; 8.97; 8.73; 8.14; 8.52
 7.95; 8.09; 8.18; 8.21; 8.28; 8.05
 6.38; 6.42; 6.35; 7.09; 7.38; 7.02
 3.67; 4.77; 5.36; 5.37; 4.91; 5.54

Discus**FINAL**

| No. | Athlete | Club | Perf |
|-----|-----------------------|---------------------------|-------|
| 1 | 120 Henry-James Cowie | Blackheath & Bromley H AC | 26.70 |
| 2 | 134 James O'Gorman | Paddock Wood AC | 26.58 |
| 3 | 137 James Lancaster | Blackheath & Bromley H AC | 26.26 |

25.72; nt; 25.99; 25.48; 26.70; 22.83
 25.11; 23.86; 22.78; nt; nt; 26.58
 24.15; 25.41; 25.29; 24.26; 25.41; 26.26

Hammer**FINAL**

| No. | Athlete | Club | Perf |
|-----|-----------------------|---------------------------|-------|
| 1 | 120 Henry-James Cowie | Blackheath & Bromley H AC | 29.38 |
| 2 | 136 James Hussey | Dartford Harriers AC | 29.05 |
| 3 | 134 James O'Gorman | Paddock Wood AC | 27.20 |
| 4 | 137 James Lancaster | Blackheath & Bromley H AC | 25.04 |
| 5 | 99 Ronnie Stowell | Bexley AC | 10.75 |

25.04; nt; 26.38; nt; 28.46; 29.38
 21.15; nt; 27.86; 26.84; 29.05; 28.50
 27.16; 26.56; 24.95; 27.20; 26.76; nt
 24.85; nt; 23.25; 24.98; 23.19; 25.04
 10.56; 10.75; -

Javelin**FINAL**

| No. | Athlete | Club | Perf |
|-----|----------------------|---------------------------|-------|
| 1 | 112 Angus Harrington | Blackheath & Bromley H AC | 32.56 |
| 2 | 135 Jack Royden | Medway & Maidstone AC | 30.33 |
| 3 | 107 David Fullbrook | Tonbridge AC | 27.83 |
| 4 | 138 Harvey Byard | Tonbridge AC | 25.14 |
| 5 | 99 Ronnie Stowell | Bexley AC | 20.60 |
| 6 | 122 Logan Green | Tonbridge AC | 18.18 |
| 7 | 123 Tyler Green | Tonbridge AC | 17.59 |

32.11; 32.56; 30.73; 31.61; 31.36; 32.36
 27.29; 28.62; 22.40; 30.33; 27.16; 24.94
 24.98; 24.66; nt; 27.83; 27.04; 19.94
 21.73; 23.60; 25.14; 23.36; 24.18; 24.91
 18.37; 19.84; 19.74; 16.81; 20.40; 20.60
 15.61; 17.83; 15.83; 18.18; nt; nt
 nt; nt; 17.59

Under 13 Girls

75m Heat 1 w/s=0.7

| No. | Athlete | Club | Perf |
|-----|---------|---------------------|---------------------------|
| 1 | 17 | Karina Harris | Blackheath & Bromley H AC |
| 2 | 8 | Faith Cox | Ashford AC |
| 3 | 4 | Chloe Birtwistle | Folkestone Running Club |
| 4 | 25 | Sarah Ogunko | Dartford Harriers AC |
| 5 | 18 | Eloise Harvey | Dartford Harriers AC |
| 6 | 29 | Renay Thomas | Unattached |
| 7 | 21 | Cary Kwaramba-Downs | Dartford Harriers AC |
| 8 | 10 | Charlotte Crockford | Dartford Harriers AC |

Q
Q

75m Heat 2 w/s=-0.1

| No. | Athlete | Club | Perf |
|-----|---------|------------------|-----------------------|
| 1 | 33 | Katie Woolcott | Dartford Harriers AC |
| 2 | 31 | Ayesha White | Tonbridge AC |
| 3 | 12 | Faith Etokowo | Ashford AC |
| 4 | 28 | Susi Sampson | Dartford Harriers AC |
| 5 | 26 | Jade Oni | Medway & Maidstone AC |
| 6 | 3 | Rebekah Bell | Dartford Harriers AC |
| 7 | 30 | Lois Warden | Dartford Harriers AC |
| 8 | 14 | Elizabeth Fraser | Ashford AC |

Q
Q
q
q

75m Heat 3 w/s=1.2

| No. | Athlete | Club | Perf |
|-----|---------|-----------------|---------------------------|
| 1 | 7 | Lauren Chambers | Ashford AC |
| 2 | 27 | Asha Root | Tonbridge AC |
| 3 | 11 | Jade Curtis | Ashford AC |
| 4 | 16 | Sophia Harper | Blackheath & Bromley H AC |
| 5 | 6 | Lucy Carr | Bexley AC |
| 6 | 19 | Mia Hillyard | Thanet AC |
| 7 | 22 | Eleanor Lewis | Medway Park Phoenix |
| 8 | 23 | Emily Lusty | Tonbridge AC |

Q
Q

75m FINAL w/s=0.6

| No. | Athlete | Club | Perf |
|-----|---------|-----------------|---------------------------|
| 1 | 33 | Katie Woolcott | Dartford Harriers AC |
| 2 | 17 | Karina Harris | Blackheath & Bromley H AC |
| 3 | 7 | Lauren Chambers | Ashford AC |
| 4 | 31 | Ayesha White | Tonbridge AC |
| 5 | 12 | Faith Etokowo | Ashford AC |
| 6 | 28 | Susi Sampson | Dartford Harriers AC |
| 7 | 8 | Faith Cox | Ashford AC |
| 8 | 27 | Asha Root | Tonbridge AC |

150m Heat 1 w/s=-1.0

| No. | Athlete | Club | Perf |
|-----|---------|---------------------|----------------------|
| 1 | 25 | Sarah Ogunko | Dartford Harriers AC |
| 2 | 21 | Cary Kwaramba-Downs | Dartford Harriers AC |
| 3 | 24 | Eleanor McGrath | Tonbridge AC |
| 4 | 20 | Tuppy King | Thanet AC |
| 5 | 40 | Jessica O'Hara | Tonbridge AC |

Q
Q

150m Heat 2 w/s=-0.5

| No. | Athlete | Club | Perf |
|-----|---------|---------------------|----------------------|
| 1 | 32 | Ayanna Williams | Cambridge Harriers |
| 2 | 28 | Susi Sampson | Dartford Harriers AC |
| 3 | 12 | Faith Etokowo | Ashford AC |
| 4 | 10 | Charlotte Crockford | Dartford Harriers AC |
| 5 | 42 | Ashley Ward | Ashford AC |

Q
Q
q

150m Heat 3 w/s=-0.2

| No. | Athlete | Club | Perf |
|-----|---------|---------------|---------------------------|
| 1 | 37 | Mhairi Brooks | Blackheath & Bromley H AC |
| 2 | 27 | Asha Root | Tonbridge AC |
| 3 | 41 | Monay Thomas | Unattached |
| 4 | 35 | Tosin Awodesu | Bexley AC |
| 5 | 6 | Lucy Carr | Bexley AC |
| 6 | 3 | Rebekah Bell | Dartford Harriers AC |

Q
Q
q
q

| 150m | | Heat 4 | | w/s=-1.6 | |
|------|---------|-------------------|---------------------------|----------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 43 | Eleanor Wastell | Medway Park Phoenix | 21.81 | Q |
| 2 | 34 | Antonia Alapafuja | Blackheath & Bromley H AC | 21.83 | Q |
| 3 | 9 | Isabella Cremin | Blackheath & Bromley H AC | 22.54 | q |
| 4 | 18 | Eloise Harvey | Dartford Harriers AC | 22.97 | |
| 5 | 29 | Renay Thomas | Unattached | 23.51 | |

| 150m | | S/F 1 | | w/s=0.5 | |
|------|---------|---------------------|---------------------------|---------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 37 | Mhairi Brooks | Blackheath & Bromley H AC | 21.00 | Q |
| 2 | 28 | Susi Sampson | Dartford Harriers AC | 21.21 | Q |
| 3 | 12 | Faith Etokowo | Ashford AC | 21.77 | Q |
| 4 | 25 | Sarah Ogunko | Dartford Harriers AC | 22.17 | |
| 5 | 35 | Tosin Awodesu | Bexley AC | 22.53 | |
| 6 | 21 | Cary Kwaramba-Downs | Dartford Harriers AC | 22.81 | |

| 150m | | S/F 2 | | w/s=-1.7 | |
|------|---------|-------------------|---------------------------|----------|---|
| No. | Athlete | Club | Perf | | |
| 1 | 32 | Ayanna Williams | Cambridge Harriers | 21.10 | Q |
| 2 | 43 | Eleanor Wastell | Medway Park Phoenix | 21.61 | Q |
| 3 | 34 | Antonia Alapafuja | Blackheath & Bromley H AC | 21.63 | Q |
| 4 | 41 | Monay Thomas | Unattached | 21.69 | |
| 5 | 27 | Asha Root | Tonbridge AC | 21.92 | |
| 6 | 9 | Isabella Cremin | Blackheath & Bromley H AC | 22.69 | |

| 150m | | FINAL | | w/s=-0.9 | |
|------|---------|-------------------|---------------------------|----------|--|
| No. | Athlete | Club | Perf | | |
| 1 | 32 | Ayanna Williams | Cambridge Harriers | 20.53 | |
| 2 | 37 | Mhairi Brooks | Blackheath & Bromley H AC | 20.84 | |
| 3 | 28 | Susi Sampson | Dartford Harriers AC | 21.37 | |
| 4 | 43 | Eleanor Wastell | Medway Park Phoenix | 21.52 | |
| 5 | 34 | Antonia Alapafuja | Blackheath & Bromley H AC | 21.83 | |
| 6 | 12 | Faith Etokowo | Ashford AC | 22.05 | |

| 800m | | Heat 1 | | |
|------|---------|----------------|----------------------|---------|
| No. | Athlete | Club | Perf | |
| 1 | 58 | Jessica Sellar | Dartford Harriers AC | 2:38.78 |
| 2 | 57 | Laura Parrish | Invicta East Kent AC | 2:41.85 |
| 3 | 56 | Shona Oliver | Cambridge Harriers | 2:50.44 |
| 4 | 40 | Jessica O'Hara | Tonbridge AC | 2:55.88 |

| 800m | | Heat 2 | | |
|------|---------|---------------|---------------------------|---------|
| No. | Athlete | Club | Perf | |
| 1 | 47 | Kelsi Cornish | Tonbridge AC | 2:37.74 |
| 2 | 8 | Faith Cox | Ashford AC | 2:43.68 |
| 3 | 51 | Annabel Field | Bexley AC | 2:44.67 |
| 4 | 15 | Rebecca Hales | Thanet Roadrunners AC | 2:49.68 |
| 5 | 16 | Sophia Harper | Blackheath & Bromley H AC | 2:56.76 |

| 800m | | Heat 3 | | |
|------|---------|-----------------------|---------------------------|---------|
| No. | Athlete | Club | Perf | |
| 1 | 45 | Romane Balcomb Nevill | Tonbridge AC | 2:37.29 |
| 2 | 53 | Lauren Goddard | Blackheath & Bromley H AC | 2:38.04 |
| 3 | 41 | Monay Thomas | Unattached | 2:38.04 |
| 4 | 46 | Claudia Bates | Dartford Harriers AC | 2:39.10 |
| 5 | 60 | Holly Wright | Blackheath & Bromley H AC | 2:47.84 |

| 800m | | Heat 4 | | |
|------|---------|--------------------|-----------------------|---------|
| No. | Athlete | Club | Perf | |
| 1 | 48 | Kathleen Faes | Tonbridge AC | 2:25.03 |
| 2 | 43 | Eleanor Wastell | Medway Park Phoenix | 2:33.97 |
| 3 | 50 | Emily Featherstone | Medway & Maidstone AC | 2:35.94 |
| 4 | 59 | Beth Williams | Thanet Roadrunners AC | 2:49.11 |
| 5 | 19 | Mia Hillyard | Thanet AC | 2:56.71 |

| 800m | | FINAL | | |
|------|---------|-----------------------|-----------------------|---------|
| No. | Athlete | Club | Perf | |
| 1 | 48 | Kathleen Faes | Tonbridge AC | 2:23.49 |
| 2 | 47 | Kelsi Cornish | Tonbridge AC | 2:28.01 |
| 3 | 43 | Eleanor Wastell | Medway Park Phoenix | 2:32.55 |
| 4 | 45 | Romane Balcomb Nevill | Tonbridge AC | 2:34.14 |
| 5 | 58 | Jessica Sellar | Dartford Harriers AC | 2:36.33 |
| 6 | 50 | Emily Featherstone | Medway & Maidstone AC | 2:41.51 |

1200m

FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|--------------------|---------------------------|---------|
| 1 | 48 | Kathleen Faes | Tonbridge AC | 3:47.78 |
| 2 | 61 | Vita de Munck | Tonbridge AC | 3:48.84 |
| 3 | 63 | Millie Smith | Blackheath & Bromley H AC | 4:06.65 |
| 4 | 58 | Jessica Sellar | Dartford Harriers AC | 4:08.05 |
| 5 | 51 | Annabel Field | Bexley AC | 4:11.18 |
| 6 | 46 | Claudia Bates | Dartford Harriers AC | 4:11.96 |
| 7 | 62 | Esther Laffey | Invicta East Kent AC | 4:12.91 |
| 8 | 64 | Ruby Wand | Bexley AC | 4:16.48 |
| 9 | 50 | Emily Featherstone | Medway & Maidstone AC | 4:18.99 |
| 10 | 56 | Shona Oliver | Cambridge Harriers | 4:25.70 |

70m Hurdles

Heat 1

w/s=-1.6

| No. | Athlete | Club | Perf | |
|-----|---------|-----------------|-----------------------|-------|
| 1 | 24 | Eleanor McGrath | Tonbridge AC | 12.79 |
| 2 | 26 | Jade Oni | Medway & Maidstone AC | 12.86 |
| 3 | 43 | Eleanor Wastell | Medway Park Phoenix | 13.27 |
| 4 | 68 | Lucy Maunders | Medway & Maidstone AC | 13.77 |
| 5 | 65 | Emma Botha | Medway Park Phoenix | 13.82 |
| 6 | 27 | Asha Root | Tonbridge AC | 13.91 |

Q
Q
q
q

70m Hurdles

Heat 2

w/s=-1.4

| No. | Athlete | Club | Perf | |
|-----|---------|---------------------|-----------------------|-------|
| 1 | 11 | Jade Curtis | Ashford AC | 12.48 |
| 2 | 49 | Lauren Farley | Medway & Maidstone AC | 13.09 |
| 3 | 18 | Eloise Harvey | Dartford Harriers AC | 13.19 |
| 4 | 67 | Emily Higham | Invicta East Kent AC | 13.23 |
| 5 | 10 | Charlotte Crockford | Dartford Harriers AC | 14.65 |

Q
Q
q
q

70m Hurdles

FINAL

w/s=-0.9

| No. | Athlete | Club | Perf | |
|-----|---------|-----------------|-----------------------|-------|
| 1 | 24 | Eleanor McGrath | Tonbridge AC | 12.66 |
| 2 | 26 | Jade Oni | Medway & Maidstone AC | 12.73 |
| 3 | 18 | Eloise Harvey | Dartford Harriers AC | 13.22 |
| 4 | 43 | Eleanor Wastell | Medway Park Phoenix | 13.37 |
| 5 | 67 | Emily Higham | Invicta East Kent AC | 13.67 |
| 6 | 68 | Lucy Maunders | Medway & Maidstone AC | 14.15 |
| 7 | 11 | Jade Curtis | Ashford AC | 17.06 |
| 8 | 49 | Lauren Farley | Medway & Maidstone AC | dnf |

2000m Walk

FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|-------------------|--------------------|----------|
| 1 | 70 | Evelyn Butcher | Cambridge Harriers | 10:47.21 |
| 2 | 69 | Jacqueline Benson | Ashford AC | 13:28.98 |

CBP

HIGH JUMP

FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|---------------------|-----------------------|------|
| 1 | 11 | Jade Curtis | Ashford AC | 1.45 |
| 2 | 26 | Jade Oni | Medway & Maidstone AC | 1.45 |
| 3 | 67 | Emily Higham | Invicta East Kent AC | 1.40 |
| 4 | 12 | Faith Etokowo | Ashford AC | 1.40 |
| 5 | 68 | Lucy Maunders | Medway & Maidstone AC | 1.25 |
| 6 | 30 | Lois Warden | Dartford Harriers AC | 1.25 |
| 7 | 10 | Charlotte Crockford | Dartford Harriers AC | 1.25 |
| 8 | 23 | Emily Lusty | Tonbridge AC | 1.15 |
| 9 | 49 | Lauren Farley | Medway & Maidstone AC | 1.15 |

1.25 o;1.30 o;1.35 o;1.40 xo;1.45 o;1.50 xxx
 1.25 o;1.30 o;1.35 o;1.40 xxo;1.45 o;1.50 xxx
 1.20 o;1.25 o;1.30 o;1.35 o;1.40 xo;1.45 xxx
 1.20 xxo;1.25 o;1.30 o;1.35 o;1.40 o;1.45 xxx
 1.05 o;1.10 o;1.15 o;1.20 xo;1.25 o;1.30 xxx
 1.05 o;1.10 o;1.15 o;1.20 o;1.25 xo;1.30 xxx
 1.05 o;1.10 o;1.15 o;1.20 o;1.25 xxo;1.30 xxx
 1.05 o;1.10 xo;1.15 o;1.20 xxx
 1.05 o;1.10 o;1.15 xo;1.20 xxx

Long Jump

FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|---------------------|---------------------------|------|
| 1 | 17 | Karina Harris | Blackheath & Bromley H AC | 4.63 |
| 2 | 11 | Jade Curtis | Ashford AC | 4.41 |
| 3 | 36 | Tajera Baldie | Blackheath & Bromley H AC | 4.31 |
| 4 | 35 | Tosin Awodesu | Bexley AC | 4.11 |
| 5 | 67 | Emily Higham | Invicta East Kent AC | 4.02 |
| 6 | 18 | Eloise Harvey | Dartford Harriers AC | 4.02 |
| 7 | 16 | Sophia Harper | Blackheath & Bromley H AC | 3.85 |
| 8 | 73 | Shannon Payne | Dartford Harriers AC | 3.73 |
| 9 | 50 | Emily Featherstone | Medway & Maidstone AC | 3.71 |
| 10 | 6 | Lucy Carr | Bexley AC | 3.71 |
| 11 | 10 | Charlotte Crockford | Dartford Harriers AC | 3.67 |
| 12 | 49 | Lauren Farley | Medway & Maidstone AC | 3.67 |
| 13 | 30 | Lois Warden | Dartford Harriers AC | 3.65 |
| 14 | 42 | Ashley Ward | Ashford AC | 3.59 |
| 15 | 14 | Elizabeth Fraser | Ashford AC | 3.55 |
| 16 | 7 | Lauren Chambers | Ashford AC | 3.55 |
| 17 | 68 | Lucy Maunders | Medway & Maidstone AC | 3.54 |
| 18 | 72 | Kacey Byard | Tonbridge AC | 3.50 |
| 19 | 26 | Jade Oni | Medway & Maidstone AC | 3.45 |
| 20 | 4 | Chloe Birtwistle | Folkestone Running Club | 3.29 |
| 21 | 27 | Asha Root | Tonbridge AC | 2.96 |
| 22 | 19 | Mia Hillyard | Thanet AC | 2.93 |

w/s

- 4.44, -; 4.46, -; 4.48, -; 4.63, -; nj; nj
- 4.41, -; nj; 4.34, -; 4.10, -; 4.30, -; 4.28, -
- nj; nj; 3.94, -; 4.20, -; 4.04, -; 4.31, -
- 3.96, -; 3.75, -; 3.91, -; 3.70, -; 4.00, -; 4.11, -
- 3.90, -; 3.86, -; 3.70, -; 3.95, -; 3.78, -; 4.02, -
- 3.59, -; 3.71, -; 3.87, -; 3.92, -; 3.75, -; 4.02, -
- 3.85, -; nj; nj
- nj; 3.48, -; 3.73, -
- 3.69, -; 3.63, -; 3.71, -
- 3.71, -; 3.65, -; nj
- 3.66, -; 3.36, -; 3.67, -
- 3.67, -; 3.44, -; 3.44, -
- 3.56, -; 3.65, -; 3.52, -
- 3.35, -; 3.59, -; 3.31, -
- 3.55, -; 3.35, -; 3.54, -
- nj; 3.55, -; nj
- 3.40, -; 3.54, -; 3.38, -
- 3.20, -; 3.34, -; 3.50, -
- 3.31, -; nj; 3.45, -
- nj; 3.12, -; 3.29, -
- 2.55, -; nj; 2.96, -
- 2.93, -; nj; 3.11

Shot

FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|---------------|---------------------------|-------|
| 1 | 76 | Eloise Locke | Blackheath & Bromley H AC | 10.23 |
| 2 | 74 | Eve Keith | Blackheath & Bromley H AC | 9.63 |
| 3 | 67 | Emily Higham | Invicta East Kent AC | 7.32 |
| 4 | 42 | Ashley Ward | Ashford AC | 6.99 |
| 5 | 75 | Catie Kohler | Tonbridge AC | 6.83 |
| 6 | 26 | Jade Oni | Medway & Maidstone AC | 5.90 |
| 7 | 49 | Lauren Farley | Medway & Maidstone AC | 5.62 |

CBP

- 9.36; 9.53; 9.29; 10.17; 10.23; 9.80
- 8.29; 8.58; 9.01; 8.94; 9.50; 9.63
- 6.95; 7.13; 6.79; 7.32; 6.91; 6.98
- np; 6.99; 6.14; 6.28; 6.18; 5.31
- 6.42; 6.83; N/T; np; np; 6.21
- 5.68; 5.29; 5.45; 5.53; 5.89; 5.90
- 4.71; 5.62; 5.52

Discus

FINAL

| No. | Athlete | Club | Perf | |
|-----|------------------|--------------------|---------------------------|-------|
| 1 | 76 | Eloise Locke | Blackheath & Bromley H AC | 22.79 |
| 2 | 42 | Ashley Ward | Ashford AC | 20.33 |
| 3 | 78 | Megan Williams | Thanet AC | 18.97 |
| 4 | 74 | Eve Keith | Blackheath & Bromley H AC | 18.71 |
| 5 | 77 | Samantha Rushbrook | Bexley AC | 17.85 |
| 6 | 22 | Eleanor Lewis | Medway Park Phoenix | 16.19 |
| 7 | 73 | Shannon Payne | Dartford Harriers AC | 13.74 |
| 79 | Hana Yun-Stevens | Tonbridge AC | ndr | |

- 22.13; nt; 19.38; 21.03; 22.25; 22.79
- nt; 12.12; 15.84; nt; 20.33; nt
- 15.53; 18.55; 17.15; 16.33; nt; 18.97
- 18.71; 16.96; 17.47; 16.32; 16.70; 17.83
- 17.85; 16.80; nt; nt; nt; 13.80
- 16.19; nt; 11.32; nt; 11.72; 12.54
- 12.80; 13.74; 12.28
- nt; nt; nt

HAMMER

FINAL

| No. | Athlete | Club | Perf | |
|-----|---------|---------------------|----------------------|-------|
| 1 | 77 | Samantha Rushbrook | Bexley AC | 25.84 |
| 2 | 80 | Keeley Hodge | Medway Park Phoenix | 21.59 |
| 3 | 75 | Catie Kohler | Tonbridge AC | 17.77 |
| 4 | 79 | Hana Yun-Stevens | Tonbridge AC | 15.27 |
| 5 | 10 | Charlotte Crockford | Dartford Harriers AC | 14.61 |
| 6 | 69 | Jacqueline Benson | Ashford AC | 14.05 |
| 7 | 78 | Megan Williams | Thanet AC | 12.13 |

CBP

- 22.61; 23.66; 22.82; 25.84; 24.66; nt
- 21.06; 17.73; 21.59; nt; 13.09; nt
- 17.55; 16.99; 17.77; 16.66; 17.70; nt
- 3.63; 15.23; 15.27; nt; 14.34; nt
- 14.61; 11.36; 12.58; 11.87; 13.77; nt
- 13.49; 13.98; 14.03; nt; 14.05; 12.80
- 10.95; 12.13; 11.08

JAVELIN

FINAL

| No. | Athlete | Club | Perf | |
|-----|--------------|------------------|---------------------------|-------|
| 1 | 76 | Eloise Locke | Blackheath & Bromley H AC | 33.70 |
| 2 | 42 | Ashley Ward | Ashford AC | 25.24 |
| 3 | 79 | Hana Yun-Stevens | Tonbridge AC | 24.41 |
| 4 | 67 | Emily Higham | Invicta East Kent AC | 19.51 |
| 5 | 38 | Daisy Dowling | Blackheath & Bromley H AC | 19.33 |
| 6 | 49 | Lauren Farley | Medway & Maidstone AC | 18.21 |
| 7 | 26 | Jade Oni | Medway & Maidstone AC | 13.75 |
| 75 | Catie Kohler | Tonbridge AC | ndr | |

CBP

- 31.68; 33.70; 32.92; 32.86; 31.31; 28.80
- nt; 21.69; 25.24; nt; 21.59; 19.95
- 24.41; 23.00; 23.08; 21.52; 23.77; nt
- 18.55; 16.93; 18.10; 16.75; 18.46; 19.51
- 19.33; 15.43; 14.83; 17.04; 15.70; nt
- 15.82; 18.21; nt; 15.06; 17.45; 15.29
- 12.23; 13.75; nt
- nt; nt; nt