

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Under 15 Girls 4000m Individual Results**

Pos	No	Name	Club	Time
1	259	Sophie Richmond	Weald Tri Club	16:05
2	210	Aoife McDonagh	Blackheath and Bromley H AC	16:38
3	212	Naimah Mossi	Blackheath and Bromley H AC	16:51
4	190	Ava Chappell	Ashford AC	16:53
5	254	Isabel Gowing	Tonbridge AC	17:05
6	257	Millie Watts	Tonbridge AC	17:14
7	246	Sofia Cudmore Smith	Medway and Maidstone AC	17:33
8	253	Aoife Foley	Tonbridge AC	17:41
9	258	Aurelia Dinnage	Weald Tri Club	17:48
10	217	Niamh Stanley	Blackheath and Bromley H AC	17:55
11	227	Celia Yeatman	Cambridge Harriers	17:58
12	213	Isabel Pauling	Blackheath and Bromley H AC	18:05
13	255	Neve Raymond	Tonbridge AC	18:07
14	206	Ariana Jenner-Heard	Blackheath and Bromley H AC	18:20
15	234	Ava-Mai Clement	Greenwich Tritons	18:31
16	219	Sophie Tran	Blackheath and Bromley H AC	18:33
17	196	Aimee Price	Bexley AC	18:35
18	225	Delilah Lester	Cambridge Harriers	18:35
19	215	Beth Regan	Blackheath and Bromley H AC	18:41
20	222	Celia Allen	Cambridge Harriers	18:44
21	192	Aimee Hagger	Ashford AC	18:53
22	214	Rowan Pearson	Blackheath and Bromley H AC	19:06
23	211	Angelina Mernaka	Blackheath and Bromley H AC	19:08
24	191	Constance Druggan-Cherry	Ashford AC	19:14
25	244	Olivia Baker	Medway and Maidstone AC	19:18
26	204	Freya Dinwiddy	Blackheath and Bromley H AC	19:18
27	223	Isabel Brand	Cambridge Harriers	19:20
28	199	Hissa Al Faisal	Blackheath and Bromley H AC	19:25
29	207	Leah Kyriacou	Blackheath and Bromley H AC	19:28
30	193	Catriona Reid	Ashford AC	19:41
31	198	Katie Wake	Bexley AC	19:44
32	252	Megan Rein	Paddock Wood AC	19:53
33	209	Lydia Marston	Blackheath and Bromley H AC	20:01
34	201	Lily Bridgeman	Blackheath and Bromley H AC	20:11
35	195	Evie Fish	Bexley AC	20:22
36	202	Mariana Caceres	Blackheath and Bromley H AC	20:28
37	224	Meredith Cummins	Cambridge Harriers	20:53
38	203	Eva Denbow	Blackheath and Bromley H AC	21:01
39	243	Lucy Steer	Invicta East Kent AC	21:08
40	248	Amelie Guthrie	Medway and Maidstone AC	21:09
41	249	Matilda Moisan	Medway and Maidstone AC	21:48
42	238	Lois Baisley	Invicta East Kent AC	22:04
43	247	Ava Graham	Medway and Maidstone AC	22:16
44	233	Angel Salako	Dartford Harriers AC	22:35
45	240	Cecile Drew	Invicta East Kent AC	22:39
46	208	Jessica Lingham	Blackheath and Bromley H AC	23:10
47	241	Jacqueline Drew	Invicta East Kent AC	23:16

48	235	Lilly Rose Hampton	Greenwich Tritons	23:17
49	197	Elodie Vivian	Bexley AC	23:49
50	239	Lily Divine	Invicta East Kent AC	24:51
51	242	Abigail Harris	Invicta East Kent AC	24:51
52	228	Naomi Brown	Central Park Athletics	25:19
53	232	Maira Qaiser	Dartford Harriers AC	27:10