

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Under 20 Women 5000m Individual Results**

Pos	No	Name	Club	Time
1	419	Hannah Clark	Blackheath and Bromley H AC	20:24
2	420	Carys Firth	Blackheath and Bromley H AC	20:57
3	441	Ella Webb	Medway and Maidstone AC	21:15
4	439	Abigail Royden	Medway and Maidstone AC	21:27
5	418	Ailbhe Barnes	Blackheath and Bromley H AC	21:50
6	440	Lola Sutton	Medway and Maidstone AC	22:17
7	433	Amy Goodhand	Invicta East Kent AC	22:22
8	434	Lily Crossley	Medway and Maidstone AC	22:24
9	442	Annabel Young	Medway and Maidstone AC	22:30
10	443	Jess Poland	Tonbridge AC	22:31
11	422	Olivia Magee-Brown	Blackheath and Bromley H AC	23:55
12	432	Freya Perry	Dartford Harriers AC	24:08
13	437	Ingrid Linn	Medway and Maidstone AC	24:29
14	435	Sharne Elphick	Medway and Maidstone AC	26:48
15	436	Ciara Harrop	Medway and Maidstone AC	27:50