



HERTFORDSHIRE, KENT and MIDDLESEX COUNTIES INDOOR CHAMPIONSHIPS

(UNDER UKA RULES)

14th – 15th March 2020

Lee Valley Indoor Athletics Centre

Souvenir Programme

Championship Foreword

Hertfordshire, Kent and Middlesex County Athletic Associations welcome athletes, officials and spectators to our sixth joint Indoor Championships. As with our previous Championships we are sure that you will give your enthusiastic support for all the athletes.

Diary dates for the Outdoor Championships are included below. We welcome volunteers, both technical and non-technical to assist in running those meetings. Just ask at our reception where they will take your details.

Sally Gandee - Hertfordshire Entry Secretary
Brian Charlton - Kent Entry Secretary
Major Carr - Middlesex Entry Secretary

Forthcoming Championship Dates

Hertfordshire

tba Disability, 1500m, 3k walk, 4x400 Relays, Veterans & Steeplechase
 Stevenage
9th & 10th May 2020 Main Championships
 Watford
tba Pentathlons and 3000m
 Hemel Hempstead
Full details will be on the Hertfordshire website
(www.hertscaaa.org.uk)

Kent

30th & 31st May 2020 Main Championships, Julie Rose Stadium, Ashford

24th June 2020 3Km & 10Km Championships, Dartford
 (including electronic timing)

Full details will be on the Kent website
(www.kcaa.org.uk/fixtures)

Middlesex

30th & 31st May 2020 Main Championships, Lee Valley Stadium

13th September 2020 Road Relay Championships, the Minet Cycle Circuit, Hayes

27th September 2020 10K Road Running Champs, Victoria Park, Hackney

Online entries at : www.middlesexaa.org.uk

Herts/Kent/Middlesex Indoor Championships
Sat/Sun 14th/15th March 2020 at Lee Valley Indoor Athletics Centre

Day 1 Saturday 15th March 2020

Meeting Manager	John Moules (K)
Asst Meeting Manager	Gill Freeman (K)
Chief Starter	John Freeman (K)
Starters	Mark Purser (K), Ben Kennard (Sy)
Chief Starters Assistant	Sam Purser (K)
Starters Assistants	David Ralph (K), Martin Black (M), Phil Pape (K)
Track Referee	Barry Dorrity (K)
Track Umpires	Lewis Makey (K), James Adams (K), John Mercer (M), Rhona Foster (H), Martin Foster (H), Sally Stevens (H), Malcolm French (M)
Track Steward	Tina Tappenden (K)
CofC	Daniel Seechan (M)
Walks Judges	John Hall (M) and others
Chief Photofinish	Maureen Fletcher (K)
Photofinish and Seeding	Sara Fletcher (K), Rachel Scott-Hall (M)
Photofinish Technician	Luke Smallwood
Chief Timekeeper	Sharon Herbert (E)
Timekeepers	Miriam Dorrity (K), George Richardson (M), Tim Mundle (E), Denis Cullen (H), Heather Espuete (E), Geoff Hall (H)
Field Referees	Sian Thomas (K), Steve Marshall (M)
Technical Manager	Andy Midwinter (K)
Clerks of Course	Marion Osborn (K), Tony Tyndale (H)
Field Judges	John Askew (K), Amanda Edgeley (K), Mike Botha (K), Bob Hammond (K), Mo Fazakerley (K), Dick Sharp (K), Helen Corbishley (K), Wendy Masters (K), John Gandee (H), Bob Densley (M), Jenny Bushell (M), Alan Ford (M), Sylvianne Provost-Campbell (M), John Hall (M), Susan Hill (E), Suzanne Kendall (M), Di Godin (M), Gary Capon (K), Chris Stott (H), Martin Howard (M), Helen Isaacs (M), Simon Baker (M), Peter Lee (H), Sue Smith (H), Philip Welch (H), Norma Grimsey (M), James Davis (H)
Call Room Chief	Tony Shaw (H)
Call Room Stewards	Beryl Stratton (M), Ray Clark (K), Jeanne Coker (M), David Winfield (K), Milke Grimsey (M)
Athletes Registration	Di Capon (K), Richard Priestley (M), Stuart Broadhead (H), Graham Brown (H)
Result recorders	Sally Gandee (H), Brian Charlton (K), John Terry (M)
Presentation	Brian Fowler President (H), Claire Capon President (K), Lee Capon (K), (M)
Announcer	Roy Stratton (M), Kim Taylor (K)
Comms	Iain Presnell (K)
Reception	Graham Brown (H)

Herts/Kent/Middlesex Indoor Championships
Sat/Sun 14th/15th March 2020 at Lee Valley Indoor Athletics Centre

Day 2 Sunday 15th March 2020

Meeting Manager	Sue Smith (H)
Asst Meeting Manager	Gill Freeman (K)
Chief Starter	John Moules (K)
Starters	John Freeman (K), Rob Bush (H)
Chief Starters Assistant	Phil Pape (K)
Starters Assistants	Chris Childs (K), Debashis Biswas (S)
Track Referee	David Lipscomb (M)
Track Umpires	Julian Tovey (M), Jenny Lambert (M), Julie Roe (K), Sarah Millac (H), Kim Hunt (H), Cathy Valler (H), Daniel Seechan (M)
Track Steward	Ray Clark (K)
CofC	Barry Dorrity (K)
Chief Photofinish	Maureen Fletcher (K)
Photofinish and Seeding	Sara Fletcher (K)
Photofinish Technician	Luke Smallwood
Chief Timekeeper	Paul Langston (H)
Timekeepers	Miriam Dorrity (K), Stephen Hollingdale (K), Tim Mundle (E), Denis Cullen (H), Roger Fitzgerald (M), Geoff Hall (H)
Field Referee	Tony Tyndale (H), Tony Shaw (H)
Technical Manager	Bob Hammond (K)
Clerks of Course	Steve Hall (K), Alan Ford (M)
Field Judges	Norma Grimsey (M), Sian Thomas (K), Mike Botha (K), Tim Williams (K), Chloe Williams (K), Dick Sharp (K), Sylvianne Provost-Campbell (M), Chris Head-Rapson (K), John Gandee (M), Bob Densley (M), James Davis (H), John Falvey (M), Steve Marshall (M), John Hall (M), Andy Midwinter (K), Geoff Hawes (M), John Askew (K), Marion Osborn (K), Malcolm French (M), Suzanne Kendall (M), Ian Turner (M), Helen Isaacs (M), Peter Lee (H), Philip Welch (M), Mike Grimsey (M)
Call Room Chief	Mark Purser (K)
Call Room Stewards	Beryl Stratton (M), Heather Espuete (E), Jan Clifford (K), Rhona Foster (H), Gary Capon (K)
Athletes Registration	Di Capon (K), Richard Priestley (M), Stuart Broadhead (H), Graham Brown (H)
Result recorders	Sally Gandee (H), Brian Charlton (K), John Terry (M)
Presentation	Brian Fowler President (H), Claire Capon President (K), Lee Capon (K), (M)
Announcer Comms	Roy Stratton (M), Kim Taylor (K)
Reception	Graham Brown (H)

Tri Counties Indoor Championships Lee Valley 14th - 15th March 2020

Saturday Timetable - Track

1000	T1	U15G 60 Metres Hurdles - Herts - Final	5
1003	T2	U15G 60 Metres Hurdles - Middx - Heats (to T14)	11 (2H)
1009	T3	U15G 60 Metres Hurdles - Kent - Heats (to T13)	15 (3H)
1022	T4	U17W 60 Metres Hurdles - Herts/Middx - Final	1/6
1025	T5	U17W 60 Metres Hurdles - Kent - Heats (to T15)	13 (2H)
1036	T6	U15B 60 Metres Hurdles - Herts/Middx - Final	1/1
1039	T7	U15B 60 Metres Hurdles - Kent - Final	6
1050	T8	SM 60 Metres Hurdles - Kent - Final	5
1101	T9	U20M 60 Metres Hurdles - Herts/Kent/Middx - Final	2/1/4
1112	T10	U17M 60 Metres Hurdles - Kent - Heats (to T16)	8 (2H)
1118	T11	U17M 60 Metres Hurdles - Herts/Middx - Final	2/3
1129	T12	U20W 60 Metres Hurdles - Herts/Kent/Middx - Final	1/3/2
	T12	SW 60 Metres Hurdles - Kent - Final	1
1143	T13	U15G 60 Metres Hurdles - Kent - Final (from T3)	
1146	T14	U15G 60 Metres Hurdles - Middx - Final (from T2)	
1157	T15	U17W 60 Metres Hurdles - Kent - Final (from T5)	
1200	T16	U17M 60 Metres Hurdles - Kent - Final (from T10)	
1210	T17	U15G 200 Metres - Herts - Final	6
1213	T18	U15G 200 Metres - Kent - Heats (to T38)	17 (3H)
1222	T19	U15G 200 Metres - Middx - Heats (to T39)	23 (4H)
1234	T20	U17W 200 Metres - Herts - Heats (to T43)	8 (2H)
1240	T21	U17W 200 Metres - Kent - Heats (to T44)	15 (3H)
1249	T22	U17W 200 Metres - Middx - Heats (to T45)	10 (2H)
1255	T23	U20W 200 Metres - Middx - Final	3
1258	T24	U20W 200 Metres - Kent - Heats (to T46)	7 (2H)
1304	T25	SW 200 Metres - Kent - Final	6
1307	T26	SW 200 Metres - Herts/Middx - Final	1/3
1310	T27	U15B 200 Metres - Herts - Heats (to T40)	9 (2H)
1316	T28	U15B 200 Metres - Kent - Heats (to T41)	14 (3H)
1325	T29	U15B 200 Metres - Middx - Heats (to T42)	18 (3H)
1334	T30	U17M 200 Metres - Herts - Final	5
1337	T31	U17M 200 Metres - Kent - Heats (to T58)	16 (3H)
1343	T32	U17M 200 Metres - Middx - Heats (to T59)	14 (3H)
1352	T33	SM/U20M 200 Metres - Herts- Final	1/2
1355	T34	U20M 200 Metres - Kent - Heats (to T60)	10 (2H)
1401	T35	U20M 200 Metres - Middx - Heats (to T61)	10 (2H)
1407	T36	SM 200 Metres - Kent - Heats (to T62)	7 (2H)
1413	T37	SM 200 Metres - Middx - Heats (to T63)	11 (2H)
1419	T38	U15G 200 Metres - Kent - Final (from T18)	
1422	T39	U15G 200 Metres - Middx - Semi-Final (from T19 - to T64)	2sf
1428	T40	U15B 200 Metres - Herts - Final (from T27)	
1431	T41	U15B 200 Metres - Kent - Final (from T28)	
1434	T42	U15B 200 Metres - Middx - Final (from T29)	
1437	T43	U17W 200 Metres - Herts - Final (from T20)	
1440	T44	U17W 200 Metres - Kent - Final (from T21)	
1443	T45	U17W 200 Metres - Middx - Final (from T22)	
1446	T46	U20W 200 Metres - Kent - Final (from T24)	
1449	T47	U15G 800 Metres - Herts - Final	6

1453	T48	U15G 800 Metres - Kent - Heats (to T72)	8 (2H)
1501	T49	U15G 800 Metres - Middx - Heats (to T73)	7 (2H)
1509	T50	U17W 800 Metres - Kent - Heats (to T65)	10 (2H)
1517	T51	U15B/U17M 800 Metres - Herts - Final	3/2
1521	T52	U17M 800 Metres - Kent - Heats (to T75)	7 (2H)
1529	T53	U17M 800 Metres - Middx - Heats (to T76)	12 (2H)
1537	T54	U20M 800 Metres - Herts/Middx - Final	3/3
1540	T55	U20M 800 Metres - Kent - Final	4
1544	T56	SM 800 Metres - Herts/Kent - Final	3/3
1548	T57	SM 800 Metres - Middx - Final	4
1552	T58	U17M 200 Metres - Kent - Final (from T31)	
1555	T59	U17M 200 Metres - Middx - Final (from T32)	
1558	T60	U20M 200 Metres - Kent - Final (from T34)	
1601	T61	U20M 200 Metres - Middx - Final (from T35)	
1604	T62	SM 200 Metres - Kent - Final (from T36)	
1607	T63	SM 200 Metres - Middx - Final (from T37)	
1610	T64	U15G 200 Metres - Middx - Final (from T39)	
1613	T65	U17W 800 Metres - Kent - Final (from T50)	
1617	T66	U17W 800 Metres - Herts - Final	3
1621	T67	U17W 800 Metres - Middx - Final	5
1625	T68	SW/U20W 800 Metres - Herts/Middx - Final	1/2:2/1
1629	T69	SW 800 Metres - Kent - Final	5
1633	T70	U15B 800 Metres - Kent - Final	5
1637	T71	U15B 800 Metres - Middx - Final	5
1641	T72	U15G 800 Metres - Kent - Final (from T48)	
1645	T73	U15G 800 Metres - Middx - Final (from T49)	
1649	T74	All 1000m Walk - Kent - Final	7
1730	T75	U17M 800 Metres - Kent - Final (from T52)	
1734	T76	U17M 800 Metres - Middx - Final (from T53)	

Saturday Timetable - Field

1000	F1	U20M/SM Shot - All	5/9
1015	F2	U17W/U15G Pole Vault - All	6/4
1100	F3	U17M Long Jump - All - North pit	10
1130	F4	U15B Shot - All	12
1240	F5	SM/U20M High Jump - All - Arena Bed 1	1/2
1240	F6	U15B Long Jump - All - South pit	19
1250	F7	U17W/U15G Triple Jump - All - North pit	6/3
1330	F8	SW Pole Vault - All	12
1400	F9	U17M Shot - All	8
1440	F10	U20M Long Jump - All - South pit	8
1500	F11	SW/U20W High Jump - Arena Bed 1	4/3
1600	F12	U20W Pole Vault	5
1600	F13	SM Long Jump - All - South pit	10
1630	F14	U17W High Jump - Arena Bed 1	8
1700	F15	U20W Triple Jump - All - North pit	5

TRACK EVENTS

T1	Hertfordshire Under 15 Girls 60 Metres Hurdles				Final	10.00
	CBP: Marli Jessop Dacorum & Tring AC 9.16 2017					
	Previous Winner: Scarlett Gammell Watford Harriers 9.24 2019					
8	Rachel Harvey	HAWCS	11	Krystal Powley	Dacorum & Tring	
9	Ena Olivier	Herts Phoenix	12	Milla Walsh	Dacorum & Tring	
10	Sienna Parfitt	Herts Phoenix				
T2	Middlesex Under 15 Girls 60 Metres Hurdles				Heats	10.03
	CBP: Leigh Thompson Victoria Park & Tower Hamlets AC 9.54 2013					
	Previous Winner: Chanel Lovelock Windsor Slough Eton & H 10.05 2019					
714	Karen Apolot	Shaftesbury Barnet H	720	Ava John	Kingston AC & Poly H	
715	Hope Baker	Shaftesbury Barnet H	721	Azaria Nwankwo	Shaftesbury Barnet H	
716	Sofia Cappelli	Thames Valley Harriers	722	Cassie Southgate	Hillingdon AC	
717	Eva Chalisey	Shaftesbury Barnet H	723	Salome Vessier	Highgate Harriers	
718	Angel Doyle	Hillingdon AC	724	Taylor Watkins	Victoria Park & TH AC	
719	Sophia Franklyn	Enfield and Haringey AC				
T3	Kent Under 15 Girls 60m Hurdles				Heats	10.09
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017					
	Previous Winner: Jessie Sargeant Bexley AC 10.08 2019					
240	Emily Algeo	Black & Brom H AC	248	Ayessa Pinnock-Drage	Dartford Harriers AC	
241	Neve Bachelor	Tonbridge AC	249	Emma Powell	Bexley AC	
242	Isabelle Bridgeman	Tonbridge AC	250	Amelie Rabbidge	Tonbridge AC	
243	Amber Cockburn	Black & Brom H AC	251	Nadia Sadler-Reeves	Ashford AC	
244	Cerys Daniels	Cambridge Harriers	252	Eve Seery	Thanet AC	
245	Emily Moyle	Med and Maid AC	253	Daisy Snell	Black & Brom H AC	
246	Keziah Olaleye	Cambridge Harriers	493	Matilda Secker	Tonbridge AC	
247	Jessica Penny	Paddock Wood AC				
T4	Hertfordshire Under 17 Women 60 Metres Hurdles				Final	10.22
	CBP: Alicia Tymon-McEwan St. Albans AC 8.80 2012					
	Previous Winner: Marli Jessop Dacorum & Tring AC 8.87 2019					
7	Scarlett Gammell	Watford Harriers				
T4	Middlesex Under 17 Women 60 Metres Hurdles				Final	10.22
	CBP: Yasmin Uwakwe Enfield & Haringey AC 8.71 2019					
	Previous Winner: Yasmin Uwakwe Enfield & Haringey AC 8.71 2019					
708	Juliette Agrotis	Ealing Southall & Middx	711	Abigail Dichter	Serpentine RC	
709	Alina Cofie	Shaftesbury Barnet H	712	Yasmine Mwanyo	Enfield and Haringey AC	
710	Amelia Deery	Victoria Park & TH AC	713	Anya Nesbitt	Enfield and Haringey AC	
T5	Kent Under 17 Women 60m Hurdles				Heats	10.25
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003					
	Previous Winner: Zsiriah Thomas Black & Brom H AC 9.11 2019					
227	Georgia Baker	Tonbridge AC	234	Katie Rothery	Med and Maid AC	
228	Imogen Davis	Ashford AC	235	Chloe Salter	Dartford Harriers AC	
229	Emily Frimpong	Bexley AC	236	Jessie Sargeant	Bexley AC	
230	Isabelle Harding	Invicta East Kent AC	237	Samantha Stubbs	Tonbridge AC	
231	Timileyin Olowofoyeku	Dartford Harriers AC	238	Sarris Teale	Ashford AC	
232	Shakanya Osahon	Black & Brom H AC	239	Libby Turbutt	Ashford AC	
233	Naomi Parrott	Ashford AC				
T6	Hertfordshire Under 15 Boys 60 Metres Hurdles				Final	10.36
	CBP: Max Price Stevenage & North Herts 8.46 2013					
	Previous Winner: Noah Brown St Albans AC 10.93 2019					
5	Jamie Timms	Stevenage & NH				

T6	Middlesex Under 15 Boys 60 Metres Hurdles		Final	10.36
	CBP: Jack Kirby Hillingdon 8.91 2011			
	Previous Winner: Dike Onyemelukwe Shaftesbury Barnet H 10.51 2019			
705	Dike Onyemelukwe	Shaftesbury Barnet H		
T7	Kent Under 15 Boys 60m Hurdles		Final	10.39
	CBP: Isaac Milham Med and Maid AC 8.70 2015			
	Previous Winner: Daniel Goriola Dartford Grammar School 9.10 2019			
218	Adam Akinola	Dartford Grammar School	221	Reece Onabanjo
219	Daniel Hardy	Med and Maid AC	222	Joe Stone
220	Rayhan Mourtada	Black & Brom H AC	223	Oscar Twin
				Dartford Harriers AC
				Paddock Wood AC
				Dartford Grammar School
T8	Kent Senior Men 60m Hurdles		Final	10.50
	CBP: Mensha Elliot Blackheath Harriers 8.2s 1998			
	Previous Winner: Paul Slater Bexley AC 9.64 2019			
201	Richard Christian (M55)	Tonbridge AC	204	Alexander Hookway
202	Konrad Farrall	Thanet AC	205	Paul Slater
203	Lewis Heffernan	Med and Maid AC		
				Tonbridge AC
				Bexley AC
T9	Hertfordshire Under 20 Men 60 Metres Hurdles		Final	11.01
	CBP: Matthew Hall Shaftesbury Barnet H 8.37 2015			
	Previous Winner: Ralph Williams Shaftesbury BH 8.87 2019			
1	Josiah Barker	Dacorum & Tring	2	Ralph Williams
				Shaftesbury Barnet H
T9	Kent Under 20 Men 60m Hurdles		Final	11.01
	CBP: Alexander Al-Ameen Black & Brom H AC 8.1s 2008			
	Previous Winner: David Fullbrook Tonbridge AC 9.00 2019			
206	Rico Cottell	Black & Brom H AC	208	Douglas Noel
207	Pedro Gleadall	Black & Brom H AC	209	George Seery
				Invicta East Kent AC
				Thanet AC
T9	Middlesex Under 20 Men 60 Metres Hurdles		Final	11.01
	CBP: George Vaughan Enfield & Haringey AC 8.40 2015			
	Previous Winner: No Competition 2019			
701	Sebastiano Corbo	Shaftesbury Barnet H		
T10	Kent Under 17 Men 60m Hurdles		Heats	11.12
	CBP: Edward Harrison Medway & Maidstone AC 7.3s 2003			
	Mandeep Shoker Medway & Maidstone AC 7.3s 2003			
	Previous Winner: George Seery Thanet AC 8.75 2019			
210	Ridwaan Ahmed	Bexley AC	214	Nathan Njoku
211	Michael Alajiki	Ashford AC	215	Ben Nolan
212	Daniel Goriola	Bexley AC	216	Benjamin Oladapo-Gamu
213	Harrison Lawton	Invicta East Kent AC	217	Oliver Robertson
				Bexley AC
				Tonbridge AC
				Dartford Grammar School
				Black & Brom H AC
T11	Hertfordshire Under 17 Men 60 Metres Hurdles		Final	11.18
	CBP: Max Price Stevenage & North H AC 8.48 2014			
	Previous Winner: William Lawler Stevenage & North H AC 8.73 2019			
3	Eddie Johnston	Shaftesbury Barnet H	4	Miles Kenny
				Dacorum & Tring
T11	Middlesex Under 17 Men 60 Metres Hurdles		Final	11.18
	CBP: Jack Kirby Hillingdon AC 8.11 2013			
	Previous Winner: Motunrayo Ogunbanjo Hillingdon AC 8.53 2019			
702	Joseph Byrne	Hillingdon AC	704	Sam Ingram
703	Gus Carter	Ealing Southall & Middx		
				London Heathside

T12	Hertfordshire Under 20 Women 60 Metres Hurdles			Final	11.29
	CBP: Claire Humphries Herts Phoenix 8.81 2010				
	Previous Winner: No Competition 2019				
6	Marli Jessop	Shaftesbury Barnet H			
T12	Kent Under 20 Women 60m Hurdles			Final	11.29
	CBP: Anastasia Davies Blackheath & Bromley H AC 9.00 2016				
	Previous Winner: Lauren Macey Invicta East Kent AC 9.81 2019				
224	Zoe Austridge	Black & Brom H AC	226	Rebekah O'Brien	Tonbridge AC
225	Joy Kelvin	Bexley AC			
T12	Middlesex Under 20 Women 60 Metres Hurdles			Final	11.29
	CBP: Symone Belle Victoria Park & Tower Hamlets 8.8 2002				
	Previous Winner: Sophia Obi Shaftesbury Barnet H 9.45 2019				
706	Amber Duverney	Shaftesbury Barnet H	707	Cristina Potter	Shaftesbury Barnet H
T13	Kent Under 15 Girls 60m Hurdles			Final	11.43
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017				
	Previous Winner: Jessie Sargeant Bexley AC 10.08 2019				
T14	Middlesex Under 15 Girls 60 Metres Hurdles			Final	11.46
	CBP: Leigh Thompson Victoria Park & Tower Hamlets AC 9.54 2013				
	Previous Winner: Chanel Lovelock Windsor Slough Eton & H 10.05 2019				
T15	Kent Under 17 Women 60m Hurdles			Final	11.57
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003				
	Previous Winner: Zsiriah Thomas Black & Brom H AC 9.11 2019				
T16	Kent Under 17 Men 60m Hurdles			Final	12.00
	CBP: Edward Harrison Medway & Maidstone AC 7.3s 2003				
	Mandeep Shoker Medway & Maidstone AC 7.3s 2003				
	Previous Winner: George Seery Thanet AC 8.75 2019				
T17	Hertfordshire Under 15 Girls 200 Metres			Final	12.10
	CBP: Abbie Parker Dacorum & Tring AC 25.88 2019				
	Previous Winner: Abbie Parker Dacorum & Tring AC 25.88 2019				
11	Krystal Powley	Dacorum & Tring	42	Tiana Rizzo	Herts Pheonix
38	Amelia Gittens	Herts Phoenix	55	Niamh Smith	HAWCS
39	Jasmine Hardy	Dacorum & Tring			
T18	Kent Under 15 Girls 200m			Heats	12.13
	CBP: Kaliyah Young Dartford Harriers AC 26.11 2017				
	Previous Winner: Libby Turbutt Ashford AC 26.70 2019				
241	Neve Bachelor	Tonbridge AC	358	Chinachi Emmanuel-Agugu	Bexley AC
242	Isabelle Bridgeman	Tonbridge AC	364	Joanne Oluwaji	Bexley AC
251	Nadia Sadler-Reeves	Ashford AC	366	Lucy Tallon	Tonbridge AC
252	Eve Seery	Thanet AC	368	Nina Whitter	Black & Brom H AC
348	Miriam Adebayo	Bexley AC	369	Shawanna Williams	Cambridge Harriers
349	Faith Akinbileje	Black & Brom H AC	406	Sokipreye Appolos	Bexley AC
353	Abigail Babalola	Cambridge Harriers	407	Heather Beet	Bexley AC
355	Evie Cameron	Med and Maid AC	408	Maja Crofts	Cambridge Harriers
356	Ysabella Castle	Invicta East Kent AC			

T19	Middlesex Under 15 Girls 200 Metres		Heats	12.22	
	CBP: Desiree Henry Enfield & Haringey 25.35 2009				
	Previous Winner: Emmanuella Quaye Enfield & Haringey AC 25.49 2019				
714	Karen Apolot	Shaftesbury Barnet H	874	Charlotte Bull	Hillingdon AC
722	Cassie Southgate	Hillingdon AC	875	Vanessa Gavenaite	Shaftesbury Barnet H
835	Niah Akintokun	Shaftesbury Barnet H	876	Daisy Harvey-Dew	Shaftesbury Barnet H
838	Lucy Campos	Shaftesbury Barnet H	877	Olive Harvey-Dew	Shaftesbury Barnet H
839	Jadea Davids	Victoria Park & TH AC	878	Taneesha-Tecla Hegba-Mt	Victoria Park & TH AC
840	Chichi Emily	Thames Valley Harriers	879	Gabrielle Johnson	Highgate Harriers
841	Nia Forbes-Agyepong	Shaftesbury Barnet H	880	Maanya Kumar	Hillingdon AC
842	Vanessa Granada	Team Hounslow AC	881	Lucy Marcus	Shaftesbury Barnet H
843	Tosin Jokosenumi	Shaftesbury Barnet H	882	Lara May	St Mary's Richmond AC
847	Carmen Milner	Hillingdon AC	883	Lola McCann-Ezekiel	Shaftesbury Barnet H
849	Nana Owusuah Quainoo	Hillingdon AC	884	Olivia Sparks	Thames Valley Harriers
850	Anna Rose	Shaftesbury Barnet H			
T20	Hertfordshire Under 17 Women 200 Metres		Heats	12.34	
	CBP: Ella Wansell Enfield & Haringey AC 25.08 2017				
	Previous Winner: Alexia Saunders Shaftesbury BH 27.20 2019				
34	Daisy Marshall	HAWCS	51	Orla Foley	St Albans AC
35	Ava McLoughlin	Watford Harriers	52	Alexa Forster	HAWCS
36	Serena Thomas	Herts Phoenix	53	Lily Norwood	Dacorum & Tring
50	Nathalia Dunbar	Herts Phoenix	54	Abbie Parker	Dacorum & Tring
T21	Kent Under 17 Women 200m		Heats	12.40	
	CBP: Kaliyah Young Dartford Harriers AC 24.67 2019				
	Previous Winner: Kaliyah Young Dartford Harriers AC 24.67 2019				
227	Georgia Baker	Tonbridge AC	398	Charlotte de la Porte-Godd	Med and Maid AC
228	Imogen Davis	Ashford AC	399	Isabella Fassnidge	Tonbridge AC
231	Timileyin Olowofoyeku	Dartford Harriers AC	400	Grace Jakeman	Thanet AC
236	Jessie Sargeant	Bexley AC	401	Sophie Kerr	Black & Brom H AC
337	Chichi Cooper	Cambridge Harriers	402	Calypso Newman	Invicta East Kent AC
340	Tianna Haynes	Black & Brom H AC	403	Oluwaseun Okeh	Bexley AC
344	Gabrielle Oguntuga	Ashford AC	404	Amira Thomas	Med and Maid AC
345	Achieng Oneko	Black & Brom H AC	405	Isobel Tyler	Thanet Roadrunners AC
T22	Middlesex Under 17 Women 200 Metres		Heats	12.49	
	CBP: Desiree Henry Enfield & Haringey 24.71 2010				
	Previous Winner: Mia Smith Hillingdon AC 26.30 2019				
709	Alina Cofie	Shaftesbury Barnet H	830	Mia Smith	Hillingdon AC
814	Mary Akinlua	Victoria Park & TH AC	834	Golder Wiafe	Ealing Southall & Middx
818	Daisy Burns	Ealing Southall & Middx	871	Mia Kennet	Highgate Harriers
821	Tian Farrell-gordon	Thames Valley Harriers	872	Chimera Matthews	Ealing Southall & Middx
828	Syan Newman-smith	Thames Valley Harriers	873	Emilie White	St Mary's Richmond AC
T23	Middlesex Under 20 Women 200 Metres		Final	12.55	
	CBP: Annie Tagoe Thames Valley Harriers 24.92 2010				
	Previous Winner: Hannah Hall Thames Valley Harriers 26.2 2019				
805	Bessie Aban-Owusu	Ealing Southall & Middx	870	Adedoyin Adeyanju	Harrow Athletic Club
809	Mary Igbinosa-Ighile	Victoria Park & TH AC			
T24	Kent Under 20 Women 200m		Heats	12.58	
	CBP: Immanuela Aliu Black & Brom H AC 25.12 2017				
	Previous Winner: Asha Root Tonbridge AC 26.03 2019				
331	Shiann Brock-Walters	Black & Brom H AC	395	Holly Mpassy	Black & Brom H AC
332	Zara Edeleanu	Med and Maid AC	396	Bolaji Ogunnaike	Bexley AC
335	Kaliyah Young	Dartford Harriers AC	397	Jessica O'Hara	Tonbridge AC
394	Kimberley Garcia	Paddock Wood AC			

T25	Kent Senior Women 200m		Final	13.04	
	CBP: Jodie Leslie Bedford & County AC 25.1 2016				
	Previous Winner: Louisa Vallins Black & Brom H AC 28.99 2019				
325	Florence Cochrane	Cambridge University AC	391	Faye Olszowka (T20)	Bexley AC
327	Lucy Hope	Med and Maid AC	392	Katie Scoones	Swale Combined AC
390	Bonnie Maugey	Dartford Harriers AC	393	Louisa Vallins (W40)	Black & Brom H AC
T26	Hertfordshire Senior Women 200 Metres		Final	13.07	
	CBP: Phillipa Lowe Dacorum & Tring 25.90 2013				
	Previous Winner: No Competition 2019				
30	Remi Jessop	Enfield & Haringey			
T26	Hertfordshire Senior Women 200 Metres		Final	13.07	
	CBP: Phillipa Lowe Dacorum & Tring 25.90 2013				
	Previous Winner: No Competition 2019				
30	Remi Jessop	Enfield & Haringey			
T27	Hertfordshire Under 15 Boys 200 Metres		Heats	13.10	
	CBP: Uchenna Okoh Dacorum & Tring AC 23.78 2014				
	Previous Winner: Cameron Clowes HAWCS 26.47 2019				
24	Shion Evans	St Albans AC	29	Reuben White	Herts Phoenix
25	Luca Fletcher	Thames Valley Harriers	47	Maxwell Chisholm	Herts Phoenix
26	Joshua Heesom	Herts Phoenix	48	Cameron Clowes	HAWCS
27	William Kennedy	St Albans AC	49	Bobby Pitman	Stevenage & NH
28	Ben Morrow	St Albans AC			
T28	Kent Under 15 Boys 200m		Heats	13.16	
	CBP: Camron Lyttle Bexley AC 23.35 2013				
	Previous Winner: Ian Farrow Med and Maid AC 23.93 2019				
304	Divine Akinlolu	Cambridge Harriers	383	Debare Alade	Dartford Grammar School
306	Marley Byfield	Black & Brom H AC	384	Timi Babatunde	Dartford Grammar School
312	Cameron Isaac	Med and Maid AC	385	Aidan Collins	Tonbridge AC
314	Dante Legister	Cambridge Harriers	386	Thomas Daly	Tonbridge AC
315	TJ Packer	Central Park Athletics	387	Harvey Humpheryes	Thanet AC
316	Charlie Rouse	Med and Maid AC	388	Ewan Munday	Central Park Athletics
319	Daniel Shoyoye	Med and Maid AC	389	Tom Walker	Tonbridge AC
T29	Middlesex Under 15 Boys 200 Metres		Heats	13.25	
	CBP: Reece Earle Thames Valley Harriers 23.46 2019				
	Previous Winner: Reece Earle Thames Valley Harriers 23.58 2019				
779	Malachi Amadi	Shaftesbury Barnet H	794	Lincoln Ramdhanny	Hillingdon AC
781	Piers Boatin	Hillingdon AC	795	Nyro Shipley Smith	Hillingdon AC
783	Matthew de Carvalho	Hillingdon AC	796	Brandon Talla	Hillingdon AC
784	Ajyraj Gill Kaur	Hillingdon AC	797	Malakai Watson	Enfield and Haringey AC
785	Jayden Klein	Maccabi London Harriers	863	Theo Jarrett	Ealing Southall & Middx
786	Oliver Laurens	Shaftesbury Barnet H	864	Tyler McLeod	Hillingdon AC
788	Connor Neale	Enfield and Haringey AC	865	Zaki Mohammedi	Ealing Southall & Middx
790	Samuel Ojo	Shaftesbury Barnet H	866	Kaylan Taylor	Enfield and Haringey AC
791	Eric-Mace Owusu-Agyare	Hillingdon AC	867	Theo Wilson	Victoria Park & TH AC
T30	Hertfordshire Under 17 Men 200 Metres		Final	13.34	
	CBP: Antonio Infantino Enfield & Haringey 22.55 2007				
	Previous Winner: Will Farndale HAWCS 23.97 2019				
4	Miles Kenny	Dacorum & Tring	46	Harry Bridge	Dacorum & Tring
17	Freddie Henderson	Harlow AC	125	Nicholas Savva	Shaftesbury Barnet H
18	Jamie Joseph	Stevenage & NH			

T31	Kent Under 17 Men 200m		Heats	13.37	
	CBP: Kristian Samwell-Nash Ashford AC 22.25 2019				
	Previous Winner: Kristian Samwell-Nash Ashford AC 22.25 2019				
212	Daniel Goriola	Bexley AC	299	Carlos Rojo-Thigo	Cambridge Harriers
282	Chinonso Anatune	Central Park Athletics	301	Connor Sutton	Black & Brom H AC
286	Shaquille Fernandez-Folkes	Cambridge Harriers	302	Troy Thompson	Tonbridge AC
291	Kieran Isaac	Med and Maid AC	378	Stanley Bull	Invicta East Kent AC
294	Dejaune Lingard	Cambridge Harriers	379	Cavalli James	London City AC
296	Samuel Mcshane	Central Park Athletics	380	Charles Nortey	Black & Brom H AC
297	Zachary Nwogwugwu	Black & Brom H AC	381	Rowan Tyler	Thanet Roadrunners AC
298	Dylan Purton	Med and Maid AC	382	Michael Uzozie	Dartford Harriers AC
T32	Middlesex Under 17 Men 200 Metres		Heats	13.43	
	CBP: Rhion Samuel Enfield & Haringey 22.27 2008				
	Previous Winner: Jason Kalala Victoria Park & TH AC 22.91 2019				
703	Gus Carter	Ealing Southall & Middx	769	Joseph Nash	Enfield and Haringey AC
760	Mohamed Boumaraf	Thames Valley Harriers	770	Jébez Nduka	Hillingdon AC
761	Reece Earle	Thames Valley Harriers	774	Tanawat Raveng	Shaftesbury Barnet H
762	Mohamed Elaawy	Thames Valley Harriers	776	Cathal Sheehan	Ealing Southall & Middx
765	Josh Kelly	Thames Valley Harriers	778	Bradley Ukpetenan	Shaftesbury Barnet H
766	Oscar Laurens	Shaftesbury Barnet H	861	Nnamdi Ndukwe	Shaftesbury Barnet H
767	Akira Meade	Hillingdon AC	862	Dionisio Nicolaou	Enfield and Haringey AC
T33	Hertfordshire Senior Men 200 Metres		Final	13.52	
	CBP: Antonio Infantino Shaftesbury Barnet Harriers 22.04 2011				
	Previous Winner: No Competition 2019				
13	James Peacock	Harlow AC			
T33	Hertfordshire Under 20 Men 200 Metres		Final	13.52	
	CBP: Luis Da Silva St. Albans AC 22.53 2013				
	Previous Winner: Matteo Rizzo Herts Phoenix AC 25.73 2019				
15	Samad Ibrahim	Dacorum & Tring	45	Joel Evans	Stevenage & NH
T34	Kent Under 20 Men 200m		Heats	13.55	
	CBP: Korede Awe Invicta East Kent AC 21.95 2018				
	Previous Winner: Matthew Knight Black & Brom H AC 22.10 2019				
269	Anton Bachorski	Tonbridge AC	373	Samuel Gosling	Med and Maid AC
270	Jake Goodman	Invicta East Kent AC	374	Trey McPherson	Dartford Harriers AC
271	Nathan Isaac	Med and Maid AC	375	Connor Neal	Thanet AC
273	Alexander Milligan	Tonbridge AC	376	Harry Osborne	Med and Maid AC
279	George Smith	Tonbridge AC	377	Kristian Samwell-Nash	Ashford AC
T35	Middlesex Under 20 Men 200 Metres		Heats	14.01	
	CBP: Jerome Musa-Lawal Shaftesbury Barnet Harriers 22.14 2010				
	Lumar Sylvester Thames Valley Harriers 22.14 2010				
	Previous Winner: Jak Mensah Team Hounslow AC 22.55 2019				
745	Kai English	Ealing Southall & Middx	754	Louis Menzies-Walker	Victoria Park & TH AC
746	Micah Forbes-Agyepong	Shaftesbury Barnet H	758	Bilal Uba	Ealing Southall & Middx
747	Isaiah Hills	Enfield and Haringey AC	858	Prince Chinda	Enfield and Haringey AC
749	Jason Kalala	Victoria Park & TH AC	859	Harjeet Gill	Ealing Southall & Middx
752	Jak Mensah	Blackheath & Bromley H AC	860	Odera Umeugoji	Shaftesbury Barnet H
T36	Kent Senior Men 200m		Heats	14.07	
	CBP: Jack Lennard Tonbridge AC 21.86 2019				
	Previous Winner: Jack Lennard Tonbridge AC 21.86 2019				
202	Konrad Farrall	Thanet AC	370	Adam Bernard (M35)	Dartford Harriers AC
255	Justin Bailey	Dartford Harriers AC	371	Ryan Campbell	Dartford Harriers AC
264	Jack Lennard	Tonbridge AC	372	Mark Rothery (M45)	Med and Maid AC
268	Lewis Smith	Ashford AC			

T37	Middlesex Senior Men 200 Metres CBP: Jermayne Grant Harrow AC 22.58 2014 Previous Winner: Lord Owusu Enfield & Haringey AC 23.49 2019		Heats	14.13
726	Christian Anuyagu	Victoria Park & TH AC	740	Keano-Elliott Paris-Samuel Thames Valley Harriers
728	Remy Bosman	St Mary's Richmond AC	854	Shaquille Eusebe Victoria Park & TH AC
732	Sean Crowie	Hillingdon AC	855	Lord Owusu Enfield and Haringey AC
734	Ridwan Islam	Newham & Essex B's AC	856	Adrian Richards Woodford Green AC w EL
735	Phoenix Lyon	Shaftesbury Barnet H	857	Carlos Sobers Victoria Park & TH AC
736	Ceake Maddix	Shaftesbury Barnet H		
T38	Kent Under 15 Girls 200m CBP: Kaliyah Young Dartford Harriers AC 26.11 2017 Previous Winner: Libby Turbutt Ashford AC 26.70 2019		Final	14.19
T39	Middlesex Under 15 Girls 200 Metres CBP: Desiree Henry Enfield & Haringey 25.35 2009 Previous Winner: Emmanuella Quaye Enfield & Haringey AC 25.49 2019		S/F	14.22
T40	Hertfordshire Under 15 Boys 200 Metres CBP: Uchenna Okoh Dacorum & Tring AC 23.78 2014 Previous Winner: Cameron Clowes HAWCS 26.47 2019		Final	14.28
T41	Kent Under 15 Boys 200m CBP: Camron Lyttle Bexley AC 23.35 2013 Previous Winner: Ian Farrow Med and Maid AC 23.93 2019		Final	14.31
T42	Middlesex Under 15 Boys 200 Metres CBP: Reece Earle Thames Valley Harriers 23.46 2019 Previous Winner: Reece Earle Thames Valley Harriers 23.58 2019		Final	14.34
T43	Hertfordshire Under 17 Women 200 Metres CBP: Ella Wansell Enfield & Haringey AC 25.08 2017 Previous Winner: Alexia Saunders Shaftesbury BH 27.20 2019		Final	14.37
T44	Kent Under 17 Women 200m CBP: Kaliyah Young Dartford Harriers AC 24.67 2019 Previous Winner: Kaliyah Young Dartford Harriers AC 24.67 2019		Final	14.40
T45	Middlesex Under 17 Women 200 Metres CBP: Desiree Henry Enfield & Haringey 24.71 2010 Previous Winner: Mia Smith Hillingdon AC 26.30 2019		Final	14.43
T46	Kent Under 20 Women 200m CBP: Immanuela Aliu Black & Brom H AC 25.12 2017 Previous Winner: Asha Root Tonbridge AC 26.03 2019		Final	14.46
T47	Hertfordshire Under 15 Girls 800 Metres CBP: Kiera Mooney City of Norwich AC 2:20.16 2009 Previous Winner: Alexa Forster HAWCS 2:31.33 2019		Final	14.49
88	Louise Grenfell	Herts Phoenix	91	Kayleen Patel HAWCS
89	Emma Lord	Barnet & District	92	Katie Savage Herts Phoenix
90	Emma McCluskey	Barnet & District	93	Poppy Webster Dacorum & Tring
T48	Kent Under 15 Girls 800m CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018 Previous Winner: Cameron Kelly-Gordon Black & Brom H AC 2:24.16 2019		Heats	14.53
241	Neve Bachelor	Tonbridge AC	465	Mollie Bishop Bexley AC
243	Amber Cockburn	Black & Brom H AC	466	Gabriella Martin Black & Brom H AC
419	Josephine Bassett	Med and Maid AC	467	Tallulah Ndikanwu Black & Brom H AC
421	Emily Deveney	Black & Brom H AC	468	Macey Sawyer Invicta East Kent AC
423	Faith Mpassy	Black & Brom H AC		

T49	Middlesex Under 15 Girls 800 Metres		Heats	15.01	
	CBP: Georgia Bell Ealing Southall and Middlesex 2:23.14 2007				
	Previous Winner: Lola Baty Victoria Park & TH AC 2:39.20 2019				
716	Sofia Cappelli	Thames Valley Harriers	928	Amara Odeogberin	London Heathside
879	Gabrielle Johnson	Highgate Harriers	929	Amber Thomas	St Mary's Richmond AC
880	Maanya Kumar	Hillingdon AC	930	Harriet Wiltshire	St Mary's Richmond AC
882	Lara May	St Mary's Richmond AC			
T50	Kent Under 17 Women 800m		Heats	15.09	
	CBP: Daniella Critchley Black & Brom H AC 2:21.11 2008				
	Previous Winner: Maddison Sawyer Invicta East Kent AC 2:21.77 2019				
405	Isobel Tyler	Thanet Roadrunners AC	460	Lucy Munday	Central Park Athletics
456	Emily de Backer	Black & Brom H AC	461	Billie Rouse	Med and Maid AC
457	Erin Hughes	Med and Maid AC	462	Emma Ryan	Med and Maid AC
458	Cameron Kelly-Gordon	Black & Brom H AC	463	Maddison Sawyer	Invicta East Kent AC
459	Lily Meers	Black & Brom H AC	464	Madeline Tynan	Cambridge Harriers
T51	Hertfordshire Under 17 Men 800 Metres		Final	15.17	
	CBP: Liam Dee Herts Phoenix 1:58.74 2012				
	Previous Winner: Thomas O'Reilly Dacorum & Tring AC 2:07.18 2019				
79	Thomas O'Reilly	Dacorum & Tring	80	Jeydan Rashid-Grant	Barnet & District
T51	Hertfordshire Under 15 Boys 800 Metres		Final	15.17	
	CBP: Liam Dee Herts Phoenix 2:05.34 2010				
	Previous Winner: Tom Gaunce Dacorum & Tring AC 2:09.80 2019				
81	Noah Clarke	Barnet & District	83	Jack Offord	HAWCS
82	George Hawkins	Dacorum & Tring			
T52	Kent Under 17 Men 800m		Heats	15.21	
	CBP: Jack Higgins Bexley AC 1:59.43 2018				
	Previous Winner: Samuel Reardon Black & Brom H AC 2:03.71 2019				
381	Rowan Tyler	Thanet Roadrunners AC	446	Ethan Gray	Victoria Park & Tower Han
436	Matthew Smith	Black & Brom H AC	447	Alec Munday	Central Park Athletics
444	Callum Featherstone	Med and Maid AC	448	Samuel Reardon	Black & Brom H AC
445	Cameron Featherstone	Med and Maid AC			
T53	Middlesex Under 17 Men 800 Metres		Heats	15.29	
	CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018				
	Previous Winner: Jaiden Gaston Victoria Park & TH AC 2:08.80 2019				
704	Sam Ingram	London Heathside	909	Leon Jemmott	Enfield and Haringey AC
891	Sam Amdor	Highgate Harriers	910	Joseph Lamb	Victoria Park & TH AC
905	Jonny Brook	St Mary's Richmond AC	911	Mohsin Moallin	Hillingdon AC
906	Louis Cummings	St Mary's Richmond AC	912	Paul Ojo	Victoria Park & TH AC
907	Nelson Gordon	Thames Valley Harriers	913	Basil Rock	Thames Valley Harriers
908	Abdirahim Hamud	Hillingdon AC	914	Amit Solanki	Hillingdon AC
T54	Hertfordshire Under 20 Men 800 Metres		Final	15.37	
	CBP: Beck Grover Herts Phoenix 1:56.61 2017				
	Previous Winner: George Dowding Dacorum & Tring AC 2:04.08 2019				
76	Michael Armstrong	Dacorum & Tring	78	Sam Wiggins	Shaftesbury Barnet H
77	Alex Lytrides	Trent Park RC			
T54	Middlesex Under 20 Men 800 Metres		Final	15.37	
	CBP: Yusuf Bizimana Victoria Park & TH AC 1:56.03 2018				
	Previous Winner: Mittio Mohammadian Shaftesbury Barnet H 2:05.29 2019				
902	Hanad Ahmed	Hillingdon AC	904	Alex Lytrides	Trent Park Running Club
903	Abdifatah Khalif	Hillingdon AC			

T55	Kent Under 20 Men 800m			Final	15.40
	CBP: Dylan Rigby Invicta East Kent AC 1:57.31 2015				
	Previous Winner: Benjamin Gardiner Black & Brom H AC 1:58.62 2019				
275	Darren Oregbomwanhia	Cambridge Harriers	442	Alexander Donnelly	Med and Maid AC
441	Charles Crick	Tonbridge AC	443	Bailey Marks-Belaon	Black & Brom H AC
T56	Hertfordshire Senior Men 800 Metres			Final	15.44
	CBP: James McMurray St Albans AC 1:51.96 2017				
	Previous Winner: Samuel Jones St Albans AC 1:58.51 2019				
73	Ross Connor	Watford Harriers	75	Thomas Wackett	Herts Phoenix
74	Rob Potton	Dacorum & Tring			
T56	Kent Senior Men 800m			Final	15.44
	CBP: Tim Alexander Med & Maid AC 1:55.11 2008				
	Previous Winner: Lucas Taylor-Costin Dartford Harriers AC 1:59.37 2019				
425	Colin Bates (M55)	Dartford Harriers AC	440	Jordan Chambers	Maidstone Harriers
429	Andrejs Safars (M35)	Med and Maid AC			
T57	Middlesex Senior Men 800 Metres			Final	15.48
	CBP: Ben Waterman Ealing Southall and Middlesex 1:53.69 2013				
	Previous Winner: Abdiqadir Mohamed Thames Valley Harriers 2:01.12 2019				
885	Victor Nutakor	Newham & Essex B's AC	900	Stanley Harrison	Highgate Harriers
899	Anthony Bryan	Herts Phoenix AC	901	Philip York	Ealing Southall & Middx
T58	Kent Under 17 Men 200m			Final	15.52
	CBP: Kristian Samwell-Nash Ashford AC 22.25 2019				
	Previous Winner: Kristian Samwell-Nash Ashford AC 22.25 2019				
T59	Middlesex Under 17 Men 200 Metres			Final	15.55
	CBP: Rhion Samuel Enfield & Haringey 22.27 2008				
	Previous Winner: Jason Kalala Victoria Park & TH AC 22.91 2019				
T60	Kent Under 20 Men 200m			Final	15.58
	CBP: Korede Awe Invicta East Kent AC 21.95 2018				
	Previous Winner: Matthew Knight Black & Brom H AC 22.10 2019				
T61	Middlesex Under 20 Men 200 Metres			Final	16.01
	CBP: Jerome Musa-Lawal Shaftesbury Barnet Harriers 22.14 2010				
	Lumar Sylvester Thames Valley Harriers 22.14 2010				
	Previous Winner: Jak Mensah Team Hounslow AC 22.55 2019				
T62	Kent Senior Men 200m			Final	16.04
	CBP: Jack Lennard Tonbridge AC 21.86 2019				
	Previous Winner: Jack Lennard Tonbridge AC 21.86 2019				
T63	Middlesex Senior Men 200 Metres			Final	16.07
	CBP: Jermayne Grant Harrow AC 22.58 2014				
	Previous Winner: Lord Owusu Enfield & Haringey AC 23.49 2019				
T64	Middlesex Under 15 Girls 200 Metres			Final	16.10
	CBP: Desiree Henry Enfield & Haringey 25.35 2009				
	Previous Winner: Emmanuella Quaye Enfield & Haringey AC 25.49 2019				
T65	Kent Under 17 Women 800m			Final	16.13
	CBP: Daniella Critchley Black & Brom H AC 2:21.11 2008				
	Previous Winner: Maddison Sawyer Invicta East Kent AC 2:21.77 2019				
T66	Hertfordshire Under 17 Women 800 Metres			Final	16.17
	CBP: Beatrix Wraith HAWCS 2:13.72 2018				
	Previous Winner: Beatrix Wraith HAWCS 2:14.60 2019				
70	Lauren Collis	Dacorum & Tring	87	Roisin Hurley	HAWCS
86	Emma Cresswell	Dacorum & Tring			

T67	Middlesex Under 17 Women 800 Metres		Final	16.21
	CBP: Georgina Bell Ealing Southall and Middlesex 2:12.20 2010			
	Previous Winner: Katherine McKenzie Woodford Green AC w EL 2:17.87 2019			
923	Ella Fryer	St Mary's Richmond AC	926	Katherine Mckenzie
924	Zenia Gordon	Thames Valley Harriers	927	Beth Turton
925	Mimi Johnson	Victoria Park & TH AC		Woodford Green AC w EL St Mary's Richmond AC
T68	Hertfordshire Senior Women 800 Metres		Final	16.25
	CBP: Deborah Willis Notts AC 2:16.98 2016			
	Previous Winner: No Competition 2019			
84	Jennie Cox	Herts Phoenix		
T68	Middlesex Senior Women 800 Metres		Final	16.25
	CBP: Georgia Bell Shaftesbury Barnet Harriers 2:07.72 2014			
	Previous Winner: Esther Ekundayo Victoria Park & TH AC 2:35.55 2019			
920	Tania-cyrena Cyrus	Enfield and Haringey AC	921	Georgia Fear
				Highgate Harriers
T68	Hertfordshire Under 20 Women 800 Metres		Final	16.25
	CBP: Marella Whitfield Harrow AC 2:16.92 2016			
	Previous Winner: No Competition 2019			
68	Jessica Hoar	Dacorum & Tring	85	Scarlett Kent
				Shaftesbury Barnet H
T68	Middlesex Under 20 Women 800 Metres		Final	16.25
	CBP: Isabel Dye Thames Valley Harr 2:12.31 2016			
	Previous Winner: Helena Samarasinghe St Mary's Richmond AC 2:31.96 2019			
922	Milly Dunne	Highgate Harriers		
T69	Kent Senior Women 800m		Final	16.29
	CBP: Kathryn Sutton Dartford Harriers AC 2:14.26 2017			
	Previous Winner: Kathryn Sutton Dartford Harriers AC 2:15.39 2019			
437	Nina Ridge (W45)	Tonbridge AC	454	Chloe Sharp
453	Caroline Ford	Cambridge Harriers	455	Briony Walsh
				Central Park Athletics Ashford AC
T70	Kent Under 15 Boys 800m		Final	16.33
	CBP: Stephen Ball Cambridge Harriers 2:04.89 2011			
	Previous Winner: Reef Page Invicta East Kent AC 2:17.53 2019			
386	Thomas Daly	Tonbridge AC	451	Jonathan Idowu
449	Jake Greenwood	Central Park Athletics	452	Ethan Rollings
450	Samuel Hurst	Invicta East Kent AC		Dartford Grammar School Med and Maid AC
T71	Middlesex Under 15 Boys 800 Metres		Final	16.37
	CBP: Nile McKenzie Victoria Park & Tower Hamlets AC 2:07.07 2014			
	Previous Winner: Mohsin Moallin Hillingdon AC 2:15.64 2019			
915	Max Bishop	Thames Valley Harriers	918	Faysal Mohamed
916	Charlie Brook	St Mary's Richmond AC	919	Ryan Stoddart
917	Zico Jones	Shaftesbury Barnet H		Hillingdon AC Hillingdon AC
T72	Kent Under 15 Girls 800m		Final	16.41
	CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018			
	Previous Winner: Cameron Kelly-Gordon Black & Brom H AC 2:24.16 2019			
T73	Middlesex Under 15 Girls 800 Metres		Final	16.45
	CBP: Georgia Bell Ealing Southall and Middlesex 2:23.14 2007			
	Previous Winner: Lola Baty Victoria Park & TH AC 2:39.20 2019			

Herffordshire, Kent and Middlesex Indoor Championships 2020

Lee Valley Athletics Centre

T74	Kent Senior Men 1000m Walk CBP: Luc Legon Bexley AC 3:55.11 2019 Previous Winner: Luc Legon Bexley AC 3:55.11 2019	Kent	16.49
201	Richard Christian (M55) Tonbridge AC	478	Luc Legon Bexley AC
T74	Kent Senior Women 1000m Walk CBP: Angela Martin Surrey Walking Club 6:07.23 2014 Previous Winner: Geraldine Legon Bexley AC 6:44.45 2019	Kent	16.49
480	Geraldine Legon (W60) Bexley AC		
T74	Kent Under 20 Women 1000m Walk CBP: Beatrice Fury Med and Maid AC 5:07.53 2019 Previous Winner: Beatrice Fury Med and Maid AC 5:07.53 2019	Kent	16.49
481	Hannah Hopper Cambridge Harriers		
T74	Kent Under 17 Men 1000m Walk CBP: Alex Macheath Cambridge Harriers 4:12.88 2019 Previous Winner: Alex Macheath Cambridge Harriers 4:12.88 2019	Kent	16.49
479	Christian Hopper Cambridge Harriers		
T74	Kent Under 17 Women 1000m Walk CBP: Heather Butcher Cambridge Harriers 4:34.08 2013 Previous Winner: Hannah Hopper Cambridge Harriers 5:27.20 2019	Kent	16.49
482	Abigail Smith Black & Brom H AC		
T75	Kent Under 17 Men 800m CBP: Jack Higgins Bexley AC 1:59.43 2018 Previous Winner: Samuel Reardon Black & Brom H AC 2:03.71 2019	Final	17.30
T76	Middlesex Under 17 Men 800 Metres CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018 Previous Winner: Jaiden Gaston Victoria Park & TH AC 2:08.80 2019	Final	17.34

FIELD EVENTS

F1	Hertfordshire Senior Men Shot CBP: Alex Jovanovski Enfield & Haringey AC 12.49 2016 Previous Winner: Shaun Wall Dacorum & Tring AC 11.12 2019	Final	10.00
106	Harvey Griffiths Watford Harriers	124	Ray McKenna Watford Harriers
F1	Kent Senior Men Shot CBP: Scott Rider Birchfield Harriers 18.38m 2011 Previous Winner: Alexander Hookway Tonbridge AC 12.15 2019	Final	10.00
201	Richard Christian (M55) Tonbridge AC	204	Alexander Hookway Tonbridge AC
F1	Middlesex Senior Men Shot CBP: Eliot Thompson Enfield & Haringey AC 13.49 2017 Previous Winner: Kevin Acraman Hillingdon AC 9.66 2019	Final	10.00
728	Remy Bosman St Mary's Richmond AC	972	Glen Crowie Hillingdon AC
953	Elliot Thompson Enfield and Haringey AC	973	Joel Hawes London Heathside
971	Kevin Acraman Hillingdon AC		
F1	Hertfordshire Under 20 Men Shot CBP: Ashley Ralph St. Albans 13.77 2008 Previous Winner: Euan Metcalfe Stevenage & North H AC 12.21 2019	Final	10.00
1	Josiah Barker Dacorum & Tring		

F1	Kent Under 20 Men Shot CBP: Chris Gearing Belgrave Harriers 17.72m 2004 Previous Winner: Douglas Noel Invicta East Kent AC 11.80 2019	Final	10.00	
208	Douglas Noel	Invicta East Kent AC	536 Khuwayne Linton	S Factor Academy
F1	Middlesex Under 20 Men Shot CBP: Kai Jones Newham & Essex Beagles AC 17.07 2014 Previous Winner: Matthew Collingridge St Mary's Richmond AC 11.97 2019	Final	10.00	
974	Matthew Collingridge	Kingston AC & Poly H	975 Andre Pereira Carneiro	St Mary's Richmond AC
F2	Hertfordshire Under 17 Women Pole Vault CBP: Anne Rees Stevenage & North Herts 3.00 2009 Previous Winner: No Competition 2019	Final	10.15	
119	Aimie Taylor	Stevenage & NH		
F2	Kent Under 17 Women Pole Vault CBP: Ailis McGovern Bexley AC 3.55 2013 Ellie Gooding Ashford AC 3.55 2013 Previous Winner: Lily Smith Dartford Harriers AC 2.30 2019 Ellie Gooding Ashford AC 3.55 2013	Final	10.15	
520	Lucinda White	Tonbridge AC	521 Bronwyn Yeandle	Ashford AC
F2	Middlesex Under 17 Women Pole Vault CBP: Megan Bailey Harrow AC 3.30 2014 Previous Winner: No Competition 2019	Final	10.15	
958	Natali Aleksandrowicz	Enfield and Haringey AC	960 Ciara Martin	Enfield and Haringey AC
959	manon baines	Shaftesbury Barnet H		
F2	Hertfordshire Under 15 Girls Pole Vault CBP: Keira Hicks Stevenage & North H AC 2.95 2014 Previous Winner: Aimie Taylor Stevenage & North H AC 2.20 2019	Final	10.15	
120	Reece Wannerton	Stevenage & NH		
F2	Middlesex Under 15 Girls Pole Vault CBP: Megan Bailey Harrow 3.05 2012 Previous Winner: Natali Aleksandrowicz Enfield & Haringey AC 2.3 2019	Final	10.15	
961	Erin Marshall	Enfield and Haringey AC	962 Emily McGill	Enfield and Haringey AC
F3	Kent Under 17 Men Long Jump CBP: Tobiloba Adeniyi Cambridge Harriers 6.47 2013 Previous Winner: Daniel Falode Cambridge Harriers 6.15 2019	Final	11.00	
213	Harrison Lawton	Invicta East Kent AC	293 Andrew Khazali	Black & Brom H AC
215	Ben Nolan	Tonbridge AC	301 Connor Sutton	Black & Brom H AC
216	Benjamin Oladapo-Gamu	Dartford Grammar School	483 Quinn Bury	Invicta East Kent AC
287	Harvey Fordham	Paddock Wood AC	523 Jacob Byfield	Black & Brom H AC
F3	Middlesex Under 17 Men Long Jump CBP: Romain Walcott Enfield & Haringey 6.44 2008 Previous Winner: Richard Klein St Mary's Richmond AC 5.80 2019	Final	11.00	
702	Joseph Byrne	Hillingdon AC	771 Sean Oceng Engena	Highgate Harriers

F4	Kent Under 15 Boys Shot				Final	11.30
	CBP: Chris Gearing Medway AC 16.05m 2001					
	Previous Winner: Ben Nolan Tonbridge AC 12.25 2019					
219	Daniel Hardy	Med and Maid AC	542	Kai Barham	Dartford Harriers AC	
383	Debare Alade	Dartford Grammar School	543	Jamie Bennett	Central Park Athletics	
384	Timi Babatunde	Dartford Grammar School	544	Daniel Culver	Med and Maid AC	
389	Tom Walker	Tonbridge AC	545	Isaac Omogbethai	Dartford Grammar School	
541	Olamide Adebiji	Dartford Grammar School	546	Max Parsons	Central Park Athletics	
F4	Middlesex Under 15 Boys Shot				Final	11.30
	CBP: Tom Peacock Shaftesbury Barnet Harriers 14.22 2007					
	Previous Winner: No Competition 2019					
782	Gerald Collins	Shaftesbury Barnet H	979	Kaiden greening	St Mary's Richmond AC	
F5	Hertfordshire Senior Men High Jump				Final	12.40
	CBP: Elior Harris Stevenage & North H AC 1.95 2016					
	Previous Winner: Harvey Griffiths Watford Harriers 1.60 2019					
106	Harvey Griffiths	Watford Harriers				
F5	Kent Under 20 Men High Jump				Final	12.40
	CBP: Martin Lloyd Bexley AC 2.10m 1998					
	Previous Winner: Luke Okosieme Cambridge Harriers 1.95 2019					
207	Pedro Gleadall	Black & Brom H AC	209	George Seery	Thanet AC	
F6	Hertfordshire Under 15 Boys Long Jump				Final	12.40
	CBP: Robert Gayler Shaftesbury Barnet Harriers 6.23 2008					
	Previous Winner: Joshua Lee Dacorum & Tring AC 4.63 2019					
5	Jamie Timms	Stevenage & NH	49	Bobby Pitman	Stevenage & NH	
23	Jake Curtis	Thames Valley Harriers	121	Ronan O'Reilly	HAWCS	
28	Ben Morrow	St Albans AC	122	Theo Potton	Dacorum & Tring	
29	Reuben White	Herts Phoenix				
F6	Kent Under 15 Boys Long Jump				Final	12.40
	CBP: Tobiloba Adeniyi Cambridge Harriers 5.93 2011					
	Previous Winner: Connor Sutton Black & Brom H AC 5.60 2019					
218	Adam Akinola	Dartford Grammar School	310	Samuel Fajuyigbe	Bexley AC	
221	Reece Onabanjo	Dartford Harriers AC	318	Jason Searles	Thanet AC	
222	Joe Stone	Paddock Wood AC	320	Justin Tabi	Dartford Grammar School	
223	Oscar Twin	Dartford Grammar School	386	Thomas Daly	Tonbridge AC	
307	Dylan Carroll	Black & Brom H AC	451	Jonathan Idowu	Dartford Grammar School	
F6	Middlesex Under 15 Boys Long Jump				Final	12.40
	CBP: Arnold Mensuoh Highgate Harriers 6.01m 2013					
	Previous Winner: No Competition 2019					
867	Theo Wilson	Victoria Park & TH AC	966	Akshajan Nesalingam	Hillingdon AC	
F7	Hertfordshire Under 17 Women Triple Jump				Final	12.50
	CBP: Yasmin Lakin Watford 11.14 2012					
	Previous Winner: Emma Imamovic Barnet & District AC 10.24 2019					
109	Talia Turay	Dacorum & Tring	123	Sabrina Jansen	Watford Harriers	
F7	Kent Under 17 Women Triple Jump				Final	12.50
	CBP: Eloise Harvey Dartford Harriers AC 11.85 2017					
	Previous Winner: Esther Jackson Cambridge Harriers 11.28 2019					
239	Libby Turbutt	Ashford AC				

F7	Middlesex Under 17 Women Triple Jump			Final	12.50
	CBP: Diane Mapamboli Victoria Park & TH AC 11.68 2018				
	Previous Winner: Ruth-Ann Otaruoh Thames Valley Harriers 10.8 2019				
822	Jasmine Francis	Victoria Park & TH AC	970	Laura Anene	Hillingdon AC
831	Sophie Sood	Windsor Slough Eton & H AC			
F7	Kent Under 15 Girls Triple Jump			Final	12.50
	CBP: Libby Turbutt Ashford AC 10.83 2019				
	Previous Winner: Libby Turbutt Ashford AC 10.83 2019				
252	Eve Seery	Thanet AC	367	Millie Vas	Thanet AC
253	Daisy Snell	Black & Brom H AC			
F8	Hertfordshire Senior Women Pole Vault			Final	13.30
	CBP: Anne Rees Stevenage & North Herts 3.65 2013				
	Previous Winner: Erin Breen Herts Phoenix 3.20 2019				
116	Erin Breen	Herts Phoenix	118	Imogen Walker	Herts Phoenix
117	Shannon Rapacchi	Stevenage & NH			
F8	Kent Senior Women Pole Vault			Final	13.30
	CBP: Liz Hughes Blackheath and Bromley Harriers AC 4.00m 2004				
	Previous Winner: Christina Moore Black & Brom H AC 3.35 2019				
510	Angie Crush (W40)	Tonbridge AC	513	Zoe Snelling (W35)	Ashford AC
511	Teresa Eades (W60)	Dartford Harriers AC	514	Grace Thomas	Dartford Harriers AC
512	Christina Moore	Black & Brom H AC			
F8	Middlesex Senior Women Pole Vault			Final	13.30
	CBP: Sarah Semeraro Enfield and Haringey AC 3.60 2018				
	Previous Winner: Sarah Semeraro (W35) Enfield & Haringey AC 3.35 2019				
804	Rosalind Zeffertt	Shaftesbury Barnet H	957	Sarah Semeraro	Enfield and Haringey AC
956	Helen Leadbetter	Ealing Southall & Middx			
F9	Hertfordshire Under 17 Men Shot			Final	14.00
	CBP: David Koffi Stevenage & North H AC 14.19 2018				
	Previous Winner: No Competition 2019				
125	Nicholas Savva	Shaftesbury Barnet H			
F9	Kent Under 17 Men Shot			Final	14.00
	CBP: Chris Gearing Belgrave Harriers 17.03m 2003				
	Previous Winner: Levi Onipede Dartford Grammar School 11.67 2019				
534	Alex Stone	Paddock Wood AC	539	Ayomide Johnson	Dartford Grammar School
537	Dillon Claydon	Black & Brom H AC	540	Levi Onipede	Dartford Grammar School
538	Brydon Duncan	Black & Brom H AC			
F9	Middlesex Under 17 Men Shot			Final	14.00
	CBP: Kai Jones Ealing Southall and Middlesex 16.18 2012				
	Previous Winner: Sebastiano Corbo Shaftesbury Barnet H 10.50 2019				
976	Avrimas Arusevilius	Victoria Park & TH AC	977	Cameron Sharma	St Mary's Richmond AC
F10	Kent Under 20 Men Long Jump			Final	14.40
	CBP: Stuart Hitchcock Med & Maid AC 6.90m 2007				
	Previous Winner: Ben Sutton Black & Brom H AC 6.33 2019				
207	Pedro Gleadall	Black & Brom H AC	278	Logan Reekie	Med and Maid AC
209	George Seery	Thanet AC	281	Myles Xavier	Black & Brom H AC
272	Morgan Lucas	Dartford Harriers AC			

F10	Middlesex Under 20 Men Long Jump				Final	14.40
	CBP: Jude Bright-Davies Thames Valley Harriers 6.86 2017					
	Previous Winner: Joshua Barrett-Mowatt Victoria Park & TH AC 6.48 2019					
701	Sebastiano Corbo	Shaftesbury Barnet H	744	Joshua Barrett-Mowatt	Victoria Park & TH AC	
743	Folarin Babalola	Tonbridge Athletic Club				
F11	Kent Senior Women High Jump				Final	15.00
	CBP: Deborah Martin Ashford AC 1.71 2014					
	Previous Winner: Katherine Hamilton Ashford AC 1.50 2019					
325	Florence Cochrane	Cambridge University AC	488	Deborah Martin	Ashford AC	
487	Katherine Hamilton	Ashford AC				
F11	Hertfordshire Under 20 Women High Jump				Final	15.00
	CBP: Moe Sasegbon Stevenage & North Herts 1.75 2010					
	Previous Winner: Amy Thurgood Dacorum & Tring AC 1.60 2019					
108	Anna Craggs	Dacorum & Tring				
F11	Kent Under 20 Women High Jump				Final	15.00
	CBP: Rebecca Hawkins Bexley AC 1.80 2017					
	Previous Winner: Rebecca Hawkins Bexley AC 1.75 2018					
226	Rebekah O'Brien	Tonbridge AC	489	Ayanna Henry	Cambridge Harriers	
F12	Kent Under 20 Women Pole Vault				Final	16.00
	CBP: Ellie Gooding Ashford AC 3.70 2014					
	Previous Winner: Erin Thomas Dartford Harriers AC 3.35 2019					
515	Holly Platt	Black & Brom H AC	518	Erin Thomas	Dartford Harriers AC	
516	Yasmin Sadler-Reeves	Ashford AC	519	Lois Warden	Black & Brom H AC	
517	Lily Smith	Dartford Harriers AC				
F13	Hertfordshire Senior Men Long Jump				Final	16.00
	CBP: Elior Harris Stevenage & North Herts 5.97 2010					
	Previous Winner: Harvey Griffiths Watford Harriers 4.02 2019					
106	Harvey Griffiths	Watford Harriers				
F13	Kent Senior Men Long Jump				Final	16.00
	CBP: Matthew Burton Kent AC 7.42 2012					
	Previous Winner: Lewis Smith Ashford AC 6.67 2019					
205	Paul Slater	Bexley AC	268	Lewis Smith	Ashford AC	
257	Sebastian Brooks (T20)	Tonbridge AC	522	Ashley Buckman	Ashford AC	
F13	Middlesex Senior Men Long Jump				Final	16.00
	CBP: Darren Morson Victoria Park & TH AC 7.11 2018					
	Previous Winner: Elliot Thompson Enfield & Haringey AC 6.43 2019					
854	Shaquille Eusebe	Victoria Park & TH AC	964	Joel Bright-Davies	Thames Valley Harriers	
953	Elliot Thompson	Enfield and Haringey AC	965	Darren Wiafe-Morson	Victoria Park & TH AC	
963	Kahlil Best-Morris	Harrow Athletic Club				
F14	Hertfordshire Under 17 Women High Jump				Final	16.30
	CBP: Shaka Egbo Herts Phoenix 1.71 2017					
	Previous Winner: Aisla Rhodes Stevenage & North H AC 1.60 2019					
109	Talia Turay	Dacorum & Tring	110	Rebecca Wheeler-Henry	Shaftesbury Barnet H	

F14	Kent Under 17 Women High Jump			Final	16.30
	CBP: Ashleigh West Medway & Maidstone AC 1.74 2017				
	Previous Winner: Rebekah O'Brien Tonbridge AC 1.65 2019				
227	Georgia Baker	Tonbridge AC	490	Rugi Fonti-Kanu	Bexley AC
237	Samantha Stubbs	Tonbridge AC	491	Freya Ridge	Tonbridge AC
239	Libby Turbutt	Ashford AC	492	Kacey Walters	Shaftesbury Barnet H
F15	Hertfordshire Under 20 Women Triple Jump			Final	17.00
	CBP: Yasmin Lakin Shaftesbury Barnet H 11.61 2014				
	Previous Winner: No Competition 2019				
108	Anna Craggs	Dacorum & Tring			
F15	Kent Under 20 Women Triple Jump			Final	17.00
	CBP: Eloise Harvey Dartford Harriers AC 12.43 2019				
	Previous Winner: Eloise Harvey Dartford Harriers AC 12.43 2019				
394	Kimberley Garcia	Paddock Wood AC	516	Yasmin Sadler-Reeves	Ashford AC
F15	Middlesex Under 20 Women Triple Jump			Final	17.00
	CBP: Lia Stephenson Thames Valley Harriers 12.23 2014				
	Previous Winner: No Competition 2019				
870	Adedoyin Adeyanju	Harrow Athletic Club	968	Emily Nicholson-Stanwix	Ealing Southall & Middx

Sunday Timetable - Track

1000	T77	U15G 60 Metres - Herts - Heats (to T106)	10 (2H)
1006	T78	U15G 60 Metres - Kent - Heats (to T99)	26 (4H)
1018	T79	U15G 60 Metres - Middx - Heats (to T107)	19 (3H)
1027	T80	U17W 60 Metres - Herts - Final	6
1030	T81	U17W 60 Metres - Kent - Heats (to T108)	13 (2H)
1036	T82	U17W 60 Metres - Middx - Heats (to T100)	22 (4H)
1048	T83	SW/U20W 60 Metres - Herts - Final	1/2
1051	T84	U20W 60 Metres - Kent - Final	6
1054	T85	U20W 60 Metres - Middx - Heats (to T109)	10 (2H)
1100	T86	SW 60 Metres - Kent - Heats (to T119)	9 (2H)
1106	T87	SW 60 Metres - Middx - Final	6
1109	T88	U15B 60 Metres - Herts - Final	7
1112	T89	U15B 60 Metres - Kent - Heats (to T110)	19 (3H)
1121	T90	U15B 60 Metres - Middx - Heats (to T111)	20 (3H)
1130	T91	U17M 60 Metres - Herts - Final	6
1133	T92	U17M 60 Metres - Kent - Heats (to T101)	25 (4H)
1145	T93	U17M 60 Metres - Middx - Heats (to T113)	21 (3H)
1154	T94	U20M 60 Metres - Herts- Final	4
1157	T95	U20M 60 Metres - Kent - Heats (to T114)	15 (3H)
1206	T96	U20M 60 Metres - Middx - Heats (to T115)	17 (3H)
1215	T97	SM 60 Metres - Kent - Heats (to T116)	16 (3H)
1224	T98	SM 60 Metres - Middx - Heats (to T117)	17 (3H)
1233	T99	U15G 60 Metres - Kent - Semi-finals (from T78 - to T120)	2sf
1239	T100	U17W 60 Metres - Middx - Semi-finals (from T82 - to T118)	2sf
1245	T101	U17M 60 Metres - Kent - Semi Finals (From T92 - to T112)	2sf
1311	T102	U15G 1500 Metres - Herts - Final	9
1316	T103	U15G 1500 Metres - Kent/Middx - Final	3/3
1321	T104	SW/U20W 1500 Metres - Herts/Kent/Middx - Final	7/2
1326	T105	U17W 1500 Metres - Herts/Kent/Middx - Final	7
1350	T106	U15G 60 Metres - Herts - Final (from T77)	
1353	T107	U15G 60 Metres - Middx - Final (from T79)	
1356	T108	U17W 60 Metres - Kent - Final (from T81)	
1359	T109	U20W 60 Metres - Middx - Final (from T85)	
1402	T110	U15B 60 Metres - Kent - Finals (from T89)	
1405	T111	U15B 60 Metres - Middx - Final (from T90)	
1408	T112	U17M 60 Metres - Kent - Final (from T101)	
1411	T113	U17M 60 Metres - Middx - Final (from T93)	
1414	T114	U20M 60 Metres - Kent - Final (from T95)	
1417	T115	U20M 60 Metres - Middx - Final (from T96)	
1420	T116	SM 60 Metres - Kent - Final (from T97)	
1423	T117	SM 60 Metres - Middx - Final (from T98)	
1426	T118	U17W 60 Metres - Middx - Final (from T100)	
1429	T119	SW 60 Metres - Kent - Final (from 86)	
1432	T120	U15G 60 Metres - Kent - Final (from T99)	
1502	T121	U15G 300 Metres - Middx - Heats (to T147)	12 (2H)
1508	T122	U15G 300 Metres - Kent - Heats (to148)	11 (2H)
1514	T123	U15G 300 Metres - Herts - Final	6
1517	T124	U15B 300 Metres - Kent - Heats (toT149)	10 (2H)
1523	T125	U15B 300 Metres - Herts/Middx - Final	2/4
1526	T126	U17W 300 Metres - Kent - Final	6
1529	T127	U17W 300 Metres - Middx - Heats (to T150)	7 (2H)

1545	T128	U17W 400 Metres - Herts - Heats (to T141)	7 (2H)
1551	T129	U17M 400 Metres - Herts - Final	5
1554	T130	U17M 400 Metres - Kent - Heats (to T 152)	11 (2H)
1600	T131	U17M 400 Metres - Middx - Final	5
1603	T132	SM 400 Metres - Kent - Heats (to T153)	8 (2H)
1609	T133	SM 400 Metres - Middx - Final	6
1612	T134	SM/U20M 400 Metres - Herts - Final	1/2
1615	T135	SW 400 Metres - Herts/Middx - Final	1/3
1618	T136	SW 400 Metres - Kent - Final	4
1621	T137	U20W 400 Metres - Herts/Middx - Final	1/3
1624	T138	U20W 400 Metres - Kent - Final	4
1627	T139	U20M 400 Metres - Kent- Final	6
1630	T140	U20M 400 Metres - Middx - Final	2
1633	T141	U17W 400 Metres - Herts - Final (from 128)	
1645	T142	U15B 1500 Metres - Herts/Middx - Final	3/4
1650	T143	SM 1500 Metres - Herts/Kent/Middx - Final	2/1/3
1655	T144	U20M 1500 Metres - Kent/Middx - Final	3/2
1700	T145	U17M 1500 Metres - Herts/Kent - Final	2/4
1705	T146	U17M 1500 Metres - Middx - Final	7
1710	T147	U15G 300 Metres - Middx - Final (from T121)	
1713	T148	U15G 300 Metres - Kent - Final (from T122)	
1716	T149	U15B 300 Metres - Kent - Final (from T124)	
1719	T150	U17W 300 Metres - Middx - Final (from T127)	
1733	T152	U17M 400 Metres - Kent - Final (from T130)	
1736	T153	SM 400 Metres - Kent - Final (from T132)	

Sunday Timetable - Field

1000	F16	SW/U20W Long Jump - All - North pit	7/9
1000	F17	U17M/U15B Pole Vault - All	6/7
1030	F18	U15G Shot - All	8
1120	F19	U15G Long Jump - Herts/Middx - North pit	14
1140	F20	SW/U20W Shot - All	6/3
1230	F21	U20M Pole Vault - All	9
1300	F22	U15G Long Jump - Kent - North pit	14
1300	F23	U17W Shot - All	9
1415	F24	U17W Long Jump - Kent - South pit	12
1500	F25	U17M/U15B Triple Jump - All - North pit	11/5
1500	F26	U15B High Jump - All - Arena Bed 2	4
1500	F27	U17M High Jump - All - Arena Bed 1	13
1540	F28	SM Pole Vault - All	9
1540	F29	U15G High Jump - Herts/Middx - Arena Bed 2	3/6
1640	F30	SM/U20M Triple Jump - All - South pit	7/2
1650	F31	U17W Long Jump - Herts/Middx - North pit	2/4
1700	F32	U15G High Jump - Kent - Arena Bed 1	10

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TRACK EVENTS

T77	Hertfordshire Under 15 Girls 60 Metres		Heats	10.00	
	CBP: Jodie Williams Herts Phoenix 7.77 2008				
	Previous Winner: Lily Norwood Dacorum & Tring AC 7.82 2019				
8	Rachel Harvey	HAWCS	40	Khadijah Hyjazy	HAWCS
11	Krystal Powley	Dacorum & Tring	41	Anya Morzaria	Watford Harriers
37	Lucy Baverstock	Stevenage & NH	42	Tiana Rizzo	Herts Pheonix
38	Amelia Gittens	Herts Phoenix	43	Brianna Smith-Graham	Herts Phoenix
39	Jasmine Hardy	Dacorum & Tring	44	Jessie Tappin	HAWCS
T78	Kent Under 15 Girls 60m		Heats	10.06	
	CBP: Tatum Nelson Tunbridge Wells & Langton AC 7.8s 1993				
	Vera Chinedu Cambridge Harriers 7.8 2014				
	Vera Chinedu Cambridge Harriers 7.81 2014				
	Previous Winner: Emily Kerr Black & Brom H AC 8.15 2019				
240	Emily Algeo	Black & Brom H AC	357	Elena Duncombe	Black & Brom H AC
242	Isabelle Bridgeman	Tonbridge AC	358	Chinachi Emmanuel-Agugu	Bexley AC
245	Emily Moyle	Med and Maid AC	359	Esme Harrison	Tonbridge AC
250	Amelie Rabbidge	Tonbridge AC	360	Evangeline Lawson	Bexley AC
348	Miriam Adebayo	Bexley AC	361	Darcie Maple	Invicta East Kent AC
349	Faith Akinbileje	Black & Brom H AC	362	Harriet Medlen	Tonbridge AC
350	Zafirah Alebiosu	Cambridge Harriers	363	Zara Okoroafor	Dartford Harriers AC
351	Princess Asemota	Med and Maid AC	364	Joanne Oluwaji	Bexley AC
352	Faith Assah	Cambridge Harriers	365	Poppy Rowland-Hill	Thanet AC
353	Abigail Babalola	Cambridge Harriers	366	Lucy Tallon	Tonbridge AC
354	Violet Bing	Swale Combined AC	367	Millie Vas	Thanet AC
355	Evie Cameron	Med and Maid AC	368	Nina Whitter	Black & Brom H AC
356	Ysabella Castle	Invicta East Kent AC	369	Shawanna Williams	Cambridge Harriers
T79	Middlesex Under 15 Girls 60 Metres		Heats	10.18	
	CBP: Tyra Khambai-Annan Team Hounslow AC 7.65 2019				
	Previous Winner: Tyra Khambai-Annan Team Hounslow AC 7.65 2019				
835	Niah Akintokun	Shaftesbury Barnet H	845	Nia Lekuwa	Victoria Park & TH AC
836	Zarinaa Anderson	Victoria Park & TH AC	846	Anika McDowell	Ealing Southall & Middx
837	Clara Brooke	Thames Valley Harriers	847	Carmen Milner	Hillingdon AC
838	Lucy Campos	Shaftesbury Barnet H	848	Omosefe Obadagbonyi	Victoria Park & TH AC
839	Jadea Davids	Victoria Park & TH AC	849	Nana Owusuah Quainoo	Hillingdon AC
840	Chichi Emily	Thames Valley Harriers	850	Anna Rose	Shaftesbury Barnet H
841	Nia Forbes-Agyepong	Shaftesbury Barnet H	851	Amie Sise	Victoria Park & TH AC
842	Vanessa Granada	Team Hounslow AC	852	Laila Tempesta	London Heathside
843	Tosin Jokosenumi	Shaftesbury Barnet H	853	Zelyna Tuitt	Victoria Park & TH AC
844	Juanita Kyere Aidoo	Hillingdon AC			
T80	Hertfordshire Under 17 Women 60 Metres		Final	10.27	
	CBP: Charlotte Wingfield Enfield & Haringey 7.79 2010				
	Previous Winner: Marli Jessop Dacorum & Tring AC 7.93 2019				
7	Scarlett Gammell	Watford Harriers	34	Daisy Marshall	HAWCS
32	Jessica Astill	Stevenage & NH	35	Ava McLoughlin	Watford Harriers
33	Clare Hudson	Stevenage & NH	36	Serena Thomas	Herts Phoenix
T81	Kent Under 17 Women 60m		Heats	10.30	
	CBP: Daryll Neita Cambridge Harriers 7.59 2012				
	Montell Douglas Bromley AC 7.6s 2002				
	Previous Winner: Sileena Farrell Dartford Harriers AC 7.66 2019				
232	Shakanya Osahon	Black & Brom H AC	341	Freya Jury	Swale Combined AC
235	Chloe Salter	Dartford Harriers AC	342	Emily Kerr	Black & Brom H AC
336	Ellie Briars	Black & Brom H AC	343	Amirat Mohammed-Hassan	Cambridge Harriers
337	Chichi Cooper	Cambridge Harriers	344	Gabrielle Oguntuga	Ashford AC
338	Sileena Farrell	Dartford Harriers AC	345	Achieng Oneko	Black & Brom H AC
339	Olivia Gewitzke	Black & Brom H AC	346	Maise Perry	Dartford Harriers AC
340	Tianna Haynes	Black & Brom H AC	347	Scarlet Thomas-Wright	Invicta East Kent AC

T82	Middlesex Under 17 Women 60 Metres		Heats	10.36	
	CBP: Desiree Henry Enfield & Haringey 7.64 2010				
	Previous Winner: Shiloh Wright-Taipow Serpentine RC 7.82 2019				
711	Abigail Dichter	Serpentine RC	824	Bobbi Harrison	Shaftesbury Barnet H
814	Mary Akinlua	Victoria Park & TH AC	825	Milan Jervier	Harrow Athletic Club
815	Camille Alaphilippe	Highgate Harriers	826	Milan McNeil	Thames Valley Harriers
816	Fope Allo	Shaftesbury Barnet H	827	Grace Mvangu	Thames Valley Harriers
817	Sia Bona	Thames Valley Harriers	828	Syan Newman-smith	Thames Valley Harriers
818	Daisy Burns	Ealing Southall & Middx	829	Rianna Roberts	Harrow Athletic Club
819	Rosslyn Danquah	Thames Valley Harriers	830	Mia Smith	Hillingdon AC
820	Elyse Duncan Brown	Shaftesbury Barnet H	831	Sophie Sood	Windsor Slough Eton & H /
821	Tian Farrell-gordon	Thames Valley Harriers	832	Amber Stone	Shaftesbury Barnet H
822	Jasmine Francis	Victoria Park & TH AC	833	Michelvi Wamba	Victoria Park & TH AC
823	Mia Grey	Thames Valley Harriers	834	Golder Wiafe	Ealing Southall & Middx
T83	Hertfordshire Senior Women 60 Metres		Final	10.48	
	CBP: Philippa Lowe Dacorum & Tring AC 7.90 2015				
	Previous Winner: No Competition 2019				
30	Remi Jessop	Enfield & Haringey			
T83	Hertfordshire Under 20 Women 60 Metres		Final	10.48	
	CBP: Frances Slater Herts Phoenix 7.83 2011				
	Previous Winner: Dara Apoola Shaftesbury BH 8.04 2019				
6	Marli Jessop	Shaftesbury Barnet H	31	Esmé O'Connell (T20/F20)	Dacorum & Tring
T84	Kent Under 20 Women 60m		Final	10.51	
	CBP: Daryll Neita Cambridge Harriers 7.49 2013				
	Previous Winner: Mayong Tabe Med and Maid AC 7.97 2019				
330	Rebecca Abegunde-Williams	Bexley AC	333	Marie-Reine Fotso	Bexley AC
331	Shiann Brock-Walters	Black & Brom H AC	334	Zsiriah Thomas	Black & Brom H AC
332	Zara Edeleanu	Med and Maid AC	335	Kaliyah Young	Dartford Harriers AC
T85	Middlesex Under 20 Women 60 Metres		Heats	10.54	
	CBP: Annie Tagoe Thames Valley Harriers 7.58 2010				
	Previous Winner: Akaysha Ellis Enfield & Haringey AC 7.67 2019				
706	Amber Duverney	Shaftesbury Barnet H	809	Mary Igbinosa-Ighile	Victoria Park & TH AC
805	Bessie Aban-Owusu	Ealing Southall & Middx	810	Chinwe Iwunze	Shaftesbury Barnet H
806	Victoria Attiapo	Victoria Park & TH AC	811	Folakemi Osundairo	Victoria Park & TH AC
807	Ayoola Babalola	Windsor Slough Eton & H AC	812	Pierrette Simuene	Enfield and Haringey AC
808	Larissa Giles	Shaftesbury Barnet H	813	Jasmin Taylor	Thames Valley Harriers
T86	Kent Senior Women 60m		Heats	11.00	
	CBP: Xanine Powell Cambridge Harriers 7.62s 2006				
	Previous Winner: Anastasia Davies Black & Brom H AC 7.65 2019				
321	Derin Aderinto	Cambridge Harriers	326	Sophia Harper (U20W)	Black & Brom H AC
322	Doyin Aderinto	Cambridge Harriers	327	Lucy Hope	Med and Maid AC
323	Claire Battersby	Invicta East Kent AC	328	Jessica Murphy	Tonbridge AC
324	Claire Capon	Dartford Harriers AC	329	Lyn Sole (W55)	Thanet AC
325	Florence Cochrane	Cambridge University AC			
T87	Middlesex Senior Women 60 Metres		Final	11.06	
	CBP: Nicola Gilbert Enfield & Haringey AC 7.60 2014				
	Previous Winner: Eleanor Ball London Heathside 8.24 2019				
799	Eleanor Ball	London Heathside	802	Amy Mat	Belgrave Harriers
800	Claudia Bioh	London Heathside	803	Liina Otsalu	Maccabi London Harriers
801	Akaysha Ellis	Enfield and Haringey AC	804	Rosalind Zeffertt	Shaftesbury Barnet H

T88	Hertfordshire Under 15 Boys 60 Metres		Final	11.09	
	CBP: Uchenna Okoh Dacorum & Tring AC 7.32 2014				
	Previous Winner: No Competition 2019				
23	Jake Curtis	Thames Valley Harriers	27	William Kennedy	St Albans AC
24	Shion Evans	St Albans AC	28	Ben Morrow	St Albans AC
25	Luca Fletcher	Thames Valley Harriers	29	Reuben White	Herts Phoenix
26	Joshua Heesom	Herts Phoenix			
T89	Kent Under 15 Boys 60m		Heats	11.12	
	CBP: Camron Lyttle Bexley AC 7.22 2013				
	Previous Winner: Ben Nolan Tonbridge AC 7.46 2019				
219	Daniel Hardy	Med and Maid AC	312	Cameron Isaac	Med and Maid AC
222	Joe Stone	Paddock Wood AC	313	Tomass Kalve	Med and Maid AC
304	Divine Akinlolu	Cambridge Harriers	314	Dante Legister	Cambridge Harriers
305	Ralph Baker	Black & Brom H AC	315	TJ Packer	Central Park Athletics
306	Marley Byfield	Black & Brom H AC	316	Charlie Rouse	Med and Maid AC
307	Dylan Carroll	Black & Brom H AC	317	Mubarrak Salih	Cambridge Harriers
308	Zac Dixon	Tonbridge AC	318	Jason Searles	Thanet AC
309	Ifeoluwa Fadipe	Swale Combined AC	319	Daniel Shoyoye	Med and Maid AC
310	Samuel Fajuyigbe	Bexley AC	320	Justin Tabi	Dartford Grammar School
311	Jake Foster	Med and Maid AC			
T90	Middlesex Under 15 Boys 60 Metres		Heats	11.21	
	CBP: Reece Earle Thames Valley Harriers 7.11 2019				
	Previous Winner: Reece Earle Thames Valley Harriers 7.11 2019				
779	Malachi Amadi	Shaftesbury Barnet H	789	Louis O'Connor	Hillingdon AC
780	Louis Baker	Enfield and Haringey AC	790	Samuel Ojo	Shaftesbury Barnet H
781	Piers Boatin	Hillingdon AC	791	Eric-Mace Owusu-Agyare	Hillingdon AC
782	Gerald Collins	Shaftesbury Barnet H	792	Lucas Persaud	Enfield and Haringey AC
783	Matthew de Carvalho	Hillingdon AC	793	Saugat Pun	Shaftesbury Barnet H
784	Ajraj Gill Kaur	Hillingdon AC	794	Lincoln Ramdhanny	Hillingdon AC
785	Jayden Klein	Maccabi London Harriers	795	Nyro Shipley Smith	Hillingdon AC
786	Oliver Laurens	Shaftesbury Barnet H	796	Brandon Talla	Hillingdon AC
787	Erik Nagy	Enfield and Haringey AC	797	Malakai Watson	Enfield and Haringey AC
788	Connor Neale	Enfield and Haringey AC	798	Rio Star Wilson	Hillingdon AC
T91	Hertfordshire Under 17 Men 60 Metres		Final	11.30	
	CBP: Dominic Ashwell Dacorum & Tring AC 6.97 2015				
	Previous Winner: Rohan Bagai Shaftesbury BH 7.39 2019				
17	Freddie Henderson	Harlow AC	20	Alex Mancey	Dacorum & Tring
18	Jamie Joseph	Stevenage & NH	21	Charlie Powell	St Albans AC
19	Jacob Kinchin-Smith	Stevenage & NH	22	Max Robson-Smith	St Albans AC
T92	Kent Under 17 Men 60m		Heats	11.33	
	CBP: Daniel Bonich Bexley Borough AC 7.0s 1996				
	Previous Winner: Zachary Nwogwugwu Tonbridge AC 7.09 2019				
210	Ridwaan Ahmed	Bexley AC	292	Omarion Jones-Gayle	Cambridge Harriers
213	Harrison Lawton	Invicta East Kent AC	293	Andrew Khazali	Black & Brom H AC
217	Oliver Robertson	Black & Brom H AC	294	Dejaune Lingard	Cambridge Harriers
282	Chinonso Anatune	Central Park Athletics	295	Joe Lowes	Thanet AC
283	Zachary Beasty	Tonbridge AC	296	Samuel Mcshane	Central Park Athletics
284	Andrew Bull	Ashford AC	297	Zachary Nwogwugwu	Black & Brom H AC
285	Jasper Emmanuel	Med and Maid AC	298	Dylan Purton	Med and Maid AC
286	Shaquille Fernandez-Folkes	Cambridge Harriers	299	Carlos Rojo-Thigo	Cambridge Harriers
287	Harvey Fordham	Paddock Wood AC	300	Pablo Seema Roca	Black & Brom H AC
288	Alexander Gray	Paddock Wood AC	301	Connor Sutton	Black & Brom H AC
289	Lewis Groombridge	Dartford Harriers AC	302	Troy Thompson	Tonbridge AC
290	Reuben Hobbs	Ashford AC	303	Morgan Wallwork	Invicta East Kent AC
291	Kieran Isaac	Med and Maid AC			

T93	Middlesex Under 17 Men 60 Metres		Heats	11.45	
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017				
	Previous Winner: Levi Liston Highgate Harriers 7.10 2019				
702	Joseph Byrne	Hillingdon AC	769	Joseph Nash	Enfield and Haringey AC
759	Zavier Achiampong	Highgate Harriers	770	Jébez Nduka	Hillingdon AC
760	Mohamed Boumaraf	Thames Valley Harriers	771	Sean Oceng Engena	Highgate Harriers
761	Reece Earle	Thames Valley Harriers	772	Michael Ogbechie	Highgate Harriers
762	Mohamed Elaawy	Thames Valley Harriers	773	Presley Owobu	Victoria Park & TH AC
763	Yuma Hamano	Shaftesbury Barnet H	774	Tanawat Raveng	Shaftesbury Barnet H
764	Joshua Isijola	Newham & Essex B's AC	775	Thomas Reilly	Hillingdon AC
765	Josh Kelly	Thames Valley Harriers	776	Cathal Sheehan	Ealing Southall & Middx
766	Oscar Laurens	Shaftesbury Barnet H	777	Aydan Tyrrell	Harrow Athletic Club
767	Akira Meade	Hillingdon AC	778	Bradley Ukpetenan	Shaftesbury Barnet H
768	Elvio Mendes	Thames Valley Harriers			
T94	Middlesex Under 20 Men 60 Metres		Final	11.54	
	CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010				
	Previous Winner: Jak Mensah Team Hounslow AC 7.19 2019				
742	William Andoh	Victoria Park & TH AC	751	John Mayingi	Enfield and Haringey AC
743	Folarin Babalola	Tonbridge Athletic Club	752	Jak Mensah	Blackheath & Bromley H A
744	Joshua Barrett-Mowatt	Victoria Park & TH AC	753	Jordan Mentore	Shaftesbury Barnet H
745	Kai English	Ealing Southall & Middx	754	Louis Menzies-Walker	Victoria Park & TH AC
746	Micah Forbes-Agyepong	Shaftesbury Barnet H	755	Samuel Oteng-Ntim	Herne Hill Harriers
747	Isaiah Hills	Enfield and Haringey AC	756	Mark Oyeniyi	Victoria Park & TH AC
748	Shay James	Ealing Southall & Middx	757	Nicholas Shaw	Shaftesbury Barnet H
749	Jason Kalala	Victoria Park & TH AC	758	Bilal Uba	Ealing Southall & Middx
750	Elijah Mayindu	Be Fit Today Track Academy			
T95	Kent Under 20 Men 60m		Heats	11.57	
	CBP: James Ellington Belgrave Harriers 6.82s 2004				
	Previous Winner: Matthew Knight Black & Brom H AC 6.97 2019				
207	Pedro Gleadall	Black & Brom H AC	275	Darren Oregbomwanhia	Cambridge Harriers
209	George Seery	Thanet AC	276	Joshua Oshunrinde	Med and Maid AC
269	Anton Bachorski	Tonbridge AC	277	Oscar Prager	Tonbridge AC
270	Jake Goodman	Invicta East Kent AC	278	Logan Reekie	Med and Maid AC
271	Nathan Isaac	Med and Maid AC	279	George Smith	Tonbridge AC
272	Morgan Lucas	Dartford Harriers AC	280	Ben Sutton	Black & Brom H AC
273	Alexander Milligan	Tonbridge AC	281	Myles Xavier	Black & Brom H AC
274	Reuben Odulawa	Cambridge Harriers			
T96	Middlesex Under 20 Men 60 Metres		Heats	12.06	
	CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010				
	Previous Winner: Jak Mensah Team Hounslow AC 7.19 2019				
742	William Andoh	Victoria Park & TH AC	751	John Mayingi	Enfield and Haringey AC
743	Folarin Babalola	Tonbridge Athletic Club	752	Jak Mensah	Blackheath & Bromley H A
744	Joshua Barrett-Mowatt	Victoria Park & TH AC	753	Jordan Mentore	Shaftesbury Barnet H
745	Kai English	Ealing Southall & Middx	754	Louis Menzies-Walker	Victoria Park & TH AC
746	Micah Forbes-Agyepong	Shaftesbury Barnet H	755	Samuel Oteng-Ntim	Herne Hill Harriers
747	Isaiah Hills	Enfield and Haringey AC	756	Mark Oyeniyi	Victoria Park & TH AC
748	Shay James	Ealing Southall & Middx	757	Nicholas Shaw	Shaftesbury Barnet H
749	Jason Kalala	Victoria Park & TH AC	758	Bilal Uba	Ealing Southall & Middx
750	Elijah Mayindu	Be Fit Today Track Academy			

T97	Kent Senior Men 60m		Heats	12.15	
	CBP: Mark Williams Blackheath Harriers 6.8s 1994				
	Korede Awe Invicta East Kent AC 6.81 2019				
	Previous Winner: Korede Awe Invicta East Kent AC 6.81 2019				
202	Konrad Farrall	Thanet AC	261	Idorenyin Ekere	Bexley AC
254	Ezekiel Akinsola	Cambridge Harriers	262	John Foster (M50)	Med and Maid AC
255	Justin Bailey	Dartford Harriers AC	263	Maximilian Heavens	Invicta East Kent AC
256	Duayne Bovell	Black & Brom H AC	264	Jack Lennard	Tonbridge AC
257	Sebastian Brooks (T20)	Tonbridge AC	265	Omari Markland-Montgome	Cambridge Harriers
258	Nathan Brown	Kent AC	266	Abraham Ogunmefun	Bexley AC
259	Anthony Bryan	Tonbridge AC	267	Joshua Shaghaghi	Tonbridge AC
260	Reon Edwards	Herne Hill Harriers	268	Lewis Smith	Ashford AC
T98	Middlesex Senior Men 60 Metres		Heats	12.24	
	CBP: Joshua Swaray Hillingdon 6.7 2010				
	Previous Winner: Laurence Owen Thames Valley Harriers 7.28 2019				
725	Craig Alfred	Ealing Southall & Middx	734	Ridwan Islam	Newham & Essex B's AC
726	Christian Anuyagu	Victoria Park & TH AC	735	Phoenix Lyon	Shaftesbury Barnet H
727	Camille Aragon	Belgrave Harriers	736	Ceake Maddix	Shaftesbury Barnet H
728	Remy Bosman	St Mary's Richmond AC	737	Carlos Mingoos	London Heathside
729	Chris Burbidge	Ealing Southall & Middx	738	Cian O'Donnell	London Heathside
730	Danny Burrowes	Thames Valley Harriers	739	Michael Otubambo	Enfield and Haringey AC
731	Ben Chan	London Heathside	740	Keano-Elliott Paris-Samuel	Thames Valley Harriers
732	Sean Crowie	Hillingdon AC	741	Scott Rees	St Mary's Richmond AC
733	David Henderson	Victoria Park & TH AC			
T99	Kent Under 15 Girls 60m		S/F	12.33	
	CBP: Tatum Nelson Tunbridge Wells & Langton AC 7.8s 1993				
	Vera Chinedu Cambridge Harriers 7.8 2014				
	Vera Chinedu Cambridge Harriers 7.81 2014				
	Previous Winner: Emily Kerr Black & Brom H AC 8.15 2019				
T100	Middlesex Under 17 Women 60 Metres		S/F	12.39	
	CBP: Desiree Henry Enfield & Haringey 7.64 2010				
	Previous Winner: Shiloh Wright-Taipow Serpentine RC 7.82 2019				
T101	Kent Under 17 Men 60m		S/F	12.45	
	CBP: Daniel Bonich Bexley Borough AC 7.0s 1996				
	Previous Winner: Zachary Nwogwugwu Tonbridge AC 7.09 2019				
T102	Hertfordshire Under 15 Girls 1500 Metres		Final	13.11	
	CBP: Laura Farrar St. Albans 5:09.22 2008				
	Previous Winner: Roisin Hurley HAWCS 5:33.22 2019				
57	Jemima Cadge	Dacorum & Tring	102	Indie Frost	Dacorum & Tring
90	Emma McCluskey	Barnet & District	103	Phoebe Goss	Dacorum & Tring
93	Poppy Webster	Dacorum & Tring	104	Ella Head	Dacorum & Tring
100	Nancie Bateson	Dacorum & Tring	105	Beth Moody	Dacorum & Tring
101	Rose Bradshaw	Herts Phoenix			
T103	Kent Under 15 Girls 1500m		Final	13.16	
	CBP: Morgan Squibb Black & Brom H AC 4:50.64 2017				
	Previous Winner: Amarisa Sibley Black & Brom H AC 4:52.18 2019				
421	Emily Deveney	Black & Brom H AC	477	Abigail Royden	Med and Maid AC
466	Gabriella Martin	Black & Brom H AC			
T103	Kent Under 15 Girls 1500m		Final	13.16	
	CBP: Morgan Squibb Black & Brom H AC 4:50.64 2017				
	Previous Winner: Amarisa Sibley Black & Brom H AC 4:52.18 2019				
421	Emily Deveney	Black & Brom H AC	477	Abigail Royden	Med and Maid AC
466	Gabriella Martin	Black & Brom H AC			

T104	Hertfordshire Senior Women 1500 Metres CBP: Lois Bowles Enfield & Haringey AC 4:48.86 2015 Previous Winner: Claire Bentley Watford Harriers 5:01.10 2019	Final	13.21
98	Claire Bentley	Watford Harriers	99 Natalie Connor
			Shaftesbury Barnet H
T104	Kent Senior Women 1500m CBP: Clare Elms Cambridge H 4:40.2 2008 Previous Winner: No Winner 2018	Final	13.21
454	Chloe Sharp	Central Park Athletics	455 Briony Walsh
			Ashford AC
T104	Middlesex Senior Women 1500 Metres CBP: Georgia Bell Shaftesbury Barnet Harriers 4:26.93 2014 Previous Winner: No Competition 2019	Final	13.21
921	Georgia Fear	Highgate Harriers	940 Lily Woolcock
			London Heathside
T104	Middlesex Under 20 Women 1500 Metres CBP: Nicola Ravenhill Ealing Southall & Middx 4:53.10 2017 Previous Winner: No Competition 2019	Final	13.21
922	Milly Dunne	Highgate Harriers	941 Georgia Hanley
			Thames Valley Harriers
T105	Hertfordshire Under 17 Women 1500 Metres CBP: Laura Farrar St. Albans 4:58.75 2010 Previous Winner: Emeline Brown St Albans AC 5:45.31 2019	Final	13.26
69	Jemima Byers	Dacorum & Tring	
T105	Kent Under 17 Women 1500m CBP: Charlotte Young Med and Maid AC 4:54.54 2018 Previous Winner: Charlotte Young Med and Maid AC 4:54.54 2018	Final	13.26
459	Lily Meers	Black & Brom H AC	476 Hannah Clark
			Black & Brom H AC
T105	Middlesex Under 17 Women 1500 Metres CBP: Georgia Fear Highgate Harriers 4:56.63 2013 Previous Winner: Mia Manttan London Heathside 5:11.18 2019	Final	13.26
942	Madeleine Casey	Thames Valley Harriers	944 Rebecca Natu
943	Mia Manttan	London Heathside	945 Elizabeth Noon
			Enfield and Haringey AC Victoria Park & TH AC
T106	Hertfordshire Under 15 Girls 60 Metres CBP: Jodie Williams Herts Phoenix 7.77 2008 Previous Winner: Lily Norwood Dacorum & Tring AC 7.82 2019	Final	13.50
T107	Middlesex Under 15 Girls 60 Metres CBP: Tyra Khambai-Annan Team Hounslow AC 7.65 2019 Previous Winner: Tyra Khambai-Annan Team Hounslow AC 7.65 2019	Final	13.53
T108	Kent Under 17 Women 60m CBP: Daryll Neita Cambridge Harriers 7.59 2012 Montell Douglas Bromley AC 7.6s 2002 Previous Winner: Sileena Farrell Dartford Harriers AC 7.66 2019	Final	13.56
T109	Middlesex Under 20 Women 60 Metres CBP: Annie Tagoie Thames Valley Harriers 7.58 2010 Previous Winner: Akaysha Ellis Enfield & Haringey AC 7.67 2019	Final	13.59
T110	Kent Under 15 Boys 60m CBP: Camron Lyttle Bexley AC 7.22 2013 Previous Winner: Ben Nolan Tonbridge AC 7.46 2019	Finals	14.02
T111	Middlesex Under 15 Boys 60 Metres CBP: Reece Earle Thames Valley Harriers 7.11 2019 Previous Winner: Reece Earle Thames Valley Harriers 7.11 2019	Final	14.05

T112	Kent Under 17 Men 60m CBP: Daniel Bonich Bexley Borough AC 7.0s 1996 Previous Winner: Zachary Nwogwugwu Tonbridge AC 7.09 2019	Final	14.08		
T113	Middlesex Under 17 Men 60 Metres CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017 Previous Winner: Levi Liston Highgate Harriers 7.10 2019	Final	14.11		
T114	Kent Under 20 Men 60m CBP: James Ellington Belgrave Harriers 6.82s 2004 Previous Winner: Matthew Knight Black & Brom H AC 6.97 2019	Final	14.14		
T115	Middlesex Under 20 Men 60 Metres CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010 Previous Winner: Jak Mensah Team Hounslow AC 7.19 2019	Final	14.17		
T116	Kent Senior Men 60m CBP: Mark Williams Blackheath Harriers 6.8s 1994 Korede Awe Invicta East Kent AC 6.81 2019 Previous Winner: Korede Awe Invicta East Kent AC 6.81 2019	Final	14.20		
T117	Middlesex Senior Men 60 Metres CBP: Joshua Swaray Hillingdon 6.7 2010 Previous Winner: Laurence Owen Thames Valley Harriers 7.28 2019	Final	14.23		
T118	Middlesex Under 17 Women 60 Metres CBP: Desiree Henry Enfield & Haringey 7.64 2010 Previous Winner: Shiloh Wright-Taipow Serpentine RC 7.82 2019	Final	14.26		
T119	Kent Senior Women 60m CBP: Xanine Powell Cambridge Harriers 7.62s 2006 Previous Winner: Anastasia Davies Black & Brom H AC 7.65 2019	Final	14.29		
T120	Kent Under 15 Girls 60m CBP: Tatum Nelson Tunbridge Wells & Langton AC 7.8s 1993 Vera Chinedu Cambridge Harriers 7.8 2014 Vera Chinedu Cambridge Harriers 7.81 2014 Previous Winner: Emily Kerr Black & Brom H AC 8.15 2019	Final	14.32		
T121	Middlesex Under 15 Girls 300 Metres CBP: Jeslyn Agyei-Kyem Walton AC 41.92 2018 Previous Winner: Teniola Fajuke Victoria Park & TH AC 42.31 2019	Heats	15.02		
718	Angel Doyle	Hillingdon AC	884	Olivia Sparks	Thames Valley Harriers
720	Ava John	Kingston AC & Poly H	928	Amara Odeogberin	London Heathside
721	Azaria Nwankwo	Shaftesbury Barnet H	987	Annalise Agyei-Kyem	Walton Athletic Club
877	Olive Harvey-Dew	Shaftesbury Barnet H	988	Lola Baty	Victoria Park & TH AC
881	Lucy Marcus	Shaftesbury Barnet H	989	Mia Higson	Shaftesbury Barnet H
883	Lola McCann-Ezekiel	Shaftesbury Barnet H	990	Larissa Wilson	London Heathside
T122	Kent Under 15 Girl 300m CBP: Holly Mpassy Black & Brom H AC 41.82 2017 Previous Winner: Amarisa Sibley Black & Brom H AC 42.51 2019	Heats	15.08		
240	Emily Algeo	Black & Brom H AC	420	Nikol Crofts	Cambridge Harriers
242	Isabelle Bridgeman	Tonbridge AC	421	Emily Deveney	Black & Brom H AC
243	Amber Cockburn	Black & Brom H AC	422	Grace Dixon	Folkestone Running Club
348	Miriam Adebayo	Bexley AC	423	Faith Mpassy	Black & Brom H AC
407	Heather Beet	Bexley AC	424	Caitlin Taylor	Folkestone Running Club
419	Josephine Bassett	Med and Maid AC			
T123	Hertfordshire Under 15 Girls 300 Metres CBP: Niamy Day Stevenage & North H AC 44.25 2019 Previous Winner: Niamy Day Stevenage & North H AC 44.25 2019	Final	15.14		
43	Brianna Smith-Graham	Herts Phoenix	58	Natalie Cloy	Dacorum & Tring
55	Niamh Smith	HAWCS	59	Evie Light	Dacorum & Tring
57	Jemima Cadge	Dacorum & Tring	60	Daisy O'Brien	Stevenage & NH

T124	Kent Under 15 Boys 300m			Heats	15.17
	CBP: Oliver Briars Black & Brom H AC 38.93 2017				
	Previous Winner: Connor Sutton Black & Brom H AC 39.45 2019				
222	Joe Stone	Paddock Wood AC	409	David Babarinde	Dartford Grammar School
311	Jake Foster	Med and Maid AC	410	Ethan Bamigbade	Dartford Grammar School
313	Tomass Kalve	Med and Maid AC	411	Nathan Firla	Black & Brom H AC
317	Mubarrak Salih	Cambridge Harriers	412	Javan Gordon	Bexley AC
385	Aidan Collins	Tonbridge AC	413	Jack Saxby	Ashford AC
T125	Hertfordshire Under 15 Boys 300 Metres			Final	15.23
	CBP: Uchenna Okoh Dacorum & Tring AC 37.66 2014				
	Previous Winner: Harry Bridge Dacorum & Tring AC 41.00 2019				
47	Maxwell Chisholm	Herts Phoenix	56	Oscar North	Dacorum & Tring
T125	Middlesex Under 15 Boys 300 Metres			Final	15.23
	CBP: Alfie Crews St Mary's Richmond AC 39.68 2015				
	Previous Winner: Mohamed Boumaraf Thames Valley Harriers 47.30 2019				
864	Tyler McLeod	Hillingdon AC	917	Zico Jones	Shaftesbury Barnet H
866	Kaylan Taylor	Enfield and Haringey AC	978	Andoni Amphlett	Shaftesbury Barnet H
T126	Kent Under 17 Women 300m			Final	15.26
	CBP: Holly Mpassy Black & Brom H AC 39.65 2018				
	Previous Winner: Emily Newnham Dartford Harriers AC 41.41 2019				
399	Isabella Fassnidge	Tonbridge AC	416	Emily Newnham	Dartford Harriers AC
414	Emily Bowart	Tonbridge AC	417	Kelsey Pullin	Black & Brom H AC
415	Maya Marriner	Tonbridge AC	418	Keira Rose	Tonbridge AC
T127	Middlesex Under 17 Women 300 Metres			Heats	15.29
	CBP: Ella Fryer St Mary's Richmond AC 42.01 2019				
	Previous Winner: Ella Fryer St Mary's Richmond AC 42.01 2019				
923	Ella Fryer	St Mary's Richmond AC	983	Folasade Fajuke	Victoria Park & TH AC
959	manon baines	Shaftesbury Barnet H	984	Teniola Fajuke	Victoria Park & TH AC
970	Laura Anene	Hillingdon AC	985	Amy Greig	St Mary's Richmond AC
981	Jeslyn Agyei-Kyem	Walton Athletic Club			
T128	Hertfordshire Under 17 Women 400 Metres			Heats	15.45
	CBP: Emily Hack St Albans AC 57.94 2015				
	Previous Winner: Katie Liptrot HAWCS 63.66 2019				
32	Jessica Astill	Stevenage & NH	70	Lauren Collis	Dacorum & Tring
51	Orla Foley	St Albans AC	71	Delphine Lehrfreund	Stevenage & NH
52	Alexa Forster	HAWCS	72	Isabel Wildgoose	Herts Phoenix
69	Jemima Byers	Dacorum & Tring			
T129	Hertfordshire Under 17 Men 400 Metres			Final	15.51
	CBP: Nathan Wake Herts Phoenix 51.36 2007				
	Previous Winner: Will Farndale No Result 2019				
19	Jacob Kinchin-Smith	Stevenage & NH	66	Matthew Marven	Dacorum & Tring
64	Matthew Cox	Herts Phoenix	125	Nicholas Savva	Shaftesbury Barnet H
65	Tom Gaunce	Dacorum & Tring			
T130	Kent Under 17 Men 400m			Heats	15.54
	CBP: Ethan Brown Dartford Harriers AC 50.01 2017				
	Previous Winner: Kristian Samwell-Nash Ashford AC 51.57 2019				
212	Daniel Goriola	Bexley AC	382	Michael Uzozie	Dartford Harriers AC
290	Reuben Hobbs	Ashford AC	433	Adam Islam-Medeaux	Black & Brom H AC
295	Joe Lowes	Thanet AC	434	Tommy Owler	Folkestone Running Club
296	Samuel Mcshane	Central Park Athletics	435	Finn Rodgers	Med and Maid AC
300	Pablo Seema Roca	Black & Brom H AC	436	Matthew Smith	Black & Brom H AC
302	Troy Thompson	Tonbridge AC			

T131	Middlesex Under 17 Men 400 Metres		Final	16.00
	CBP: Linus Field St Mary's Richmond 51.19 2011			
	Previous Winner: Jason Kalala Victoria Park & TH AC 53.02 2019			
891	Sam Amdor	Highgate Harriers	894	Lanre Owoborode
892	Jon Awuah	Walton Athletic Club	895	Zachary Phillips
893	Isaac Bloodworth	Hillingdon AC		
T132	Kent Senior Men 400m		Heats	16.03
	CBP: Conrad Williams Kent AC 48.37s 2008			
	Previous Winner: Joseph Burton Med and Maid AC 51.37 2019			
204	Alexander Hookway	Tonbridge AC	427	Matthew Knight
370	Adam Bernard (M35)	Dartford Harriers AC	428	Daniel Mees
425	Colin Bates (M55)	Dartford Harriers AC	429	Andrejs Safars (M35)
426	Lewis Collins	Tonbridge AC	430	Frano Vainio-Doiseul
				Black & Brom H AC
				Newham & Essex B's AC
				Med and Maid AC
				Cambridge Harriers
T133	Middlesex Senior Men 400 Metres		Final	16.09
	CBP: Andrew Howell Harrow 49.12 2010			
	Previous Winner: Columba Blango Victoria Park & TH AC 50.62 2019			
728	Remy Bosman	St Mary's Richmond AC	886	Isaac Ogunlade
854	Shaquille Eusebe	Victoria Park & TH AC	887	Scarlett Parker
885	Victor Nutakor	Newham & Essex B's AC	888	Kareem Selman-Jackson
				Herne Hill Harriers
				London Heathside
				King's College London AC
T134	Hertfordshire Senior Men 400 Metres		Final	16.12
	CBP: Glyn Hawkes Cardiff 49.10 2011			
	Previous Winner: Josh Evans Dacorum & Tring AC 55.12 2019			
61	Bradley Salih	St Albans AC		
T134	Hertfordshire Under 20 Men 400 Metres		Final	16.12
	CBP: Michael Edwards Enfield & Haringey 50.44 2012			
	Previous Winner: Ben Lloyd Shaftesbury BH 50.9 2019			
62	William Farndale	HAWCS	63	Freddie Reilly
				Shaftesbury Barnet H
T135	Hertfordshire Senior Women 400 Metres		Final	16.15
	CBP: Deborah Willis Notts AC 56.20 2015			
	Previous Winner: No Competition 2019			
67	Suzanne Bentley	Watford Harriers		
T135	Middlesex Senior Women 400 Metres		Final	16.15
	CBP: Lyndsey Fairweather Harrow 56.84 2010			
	Previous Winner: Alice Hunter Victoria Park & TH AC 61.76 2019			
801	Akaysha Ellis	Enfield and Haringey AC	869	Alice Hunter
868	Nastassja Allin	Enfield and Haringey AC		
				Victoria Park & TH AC
T136	Kent Senior Women 400m		Final	16.18
	CBP: Jodie Leslie Bedford & County AC 57.18 2016			
	Previous Winner: Ellie White Bexley AC 64.84 2019			
327	Lucy Hope	Med and Maid AC	392	Katie Scoones
391	Faye Olszowka (T20)	Bexley AC	437	Nina Ridge (W45)
				Swale Combined AC
				Tonbridge AC
T137	Hertfordshire Under 20 Women 400 Metres		Final	16.21
	CBP: Laura Wake Herts Phoenix 58.51 2008			
	Previous Winner: Katie Liptrot HAWCS 63.66 2019			
68	Jessica Hoar	Dacorum & Tring		
T137	Middlesex Under 20 Women 400 Metres		Final	16.21
	CBP: Michelle Mamudu Victoria Park & TH AC 58.17 2018			
	Previous Winner: No Competition 2019			
896	Cedelle Agyei-Kyem	Walton Athletic Club	898	Milly Soanes
897	Mia Rosario	Enfield and Haringey AC		
				Dacorum & Tring AC

T138	Kent Under 20 Women 400m			Final	16.24
	CBP: Rebecca O'Hara Tonbridge AC 57.42 2017				
	Previous Winner: Asha Root Tonbridge AC 57.57 2019				
226	Rebekah O'Brien	Tonbridge AC	438	Lauren Macey	Invicta East Kent AC
397	Jessica O'Hara	Tonbridge AC	439	Asha Root	Tonbridge AC
T139	Kent Under 20 Men 400 Metres			Final	16.27
	CBP: Nilrem Stewart Thames Valley Harriers 50.34 2017				
	Previous Winner: Maltietie Fusseini Enfield & Haringey AC 50.77 2019				
275	Darren Oregbomwanhia	Cambridge Harriers	377	Kristian Samwell-Nash	Ashford AC
374	Trey McPherson	Dartford Harriers AC	431	Harvey Blanden	Black & Brom H AC
375	Connor Neal	Thanet AC	432	Conor Murphy	Med and Maid AC
T140	Middlesex Under 20 Men 400 Metres			Final	16.30
	CBP: Farren Morgan Bexley AC 48.98 2012				
	Previous Winner: Coleman Corry Black & Brom H AC 51.06 2019				
889	Mittio Mohammadian	Shaftesbury Barnet H	890	Ethan Oladejo	Victoria Park & TH AC
T141	Hertfordshire Under 17 Women 400 Metres			Final	16.33
	CBP: Emily Hack St Albans AC 57.94 2015				
	Previous Winner: Katie Liptrot HAWCS 63.66 2019				
T142	Hertfordshire Under 15 Boys 1500 Metres			Final	16.45
	CBP: Jamie Dee Herts Phoenix 4:13.51 2012				
	Previous Winner: Callum Sydenham Barnet & District AC 4:55.06 2019				
81	Noah Clarke	Barnet & District	97	Callum Sydenham	Barnet & District
96	Ed Clement	Dacorum & Tring			
T142	Middlesex Under 15 Boys 1500 Metres			Final	16.45
	CBP: Finn Harvey Shaftesbury Barnet H 4:29.66 2016				
	Previous Winner: Sam Amdor Highgate Harriers 4:39.27 2019				
915	Max Bishop	Thames Valley Harriers	938	Dominic Paine	Trent Park Running Club
937	Ethan Jackson	Trent Park Running Club	939	Tynan Parker	London Heathside
T143	Hertfordshire Senior Men 1500 Metres			Final	16.50
	CBP: James McMurray St Albans AC 3:48.47 2019				
	Previous Winner: James McMurray St Albans AC 3:48.47 2019				
73	Ross Connor	Watford Harriers	75	Thomas Wackett	Herts Phoenix
T143	Kent Senior Men 1500m			Final	16.50
	CBP: Dylan Rigby Invicta East Kent AC 4:00.21 2018				
	Previous Winner: Lucas Taylor-Costin Dartford Harriers AC 4:11.93 2019				
440	Jordan Chambers	Maidstone Harriers	470	David Robinson (M40)	Serpentine Running Club
469	Jacques Cunningham-Marsh	Med and Maid AC			
T143	Middlesex Senior Men 1500 Metres			Final	16.50
	CBP: Mohamed Mohamed Thames Valley Harriers 3:55.48 2014				
	Previous Winner: Oliver Lum Bracknell AC 4:16.40 2019				
901	Philip York	Ealing Southall & Middx			
T144	Kent Under 20 Men 1500m			Final	16.55
	CBP: Marshall Smith Ashford AC 4:10.20 2018				
	Previous Winner: Harrison Tremain Ashford AC 4:11.69 2019				
442	Alexander Donnelly	Med and Maid AC	472	Callum Myatt	Black & Brom H AC
471	Benjamin Gardiner	Black & Brom H AC			

T144	Middlesex Under 20 Men 1500 Metres CBP: Yusuf Bizimana Victoria Park & TH AC 3:58.60 2018 Previous Winner: Chauncey Edwards Ealing Southall & Middx 5:05.44 2019	Final	16.55
931	Declan Connolly Windsor Slough Eton & H AC	932	Joseph Reynolds Victoria Park & TH AC
T145	Hertfordshire Under 17 Men 1500 Metres CBP: Edward Shepherd Herts Phoenix 4:11.58 2010 Previous Winner: Charlie Woollett Watford Harriers 4:21.72 2019	Final	17.00
94	Liam Bavington-Hodge Trent Park RC	95	Tyler Wannerton Stevenage & NH
T145	Kent Under 17 Men 1500m CBP: Finlay Croll Tonbridge AC 4:20.04 2019 Previous Winner: Finlay Croll Tonbridge AC 4:20.04 2019	Final	17.00
448	Samuel Reardon Black & Brom H AC	474	Harrison Clisby Dartford Grammar School
473	Miles Brierley Dartford Harriers AC	475	Louis Woods Cambridge Harriers
T146	Middlesex Under 17 Men 1500 Metres CBP: Rhys Spence Hillingdon 4:09.68 2010 Previous Winner: Joseph Reynolds Victoria Park & TH AC 4:14.98 2019	Final	17.05
905	Jonny Brook St Mary's Richmond AC	934	finn combe Ealing Southall & Middx
906	Louis Cummings St Mary's Richmond AC	935	Taaj Ojha Hillingdon AC
907	Nelson Gordon Thames Valley Harriers	936	Roger Wilcox Highgate Harriers
933	Jack Bailey Highgate Harriers		
T147	Middlesex Under 15 Girls 300 Metres CBP: Jeslyn Agyei-Kyem Walton AC 41.92 2018 Previous Winner: Teniola Fajuke Victoria Park & TH AC 42.31 2019	Final	17.10
T148	Kent Under 15 Girl 300m CBP: Holly Mpassy Black & Brom H AC 41.82 2017 Previous Winner: Amarisa Sibley Black & Brom H AC 42.51 2019	Final	17.13
T149	Kent Under 15 Boys 300m CBP: Oliver Briars Black & Brom H AC 38.93 2017 Previous Winner: Connor Sutton Black & Brom H AC 39.45 2019	Final	17.16
T150	Middlesex Under 17 Women 300 Metres CBP: Ella Fryer St Mary's Richmond AC 42.01 2019 Previous Winner: Ella Fryer St Mary's Richmond AC 42.01 2019	Final	17.19
T152	Kent Under 17 Men 400m CBP: Ethan Brown Dartford Harriers AC 50.01 2017 Previous Winner: Kristian Samwell-Nash Ashford AC 51.57 2019	Final	17.33
T153	Kent Senior Men 400m CBP: Conrad Williams Kent AC 48.37s 2008 Previous Winner: Joseph Burton Med and Maid AC 51.37 2019	Final	17.36
FIELD EVENTS			
F16	Kent Senior Women Long Jump CBP: Angela Williams Medway AC 5.60m 2001 Previous Winner: Lyn Sole Thanet AC 3.53 2019	Final	10.00
329	Lyn Sole (W55) Thanet AC	391	Faye Olszowka (T20) Bexley AC
390	Bonnie Maugey Dartford Harriers AC		
F16	Middlesex Senior Women Long Jump CBP: Angela Barrett Harrow 5.51 2008 Previous Winner: Liina Otsalu Maccabi London Harriers 4.49 2019	Final	10.00
803	Liina Otsalu Maccabi London Harriers	956	Helen Leadbetter Ealing Southall & Middx
804	Rosalind Zeffert Shaftesbury Barnet H	967	Isha Habib Ealing Southall & Middx

F16	Hertfordshire Under 20 Women Long Jump			Final	10.00
	CBP: Nicole Parcell Enfield & Haringey AC 5.20 2017				
	Previous Winner: Connie Andrews Stevenage & North H AC 4.12 2019				
31	Esme O'Connell (T20/F20)	Dacorum & Tring			
F16	Kent Under 20 Women Long Jump			Final	10.00
	CBP: Mayong Tabe Med and Maid AC 5.73 2019				
	Previous Winner: Mayong Tabe Med and Maid AC 5.73 2019				
326	Sophia Harper	Black & Brom H AC	524	Annabel Duncombe	Black & Brom H AC
332	Zara Edeleanu	Med and Maid AC	525	Chloe Morford	Dartford Harriers AC
516	Yasmin Sadler-Reeves	Ashford AC			
F16	Middlesex Under 20 Women Long Jump			Final	10.00
	CBP: Amelia Macdonald Woodford Green AC w EL 5.39 2018				
	Previous Winner: Diane Mapamboli Victoria Park & TH AC 4.99 2019				
707	Cristina Potter	Shaftesbury Barnet H	968	Emily Nicholson-Stanwix	Ealing Southall & Middx
806	Victoria Attiapo	Victoria Park & TH AC			
F17	Hertfordshire Under 17 Men Pole Vault			Final	10.00
	CBP: Daniel Gardner Stevenage & North Herts 4.20 2010				
	Previous Winner: Thomas Ashton Dacorum & Tring AC 3.30 2019				
115	Thomas Ashton	Dacorum & Tring			
F17	Kent Under 17 Men Pole Vault			Final	10.00
	CBP: Pedro Gleadall Black & Brom H AC 4.25 2018				
	Previous Winner: Barnaby Corry Black & Brom H AC 3.60 2019				
501	Barnaby Corry	Black & Brom H AC	503	Benjamin Platt	Black & Brom H AC
502	Joshua Oyetti	Dartford Grammar School	504	Oluwafemi Segun	Dartford Harriers AC
F17	Middlesex Under 17 Men Pole Vault			Final	10.00
	CBP: Tom Rottier Enfield & Haringey AC 4.15m 2013				
	Previous Winner: Jonathan Rugg Enfield & Haringey AC 3.70 2019				
704	Sam Ingram	London Heathside			
F17	Kent Under 15 Boys Pole Vault			Final	10.00
	CBP: Benjamin Platt Black & Brom H AC 3.20 2019				
	Previous Winner: Benjamin Platt Black & Brom H AC 3.20 2019				
320	Justin Tabi	Dartford Grammar School	507	Siraj Pothiraj	Dartford Grammar School
505	Samuel Ferreyra	Dartford Grammar School	508	Perazim Sofela	Dartford Grammar School
506	Finn Kitteridge	Black & Brom H AC	509	Oscar Witcombe	Black & Brom H AC
F17	Middlesex Under 15 Boys Pole Vault			Final	10.00
	CBP: Jonathan Rugg Enfield & Haringey AC 3.40 2017				
	Previous Winner: Lucas Persaud Enfield & Haringey AC 1.80 2019				
792	Lucas Persaud	Enfield and Haringey AC			
F18	Hertfordshire Under 15 Girls Shot			Final	10.30
	CBP: Tia Stonehouse Dacorum & Tring AC 9.72 2017				
	Previous Winner: Freya Lund HAWCS 7.40 2019				
11	Krystal Powley	Dacorum & Tring	127	Ellie Bostock	HAWCS
59	Evie Light	Dacorum & Tring	128	Hannah Parsons	Barnet & District
88	Louise Grenfell	Herts Phoenix	129	Lucia Rizzo	Herts Phoenix
F18	Kent Under 15 Girls Shot			Final	10.30
	CBP: Eloise Locke Black & Brom H AC 13.11 2015				
	Previous Winner: Eleanor Thomas Tonbridge AC 9.12 2019				
249	Emma Powell	Bexley AC			
F18	Middlesex Under 15 Girls Shot			Final	10.30

CBP: Chanel Lovelock Windsor Slough Eton & H 10.18 2019

Previous Winner: Chanel Lovelock Windsor Slough Eton & H 10.18 2019

952 Chanel Lovelock Windsor Slough Eton & H AC

F19 Hertfordshire Under 15 Girls Long Jump Final 11.20

CBP: Marli Jessop Dacorum & Tring AC 5.15 2017

Previous Winner: Sabrina Jansen Watford Harriers 4.51 2019

8	Rachel Harvey	HAWCS	58	Natalie Cloy	Dacorum & Tring
11	Krystal Powley	Dacorum & Tring	59	Evie Light	Dacorum & Tring
37	Lucy Baverstock	Stevenage & NH	88	Louise Grenfell	Herts Phoenix
40	Khadijah Hyjazy	HAWCS			

F19 Middlesex Under 15 Girls Long Jump Final 11.20

CBP: Marilyn Nwawulor Queens Park Harriers 5.33 2007

Previous Winner: Lucy Fellows St Mary's Richmond AC 5.06 2019

717	Eva Chalisey	Shaftesbury Barnet H	845	Nia Lekuwa	Victoria Park & TH AC
723	Salome Vessier	Highgate Harriers	852	Laila Tempesta	London Heathside
837	Clara Brooke	Thames Valley Harriers	952	Chanel Lovelock	Windsor Slough Eton & H /
838	Lucy Campos	Shaftesbury Barnet H			

F20 Hertfordshire Senior Women Shot Final 11.40

CBP: Moe Sasegbon Stevenage & North H AC 12.20 2017

Previous Winner: Louise Kelly St Albans AC 8.93 2019

126 Pam Davenport Barnet & District

F20 Kent Senior Women Shot Final 11.40

CBP: Shaunagh Brown Black & Brom H AC 15.21 2011

Previous Winner: Marianne Berndt Bexley AC 9.98 2019

547	Charlotte Button	Ashford AC	549	Natalie Mann (W35)	Cambridge Harriers
548	Christine Lynch (W60)	Swale Combined AC	550	Chloe Williams	Thanet AC

F20 Middlesex Senior Women Shot Final 11.40

CBP: Theodora Spathis Enfield & Haringey AC 11.94 2015

Previous Winner: Harriet Connor St Mary's Richmond AC 10.52 2019

980 Harriet Connor St Mary's Richmond AC

F20 Kent Under 20 Women Shot Final 11.40

CBP: Shaunagh Brown Black & Brom H AC 13.33m 2008

Previous Winner: Lauren Farley Black & Brom H AC 11.03 2019

551	Kirsty-Anne Ebbage	Tonbridge AC	552	Nana Gyedu	Black & Brom H AC
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F20 Middlesex Under 20 Women Shot Final 11.40

CBP: A Morankeji Thames Valley Harriers 12.01 2008

Previous Winner: Dara Adebayo Harrow AC 11.99 2019

707 Cristina Potter Shaftesbury Barnet H

F21 Hertfordshire Under 20 Men Pole Vault Final 12.30

CBP: Joseph J Lister Harrow AC 4.60 2015

Previous Winner: Elliot Breen Herts Phoenix 4.20 2019

112	William Ashton	Dacorum & Tring	114	Haydn Williams	Dacorum & Tring
113	Bryce Breen	Herts Phoenix			

F21 Kent Under 20 Men Pole Vault Final 12.30

CBP: Scott Huggins Black & Brom H AC 4.92m 2008

Previous Winner: Douglas Noel Invicta East Kent AC 4.10 2019

207	Pedro Gleadall	Black & Brom H AC	499	Theo Fotheringham	Ashford AC
208	Douglas Noel	Invicta East Kent AC	500	Ethan Kitteridge	Black & Brom H AC
209	George Seery	Thanet AC			

F21	Middlesex Under 20 Men Pole Vault			Final	12.30
	CBP: Charlie Smith Windsor Slough Eton & Hounslow 4.30 2011				
	Previous Winner: No Competition 2019				
701	Sebastiano Corbo	Shaftesbury Barnet H			
F22	Kent Under 15 Girls Long Jump			Final	13.00
	CBP: Layla Hawkins Bromley AC 5.16m 2001				
	Previous Winner: Libby Turbutt Ashford AC 5.03 2019				
240	Emily Algeo	Black & Brom H AC	359	Esme Harrison	Tonbridge AC
243	Amber Cockburn	Black & Brom H AC	363	Zara Okoroafor	Dartford Harriers AC
251	Nadia Sadler-Reeves	Ashford AC	365	Poppy Rowland-Hill	Thanet AC
252	Eve Seery	Thanet AC	406	Sokipreye Appolos	Bexley AC
253	Daisy Snell	Black & Brom H AC	407	Heather Beet	Bexley AC
353	Abigail Babalola	Cambridge Harriers	408	Maja Crofts	Cambridge Harriers
357	Elena Duncombe	Black & Brom H AC	420	Nikol Crofts	Cambridge Harriers
F23	Kent Under 17 Women Shot			Final	13.00
	CBP: Nana Gyedu Cambridge Harriers 15.56 2019				
	Previous Winner: Nana Gyedu Cambridge Harriers 15.56 2019				
227	Georgina Baker	Tonbridge AC	527	Saskia Lean	Tonbridge AC
230	Isabelle Harding	Invicta East Kent AC	553	Cleo Agyepong	Cambridge Harriers
237	Samantha Stubbs	Tonbridge AC	554	Renee Bel-Momodu	Black & Brom H AC
520	Lucinda White	Tonbridge AC			
F23	Middlesex Under 17 Women Shot			Final	13.00
	CBP: Dara Adebayo Harrow AC 14.20 2018				
	Previous Winner: Makayla Joseph Harrow AC 11.47 2019				
982	Kamelia Baymakova	Enfield and Haringey AC	986	Aisha Mohammed-Mariche	Highgate Harriers
F24	Kent Under 17 Women Long Jump			Final	14.15
	CBP: Mayong Tabe Med and Maid AC 5.79 2018				
	Previous Winner: Kaliyah Young Dartford Harriers AC 5.30 2019				
227	Georgina Baker	Tonbridge AC	239	Libby Turbutt	Ashford AC
228	Imogen Davis	Ashford AC	341	Freya Jury	Swale Combined AC
230	Isabelle Harding	Invicta East Kent AC	492	Kacey Walters	Shaftesbury Barnet H
236	Jessie Sargeant	Bexley AC	520	Lucinda White	Tonbridge AC
237	Samantha Stubbs	Tonbridge AC	526	Claudia Baker	Black & Brom H AC
238	Sarris Teale	Ashford AC	527	Saskia Lean	Tonbridge AC
F25	Kent Under 17 Men Triple Jump			Final	15.00
	CBP: Matthew Burton Kent AC 13.94m 2004				
	Previous Winner: Jacob Byfield Black & Brom H AC 12.83 2019				
211	Michael Alajiki	Ashford AC	523	Jacob Byfield	Black & Brom H AC
288	Alexander Gray	Paddock Wood AC	532	Daniel Kanu	Dartford Grammar School
484	Joshua Cockerham	Dartford Harriers AC	533	Kevin Masindo	Ashford AC
485	Gabriel Lordon	Ashford AC	534	Alex Stone	Paddock Wood AC
F25	Middlesex Under 17 Men Triple Jump			Final	15.00
	CBP: Oluwseyi Oyewobi Enfield & Haringey 13.98 2008				
	Previous Winner: Kenan Stephens Shaftesbury Barnet H 13.30 2019				
759	Zavier Achiampong	Highgate Harriers	892	Jon Awuah	Walton Athletic Club
771	Sean Oceng Engena	Highgate Harriers			
F25	Kent Under 15 Boys Triple Jump			Final	15.00
	CBP: Jacob Byfield Black & Brom H AC 12.62 2018				
	Previous Winner: Ben Wilkes Tonbridge AC 10.56 2019				
221	Reece Onabanjo	Dartford Harriers AC	410	Ethan Bamigbade	Dartford Grammar School
222	Joe Stone	Paddock Wood AC	535	David Ola	Dartford Grammar School
409	David Babarinde	Dartford Grammar School			
F26	Kent Under 15 Boy High Jump			Final	15.00

CBP: Rico Cottell Blackheath & Bromley H AC 1.80 2016
 Previous Winner: Jack Butler Ashford AC 1.65 2019

486 Jimi Adesanya Dartford Grammar School

F26 Middlesex Under 15 Boys High Jump Final 15.00

CBP: Dominic Ogbechie Highgate Harriers 1.85 2016
 Previous Winner: Noor-Eldin Mahmoud Thames Valley Harriers 1.83 2019

785 Jayden Klein Maccabi London Harriers 798 Rio Star Wilson Hillingdon AC

797 Malakai Watson Enfield and Haringey AC

F27 Hertfordshire Under 17 Men High Jump Final 15.00

CBP: Matthew Lally Shaftesbury Barnet H 1.95 2014
 Previous Winner: Thomas O'Reilly Dacorum & Tring AC 1.55 2019

18 Jamie Joseph Stevenage & NH 107 Kimani Jack Shaftesbury Barnet H

F27 Kent Under 17 Men High Jump Final 15.00

CBP: Luke Okosieme Cambridge Harriers 2.01 2017
 Previous Winner: Johnny Berry Med and Maid AC 1.75 2019

283 Zachary Beasty Tonbridge AC 483 Quinn Bury Invicta East Kent AC

287 Harvey Fordham Paddock Wood AC 484 Joshua Cockerham Dartford Harriers AC

300 Pablo Seema Roca Black & Brom H AC 485 Gabriel Lordon Ashford AC

302 Troy Thompson Tonbridge AC

F27 Middlesex Under 17 Men High Jump Final 15.00

CBP: William Grimsey Enfield & Haringey AC 1.95m 2013
 Previous Winner: David Bazuaye Victoria Park & TH AC 1.90 2019

948 Noor-Eldin Mahmoud Thames Valley Harriers 950 Or Segal Shaftesbury Barnet H

949 Arne Rosenthal Highgate Harriers 951 Devontae Webb Enfield and Haringey AC

F28 Hertfordshire Senior Men Pole Vault Final 15.40

CBP: Mark Pinney Stevenage & North H AC 2.40 2015
 Previous Winner: No Competition 2019

111 Elliot Breen Herts Phoenix

F28 Kent Senior Men Pole Vault Final 15.40

CBP: Scott Huggins Black & Brom H AC 5.10 2017
 Previous Winner: Thomas Snee Kingston AC & Poly H 4.00 2019

204 Alexander Hookway Tonbridge AC 497 Allan Williams (M65) Black & Brom H AC

495 Bilen Ahmet (M35) Kingston AC & Poly H 498 Luke Williams Ashford AC

496 Robert Peers (M50) Sevenoaks AC

F28 Middlesex Senior Men Pole Vault Final 15.40

CBP: Stephen McLennan Windsor Slough Eton & Hounslow 4.68 2013
 Previous Winner: Elliot Thompson Enfield & Haringey AC 4.50 2019

953 Elliot Thompson Enfield and Haringey AC 955 Joseph West Harrow Athletic Club

954 Stanislav Vilga Thames Valley Harriers

F29 Hertfordshire Under 15 Girls High Jump Final 15.40

CBP: Katie Caulfield Herts Phoenix 1.60 2007
 Previous Winner: Rebecca Wheeler-Henry Shaftesbury BH 1.55 2019

9 Ena Olivier Herts Phoenix 60 Daisy O'Brien Stevenage & NH

37 Lucy Baverstock Stevenage & NH

F29 Middlesex Under 15 Girls High Jump Final 15.40

CBP: Marilyn Nwawulor Queens Park Harriers 1.69 2007
 Previous Winner: Lucy Fellows St Mary's Richmond AC 1.65 2019

715 Hope Baker Shaftesbury Barnet H 723 Salome Vessier Highgate Harriers

719 Sophia Franklyn Enfield and Haringey AC 837 Clara Brooke Thames Valley Harriers

720 Ava John Kingston AC & Poly H 952 Chanel Lovelock Windsor Slough Eton & H

F30	Hertfordshire Senior Men Triple Jump				Final	16.40
	CBP: Sam Poulton Stevenage & North Herts 12.70 2009					
	Previous Winner: No Competition 2019					
106	Harvey Griffiths	Watford Harriers				
F30	Kent Senior Men Triple Jump				Final	16.40
	CBP: Matthew Burton Kent AC 14.97m 2008					
	Previous Winner: Jack Fox Dartford Harriers AC 13.01 2019					
205	Paul Slater	Bexley AC	528	Jack Fox	Dartford Harriers AC	
268	Lewis Smith	Ashford AC	529	Stephen Lake (M45)	Ashford AC	
522	Ashley Buckman	Ashford AC	530	Paul Ralph (M50)	Med and Maid AC	
F30	Hertfordshire Under 20 Men Triple Jump				Final	16.40
	CBP: Leo Lundgren Herts Phoenix 13.50 2010					
	Previous Winner: Ike Laseinde Hills Road Sixth Form College 12.43 2019					
16	Nile Odejimi-Riley	Stevenage & NH				
F30	Kent Under 20 Men Triple Jump				Final	16.40
	CBP: Matthew Burton Kent AC 14.45m 2005					
	Previous Winner: Brandon Sikity Cambridge Harriers 12.54 2019					
531	Jacob Calvert	Bexley AC				
F31	Hertfordshire Under 17 Women Long Jump				Final	16.50
	CBP: Katie Caulfield Herts Phoenix 5.52 2008					
	Previous Winner: Marli Jessop Dacorum & Tring AC 5.14 2019					
109	Talia Turay	Dacorum & Tring	123	Sabrina Jansen	Watford Harriers	
F31	Middlesex Under 17 Women Long Jump				Final	16.50
	CBP: Amelia Macdonald Enfield & Haringey AC 5.33 2017					
	Previous Winner: Marie Alaphilippe Highgate Harriers 5.19 2019					
709	Alina Cofie	Shaftesbury Barnet H	818	Daisy Burns	Ealing Southall & Middx	
815	Camille Alaphilippe	Highgate Harriers	969	Tianna Campbell	Harrow Athletic Club	
F32	Kent Under 15 Girls High Jump				Final	17.00
	CBP: Rebecca Hawkins Bexley AC 1.72 2014					
	Previous Winner: Kacey Walters Cambridge Harriers 1.65 2019					
246	Keziah Olaleye	Cambridge Harriers	357	Elena Duncombe	Black & Brom H AC	
251	Nadia Sadler-Reeves	Ashford AC	365	Poppy Rowland-Hill	Thanet AC	
252	Eve Seery	Thanet AC	407	Heather Beet	Bexley AC	
253	Daisy Snell	Black & Brom H AC	493	Matilda Secker	Tonbridge AC	
354	Violet Bing	Swale Combined AC	494	Nia Thomas	Med and Maid AC	