

KCAA Relay Championships - Julie Rose Stadium, Ashford 10/09/2023

SW Medley

Final

1	K	Invicta East Kent AC 1	Scarlet Thomas-Wright (U20W), Georgina Kyte (U17W), Charlotte Henrich (U20W), Amy-Jayne Goodhand (U20W)	4:17.5
2	C	Cambridge Harriers 1	Ciara McGinty (U17W), Ogheneviyenze Efadue (U20W), Keziah Olaleye (U17W), Amelia Lawrence (U17W)	4:23.2
3	D	Dartford Harriers AC 1	Jasmine Crossley (U20W), Freya Perry (U20W), Imogen Smith (U17W), Lexie Johnson (U17W)	4:38.8
4	DD	Dartford Harriers AC 2	Kirstie Cooper (W45), Kalina Detko (W40), Jane Crawley (W45), Tereza Grainger-Francova (W35)	4:41.6
5	N	Central Park AC 1	Caroline Curtis (W55), Lauren Bowen (U20W), Jodie Leslie, Millie Clisby (U20W)	4:56.8

SM Medley

Final

1	M	Medway & Maidstone AC 1	Kieran Isaac (U20M), Ben Lineker (U20M), Callum Featherstone (U20M), Cameron Featherstone (U20M)	3:38.6
2	D	Dartford Harriers AC 1	Trey McPherson, Oluwafemi Segun (U20M), Edward Best (U20M), Jacob Da Costa (U17M)	3:42.3
3	DD	Dartford Harriers AC 2	Oscar Mitroi (U17M), Steve Foy (M35), Adam Bernard (M35), Miles Brierley (U20M)	3:55.2
4	E	Dartford Harriers AC 3	Justin Bailey, James Baker (U20M), Rhys Rudkin (U20M), Stuart McNally (M45)	4:07.8

Mixed Medley

Final

1	R	Thanet AC 1	Bethany Shimmens-Smith (U17W), Imogen Davis, Lewis Parsons, Oliver Jones (U17M)	4:04.0
2	Z	Swale Combined AC	Milly Jessup (U17W), Katie Scoones, Aidan Billen, Andrew Scoones	4:15.8
3	D	Dartford Harriers AC 1	Kiera Pingo (U17W), Freya Perry (U20W), Mark Vrijmoed (M45), Jacob Da Costa (U17M)	4:21.9
4	M	Medway & Maidstone AC 1	Ollie Rodwell (U20M), Nia Thomas (U17W), Madaline Scott (U20W), Edward Little (U17M)	4:31.7

U15G 3 x 800m

Final

1	T	Tonbridge AC 1	Neve Raymond, Millie Watts, Aoife Foley	7:35.4
2	B	Blackheath & Bromley H AC 1	Beth Regan, Niamh Stanley, Sophie Tran	7:40.6
3	C	Cambridge Harriers 1	Delilah Lester, Celia Yeatman, Celia Allen	8:03.5
4	BB	Blackheath & Bromley H AC 2	Eva Denbow, Caitlin Hough, Charlotte Stevens	8:13.6

U15B 3 x 800m

Heat 1

1	B	Blackheath & Bromley H AC 1	Joseph Hill, Alfie Whitelock, Joseph Scanes	7:10.0
2	T	Tonbridge AC 1	Peter Fitzmaurice, Charlie Warren, Oscar Graffin	7:10.1
3	C	Cambridge Harriers 1	Aniket Iyengar, Tom Ravenscroft, Elijah Olaleye	7:10.2
4	M	Medway & Maidstone AC 1	Declan Tighe, Connor Cousins, Dillon Gregory	7:44.4
5	F	Folkestone RC 1	Nicolas Pedrazas, Milo Bibaud Macfarland, Thomas Webb	8:18.7

U15B 3 x 800m

Heat 2

1	BB	Blackheath & Bromley H AC 2	Daniel Horgan, Lucas Elmqvist, Kian Farrell	7:03.2
2	U	Tonbridge AC 3	Yugo Maeda, James Petrie, Ben Catchpole	7:03.5
3	TT	Tonbridge AC 2	Steven Galliard, Alfred Everitt, William Bachelor	7:08.5
4	G	Blackheath & Bromley H AC 3	Nathan Clark, Oliver Ward, Benjamin O'Grady	7:17.6
5	GG	Blackheath & Bromley H AC 4	Alex Martin, Samuel Barlow, Oscar Sadowski	7:41.7

U15B 3 x 800m

Final

1	B	Blackheath & Bromley H AC 1	Joseph Hill, Alfie Whitelock, Joseph Scanes	6:22.6
2	T	Tonbridge AC 1	Peter Fitzmaurice, Charlie Warren, Oscar Graffin	6:41.5
3	BB	Blackheath & Bromley H AC 2	Daniel Horgan, Lucas Elmqvist, Kian Farrell	6:44.0
4	U	Tonbridge AC 3	Yugo Maeda, James Petrie, Ben Catchpole	6:46.6
5	TT	Tonbridge AC 2	Steven Galliard, Alfred Everitt, William Bachelor	7:00.1
6	G	Blackheath & Bromley H AC 3	Nathan Clark, Oliver Ward, Benjamin O'Grady	7:05.0
7	GG	Blackheath & Bromley H AC 4	Alex Martin, Samuel Barlow, Oscar Sadowski	7:44.6
	C	Cambridge Harriers 1	Rhys Joyeux, Aniket Iyengar, Elijah Olaleye	DIS

U17W 3 x 800m

Final

1	B	Blackheath & Bromley H AC 1	Megan Barlow, Lola Bischoff, Megan Slattery	7:30.7
2	M	Medway & Maidstone AC 1	Heidi Hughes, Amber Matthews, Beth Palmer	7:38.5
3	BB	Blackheath & Bromley H AC 2	Islay Pearson, Amber Cockburn, Eva Chambers	8:06.4
4	X	Bexley AC 1	Sophie Ansell, Madeleine Dunsmore, Olamide Ibraheem	9:13.2

U17M 3 x 800m

Final

1	B	Blackheath & Bromley H AC 1	Jasper Brooks, Alexander Middleton, Jed Starvis	6:13.1
2	C	Cambridge Harriers 1	Felix Tynan, Sam Scrase-Field, Oilly Buck	6:20.6
3	M	Medway & Maidstone AC 1	Theo Ronchetti, Henry Gibson, Franklin Shepherd	6:42.6
4	BB	Blackheath & Bromley H AC 2	Tane Chambers, Connor Wray, Harry Fage	6:57.6

U13G 3 x 800m

Final

1	T	Tonbridge AC 1	Sienna Ellis, Jessica Evans, Purdey Hutchings	7:50.0
2	B	Blackheath & Bromley H AC 1	Milena Nahornaya, Chloe Morez, Freya Pearson	7:54/1
3	D	Dartford Harriers AC 1	Sonika Thwaites-Ramayi, Chloe Ashton, Matilda Holliday	8:22.0
4	TT	Tonbridge AC 2	Hana Maeda, Emily Butcher, Aimee Watts	8:30.6
5	G	Blackheath & Bromley H AC 3	Leela Bhadeshia, Zamaia Dixon, Harriet Hughes	8:41.5
6	A	Ashford AC 1	Zara Chappell, Hermoine Rees, Natasha Stevens	8:47.0
7	F	Folkestone RC 1	Nikki Railton, Allegra Hopkinson, Francesca Signorini	9:01.3
8	BB	Blackheath & Bromley H AC 2	Aoife Stanley, Isabella Jenkins, Eva John	9:10.2

U13B 3 x 800m**Final**

1	A	Ashford AC 1	Dylan Davidson-Daniel, Finley Paton, Oscar Barker	7:20.1	R1
2	B	Blackheath & Bromley H AC 1	Alex Smith, Finn Gotkine, Jake Martin	7:36.1	R1
3	BB	Blackheath & Bromley H AC 2	James Bunn, Johnny Lee, Nathan Crossan	7:51.5	R2
4	N	Central Park AC 1	Samuel Watson, Dylan Brown, Ted Vallins	7:55.5	R1
5	C	Cambridge Harriers 1	Alex Van Den Berg-Hows, Johnny Ravenscroft, Monty Brown	7:55.7	R2
6	G	Blackheath & Bromley H AC 3	Benjamin Evans, Aaron Crossan, Jack Barlow	7:56.6	R1
7	M	Medway & Maidstone AC 1	Jack Gregory, Daniel Kershaw, William Connop	7:58.8	R2
8	AA	Ashford AC 2	Aiden Tomsett, Victor Lambov, William Glasgow	8:04.1	R2
9	T	Tonbridge AC 1	Ethan Sampson-Gray, Joel Graffin, Sebastian Mottram	8:07.4	R1
10	D	Dartford Harriers AC 1	Ryan Dwight, Aathinarth Gananathan, Zachary Ives	8:28.6	R2
11	TT	Tonbridge AC 2	Sebastian Price, Kaiser Muga, Mika Pit	8:47.5	R1
	S	Sevenoaks AC	Zack Beckett, Dominic Whitworth, James Trenter	DNF	R2

U13G 4 x 100m**Heat 1**

1	T	Tonbridge AC 1	Ayanfeoluwa Afolabi, Tiffany Oyewale, Jennifer Kyne, Georgia Stafford-Brown	55.0	Q
2	K	Invicta East Kent AC 1	Lela Dombai-Walters, Tia Wiggins, Mattea Stanley, Martha Adkins	55.3	Q
3	X	Bexley AC 1	Sophia Summers, Kayla Fanoiki, Jadesola Adebisi, Haleema Okejimi	55.9	Q
4	C	Cambridge Harriers 1	Uchenna Adigwe, Samuela Cuffie, Jenelle Alameida, Elizabeth Mcken	56.4	q
5	F	Folkestone RC 1	Allegra Hopkinson, Nikki Railton, Alana Fraser, Francesca Signorini	58.6	
6	M	Medway & Maidstone AC 1	Joyce Akindeji, Gwennan Thomas, Zuriel Obamakinwa, Eve Hammersley	59.3	
7	TT	Tonbridge AC 2	Amelia Humphries, Tayla Galliard, Bella Aldridge, Florence Joad	63.3	

U13G 4 x 100m**Heat 2**

1	B	Blackheath & Bromley H AC 1	Noelle Carr, Zamaia Dixon, Alessia Scala, Ella Brooker	53.4	Q
2	P	Paddock Wood AC 1	Ellen Simmons, Jola Fasakin, Lucy Burrows-Cloude, Kathleen Knight-Mission	57.1	Q
3	D	Dartford Harriers AC 1	Chloe Ashton, Megan Goodayle, Zoe Esezobor, Manroop Jandu	57.8	Q
4	Z	Swale Combined AC	Millie Rumley, Janelle Boakye, Jasmine Davids, Megan Fulton	58.2	q
5	A	Ashford AC 1	Isla Cameron, Ellin Wilson, Sofia Marin-Quinn, Sienna Morris	59.1	

U13G 4 x 100m**Final**

1	B	Blackheath & Bromley H AC 1	Noelle Carr, Zamaia Dixon, Alessia Scala, Ella Brooker	54.3	
2	T	Tonbridge AC 1	Ayanfeoluwa Afolabi, Tiffany Oyewale, Jennifer Kyne, Georgia Stafford-Brown	55.1	
3	K	Invicta East Kent AC 1	Lela Dombai-Walters, Tia Wiggins, Miller Payne, Martha Adkins	55.7	
4	X	Bexley AC 1	Sophia Summers, Kayla Fanoiki, Jadesola Adebisi, Haleema Okejimi	56.4	
5	P	Paddock Wood AC 1	Ellen Simmons, Jola Fasakin, Lucy Burrows-Cloude, Kathleen Knight-Mission	57.4	
6	D	Dartford Harriers AC 1	Chloe Ashton, Megan Goodayle, Zoe Esezobor, Manroop Jandu	58.3	
7	Z	Swale Combined AC	Janelle Boakye, Jasmine Davids, Megan Fulton, Millie Rumley	59.5	
8	C	Cambridge Harriers 1	Uchenna Adigwe, Jenelle Alameida, Samuela Cuffie, Elizabeth Mcken	63.5	

U13B 4 x 100m**Heat 1**

1	T	Tonbridge AC 1	Sam Foster, Jacob McGeachy, Harry Osborn, Samuel Gibson	55.5	Q
2	U	Tonbridge AC 3	Ethan Sampson-Gray, Alexander Sharp, Rupert Lott, Kobe Ouegnimaoua	56.9	Q
3	BB	Blackheath & Bromley H AC 2	Luca Hunstone, Nicodemus Senior, Harrison Luck, Zachary Ferraz	58.7	Q
4	AA	Ashford AC 2	Samuel Beaumont, Oscar Barker, Joshua Harrington, Aiden Tomsett	59.6	q
5	M	Medway & Maidstone AC 1	Daniel Kershaw, Jack Gregory, David Shoyoye, Chaim-Aaron Haarstrup	59.8	q
6	TT	Tonbridge AC 2	Sotirios Panagiotidis, Oliver Clark, Thomas Parker, Mika Pit	60.2	

U13B 4 x 100m**Heat 2**

1	B	Blackheath & Bromley H AC 1	Jack Ruby, Jericho Senior, Daniel Djan-Krofa, Thomas Fairbanks	54.0	Q
2	A	Ashford AC 1	Dylan Davidson-Daniel, Dillon Warner, Jake Phillips, Harry Vail	55.7	Q
3	D	Dartford Harriers AC 1	Jaedon-Leo Palmer, Caleb Faleye, Eli Afolayan, Ethan Afolayan	56.2	Q
4	UU	Tonbridge AC 4	Sebastian Mottram, Gregory Ejiolor, Sebastian Price, Kaiser Muga	64.6	
5	S	Sevenoaks AC	Zack Beckett, Rafael Dawson, Dominic Whitworth, Nathan Mulahasani	65.4	

U13B 4 x 100m**Final**

1	T	Tonbridge AC 1	Sam Foster, Jacob McGeachy, Harry Osborn, Samuel Gibson	52.5	
2	B	Blackheath & Bromley H AC 1	Jack Ruby, Jericho Senior, Daniel Djan-Krofa, Thomas Fairbanks	54.5	
3	A	Ashford AC 1	Dylan Davidson-Daniel, Dillon Warner, Jake Phillips, Harry Vail	56.5	
4	D	Dartford Harriers AC 1	Caleb Faleye, Eli Afolayan, Jaedon-Leo Palmer, Ethan Afolayan	57.6	
5	U	Tonbridge AC 3	Ethan Sampson-Gray, Alexander Sharp, Rupert Lott, Kobe Ouegnimaoua	57.8	
6	BB	Blackheath & Bromley H AC 2	Luca Hunstone, Nicodemus Senior, Harrison Luck, Zachary Ferraz	58.4	
7	M	Medway & Maidstone AC 1	Rudi Charles, David Shoyoye, Jack Gregory, Chaim-Aaron Haarstrup	59.4	
	AA	Ashford AC 2	Samuel Beaumont, Finley Paton, Joshua Harrington, Aiden Tomsett	DIS	

U15G 4 x 100m**Heat 1**

1	B	Blackheath & Bromley H AC 1	Sienna Williams, Cheyanne Nketia, Isobel Rae, Chizam Boniface	51.0	Q
2	M	Medway & Maidstone AC 1	Mia Blaber, Pixie Davies, Sienna Gratwick, Grace Durrant	52.7	Q
3	D	Dartford Harriers AC 1	Angel Salako, Rebecca Turner, Dara Akinyele, Laetitia Tene	53.5	Q
4	K	Invicta East Kent AC 1	Laila Humphrey, Niamh Gavin, Bethany Clayton, Dakota Wilson	53.8	q
5	A	Ashford AC 1	Faith White, Hannah Areeson, Aimee Hagger, Mia Pearson	54.0	q
6	KK	Invicta East Kent AC 2	Flo Hayes, Gabriella Cappelletti, Evie North, Kimora Okeke	56.2	
7	S	Sevenoaks AC	Lilly-Rose Snyman, Sophia Stewart, Poppy Hadleigh, Olivia Mtungwazi	56.2	

U15G 4 x 100m**Heat 2**

1	C	Cambridge Harriers 1	Victoria Simi Akinlolu, Nia Thomas, Jayda Renae Mckenzie, Ariana Clarke	53.3	Q
2	X	Bexley AC 1	Nana-Aisha Giwa, Jayah Gaskin, Mia Whitwell, Kerima Bailey	53.3	Q
3	DD	Dartford Harriers AC 2	Yasmin Jaiyesimi, Favour Agebebi, Gabrielle Ranger, Hannah Odelade	56.2	Q
4	Z	Swale Combined AC	Emilia Stevens, Lily-Grace Gillam, Océane Argivier, Skye Watts	57.3	
5	T	Tonbridge AC 1	Sofia Charlton, Arabella Johnston, Rachel Ferry, Tevy Cerrini	59.5	
6	H	Invicta East Kent AC 3	Sophie Darling, Harriet Browning, Uma Dawson, Ava Grimstead	60.4	
7	AA	Ashford AC 2	Ella Jones, Jess Harrington, Isabella Roberts, Tabitha Barribal	60.4	

U15G 4 x 100m**Final**

1	B	Blackheath & Bromley H AC 1	Sienna Williams, Cheyanne Nketia, Isobel Rae, Chizam Boniface	51.3	
2	X	Bexley AC 1	Nana-Aisha Giwa, Jayah Gaskin, Mia Whitwell, Kerima Bailey	52.7	
3	C	Cambridge Harriers 1	Victoria Simi Akinlolu, Ariana Clarke, Jayda Renae Mckenzie, Nia Thomas	53.8	
4	K	Invicta East Kent AC 1	Laila Humphrey, Niamh Gavin, Bethany Clayton, Dakota Wilson	53.9	
5	D	Dartford Harriers AC 1	Angel Salako, Rebecca Turner, Dara Akinyele, Laetitia Tene	54.0	
6	M	Medway & Maidstone AC 1	Mia Blaber, Grace Durrant, Pixie Davies, Sienna Gratwick	54.0	
7	A	Ashford AC 1	Faith White, Hannah Areeson, Aimee Hagger, Mia Pearson	54.5	
8	DD	Dartford Harriers AC 2	Yasmin Jaiyesimi, Favour Agebebi, Gabrielle Ranger, Hannah Odelade	63.3	

SM 4 x 100m**Heat 1**

1	C	Cambridge Harriers 1	Shaquille Fernandez-Folkes (U20M), Osagie Imanswuomo (U20M), Javan Gordon (U20M), Dante Legister (U20M)	42.9	Q
2	D	Dartford Harriers AC 1	Justin Bailey, James Baker (U20M), Oluwafemi Segun (U20M), Trey McPherson	43.2	Q
3	X	Bexley AC 1	Eudes-Yorham Koffi (U17M), Samuel Williams-Ogedengbe (U17M), Adam Lawal, Christain Quadrovie	45.9	Q
4	P	Paddock Wood AC 1	Benji Folley (U17M), Alex Stone (U20M), Jason Davis, Alex Gray (U20M)	46.5	q
5	N	Central Park AC 1	Andrew Ajose-Alatise (U17M), George Robinson (U17M), Rylee Duffy (U17M), TJ Packer (U20M)	48.0	q

SM 4 x 100m**Heat 2**

1	K	Invicta East Kent AC 1	Joshua Thomas-Wright (U17M), Ethan Levene (U17M), Roddy Ostle (U17M), James Gill (U20M)	46.6	Q
2	DD	Dartford Harriers AC 2	Edward Best (U20M), Oscar Mitroi (U17M), Rhys Rudkin (U20M), Steve Foy (M35)	47.6	Q
3	CC	Cambridge Harriers 2	Jack Ebanks (U20M), Jason Adeogun (U20M), Moshood Erinfolami (U20M), Lloyd Oduwole (U20M)	50.1	Q
4	NN	Central Park AC 2	Freddie Hornett (U20M), Sulayman Salim (U17M), Walter Michelli, Jayden Sebok-Rose (U17M)	52.1	

SM 4 x 100m**Final**

1	D	Dartford Harriers AC 1	Justin Bailey, James Baker (U20M), Oluwafemi Segun (U20M), Trey McPherson	42.5	
2	CC	Cambridge Harriers 2	Jack Adams (U20M), Lloyd Oduwole (U20M), Jason Adeogun (U20M), Moshood Erinfolami (U20M)	45.7	
3	P	Paddock Wood AC 1	Benji Folley (U17M), Alex Stone (U20M), Jason Davis, Alex Gray (U20M)	47.1	
4	DD	Dartford Harriers AC 2	Edward Best (U20M), Oscar Mitroi (U17M), Rhys Rudkin (U20M), Steve Foy (M35)	47.2	
5	N	Central Park AC 1	TJ Packer (U20M), George Robinson (U17M), Rylee Duffy (U17M), Andrew Ajose-Alatise (U17M)	47.8	
	X	Bexley AC 1	Adam Lawal, Eudes-Yorham Koffi (U17M), Samuel Williams-Ogedengbe (U17M), Christain Quadrovie	DNF	
	C	Cambridge Harriers 1	Shaquille Fernandez-Folkes (U20M), Osagie Imanswuomo (U20M), Javan Gordon (U20M), Dante Legister (U20M)	DIS	
	K	Invicta East Kent AC 1	Joshua Thomas-Wright (U17M), Ethan Levene (U17M), Roddy Ostle (U17M), James Gill (U20M)	DIS	

U15B 4 x 100m**Final**

1	C	Cambridge Harriers 1	Zavier Brathwaite, Emmanuel Akanni, Ekene Ogbonna, Luca Glyde-Jones	47.8	
2	B	Blackheath & Bromley H AC 1	Nicholas Marquez, Jamie Ellerton, Daniel Olatunji, Jason Yamoah	48.0	
3	A	Ashford AC 1	Tyler Coppins, Dylan Leadbeater, Isaac Wood, Leo Norris	48.2	
4	D	Dartford Harriers AC 1	Chidubem Ugoji, Eyitayo Olowo, Keon Odulawa, Israel Faleye	49.2	
5	T	Tonbridge AC 1	Matthew Buttery, Rufus Read, Benjamin Brown, Felix Murray	50.2	
6	M	Medway & Maidstone AC 1	Bukunmi Edun, Alexander Cheyne, Jake Alford, Maxime Foissy	51.3	
7	Z	Swale Combined AC	Alfie Walach, Noah Jennings, Blake Gates, Rocco Harris	54.4	

U17W 4 x 100m**Final**

1	C	Cambridge Harriers 1	Faith Assah, Ciara McGinty, Nuriah Orhurhu, Zafirah Alebiosu	48.7	
2	B	Blackheath & Bromley H AC 1	Eniola Ayeni, Nina Whitter, Sybil Wirrom-Jorrie, Zara Okoroafor	50.6	
3	M	Medway & Maidstone AC 1	Grace Akindeji, Azaria Makinde, Deborah Ogunade, Jayda Ofori-Awuh	50.6	
4	X	Bexley AC 1	Ann-Marie Alake, Sokipreye Appolos, Iretifeoluwa Ajetombi, Kendra Uche	51.5	
5	Z	Swale Combined AC	Chioma Iwuanyawu, Charrisa Olabowale, Morgane Argivier, Milly Jessup	55.7	
6	XX	Bexley AC 2	Yemisi Folagbade, Fadheelah Olawale-Agbojo, Kaia Greener, Nawa Ossiry	56.1	
	R	Thanet AC 1	Eve Seery, Harriet Edwards, Lola Brett, Bethany Shimmen-Smith	DNF	

U17M 4 x 100m**Final**

1	M	Medway & Maidstone AC 1	Joshua Osaretin, Cheyne West, Cameron Isaac, Daniel Shoyoye	44.0	
2	C	Cambridge Harriers 1	Aaron Adade-Boateng, Tomisin Awolowo, Ephraim Akinlolu, Michael Somade-Makinde	44.5	
3	B	Blackheath & Bromley H AC 1	Oji Okoro, Alexander Morrell, Harrison Vallins, Andrew Nikoro	44.9	
4	T	Tonbridge AC 1	Tom Daly, Alfie Baker-Harris, Myles Treherne, Leonardo Thomas	45.7	

SW 4 x 100m**Final**

1	X	Bexley AC 1	Faye Olszowka, Christal Izuchukwu (U20W), Keziah Ikpeamaeze (U20W), Nirah Valinejad (U20W)	49.6	
2	K	Invicta East Kent AC 1	Darcie Maple (U17W), Charlotte Henrich (U20W), Georgina Kyte (U17W), Scarlet Thomas-Wright (U20W)	49.9	
3	A	Ashford AC 1	Violet Maxted (U17W), Bronwyn Yeandle (U20W), Nadia Sadler-Reeves (U20W), Sarris Teale (U20W)	50.3	
4	R	Thanet AC 1	Leah Wearing-Channing, Crystal Green (U17W), Millie Vas (U20W), Imogen Davis	51.5	
5	C	Cambridge Harriers 1	Ogheneviyenze Efadue (U20W), Naomi Oduwole (U17W), Kiyanna Lawrence (U17W), Mary Schouvaloff	52.7	
6	T	Tonbridge AC 1	Evie Dixon (U17W), Alexia Scotiniadis (U17W), Amelie Rabbidge (U20W), Lucy Tallon (U20W)	55.8	
7	DD	Dartford Harriers AC 2	Kirstie Cooper (W45), Kalina Detko (W40), Jane Crawley (W45), Helen Mitroi (W45)	58.7	

U15G 4 x 300m**Final**

1	B	Blackheath & Bromley H AC 1	Ariana Jenner-Heard, Isobel Rae, Caitlin Hough, Beth Regan	3:07.5
2	K	Invicta East Kent AC 1	Lois Baisley, Lucy Steer, Dakota Wilson, Gracie Lawton	3:09.3
3	D	Dartford Harriers AC 1	Angel Salako, Rebecca Turner, Freya Goodayle, Laetitia Tene	3:09.8
4	M	Medway & Maidstone AC 1	Olivia Baker, Matilda Moisan, Lily Juan, Pixie Davies	3:10.8
5	C	Cambridge Harriers 1	Jayda Renae Mckenzie, Celia Yeatman, Ariana Clarke, Celia Allen	3:12.1
6	A	Ashford AC 1	Ella Jones, Isobelle Webb, Hannah Areeson, Aimee Hagger	3:15.9
7	X	Bexley AC 1	Mia Whitwell, Jayah Gaskin, Aimee Price, Katie Wake	3:19.0
8	KK	Invicta East Kent AC 2	Abigail Harris, Flo Hayes, Gabriella Cappelletti, Niamh Gavin	3:23.5

U15B 4 x 300m**Final**

1	C	Cambridge Harriers 1	Rhys Joyeux, Tom Ravenscroft, Elijah Olaleye, Gabriel Nakiakpor	2:45.5
2	B	Blackheath & Bromley H AC 1	Joseph Hill, Thomas Vallins, Benjamin O'Grady, Joseph Scanes	2:46.2
3	M	Medway & Maidstone AC 1	Dillon Gregory, Jake Alford, Alexander Cheyne, Lucas Cameron	2:48.5
4	D	Dartford Harriers AC 1	Charles Graham, Michael Agbebi, Israel Faley, Chidubem Ugoji	2:52.4
5	BB	Blackheath & Bromley H AC 2	Nathan Clark, Oscar Sadowski, Oscar Pickering, Samuel Barlow	3:05.4

U17W 4 x 300m**Final**

1	C	Cambridge Harriers 1	Faith Assah, Gabriella Noyce, Shardai Powell, Keziah Olaleye	2:59.7
2	B	Blackheath & Bromley H AC 1	Megan Barlow, Lola Bischoff, Matilda Shilland, Tallulah Ndikanwu	3:03.4
3	R	Thanet AC 1	Eve Seery, Harriet Edwards, Lola Brett, Bethany Shimmen-Smith	3:07.6
4	M	Medway & Maidstone AC 1	Eve Morgan, Eva Prevett-Hogg, Deborah Ogunade, Niniola Omotola	3:19.9
5	X	Bexley AC 1	Sophie Ansell, Madeleine Dunsmore, Olamide Ibraheem, Fadheelah Olawale-Agbojo	3:25.6
6	MM	Medway & Maidstone AC 2	Beth Palmer, Heidi Hughes, Chanya-Asa Hastrup, Nia Thomas	3:32.2

SW 4 x 400m**Final**

1	D	Dartford Harriers AC 1	Jasmine Crossley (U20W), Freya Perry (U20W), Tereza Grainger-Francova (W35), Lexie Johnson (U17W)	4:35.5
2	X	Bexley AC 1	Faye Olszowka, Keziah Ikpeamaeze (U20W), Yemisi Folagbade (U17W), Irethifeoluwa Ajetombi (U17W)	4:36.6
3	N	Central Park AC 1	Caroline Curtis (W55), Millie Clisby (U20W), Lauren Bowen (U20W), Jodie Leslie	5:01.1

U17M 4 x 400m**Final**

1	C	Cambridge Harriers 1	Felix Tynan, Sam Scrase-Field, Daniel Nyong, Tomisin Awolowo	3:38.6
2	B	Blackheath & Bromley H AC 1	Hendri Verster, Tane Chambers, Connor Wray, Harrison Vallins	3:39.5
3	M	Medway & Maidstone AC 1	Franklin Shepherd, Henry Gibson, Charlie Rouse, Edward Little	3:50.6

SM 4 x 400m**Final**

1	C	Cambridge Harriers 1	Jack Ebanks (U20M), Jack Adams (U20M), Shaquille Fernandez-Folkles (U20M), Osagie Imanswuomo (U20M)	3:38.0
2	M	Medway & Maidstone AC 1	Tomass Kalve (U20M), Ben Lineker (U20M), Callum Featherstone (U20M), Cameron Featherstone (U20M)	3:39.6
3	N	Central Park AC 1	William Vilpoix-Phillips (U20M), Freddie Hornett (U20M), Craig Sharp (U20M), Cameron Sharp (U20M)	3:57.8
4	D	Dartford Harriers AC 1	Jacob Da Costa (U17M), Oscar Mitroi (U17M), Rhys Rudkin (U20M), Miles Brierley (U20M)	4:01.2

Mixed 4 x 400m**Final**

1	D	Dartford Harriers AC 1	Edward Best (U20M), Imogen Smith (U17W), Jasmine Crossley (U20W), Adam Bernard (M35)	4:02.6
2	M	Medway & Maidstone AC 1	Daniel Hardy (U20M), Erin Hughes, Zara Edeleanu, Ollie Rodwell (U20M)	4:14.3

U17W 4 x 200m**Final**

1	M	Medway & Maidstone AC 1	Amber Matthews, Grace Akindeji, Azaria Makinde, Niniola Omotola	1:49.1
2	C	Cambridge Harriers 1	Gabriella Noyce, Shardai Powell, Zafirah Alebiosu, Nuriyah Orhurhu	1:50.1
3	B	Blackheath & Bromley H AC 1	Zara Okoroafor, Tallulah Ndikanwu, Matilda Shilland, Nina Whitter	1:51.1
4	X	Bexley AC 1	Ann-Marie Alake, Sokipreye Appolos, Irethifeoluwa Ajetombi, Kendra Uche	1:53.8
5	XX	Bexley AC 2	Yemisi Folagbade, Fadheelah Olawale-Agbojo, Olamide Ibraheem, Nifesi Adenuga	2:06.9

U17M 4 x 200m**Final**

1	M	Medway & Maidstone AC 1	Daniel Shoyoye, Cameron Isaac, Cheyne West, Joshua Osaretin	1:34.0
2	B	Blackheath & Bromley H AC 1	Andrew Nikoro, Oji Okoro, Harrison Vallins, Alexander Morrell	1:34.6
3	C	Cambridge Harriers 1	Daniel Nyong, Aaron Adade-Boateng, Tomisin Awolowo, Michael Somade-Makinde	1:34.9
4	T	Tonbridge AC 1	Alfie Baker-Harris, Tom Daly, Ollie Westrap, Leonardo Thomas	1:38.9

SW 4 x 200m**Final**

1	T	Tonbridge AC 1	Alexia Scotiniadis (U17W), Evie Dixon (U17W), Isabelle Bridgeman (U20W), Lucy Tallon (U20W)	1:44.9
2	X	Bexley AC 1	Nirah Valinejad (U20W), Keziah Ikpeamaeze (U20W), Christal Izchukwu (U20W), Faye Olszowka	1:46.3
3	M	Medway & Maidstone AC 1	Zara Edeleanu, Erin Hughes, Madaline Scott (U20W), Ciara Harrop (U20W)	1:55.3
4	D	Dartford Harriers AC 1	Jasmine Crossley (U20W), Kiera Pingo (U17W), Imogen Smith (U17W), Freya Perry (U20W)	2:00.5
5	DD	Dartford Harriers AC 2	Kalina Detko (W40), Helen Mitroi (W45), Jane Crawley (W45), Kirstie Cooper (W45)	2:07.4

SM 4 x 200m**Final**

1	D	Dartford Harriers AC 1	Justin Bailey, James Baker (U20M), Oluwafemi Segun (U20M), Trey McPherson	1:31.1
2	C	Cambridge Harriers 1	Dante Legister (U20M), Osagie Imanswuomo (U20M), Javan Gordon (U20M), Shaquille Fernandez-Folkes (U20M)	1:31.3
3	CC	Cambridge Harriers 2	Moshood Erinfolami (U20M), Jack Ebanks (U20M), Jack Adams (U20M), Lloyd Oduwole (U20M)	1:35.1
4	K	Invicta East Kent AC 1	Joshua Thomas-Wright (U17M), Ethan Levene (U17M), Roddy Ostle (U17M), James Gill (U20M)	1:36.0
5	M	Medway & Maidstone AC 1	Ben Lineker (U20M), Kieran Isaac (U20M), Daniel Hardy (U20M), Ollie Rodwell (U20M)	1:37.0
6	DD	Dartford Harriers AC 2	Edward Best (U20M), Oscar Mitroi (U17M), Rhys Rudkin (U20M), Steve Foy (M35)	1:39.9
7	N	Central Park AC 1	William Vilpoix-Phillips (U20M), Rylee Duffy (U17M), George Robinson (U17M), TJ Packer (U20M)	1:40.4
8	NN	Central Park AC 2	Andrew Ajose-Alatise (U17M), Sulayman Salim (U17M), Cameron Sharp (U20M), Freddie Hornett (U20M)	1:45.7

U15B 4 x 200m**Final**

1	C	Cambridge Harriers 1	Tom Ravenscroft, Zavier Brathwaite, Elijah Olaleye, Luca Glyde-Jones	1:39.0
2	B	Blackheath & Bromley H AC 1	Jamie Ellerton, Nicholas Marquez, Jason Yamoah, Thomas Vallins	1:43.9
3	CC	Cambridge Harriers 2	Rhys Joyeux, Gabriel Nakiakpor, Ekene Ogbonna, Emmanuel Akanni	1:46.1
4	A	Ashford AC 1	Tyler Coppins, Chamberlain Ofofu, Jack Warner, Isaac Wood	1:48.7
5	D	Dartford Harriers AC 1	Charles Graham, Michael Agbebi, Eytayo Olowo, Keon Odulawa	1:49.0
6	T	Tonbridge AC 1	Matthew Buttery, Devon Brewer, Thomas George, Felix Murray	1:49.8
7	Z	Swale Combined AC	Alfie Walach, Noah Jennings, Rocco Harris, Blake Gates	1:57.2

U15G 4 x 200m**Heat 1**

1	X	Bexley AC 1	Katie Wake, Aimee Price, Nana-Aisha Giwa, Kerima Bailey	1:55.9
2	K	Invicta East Kent AC 1	Laila Humphrey, Evie North, Kimora Okeke, Bethany Clayton	1:56.6
3	C	Cambridge Harriers 1	Nia Thomas, Chiamaka Ekenulo, Victoria Simi Akinlolu, Ariana Clarke	2:03.5
4	Z	Swale Combined AC	Emilia Stevens, Harriet Smith, Lily-Grace Gillam, Skye Watts	2:04.8
5	T	Tonbridge AC 1	Lola Reece, Tevy Cerrini, Arabella Johnston, Rachel Ferry	2:11.8

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Q**U15G 4 x 200m****Heat 2**

1	B	Blackheath & Bromley H AC 1	Sophie Tran, Cheyanne Nketia, Abigail Williams, Chizam Boniface	1:50.9
2	M	Medway & Maidstone AC 1	Mia Blaber, Lily Juan, Pixie Davies, Grace Durrant	1:55.6
3	D	Dartford Harriers AC 1	Angel Salako, Rebecca Turner, Dara Akinyele, Laetitia Tene	1:56.2
4	DD	Dartford Harriers AC 2	Freya Goodayle, Favour Agebebi, Candy Okeoma, Hannah Odelade	2:01.5
5	KK	Invicta East Kent AC 2	Sophie Darling, Abigail Harris, Lucy Steer, Gracie Lawton	2:01.6

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q**U15G 4 x 200m****Final**

1	B	Blackheath & Bromley H AC 1	Sophie Tran, Cheyanne Nketia, Abigail Williams, Chizam Boniface	1:51.7
2	X	Bexley AC 1	Katie Wake, Aimee Price, Nana-Aisha Giwa, Kerima Bailey	1:55.3
3	K	Invicta East Kent AC 1	Laila Humphrey, Evie North, Bethany Clayton, Kimora Okeke	1:57.6
4	D	Dartford Harriers AC 1	Angel Salako, Rebecca Turner, Dara Akinyele, Laetitia Tene	1:58.2
5	DD	Dartford Harriers AC 2	Freya Goodayle, Favour Agebebi, Candy Okeoma, Hannah Odelade	2:01.7
	C	Cambridge Harriers 1	Nia Thomas, Jayda Renae Mckenzie, Victoria Simi Akinlolu, Ariana Clarke	DIS
	KK	Invicta East Kent AC 2	, , ,	DNS
	M	Medway & Maidstone AC 1	, , ,	DNS

U13G 4 x 200m**Final**

1	B	Blackheath & Bromley H AC 1	Noelle Carr, Zamaia Dixon, Aoife Stanley, Ella Brooker	1:57.8
2	K	Invicta East Kent AC 1	Lela Dombai-Walters, Tia Wiggins, Miller Payne, Martha Adkins	2:01.8
3	T	Tonbridge AC 1	Ayanfeoluwa Afolabi, Charlotte Currie, Tayla Galliard, Tiffany Oyewale	2:02.6
4	M	Medway & Maidstone AC 1	Eve Hammersley, Gwennan Thomas, Poppy Rogers, Joyce Akindeji	2:05.7
5	D	Dartford Harriers AC 1	Megan Goodayle, Matilda Holliday, Sonika Thwaites-Ramaiya, Manroop Jandu	2:06.3
6	X	Bexley AC 1	Sophia Summers, Kayla Fanoiki, Jadesola Adebisi, Haleema Okejimi	2:07.3
7	C	Cambridge Harriers 1	Esther Yeatman, Uchenna Adigwe, Seren Yeatman, Elizabeth McKen	2:12.3
8	A	Ashford AC 1	Sienna Morris, Sofia Marin-Quinn, Millicent Steele, Ellin Wilson	2:15.1

U13B 4 x 200m**Heat 1**

1	A	Ashford AC 1	Harry Vail, Dillon Warner, Nathan Wood, Jake Phillips	1:58.9
2	U	Tonbridge AC 3	Alexander Sharp, Kobe Ouegnimaoua, Ethan Sampson-Gray, Rupert Lott	2:01.8
3	B	Blackheath & Bromley H AC 1	Jericho Senior, Zachary Ferraz, Harrison Luck, Luca Hunstone	2:02.2
4	N	Central Park AC 1	Ted Vallins, Dylan Brown, Ashley Mitchell, Samuel Watson	2:10.0
5	M	Medway & Maidstone AC 1	Jack Gregory, Ethan Miles, Chaim-Aaron Haarstrup, Rudi Charles	2:10.9

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q**U13B 4 x 200m****Heat 2**

1	T	Tonbridge AC 1	Jacob McGeachy, Harry Osborn, Sam Foster, Samuel Gibson	1:59.4
2	D	Dartford Harriers AC 1	Ryan Dwight, Aathinath Gananathan, Caleb Faleye, Jaedon-Leo Palmer	2:02.9
3	TT	Tonbridge AC 2	Sotirios Panagiotidis, Thomas Parker, Mika Pit, Oliver Clark	2:12.6
4	AA	Ashford AC 2	Joshua Harrington, William Rees, Samuel Beaumont, Leon Booth	2:17.9

Q
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Q**U13B 4 x 200m****Final**

1	T	Tonbridge AC 1	Jacob McGeachy, Harry Osborn, Sam Foster, Samuel Gibson	1:55.6
2	A	Ashford AC 1	Harry Vail, Dillon Warner, Nathan Wood, Jake Phillips	2:02.1
3	U	Tonbridge AC 3	Alexander Sharp, Kobe Ouegnimaoua, Ethan Sampson-Gray, Rupert Lott	2:02.9
4	D	Dartford Harriers AC 1	Ryan Dwight, Aathinath Gananathan, Caleb Faleye, Jaedon-Leo Palmer	2:03.6
5	B	Blackheath & Bromley H AC 1	Jericho Senior, Zachary Ferraz, Harrison Luck, Luca Hunstone	2:04.4
6	N	Central Park AC 1	Dylan Brown, Ted Vallins, Samuel Watson, Ashley Mitchell	2:12.0
7	TT	Tonbridge AC 2	Sotirios Panagiotidis, Thomas Parker, Mika Pit, Oliver Clark	2:12.6
8	M	Medway & Maidstone AC 1	Jack Gregory, Ethan Miles, Chaim-Aaron Haarstrup, Rudi Charles	2:15.8