

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 11/10/2025**Under 20 Women 5000m Individual Results**

Pos	No	Name	Club	Time
1	445	Emer Tynan	Cambridge Harriers	18:52
2	461	Lola Sutton	Medway and Maidstone AC	18:54
3	460	Abigail Royden	Medway and Maidstone AC	19:19
4	440	Kyla Dervish	Blackheath and Bromley H AC	19:56
5	463	Holly Diprose	Sevenoaks AC	20:02
6	455	Naveen Deo	Medway and Maidstone AC	20:18
7	466	Florrie McIver-Hall	Tonbridge AC	20:30
8	462	Ella Baker	Sevenoaks AC	21:03
9	447	Kiera Pingo	Dartford Harriers AC	21:09
10	465	Emily Boyd	Tonbridge AC	21:50
11	457	Heidi Hughes	Medway and Maidstone AC	21:57
12	450	Zoe Vallis	Invicta East Kent AC	22:06
13	453	Iris Crossley	Medway and Maidstone AC	22:33
14	439	Sophie Ansell	Bexley AC	24:37