



HERTFORDSHIRE, KENT and MIDDLESEX COUNTIES INDOOR CHAMPIONSHIPS

(UNDER UKA RULES)

16th – 17th March 2019

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

6th May Disability, 1500m, 3k walk, 4x400 Relays, Veterans & Steeplechase

Stevenage

11th & 11th May Main Championships

Watford

29th June Pentathlons and 3000m

Hemel Hempstead

Full details will be on the Hertfordshire website

www.hertscaaa.org.uk

Kent

11th & 11th May Main Championships, Julie Rose Stadium, Ashford

26th June 3Km & 10Km Championships, Dartford
(including electronic timing)

Full details will be on the Kent website

www.kcaa.org.uk/fixtures

Middlesex

11th & 11th May Main Championships, Lee Valley Stadium

15th September Road Relay Championships, the Minet Cycle Circuit, Hayes

29th September 10K Road Running Champs, Victoria Park, Hackney

Online entries at : www.middlesexaa.org.uk

Herts/Kent/Middlesex Indoor Championships
Sat/Sun 16th/17th March 2019 at Lee Valley Indoor Athletics Centre

Day 1 Saturday 16th March 2019

Meeting Manager	John Moules (K)
Asst Meeting Manager	Gill Freeman (K)
Chief Starter	Gerald Alterman (M)
Starters	John Freeman (K), David Winfield (K)
Chief Starters Assistant	Jo Newall (M)
Starters Assistants	David Ralph (K), Sam Purser (K), Phil Pape (K)
Track Referee	Daniel Seechan (M)
Track Umpires	Gill Skellon (K), Ray Clark (K), John Mercer (M), Rhona Foster (H), Beryl Stratton (M), Sarah Millac (H), Malcolm French (M)
CofC	Barry Dorrity (K)
Walks Judges	Noel Carmody (K) and John Hall (M) (also on Field)
Chief Photofinish	Maureen Fletcher (K)
Photofinish and Seeding	Sharon Herbert (M), Sara Fletcher (K), Dawn Hookway (K), Miriam Dorrity (K)
Photofinish Technician	Luke Smallwood
Chief Timekeeper	Heather Espuete (M)
Timekeepers	Mike Beech (K), George Richardson (M), Denis Cullen (H), Tim Munden (M), Mandeep Chahal (M), Geoff Hall (H)
Field Referees	Sue Smith (H), Andy Midwinter (K)
Technical Manager	Steve Marshall (M)
Clerks of Course	Sylvianne Provost- Campbell (M), Peter Lee (H)
Field Judges	Claire Capon (K), John Askew (K), Sian Thomas (K), Mike Botha (K), Bob Hammond (K), Mo Fazakerley (K), Dick Sharp (K), Lesley Halls (K), Tony Shaw (H), John Gandee (H), Bob Gaylor (H), Simon Baker (M), Bob Densley (M), Debashish Biswas (S), John Hall (M), Mumbi Keinamma (M), Geoff Hawes (M), Di Godin (M), Gary Capon (K), Steve Hewitt (M), Martin Howard (M), Helen Isaacs (M), Frank Adams (M), Suzanne Kendall (M), Ian Turner (M)
Call Room Chief	Julie Roe (K)
Call Room Stewards	Sue Bishop (M), Martin Black (M), Tina Tappenden (K), Marion Osborn (K)
Athletes Registration	Di Capon (K), Major Carr, Stuart Broadhead (H)
Result recorders	Sally Gandee (H), Brian Charlton (K), John Terry (M)
Presentation	Brian Fowler President (H), Lee Capon (K), Clyde Gordon (M)
Announcer	Roy Stratton (M), Kim Taylor (K)
Comms	Mike Grimsey (M)
Reception	Graham Brown (H)

Herts/Kent/Middlesex Indoor Championships
Sat/Sun 16th/17th March 2019 at Lee Valley Indoor Athletics Centre

Day 2 Sunday 18th March 2019

Meeting Manager	Andy Midwinter (K)
Asst Meeting Manager	Gill Freeman (K)
Chief Starter	John Moules (K)
Starters	John Freeman (K), Rob Bush (H)
Chief Starters Assistant	David Ralph (K)
Starters Assistants	Gerald Alterman (M), Martin Black (M), David Winfield (K)
Track Referee	Barry Dorrity (K)
Track Umpires	Jan Clifford (K), Joe Appiah (K), Rhona Foster (H), David Lipscomb (H), Cathy Valler (H), Jenny Lambert (H), Beryl Stratton (M), Kim Hunt (M)
CofC	Daniel Seechan (M)
Chief Photofinish	Paul Langston (H)
Photofinish and Seeding	Maureen Fletcher (K), Sara Fletcher (K), Dawn Hookway (K), Jeanne Coker (M)
Photofinish Technician	Luke Smallwood
Chief Timekeeper	Miriam Dorrity (K)
Timekeepers	Heather Espuete (M), Stephen Hollingdale (K), Denis Cullen (H), Sharon Herbert (M), Roger Fitzgerald (M), Geoff Hall (H), Mandeep Chahal (M)
Field Referee	Steve Hall (K), Dick Sharp (K)
Technical Manager	Peter Lee (H)
Clerks of Course	Tim Williams (K), Bob Densley (M)
Field Judges	Claire Capon (K), Norma Grimsey (M), Sian Thomas (K), Mike Botha (K), Bob Hammond (K), Sue Smith (H), Chris Stott (H), Sylvianne Provost-Campbell (M), Chris Head-Rapson (K), John Gandee (M), Bob Gaylor (H), Simon Baker (M), Steve Marshall (M), John Falvey (M), John Hall (M), Mumbi Keinamma (M), Geoff Hawes (M), Malcolm French (M), Gary Capon (K)
Call Room Chief	Tony Shaw (H)
Call Room Stewards	Sue Bishop (M), Ray Clark (K), Jo Newall (M), Marion Osborn (K)
Athletes Registration	Di Capon (K), Stuart Broadhead (H), Graham Brown (H), Richard Priestley (M)
Result recorders	Sally Gandee (H), Brian Charlton (K), John Terry (M)
Presentation	Brian Fowler President (H), Lee Capon (K), Clyde Gordon (M)
Announcer	Roy Stratton (M), Kim Taylor (K)
Comms	Iain Presnell (K)
Reception	Graham Brown (H)

Hertfordshire, Kent and Middlesex Counties 2019 Indoor Championships Timetable

Saturday Timetable - Track

1000	T1	U15G 60 Metres Hurdles - Herts - Final	5
1003	T2	U15G 60 Metres Hurdles - Middx - Final	5
1006	T3	U15G 60 Metres Hurdles - Kent - Heats (to T16)	11 (2H)
1012	T4	U17W 60 Metres Hurdles - Herts - Final	5
1015	T5	U17W 60 Metres Hurdles - Kent - Heats (to T17)	8 (2H)
1021	T6	U17W 60 Metres Hurdles - Middx - Final	6
1027	T7	SW 60 Metres Hurdles - Kent/Middx - Final	1/2
1030	T8	U15B 60 Metres Hurdles - Kent - Heats (to T18)	10 (2H)
1036	T9	U15B 60 Metres Hurdles - Herts/Middx - Final	2/1
1042	T10	SM 60 Metres Hurdles - Middx - Final	7
1045	T11	SM 60 Metres Hurdles - Kent - Final	3
1051	T12	U20M 60 Metres Hurdles - Kent/Herts - Final	3/1
1057	T13	U17M 60 Metres Hurdles - Kent - Final	6
1100	T14	U17M 60 Metres Hurdles - Herts/Middx - Final	5/2
1106	T15	U20W 60 Metres Hurdles - Kent/Middx - Final	2/2
1112	T16	U15G 60 Metres Hurdles - Kent - Final (from T3)	
1115	T17	U17W 60 Metres Hurdles - Kent - Final (from T5)	
1121	T18	U15B 60 Metres Hurdles - Kent - Final (from T8)	
1141	T19	U15G 200 Metres - Herts - Heats (to T39)	11 (2H)
1149	T20	U15G 200 Metres - Kent - Heats (to T40)	15 (3H)
1201	T21	U15G 200 Metres - Middx - Heats (to T41)	14 (3H)
1213	T22	U17W 200 Metres - Herts - Final	6
1217	T23	U17W 200 Metres - Kent - Heats (to T44)	12 (2H)
1225	T24	U17W 200 Metres - Middx - Heats (to T45)	9 (2H)
1233	T25	U20W 200 Metres - Herts/Middx - Final	3/3
1237	T26	U20W 200 Metres - Kent - Heats (to T46)	8 (2H)
1241	T27	SW 200 Metres - Kent - Final	3
1245	T28	SW 200 Metres - Middx - Heats (to T47)	7 (2H)
1253	T29	U15B 200 Metres - Herts - Final	5
1257	T30	U15B 200 Metres - Kent - Heats (to T42)	11 (2H)
1305	T31	U15B 200 Metres - Middx - Heats (to T43)	13 (3H)
1317	T32	U17M 200 Metres - Herts - Heats (to T58)	8 (2H)
1325	T33	U17M 200 Metres - Kent - Heats (to T59)	16 (3H)
1337	T34	U17M 200 Metres - Middx - Heats (to T60)	11 (2H)
1345	T35	U20M 200 Metres - Kent - Heats (to T61)	8 (2H)
1353	T36	U20M 200 Metres - Herts/Middx - Final	2/3
1357	T37	SM 200 Metres - Kent - Heats (to T62)	11 (2H)
1405	T38	SM 200 Metres - Middx - Heats (to T63)	10 (2H)
1413	T39	U15G 200 Metres - Herts - Final (from T19)	
1417	T40	U15G 200 Metres - Kent - Final (from T20)	
1421	T41	U15G 200 Metres - Middx - Final (from T21)	
1425	T42	U15B 200 Metres - Kent - Final (from T30)	
1429	T43	U15B 200 Metres - Middx - Final (from T31)	
1433	T44	U17W 200 Metres - Kent - Final (from T23)	
1437	T45	U17W 200 Metres - Middx - Final (from T24)	
1441	T46	U20W 200 Metres - Kent - Final (from T26)	
1445	T47	SW 200 Metres - Middx - Final (from T28)	
1449	T48	U15G 800 Metres - Herts - Final	4
1453	T49	U15G 800 Metres - Kent - Heats (to T73)	14 (3H)
1505	T50	U15G 800 Metres - Middx - Heats (to T74)	9 (2H)

1513	T51	U17M 800 Metres - Kent - Heats (to T76)	8 (2H)
1521	T52	U17M 800 Metres - Middx - Heats (to T77)	8 (2H)
1529	T53	U20M 800 Metres - Herts/Middx - Final	3/2
1533	T54	U20M 800 Metres - Kent - Final	5
1537	T55	SM 800 Metres - Herts - Final	3
1541	T56	SM 800 Metres - Kent - Heats (to T78)	8 (2H)
1549	T57	SM 800 Metres - Middx - Heats (to T79)	8 (2H)
1557	T58	U17M 200 Metres - Herts - Final (from T32)	
1601	T59	U17M 200 Metres - Kent - Final (from T33)	
1605	T60	U17M 200 Metres - Middx - Final (from T34)	
1609	T61	U20M 200 Metres - Kent - Final (from T35)	
1613	T62	SM 200 Metres - Kent - Final (from T37)	
1617	T63	SM 200 Metres - Middx - Final (from T38)	
1621	T64	U17W 800 Metres - Kent - Final	5
1625	T65	U17W 800 Metres - Herts - Final	4
1629	T66	U17W 800 Metres - Middx - Final	4
1633	T67	SW/U20W 800 Metres - Middx - Final	1/1
1637	T68	SW 800 Metres - Kent - Final	7
1641	T69	U15B 800 Metres - Herts - Final	6
1645	T70	U15B 800 Metres - Kent - Final	5
1649	T71	U15B 800 Metres - Middx - Final	7
1653	T72	U17M 800 Metres - Herts - Final	5
1657	T73	U15G 800 Metres - Kent - Final (from T49)	
1701	T74	U15G 800 Metres - Middx - Final (from T50)	
1705	T75	All 1000m Walk - Kent - Final	10
1715	T76	U17M 800 Metres - Kent - Final (from T51)	
1719	T77	U17M 800 Metres - Middx - Final (from T52)	
1723	T78	SM 800 Metres - Kent - Final (from T56)	
1727	T79	SM 800 Metres - Middx - Final (from T57)	

Saturday Timetable - Field

1000	F1	U20M/U15B Shot - All	8/8
1015	F2	U17W/U15G Pole Vault - All	2/7
1100	F3	U17M Long Jump - All - North pit	12
1120	F4	SM Shot - All	5
1215	F5	SM/U20M High Jump - All - Arena Bed 1	4/6
1240	F6	U15B Long Jump - All - South pit	15
1250	F7	U17W/U15G Triple Jump - All - North pit	13/3
1300	F8	SW/U20W Pole Vault - All	12/2
1320	F9	U17M Shot - All	6
1420	F10	SM/U20M Long Jump - All - South pit	14/10
1420	F11	SW/U20W Triple Jump - All - North pit	3/6
1520	F12	SW/U20W/U17W High Jump - Arena Bed 1	2/1/12

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 9.7 2018					
92	Scarlett Gammell	Watford Harriers	43	Sienna Parfitt	Herts Phoenix AC	
94	Abbie Parker	Dacorum & Tring AC	44	Delia Previtali	Stevenage & North H AC	
100	Jessie Tappin	HAWCS				
T2	Middlesex Under 15 Girls 60 Metres Hurdles				Final	10.03
	CBP: Leigh Thompson Victoria Park & Tower Hamlets AC 9.54 2013					
	Previous Winner: Lucy Fellows St Mary's Richmond AC 9.57 2018					
705	Patricia Grudz-Edmondson	Thames Valley Harriers	732	Chanel Lovelock	Windsor Slough Eton & H	
816	Karen Apolot	Shaftesbury Barnet H	733	Anya Nesbitt	Enfield & Haringey AC	
823	Lola Baty	Victoria Park & TH AC				
T3	Kent Under 15 Girls 60m Hurdles				Heats	10.06
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017					
	Previous Winner: Emily Frimpong Bexley AC 9.40 2018					
316	Mabel Naisbitt	Thanet AC	346	Megan Currier	Medway & Maidstone AC	
321	Chloe Salter	Dartford Harriers AC	347	Ciara Harrop	Medway & Maidstone AC	
460	Jessica Daly	Tonbridge AC	348	Asha Lacey	Tonbridge AC	
461	Cerys Daniels	Cambridge Harriers	349	Catrina MacArthur	Folkestone Running Club	
466	Keira Hulks	Thanet AC	350	Jessica Penny	Paddock Wood AC	
475	Jessie Sargeant	Bexley AC				
T4	Hertfordshire Under 17 Women 60 Metres Hurdles				Final	10.12
	CBP: Alicia Tymon-McEwan St. Albans AC 8.80 2012					
	Previous Winner: Marli Jessop Dacorum & Tring AC 8.88 2018					
22	Marli Jessop	Dacorum & Tring AC	86	Jessica Hill	Dacorum & Tring AC	
81	Clare Hudson	Stevenage & North H AC	88	Grace Hucknall	Dacorum & Tring AC	
84	Holly Taylor	Enfield And Haringey				
T5	Kent Under 17 Women 60m Hurdles				Heats	10.15
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003					
	Previous Winner: Kaliyah Young Dartford Harriers AC 9.15 2018					
298	Joy Kelvin	Bexley AC	450	Rebekah O'Brien	Tonbridge AC	
304	Sarris Teale	Ashford AC	343	Emily Frimpong	Bexley AC	
443	Sohaila Ali	Tonbridge AC	344	Kaliyah Lacey	Tonbridge AC	
447	Isabelle Harding	Invicta East Kent AC	345	Samantha Stubbs	Tonbridge AC	
T6	Middlesex Under 17 Women 60 Metres Hurdles				Final	10.21
	CBP: Yasmin Uwakwe Enfield and Haringey AC 8.88 2018					
	Previous Winner: Yasmin Uwakwe Enfield and Haringey AC 8.88 2018					
686	Yasmine Mwanyo	Enfield & Haringey AC	729	Evelyn Barter	Shaftesbury Barnet H	
801	Amber Du Verney	Shaftesbury Barnet H	730	Jessica Thomas	St Mary's Richmond AC	
803	Sarah Kuti	Shaftesbury Barnet H	731	Yasmin Uwakwe	Enfield & Haringey AC	
T7	Kent Senior Women 60m Hurdles				Final	10.27
	CBP: Teresa Copeland Medway AC 8.9s 1995 & 1996					
	Previous Winner: Simone Baxter Tonbridge AC 9.80 2017					
340	Abigail Lofts	Swale Combined AC				
T7	Middlesex Senior Women 60 Metres Hurdles				Final	10.27
	CBP: Rachael Nakaye Staffs Uni 9.10 2016					
	Previous Winner: No Competition 2018					
725	Angelita Broadbelt-Blake	Thames Valley Harriers	726	Rebecca Sommerville	Victoria Park & TH AC	

T8	Kent Under 15 Boys 60m Hurdles		Heats	10.30	
	CBP: Isaac Milham Med and Maid AC 8.70 2015				
	Previous Winner: Jacob Byfield Black & Brom H AC 9.17 2018				
266	Ben Nolan	Tonbridge AC	335	Daniel Hardy	Med and Maid AC
406	Daniel Goriola	Dartford Grammar School	336	Nathan Njoku	Bexley AC
418	Reef Page	Invicta East Kent AC	337	Benjamin Oladapo-Gamu	Dartford Grammar School
333	Reuben Chandler	Cambridge Harriers	338	Reece Onabanjo	Dartford Grammar School
334	Lewis Groombridge	Dartford Harriers AC	339	Oliver Robertson	Black & Brom H AC
T9	Hertfordshire Under 15 Boys 60 Metres Hurdles		Final	10.36	
	CBP: Max Price Stevenage & North Herts 8.46 2013				
	Previous Winner: No Competition 2018				
74	Noah Brown	St Albans AC	45	Daniel Ikwue	Watford Harriers
T9	Middlesex Under 15 Boys 60 Metres Hurdles		Final	10.36	
	CBP: Jack Kirby Hillingdon 8.91 2011				
	Previous Winner: No Competition 2018				
652	Dike Onyemelukwe	Shaftesbury Barnet H			
T10	Middlesex Senior Men 60 Metres Hurdles		Final	10.42	
	CBP: Richard Baderin Liverpool 8.38 2005				
	George Vaughan Enfield & Haringey AC 8.38 2017				
	Previous Winner: David Shortridge Victoria Park & TH AC 12.28 2018				
606	Jordan May	Enfield & Haringey AC	722	Elliot Thompson	Enfield & Haringey AC
719	Israel Nworgu	London Heathside	723	Daniel Upton	Richmond & Zetland Harri
720	Alastair Prens	Belgrave Harriers	724	Florian Vogel (M35)	Thames Valley Harriers
721	David Shortridge (M45)	Victoria Park & TH AC			
T11	Kent Senior Men 60m Hurdles		Final	10.45	
	CBP: Mensha Elliot Blackheath Harriers 8.2s 1998				
	Previous Winner: Alexander Al-Ameen Newham & Essex B AC 8.22 2018				
365	Andrejs Safars	Med and Maid AC	327	Paul Slater	Bexley AC
326	George Huxley	Kent AC			
T12	Hertfordshire Under 20 Men 60 Metres Hurdles		Final	10.51	
	CBP: Matthew Hall Shaftesbury Barnet H 8.37 2015				
	Previous Winner: No Competition 2018				
105	Ralph Williams	Shaftesbury			
T12	Kent Under 20 Men 60m Hurdles		Final	10.51	
	CBP: Alexander Al-Ameen Black & Brom H AC 8.1s 2008				
	Previous Winner: Jonathan Mann Bexley AC 8.26 2018				
223	Konrad Farrall	Thanet A.C	329	Douglas Noel	Invicta East Kent AC
328	David Fullbrook	Tonbridge AC			
T13	Kent Under 17 Men 60m Hurdles		Final	10.57	
	CBP: Edward Harrison Medway & Maidstone AC 7.3s 2003				
	Mandeep Shoker Medway & Maidstone AC 7.3s 2003				
	Previous Winner: Rico Cottell Black & Brom H AC 8.25 2018				
234	Sami Baruah	Tonbridge AC	330	Michael Alajiki	Ashford AC
253	Zsiriah Thomas	Black & Brom H AC	331	Luke Mellor	Invicta East Kent AC
387	Oliver Gregory	Folkestone Running Club	332	George Seery	Thanet AC

T14	Hertfordshire Under 17 Men 60 Metres Hurdles				Final	11.00
	CBP: Max Price Stevenage & North H AC 8.48 2014					
	Previous Winner: Ralph Williams Dacorum & Tring AC 8.58 2018					
38	Kai Alland	St Albans AC	41	Nile Odejimi-Riley	Stevenage & North H AC	
39	William Lawler	Stevenage & North H AC	42	Ethan Peacock	St Albans AC	
40	Edward Laws	Stevenage & North H AC				
T14	Middlesex Under 17 Men 60 Metres Hurdles				Final	11.00
	CBP: Jack Kirby Hillingdon AC 8.11 2013					
	Previous Winner: Harvey Kitchen Thames Valley Harriers 8.76 2018					
628	Motunrayo Ogunbanjo	Hillingdon AC	762	Neon Richards	Thames Valley Harriers	
T15	Kent Under 20 Women 60m Hurdles				Final	11.06
	CBP: Anastasia Davies Blackheath & Bromley H AC 9.00 2016					
	Previous Winner: Alice English Swale Combined AC 10.05 2018					
341	Lauren Macey	Invicta East Kent AC	342	Grace Scopes	Black & Brom H AC	
T15	Middlesex Under 20 Women 60 Metres Hurdles				Final	11.06
	CBP: Symone Belle Victoria Park & Tower Hamlets 8.8 2002					
	Previous Winner: Sophia Obi Shaftesbury Barnet H 9.17 2018					
727	Sophia Obi	Shaftesbury Barnet H	728	Cristina Potter	Shaftesbury Barnet H	
T16	Kent Under 15 Girls 60m Hurdles				Final	11.12
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017					
	Previous Winner: Emily Frimpong Bexley AC 9.40 2018					
T17	Kent Under 17 Women 60m Hurdles				Final	11.15
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003					
	Previous Winner: Kaliyah Young Dartford Harriers AC 9.15 2018					
T18	Kent Under 15 Boys 60m Hurdles				Final	11.21
	CBP: Isaac Milham Med and Maid AC 8.70 2015					
	Previous Winner: Jacob Byfield Black & Brom H AC 9.17 2018					
T19	Hertfordshire Under 15 Girls 200 Metres				Heats	11.41
	CBP: Charlotte Wingfield Barnet 26.07 2009					
	Previous Winner: Serena Thomas St Albans AC 27.36 2018					
24	Amelia Gittens	Herts Phoenix AC	91	Niamy Day	Stevenage & North H AC	
25	Amelie Hall	Herts Phoenix AC	92	Scarlett Gammell	Watford Harriers	
28	Daisy Marshall	HAWCS	93	Charlotte Harris	Barnet & District AC	
30	Ava McLoughlin	Watford Harriers	94	Abbie Parker	Dacorum & Tring AC	
34	Kayleen Patel	HAWCS	95	Ruby Peacock	St Albans AC	
90	Natalie Cloy	Dacorum & Tring AC				
T20	Kent Under 15 Girls 200m				Heats	11.49
	CBP: Kaliyah Young Dartford Harriers AC 26.11 2017					
	Previous Winner: Emily Bowart Tonbridge AC 26.71 2018					
310	Abigail Babalola	Cambridge Harriers	322	Lucy Tallon	Tonbridge AC	
311	Chichi Cooper	Cambridge Harriers	459	Annabella Curcher	Tonbridge AC	
312	Grace Jakeman	Thanet AC	460	Jessica Daly	Tonbridge AC	
313	Emily Kerr	Black & Brom H AC	461	Cerys Daniels	Cambridge Harriers	
314	Sophie Kerr	Black & Brom H AC	462	Jemima Partner	Medway Phoenix	
317	Timileyin Olowofoyeku	Dartford Harriers AC	463	Eres Thomas	Cambridge Harriers	
320	Nadia Sadler-Reeves	Ashford AC	464	Libby Turbutt	Ashford AC	
321	Chloe Salter	Dartford Harriers AC				

T21	Middlesex Under 15 Girls 200 Metres				Heats	12.01
	CBP: Desiree Henry Enfield & Haringey 25.35 2009					
	Previous Winner: Jeslyn Agyei-Kyem Walton AC 26.05 2018					
697	Niah Akintokun	Shaftesbury Barnet H	712	Syan Newman-Smith	Thames Valley Harriers	
699	Oluwasemilore Atiba	Shaftesbury Barnet H	713	Omosefe Obadagbonyi	Victoria Park & TH AC	
704	Vanessa Granada	Team Hounslow AC	716	Emmanuella Quaye	Enfield & Haringey AC	
707	Tosin Jokosenumi	Shaftesbury Barnet H	718	Michelvi Wamba	Victoria Park & TH AC	
708	Tyra Khambai-Annan	Team Hounslow AC	814	Sharon Anene	Hillingdon AC	
709	Manuela Marangi	Thames Valley Harriers	816	Karen Apolot	Shaftesbury Barnet H	
710	Lola McCann-Ezekiel	Shaftesbury Barnet H	817	Olivia Sparks	Thames Valley Harriers	
T22	Hertfordshire Under 17 Women 200 Metres				Final	12.13
	CBP: Ella Wansell Enfield & Haringey AC 25.08 2017					
	Previous Winner: Remi Jessop Dacorum & Tring AC 26.59 2018					
80	Emeline Brown	St Albans AC	83	Milly Soanes	Dacorum & Tring AC	
81	Clare Hudson	Stevenage & North H AC	84	Holly Taylor	Enfield And Haringey	
82	Alexia Saunders	Shaftesbury BH	85	Freya Witheat	Watford Harriers	
T23	Kent Under 17 Women 200m				Heats	12.17
	CBP: Isio Orogun Dartford Harriers AC 24.96 2015					
	Previous Winner: Esther Jackson Cambridge Harriers 25.80 2018					
289	Imogen Davis	Ashford AC	306	Kaliyah Young	Dartford Harriers AC	
291	Emma-Sophia Elston	Tonbridge AC	438	Emily Bowart	Tonbridge AC	
292	Sileena Farrell	Dartford Harriers AC	439	Kimberley Garcia	Paddock Wood AC	
293	Isabella Fassnidge	Tonbridge AC	440	Rebecca Maddy	Cambridge Harriers	
300	Holly Mpassy	Black & Brom H AC	441	Maya Marriner	Tonbridge AC	
305	Mollie Vaughan	Dartford Harriers AC	442	Emilia Stokes	Invicta East Kent AC	
T24	Middlesex Under 17 Women 200 Metres				Heats	12.25
	CBP: Desiree Henry Enfield & Haringey 24.71 2010					
	Previous Winner: Cedelle Agyei-Kyem Walton AC 26.65 2018					
675	Kaisha Allen	Thames Valley Harriers	801	Amber Du Verney	Shaftesbury Barnet H	
685	Milan McNeil	Thames Valley Harriers	802	Ella Fryer	St Mary's Richmond AC	
693	Mia Smith	Hillingdon AC	803	Sarah Kuti	Shaftesbury Barnet H	
798	Marie Alaphilippe	Highgate Harriers	804	Ezinwa Ochei-Okpara	Highgate Harriers	
800	Zara Coles	Highgate Harriers				
T25	Hertfordshire Under 20 Women 200 Metres				Final	12.33
	CBP: Laura Wake Herts Phoenix 25.10 2009					
	Previous Winner: No Competition 2018					
18	Remi Jessop	Dacorum & Tring AC	78	Libby Mallord	Dacorum & Tring AC	
77	Grace Gentry	HAWCS				
T25	Middlesex Under 20 Women 200 Metres				Final	12.33
	CBP: Annie Tagoe Thames Valley Harriers 24.92 2010					
	Previous Winner: Amy Louise Hillier Hillingdon AC 26.07 2018					
795	Hannah Hall	Thames Valley Harriers	797	Michelle Mamudu	Victoria Park & TH AC	
796	Fatma Hammad	Ealing Southall & Middx				
T26	Kent Under 20 Women 200m				Heats	12.37
	CBP: Immanuela Aliu Black & Brom H AC 25.12 2017					
	Previous Winner: Lucy Hope Med and Maid AC 27.09 2018					
279	Chanelle Cole	Dartford Harriers AC	286	Rachel Yeldham	Black & Brom H AC	
280	Zara Edeleanu	Med and Maid AC	431	Lucy Hope	Med and Maid AC	
281	Sophia Harper	Black & Brom H AC	432	Djamilla Nkereuwem	Invicta East Kent AC	
282	Faye Olszowka (T20)	Bexley AC	433	Asha Root	Tonbridge AC	

T27	Kent Senior Women 200m		Final	12.41	
	CBP: Jodie Leslie Bedford & County AC 25.1 2016				
	Previous Winner: Jodie Leslie Bedford & County AC 25.8 2018				
420	Bonnie Maugey	Dartford Harriers AC	422	Louisa Vallins (W40)	Black & Brom H AC
421	Katie Scoones	Swale Combined AC			
T28	Middlesex Senior Women 200 Metres		Heats	12.45	
	CBP: S Charles Ealing Southall and Middlesex 25.14 2011				
	Kimbeley Baptiste Victoria Park & Tower Hamlets AC 25.14 2014				
	Previous Winner: Alima Diabate Highgate Harriers 28.26 2018				
658	Claudia Bioh	London Heathside	790	Nastassja Allin	Enfield & Haringey AC
659	Amy Mat	King's College London	791	Juliette Champaud	Highgate Harriers
662	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	792	Alice Hunter	Victoria Park & TH AC
789	Alishia Abodunde	London Heathside			
T29	Hertfordshire Under 15 Boys 200 Metres		Final	12.53	
	CBP: Uchenna Okoh Dacorum & Tring AC 23.78 2014				
	Previous Winner: Nicholas Savva Shaftesbury Barnet H 24.18 2018				
64	Cameron Clowes	HAWCS	67	Ronan O'Reilly	HAWCS
65	Nathan Kabel	Harrow AC	68	Callum Sydenham	Barnet & District AC
66	Jack Offord	HAWCS			
T30	Kent Under 15 Boys 200m		Heats	12.57	
	CBP: Camron Lyttle Bexley AC 23.35 2013				
	Previous Winner: Michael Uzozie Med and Maid AC 24.37 2018				
258	Ian Farrow	Med and Maid AC	404	Timi Babatunde	Dartford Grammar School
260	Charlie Goodwin	Tonbridge AC	405	Edward Best	Dartford Harriers AC
261	Javan Gordon	Bexley AC	406	Daniel Goriola	Dartford Grammar School
265	Joshua Jackson	Cambridge Harriers	407	Seb Hillsdon	Tonbridge AC
268	Liam Simms	Paddock Wood AC	408	Jack Saxby	Ashford AC
269	Alex Stone	Paddock Wood AC			
T31	Middlesex Under 15 Boys 200 Metres		Heats	13.05	
	CBP: Lawrence Owen Thames Valley Harriers 23.53 2007				
	Previous Winner: Nnamdi Ndukwe Shaftesbury Barnet H 23.79 2018				
638	Malachi Amadi	Shaftesbury Barnet H	651	Samuel Ojo	Shaftesbury Barnet H
640	Usir Bennett-Tabi	St Mary's Richmond AC	654	Aydan Tyrrell	Harrow AC
641	Hezekiah Douglas	Thames Valley Harriers	655	Bradley Ukpetenan	Shaftesbury Barnet H
642	Reece Earle	Thames Valley Harriers	777	Mohamed Boumaraf	Thames Valley Harriers
643	Karrell Harris	Victoria Park & TH AC	778	Oscar Laurens	Shaftesbury Barnet H
644	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC	779	Liberty Ukpiebi	Team Hounslow AC
646	Frankie Johnson	Shaftesbury Barnet H			
T32	Hertfordshire Under 17 Men 200 Metres		Heats	13.17	
	CBP: Antonio Infantino Enfield & Haringey 22.55 2007				
	Previous Winner: Oliver Martin HAWCS 24.42 2018				
8	Rohan Bagai	Shaftesbury BH	15	Nicholas Savva	Shaftesbury BH
9	Enya Davies-Collins	St Albans AC	56	Will Farndale	HAWCS
10	Freddie Henderson	Harlow AC	57	Daniel Fielding	HAWCS
14	Alex Pickard	Stevenage & North H AC	58	Jack Raine	Dacorum & Tring AC

T33	Kent Under 17 Men 200m		Heats	13.25	
	CBP: Ethan Brown Dartford Harriers AC 22.52 2017				
	Previous Winner: Kristian Samwell-Nash Ashford AC 22.72 2018				
236	Stefano Bertero	S Factor Academy	249	Prince Mulamba	Cambridge Harriers
237	Oliver Briars	Black & Brom H AC	250	Zachary Nwogwugwu	Tonbridge AC
240	Tammo Foad	Ashford AC	386	Fortune Adah-Jahs	Bexley AC
241	Jake Goodman	Invicta East Kent AC	387	Oliver Gregory	Folkestone Running Club
242	Ralph-Lowell Hallassou	Bexley AC	388	Reece Nelson	Black & Brom H AC
243	William Dylan Heathcote	Med and Maid AC	389	Charles Nortey	Black & Brom H AC
246	Matthew Kinsambwe	Bexley AC	390	Kristian Samwell-Nash	Ashford AC
247	Joe Lowes	Thanet AC	391	Michael Uzozie	Med and Maid AC
T34	Middlesex Under 17 Men 200 Metres		Heats	13.37	
	CBP: Rhion Samuel Enfield & Haringey 22.27 2008				
	Previous Winner: Tariq Wild Shaftesbury Barnet H 22.89 2018				
623	Richard Klein	St Mary's Richmond AC	758	Danyal Haque	Enfield & Haringey AC
626	Nnamdi Ndukwe	Shaftesbury Barnet H	759	Jason Kalala	Victoria Park & TH AC
628	Motunrayo Ogunbanjo	Hillingdon AC	760	Michael Kouwiloyan	Ealing Southall & Middx
630	Kofi Owusu	Shaftesbury Barnet H	761	Nadir Mohamed Akram	Harrow AC
631	Gilbert Quaye	Enfield & Haringey AC	762	Neon Richards	Thames Valley Harriers
757	Jon Awuah	Walton AC			
T35	Kent Under 20 Men 200m		Heats	13.45	
	CBP: Korede Awe Invicta East Kent AC 21.95 2018				
	Previous Winner: Korede Awe Invicta East Kent AC 21.95 2018				
217	Iyioluwa Adesan	Cambridge Harriers	225	Nathan Isaac	Med and Maid AC
218	Anton Bachorski	Tonbridge AC	226	Matthew Knight	Black & Brom H AC
222	Michael Fagbenle	Bexley AC	227	Connor Neal	Thanet AC
223	Konrad Farrall	Thanet A.C	229	Oscar Prager	Tonbridge AC
T36	Hertfordshire Under 20 Men 200 Metres		Final	13.53	
	CBP: Luis Da Silva St. Albans AC 22.53 2013				
	Previous Winner: No Competition 2018				
4	Oliver Martin	HAWCS	7	Matteo Rizzo	Herts Phoenix AC
T36	Middlesex Under 20 Men 200 Metres		Final	13.53	
	CBP: Jerome Musa-Lawal Shaftesbury Barnet Harriers 22.14 2010				
	Lumar Sylvester Thames Valley Harriers 22.14 2010				
	Previous Winner: Nathan Gomes Victoria Park & TH AC 23.45 2018				
616	Ceake Maddix	Shaftesbury Barnet H	752	Kai English	Ealing Southall & Middx
618	Jak Mensah	Team Hounslow AC			
T37	Kent Senior Men 200m		Heats	13.57	
	CBP: Luke Smallwood Black & Brom H AC 22.05 2013				
	Previous Winner: Maximilian Heavens Invicta East Kent AC 22.54 2018				
204	Justin Bailey	Dartford Harriers AC	215	Adam Wall	Thanet AC
205	Mathew Beech	Swale Combined AC	351	Adam Bernard	Chelmsford AC
208	Idorenyin Ekere	Bexley AC	352	Anthony Bryan	Tonbridge AC
211	Maximilian Heavens	Invicta East Kent AC	353	Lewis Smith	Ashford AC
213	Jack Lennard	Tonbridge AC	354	Steven Tester	Tonbridge AC
214	Abraham Ogunmefun	Bexley AC			
T38	Middlesex Senior Men 200 Metres		Heats	14.05	
	CBP: Jermayne Grant Harrow AC 22.58 2014				
	Previous Winner: Marlon Hogg-Williams Newham & Essex B AC 22.70 2018				
601	Amar-Mazigh Aichoun	Thames Valley Harriers	735	Shaquille Eusebe	Victoria Park & TH AC
605	Sunil Jobanputra	Shaftesbury Barnet H	736	Lord Owusu	Enfield & Haringey AC
610	Keano-Elliott Paris-Samuel	Thames Valley Harriers	737	Scarlett Parker (M45)	London Heathside
612	Carlos Sobers	Victoria Park & TH AC	738	Adrian Richards	Woodford Green AC w EL
734	Philip Bell (M60)	Harrow AC	739	Adrian Stamp	Woodford Green AC w EL

T39	Hertfordshire Under 15 Girls 200 Metres CBP: Charlotte Wingfield Barnet 26.07 2009 Previous Winner: Serena Thomas St Albans AC 27.36 2018	Final	14.13		
T40	Kent Under 15 Girls 200m CBP: Kaliyah Young Dartford Harriers AC 26.11 2017 Previous Winner: Emily Bowart Tonbridge AC 26.71 2018	Final	14.17		
T41	Middlesex Under 15 Girls 200 Metres CBP: Desiree Henry Enfield & Haringey 25.35 2009 Previous Winner: Jeslyn Agyei-Kyem Walton AC 26.05 2018	Final	14.21		
T42	Kent Under 15 Boys 200m CBP: Camron Lyttle Bexley AC 23.35 2013 Previous Winner: Michael Uzozie Med and Maid AC 24.37 2018	Final	14.25		
T43	Middlesex Under 15 Boys 200 Metres CBP: Lawrence Owen Thames Valley Harriers 23.53 2007 Previous Winner: Nnamdi Ndukwe Shaftesbury Barnet H 23.79 2018	Final	14.29		
T44	Kent Under 17 Women 200m CBP: Isio Orogun Dartford Harriers AC 24.96 2015 Previous Winner: Esther Jackson Cambridge Harriers 25.80 2018	Final	14.33		
T45	Middlesex Under 17 Women 200 Metres CBP: Desiree Henry Enfield & Haringey 24.71 2010 Previous Winner: Cedelle Agyei-Kyem Walton AC 26.65 2018	Final	14.37		
T46	Kent Under 20 Women 200m CBP: Immanuela Aliu Black & Brom H AC 25.12 2017 Previous Winner: Lucy Hope Med and Maid AC 27.09 2018	Final	14.41		
T47	Middlesex Senior Women 200 Metres CBP: S Charles Ealing Southall and Middlesex 25.14 2011 Kimbeley Baptiste Victoria Park & Tower Hamlets AC 25.14 2014 Previous Winner: Alima Diabate Highgate Harriers 28.26 2018	Final	14.45		
T48	Hertfordshire Under 15 Girls 800 Metres CBP: Kiera Mooney City of Norwich AC 2:20.16 2009 Previous Winner: Grace Hucknall Watford Harriers 2:29.16 2018	Final	14.49		
96	Alexa Forster	HAWCS	99	Emma McCluskey	Barnet & District AC
98	Sabrina Jansen	Watford Harriers	100	Jessie Tappin	HAWCS
T49	Kent Under 15 Girls 800m CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018 Previous Winner: Maddison Sawyer Invicta East Kent AC 2:20.21 2018	Heats	14.53		
462	Jemima Partner	Medway Phoenix	473	Emma Ryan	Medway & Maidstone AC
463	Eres Thomas	Cambridge Harriers	474	Hannah Saldin	Cambridge Harriers
465	Josephine Bassett	Medway Phoenix	475	Jessie Sargeant	Bexley AC
467	Cameron Kelly-Gordon	Black & Brom H AC	476	Isobel Tyler	Thanet Roadrunners AC
469	Amarisa Sibley	Black & Brom H AC	477	Madeline Tynan	Cambridge Harriers
471	Faith Mpassy	Black & Brom H AC	478	Olivia Wauters	Black & Brom H AC
472	Abigail Royden	Medway & Maidstone AC	479	Annabel Young	Medway & Maidstone AC
T50	Middlesex Under 15 Girls 800 Metres CBP: Georgia Bell Ealing Southall and Middlesex 2:23.14 2007 Previous Winner: Myla Stiling Victoria Park & TH AC 2:29.82 2018	Heats	15.05		
817	Olivia Sparks	Thames Valley Harriers	825	Isabella Hale	St Mary's Richmond AC
818	Laura Anene	Hillingdon AC	826	Maisie Hugill	Thames Valley Harriers
822	Poppy Allwright	Trent Park RC	827	Amina James	Victoria Park & TH AC
823	Lola Baty	Victoria Park & TH AC	829	Nancy Scott-Gall	Victoria Park & TH AC
824	Angel Doyle	Hillingdon AC			

T51	Kent Under 17 Men 800m		Heats	15.13
	CBP: Jack Higgins Bexley AC 1:59.43 2018			
	Previous Winner: Jack Higgins Bexley AC 1:59.43 2018			
393	Finlay Croll	Tonbridge AC	397	Samuel Reardon
394	Daniel McGlynn	Med and Maid AC	398	Finn Rodgers
395	Dermot O'Brien	Thanet AC	399	Pablo Seema Roca
396	Oscar Parrick	Invicta East Kent AC	400	Rowan Tyler
				Black & Brom H AC
				Med and Maid AC
				Black & Brom H AC
				Thanet Roadrunners AC
T52	Middlesex Under 17 Men 800 Metres		Heats	15.21
	CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018			
	Previous Winner: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018			
760	Michael Kouwiloyan	Ealing Southall & Middx	766	Ross Doran
763	Oliver Baty	Victoria Park & TH AC	767	Jaiden Gaston
764	George Bayley	Highgate Harriers	768	Ruari McGonagle
765	Edmund Brown	Highgate Harriers	769	Basil Rock
				Highgate Harriers
				Victoria Park & TH AC
				London Heathside
				Thames Valley Harriers
T53	Hertfordshire Under 20 Men 800 Metres		Final	15.29
	CBP: Beck Grover Herts Phoenix 1:56.61 2017			
	Previous Winner: Joseph Peppiatt Shaftesbury Barnet H 2:06.96 2018			
54	George Dowding	Dacorum & Tring AC	37	Jake Sherlock
				Herts Phoenix AC
T53	Middlesex Under 20 Men 800 Metres		Final	15.29
	CBP: Yusuf Bizimana Victoria Park & TH AC 1:56.03 2018			
	Previous Winner: Yusuf Bizimana Victoria Park & TH AC 1:56.03 2018			
755	Mittio Mohammadian	Shaftesbury Barnet H	832	Chauncey Edwards
				Ealing Southall & Middx
T54	Kent Under 20 Men 800m		Final	15.33
	CBP: Dylan Rigby Invicta East Kent AC 1:57.31 2015			
	Previous Winner: Thomas Manning Dartford Harriers AC 2:00.23 2018			
378	Marshall Smith	Ashford AC	382	Cameron Sharp
380	Alexander Donnelly	Med and Maid AC	383	Regan Thomas
381	Benjamin Gardiner	Black & Brom H AC		
				Central Park Athletics
				Bexley AC
T55	Hertfordshire Senior Men 800 Metres		Final	15.37
	CBP: James McMurray St Albans AC 1:51.96 2017			
	Previous Winner: Ross Connor Watford Harriers 2:08.0 2018			
49	Samuel Jones	St Albans AC	51	Ben Pattison
50	Jack Gladman	Stevenage & North H AC		
				St Albans AC
T56	Kent Senior Men 800m		Heats	15.41
	CBP: Tim Alexander Med & Maid AC 1:55.11 2008			
	Previous Winner: Steven Tester (M35) Tonbridge AC 2:05.2 2018			
355	Colin Bates (M55)	Dartford Harriers AC	364	Stuart McNally (M40)
361	Ian Crawley (M55)	Tonbridge AC	365	Andrejs Safars
362	Jon Kennedy (M35)	Dartford Harriers AC	366	Craig Sharp
363	Thomas Manning	Dartford Harriers AC	367	Lucas Taylor-Costin
				Dartford Harriers AC
				Med and Maid AC
				Central Park Athletics
				Dartford Harriers AC
T57	Middlesex Senior Men 800 Metres		Heats	15.49
	CBP: Ben Waterman Ealing Southall and Middlesex 1:53.69 2013			
	Previous Winner: Shaka Palmer Enfield and Haringey AC 2:00.08 2018			
743	Tom Bedwell (M40)	London Heathside	747	Daniel Johns (M40)
744	Ben Bloom	London Heathside	748	David Matthew (M50)
745	Scott Brewer	Thames Valley Harriers	749	Abdiqadir Mohamed
746	Anthony Bryan	Herts Phoenix AC	750	Shaka Palmer
				London Heathside
				Serpentine RC
				Thames Valley Harriers
				Enfield & Haringey AC
T58	Hertfordshire Under 17 Men 200 Metres		Final	15.57
	CBP: Antonio Infantino Enfield & Haringey 22.55 2007			
	Previous Winner: Oliver Martin HAWCS 24.42 2018			

T59	Kent Under 17 Men 200m CBP: Ethan Brown Dartford Harriers AC 22.52 2017 Previous Winner: Kristian Samwell-Nash Ashford AC 22.72 2018	Final	16.01		
T60	Middlesex Under 17 Men 200 Metres CBP: Rhion Samuel Enfield & Haringey 22.27 2008 Previous Winner: Tariq Wild Shaftesbury Barnet H 22.89 2018	Final	16.05		
T61	Kent Under 20 Men 200m CBP: Korede Awe Invicta East Kent AC 21.95 2018 Previous Winner: Korede Awe Invicta East Kent AC 21.95 2018	Final	16.09		
T62	Kent Senior Men 200m CBP: Luke Smallwood Black & Brom H AC 22.05 2013 Previous Winner: Maximilian Heavens Invicta East Kent AC 22.54 2018	Final	16.13		
T63	Middlesex Senior Men 200 Metres CBP: Jermayne Grant Harrow AC 22.58 2014 Previous Winner: Marlon Hogg-Williams Newham & Essex B AC 22.70 2018	Final	16.17		
T64	Kent Under 17 Women 800m CBP: Daniella Critchley Black & Brom H AC 2:21.11 2008 Previous Winner: Charlotte Young Med and Maid AC 2:22.55 2018	Final	16.21		
446	Olivia Berry	Black & Brom H AC	457	Maddison Sawyer	Invicta East Kent AC
455	Erin Hughes	Med and Maid AC	458	Charlotte Young	Med and Maid AC
456	Billie Rouse	Med and Maid AC			
T65	Hertfordshire Under 17 Women 800 Metres CBP: Beatrix Wraith HAWCS 2:13.72 2018 Previous Winner: Beatrix Wraith HAWCS 2:13.72 2018	Final	16.25		
86	Jessica Hill	Dacorum & Tring AC	88	Grace Hucknall	Dacorum & Tring AC
87	Jessica Hoar	Dacorum & Tring AC	89	Beatrix Wraith	HAWCS
T66	Middlesex Under 17 Women 800 Metres CBP: Georgina Bell Ealing Southall and Middlesex 2:12.20 2010 Previous Winner: Ellen McGann Victoria Park & TH AC 2:29.12 2018	Final	16.29		
802	Ella Fryer	St Mary's Richmond AC	808	Ellen McGann	Victoria Park & TH AC
807	Beth Turton	St Mary's Richmond AC	809	Katherine McKenzie	Woodford Green AC w EL
T67	Middlesex Senior Women 800 Metres CBP: Georgia Bell Shaftesbury Barnet Harriers 2:07.72 2014 Previous Winner: Lara Scerri Thames Valley Harriers 2:21.64 2018	Final	16.33		
794	Esther Ekundayo	Victoria Park & TH AC			
T67	Middlesex Under 20 Women 800 Metres CBP: Isabel Dye Thames Valley Harr 2:12.31 2016 Previous Winner: Esther Ekundayo Victoria Park & TH AC 2:33.83 2018	Final	16.33		
799	Helena Samarasinghe	St Mary's Richmond AC			
T68	Kent Senior Women 800m CBP: Kathryn Sutton Dartford Harriers AC 2:14.26 2017 Previous Winner: Kathryn Sutton Dartford Harriers AC 2:16.13 2018	Final	16.37		
423	Emily Hale	Med and Maid AC	428	Chloe Sharp	Central Park Athletics
425	Susan Dixon (W50)	Cambridge Harriers	429	Kathryn Sutton	Dartford Harriers AC
426	Clare Elms (W55)	Kent AC	430	Briony Walsh	Ashford AC
427	Rebecca Harris	Bexley AC			

T69	Hertfordshire Under 15 Boys 800 Metres				Final	16.41
	CBP: Liam Dee Herts Phoenix 2:05.34 2010					
	Previous Winner: Tyler Wannerton Stevenage & North H AC 2:13.1 2018					
66	Jack Offord	HAWCS	71	Sonny Coughlin	Stevenage & North H AC	
68	Callum Sydenham	Barnet & District AC	72	Tom Gaunce	Dacorum & Tring AC	
70	Noah Clarke	Barnet & District AC	73	Archie Nash	Shaftesbury BH	
T70	Kent Under 15 Boys 800m				Final	16.45
	CBP: Stephen Ball Cambridge Harriers 2:04.89 2011					
	Previous Winner: Matthew Smith Black & Brom H AC 2:33.39 2018					
414	Ethan Fiore	Cambridge Harriers	417	Daniel Kanu	Dartford Grammar School	
415	Ananjan Ganguli	Tonbridge AC	418	Reef Page	Invicta East Kent AC	
416	Kazimierz Gogol	Med and Maid AC				
T71	Middlesex Under 15 Boys 800 Metres				Final	16.49
	CBP: Nile McKenzie Victoria Park & Tower Hamlets AC 2:07.07 2014					
	Previous Winner: Michael McGann Victoria Park & TH AC 2:30.70 2018					
780	Sam Amdor	Highgate Harriers	784	Mohsin Moallin	Hillingdon AC	
781	Edward Andrews	St Mary's Richmond AC	785	Morris Rock	Thames Valley Harriers	
782	Max Bishop	Thames Valley Harriers	786	Charlie Rollo	Thames Valley Harriers	
783	Joseph Lamb	Victoria Park & TH AC				
T72	Hertfordshire Under 17 Men 800 Metres				Final	16.53
	CBP: Liam Dee Herts Phoenix 1:58.74 2012					
	Previous Winner: George Dowding Dacorum & Tring AC 2:08.23 2018					
58	Jack Raine	Dacorum & Tring AC	61	Alex Moffat	St Albans AC	
59	Joseph Gallego	Stevenage & North H AC	62	Thomas O'Reilly	Dacorum & Tring AC	
60	Finn MacCarthy	Barnet & District AC				
T73	Kent Under 15 Girls 800m				Final	16.57
	CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018					
	Previous Winner: Maddison Sawyer Invicta East Kent AC 2:20.21 2018					
T74	Middlesex Under 15 Girls 800 Metres				Final	17.01
	CBP: Georgia Bell Ealing Southall and Middlesex 2:23.14 2007					
	Previous Winner: Myla Stiling Victoria Park & TH AC 2:29.82 2018					
T75	Kent Senior Men 1000m Walk				Final	17.05
	CBP: Luc Legon Bexley AC 4:01.51 2018					
	Previous Winner: Luc Legon Bexley AC 4:01.51 2018					
482	Luc Legon	Bexley AC				
T75	Kent Senior Women 1000m Walk				Final	17.05
	CBP: Angela Martin Surrey Walking Club 6:07.23 2014					
	Previous Winner: Geraldine Legon (W55) Bexley AC 6:56.86 2018					
509	Geraldine Legon (W60)	Bexley AC				
T75	Kent Under 20 Men 1000m Walk				Final	17.05
	CBP: Luc Legon Bexley AC 4:09.2 2016					
	Previous Winner: Luc Legon Bexley AC 4:09.2 2016					
487	Matthew Crane	Bexley AC				
T75	Kent Under 20 Women 1000m Walk				Final	17.05
	CBP: Jacqueline Benson Ashford AC 5:39.64 2018					
	Previous Winner: Jacqueline Benson Ashford AC 5:39.64 2018					
521	Beatrice Fury	Med and Maid AC				

T75	Kent Under 17 Men 1000m Walk CBP: Luc Legon Bexley AC 4:29.34 2014 Previous Winner: Matthew Crane Bexley AC 4:39.63 2018	Final	17.05
495	Alex Macheath	Cambridge Harriers	
T75	Kent Under 17 Women 1000m Walk CBP: Heather Butcher Cambridge Harriers 4:34.08 2013 Previous Winner: Hannah Hopper Cambridge Harriers 5:32.45 2018	Final	17.05
533	Hannah Hopper	Cambridge Harriers	
T75	Kent Under 15 Boys 1000m Walk CBP: Alex Macheath Cambridge Harriers 4:29.05 2018 Previous Winner: Alex Macheath Cambridge Harriers 4:29.05 2018	Final	17.05
504	Christian Hopper	Cambridge Harriers	
T75	Kent Under 15 Girls 1000m Walk CBP: Sophie Lewis Ward Cambridge Harriers 4:41.25 2013 Previous Winner: Katie Stringer Med and Maid AC 5:24.35 2018	Final	17.05
479	Annabel Young	Medway & Maidstone AC	545 Katie Stringer
544	Hannah Atkinson	Cambridge Harriers	Medway & Maidstone AC
T76	Kent Under 17 Men 800m CBP: Jack Higgins Bexley AC 1:59.43 2018 Previous Winner: Jack Higgins Bexley AC 1:59.43 2018	Final	17.15
T77	Middlesex Under 17 Men 800 Metres CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018 Previous Winner: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018	Final	17.19
T78	Kent Senior Men 800m CBP: Tim Alexander Med & Maid AC 1:55.11 2008 Previous Winner: Steven Tester (M35) Tonbridge AC 2:05.2 2018	Final	17.23
T79	Middlesex Senior Men 800 Metres CBP: Ben Waterman Ealing Southall and Middlesex 1:53.69 2013 Previous Winner: Shaka Palmer Enfield and Haringey AC 2:00.08 2018	Final	17.27

FIELD EVENTS

F1	Hertfordshire Under 20 Men Shot CBP: Ashley Ralph St. Albans 13.77 2008 Previous Winner: No Competition 2018	Final	10.00
111	David Koffi	Stevenage & North H AC	112 Euan Metcalfe
			Stevenage & North H AC
F1	Kent Under 20 Men Shot CBP: Chris Gearing Belgrave Harriers 17.72m 2004 Previous Winner: Alfie Scopes Tonbridge AC 14.43 2018	Final	10.00
328	David Fullbrook	Tonbridge AC	493 Khuwayne Linton
329	Douglas Noel	Invicta East Kent AC	494 Reece Perkins
492	Arjun Ghosh	Tonbridge AC	S Factor Academy
			Med and Maid AC
F1	Middlesex Under 20 Men Shot CBP: Kai Jones Newham & Essex Beagles AC 17.07 2014 Previous Winner: No Competition 2018	Final	10.00
836	Matthew Collingridge	St Mary's Richmond AC	

F1	Hertfordshire Under 15 Boys Shot CBP: Max Price Stevenage & North Herts 13.27 2013 Previous Winner: Nicholas Savva Shaftesbury Barnet H 10.34 2018	Final	10.00
118	Harry Scrowther	Stevenage & North H AC	
F1	Kent Under 15 Boys Shot CBP: Chris Gearing Medway AC 16.05m 2001 Previous Winner: Levi Onipede Dartford Grammar School 12.43 2018	Final	10.00
266	Ben Nolan	Tonbridge AC	335 Daniel Hardy
269	Alex Stone	Paddock Wood AC	507 Kai Barham
404	Timi Babatunde	Dartford Grammar School	508 Ayomide Johnson
407	Seb Hillsdon	Tonbridge AC	
			Med and Maid AC Dartford Harriers AC Dartford Grammar School
F2	Kent Under 17 Women Pole Vault CBP: Ailis McGovern Bexley AC 3.55 2013 Ellie Gooding Ashford AC 3.55 2013 Previous Winner: Eleanor Barrett Black & Brom H AC 3.20 2018 Ellie Gooding Ashford AC 3.55 2013	Final	10.15
535	Erin Eyles	Ashford AC	536 Lily Smith
			Dartford Harriers AC
F2	Hertfordshire Under 15 Girls Pole Vault CBP: Keira Hicks Stevenage & North H AC 2.95 2014 Previous Winner: No Competition 2018	Final	10.15
132	Grace Williamson	Watford Harriers	134 Aimie Taylor
133	Ellie Rose Kingsley	Stevenage & North H AC	
			Stevenage & North H AC
F2	Kent Under 15 Girls Pole Vault CBP: Lois Warden Bexley AC 3.15 2016 Previous Winner: Lucinda White Tonbridge AC 2.50 2018	Final	10.15
550	Lucinda White	Tonbridge AC	
F2	Middlesex Under 15 Girls Pole Vault CBP: Megan Bailey Harrow 3.05 2012 Previous Winner: Ciara Martin Enfield and Haringey AC 2.05 2018	Final	10.15
863	Natali Aleksandrowicz	Enfield & Haringey AC	865 Erin Marshall
864	Gabriella Lycourgou	Enfield & Haringey AC	
			Enfield & Haringey AC
F3	Hertfordshire Under 17 Men Long Jump CBP: Courtney Hart Dacorum & Tring 6.32 2010 Previous Winner: Josh Woods Dacorum & Tring AC 6.11 2018	Final	11.00
57	Daniel Fielding	HAWCS	116 Robert Delaney
58	Jack Raine	Dacorum & Tring AC	
			Barnet & District AC
F3	Kent Under 17 Men Long Jump CBP: Tobiloba Adeniyi Cambridge Harriers 6.47 2013 Previous Winner: Myles Xavier Black & Brom H AC 6.29 2018	Final	11.00
238	Jacob Byfield	Black & Brom H AC	332 George Seery
248	Morgan Lucas	Dartford Harriers AC	496 Johnny Berry
387	Oliver Gregory	Folkestone Running Club	500 Daniel Falode
			Thanet AC Med and Maid AC Cambridge Harriers
F3	Middlesex Under 17 Men Long Jump CBP: Romain Walcott Enfield & Haringey 6.44 2008 Previous Winner: Joshua Barrett-Mowatt Victoria Park & TH AC 6.34 2018	Final	11.00
623	Richard Klein	St Mary's Richmond AC	837 Sean Oceng Engena
761	Nadir Mohamed Akram	Harrow AC	
			Highgate Harriers

F4	Hertfordshire Senior Men Shot CBP: Alex Jovanovski Enfield & Haringey AC 12.49 2016 Previous Winner: Ray McKenna Watford Harriers 11.13 2018	Final	11.20
103	Harvey Griffiths (M50) Watford Harriers	104	Shaun Wall (M35) Dacorum & Tring AC
F4	Kent Senior Men Shot CBP: Scott Rider Birchfield Harriers 18.38m 2011 Previous Winner: Luc Durant Black & Brom H AC 13.79 2018	Final	11.20
483	Alexander Hookway Tonbridge AC		
F4	Middlesex Senior Men Shot CBP: Eliot Thompson Enfield & Haringey AC 13.49 2017 Previous Winner: Glen Crowie Hillingdon AC 10.00 2018	Final	11.20
723	Daniel Upton Richmond & Zetland Harriers	830	Kevin Acraman Hillingdon AC
F5	Hertfordshire Senior Men High Jump CBP: Elijor Harris Stevenage & North H AC 1.95 2016 Previous Winner: Harvey Griffiths Watford Harriers 1.6 2018	Final	12.15
103	Harvey Griffiths (M50) Watford Harriers		
F5	Kent Senior Men High Jump CBP: Martin Lloyd Bexley AC 2.20m 2008 Previous Winner: Tyler Adams Ashford AC 1.85 2018	Final	12.15
357	Jamie Farrell Bexley AC	483	Alexander Hookway Tonbridge AC
361	Ian Crawley (M55) Tonbridge AC		
F5	Hertfordshire Under 20 Men High Jump CBP: Jason Hamilton Dacorum & Tring 2.03 2010 Previous Winner: Thomas Wright Dacorum & Tring AC 1.95 2018	Final	12.15
106	Edward Hopper Dacorum & Tring AC		
F5	Kent Under 20 Men High Jump CBP: Martin Lloyd Bexley AC 2.10m 1998 Previous Winner: Luke Okosieme Cambridge Harriers 1.96 2018	Final	12.15
224	Pedro Gleadall Black & Brom H AC	488	Omobalogun Balogun Bexley AC
328	David Fullbrook Tonbridge AC	489	Luke Okosieme Cambridge Harriers
F5	Middlesex Under 20 Men High Jump CBP: M.Glover (St Mary's Richmond) 1.95 2011 Previous Winner: No Competition 2018	Final	12.15
833	Ben Bellisario Shaftesbury Barnet H		
F6	Hertfordshire Under 15 Boys Long Jump CBP: Robert Gayler Shaftesbury Barnet Harriers 6.23 2008 Previous Winner: Robert Delaney Barnet & District AC 4.54 2018	Final	12.40
67	Ronan O'Reilly HAWCS	117	Joshua Lee Dacorum & Tring AC
F6	Kent Under 15 Boys Long Jump CBP: Tobiloba Adeniyi Cambridge Harriers 5.93 2011 Previous Winner: Jacob Byfield Black & Brom H AC 5.59 2018	Final	12.40
258	Ian Farrow Med and Maid AC	413	Connor Sutton Black & Brom H AC
259	Harvey Fordham Paddock Wood AC	418	Reef Page Invicta East Kent AC
266	Ben Nolan Tonbridge AC	335	Daniel Hardy Med and Maid AC
270	Ben Wilkes Tonbridge AC	337	Benjamin Oladapo-Gamu Dartford Grammar School
406	Daniel Goriola Dartford Grammar School	338	Reece Onabanjo Dartford Grammar School
408	Jack Saxby Ashford AC		

F6	Middlesex Under 15 Boys Long Jump		Final	12.40
	CBP: Arnold Mensuoh Highgate Harriers 6.01m 2013			
	Previous Winner: Sean Oceng Engena Highgate Harriers 4.88 2018			
646	Frankie Johnson	Shaftesbury Barnet H	649	Shlomo Levy
				Highgate Harriers
F7	Hertfordshire Under 17 Women Triple Jump		Final	12.50
	CBP: Yasmin Lakin Watford 11.14 2012			
	Previous Winner: Meadow Thomas Watford Harriers 8.86 2018			
130	Emma Imamovic	Barnet & District AC		
F7	Kent Under 17 Women Triple Jump		Final	12.50
	CBP: Eloise Harvey Dartford Harriers AC 11.85 2017			
	Previous Winner: Megan Groombridge Dartford Harriers AC 10.49 2018			
292	Sileena Farrell	Dartford Harriers AC	534	Yasmin Sadler-Reeves
304	Sarris Teale	Ashford AC	537	Megan Groombridge
439	Kimberley Garcia	Paddock Wood AC	539	Esther Jackson
453	Freya Ridge	Tonbridge AC		
				Ashford AC
				Dartford Harriers AC
				Cambridge Harriers
F7	Middlesex Under 17 Women Triple Jump		Final	12.50
	CBP: Diane Mapamboli Victoria Park & TH AC 11.68 2018			
	Previous Winner: Diane Mapamboli Victoria Park & TH AC 11.68 2018			
687	Kerry Oamen	Thames Valley Harriers	858	Danielle Ojo
688	Kimberley Oamen	Thames Valley Harriers	859	Ruth-Ann Otaruoh
694	Sophia Sood	Team Hounslow AC		
				Shaftesbury Barnet H
				Thames Valley Harriers
F7	Hertfordshire Under 15 Girls Triple Jump		Final	12.50
	CBP: Fiona McQuire Watford 9.35 2012			
	Previous Winner: No Competition 2018			
98	Sabrina Jansen	Watford Harriers		
F7	Kent Under 15 Girls Triple Jump		Final	12.50
	CBP: Karina Harris Black & Brom H AC 10.52 2015			
	Previous Winner: Sarris Teale Ashford AC 10.41 2018			
464	Libby Turbutt	Ashford AC	346	Megan Currier
				Medway & Maidstone AC
F8	Hertfordshire Senior Women Pole Vault		Final	13.00
	CBP: Anne Rees Stevenage & North Herts 3.65 2013			
	Previous Winner: Erin Breen Herts Phoenix AC 3.1 2018			
119	Erin Breen	Herts Phoenix	120	Jessica Robinson
				Windsor Slough Eton & H
F8	Kent Senior Women Pole Vault		Final	13.00
	CBP: Liz Hughes Blackheath and Bromley Harriers AC 4.00m 2004			
	Previous Winner: Jacqueline Montgomery (W50) Black & Brom H AC 2.4 2018			
511	Angie Crush (W40)	Tonbridge AC	514	Jennifer Sheasby
512	Teresa Eades	Dartford Harriers AC	515	Grace Thomas
513	Christina Moore	Black & Brom H AC		
				Black & Brom H AC
				Dartford Harriers AC
F8	Middlesex Senior Women Pole Vault		Final	13.00
	CBP: Sarah Semeraro Enfield and Haringey AC 3.60 2018			
	Previous Winner: Sarah Semeraro Enfield and Haringey AC 3.60 2018			
662	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	847	Helen Leadbetter (W35)
845	Gokce Baydar (W35)	London Heathside	848	Sarah Semeraro (W35)
846	Laura Edwards	Southampton AC		
				Ealing Southall & Middx
				Enfield & Haringey AC

F8	Kent Under 20 Women Pole Vault CBP: Ellie Gooding Ashford AC 3.70 2014 Previous Winner: Grace Thomas Bexley AC 2.70 2018		Final	13.00	
522	Holly Platt	Black & Brom H AC	523	Erin Thomas	Dartford Harriers AC
F9	Kent Under 17 Men Shot CBP: Chris Gearing Belgrave Harriers 17.03m 2003 Previous Winner: Freddie Marshall Tonbridge AC 11.68 2018		Final	13.20	
331	Luke Mellor	Invicta East Kent AC	501	Dillon Claydon	Black & Brom H AC
332	George Seery	Thanet AC	502	Levi Onipede	Dartford Grammar School
F9	Middlesex Under 17 Men Shot CBP: Kai Jones Ealing Southall and Middlesex 16.18 2012 Previous Winner: Matthew Collingridge St Mary's Richmond AC 12.46 2018		Final	13.20	
841	Pallav Bagchi	St Mary's Richmond AC	842	Sebastiano Corbo	Shaftesbury Barnet H
F10	Hertfordshire Senior Men Long Jump CBP: Elijor Harris Stevenage & North Herts 5.97 2010 Previous Winner: Josh Evans Dacorum & Tring AC 5.74 2018		Final	14.20	
103	Harvey Griffiths (M50)	Watford Harriers			
F10	Kent Senior Men Long Jump CBP: Matthew Burton Kent AC 7.42 2012 Previous Winner: Casey Johnson Dartford Harriers AC 6.78 2018		Final	14.20	
201	Joe Appiah (M45)	Kent AC	361	Ian Crawley (M55)	Tonbridge AC
215	Adam Wall	Thanet AC	327	Paul Slater	Bexley AC
353	Lewis Smith	Ashford AC	486	Richard Silvester	Swale Combined AC
F10	Middlesex Senior Men Long Jump CBP: Darren Morson Victoria Park & TH AC 7.11 2018 Previous Winner: Darren Morson Victoria Park & TH AC 7.11 2018		Final	14.20	
605	Sunil Jobanputra	Shaftesbury Barnet H	735	Shaquille Eusebe	Victoria Park & TH AC
608	Michael Olatunji	Enfield & Haringey AC	720	Alastair Prens	Belgrave Harriers
609	Laurence Owen	Thames Valley Harriers	722	Elliot Thompson	Enfield & Haringey AC
F10	Hertfordshire Under 20 Men Long Jump CBP: Ian Simson Dacorum & Tring 6.41 2007 Previous Winner: Daniel Hopper Dacorum & Tring AC 6.31 2018		Final	14.20	
108	Ike Laseinde	Hills Road Sixth Form College			
F10	Kent Under 20 Men Long Jump CBP: Stuart Hitchcock Med & Maid AC 6.90m 2007 Previous Winner: Ben Sutton Black & Brom H AC 6.63 2018		Final	14.20	
219	Sebastian Brooks (T20)	Tonbridge AC	232	Ben Sutton	Black & Brom H AC
224	Pedro Gleadall	Black & Brom H AC	329	Douglas Noel	Invicta East Kent AC
227	Connor Neal	Thanet AC	491	James Burch	Cambridge Harriers
F10	Middlesex Under 20 Men Long Jump CBP: Jude Bright-Davies Thames Valley Harriers 6.86 2017 Previous Winner: Idan Gal-Shohet Highgate Harriers 6.49 2018		Final	14.20	
614	Idan Gal-Shohet	Highgate Harriers	835	Joshua Sterling-Nelson	Enfield & Haringey AC
834	Joshua Barrett-Mowatt	Victoria Park & TH AC			
F11	Kent Senior Women Triple Jump CBP: Angela Williams Medway and Maidstone 12.13m 2004 Previous Winner: Teresa Eades Dartford Harriers AC 8.26 2015		Final	14.20	
516	Nina Ridge (W40)	Tonbridge AC			

F11	Middlesex Senior Women Triple Jump			Final	14.20
	CBP: Angela Barrett Thames Valley Harr 12.85 2015				
	Previous Winner: No Competition 2018				
662	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	850	Angela Barrett	Thames Valley Harriers
F11	Kent Under 20 Women Triple Jump			Final	14.20
	CBP: Jade Oni Black & Brom H AC 11.93 2018				
	Previous Winner: Jade Oni Black & Brom H AC 11.93 2018				
280	Zara Edeleanu	Med and Maid AC	530	Karina Harris	Black & Brom H AC
524	Lauren Campbell	Dartford Harriers AC	531	Jade Oni	Black & Brom H AC
527	Eloise Harvey	Dartford Harriers AC			
F11	Middlesex Under 20 Women Triple Jump			Final	14.20
	CBP: Lia Stephenson Thames Valley Harriers 12.23 2014				
	Previous Winner: Claudimira Landim Victoria Park & TH AC 12.00 2018				
853	Diane Mapamboli	Victoria Park & TH AC			
F12	Kent Senior Women High Jump			Final	15.20
	CBP: Deborah Martin Ashford AC 1.71 2014				
	Previous Winner: Katherine Hamilton Ashford AC 1.45 2018				
420	Bonnie Maugey	Dartford Harriers AC	510	Katherine Hamilton	Ashford AC
F12	Hertfordshire Under 20 Women High Jump			Final	15.20
	CBP: Moe Sasegbon Stevenage & North Herts 1.75 2010				
	Previous Winner: No Competition 2018				
124	Amy Thurgood	Dacorum & Tring AC			
F12	Hertfordshire Under 17 Women High Jump			Final	15.20
	CBP: Shaka Egbo Herts Phoenix 1.71 2017				
	Previous Winner: Aisla Rhodes Stevenage & North H AC 1.55 2018				
85	Freya Witheat	Watford Harriers	128	Anna Craggs	Dacorum & Tring AC
88	Grace Hucknall	Dacorum & Tring AC	129	Aisla Rhodes	Stevenage & North H AC
F12	Kent Under 17 Women High Jump			Final	15.20
	CBP: Ashleigh West Medway & Maidstone AC 1.74 2017				
	Previous Winner: Lauren Farley Black & Brom H AC 1.55 2018				
445	Amelia Bates	Dartford Harriers AC	453	Freya Ridge	Tonbridge AC
447	Isabelle Harding	Invicta East Kent AC	345	Samantha Stubbs	Tonbridge AC
450	Rebekah O'Brien	Tonbridge AC	534	Yasmin Sadler-Reeves	Ashford AC
F12	Middlesex Under 17 Women High Jump			Final	15.20
	CBP: Ella Widdop-Gray St Marys Richmond 1.72m 2013				
	Previous Winner: Kara Onuiri Shaftesbury Barnet H 1.60 2018				
855	Evelyne Fonteyne	Shaftesbury Barnet H	856	Clara Mee	Highgate Harriers

Hertfordshire, Kent and Middlesex Counties 2019 Indoor Championships Timetable

Sunday Timetable - Track

1000	T80	U15G 60 Metres - Herts - Heats (to T102)	13 (2H)
1006	T81	U15G 60 Metres - Kent - Heats (to T103)	19 (3H)
1015	T82	U15G 60 Metres - Middx - Heats (to T104)	22 (4H)
1027	T83	U17W 60 Metres - Herts - Final	5
1030	T84	U17W 60 Metres - Kent - Heats (to T105)	20 (3H)
1039	T85	U17W 60 Metres - Middx - Heats (to T106)	24 (4H)
1051	T85a	U20W 60 Metres - Herts - Final	3
1054	T86	U20W 60 Metres - Kent - Heats (to T107)	11 (2H)
1100	T87	U20W 60 Metres - Middx - Heats (to T108)	10 (2H)
1106	T88	SW Kent - 60 Metres - Final	5
1109	T89	SW 60 Metres - Middx - Final	7
1112	T90	U15B 60 Metres - Kent - Heats (to T109)	16 (3H)
1121	T91	U15B 60 Metres - Middx - Heats (to T110)	20 (3H)
1130	T92	U17M 60 Metres - Herts - Heats (to T111)	8 (2H)
1136	T93	U17M 60 Metres - Kent - Heats (to T112)	21 (3H)
1145	T94	U17M 60 Metres - Middx - Heats (to T113)	16 (3H)
1154	T95	U20M 60 Metres - Herts- Final	7
1157	T96	U20M 60 Metres - Kent - Heats (to T114)	17 (3H)
1206	T97	U20M 60 Metres - Middx - Final	7
1209	T98	SM 60 Metres - Kent - Heats (to T115)	18 (3H)
1218	T99	SM 60 Metres - Middx - Heats (to T116)	12 (2H)
1241	T100	U15G 1500 Metres - Herts/Kent/Middx - Final	9
1248	T101	SW/U17W 1500 Metres - Herts/Kent/Middx - Final	3/6
1308	T102	U15G 60 Metres - Herts - Finals (from T80)	
1311	T103	U15G 60 Metres - Kent - Finals (from T81)	
1314	T104	U15G 60 Metres - Middx - Semi-finals (from T82 to T118)	2sf
1320	T105	U17W 60 Metres - Kent - Final (from T84)	
1323	T106	U17W 60 Metres - Middx - Semi-finals (from T85 to T117)	2sf
1329	T107	U20W 60 Metres - Kent - Final (from T86)	
1332	T108	U20W 60 Metres - Middx - Final (from T87)	
1335	T109	U15B 60 Metres - Kent - Finals (from T90)	
1338	T110	U15B 60 Metres - Middx - Final (from T91)	
1341	T111	U17M 60 Metres - Herts - Final (from T92)	
1344	T112	U17M 60 Metres - Kent - Final (from T93)	
1347	T113	U17M 60 Metres - Middx - Final (from T94)	
1350	T114	U20M 60 Metres - Kent - Final (from T96)	
1353	T115	SM 60 Metres - Kent - Final (from T98)	
1356	T116	SM 60 Metres - Middx - Final (from T99)	
1359	T117	U17W 60 Metres - Middx - Final (from T85)	
1402	T118	U15G 60 Metres - Middx - Final (from T104)	
1422	T119	U15G 300 Metres - Middx - Heats (to T142)	9 (2H)
1430	T120	U15G 300 Metres - Kent - Heats (to T143)	8 (2H)
1438	T121	U15G 300 Metres - Herts - Final	5
1442	T122	U15B 300 Metres - Kent - Heats (to T144)	7 (2H)
1450	T123	U15B 300 Metres - Herts/Middx - Final	2/1
1454	T124	U17W 300 Metres - Kent - Heats (to T145)	18 (3H)
1506	T125	U17W 300 Metres - Middx - Heats (to T146)	7 (2H)
1514	T126	U17M 400 Metres - Kent/Middx - Final	3/3
1518	T127	SM 400 Metres - Kent - Heats (to T149)	8 (2H)
1526	T128	SM 400 Metres - Middx - Heats (to T150)	8 (2H)

1534	T129	SM 400 Metres - Herts - Final	4
1538	T130	U20M/U17M 400 Metres - Herts -Final	2/2
1542	T131	U20W 400 Metres - Kent - Heats (to T147)	7 (2H)
1550	T132	SW Middx ,U20W Herts/Middx, U17W Herts 400 Metres - Final	3/1/1/1
1554	T133	SW 400 Metres - Kent - Final	4
1558	T134	U20M 400 Metres - Kent - Heats (to T148)	8 (2H)
1606	T135	U20M 400 Metres - Herts/Middx - Final	2/4
1610	T136	U15B 1500 Metres - Herts/Middx/Kent - Final	4/3/4
1617	T137	SM 1500 Metres - Middx/Herts - Final	2/3
1624	T138	SM 1500 Metres - Kent - Final	7
1631	T139	U20M 1500 Metres - Kent/Middx - Final	5/1
1638	T140	U17M 1500 Metres - Herts/Kent - Final	4/4
1645	T141	U17M 1500 Metres - Middx - Final	7
1652	T142	U15G 300 Metres - Middx - Final (from T119)	
1656	T143	U15G 300 Metres - Kent - Final (from T120)	
1700	T144	U15B 300 Metres - Kent - Final (from T122)	
1704	T145	U17W 300 Metres - Kent - Final (from T124)	
1708	T146	U17W 300 Metres - Middx - Final (from T125)	
1712	T147	U20W 400 Metres - Kent - Final (from T131)	
1716	T148	U20M 400 Metres - Kent - Final (from T134)	
1720	T149	SM 400 Metres - Kent - Final (from T127)	
1724	T150	SM 400 Metres - Middx - Final (from T128)	

Sunday Timetable - Field

1000	F13	SW/U20W Long Jump - All - North pit	4/11
1000	F14	U17M/U15B Pole Vault - All	9/6
1030	F15	U15G Shot - All	14
1120	F16	U15G Long Jump - Herts/Middx - North pit	11
1140	F17	SW/U20W Shot - All	11/6
1215	F18	U15G Long Jump - Kent - North pit	15
1300	F19	SM/U20M Pole Vault - All	6/5
1400	F20	U17M/U15B Triple Jump - All - North pit	6/5
1415	F21	U17W Long Jump - Kent - South pit	16
1500	F22	U15B High Jump - All - Arena Bed 2	6
1515	F23	U 17W Long Jump - Herts/Middx - North pit	4/11
1540	F24	U15G High Jump - All - Arena Bed 1	14
1545	F25	SM/U20M Triple Jump - All - South pit	5/6
1600	F26	U17W Shot - All	13
1610	F27	U17M High Jump - All - Arena Bed 2	10

05/03/2019

TRACK EVENTS

T80	Hertfordshire Under 15 Girls 60 Metres		Heats	10.00	
	CBP: Jodie Williams Herts Phoenix 7.77 2008				
	Previous Winner: Serena Thomas St Albans AC 8.18 2018				
24	Amelia Gittens	Herts Phoenix AC	31	Trinity Meikle	Herts Phoenix AC
25	Amelie Hall	Herts Phoenix AC	32	Anya Morzaria	Watford Harriers
26	Khadijah Hyjazy	HAWCS	33	Lily Norwood	Dacorum & Tring AC
27	Freya Lund	HAWCS	34	Kayleen Patel	HAWCS
28	Daisy Marshall	HAWCS	35	Krystal Powley	Dacorum & Tring AC
29	Mia McIntosh	Dacorum & Tring AC	36	Talia Turay	Dacorum & Tring AC
30	Ava McLoughlin	Watford Harriers			
T81	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: Sileena Farrell Dartford Harriers AC 7.92 2018				
307	Cleo Agyepong	Cambridge Harriers	317	Timileyin Olowofoyeku	Dartford Harriers AC
308	Emily Algeo	Black & Brom H AC	318	Libby Pritchard	Thanet AC
309	Princess Asemota	Medway & Maidstone AC	319	Olivia Rabin	S Factor Academy
310	Abigail Babalola	Cambridge Harriers	320	Nadia Sadler-Reeves	Ashford AC
311	Chichi Cooper	Cambridge Harriers	321	Chloe Salter	Dartford Harriers AC
312	Grace Jakeman	Thanet AC	322	Lucy Tallon	Tonbridge AC
313	Emily Kerr	Black & Brom H AC	323	Scarlet Thomas-Wright	Invicta East Kent AC
314	Sophie Kerr	Black & Brom H AC	324	Isobel Thorn	Tonbridge AC
315	Tianna Lewis	Black & Brom H AC	325	Millie Vas	Thanet AC
316	Mabel Naisbitt	Thanet AC			
T82	Middlesex Under 15 Girls 60 Metres		Heats	10.15	
	CBP: Awa Ndiaye Serpentine 7.80 2016				
	Previous Winner: Tyra Khambai-Annan Team Hounslow AC 7.85 2018				
697	Niah Akintokun	Shaftesbury Barnet H	708	Tyra Khambai-Annan	Team Hounslow AC
698	Camille Alaphilippe	Highgate Harriers	709	Manuela Marangi	Thames Valley Harriers
699	Oluwasemilore Atiba	Shaftesbury Barnet H	710	Lola McCann-Ezekiel	Shaftesbury Barnet H
700	Manon Baines	St Mary's Richmond AC	711	Grace Mvangu	Thames Valley Harriers
701	Jadea Davids	Victoria Park & TH AC	712	Syan Newman-Smith	Thames Valley Harriers
702	Abigail Dichter	Serpentine RC	713	Omosefe Obadagbonyi	Victoria Park & TH AC
703	Rhianna Egbo	Harrow AC	714	Ebere Okafor Whyte	Victoria Park & TH AC
704	Vanessa Granada	Team Hounslow AC	715	Karjah Phillips	Thames Valley Harriers
705	Patricia Grudz-Edmondson	Thames Valley Harriers	716	Emmanuella Quaye	Enfield & Haringey AC
706	Florence Humphrey	Barnet & District AC	717	Emmeline Viala	Harrow AC
707	Tosin Jokosenumi	Shaftesbury Barnet H	718	Michelvi Wamba	Victoria Park & TH AC
T83	Hertfordshire Under 17 Women 60 Metres		Final	10.27	
	CBP: Charlotte Wingfield Enfield & Haringey 7.79 2010				
	Previous Winner: Dara Apoola Shaftesbury Barnet H 7.97 2018				
19	Emma Afari	Herts Phoenix AC	22	Marli Jessop	Dacorum & Tring AC
20	Toyosi Agbaniyaka	Watford Harriers	23	Chrissy Murray	Watford Harriers
21	Naomi Holder	Harrow AC			

T84	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: Esther Jackson Cambridge Harriers 7.80 2018				
287	Emmanuella Adeyemi	Bexley AC	297	Freya Jury	Swale Combined AC
288	Jessica Booth	Thanet AC	298	Joy Kelvin	Bexley AC
289	Imogen Davis	Ashford AC	299	Lauren Martin	Med and Maid AC
290	Annabel Duncombe	Black & Brom H AC	300	Holly Mpassy	Black & Brom H AC
291	Emma-Sophia Elston	Tonbridge AC	301	Sophie Pearman	Ashford AC
292	Sileena Farrell	Dartford Harriers AC	302	Akeiyila Robinson-Pascal	Black & Brom H AC
293	Isabella Fassnidge	Tonbridge AC	303	Molly Savage	Black & Brom H AC
294	Marie Fotso	Bexley AC	304	Sarris Teale	Ashford AC
295	Angel Gediz	Bexley AC	305	Mollie Vaughan	Dartford Harriers AC
296	Tianna Haynes	Black & Brom H AC	306	Kaliyah Young	Dartford Harriers AC
T85	Middlesex Under 17 Women 60 Metres		Heats	10.39	
	CBP: Desiree Henry Enfield & Haringey 7.64 2010				
	Previous Winner: Latifah Harris-Osman Shaftesbury Barnet H 7.68 2018				
673	Adedoyin Adeyanju	Harrow AC	685	Milan McNeil	Thames Valley Harriers
674	Janelle Afram	Victoria Park & TH AC	686	Yasmine Mwanyo	Enfield & Haringey AC
675	Kaisha Allen	Thames Valley Harriers	687	Kerry Oamen	Thames Valley Harriers
676	Milly Chilvers	St Mary's Richmond AC	688	Kimberley Oamen	Thames Valley Harriers
677	Millie Crane	Highgate Harriers	689	Roli Omamuli	Harrow AC
678	Tian Farrell-Gordon	Track Academy	690	Aaliyah Robinson	Victoria Park & TH AC
679	Leni-Mae Galvin	Highgate Harriers	691	Katy Shirtcliffe	St Mary's Richmond AC
680	Leah Gray	Thames Valley Harriers	692	Shakira Shodiya-Mcleish	Victoria Park & TH AC
681	Beyonce Harding	Be Fit Today Track Academy	693	Mia Smith	Hillingdon AC
682	Bobbi Harrison	Shaftesbury Barnet H	694	Sophia Sood	Team Hounslow AC
683	Milan Jervier	Harrow AC	695	Jasmin Taylor	Thames Valley Harriers
684	Louisa Jones	St Mary's Richmond AC	696	Shiloh Wright-Taipow	Serpentine RC
T85a	Hertfordshire Under 20 Women 60 Metres		Final	10.51	
	CBP: Frances Slater Herts Phoenix 7.83 2011				
	Previous Winner: Bethany Shaw St Albans AC 7.92 2018				
16	Dara Apoola	Shaftesbury BH	18	Remi Jessop	Dacorum & Tring AC
17	Molly Brown	St Albans AC			
T86	Kent Under 20 Women 60m		Heats	10.54	
	CBP: Daryll Neita Cambridge Harriers 7.49 2013				
	Previous Winner: Kera Jean-Francois Cambridge Harriers 8 2018				
276	Rebecca Abegunde-Williams	Bexley AC	282	Faye Olszowka (T20)	Bexley AC
277	Shiann Brock-Walters	Cambridge Harriers	283	Kamiyla Robinson-Pascal	Black & Brom H AC
278	Mhairi Brooks	Black & Brom H AC	284	Hannah Scrivens	Invicta East Kent AC
279	Chanelle Cole	Dartford Harriers AC	285	Mayong Tabe	Med and Maid AC
280	Zara Edeleanu	Med and Maid AC	286	Rachel Yeldham	Black & Brom H AC
281	Sophia Harper	Black & Brom H AC			
T87	Middlesex Under 20 Women 60 Metres		Heats	11.00	
	CBP: Annie Tagoe Thames Valley Harriers 7.58 2010				
	Previous Winner: Akashya Ellis Enfield and Haringey AC 7.73 2018				
663	Bessie Aban-Owusu	Ealing Southall & Middx	668	Amy Louise Hillier	Hillingdon AC
664	Hollie Acraman	Hillingdon AC	669	Chinwe Iwunze	Shaftesbury Barnet H
665	Ayoola Babalola	Windsor Slough Eton & H	670	Elise Modeste	Enfield & Haringey AC
666	Akaysha Ellis	Enfield & Haringey AC	671	Callie Sinclair	Hillingdon AC
667	Viviane Gomes Bassangue	Victoria Park & TH AC	672	Isabella West	Victoria Park & TH AC
T88	Kent Senior Women 60m		Final	11.06	
	CBP: Xanine Powell Cambridge Harriers 7.62s 2006				
	Previous Winner: Darcey Kuypers Med and Maid AC 7.91 2018				
271	Derin Aderinto	Cambridge Harriers	274	Lyn Sole (W55)	Thanet AC
272	Doyin Aderinto	Cambridge Harriers	275	Kirstie Taylor (W40)	Dartford Harriers AC
273	Anastasia Davies	Black & Brom H AC			

T89	Middlesex Senior Women 60 Metres		Final	11.09	
	CBP: Nicola Gilbert Enfield & Haringey AC 7.60 2014				
	Previous Winner: Alima Diabate Highgate Harriers 8.37 2018				
656	Esther Adebowale	Victoria Park & TH AC	660	Emily McMahon (W65)	Enfield & Haringey AC
657	Eleanor Ball	London Heathside	661	Liina Otsalu	Maccabi London Harriers
658	Claudia Bioh	London Heathside	662	Rosalind Zeffertt (W55)	Shaftesbury Barnet H
659	Amy Mat	King's College London			
T90	Kent Under 15 Boys 60m		Heats	11.12	
	CBP: Camron Lyttle Bexley AC 7.22 2013				
	Previous Winner: Zachary Nwogwugwu Tonbridge AC 7.44 2018				
255	Alexei Baranov	Dartford Grammar School	263	Kieran Isaac	Med and Maid AC
256	Jake Chea	Dartford Grammar School	264	Adam Islam-Medeaux	Black & Brom H AC
257	Aidan Collins	Tonbridge AC	265	Joshua Jackson	Cambridge Harriers
258	Ian Farrow	Med and Maid AC	266	Ben Nolan	Tonbridge AC
259	Harvey Fordham	Paddock Wood AC	267	Joshua Oyetti	Dartford Grammar School
260	Charlie Goodwin	Tonbridge AC	268	Liam Simms	Paddock Wood AC
261	Javan Gordon	Bexley AC	269	Alex Stone	Paddock Wood AC
262	Osagie Imanswuomo	Cambridge Harriers	270	Ben Wilkes	Tonbridge AC
T91	Middlesex Under 15 Boys 60 Metres		Heats	11.21	
	CBP: Tyreece Rankin Highgate Harriers 7.25 2017				
	Previous Winner: Chima Onuora Shaftesbury Barnet H 7.39 2018				
636	Zavier Achiampong	Highgate Harriers	646	Frankie Johnson	Shaftesbury Barnet H
637	Cyril Afram	Victoria Park & TH AC	647	Tajaih Kidd	Thames Valley Harriers
638	Malachi Amadi	Shaftesbury Barnet H	648	Arayo Latonne-Cruz	Victoria Park & TH AC
639	Otis Bakker	Highgate Harriers	649	Shlomo Levy	Highgate Harriers
640	Usir Bennett-Tabi	St Mary's Richmond AC	650	Joseph Nash	Enfield & Haringey AC
641	Hezekiah Douglas	Thames Valley Harriers	651	Samuel Ojo	Shaftesbury Barnet H
642	Reece Earle	Thames Valley Harriers	652	Dike Onyemelukwe	Shaftesbury Barnet H
643	Karrell Harris	Victoria Park & TH AC	653	Lucas Persaud	Enfield & Haringey AC
644	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC	654	Aydan Tyrrell	Harrow AC
645	Clayton Jacinto	Thames Valley Harriers	655	Bradley Ukpetenan	Shaftesbury Barnet H
T92	Hertfordshire Under 17 Men 60 Metres		Heats	11.30	
	CBP: Dominic Ashwell Dacorum & Tring AC 6.97 2015				
	Previous Winner: Joseph Eggleton Chiltern Harriers AC 7.24 2018				
8	Rohan Bagai	Shaftesbury BH	12	Alexander Munoz Davey	HAWCS
9	Enya Davies-Collins	St Albans AC	13	Liam Mvula	Watford Harriers
10	Freddie Henderson	Harlow AC	14	Alex Pickard	Stevenage & North H AC
11	Fortune Isoka-Onwordi	Watford Harriers	15	Nicholas Savva	Shaftesbury BH
T93	Kent Under 17 Men 60m		Heats	11.36	
	CBP: Daniel Bonich Bexley Borough AC 7.0s 1996				
	Previous Winner: Anton Bachorski Tonbridge AC 7.12 2018				
234	Sami Baruah	Tonbridge AC	245	Omarion Jones-Gayle	Cambridge Harriers
235	Zac Beasty	Tonbridge AC	246	Matthew Kinsambwe	Bexley AC
236	Stefano Bertero	S Factor Academy	247	Joe Lowes	Thanet AC
237	Oliver Briars	Black & Brom H AC	248	Morgan Lucas	Dartford Harriers AC
238	Jacob Byfield	Black & Brom H AC	249	Prince Mulamba	Cambridge Harriers
239	Judah Chike-Michael	Cambridge Harriers	250	Zachary Nwogwugwu	Tonbridge AC
240	Tammo Foad	Ashford AC	251	Abdul Rahim	Black & Brom H AC
241	Jake Goodman	Invicta East Kent AC	252	Oluwafemi Segun	Dartford Grammar School
242	Ralph-Lowell Hallassou	Bexley AC	253	Zsiriah Thomas	Black & Brom H AC
243	William Dylan Heathcote	Med and Maid AC	254	Henry Whichello	Black & Brom H AC
244	Josef Hrabe	Dartford Harriers AC			

T94	Middlesex Under 17 Men 60 Metres		Heats	11.45	
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017				
	Previous Winner: Micah Forbes-Agyepong Shaftesbury Barnet H 7.08 2018				
620	David Bazuaye	Victoria Park & TH AC	628	Motunrayo Ogunbanjo	Hillingdon AC
621	Micah Greenaway	Enfield & Haringey AC	629	Chima Onuora	Shaftesbury Barnet H
622	Yuma Hamano	Shaftesbury Barnet H	630	Kofi Owusu	Shaftesbury Barnet H
623	Richard Klein	St Mary's Richmond AC	631	Gilbert Quaye	Enfield & Haringey AC
624	Tyrese Lindo	Victoria Park & TH AC	632	Tanawat Raveng	Shaftesbury Barnet H
625	Levi Liston	Highgate Harriers	633	Edward Sesay	Thames Valley Harriers
626	Nnamdi Ndukwe	Shaftesbury Barnet H	634	Nicholas Shaw	Shaftesbury Barnet H
627	Michael Ogbechie	Highgate Harriers	635	Rufus Tansey	London Heathside
T95	Hertfordshire Under 20 Men 60 Metres		Final	11.54	
	CBP: Eden Davis Herts Phoenix 7.05 2017				
	Previous Winner: No Competition 2018				
1	Dylan Baines	Stevenage & North H AC	5	Destiny Ogali	Dacorum & Tring AC
2	Semba Bwalya	Stevenage & North H AC	6	Tobi Ogunkanmi	Watford Harriers
3	Samad Ibrahim	Dacorum & Tring AC	7	Matteo Rizzo	Herts Phoenix AC
4	Oliver Martin	HAWCS			
T96	Kent Under 20 Men 60m		Heats	11.57	
	CBP: James Ellington Belgrave Harriers 6.82s 2004				
	Previous Winner: Korede Awe Invicta East Kent AC 6.93 2018				
217	Iyioluwa Adesan	Cambridge Harriers	226	Matthew Knight	Black & Brom H AC
218	Anton Bachorski	Tonbridge AC	227	Connor Neal	Thanet AC
219	Sebastian Brooks (T20)	Tonbridge AC	228	Chizute Ogbedeh	Black & Brom H AC
220	Reon Edwards	Herne Hill Harriers	229	Oscar Prager	Tonbridge AC
221	Matthew Elliott	Ashford AC	230	Brandon Sikity	Cambridge Harriers
222	Michael Fagbenle	Bexley AC	231	George Smith	Tonbridge AC
223	Konrad Farrall	Thanet A.C	232	Ben Sutton	Black & Brom H AC
224	Pedro Gleadall	Black & Brom H AC	233	Leonard Wright	Black & Brom H AC
225	Nathan Isaac	Med and Maid AC			
T97	Middlesex Under 20 Men 60 Metres		Final	12.06	
	CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010				
	Previous Winner: Ceake Maddix Shaftesbury Barnet H 7.20 2018				
613	Emmanuel Agyare	Enfield & Haringey AC	617	Toby Makoyawo	Watford Harriers
614	Idan Gal-Shohet	Highgate Harriers	618	Jak Mensah	Team Hounslow AC
615	Joshua Kumar	Shaftesbury Barnet H	619	Oluwole Orimoloye	Thames Valley Harriers
616	Ceake Maddix	Shaftesbury Barnet H			
T98	Kent Senior Men 60m		Heats	12.09	
	CBP: Mark Williams Blackheath Harriers 6.8s 1994				
	Jonathan Browne Kent AC 6.82 2014				
	Previous Winner: Duayne Bovell Black & Brom H AC 6.96 2018				
201	Joe Appiah (M45)	Kent AC	209	Jack Fox	Dartford Harriers AC
202	Femi Awe	Invicta East Kent AC	210	Max Harbord	Kent AC
203	Korede Awe	Invicta East Kent AC	211	Maximilian Heavens	Invicta East Kent AC
204	Justin Bailey	Dartford Harriers AC	212	Leslie Lartey	Invicta East Kent AC
205	Mathew Beech	Swale Combined AC	213	Jack Lennard	Tonbridge AC
206	Martin Boucher (M45)	Invicta East Kent AC	214	Abraham Ogunmefun	Bexley AC
207	Duayne Bovell	Black & Brom H AC	215	Adam Wall	Thanet AC
208	Idorenyin Ekere	Bexley AC	216	Conrad Will (T13)	Oxford University AC
T99	Middlesex Senior Men 60 Metres		Heats	12.18	
	CBP: Joshua Swaray Hillingdon 6.7 2010				
	Previous Winner: Alex Murdock Harrow AC 7.02 2018				
601	Amar-Mazigh Aichoun	Thames Valley Harriers	607	Darren Morson	Victoria Park & TH AC
602	Glen Crowie	Hillingdon AC	608	Michael Olatunji	Enfield & Haringey AC
603	Tashan Daniel	Hillingdon AC	609	Laurence Owen	Thames Valley Harriers
604	Adrian Day (M60)	Enfield & Haringey AC	610	Keano-Elliott Paris-Samuel	Thames Valley Harriers
605	Sunil Jobanputra	Shaftesbury Barnet H	611	Kazumasa Saito (M45)	Highgate Harriers
606	Jordan May	Enfield & Haringey AC	612	Carlos Sobers	Victoria Park & TH AC

T100	Hertfordshire Under 15 Girls 1500 Metres		Final	12.41
	CBP: Laura Farrar St. Albans 5:09.22 2008			
	Previous Winner: Maya Brockie Watford Harriers 5:24.94 2018			
99	Emma McCluskey	Barnet & District AC	102	Beth Moody
101	Roisin Hurley	HAWCS		Dacorum & Tring AC
T100	Kent Under 15 Girls 1500m		Final	12.41
	CBP: Morgan Squibb Black & Brom H AC 4:50.64 2017			
	Previous Winner: Ellie Dolby Black & Brom H AC 4:53.75 2018			
469	Amarisa Sibley	Black & Brom H AC	480	Hannah Clark
472	Abigail Royden	Medway & Maidstone AC	481	Lily Meers
479	Annabel Young	Medway & Maidstone AC		Black & Brom H AC
				Black & Brom H AC
T100	Middlesex Under 15 Girls 1500 Metres		Final	12.41
	CBP: Myla Stiling Victoria Park & TH AC 5:04.29 2018			
	Previous Winner: Myla Stiling Victoria Park & TH AC 5:04.29 2018			
831	Charlotte Edge	Thames Valley Harriers		
T101	Hertfordshire Senior Women 1500 Metres		Final	12.48
	CBP: Lois Bowles Enfield & Haringey AC 4:48.86 2015			
	Previous Winner: Claire Bentley Watford Harriers 5:08.5 2018			
76	Claire Bentley	Watford Harriers		
T101	Kent Senior Women 1500m		Final	12.48
	CBP: Clare Elms Cambridge H 4:40.2 2008			
	Previous Winner: No Winner 2018			
426	Clare Elms (W55)	Kent AC	428	Chloe Sharp
				Central Park Athletics
T101	Hertfordshire Under 17 Women 1500 Metres		Final	12.48
	CBP: Laura Farrar St. Albans 4:58.75 2010			
	Previous Winner: Christina Durbin St Albans AC 5:14.0 2018			
80	Emeline Brown	St Albans AC		
T101	Kent Under 17 Women 1500m		Final	12.48
	CBP: Charlotte Young Med and Maid AC 4:54.54 2018			
	Previous Winner: Charlotte Young Med and Maid AC 4:54.54 2018			
458	Charlotte Young	Med and Maid AC		
T101	Middlesex Under 17 Women 1500 Metres		Final	12.48
	CBP: Georgia Fear Highgate Harriers 4:56.63 2013			
	Previous Winner: Hannah Long Victoria Park & TH AC 5:27.69 2018			
810	Grace Bowden-Stone	St Mary's Richmond AC	813	Niamh Murphy
811	Melina Duer	Thames Valley Harriers	815	Imogen Scott-Gall
812	Mia Manttan	London Heathside		Thames Valley Harriers
				Victoria Park & TH AC
T102	Hertfordshire Under 15 Girls 60 Metres		Finals	13.08
	CBP: Jodie Williams Herts Phoenix 7.77 2008			
	Previous Winner: Serena Thomas St Albans AC 8.18 2018			
T103	Kent Under 15 Girls 60m		Finals	13.11
	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: Sileena Farrell Dartford Harriers AC 7.92 2018			

T104	Middlesex Under 15 Girls 60 Metres CBP: Awa Ndiaye Serpentine 7.80 2016 Previous Winner: Tyra Khambai-Annan Team Hounslow AC 7.85 2018	S/F	13.14
T105	Kent Under 17 Women 60m CBP: Daryll Neita Cambridge Harriers 7.59 2012 Montell Douglas Bromley AC 7.6s 2002 Previous Winner: Esther Jackson Cambridge Harriers 7.80 2018	Final	13.20
T106	Middlesex Under 17 Women 60 Metres CBP: Desiree Henry Enfield & Haringey 7.64 2010 Previous Winner: Latifah Harris-Osman Shaftesbury Barnet H 7.68 2018	S/F	13.23
T107	Kent Under 20 Women 60m CBP: Daryll Neita Cambridge Harriers 7.49 2013 Previous Winner: Kera Jean-Francois Cambridge Harriers 8 2018	Final	13.29
T108	Middlesex Under 20 Women 60 Metres CBP: Annie Tagoe Thames Valley Harriers 7.58 2010 Previous Winner: Akashya Ellis Enfield and Haringey AC 7.73 2018	Final	13.32
T109	Kent Under 15 Boys 60m CBP: Camron Lyttle Bexley AC 7.22 2013 Previous Winner: Zachary Nwogwugwu Tonbridge AC 7.44 2018	Finals	13.35
T110	Middlesex Under 15 Boys 60 Metres CBP: Tyreece Rankin Highgate Harriers 7.25 2017 Previous Winner: Chima Onuora Shaftesbury Barnet H 7.39 2018	Final	13.38
T111	Hertfordshire Under 17 Men 60 Metres CBP: Dominic Ashwell Dacorum & Tring AC 6.97 2015 Previous Winner: Joseph Eggleton Chiltern Harriers AC 7.24 2018	Final	13.41
T112	Kent Under 17 Men 60m CBP: Daniel Bonich Bexley Borough AC 7.0s 1996 Previous Winner: Anton Bachorski Tonbridge AC 7.12 2018	Final	13.44
T113	Middlesex Under 17 Men 60 Metres CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017 Previous Winner: Micah Forbes-Agyepong Shaftesbury Barnet H 7.08 2018	Final	13.47
T114	Kent Under 20 Men 60m CBP: James Ellington Belgrave Harriers 6.82s 2004 Previous Winner: Korede Awe Invicta East Kent AC 6.93 2018	Final	13.50
T115	Kent Senior Men 60m CBP: Mark Williams Blackheath Harriers 6.8s 1994 Jonathan Browne Kent AC 6.82 2014 Previous Winner: Duayne Bovell Black & Brom H AC 6.96 2018	Final	13.53
T116	Middlesex Senior Men 60 Metres CBP: Joshua Swaray Hillingdon 6.7 2010 Previous Winner: Alex Murdock Harrow AC 7.02 2018	Final	13.56
T117	Middlesex Under 17 Women 60 Metres CBP: Desiree Henry Enfield & Haringey 7.64 2010 Previous Winner: Latifah Harris-Osman Shaftesbury Barnet H 7.68 2018	Final	13.59
T118	Middlesex Under 15 Girls 60 Metres CBP: Awa Ndiaye Serpentine 7.80 2016 Previous Winner: Tyra Khambai-Annan Team Hounslow AC 7.85 2018	Final	14.02

T119	Middlesex Under 15 Girls 300 Metres			Heats	14.22
	CBP: Jeslyn Agyei-Kyem Walton AC 41.92 2018				
	Previous Winner: Jeslyn Agyei-Kyem Walton AC 42.55 2018				
700	Manon Baines	St Mary's Richmond AC	818	Laura Anene	Hillingdon AC
704	Vanessa Granada	Team Hounslow AC	819	Folasade Fajuke	Victoria Park & TH AC
710	Lola McCann-Ezekiel	Shaftesbury Barnet H	820	Teniola Fajuke	Victoria Park & TH AC
716	Emmanuella Quaye	Enfield & Haringey AC	821	Amy Greig	St Mary's Richmond AC
817	Olivia Sparks	Thames Valley Harriers			
T120	Kent Under 15 Girl 300m			Heats	14.30
	CBP: Holly Mpassy Black & Brom H AC 41.82 2017				
	Previous Winner: Shakanya Osahon Black & Brom H AC 42.56 2018				
310	Abigail Babalola	Cambridge Harriers	467	Cameron Kelly-Gordon	Black & Brom H AC
459	Annabella Curcher	Tonbridge AC	468	Otilie Mcardle Hodge	Tonbridge AC
465	Josephine Bassett	Medway Phoenix	469	Amarisa Sibley	Black & Brom H AC
466	Keira Hulks	Thanet AC	470	Amira Thomas	Medway Phoenix
T121	Hertfordshire Under 15 Girls 300 Metres			Final	14.38
	CBP: Katie Liptrot HAWCS 44.6 2016				
	Previous Winner: Grace Hucknall Watford Harriers 45.47 2018				
28	Daisy Marshall	HAWCS	96	Alexa Forster	HAWCS
91	Niamy Day	Stevenage & North H AC	97	Niamh Smith	HAWCS
94	Abbie Parker	Dacorum & Tring AC			
T122	Kent Under 15 Boys 300m			Heats	14.42
	CBP: Oliver Briars Black & Brom H AC 38.93 2017				
	Previous Winner: Toby Adebayo Dartford Harriers AC 43.19 2018				
256	Jake Chea	Dartford Grammar School	411	Tommy Owler	Folkestone Running Club
257	Aidan Collins	Tonbridge AC	412	Siraj Pothiraj	Dartford Grammar School
409	Nathan Awoyele	Cambridge Harriers	413	Connor Sutton	Black & Brom H AC
410	Felix Mcardle Hodge	Tonbridge AC			
T123	Hertfordshire Under 15 Boys 300 Metres			Final	14.50
	CBP: Uchenna Okoh Dacorum & Tring AC 37.66 2014				
	Previous Winner: Alex Pickard Stevenage & North H AC 41.06 2018				
65	Nathan Kabel	Harrow AC	69	Harry Bridge	Dacorum & Tring AC
T123	Middlesex Under 15 Boys 300 Metres			Final	14.50
	CBP: Alfie Crews St Mary's Richmond AC 39.68 2015				
	Previous Winner: Gilad Nachshen Shaftesbury Barnet H 39.72 2018				
777	Mohamed Boumaraf	Thames Valley Harriers			
T124	Kent Under 17 Women 300m			Heats	14.54
	CBP: Holly Mpassy Black & Brom H AC 39.65 2018				
	Previous Winner: Holly Mpassy Black & Brom H AC 39.97 2018				
288	Jessica Booth	Thanet AC	446	Olivia Berry	Black & Brom H AC
293	Isabella Fassnidge	Tonbridge AC	447	Isabelle Harding	Invicta East Kent AC
295	Angel Gediz	Bexley AC	448	Oluwagbemisola Kasumu	Med and Maid AC
438	Emily Bowart	Tonbridge AC	449	Emily Newnham	Dartford Harriers AC
441	Maya Marriner	Tonbridge AC	450	Rebekah O'Brien	Tonbridge AC
442	Emilia Stokes	Invicta East Kent AC	451	Eliz O'Donnell	Tonbridge AC
443	Sohaila Ali	Tonbridge AC	452	Shakanya Osahon	Black & Brom H AC
444	Claudia Baker	Black & Brom H AC	453	Freya Ridge	Tonbridge AC
445	Amelia Bates	Dartford Harriers AC	454	Keira Rose	Tonbridge AC

T125	Middlesex Under 17 Women 300 Metres		Heats	15.06	
	CBP: Cedelle Agyei-Kyem Walton AC 42.04 2018				
	Previous Winner: Cedelle Agyei-Kyem Walton AC 42.32 2018				
673	Adedoyin Adeyanju	Harrow AC	805	Mya Ashbourne	Harrow AC
684	Louisa Jones	St Mary's Richmond AC	806	Eleanor Humphrey	Barnet & District AC
801	Amber Du Verney	Shaftesbury Barnet H	807	Beth Turton	St Mary's Richmond AC
802	Ella Fryer	St Mary's Richmond AC			
T126	Kent Under 17 Men 400m		Final	15.14	
	CBP: Ethan Brown Dartford Harriers AC 50.01 2017				
	Previous Winner: Kristian Samwell-Nash Ashford AC 50.75 2018				
390	Kristian Samwell-Nash	Ashford AC	392	Spencer Elphick	Tonbridge AC
391	Michael Uzozie	Med and Maid AC			
T126	Middlesex Under 17 Men 400 Metres		Final	15.14	
	CBP: Linus Field St Mary's Richmond 51.19 2011				
	Previous Winner: Mittio Mohammadian Shaftesbury Barnet H 51.74 2018				
631	Gilbert Quaye	Enfield & Haringey AC	759	Jason Kalala	Victoria Park & TH AC
757	Jon Awuah	Walton AC			
T127	Kent Senior Men 400m		Heats	15.18	
	CBP: Conrad Williams Kent AC 48.37s 2008				
	Previous Winner: Lewis Collins Med and Maid AC 50.04 2018				
206	Martin Boucher (M45)	Invicta East Kent AC	357	Jamie Farrell	Bexley AC
351	Adam Bernard	Chelmsford AC	358	Henry Marshall	Tonbridge AC
355	Colin Bates (M55)	Dartford Harriers AC	359	Wole Odele	Cambridge Harriers
356	Joseph Burton	Med and Maid AC	360	Frano Vainio-Doiseul	Cambridge Harriers
T128	Middlesex Senior Men 400 Metres		Heats	15.26	
	CBP: Andrew Howell Harrow 49.12 2010				
	Previous Winner: Adrian Richards Woodford Green AC w EL 52.55 2018				
601	Amar-Mazigh Aichoun	Thames Valley Harriers	738	Adrian Richards	Woodford Green AC w EL
604	Adrian Day (M60)	Enfield & Haringey AC	740	Columba Blango	Victoria Park & TH AC
606	Jordan May	Enfield & Haringey AC	741	Robert Datnow (M45)	Thames Valley Harriers
735	Shaquille Eusebe	Victoria Park & TH AC	742	Tom Pollard	Fulham Running Club
T129	Hertfordshire Senior Men 400 Metres		Final	15.34	
	CBP: Glyn Hawkes Cardiff 49.10 2011				
	Previous Winner: Samuel Jones St Albans AC 50.89 2018				
46	Peter Benedickter (M50)	Bedford & County	48	Josh Evans	Dacorum & Tring AC
47	John Devoy (M35)	Fulham RC	49	Samuel Jones	St Albans AC
T130	Hertfordshire Under 20 Men 400 Metres		Final	15.38	
	CBP: Michael Edwards Enfield & Haringey 50.44 2012				
	Previous Winner: Harry Scully Herts Phoenix AC 57.16 2018				
53	Thomas Bain	Dacorum & Tring AC	55	Ben Lloyd	Shaftesbury BH
54	George Dowding	Dacorum & Tring AC			
T130	Hertfordshire Under 17 Men 400 Metres		Final	15.38	
	CBP: Nathan Wake Herts Phoenix 51.36 2007				
	Previous Winner: James Pinto Shaftesbury Barnet H 56.25 2018				
15	Nicholas Savva	Shaftesbury BH	56	Will Farndale	HAWCS
T131	Kent Under 20 Women 400m		Heats	15.42	
	CBP: Rebecca O'Hara Tonbridge AC 57.42 2017				
	Previous Winner: Asha Root Tonbridge AC 58.8 2018				
282	Faye Olszowka (T20)	Bexley AC	435	Freya Lee	Invicta East Kent AC
431	Lucy Hope	Med and Maid AC	436	Jessica O'Hara	Tonbridge AC
433	Asha Root	Tonbridge AC	437	Lauren Vinten	Tonbridge AC
434	Jade Amina Fitt	Cambridge Harriers			

T132	Middlesex Senior Women 400 Metres		Final	15.50
	CBP: Lyndsey Fairweather Harrow 56.84 2010			
	Previous Winner: Noelle O'Regan London Heathside 66.73 2018			
790	Nastassja Allin	Enfield & Haringey AC	793	Alima Diabate
792	Alice Hunter	Victoria Park & TH AC		Highgate Harriers
T132	Hertfordshire Under 20 Women 400 Metres		Final	15.50
	CBP: Laura Wake Herts Phoenix 58.51 2008			
	Previous Winner: Grace Gentry HAWCS 60.14 2018			
79	Katie Liptrot	HAWCS		
T132	Middlesex Under 20 Women 400 Metres		Final	15.50
	CBP: Michelle Mamudu Victoria Park & TH AC 58.17 2018			
	Previous Winner: Michelle Mamudu Victoria Park & TH AC 58.17 2018			
799	Helena Samarasinghe	St Mary's Richmond AC		
T132	Hertfordshire Under 17 Women 400 Metres		Final	15.50
	CBP: Emily Hack St Albans AC 57.94 2015			
	Previous Winner: Scarlett Kent Shaftesbury Barnet H 62.3 2018			
83	Milly Soanes	Dacorum & Tring AC		
T133	Kent Senior Women 400m		Final	15.54
	CBP: Jodie Leslie Bedford & County AC 57.18 2016			
	Previous Winner: Samantha Brown Dartford Harriers AC 59.71 2018			
420	Bonnie Maugey	Dartford Harriers AC	423	Emily Hale
421	Katie Scoones	Swale Combined AC	424	Ellie White
				Med and Maid AC Bexley AC
T134	Kent Under 20 Men 400m		Heats	15.58
	CBP: Farren Morgan Bexley AC 48.98 2012			
	Previous Winner: Coleman Corry Black & Brom H AC 51.97 2018			
372	Benjamin Blake	Med and Maid AC	376	Jonathan Mann
373	Fuad Busoir	Cambridge Harriers	377	Harry Osborne
374	Jacob Calvert	Bexley AC	378	Marshall Smith
375	Coleman Corry	Black & Brom H AC	379	Ben Townend
				Bexley AC Med and Maid AC Ashford AC Med and Maid AC
T135	Hertfordshire Under 20 Men 400 Metres		Final	16.06
	CBP: Michael Edwards Enfield & Haringey 50.44 2012			
	Previous Winner: Harry Scully Herts Phoenix AC 57.16 2018			
53	Thomas Bain	Dacorum & Tring AC	55	Ben Lloyd
54	George Dowding	Dacorum & Tring AC		Shaftesbury BH
T135	Middlesex Under 20 Men 400 Metres		Final	16.06
	CBP: Nilrem Stewart Thames Valley Harriers 50.34 2017			
	Previous Winner: Michael Shonibare Victoria Park & TH AC 51.81 2018			
753	Maltietie Fousseini	Enfield & Haringey AC	755	Mittio Mohammadian
754	Louis Menzies-Walker	Victoria Park & TH AC	756	Odera Umeugoji
				Shaftesbury Barnet H Shaftesbury Barnet H
T136	Hertfordshire Under 15 Boys 1500 Metres		Final	16.10
	CBP: Jamie Dee Herts Phoenix 4:13.51 2012			
	Previous Winner: Tom Gaunce St Albans AC 4:48.52 2018			
68	Callum Sydenham	Barnet & District AC	74	Noah Brown
70	Noah Clarke	Barnet & District AC	75	Isaac Whitten
				St Albans AC Stevenage & North H AC
T136	Kent Under 15 Boys 1500m		Final	16.10
	CBP: Samuel Reardon Black & Brom H AC 4:28.23 2018			
	Previous Winner: Samuel Reardon Black & Brom H AC 4:28.23 2018			
405	Edward Best	Dartford Harriers AC	415	Ananjan Ganguli
414	Ethan Fiore	Cambridge Harriers	419	Samuel Ferreyra
				Tonbridge AC Dartford Grammar School

T136	Middlesex Under 15 Boys 1500 Metres		Final	16.10
	CBP: Finn Harvey Shaftesbury Barnet H 4:29.66 2016			
	Previous Winner: Alex Quin Queens Park Harriers 5:24.53 2018			
780	Sam Amdor	Highgate Harriers	788	Dominic Paine
787	Michael McGann	Victoria Park & TH AC		Trent Park RC
T137	Hertfordshire Senior Men 1500 Metres		Final	16.17
	CBP: Shaun Collins Enfield & Haringey AC 3:57.31 2014			
	Previous Winner: John Devoy Fulham Running Club 5:13.70 2018			
47	John Devoy (M35)	Fulham RC	52	James McMurray
51	Ben Pattison	St Albans AC		St Albans AC
T137	Middlesex Senior Men 1500 Metres		Final	16.17
	CBP: Mohamed Mohamed Thames Valley Harriers 3:55.48 2014			
	Previous Winner: Thomas Daley Fulham Running Club 4:40.76 2018			
742	Tom Pollard	Fulham Running Club	751	Oliver Lum
				Bracknell AC
T138	Kent Senior Men 1500m		Final	16.24
	CBP: Dylan Rigby Invicta East Kent AC 4:00.21 2018			
	Previous Winner: Dylan Rigby Invicta East Kent AC 4:00.21 2018			
206	Martin Boucher (M45)	Invicta East Kent AC	369	Andrew Pickett
366	Craig Sharp	Central Park Athletics	370	Matthew Preston
367	Lucas Taylor-Costin	Dartford Harriers AC	371	Andrew Scoones
368	Michael Major	Med and Maid AC		Dartford Harriers AC
				Cambridge Harriers
				Swale Combined AC
T139	Kent Under 20 Men 1500m		Final	16.31
	CBP: Marshall Smith Ashford AC 4:10.20 2018			
	Previous Winner: Marshall Smith Ashford AC 4:10.20 2018			
378	Marshall Smith	Ashford AC	384	Oliver Prior
380	Alexander Donnelly	Med and Maid AC	385	Harrison Tremain
382	Cameron Sharp	Central Park Athletics		Ashford AC
				Ashford AC
T139	Middlesex Under 20 Men 1500 Metres		Final	16.31
	CBP: Yusuf Bizimana Victoria Park & TH AC 3:58.60 2018			
	Previous Winner: Yusuf Bizimana Victoria Park & TH AC 3:58.60 2018			
832	Chauncey Edwards	Ealing Southall & Middx		
T140	Hertfordshire Under 17 Men 1500 Metres		Final	16.38
	CBP: Edward Shepherd Herts Phoenix 4:11.58 2010			
	Previous Winner: Charlie Woollett Watford Harriers 4:27.18 2018			
59	Joseph Gallego	Stevenage & North H AC	61	Alex Moffat
60	Finn MacCarthy	Barnet & District AC	63	Charlie Woollett
				St Albans AC
				Watford Harriers
T140	Kent Under 17 Men 1500m		Final	16.38
	CBP: Thomas Manning Dartford Harriers AC 4:23.37 2016			
	Previous Winner: Ted Higgins Bexley AC 4:20.57 2018			
393	Finlay Croll	Tonbridge AC	402	Jalen Pople
401	John Okomayin	Cambridge Harriers	403	Isaac Thomas
				Bexley AC
				Medway Phoenix
T141	Middlesex Under 17 Men 1500 Metres		Final	16.45
	CBP: Rhys Spence Hillingdon 4:09.68 2010			
	Previous Winner: Owen Quin Queens Park Harriers 4:46.16 2018			
770	Hanad Ahmed	Hillingdon AC	774	Louis Hodge
771	Vitaly Bender	Ealing Southall & Middx	775	Arun Manget
772	Jonny Brook	St Mary's Richmond AC	776	Joseph Reynolds
773	Luke Edwards	Hillingdon AC		Thames Valley Harriers
				Ealing Southall & Middx
				Victoria Park & TH AC

T142	Middlesex Under 15 Girls 300 Metres CBP: Jeslyn Agyei-Kyem Walton AC 41.92 2018 Previous Winner: Jeslyn Agyei-Kyem Walton AC 42.55 2018	Final	16.52
T143	Kent Under 15 Girl 300m CBP: Holly Mpassy Black & Brom H AC 41.82 2017 Previous Winner: Shakanya Osahon Black & Brom H AC 42.56 2018	Final	16.56
T144	Kent Under 15 Boys 300m CBP: Oliver Briars Black & Brom H AC 38.93 2017 Previous Winner: Toby Adebayo Dartford Harriers AC 43.19 2018	Final	17.00
T145	Kent Under 17 Women 300m CBP: Holly Mpassy Black & Brom H AC 39.65 2018 Previous Winner: Holly Mpassy Black & Brom H AC 39.97 2018	Final	17.04
T146	Middlesex Under 17 Women 300 Metres CBP: Cedelle Agyei-Kyem Walton AC 42.04 2018 Previous Winner: Cedelle Agyei-Kyem Walton AC 42.32 2018	Final	17.08
T147	Kent Under 20 Women 400m CBP: Rebecca O'Hara Tonbridge AC 57.42 2017 Previous Winner: Asha Root Tonbridge AC 58.8 2018	Final	17.12
T148	Kent Under 20 Men 400m CBP: Farren Morgan Bexley AC 48.98 2012 Previous Winner: Coleman Corry Black & Brom H AC 51.97 2018	Final	17.16
T149	Kent Senior Men 400m CBP: Conrad Williams Kent AC 48.37s 2008 Previous Winner: Lewis Collins Med and Maid AC 50.04 2018	Final	17.20
T150	Middlesex Senior Men 400 Metres CBP: Andrew Howell Harrow 49.12 2010 Previous Winner: Adrian Richards Woodford Green AC w EL 52.55 2018	Final	17.24

FIELD EVENTS

F13	Kent Senior Women Long Jump CBP: Angela Williams Medway AC 5.60m 2001 Previous Winner: Toyin Orelaja Black & Brom H AC 5.21 2018	Final	10.00
274	Lyn Sole (W55)	Thanet AC	
F13	Middlesex Senior Women Long Jump CBP: Angela Barrett Harrow 5.51 2008 Previous Winner: Rosalind Zeffertt Shaftesbury Barnet H 3.27 2018	Final	10.00
661	Liina Otsalu	Maccabi London Harriers	849 Lotte Visser
662	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	Hillingdon AC
F13	Hertfordshire Under 20 Women Long Jump CBP: Nicole Parcell Enfield & Haringey AC 5.20 2017 Previous Winner: No Competition 2018	Final	10.00
127	Connie Andrews	Stevenage & North H AC	
F13	Kent Under 20 Women Long Jump CBP: Eloise Harvey Dartford Harriers AC 5.51 2018 Previous Winner: Eloise Harvey Dartford Harriers AC 5.51 2018	Final	10.00
283	Kamiyla Robinson-Pascal	Black & Brom H AC	526 Emily Giardina
285	Mayong Tabe	Med and Maid AC	527 Eloise Harvey
524	Lauren Campbell	Dartford Harriers AC	528 Ayanna Henry
525	Lauren Farley	Black & Brom H AC	529 Zoe Martial
			Thanet AC
			Dartford Harriers AC
			Cambridge Harriers
			Black & Brom H AC

F13	Middlesex Under 20 Women Long Jump			Final	10.00
	CBP: Amelia Macdonald Woodford Green AC w EL 5.39 2018				
	Previous Winner: Amelia Macdonald Woodford Green AC w EL 5.39 2018				
728	Cristina Potter	Shaftesbury Barnet H	853	Diane Mapamboli	Victoria Park & TH AC
F14	Hertfordshire Under 17 Men Pole Vault			Final	10.00
	CBP: Daniel Gardner Stevenage & North Herts 4.20 2010				
	Previous Winner: Bryce Breen Herts Phoenix AC 3.3 2018				
113	Thomas Ashton	Dacorum & Tring AC	115	Bryce Breen	Herts Phoenix
114	William Ashton	Dacorum & Tring AC			
F14	Kent Under 17 Men Pole Vault			Final	10.00
	CBP: Pedro Gleadall Black & Brom H AC 4.25 2018				
	Previous Winner: Pedro Gleadall Black & Brom H AC 4.25 2018				
252	Oluwafemi Segun	Dartford Grammar School	499	Ethan Kitteridge	Black & Brom H AC
498	Barnaby Corry	Black & Brom H AC			
F14	Middlesex Under 17 Men Pole Vault			Final	10.00
	CBP: Tom Rottier Enfield & Haringey AC 4.15m 2013				
	Previous Winner: Jonathan Rugg Enfield and Haringey AC 3.80 2018				
758	Danyal Haque	Enfield & Haringey AC	839	Jonathan Rugg	Enfield & Haringey AC
838	Jonathan Cohen	Shaftesbury Barnet H			
F14	Kent Under 15 Boys Pole Vault			Final	10.00
	CBP: Barnaby Corry Black & Brom H AC 3.10 2018				
	Previous Winner: Barnaby Corry Black & Brom H AC 3.10 2018				
255	Alexei Baranov	Dartford Grammar School	419	Samuel Ferreyra	Dartford Grammar School
267	Joshua Oyetti	Dartford Grammar School	506	Benjamin Platt	Black & Brom H AC
412	Siraj Pothiraj	Dartford Grammar School			
F14	Middlesex Under 15 Boys Pole Vault			Final	10.00
	CBP: Jonathan Rugg Enfield & Haringey AC 3.40 2017				
	Previous Winner: No Competition 2018				
653	Lucas Persaud	Enfield & Haringey AC			
F15	Hertfordshire Under 15 Girls Shot			Final	10.30
	CBP: Tia Stonehouse Dacorum & Tring AC 9.72 2017				
	Previous Winner: Charlotte Masters Watford Harriers 7.2 2018				
27	Freya Lund	HAWCS	35	Krystal Powley	Dacorum & Tring AC
F15	Kent Under 15 Girls Shot			Final	10.30
	CBP: Eloise Locke Black & Brom H AC 13.11 2015				
	Previous Winner: Zara Obamakinwa Med and Maid AC 11.18 2018				
307	Cleo Agyepong	Cambridge Harriers	468	Ottillie Mcardle Hodge	Tonbridge AC
316	Mabel Naisbitt	Thanet AC	475	Jessie Sargeant	Bexley AC
318	Libby Pritchard	Thanet AC	551	Natalia O'Doherty-Veru	Black & Brom H AC
325	Millie Vas	Thanet AC	552	Eleanor Thomas	Tonbridge AC
466	Keira Hulks	Thanet AC	553	Katie Willis	Tonbridge Athletics
F15	Middlesex Under 15 Girls Shot			Final	10.30
	CBP: Akaysha Ellis Enfield & Haringey AC 9.71 2015				
	Previous Winner: Lucy Wilcock Hillingdon AC 8.66 2018				
732	Chanel Lovelock	Windsor Slough Eton & H	867	Aisha Mohammed-Mariche	Highgate Harriers

F16	Hertfordshire Under 15 Girls Long Jump				Final	11.20
	CBP: Marli Jessop Dacorum & Tring AC 5.15 2017					
	Previous Winner: Grace Hucknall Watford Harriers 4.77 2018					
32	Anya Morzaria	Watford Harriers	98	Sabrina Jansen	Watford Harriers	
35	Krystal Powley	Dacorum & Tring AC	102	Beth Moody	Dacorum & Tring AC	
90	Natalie Cloy	Dacorum & Tring AC				
F16	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 4.92 2018					
698	Camille Alaphilippe	Highgate Harriers	861	Lucy Fellows	St Mary's Richmond AC	
706	Florence Humphrey	Barnet & District AC	862	Shenali Thesara Perera Kur	Thames Valley Harriers	
732	Chanel Lovelock	Windsor Slough Eton & H	866	April Allan	Highgate Harriers	
F17	Hertfordshire Senior Women Shot				Final	11.40
	CBP: Moe Sasegbon Stevenage & North H AC 12.20 2017					
	Previous Winner: Diane Godin Barnet & District AC 5.5 2018					
121	Diane Godin (W55)	Barnet & District AC	123	Catherine Scott (W60)	Barnet & District AC	
122	Louise Kelly (W40)	St Albans AC				
F17	Kent Senior Women Shot				Final	11.40
	CBP: Shaunagh Brown Black & Brom H AC 15.21 2011					
	Previous Winner: Hannah Owen Ashford AC 9.46 2018					
421	Katie Scoones	Swale Combined AC	519	Natalie Mann	Cambridge Harriers	
517	Marianne Berndt (W40)	Bexley AC	520	Chloe Williams	Thanet AC	
518	Christine Lynch (W60)	Swale Combined AC				
F17	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 10.42 2018					
661	Liina Otsalu	Maccabi London Harriers	852	Harriet Connor	St Mary's Richmond AC	
851	Sharifa Brown	Enfield & Haringey AC				
F17	Hertfordshire Under 20 Women Shot				Final	11.40
	CBP: Charlotte Rose Enfield & Haringey 10.81 2008					
	Previous Winner: No Competition 2018					
127	Connie Andrews	Stevenage & North H AC				
F17	Kent Under 20 Women Shot				Final	11.40
	CBP: Shaunagh Brown Black & Brom H AC 13.33m 2008					
	Previous Winner: Anika Olalere Black & Brom H AC 9.96 2018					
525	Lauren Farley	Black & Brom H AC	532	Hannah MacAulay	Black & Brom H AC	
526	Emily Giardina	Thanet AC				
F17	Middlesex Under 20 Women Shot				Final	11.40
	CBP: A Morankeji Thames Valley Harriers 12.01 2008					
	Previous Winner: No Competition 2018					
728	Cristina Potter	Shaftesbury Barnet H	854	Dara Adebayo	Harrow AC	
F18	Kent Under 15 Girls Long Jump				Final	12.15
	CBP: Layla Hawkins Bromley AC 5.16m 2001					
	Previous Winner: Georgia Baker Tonbridge AC 4.97 2018					
308	Emily Algeo	Black & Brom H AC	464	Libby Turbutt	Ashford AC	
310	Abigail Babalola	Cambridge Harriers	470	Amira Thomas	Medway Phoenix	
314	Sophie Kerr	Black & Brom H AC	471	Faith Mpassy	Black & Brom H AC	
318	Libby Pritchard	Thanet AC	475	Jessie Sargeant	Bexley AC	
320	Nadia Sadler-Reeves	Ashford AC	346	Megan Currier	Medway & Maidstone AC	
322	Lucy Tallon	Tonbridge AC	546	Georgia Baker	Tonbridge AC	
324	Isobel Thorn	Tonbridge AC	547	Elena Duncombe	Black & Brom H AC	
325	Millie Vas	Thanet AC				

F19	Kent Senior Men Pole Vault			Final	13.00
	CBP: Scott Huggins Black & Brom H AC 5.10 2017				
	Previous Winner: Lewis Church Tonbridge AC 4.25 2018				
483	Alexander Hookway	Tonbridge AC	485	Luke Williams	Ashford AC
484	Thomas Snee	Kingston AC & Poly H			
F19	Middlesex Senior Men Pole Vault			Final	13.00
	CBP: Stephen McLennan Windsor Slough Eton & Hounslow 4.68 2013				
	Previous Winner: Pui Yin Cheung Enfield and Haringey AC 4.00 2018				
720	Alastair Prenn	Belgrave Harriers	828	Stanislav Vilga (M35)	Thames Valley Harriers
722	Elliot Thompson	Enfield & Haringey AC			
F19	Hertfordshire Under 20 Men Pole Vault			Final	13.00
	CBP: Joseph J Lister Harrow AC 4.60 2015				
	Previous Winner: Elliot Breen Herts Phoenix AC 3.9 2018				
1	Dylan Baines	Stevenage & North H AC	107	Elliot Breen	Herts Phoenix
F19	Kent Under 20 Men Pole Vault			Final	13.00
	CBP: Scott Huggins Black & Brom H AC 4.92m 2008				
	Previous Winner: George Pope Black & Brom H AC 3.90 2018				
224	Pedro Gleadall	Black & Brom H AC	490	George Pope	Black & Brom H AC
329	Douglas Noel	Invicta East Kent AC			
F20	Hertfordshire Under 17 Men Triple Jump			Final	14.00
	CBP: Bradley Pike Dacorum & Tring 13.04 2010				
	Previous Winner: Josh Woods Dacorum & Tring AC 12.43 2018				
41	Nile Odejimi-Riley	Stevenage & North H AC			
F20	Kent Under 17 Men Triple Jump			Final	14.00
	CBP: Matthew Burton Kent AC 13.94m 2004				
	Previous Winner: Nana Okwesa Black & Brom H AC 12.37 2018				
238	Jacob Byfield	Black & Brom H AC	402	Jalen Pople	Bexley AC
251	Abdul Rahim	Black & Brom H AC	330	Michael Alajiki	Ashford AC
F20	Middlesex Under 17 Men Triple Jump			Final	14.00
	CBP: Oluwseyi Oyewobi Enfield & Haringey 13.98 2008				
	Previous Winner: Olowasubomi Bello Victoria Park & TH AC 12.98 2018				
840	Kenan Stephens	Shaftesbury Barnet H			
F20	Kent Under 15 Boys Triple Jump			Final	14.00
	CBP: Jacob Byfield Black & Brom H AC 12.62 2018				
	Previous Winner: Jacob Byfield Black & Brom H AC 12.62 2018				
263	Kieran Isaac	Med and Maid AC	270	Ben Wilkes	Tonbridge AC
269	Alex Stone	Paddock Wood AC	412	Siraj Pothiraj	Dartford Grammar School
F20	Middlesex Under 15 Boys Triple Jump			Final	14.00
	CBP: Jeff Hagan Shaftesbury Barnet H 12.14 2017				
	Previous Winner: No Competition 2018				
636	Zavier Achiampong	Highgate Harriers			

F21	Kent Under 17 Women Long Jump				Final	14.15
	CBP: Mayong Tabe Med and Maid AC 5.79 2018					
	Previous Winner: Mayong Tabe Med and Maid AC 5.79 2018					
289	Imogen Davis	Ashford AC	443	Sohaila Ali	Tonbridge AC	
290	Annabel Duncombe	Black & Brom H AC	444	Claudia Baker	Black & Brom H AC	
297	Freya Jury	Swale Combined AC	447	Isabelle Harding	Invicta East Kent AC	
298	Joy Kelvin	Bexley AC	450	Rebekah O'Brien	Tonbridge AC	
302	Akeiyla Robinson-Pascal	Black & Brom H AC	345	Samantha Stubbs	Tonbridge AC	
303	Molly Savage	Black & Brom H AC	534	Yasmin Sadler-Reeves	Ashford AC	
304	Sarris Teale	Ashford AC	537	Megan Groombridge	Dartford Harriers AC	
306	Kaliyah Young	Dartford Harriers AC	538	Chloe Morford	Dartford Harriers AC	
F22	Kent Under 15 Boy High Jump				Final	15.00
	CBP: Rico Cottell Blackheath & Bromley H AC 1.80 2016					
	Previous Winner: Obinna Nwafor Dartford Grammar School 1.58 2018					
259	Harvey Fordham	Paddock Wood AC	503	Jack Butler	Ashford AC	
410	Felix Mcardle Hodge	Tonbridge AC	505	Praise Oguadinma	Dartford Grammar School	
F22	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 1.67 2018					
843	Noor-Eldin Mahmoud	Thames Valley Harriers	844	Devontae Webb	Enfield & Haringey AC	
F23	Hertfordshire Under 17 Women Long Jump				Final	15.15
	CBP: Katie Caulfield Herts Phoenix 5.52 2008					
	Previous Winner: Marli Jessop Dacorum & Tring AC 5.13 2018					
22	Marli Jessop	Dacorum & Tring AC	88	Grace Hucknall	Dacorum & Tring AC	
86	Jessica Hill	Dacorum & Tring AC	130	Emma Imamovic	Barnet & District AC	
F23	Middlesex Under 17 Women Long Jump				Final	15.15
	CBP: Amelia Macdonald Enfield & Haringey AC 5.33 2017					
	Previous Winner: Honour Okoroji Victoria Park & TH AC 5.11 2018					
676	Milly Chilvers	St Mary's Richmond AC	806	Eleanor Humphrey	Barnet & District AC	
677	Millie Crane	Highgate Harriers	855	Evelyne Fonteyne	Shaftesbury Barnet H	
679	Leni-Mae Galvin	Highgate Harriers	857	Tianna Campbell	Harrow AC	
694	Sophia Sood	Team Hounslow AC	858	Danielle Ojo	Shaftesbury Barnet H	
798	Marie Alaphilippe	Highgate Harriers	859	Ruth-Ann Otaruoh	Thames Valley Harriers	
804	Ezinwa Ochei-Okpara	Highgate Harriers				
F24	Hertfordshire Under 15 Girls High Jump				Final	15.40
	CBP: Katie Caulfield Herts Phoenix 1.60 2007					
	Previous Winner: Talia Turay Dacorum & Tring AC 1.35 2018					
26	Khadijah Hyjazy	HAWCS	131	Rebecca Wheeler-Henry	Shaftesbury BH	
36	Talia Turay	Dacorum & Tring AC	132	Grace Williamson	Watford Harriers	
44	Delia Previtali	Stevenage & North H AC				
F24	Kent Under 15 Girls High Jump				Final	15.40
	CBP: Rebecca Hawkins Bexley AC 1.72 2014					
	Previous Winner: Georgia Baker Tonbridge AC 1.50 2018					
475	Jessie Sargeant	Bexley AC	548	Rugi Fonti-Kanu	Bexley AC	
546	Georgia Baker	Tonbridge AC	549	Kacey Walters	Cambridge Harriers	
547	Elena Duncombe	Black & Brom H AC				
F24	Middlesex Under 15 Girls High Jump				Final	15.40
	CBP: Marilyn Nwawulor Queens Park Harriers 1.69 2007					
	Previous Winner: Amirah Weightman Dauda St Mary's Richmond AC 1.59 2018					
814	Sharon Anene	Hillingdon AC	861	Lucy Fellows	St Mary's Richmond AC	
817	Olivia Sparks	Thames Valley Harriers	862	Shenali Thesara Perera Kur	Thames Valley Harriers	

F25	Kent Senior Men Triple Jump CBP: Matthew Burton Kent AC 14.97m 2008 Previous Winner: Ashley Buckman Ashford AC 13.21 2018	Final	15.45
209	Jack Fox	Dartford Harriers AC	359 Wole Odele
353	Lewis Smith	Ashford AC	327 Paul Slater
F25	Hertfordshire Under 20 Men Triple Jump CBP: Leo Lundgren Herts Phoenix 13.50 2010	Final	15.45
108	Ike Laseinde	Hills Road Sixth Form College	110 Josh Woods
109	Dean Gabriel-Ojo	Hillingdon AC	
F25	Kent Under 20 Men Triple Jump CBP: Matthew Burton Kent AC 14.45m 2005 Previous Winner: Bolu Aluko Bexley AC 12.54 2018	Final	15.45
230	Brandon Sikity	Cambridge Harriers	374 Jacob Calvert
F25	Middlesex Under 20 Men Triple Jump CBP: Dean Oamen Shaftesbury Barnet Harriers 13.90m 2013 Previous Winner: Samuel Antwi Enfield and Haringey AC 13.76 2018	Final	15.45
834	Joshua Barrett-Mowatt	Victoria Park & TH AC	
F26	Hertfordshire Under 17 Women Shot CBP: Nicole Parcell HAWCS 12.33 2015 Previous Winner: Milly Gall Dacorum & Tring AC 9.87 2018	Final	16.00
86	Jessica Hill	Dacorum & Tring AC	88 Grace Hucknall
F26	Kent Under 17 Women Shot CBP: Divine Oladipo Black & Brom H AC 13.94 2015 Previous Winner: Nana Gyedu Cambridge Harriers 12.73 2018	Final	16.00
289	Imogen Davis	Ashford AC	540 Titobioluwa Akinrele
297	Freya Jury	Swale Combined AC	541 Nana Gyedu
443	Sohaila Ali	Tonbridge AC	542 Zara Obamakinwa
447	Isabelle Harding	Invicta East Kent AC	543 Abigail Stewart
345	Samantha Stubbs	Tonbridge AC	
F26	Middlesex Under 17 Women Shot CBP: Dara Adebayo Harrow AC 14.20 2018 Previous Winner: Dara Adebayo Harrow AC 14.20 2018	Final	16.00
804	Ezinwa Ochei-Okpara	Highgate Harriers	860 Makayla Joseph
F27	Hertfordshire Under 17 Men High Jump CBP: Matthew Lally Shaftesbury Barnet H 1.95 2014 Previous Winner: Edward Hopper Dacorum & Tring AC 1.75 2018	Final	16.10
62	Thomas O'Reilly	Dacorum & Tring AC	113 Thomas Ashton
42	Ethan Peacock	St Albans AC	
F27	Kent Under 17 Men High Jump CBP: Luke Okosieme Cambridge Harriers 2.01 2017 Previous Winner: Pedro Gleadall Black & Brom H AC 1.80 2018	Final	16.10
235	Zac Beasty	Tonbridge AC	496 Johnny Berry
388	Reece Nelson	Black & Brom H AC	497 Joshua Cockerham
331	Luke Mellor	Invicta East Kent AC	
F27	Middlesex Under 17 Men High Jump CBP: William Grimsey Enfield & Haringey AC 1.95m 2013 Previous Winner: No Competition 2018	Final	16.10
620	David Bazuaye	Victoria Park & TH AC	837 Sean Oceng Engena