

**K.C.A.A. Track Relay Championships Norman Park, Bromley,  
September 9th 2007**

| <b>Club</b>               | <b>Team</b>                                                                                 | <b>Perf</b> |
|---------------------------|---------------------------------------------------------------------------------------------|-------------|
| <b>Vet Men Medley</b>     |                                                                                             |             |
| <b>Final</b>              |                                                                                             |             |
| 1 D                       | Dartford H 1 Gary Capon, Andy Clare, Doug Christie, Jason Marchant                          | 4:11.1      |
| 2 A                       | Ashford AC 1 Steve Langford, Ian Mackett, Steve Arnold, Kevin Williams                      | 4:12.3      |
| 3 X                       | Bexley AC 1 Steve Crane, Paul Hatfield, Nick Winfield, Chris Harris                         | 4:19.1      |
| 4 C                       | Cambridge H John Corcoran, Steve Nolan, Mark Newell, John Murphy                            | 4:34.7      |
| <b>Vet Women Medley</b>   |                                                                                             |             |
| <b>Final</b>              |                                                                                             |             |
| 1 X                       | Bexley AC 1 Jane West, Liz Slater, Gwen Cunningham, Dawn Dobberson                          | 6:07.5      |
| <b>Senior Men Medley</b>  |                                                                                             |             |
| <b>Final</b>              |                                                                                             |             |
| 1 T                       | Tonbridge AC 1 Chris Lloyd, James Farmer, Steve Tester, Ben Wiffen                          | 3:45.9      |
| 2 K                       | Kent AC Courtney Anderson, Howard Frost, Antoni-Davis Philip, Shaun Mulligan                | 4:00.0      |
| <b>U13 Boys 4 x 100m</b>  |                                                                                             |             |
| <b>Heat 1</b>             |                                                                                             |             |
| <b>Final</b>              |                                                                                             |             |
| 1 B                       | Black & Brom H AC 1 Eddie Otoy, Raphael Maloney, Adam Lloyd, Anton Daly                     | 52.5        |
| T                         | Tonbridge AC 1 Joe Newsome, Munroe Third, Liam Cooper, Eddie Croft                          | DSQ         |
| C                         | Cambridge H 1 Eri-ife Williams, Sean Walsh, Oscar Thurley, Joe Berth-Jones                  | DNF         |
| <b>U13 Girls 4 x 100m</b> |                                                                                             |             |
| <b>Heat 1</b>             |                                                                                             |             |
| 1 B                       | Black & Brom H AC 1 Eliza Sargeant, Dina Asher-Smith, Jessica Moore, Georgina Middleton     | 55.2        |
| 2 BB                      | Black & Brom H AC 2 Lara Lalemi, Charlotte Colegate, Lauren Pariola Birch, Rachel Giannini  | 55.9        |
| 3 M                       | Med & Maid AC 1 Sophie Ayre, Sasha Pay, Alyce Cooper, Kelly Millgate                        | 56.9        |
| 4 C                       | Cambridge H 1 Sophia Debney, Charlotte Hunt, Georgina Renny, Daryl Nieta                    | 58.4        |
| 5 J                       | Black & Brom H AC 5 Ayoni Williams, Eleanor Dumper, Charlotte Hughes Broughton, Emily Mills | 61.3        |
| 6 T                       | Tonbridge AC 1 Tilly Russell, Sophie Scott, Pandora Banbury, Alice Wood                     | 61.5        |
| <b>Heat 2</b>             |                                                                                             |             |
| 1 A                       | Ashford AC 1 Charlotte Denniss, Erin Walsh, Sophie Hamlyn, Caitlin Dock                     | 56.0        |
| 2 D                       | Dartford H 1 Gemma Brown, Charity Taylor, Saffron Salih, Lucy Hickmott                      | 59.0        |
| 3 FF                      | Black & Brom H AC 4 Amber Bryant Issac, Sian Bayley, Hayley Smith, Jocelyn Grant            | 62.7        |
| 4 CC                      | Cambridge H 2 Leanne O'Donovan, Kassia Soards, Megan Williams, Kimberley Manze              | 64.1        |
| 5 DD                      | Dartford H 2 Hannah Searing, Charlotte Wood, Kelsie Allwright, Scarlett Taylor              | 65.8        |
| F                         | Black & Brom H AC 3 Holly Fletcher, Jessica Jones, Hannah Cook, Nancy Carney-Holland        | DSQ         |
| <b>Final</b>              |                                                                                             |             |
| 1 B                       | Black & Brom H AC 1 Eliza Sargeant, Dina Asher-Smith, Jessica Moore, Georgina Middleton     | 55.7        |
| 2 BB                      | Black & Brom H AC 2 Lara Lalemi, Charlotte Colegate, Lauren Pariola Birch, Rachel Giannini  | 56.2        |
| 3 M                       | Med & Maid AC 1 Sophie Ayre, Sasha Pay, Alyce Cooper, Kelly Millgate                        | 57.4        |
| 4 D                       | Dartford H 1 Gemma Brown, Charity Taylor, Saffron Salih, Lucy Hickmott                      | 58.6        |
| 5 C                       | Cambridge H 1 Sophia Debney, Charlotte Hunt, Georgina Renny, Daryl Nieta                    | 58.9        |
| 6 J                       | Black & Brom H AC 5 Ayoni Williams, Eleanor Dumper, Charlotte Hughes Broughton, Emily Mills | 61.7        |
| 7 FF                      | Black & Brom H AC 4 Amber Bryant Issac, Sian Bayley, Hayley Smith, Jocelyn Grant            | 62.8        |
| A                         | Ashford AC 1 Charlotte Denniss, Erin Walsh, Sophie Hamlyn, Caitlin Dock                     | DSQ         |
| <b>U15 Boys 4 x 100m</b>  |                                                                                             |             |
| <b>Heat 1</b>             |                                                                                             |             |
| 1 C                       | Cambridge H 1 Omari Markland-Montgaomery, Sami Latif, Tolu Odusanya, David Bolarinwa        | 47.4        |
| 2 B                       | Black & Brom H AC 1 Kieren Daly, Jonathan Pettet, Dominic Coelho, Pharjeon Okotie           | 48.4        |
| 3 T                       | Tonbridge AC 1 Finlay Third, Ryan Redman, Craig Morten, Will Grist                          | 51.4        |
| 4 DD                      | Dartford H 2 Aaron Barham, Oscar Wallace, Nathan Sawyer, Farren Morgan                      | 51.9        |
| M                         | Med & Maid AC 1 James Davies, Jimmy Fielding, Daniel McCourt, Ryan Carpenter                | DSQ         |
| <b>Heat 2</b>             |                                                                                             |             |
| 1 A                       | Ashford AC 1 Adam Asher, Tom Chambers, Ryan Harris, Lewis Elliot                            | 46.5        |
| 2 D                       | Dartford H 1 Luke Allwright, Adam Chalk, Will Fry, James Fernandes                          | 48.8        |
| 3 MM                      | Med & Maid AC 2 Reece Dimech, Adam Harlow, Mark Cryer, Bradley Cox                          | 50.9        |
| 4 X                       | Bexley AC 1 Hari Faulkner, Kieron Brown, James Peeney, Fortunate Odwong                     | 53.6        |

**Final**

|   |    |                     |                                                             |      |
|---|----|---------------------|-------------------------------------------------------------|------|
| 1 | A  | Ashford AC 1        | Adam Asher, Tom Chambers, Ryan Harris, Lewis Elliot         | 46.8 |
| 2 | C  | Cambridge H 1       | Alex Smith, Sami Latif, Tolu Odusanya, David Bolarinwa      | 47.2 |
| 3 | B  | Black & Brom H AC 1 | Kieren Daly, Jonathan Pettet, Pharjeon Okotie, Tom Bensted  | 47.6 |
| 4 | D  | Dartford H 1        | Luke Allwright, Adam Chalk, Will Fry, James Fernandes       | 48.5 |
| 5 | MM | Med & Maid AC 2     | Reece Dimech, Adam Harlow, Mark Cryer, Bradley Cox          | 50.4 |
| 6 | T  | Tonbridge AC 1      | Finlay Third, Ryan Redman, Craig Morten, Will Grist         | 51.0 |
| 7 | DD | Dartford H 2        | Aaron Barham, Oscar Wallace, Nathan Sawyer, Farren Morgan   | 51.7 |
| 8 | X  | Bexley AC 1         | Hari Faulkner, Kieron Brown, James Peeney, Fortunate Odwong | 52.9 |

**U15 Girls 4 x 100m****Heat 1**

|   |    |                     |                                                                     |      |
|---|----|---------------------|---------------------------------------------------------------------|------|
| 1 | X  | Bexley AC 1         | Feyi Taiwo, Amy Kirkham, Abi Ololeye, Zoe Ford                      | 53.6 |
| 2 | B  | Black & Brom H AC 1 | Amara Lalemi-Jacobs, Christine Lysion, Emma Howard, Sian Hurlock    | 53.7 |
| 3 | DD | Dartford H 2        | Alex Carlton, Jodie Leslie, Sally Laimbeer, Bridie Edwards          | 54.9 |
| 4 | TT | Tonbridge AC 2      | Maisie Farndon, Lottie Atherton, Jenny Rutter, Harriette Blackstone | 56.5 |
|   | D  | Dartford H 1        | Sam Brown, Mellisa Benavente, Natasha Clare, Natalie Hickmott       | DSQ  |

**Heat 2**

|   |    |                 |                                                                        |      |
|---|----|-----------------|------------------------------------------------------------------------|------|
| 1 | T  | Tonbridge AC 1  | Emma Jahn, Sam Clark, Carla Streeton, Helen Rennardson                 | 52.1 |
| 2 | C  | Cambridge H 1   | Emily Nolan, Adaeze Ndakoji, Aisha Weise-Forbes, Gabriella Ade-Onojobi | 52.5 |
| 3 | A  | Ashford AC 1    | Liz Barker, Caroline Hatley, Faye Giviot, Eleanor Campbell             | 52.8 |
| 4 | M  | Med & Maid AC 1 | Ashleigh Horton, Nicola Keegan, Katie Dix, Annie Waghorn               | 53.4 |
| 5 | CC | Cambridge H 2   | Nikki Odenwunmi, Mellisa Owusu-Ansah, Chanel Hemmings, Katie Irving    | 56.4 |

**Final**

|   |    |                     |                                                                        |      |
|---|----|---------------------|------------------------------------------------------------------------|------|
| 1 | C  | Cambridge H 1       | Emily Nolan, Adaeze Ndakoji, Aisha Weise-Forbes, Gabriella Ade-Onojobi | 51.9 |
| 2 | T  | Tonbridge AC 1      | Emma Jahn, Sam Clark, Carla Streeton, Helen Rennardson                 | 51.9 |
| 3 | A  | Ashford AC 1        | Liz Barker, Caroline Hatley, Faye Giviot, Eleanor Campbell             | 52.5 |
| 4 | M  | Med & Maid AC 1     | Ashleigh Horton, Nicola Keegan, Katie Dix, Annie Waghorn               | 53.2 |
| 5 | X  | Bexley AC 1         | Feyi Taiwo, Amy Kirkham, Abi Ololeye, Zoe Ford                         | 53.8 |
| 6 | B  | Black & Brom H AC 1 | Amara Lalemi-Jacobs, Christine Lysion, Emma Howard, Sian Hurlock       | 53.8 |
| 7 | DD | Dartford H 2        | Alex Carlton, Jodie Leslie, Sally Laimbeer, Bridie Edwards             | 55.3 |
| 8 | CC | Cambridge H 2       | Nikki Odenwunmi, Mellisa Owusu-Ansah, Chanel Hemmings, Katie Irving    | 57.9 |

**U17 Men 4 x 100m****Final**

|   |   |                 |                                                           |      |
|---|---|-----------------|-----------------------------------------------------------|------|
| 1 | C | Cambridge H 1   | Arthur Tanoh, Mayo Oluwole, Fewa Williams, Josh Barlow    | 45.1 |
| 2 | X | Bexley AC 1     | Steve Carter, Jamie Farrell, Domic Clarke, Jack Miller    | 46.9 |
|   | M | Med & Maid AC 1 | Robert Hackney, Andre Wright, James Alcock, Nick Simpson  | DSQ  |
|   | D | Dartford H 1    | Connor Searing, Jack Fox, Dami Egberlongbe, Jamie Elliott | DNF  |

**U17 Women 4 x 100m****Final**

|   |   |               |                                                                 |      |
|---|---|---------------|-----------------------------------------------------------------|------|
| 1 | D | Dartford H 1  | Jessica Dean, Rebecca Francis, Nadine Terry, Faith Oti          | 52.3 |
| 2 | X | Bexley AC 1   | Hayley Sharpe, Charis Tanner, Natasha Winter, Sadie Gibbs       | 57.9 |
|   | C | Cambridge H 1 | Hatshepsur James, Jessica Clark, Michelle Tiwo, Kirsty Robinson | DSQ  |

**U20 Men 4 x 100m****Final**

|   |   |               |                                                                   |      |
|---|---|---------------|-------------------------------------------------------------------|------|
| 1 | X | Bexley AC 1   | Luis Crane, Paul Slater, Jamie Walker, Joe Ago                    | 45.4 |
| 2 | C | Cambridge H 1 | Lee Coogan, Elliott Moore, Enrico Faucher-Folie, Stephen Mitchell | 46.0 |
| 3 | A | Ashford AC 1  | Justin Crux, James Phillips, Josh Fairclough, Tim Burt            | 46.3 |

**Senior Men 4 x 100m****Heat 1****Final**

|   |    |                 |                                                                     |      |
|---|----|-----------------|---------------------------------------------------------------------|------|
| 1 | A  | Ashford AC 1    | Pete Davey, James Bridge, Alan Dawson, Gary Carr                    | 43.6 |
| 2 | M  | Med & Maid AC 1 | Scott Craddock, Michael Baker, Chris Pink, Will Oyole               | 44.2 |
| 3 | T  | Tonbridge AC 1  | Chris Lloyd, Dom Eden, Steve Tester, James Farmer                   | 44.2 |
| 4 | K  | Kent AC         | Howard Frost, Antoni Davis-Philips, Courtney Anderson, Roger Hylton | 45.4 |
| 5 | CC | Cambridge H 2   | Gary Gouldourne, Lee Goulbourne, Simon Hill, Paul Delicata          | 46.7 |
| 6 | X  | Bexley AC 1     | Andy Powis, Martin Jenner, Junior Smith, Chris Hendrie              | 49.9 |
|   | C  | Cambridge H 1   | Francois Potsieter, Prince Ezenwa, Ola Obitusin, Andre Haughton     | DSQ  |

**Senior Women 4 x 100m****Final**

|   |   |                 |                                                                 |      |
|---|---|-----------------|-----------------------------------------------------------------|------|
| 1 | D | Dartford H 1    | Kelly Thomas, Chantelle Claire, Kim Taylor, Tracy Cunningham    | 50.2 |
| 2 | C | Cambridge H 1   | Kate Laidlow, Lucy Bolton, Shackeira Thomas, Tamara Ashaye      | 50.3 |
| 3 | M | Med & Maid AC 1 | Hannah Biddiss, Catherine Wearing, Sophie Copping, Claire Welch | 50.7 |
|   | X | Bexley AC 1     | Katie Oaks, Rhiannon Gadd, Mercedes Carby, Lorraine Ugen        | DNF  |

**U13 Boys 3 x 800m****Heat 1****Final**

|   |    |                     |                                                 |        |
|---|----|---------------------|-------------------------------------------------|--------|
| 1 | E  | Invicta EK AC 1     | Louis Duprez, Jack Balsdon, Jack Rogers         | 7:25.7 |
| 2 | B  | Black & Brom H AC 1 | Alex Lister, Adam Willis, Kristian Britton      | 7:41.5 |
| 3 | T  | Tonbridge AC 1      | Joe Newsome, Eddie Croft, Hanrow Roussow        | 7:55.4 |
| 4 | TT | Tonbridge AC 2      | Liam Cooper, Daniel Flatman, Alex Norden        | 8:02.9 |
| 5 | M  | Med & Maid AC 1     | Martin Richards, Joe Atkinson, Christian Walker | 8:13.8 |
| 6 | C  | Cambridge H 1       | Will Smith, Jon Hart, Sean Walsh                | 8:24.5 |

**U13 Girls 3 x 800m****Heat 1**

|   |    |                     |                                                     |        |
|---|----|---------------------|-----------------------------------------------------|--------|
| 1 | B  | Black & Brom H AC 1 | Holly Fletcher, Nancy Carney-Holland, Jessica Jones | 8:13.6 |
| 2 | D  | Dartford H 1        | Charlotte Wood, Saffron Salih, Lucy Hickmott        | 8:21.2 |
| 3 | BB | Black & Brom H AC 2 | Hannah Cook, Ella Self, Hope Stenning               | 8:46.1 |
| 4 | CC | Cambridge H 2       | Megan Williams, Shona Blanford, Ruby Brown          | 8:59.2 |

**Heat 2**

|   |   |                 |                                                   |        |
|---|---|-----------------|---------------------------------------------------|--------|
| 1 | A | Ashford AC 1    | Amelia Jones, Lauren Banford, Kate Funnell        | 8:20.5 |
| 2 | T | Tonbridge AC 1  | Pandora Banbury, Sophia Scott, Alice Wood         | 8:54.0 |
| 3 | C | Cambridge H 1   | Georgina Renny, Kassia Soards, Charlotte Hunt     | 8:55.4 |
| 4 | M | Med & Maid AC 1 | Sarah Westby, Georgina Salisbury, Lydia Herrernan | 9:01.6 |
| 5 | X | Bexley AC 1     | Alice Nicholl, Nicole Walker, Ellen Newark        | 9:20.4 |

**Final**

|   |    |                     |                                                     |        |
|---|----|---------------------|-----------------------------------------------------|--------|
| 1 | B  | Black & Brom H AC 1 | Holly Fletcher, Nancy Carney-Holland, Jessica Jones | 7:51.2 |
| 2 | T  | Tonbridge AC 1      | Pandora Banbury, Sophia Scott, Alice Wood           | 7:56.9 |
| 3 | D  | Dartford H 1        | Charlotte Wood, Saffron Salih, Lucy Hickmott        | 8:10.2 |
| 4 | A  | Ashford AC 1        | Amelia Jones, Lauren Banford, Kate Funnell          | 8:14.0 |
| 5 | BB | Black & Brom H AC 2 | Hannah Cook, Ella Self, Hope Stenning               | 8:48.7 |
| 6 | C  | Cambridge H 1       | Georgina Renny, Kassia Soards, Charlotte Hunt       | 8:49.4 |
| 7 | M  | Med & Maid AC 1     | Sarah Westby, Georgina Salisbury, Lydia Herrernan   | 8:58.3 |
| 8 | CC | Cambridge H 2       | Megan Williams, Shona Blanford, Ruby Brown          | 9:04.1 |

**U15 Girls 3 x 800m****Heat 1**

|   |    |                     |                                                      |        |
|---|----|---------------------|------------------------------------------------------|--------|
| 1 | E  | Invicta EK AC 1     | Beth Burnett, Emily Hosker-Thornhill, Rebecca Weston | 7:33.0 |
| 2 | BB | Black & Brom H AC 2 | Sophie Gorden, Amy Michelle, Sophia Maslin           | 8:15.1 |
| 3 | F  | Black & Brom H AC 3 | Georgina Chew, Melody Kane, Clare Parkin             | 8:35.3 |
| 4 | D  | Dartford H 1        | Alex Carlton, Sally Laimbeer, Mellis Benavente       | 8:50.2 |

**Heat 2**

|   |    |                     |                                                       |        |
|---|----|---------------------|-------------------------------------------------------|--------|
| 1 | B  | Black & Brom H AC 1 | Danielle Critchley, Krystal Gallery, Michelle Fewster | 8:05.4 |
| 2 | C  | Cambridge H 1       | Emily Nolan, Cloe Garrett, Caroline Ford              | 8:07.4 |
| 3 | T  | Tonbridge AC 1      | Abbie Shepherd-Baron, Lucy Reid, Ellen Holmes         | 8:11.1 |
| 4 | CC | Cambridge H 2       | Charlotte Daniel, Millie Harrault, Katie Irvine       | 8:13.2 |
| 5 | TT | Tonbridge AC 2      | Lucy Blackstone, Jenny Rutter, Lucy Saker             | 8:26.1 |

**Final**

|   |    |                     |                                                       |        |
|---|----|---------------------|-------------------------------------------------------|--------|
| 1 | T  | Tonbridge AC 1      | Abbie Shepherd-Baron, Lucy Reid, Ellen Holmes         | 7:19.2 |
| 2 | B  | Black & Brom H AC 1 | Danielle Critchley, Krystal Gallery, Michelle Fewster | 7:25.9 |
| 3 | E  | Invicta EK AC 1     | Beth Burnett, Emily Hosker-Thornhill, Rebecca Weston  | 7:30.3 |
| 4 | C  | Cambridge H 1       | Emily Nolan, Cloe Garrett, Caroline Ford              | 7:54.3 |
| 5 | BB | Black & Brom H AC 2 | Sophie Gorden, Amy Michelle, Sophia Maslin            | 8:03.9 |
| 6 | CC | Cambridge H 2       | Charlotte Daniel, Millie Harrault, Katie Irvine       | 8:21.7 |
| 7 | TT | Tonbridge AC 2      | Lucy Blackstone, Jenny Rutter, Lucy Saker             | 8:28.5 |
| 8 | F  | Black & Brom H AC 3 | Georgina Chew, Melody Kane, Clare Parkin              | 8:40.3 |

**U15 Boys 4 x 400m****Heat 1**

|   |    |                     |                                                             |        |
|---|----|---------------------|-------------------------------------------------------------|--------|
| 1 | B  | Black & Brom H AC 1 | James Clack, Steven Comacho, Ben Parkin, Tom Bensted        | 3:42.4 |
| 2 | T  | Tonbridge AC 1      | Finlay Third, Joshua Bentham, Henry Croft, Will Grist       | 3:44.3 |
| 3 | M  | Med & Maid AC 1     | Mark Cryer, Jimmy Fielding, James Davies, Adam Harlow       | 3:45.4 |
| 4 | A  | Ashford AC 1        | Adam Tickner, Ryan Harris, Jonathan Clarke, Adam Asher      | 3:48.5 |
| 5 | D  | Dartford H 1        | Adam Chalk, Aaron Barham, Will Fry, Farren Morgan           | 3:57.9 |
| 6 | X  | Bexley AC 1         | James Peeney, Kieron Brown, Fortunate Odwong, Hari Faulkner | 4:09.0 |
| 7 | MM | Med & Maid AC 2     | Lewis Welch, Bradley Cox, Reece Dimech, Ryan Carpenter      | 4:11.4 |
|   | DD | Dartford H 2        |                                                             | DNS    |

**U17 Men 4 x 400m****Final**

|   |    |                 |                                                              |        |
|---|----|-----------------|--------------------------------------------------------------|--------|
| 1 | M  | Med & Maid AC 1 | Anthony Pinol, Nick Simpson, James Alcock, Andre Wright      | 3:34.6 |
| 2 | T  | Tonbridge AC 1  | Duncan Steward, James Pigot, Alex Hookway, Simon Tinsley     | 3:36.3 |
| 3 | C  | Cambridge H 1   | Fewa Williams, Sam Murphy, Andrew Sheridan, Josh Barlow      | 3:39.6 |
| 4 | X  | Bexley AC 1     | Steve Carter, Dominic Clarke, Frank Kilma, Jamie Farrell     | 3:39.8 |
| 5 | D  | Dartford H 1    | Philip Butler, Jack Fox, Nick Wood, Jamey Elliott            | 3:49.0 |
| 6 | MM | Med & Maid AC 2 | Robert Hackney, Josh Elderfield, John Salter, Nathan Wilkins | 4:02.5 |

**U20 Men 4 x 400m****Final**

|   |   |               |                                                          |        |
|---|---|---------------|----------------------------------------------------------|--------|
| 1 | A | Ashford AC 1  | James Phillips, Tim Burt, Josh Fairclough, Ollie Crux    | 3:24.4 |
| 2 | X | Bexley AC 1   | Michael Hobson, Luis Crane, Jamie Walker, Joe Ago        | 3:31.9 |
| 3 | C | Cambridge H 1 | Lee Coogan, Alex Kashis, Liam Corcoran, Stephen Mitchell | 3:43.3 |

**Senior Men 4 x 400m****Heat 1****Final**

|   |    |                 |                                                                      |        |
|---|----|-----------------|----------------------------------------------------------------------|--------|
| 1 | M  | Med & Maid AC 1 | Will Oyowe, Martin Brockman, ?, Michael Baker                        | 3:21.4 |
| 2 | C  | Cambridge H 1   | Francois Potsieter, Prince Ezenwa, Simon Hill, Andrew Knight         | 3:22.4 |
| 3 | T  | Tonbridge AC 1  | Chris Lloyd, Steve Tester, Ryan Waterman, Ben Wiffen                 | 3:26.1 |
| 4 | CC | Cambridge H 2   | Steven Richards, Adam Brett, James Gaden, Rob Jackaman               | 3:47.3 |
|   | K  | Kent AC         | Roger Hylton, Antoni Davis-Philip, Courtney Anderson, Shaun Mulligan | DSQ    |

**Senior Women 4 x 400m****Final**

|   |    |                 |                                                                |        |
|---|----|-----------------|----------------------------------------------------------------|--------|
| 1 | M  | Med & Maid AC 1 | Natalie Whiskin, Charlotte Mackie, Yasmyn Joseph, Viki Randall | 4:01.0 |
| 2 | C  | Cambridge H 1   | Tamara Ashaye, Shackeira Thomas, Lucy Boltom, Kate Laislow     | 4:02.9 |
| 3 | D  | Dartford H 1    | Cara Oliver, Ruth Ward, Kelly Thomas, Tracy Cunningham         | 4:03.4 |
| 4 | DD | Dartford H 2    | Megan Edwards, Hayleigh Hickmott, Kathrin Sutton, Elain Murty  | 4:39.1 |

**U15 Girls 4 x 200m****Heat 1****Final**

|   |    |                     |                                                                       |        |
|---|----|---------------------|-----------------------------------------------------------------------|--------|
| 1 | D  | Dartford H 1        | Sam Brown, Natalie Hickmott, Jodie Leslie, Bridie Edwards             | 1:48.1 |
| 2 | T  | Tonbridge AC 1      | Emma Jahn, Sam Clark, Carla Streeton, Helen Rennardson                | 1:50.5 |
| 3 | M  | Med & Maid AC 1     | Ashleigh Horton, Nicola Keegan, Katie Dix, Annie Waghorn              | 1:52.0 |
| 4 | C  | Cambridge H 1       | Chanel Hemmings, Adaeze Ndakoji, Faith Kareber, Gabriella Ade-Onojobi | 1:57.2 |
| 5 | TT | Tonbridge AC 2      | Maisie Farndon, Lottie Atherton, Jenny Rutter, Harriette Blackstone   | 1:58.6 |
|   | B  | Black & Brom H AC 1 | Nenisha Nelson-Roberts, Christine Lyston, Jasmyn Raikes, Sian Hurlock | DSQ    |
|   | DD | Dartford H 2        | Alex Carlton, Mellis Benavente, Sally Laimbeer, Natasha Clare         | DNS    |

**U17 Women 3 x 800m****Final**

|   |    |                |                                                |        |
|---|----|----------------|------------------------------------------------|--------|
| 1 | T  | Tonbridge AC 1 | Dunia Pavlovic, Catherine Symonds, Sopia Regis | 7:22.0 |
| 2 | TT | Tonbridge AC 2 | Petra Pavlovic, Jess Owen, Vicky Rukin         | 7:55.5 |
| 3 | C  | Cambridge H 1  | Becky Powell, Ella Lee-Reynolds, Nicole Cotton | 8:17.4 |
| 4 | X  | Bexley AC 1    | Charis Tanner, Robyn Bromley, Sadie Gibbs      | 8:45.3 |

**U17 Women 4 x 200m****Final**

|   |   |                |                                                                 |        |
|---|---|----------------|-----------------------------------------------------------------|--------|
| 1 | T | Tonbridge AC 1 | Vicky Bradford, Jess Owen, Hannah Tolhurst, Sophie Regis        | 1:51.7 |
| 2 | D | Dartford H 1   | Faith Oti, Nadine Terry, Kayleigh Sayward, Rebecca Francis      | 1:52.3 |
|   | C | Cambridge H 1  | Rachel Umunna, Beckie Bowen, Hatshepsur James, Kirstie Robinson | DSQ    |

**Senior Women 4 x 200m****Final**

|   |    |                 |                                                                 |        |
|---|----|-----------------|-----------------------------------------------------------------|--------|
| 1 | C  | Cambridge H 1   | Shackeira Thomas, Kate Laidlow, Lucy Bolton, Tamara Ashaye      | 1:47.6 |
| 2 | D  | Dartford H 1    | Kelly Thomas, Chantelle Claire, Kim Taylor, Tracy Cunningham    | 1:47.7 |
| 3 | M  | Med & Maid AC 1 | Sophie Copping, Hannah Biddiss, Catherine Wearing, Viki Randall | 1:47.8 |
| 4 | MM | Med & Maid AC 2 | Carys Hartley, Natalie Whiskin, Charlotte Mackie, Yasmyn Joseph | 1:52.4 |
| 5 | X  | Bexley AC 1     | Katie Oaks, Rhiannon Gadd, Mercedes Carby, Lorraine Ugen        | 1:52.7 |