

Kent County Championship Results Saturday 13/05/2023

Senior Men

100m		Heat 1		w/s= 2.0	
No.	Athlete	Club	Perf		
1	7	Alex Marshall	Medway and Maidstone AC	10.99	Q
2	5	Nathan Isaac	Medway and Maidstone AC	11.06	Q
3	3	Rhys Francis	Blackheath & Bromley H AC	11.13	Q
4	4	Max Harbord	Kent AC	11.24	q
5	8	Trey McPherson	Dartford Harriers AC	11.42	
6	13	Benjamin Richardson (M35)	Tonbridge AC	11.52	
7	12	Christian Quadjovie	Bexley AC	12.19	
100m		Heat 2		w/s= 3.3	
No.	Athlete	Club	Perf		
1	2	Michael Damoah	Blackheath & Bromley H AC	10.62	Q
2	9	Chizute Ogbedeh	Blackheath & Bromley H AC	10.92	Q
3	14	Ishmael Smith-John	Crawley AC	10.97	Q
4	11	Lewis Parsons	Thanet AC	11.18	q
5	1	Fortune Adah-Jahs	Bexley AC	11.70	
6	15	Steven Tester (M40)	Tonbridge AC	11.70	
7	420	Ezekiel Akinsola	Cambridge Harriers	11.90	
100m		Final		w/s= 2.2	
No.	Athlete	Club	Perf		
1	2	Michael Damoah	Blackheath & Bromley H AC	10.6	
2	14	Ishmael Smith-John	Crawley AC	10.9	
3	5	Nathan Isaac	Medway and Maidstone AC	10.9	
4	7	Alex Marshall	Medway and Maidstone AC	10.9	
5	9	Chizute Ogbedeh	Blackheath & Bromley H AC	11.0	
6	11	Lewis Parsons	Thanet AC	11.2	
7	4	Max Harbord	Kent AC	ntr	
8	3	Rhys Francis	Blackheath & Bromley H AC	ntr	

400m		Heat 1			
No.	Athlete	Club	Perf		
1	206	Samuel Reardon	Blackheath & Bromley H AC	47.15	Q
2	207	George Seery	Blackheath & Bromley H AC	48.39	Q
3	139	Kristian Samwell-Nash	Ashford AC	50.14	Q
4	198	Joseph Burton	Medway and Maidstone AC	51.90	q
5	15	Steven Tester (M40)	Tonbridge AC	52.49	
6	202	Noah Friend	Tonbridge AC	52.67	
7	199	George Clements	Medway and Maidstone AC	54.30	
400m		Heat 2			
No.	Athlete	Club	Perf		
1	137	Connor Neal	Harrow AC	49.15	Q
2	201	Kieran Eland	Tonbridge AC	49.45	Q
3	200	Lewis Collins	Tonbridge AC	49.66	Q
4	133	Nicholas Atwell (M35)	Thames Valley Harriers	51.81	q
5	204	Bailey Marks-Belaon	Blackheath & Bromley H AC	52.80	
6	138	Darren Oregbomwanhia	Cambridge Harriers	54.02	
400m		Final			
No.	Athlete	Club	Perf		
1	206	Samuel Reardon	Blackheath & Bromley H AC	47.18	
2	207	George Seery	Blackheath & Bromley H AC	48.07	
3	137	Connor Neal	Harrow AC	48.34	
4	201	Kieran Eland	Tonbridge AC	48.89	
5	139	Kristian Samwell-Nash	Ashford AC	49.14	
6	200	Lewis Collins	Tonbridge AC	50.14	
7	133	Nicholas Atwell (M35)	Thames Valley Harriers	51.79	
8	198	Joseph Burton	Medway and Maidstone AC	51.95	

1500m		Final			
No.	Athlete	Club	Perf		
1	259	Jamie Walsh	Medway and Maidstone AC	4:07.94	
2	254	Chris Loudon (M35)	Cambridge Harriers	4:08.61	
3	358	Jordan Howes	Medway and Maidstone AC	4:08.65	
4	357	Robert Donohue	Kent AC	4:25.72	
5	355	Tom Collins (M35)	Medway and Maidstone AC	4:26.94	
6	249	Christian Clement (M35)	Blackheath & Bromley H AC	4:31.80	
7	359	Oliver White	Tonbridge AC	4:51.03	

5000m		Final			
No.	Athlete	Club	Perf		
1	414	Teweldebhran Menges	Medway and Maidstone AC	14:38.07	
2	416	Thomas Wright	Bexley AC	15:30.46	
3	413	Calum Laing	Tonbridge AC	15:55.39	
4	409	Sean Barwick	Medway and Maidstone AC	16:48.89	
5	355	Tom Collins (M35)	Medway and Maidstone AC	16:56.24	
6	411	Micah Evans (M40)	Blackheath & Bromley H AC	17:18.08	
7	412	Benjamin Gayleard	Medway and Maidstone AC	19:04.76	
8	415	Aron Thompsett	Invicta East Kent AC	19:23.02	

110m Hurdles		Final		w/s= 1.5
No.	Athlete	Club	Perf	
1	13	Benjamin Richardson (M35)	Tonbridge AC	15.55
2	421	Lewis Heffernan	Dartford Harriers AC	16.13
3	423	Brandon Sikity	Cambridge Harriers	16.15

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	422	Alexander Hookway	Tonbridge AC	3.60
2	484	Bilen Ahmet	Kingston AC & Polytechnic Harriers	3.60
3	504	Luke Williams	Havering Mayesbrook AC	3.50
4	503	Roger Platt	Blackheath & Bromley H AC	3.10

3.50 o;3.60 o;3.70 -;3.80 xxx
 2.80 o;3.00 o;3.10 -;3.20 -;3.30 o;3.40 xo;3.50 -;3.60 xo;3.70 xxx
 3.30 o;3.40 -;3.50 xo;3.60 xxx
 2.80 o;3.00 o;3.10 o;3.20 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	536	Dillon Claydon	Blackheath & Bromley H AC	14.54
2	422	Alexander Hookway	Tonbridge AC	12.20
3	484	Bilen Ahmet	Kingston AC & Polytechnic Harriers	10.48
4	538	Andrew Kruszewski	Cambridge Harriers	10.29
5	539	Khuwayne Linton	Harrow AC	10.01
6	540	Mark Ryan	Medway and Maidstone AC	8.67
7	537	Joseph Gunton	Bexley AC	8.11

14.54; 14.21; x; x; x; x
 12.16; 12.20; 11.73; 12.06; 11.73; 11.14
 10.01; 10.28; 10.13; 9.90; 9.97; 10.48
 10.00; 10.29; 10.02; 10.08; 10.18; 10.15
 10.01; 9.31; 9.95; 10.00; 9.95; 9.92
 7.77; 7.95; 8.67; 8.49; 8.40; 8.17
 7.85; 7.71; 7.97; 7.74; 8.08; 8.11

Discus		Final		
No.	Athlete	Club	Perf	
1	536	Dillon Claydon	Blackheath & Bromley H AC	50.23
2	538	Andrew Kruszewski	Cambridge Harriers	33.38
3	537	Joseph Gunton	Bexley AC	30.34
4	568	Graham Holder	Bexley AC	29.95
5	540	Mark Ryan	Medway and Maidstone AC	26.25

50.23; x; 49.32; 44.98; 47.35; 47.00
 33.38; x; 29.26; x; 33.21; x
 26.46; 30.34; 28.56; 27.77; 27.48; x
 x; x; x; x; 29.95; x
 24.46; x; 26.25; 22.94; 25.68; 26.18

Hammer		Final		
No.	Athlete	Club	Perf	
1	568	Graham Holder	Bexley AC	46.20
2	575	Harry Blake	Medway and Maidstone AC	42.68
3	577	Stephen Talbot	Dartford Harriers AC	31.22
4	576	Andrew Rushbrook	Bexley AC	30.44
5	540	Mark Ryan	Medway and Maidstone AC	26.41

x; 44.78; x; 46.20; 44.57; x
 35.78; 42.68; x; x; x; 41.72
 29.01; 31.22; x; 25.19; x; x
 29.46; 30.44; 28.96; x; x; x
 x; 23.08; 26.41; 24.75; x; 25.10

U20 Men

100m		Heat 1		w/s= 1.5
No.	Athlete	Club	Perf	
1	23	Leo Godfrey	Ashford AC	11.05
2	24	Flynn Hughes	Ashford AC	11.34
3	28	Nkwazi Ndila	Blackheath & Bromley H AC	11.51
4	20	Andrew Bull	Canterbury Athletics Academy	11.69
5	25	Jamie Kent-Smith	Medway and Maidstone AC	11.78

Q
 Q
 Q

100m		Heat 2		w/s= 1.8
No.	Athlete	Club	Perf	
1	21	Jasper Emmanuel	Medway and Maidstone AC	11.13
2	19	Oliver Brooke	Tonbridge AC	11.30
3	22	Moshood Erinfolami	Cambridge Harriers	11.46
4	18	James Baker	Dartford Harriers AC	11.47
5	26	Hassan Malador	Bexley AC	11.47

Q
 Q
 Q
 q
 q

100m		Final		w/s= 1.2
No.	Athlete	Club	Perf	
1	23	Leo Godfrey	Ashford AC	10.90
2	21	Jasper Emmanuel	Medway and Maidstone AC	11.10
3	19	Oliver Brooke	Tonbridge AC	11.22
4	24	Flynn Hughes	Ashford AC	11.32
5	18	James Baker	Dartford Harriers AC	11.40
6	28	Nkwazi Ndila	Blackheath & Bromley H AC	11.42
7	22	Moshood Erinfolami	Cambridge Harriers	11.44
8	26	Hassan Malador	Bexley AC	11.55

400m

400m		Final		
No.	Athlete	Club	Perf	
1	146	Dylan Purton	Medway and Maidstone AC	48.69
2	211	Tommy Owler	Folkestone Running Club	49.09
3	210	James Gill	Invicta East Kent AC	52.04
4	145	Nathan Firla	Blackheath & Bromley H AC	52.53
5	209	Jack Adams	Cambridge Harriers	53.23
6	212	Harrison White	Canterbury Athletics Academy	54.01
7	213	Oscar Witcombe	Blackheath & Bromley H AC	56.08
	142	Joshua Aboagye	Medway and Maidstone AC	dnf

1500m		Final	
No.	Athlete	Club	Perf
1	365 Jack Small	Ashford AC	4:03.10
2	362 Hayden Gear	Medway and Maidstone AC	4:06.02
3	366 Arthur Starvis	Blackheath & Bromley H AC	4:07.80
4	361 Thomas Claridge	Tonbridge AC	4:15.05
5	360 Miles Brierley	Dartford Harriers AC	4:20.19
6	364 David Pougui	Cambridge Harriers	4:27.30
7	363 Daniel Moulton	Dartford Harriers AC	4:31.97

110m Hurdles		Final		w/s= 0.2
No.	Athlete	Club	Perf	
1	424 Daniel Goriola	Bexley AC	13.78	
2	426 Carlos Rojo-Thigo	Cambridge Harriers	15.63	
3	425 Reef Page	Tonbridge AC	17.26	

Pole Vault		Final	
No.	Athlete	Club	Perf
1	505 Oluwafemi Segun	Dartford Harriers AC	4.36
2	213 Oscar Witcombe	Blackheath & Bromley H AC	4.10
3	27 Dante McNichol	Tonbridge AC	3.20

4.00 o;4.10 o;4.20 o;4.36 xxo;4.55 xxx
3.70 xo;3.80 xo;4.00 -;4.10 o;4.20 xxx
3.00 o;3.10 -;3.20 o;3.30 xxx

Shot		Final	
No.	Athlete	Club	Perf
1	541 Timi Babatunde	Dartford Harriers AC	14.03
2	542 Brydon Duncan	Blackheath & Bromley H AC	11.99
3	19 Oliver Brooke	Tonbridge AC	10.74

12.67; 12.69; 13.39; 12.63; 14.03; 13.02
11.27; 11.99; x; 10.83; 11.25; 11.70
9.84; 10.41; 10.74; x; 10.74; 10.41

Discus		Final	
No.	Athlete	Club	Perf
1	541 Timi Babatunde	Dartford Harriers AC	50.77
2	542 Brydon Duncan	Blackheath & Bromley H AC	44.03
3	27 Dante McNichol	Tonbridge AC	38.38
4	425 Reef Page	Tonbridge AC	37.19

49.76; 48.94; x; 48.86; 50.77; 50.65
42.71; x; x; x; 41.55; 44.03
38.38; 38.25; 34.09; 38.20; 34.91; 38.31
x; 27.40; 29.13; 37.19; x; x

Hammer		Final	
No.	Athlete	Club	Perf
1	578 Kai Barham	Dartford Harriers AC	66.12
2	579 Timothy Masters	Bexley AC	38.20

x; 66.09; 64.23; 63.33; 65.42; 66.12
35.10; x; x; 37.80; 38.20; 38.12

U17 Men 100m		Heat 1		w/s= 1.3
No.	Athlete	Club	Perf	
1	36 Reo McCausland	Blackheath & Bromley H AC	11.00	Q
2	31 Alfie Baker-Harris	Tonbridge AC	11.64	Q
3	30 Ephraim Akinlolu	Cambridge Harriers	11.72	Q
4	44 Toby Vagg	Sevenoaks AC	11.85	q
5	34 Daniel Culver	Medway and Maidstone AC	12.03	
6	41 Micah Payne-Cook	Kent AC	12.34	

100m		Heat 2		w/s= 1.7
No.	Athlete	Club	Perf	
1	43 Chaka Sankofa	Bexley AC	11.38	Q
2	35 David Ikuesan	Blackheath & Bromley H AC	11.53	Q
3	42 Benjamin Purton	Medway and Maidstone AC	11.94	Q
4	40 Deriniola Oshakuade	Dartford Grammar School	12.00	q
5	37 Oscar Mitroi	Dartford Harriers AC	12.04	
6	29 Onateri Agbinor	S Factor Academy	12.84	

100m		Final		w/s= 0.6
No.	Athlete	Club	Perf	
1	36 Reo McCausland	Blackheath & Bromley H AC	11.03	
2	43 Chaka Sankofa	Bexley AC	11.36	
3	35 David Ikuesan	Blackheath & Bromley H AC	11.44	
4	31 Alfie Baker-Harris	Tonbridge AC	11.81	
5	30 Ephraim Akinlolu	Cambridge Harriers	11.88	
6	42 Benjamin Purton	Medway and Maidstone AC	11.96	
7	44 Toby Vagg	Sevenoaks AC	11.99	
8	40 Deriniola Oshakuade	Dartford Grammar School	12.02	

400m		Final	
No.	Athlete	Club	Perf
1	155 Jay Sanders	Invicta East Kent AC	50.12
2	156 Joe Stone	Tonbridge AC	50.91
3	216 Roddy Ostle	Invicta East Kent AC	52.73
4	218 Charlie Rouse	Medway and Maidstone AC	53.47
5	219 Felix Tynan	Cambridge Harriers	55.73
6	217 Cillian Roots	Kent AC	57.97
7	214 Andrei Anghel	Bexley AC	68.30

1500m		Final		
No.	Athlete	Club	Perf	
1	276	Samuel Scrase-Field	Cambridge Harriers	4:10.12
2	281	Adam Whitlock	Invicta East Kent AC	4:11.65
3	374	Noah Paterson	Invicta East Kent AC	4:12.36
4	375	Jed Starvis	Blackheath & Bromley H AC	4:16.37
5	368	Olly Buck	Cambridge Harriers	4:18.71
6	371	Alexander Middleton	Blackheath & Bromley H AC	4:19.29
7	373	Aidan Newton	Cambridge Harriers	4:28.43
8	377	Dylan Walsham	Bexley AC	4:35.55
9	367	Ryan Alford-Smith	Sevenoaks AC	4:45.92
10	372	Aidan Moore	Sevenoaks AC	4:54.72
11	376	Fredrick Todd	Bexley AC	5:21.13

100m Hurdles		Final		w/s= 1.6
No.	Athlete	Club	Perf	
1	428	Rayhan Mourtada	Blackheath & Bromley H AC	12.99
2	427	Tobechi Azodoh	Bexley AC	14.06
3	158	Cheyne West	Medway and Maidstone AC	14.66
4	429	Samuel Newton	Tonbridge AC	14.98
5	430	Josiah Payne	Cambridge Harriers	15.51

CBP

High Jump		Final		
No.	Athlete	Club	Perf	
1	429	Samuel Newton	Tonbridge AC	1.75
2	427	Tobechi Azodoh	Bexley AC	1.75
3	34	Daniel Culver	Medway and Maidstone AC	1.55

1.60 o;1.65 o;1.70 o;1.75 o;1.80 xxx
1.60 xo;1.65 o;1.70 xo;1.75 xxo;1.80 xxx
1.45 o;1.50 o;1.55 o;1.60 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	156	Joe Stone	Tonbridge AC	6.23
2	521	Samuel Fajuyigbe	Dartford Grammar School	5.95
3	429	Samuel Newton	Tonbridge AC	5.66
4	427	Tobechi Azodoh	Bexley AC	5.59
5	41	Micah Payne-Cook	Kent AC	5.54
6	40	Deriniola Oshakuade	Dartford Grammar School	4.88

w/s
0.8 6.23,0.8; 6.05,0.0; x; 5.77,0.7; 5.94,1.7; 6.06,0.6
0.1 x; 5.95,0.1; 5.94,1.6; 5.72,0.5; 5.63,1.4; 5.63,0.6
0.8 5.32,0.4; 1.50,1.3; 4.83,1.3; 4.56,0.8; 5.66,0.8; x
0.5 5.45,1.2; 5.18,0.0; -; 5.45,0.8; 5.57,0.4; 5.59,0.5
1.1 4.36,1.1; 3.88,0.0; 5.54,1.1; x; 5.20,1.0; 5.00,1.0
1.3 4.74,1.3; 4.88,1.3; 4.85,0.9; 4.75,1.3; 4.82,0.5; x

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	530	David Ola	Dartford Grammar School	13.02
2	153	Jake Foster	Medway and Maidstone AC	9.52

w/s
1.3 12.66,1.7; 13.02,1.3; x; x; x; x
0.0 9.33,0.8; 9.44,1.3; x; x; x; 9.52,0.0

Javelin		Final		
No.	Athlete	Club	Perf	
1	594	Ellis Ibrahim	Blackheath & Bromley H AC	47.85
2	595	Max Kennedy	Blackheath & Bromley H AC	45.41

44.41; 42.64; 47.85; x; 45.54; 46.85
39.62; 45.41; 42.21; 43.54; 44.35; 45.20

U15 Boys

100m		Heat 1		w/s= 1.1
No.	Athlete	Club	Perf	
1	63	Victor Redman	Folkestone Running Club	11.22
2	45	Jeffrey Agholor	Bexley AC	12.17
3	48	William Bryant	Invicta East Kent AC	12.56
4	51	Bryan Ikechukwu-Chime	Dartford Grammar School	13.38
5	57	Michael Norman-Scaletta	Cambridge Harriers	13.86

Q
Q

100m		Heat 2		w/s= 1.3
No.	Athlete	Club	Perf	
1	59	Kema Jr. Onyemaechi	Cambridge Harriers	11.72
2	54	Olufikayo Lana	Dartford Grammar School	12.19
3	46	Ikenna Azodoh	Bexley AC	12.40
4	61	Tom Ravenscroft	Cambridge Harriers	12.67
5	49	Tyler Coppins	Ashford AC	12.84
6	53	Jontay Johnson	Bexley AC	13.48

Q
Q
q

100m		Heat 3		w/s= 1.2
No.	Athlete	Club	Perf	
1	66	Senul Weerasinghe	Tonbridge AC	11.95
2	65	Tristan Thomas	Blackheath & Bromley H AC	12.53
3	50	Jack Giles	Maplesden Noakes	12.54
4	47	Zavier Brathwaite	Cambridge Harriers	12.57
5	64	Oscar Sadowski	Blackheath & Bromley H AC	13.70
6	52	Noah Jennings	Swale Combined AC	13.95

Q
Q
q

100m		Final		w/s= 2.1
No.	Athlete	Club	Perf	
1	63	Victor Redman	Folkestone Running Club	11.16
2	59	Kema Jr. Onyemaechi	Cambridge Harriers	11.70
3	66	Senul Weerasinghe	Tonbridge AC	11.83
4	45	Jeffrey Agholor	Bexley AC	12.14
5	54	Olufikayo Lana	Dartford Grammar School	12.25
6	46	Ikenna Azodoh	Bexley AC	12.34
7	50	Jack Giles	Maplesden Noakes	12.52
8	65	Tristan Thomas	Blackheath & Bromley H AC	12.68

CBP

300m		Heat 1		
No.	Athlete	Club	Perf	
1	167	Elijah Olaleye	Cambridge Harriers	39.88
2	220	Joel Aggrey	Central Park Athletics	40.18
3	61	Tom Ravenscroft	Cambridge Harriers	40.20
4	163	Trejan Checheku-Boamah	Blackheath & Bromley H AC	47.64
5	224	Liam Hough	Blackheath & Bromley H AC	48.69

Q

Q

Q

300m		Heat 2		
No.	Athlete	Club	Perf	
1	225	Joshua Wellings	Cambridge Harriers	40.40
2	222	Lucas Cameron	Medway and Maidstone AC	40.64
3	164	Rhys Joyeux	Cambridge Harriers	40.73
4	223	Oliver Cook	Cambridge Harriers	41.97
5	171	Thomas Vallins	Blackheath & Bromley H AC	43.20

Q

Q

Q

q

q

300m		Final		
No.	Athlete	Club	Perf	
1	225	Joshua Wellings	Cambridge Harriers	38.22
2	222	Lucas Cameron	Medway and Maidstone AC	38.86
3	167	Elijah Olaleye	Cambridge Harriers	39.48
4	164	Rhys Joyeux	Cambridge Harriers	39.86
5	220	Joel Aggrey	Central Park Athletics	39.92
6	61	Tom Ravenscroft	Cambridge Harriers	39.98
7	223	Oliver Cook	Cambridge Harriers	41.37
8	171	Thomas Vallins	Blackheath & Bromley H AC	41.96

1500m		Final		
No.	Athlete	Club	Perf	
1	305	Joseph Scanes	Blackheath & Bromley H AC	4:15.33
2	291	Freddie Gibson	Medway and Maidstone AC	4:25.93
3	304	Sebastian Sanz-Kozyra	Invicta East Kent AC	4:29.59
4	309	Charlie Warren	Tonbridge AC	4:37.08
5	295	Daniel Horgan	Blackheath & Bromley H AC	4:37.91
6	383	James Petrie	Tonbridge AC	4:38.70
7	382	Dillon Gregory	Medway and Maidstone AC	4:47.29
8	384	Nate Thomson	Invicta East Kent AC	4:49.15
9	296	Aniket Iyengar	Cambridge Harriers	4:52.16
10	286	Matias Caceres	Blackheath & Bromley H AC	4:53.80
11	298	Alex Martin	Blackheath & Bromley H AC	4:57.20
12	307	Oliver Stone	Blackheath & Bromley H AC	5:00.82
13	288	Connor Cousins	Medway and Maidstone AC	5:04.52
14	299	Benjamin O'Grady	Blackheath & Bromley H AC	5:10.79
15	381	Louie Gear	Medway and Maidstone AC	5:11.30
16	378	Joseph Atkins	Dartford Grammar School	5:15.17
17	385	James Willcox	Ashford AC	5:19.12

CBP

80m Hurdles		Heat 1		w/s= 0.3
No.	Athlete	Club	Perf	
1	434	Hans Nmaju	Central Park Athletics	11.52
2	435	Rahman Odugbayi	Dartford Harriers AC	12.01
3	436	Harry Wickers	Medway and Maidstone AC	12.95
4	173	Thomas Webb	Folkestone Running Club	12.97
5	431	Dylan Case	Dartford Grammar School	14.00

Q

Q

Q

q

80m Hurdles		Heat 2		w/s= 1.3
No.	Athlete	Club	Perf	
1	168	Kai Rogan	Dartford Harriers AC	11.48
2	167	Elijah Olaleye	Cambridge Harriers	11.57
3	432	Joshua Dako	Blackheath & Bromley H AC	11.76
4	172	Alfie Walach	Swale Combined AC	13.12

Q

Q

Q

q

80m Hurdles		Final		w/s= 1.4
No.	Athlete	Club	Perf	
1	434	Hans Nmaju	Central Park Athletics	11.02
2	168	Kai Rogan	Dartford Harriers AC	11.42
3	435	Rahman Odugbayi	Dartford Harriers AC	11.60
4	167	Elijah Olaleye	Cambridge Harriers	11.61
5	432	Joshua Dako	Blackheath & Bromley H AC	11.68
6	436	Harry Wickers	Medway and Maidstone AC	12.88
7	172	Alfie Walach	Swale Combined AC	12.97
	173	Thomas Webb	Folkestone Running Club	disq

CBP

High Jump		Final		
No.	Athlete	Club	Perf	
1	165	Daniel Obike	Dartford Grammar School	1.77
2	490	Matthew Akintolu	Dartford Grammar School	1.77
3	495	Dylan Leadbeater	Ashford AC	1.74
4	436	Harry Wickers	Medway and Maidstone AC	1.60
4	489	Ayoola Akeju	Dartford Grammar School	1.60
6	432	Joshua Dako	Blackheath & Bromley H AC	1.55
7	491	Oliver Downs	Invicta East Kent AC	1.55
8	492	Ethan Harris	Dartford Harriers AC	1.50
9	172	Alfie Walach	Swale Combined AC	1.45
9	494	Louis Ib	Tonbridge AC	1.45
11	493	Alfie Hughes	Swale Combined AC	1.45
12	52	Noah Jennings	Swale Combined AC	1.40
	284	Omari Anderson	Dartford Grammar School	nm
	224	Liam Hough	Blackheath & Bromley H AC	nm

1.55 o;1.60 o;1.65 o;1.68 o;1.71 xxo;1.74 xxo;1.77 xxo;1.80 xxx
1.55 o;1.60 o;1.65 xxo;1.68 o;1.71 xo;1.74 xxo;1.77 xxo;1.80 xxx
1.60 o;1.65 o;1.68 xxo;1.71 o;1.74 xo;1.77 xxx
1.50 o;1.55 o;1.60 xxo;1.65 xxx
1.50 o;1.55 o;1.60 xxo;1.65 xr
1.55 o;1.60 xxx
1.50 o;1.55 xo;1.60 xxx
1.45 xo;1.50 xo;1.55 xxx
1.45 o;1.50 xxx
1.35 o;1.40 o;1.45 o;1.50 xxx
1.35 xo;1.40 xo;1.45 xxo;1.50 xxx
1.35 xo;1.40 xo;1.45 xxx
1.25 xxx
1.25 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	434	Hans Nmaju	Central Park Athletics	6.18
2	432	Joshua Dako	Blackheath & Bromley H AC	5.97
3	435	Rahman Odugbayi	Dartford Harriers AC	5.96
4	491	Oliver Downs	Invicta East Kent AC	5.61
5	495	Dylan Leadbeater	Ashford AC	5.61
6	168	Kai Rogan	Dartford Harriers AC	5.25
7	494	Louis Ib	Tonbridge AC	5.17
8	45	Jeffrey Agholor	Bexley AC	5.10
9	160	Jayden Akubue	Central Park Athletics	4.90
10	436	Harry Wickers	Medway and Maidstone AC	4.79
11	52	Noah Jennings	Swale Combined AC	4.45
12	46	Ikenna Azodoh	Bexley AC	4.31
13	493	Alfie Hughes	Swale Combined AC	3.89
14	224	Liam Hough	Blackheath & Bromley H AC	3.87

CBP
2.0 5.97,1.7; 5.93,0.0; 5.83,-0.1; 5.99,0.0; 6.18,2.0; x
1.5 x; 5.84,0.0; 5.88,1.8; 5.92,1.6; 5.97,1.5; x
1.7 5.70,2.2; 5.77,0.8; 5.76,2.4; x; 5.96,1.7; 5.90,-0.4
-0.1 5.61,-0.1; 5.51,-0.2; 5.24,1.8; 5.36,0.0; 5.48,1.7; x
2.3 5.12,1.3; 5.01,-0.5; 5.61,2.3; 5.35,-0.1; 5.31,2.0; 3.51,1.5
2.0 5.25,2.0; x; x; x; 4.97,-0.1; x
1.1 5.09,1.3; 4.49,1.4; 5.00,-0.2; 4.83,0.2; 5.10,0.9; 5.17,1.1
0.0 4.88,1.1; x; 5.10,0.0; x; x; x
2.2 4.70,1.7; 4.83,0.0; 4.90,2.2
2.1 4.38,1.7; 4.63,0.7; 4.79,2.1
2.4 4.45,2.4; x; 3.79,1.5
-0.1 4.12,-0.2; 4.31,-0.1; 3.86,0.6
-0.5 3.58,1.4; 3.89,-0.5; 3.30,0.8
-0.4 3.47,2.2; 3.87,-0.4; 3.50,2.1

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	435	Rahman Odugbayi	Dartford Harriers AC	12.82
2	161	Derayo Alade	Dartford Harriers AC	12.21
3	169	Saketh Sangeeth	Dartford Grammar School	10.66
4	532	Ellis Yeboah-Afari	Dartford Grammar School	10.31
5	531	Campbell South	Tonbridge AC	10.15
6	51	Bryan Ikechukwu-Chime	Dartford Grammar School	10.07
7	431	Dylan Case	Dartford Grammar School	8.63

w/s
-0.1 12.58,1.2; 12.58,1.2; 12.68,1.1; 12.56,1.2; 12.82,-0.1; 12.68,0.4
1.3 12.08,1.8; 12.12,1.2; 12.08,0.1; 12.21,1.3; 11.76,0.0; 12.16,-0.5
0.0 10.51,-0.3; 10.16,1.3; 10.66,0.0; 10.36,1.1; x; 9.83,1.6
0.6 10.31,0.6; 10.12,1.4; 10.14,0.0; 10.06,-0.2; 9.98,1.4; 10.08,1.3
0.5 10.10,1.2; 10.02,1.1; 10.00,0.2; 10.15,0.5; x; 10.02,0.0
0.8 9.36,1.1; 9.90,1.1; 9.70,-0.4; 9.76,0.0; 10.07,0.8; x
1.1 8.63,1.1; r

Javelin		Final		
No.	Athlete	Club	Perf	
1	598	Frederick Lockett	Dartford Grammar School	44.63
2	491	Oliver Downs	Invicta East Kent AC	42.67
3	597	Toby Gwinnell	Tonbridge AC	40.56
4	173	Thomas Webb	Folkestone Running Club	35.24
5	301	Alikhan Rahimberganov	Dartford Grammar School	31.48
6	599	Sarhiren Puvanenthiran	Dartford Grammar School	31.01
7	600	Jago Veale	Tonbridge AC	30.07
8	553	Rory Witcombe	Blackheath & Bromley H AC	24.34
9	596	Sam Fowler	Medway and Maidstone AC	14.41
	294	Hugo Hoang	Dartford Grammar School	nm

44.63; 38.79; 39.93; 39.92; 37.66; 43.70
41.04; x; 36.62; x; 38.04; 42.67
6.23; 37.85; 35.13; 31.32; 34.19; 40.56
25.16; 31.53; -; 35.24; 30.85; 31.38
x; 28.19; 31.48; 30.12; 27.67; 29.45
31.01; 29.03; 26.71; 30.44; 30.91; 28.16
24.84; 30.07; 24.35; 28.87; 29.04; 25.24
x; x; 21.46; 23.28; 24.34; 23.36
x; 14.41; 10.60
x; x; x

Senior Women		Final		
200m		w/s= 1.4		
No.	Athlete	Club	Perf	
1	175	Lucy Hope	Medway and Maidstone AC	25.25
2	75	Abigail Walters	Medway and Maidstone AC	25.85
3	174	Chanelle Cole	Blackheath & Bromley H AC	26.42
4	177	Samantha Williams (W40)	Blackheath & Bromley H AC	26.97
5	74	Louisa Vallins (W45)	Blackheath & Bromley H AC	27.49
6	176	Karolina Mykietyn (W40)	Central Park Athletics	28.30
7	70	Shamariah Notice	Kent AC	31.55

800m		Final		
No.	Athlete	Club	Perf	
1	314	Morgan Squibb	Blackheath & Bromley H AC	2:12.02

400m Hurdles		Final		
No.	Athlete	Club	Perf	
1	437	Zoe Austridge	Blackheath & Bromley H AC	65.78
2	463	Lauren Macey	Invicta East Kent AC	70.54

5000m		Final	
No.	Athlete	Club	Perf
1	418	Emily Hale	Medway and Maidstone AC 20:44.30
2	419	Vanessa Vander (W35)	Medway and Maidstone AC 22:46.85

1500m Steeplechase		Final	
No.	Athlete	Club	Perf
1	314	Morgan Squibb	Blackheath & Bromley H AC 5:10.32

CBP

High Jump		Final	
No.	Athlete	Club	Perf
1	497	Deborah Martin	Ashford AC 1.55
1	439	Imogen Davis	Thanet AC 1.55

1.45 o;1.50 o;1.55 o;1.60 xxx
1.50 o;1.55 o;1.60 xxx

Long Jump		Final	
No.	Athlete	Club	Perf
1	523	Eloise Harvey	Dartford Harriers AC 5.74
2	439	Imogen Davis	Thanet AC 5.57
3	522	Claudia Baker	Blackheath & Bromley H AC 5.40
4	69	Zara Edeleanu	Medway and Maidstone AC 4.60
5	229	Faye Olszowka	Bexley AC 4.23
6	524	Helen Nyberg-Mitroi	Dartford Harriers AC 4.12

w/s

0.4 5.44,0.8; 5.42,0.2; 5.53,0.7; 5.63,1.6; 5.74,0.4; 2.03,1.6
1.9 5.01,0.2; 5.21,0.0; 5.23; x; 5.27,1.6; 5.57,1.9
1.5 4.73,2.2; 5.05,0.6; x; 5.24,1.4; 5.40,1.5; 5.15,1.1
1.6 4.60,1.6; 4.51,1.2; 4.51,1.0; 4.31,2.3; 4.33,1.9; 4.31,0.6
1.5 3.81,2.2; 3.96,0.9; 4.01,1.1; 4.08,0.9; 4.23,1.5; 4.13,0.6
0.4 3.88,2.0; 3.88,1.2; 3.94,0.3; 3.92,1.5; 4.05,1.4; 4.12,0.4

Triple Jump		Final	
No.	Athlete	Club	Perf
1	523	Eloise Harvey	Dartford Harriers AC 11.41
2	533	Karina Harris	Blackheath & Bromley H AC 10.89
3	534	Rachael Ilori	Blackheath & Bromley H AC 9.92
4	524	Helen Nyberg-Mitroi	Dartford Harriers AC 8.62

w/s

0.0 x; 11.41,0.0; x; 11.28,0.0; 11.18,o; 11.34,0.8
1.8 x; x; 10.89,1.8; 9.81,0.0; x; x
0.2 x; 9.56,0.0; x; 9.92,0.2; 9.62,1.2; 9.24,,6
1.4 1.14,-0.9; 7.38,1.7; x; 8.62,1.4; 8.48,1.1; 8.08,0.9

Javelin		Final	
No.	Athlete	Club	Perf
1	602	Lauren Farley	Blackheath & Bromley H AC 55.64
2	601	Elizabeth Bignell	Paddock Wood AC 22.33
3	558	Natalie Mann	Cambridge Harriers 21.77

CBP

55.64; 49.98; 52.22; 51.41; 49.82; 51.94
22.33; x; 22.27; 21.13; 19.03; x
19.57; 20.75; 19.45; 21.04; 21.77; 19.99

U20 Women		Final		w/s= 1.4
200m		Final		Perf
No.	Athlete	Club	Perf	
1	178	Charlotte Henrich	Invicta East Kent AC 24.44	
2	78	Lucy Tallon	Tonbridge AC 24.64	
3	181	Daisy Meenan	Canterbury Athletics Academy 28.01	
4	182	Millie Vas	Thanet AC 28.70	

CBP

800m		Final	
No.	Athlete	Club	Perf
1	231	Cameron Kelly-Gordon	Blackheath & Bromley H AC 2:15.00
2	320	Amy-Jayne Goodhand	Invicta East Kent AC 2:16.79
3	233	Gabriella Martin	Blackheath & Bromley H AC 2:16.93
4	316	Hannah Clark	Blackheath & Bromley H AC 2:17.36
5	322	Lola Sutton	Medway and Maidstone AC 2:21.40
6	317	Abbe Clarke	Dartford Harriers AC 2:23.03
7	318	Emily de Backer	Blackheath & Bromley H AC 2:26.26
8	321	Freya Perry	Dartford Harriers AC 2:29.49
9	232	Olivia Magee-Brown	Blackheath & Bromley H AC 2:31.81
10	234	Lily Meers	Blackheath & Bromley H AC 2:36.07
11	319	Sharne Elphick	Medway and Maidstone AC 2:51.61

400m Hurdles		Final	
No.	Athlete	Club	Perf
1	465	Jasmine Crossley	Dartford Harriers AC 80.69
2	441	Isabelle Bridgeman	Tonbridge AC 87.49
	315	Grace Bennett	Blackheath & Bromley H AC dnf

1500m Steeplechase		Final	
No.	Athlete	Club	Perf
1	471	Carys Firth	Blackheath & Bromley H AC 5:35.00
2	388	Lily Crossley	Medway and Maidstone AC 5:51.11
3	472	Sophie Slack	Tonbridge AC 6:04.14

High Jump		Final	
No.	Athlete	Club	Perf
1	444	Jessie Sargeant	Blackheath & Bromley H AC 1.55
1	499	Freya Ridge	Tonbridge AC 1.55
3	500	Nadia Sadler-Reeves	Ashford AC 1.50
4	498	Georgia Baker	Tonbridge AC 1.40
5	182	Millie Vas	Thanet AC 1.35

1.45 o;1.50 o;1.55 o;1.60 xxx
1.50 o;1.55 o;1.60 xxx
1.40 o;1.45 o;1.50 xo;1.55 xxx
1.40 o;1.45 xxx
1.35 o;1.40 xxx

Long Jump		Final			
No.	Athlete	Club	Perf	w/s	
1	498	Georgia Baker	Tonbridge AC	5.22	0.5 x; 3.81,2.1; 5.14,1.1; 5.22,0.5; 5.10,1.5; 4.95,1.6
2	444	Jessie Sargeant	Blackheath & Bromley H AC	5.17	0.0 4.97,1.3; 5.06,1.3; 5.17,0.0; 5.03,1.6; x; 4.97,0.6
3	500	Nadia Sadler-Reeves	Ashford AC	5.02	0.8 4.88,1.6; 4.45,0.0; 4.95,0.7; 4.68,1.1; 5.02,0.8; 5.00,1.2
4	525	Emily Algeo	Blackheath & Bromley H AC	4.86	1.0 4.74,1.8; 4.64,2.0; 4.80,1.8; 4.86,1.0; 4.82,0.0; 4.70,1.4
5	182	Millie Vas	Thanet AC	4.63	0.7 4.48,2.1; 4.49,0.4; 4.63,0.7; x; 4.25,0.0; 4.39,2.0
6	526	Anyiache Nonjang	Bexley AC	4.62	0.9 3.95,1.1; 4.61,0.8; x; 4.40,1.2; 4.50,0.0; 4.62,0.9
7	442	Cerys Daniels	Cambridge Harriers	3.74	0.4 1.94,1.4; 3.74,0.4; 3,74

Triple Jump		Final			
No.	Athlete	Club	Perf	w/s	
1	526	Anyiache Nonjang	Bexley AC	10.64	1.6 9.87,0.0; 10.25,1.3; 10.64,1.6; 10.28,1.1; 10.25,1.4; 10.46,0.9
2	525	Emily Algeo	Blackheath & Bromley H AC	10.25	1.8 10.24,0.0; x; 10.25,1.8; 9.94,0.9; 10.16,1.4; 10.14,1.2

Javelin		Final			
No.	Athlete	Club	Perf		
1	604	Katie Marsh	Cambridge Harriers	35.90	31.11; x; 34.44; x; 35.90; 35.74
2	444	Jessie Sargeant	Blackheath & Bromley H AC	35.27	30.88; 32.39; 30.93; 33.48; 33.54; 35.27
3	499	Freya Ridge	Tonbridge AC	33.38	33.38; 32.66; 28.07; 33.02; 28.69; 30.49
4	472	Sophie Slack	Tonbridge AC	26.91	-; 26.23; 26.91; 24.80; 25.34; 25.99

U17 Women		Final		w/s= 1.0
No.	Athlete	Club	Perf	
1	92	Harriet Medlen	Tonbridge AC	25.20
2	188	Alexia Scotiniadis	Tonbridge AC	25.43
3	189	Qi-Chi Ukpai	Blackheath & Bromley H AC	25.58
4	88	Azaria Makinde	Medway and Maidstone AC	26.50
5	185	Jada Rose Oladele	Medway and Maidstone AC	27.22
6	187	Niniola Omotola	Medway and Maidstone AC	28.96
7	186	Fadheelah Olawale-Agbojo	Bexley AC	30.59
8	183	Chanya-Asa Hastrup	Medway and Maidstone AC	31.36

800m		Heat 1			
No.	Athlete	Club	Perf		
1	325	Megan Barlow	Blackheath & Bromley H AC	2:26.22	Q
2	338	Lydia Witcombe	Blackheath & Bromley H AC	2:30.07	Q
3	327	Jennifer Clayton	Folkestone Running Club	2:30.29	Q
4	240	Matilda Shilland	Blackheath & Bromley H AC	2:30.98	
5	333	Jessica Kelly	Blackheath & Bromley H AC	2:32.21	
6	323	Betty Adams	Dartford Harriers AC	2:35.98	
7	324	Sophie Ansell	Bexley AC	2:38.38	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	328	Iris Crossley	Medway and Maidstone AC	2:27.26	Q
2	334	Amber Matthews	Medway and Maidstone AC	2:27.82	Q
3	331	Abigail Hawkes	Medway and Maidstone AC	2:27.95	Q
4	326	Lola Bischoff	Blackheath & Bromley H AC	2:28.18	q
5	332	Lexie Johnson	Dartford Harriers AC	2:29.01	q
6	337	Zoë Vallis	Invicta East Kent AC	2:38.07	
7	336	Islay Pearson	Blackheath & Bromley H AC	2:40.13	
8	330	Madeleine Dunsmore	Bexley AC	2:55.71	

800m		Final		
No.	Athlete	Club	Perf	
1	334	Amber Matthews	Medway and Maidstone AC	2:15.10
2	325	Megan Barlow	Blackheath & Bromley H AC	2:17.69
3	328	Iris Crossley	Medway and Maidstone AC	2:22.63
4	331	Abigail Hawkes	Medway and Maidstone AC	2:27.25
5	327	Jennifer Clayton	Folkestone Running Club	2:30.29
6	332	Lexie Johnson	Dartford Harriers AC	2:30.66
7	326	Lola Bischoff	Blackheath & Bromley H AC	2:30.83
8	338	Lydia Witcombe	Blackheath & Bromley H AC	2:31.16

300m Hurdles		Heat 1			
No.	Athlete	Club	Perf		
1	468	Keziah Olaleye	Cambridge Harriers	47.69	Q
2	466	Georgina Kyte	Invicta East Kent AC	48.20	Q
3	467	Tallulah Ndikanwu	Blackheath & Bromley H AC	48.91	Q
4	449	Gabriella Noyce	Cambridge Harriers	49.72	q
5	330	Madeleine Dunsmore	Bexley AC	57.30	

300m Hurdles		Heat 2			
No.	Athlete	Club	Perf		
1	238	Alyssa Firla	Blackheath & Bromley H AC	47.63	Q
2	236	Neve Bachelor	Tonbridge AC	48.52	Q
3	327	Jennifer Clayton	Folkestone Running Club	50.53	Q
4	184	Emily Moyle	Medway and Maidstone AC	51.86	q

300m Hurdles		Final	
No.	Athlete	Club	Perf
1	468 Keziah Olaleye	Cambridge Harriers	45.52
2	236 Neve Bachelor	Tonbridge AC	45.92
3	467 Tallulah Ndikanwu	Blackheath & Bromley H AC	46.26
4	466 Georgina Kyte	Invicta East Kent AC	46.71
5	449 Gabriella Noyce	Cambridge Harriers	49.05
6	238 Alyssa Firla	Blackheath & Bromley H AC	49.67
7	327 Jennifer Clayton	Folkestone Running Club	50.36
8	184 Emily Moyle	Medway and Maidstone AC	50.62

1500m Steeplechase		Final	
No.	Athlete	Club	Perf
1	332 Lexie Johnson	Dartford Harriers AC	6:08.73

Pole Vault		Final	
No.	Athlete	Club	Perf
1	338 Lydia Witcombe	Blackheath & Bromley H AC	2.40

2.00 o; 2.10 o; 2.20 o; 2.30 o; 2.40 o; 2.50 xxx

Shot		Final	
No.	Athlete	Club	Perf
1	467 Tallulah Ndikanwu	Blackheath & Bromley H AC	11.05
2	449 Gabriella Noyce	Cambridge Harriers	9.38
3	562 Imogen Castle	Invicta East Kent AC	8.75
4	453 Nia Thomas	Medway and Maidstone AC	8.63
5	563 Lacey Webb	Blackheath & Bromley H AC	7.60
6	561 Morgane Argivier	Swale Combined AC	6.62

10.55; 10.86; 10.08; 10.68; 10.44; 11.05
 7.45; 8.87; 9.38; 8.62; 8.18; 9.06
 8.24; 8.59; 8.59; 8.44; x; 8.75
 7.98; 7.52; 8.20; 8.23; 7.07; 8.63
 7.60; 7.47; r
 6.62; 5.98; 6.47; 6.62; 5.92; 5.29

Discus		Final	
No.	Athlete	Club	Perf
1	573 Erin Simpson	Blackheath & Bromley H AC	32.18
2	563 Lacey Webb	Blackheath & Bromley H AC	21.43

x; 30.49; x; x; 30.64; 32.18
 x; 21.43; x; 18.09; x; x

Hammer		Final	
No.	Athlete	Club	Perf
1	590 Hope Still	Dartford Harriers AC	46.00
2	563 Lacey Webb	Blackheath & Bromley H AC	33.43
3	562 Imogen Castle	Invicta East Kent AC	28.26
4	561 Morgane Argivier	Swale Combined AC	25.50

x; 40.85; 42.30; 46.00; x; x
 33.43; x; 33.27; 26.15; 24.55; 30.74
 23.78; 24.78; 28.26; x; 24.55; 28.25
 22.59; x; 25.04; 25.50; 24.61; 23.99

U15 Girls 200m		Heat 1		w/s= 1.3	
No.	Athlete	Club	Perf		
1	103 Emily Cadman	Cambridge Harriers	25.21		
2	111 Genevieve Harper	Tonbridge AC	26.43		
3	106 Ariana Clarke	Cambridge Harriers	26.92		
4	127 Laetitia Tene	Dartford Harriers AC	28.03		
5	115 Jayda Renae Mckenzie	Cambridge Harriers	28.85		
6	194 Layla Forrest	Invicta East Kent AC	29.08		
	197 Abigail Williams	Blackheath & Bromley H AC	dnf		

Q
 Q
 Q
 q

200m		Heat 2		w/s= 2.8	
No.	Athlete	Club	Perf		
1	193 Grace Durrant	Medway and Maidstone AC	26.12		
2	96 Ismae Abomeli	Thanet AC	26.48		
3	190 Keriema Bailey	Bexley AC	27.25		
4	110 Sienna Gratwick	Medway and Maidstone AC	27.82		
5	118 Kimora Okeke	Invicta East Kent AC	28.06		
6	195 Renee Itugbu	Bexley AC	28.18		
7	102 Mariana Caceres	Blackheath & Bromley H AC	29.40		
8	192 Bethany Clayton	Invicta East Kent AC	29.59		

Q
 Q
 Q
 q

200m		Final		w/s= 0.9	
No.	Athlete	Club	Perf		
1	103 Emily Cadman	Cambridge Harriers	25.13		
2	193 Grace Durrant	Medway and Maidstone AC	26.04		
3	96 Ismae Abomeli	Thanet AC	26.56		
4	111 Genevieve Harper	Tonbridge AC	26.92		
5	106 Ariana Clarke	Cambridge Harriers	27.40		
6	190 Keriema Bailey	Bexley AC	27.77		
7	110 Sienna Gratwick	Medway and Maidstone AC	27.97		
	127 Laetitia Tene	Dartford Harriers AC	dns		

800m		Heat 1			
No.	Athlete	Club	Perf		
1	350	Luciana Smith	Blackheath & Bromley H AC	2:28.98	Q
2	242	Charlotte Bloodworth	Blackheath & Bromley H AC	2:29.58	Q
3	344	Aoife Foley	Tonbridge AC	2:29.62	q
4	340	Lily Bridgeman	Blackheath & Bromley H AC	2:29.96	
5	349	Aimee Price	Bexley AC	2:31.53	
6	339	Olivia Baker	Medway and Maidstone AC	2:41.49	
7	343	Freya Dinwiddy	Blackheath & Bromley H AC	2:44.48	
8	352	Lucy Steer	Invicta East Kent AC	2:51.07	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	354	Iris Williams	Cambridge Harriers	2:21.34	Q
2	347	Aoife McDonagh	Blackheath & Bromley H AC	2:24.18	Q
3	351	Niamh Stanley	Blackheath & Bromley H AC	2:27.34	q
4	120	Hope Opaole	Bexley AC	2:33.40	
5	245	Ariana Jenner-Heard	Blackheath & Bromley H AC	2:37.60	
6	244	Caitlin Hough	Blackheath & Bromley H AC	2:39.65	
7	345	Delilah Lester	Cambridge Harriers	2:40.09	

800m		Heat 3			
No.	Athlete	Club	Perf		
1	341	Sofia Cudmore Smith	Medway and Maidstone AC	2:29.91	Q
2	246	Leah Kyriacou	Blackheath & Bromley H AC	2:30.81	Q
3	353	Sophie Tran	Blackheath & Bromley H AC	2:32.61	
4	346	Lydia Marston	Blackheath & Bromley H AC	2:34.58	
5	348	Rowan Pearson	Blackheath & Bromley H AC	2:37.82	
6	130	Katie Wake	Bexley AC	2:38.76	
7	342	Eva Denbow	Blackheath & Bromley H AC	2:39.49	

800m		Final			
No.	Athlete	Club	Perf		
1	350	Luciana Smith	Blackheath & Bromley H AC	2:18.98	
2	354	Iris Williams	Cambridge Harriers	2:20.25	
3	347	Aoife McDonagh	Blackheath & Bromley H AC	2:22.82	
4	351	Niamh Stanley	Blackheath & Bromley H AC	2:26.62	
5	246	Leah Kyriacou	Blackheath & Bromley H AC	2:30.14	
6	341	Sofia Cudmore Smith	Medway and Maidstone AC	2:31.95	
7	242	Charlotte Bloodworth	Blackheath & Bromley H AC	2:34.17	
8	344	Aoife Foley	Tonbridge AC	2:37.17	

75m Hurdles		Heat 1		w/s= 1.5	
No.	Athlete	Club	Perf		
1	112	Tess Hepple	Kent AC	12.60	Q
2	196	Lily Rockall	Folkestone Running Club	13.19	Q
3	454	Heidi Coulson	Blackheath & Bromley H AC	13.37	Q
4	192	Bethany Clayton	Invicta East Kent AC	13.76	
5	107	Beatrice Eaton	Thanet AC	14.78	

75m Hurdles		Heat 2		w/s= 2.6	
No.	Athlete	Club	Perf		
1	455	Elsa Pawson	Tonbridge AC	12.18	Q
2	247	Beth Regan	Blackheath & Bromley H AC	12.55	Q
3	458	Araba Taylor	Tonbridge AC	12.68	Q
4	457	Emilia Stevens	Swale Combined AC	12.94	q
5	459	Mia Whitwell	Bexley AC	13.73	q
6	456	Orla Rickard	Blackheath & Bromley H AC	14.59	

75m Hurdles		Final		w/s= 1.1	
No.	Athlete	Club	Perf		
1	112	Tess Hepple	Kent AC	12.21	
2	455	Elsa Pawson	Tonbridge AC	12.30	
3	247	Beth Regan	Blackheath & Bromley H AC	12.43	
4	458	Araba Taylor	Tonbridge AC	12.48	
5	457	Emilia Stevens	Swale Combined AC	12.96	
6	454	Heidi Coulson	Blackheath & Bromley H AC	13.12	
7	196	Lily Rockall	Folkestone Running Club	13.49	
8	459	Mia Whitwell	Bexley AC	14.07	

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	455	Elsa Pawson	Tonbridge AC	2.90
2	458	Araba Taylor	Tonbridge AC	2.40
3	517	Luna Corry	Blackheath & Bromley H AC	2.00

2.30 o;2.40 o;2.50 o;2.60 o;2.70 o;2.80 o;2.90 o;3.00 xxx
 1.70 o;1.85 o;2.00 o;2.10 o;2.20 xo;2.30 xxo;2.40 r
 1.70 o;1.85 o;2.00 o;2.10 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	97	Emilia Adese	Blackheath & Bromley H AC	10.52
2	566	Tilly Ryan	Medway and Maidstone AC	7.97
3	114	Brianna Kuranga	Sevenoaks AC	7.70
4	132	Dakota Wilson	Invicta East Kent AC	7.66
5	565	Maddison Lopez	Bexley AC	7.64
6	567	Abigail Smith	Folkestone Running Club	7.64
7	454	Heidi Coulson	Blackheath & Bromley H AC	7.07
8	192	Bethany Clayton	Invicta East Kent AC	6.27
9	564	Amelia Cannon	Tonbridge AC	5.39
10	244	Caitlin Hough	Blackheath & Bromley H AC	5.29

9.16; 10.04; 10.43; 9.91; 10.11; 10.52
7.23; 7.97; 7.60; 7.88; 7.72; 7.97
7.42; 7.68; 7.70; 7.26; 7.49; 6.71
7.66; 7.59; 7.34; 7.05; 6.92; 6.82
6.65; 6.97; 7.58; 7.14; 7.64; 7.10
6.87; 6.24; 7.18; 6.67; 7.64; 7.10
x; 5.99; 6.89; x; 7.07; 7.01
6.27; x; 4.44; 5.74; 5.73; 5.89
5.39; x; 4.99
5.18; -; 5.29

Discus		Final		
No.	Athlete	Club	Perf	
1	242	Charlotte Bloodworth	Blackheath & Bromley H AC	21.95
2	566	Tilly Ryan	Medway and Maidstone AC	17.08
3	565	Maddison Lopez	Bexley AC	16.89
4	567	Abigail Smith	Folkestone Running Club	14.51
5	574	Lottie Palmer	Blackheath & Bromley H AC	12.48
	564	Amelia Cannon	Tonbridge AC	nm

21.30; 19.84; 17.51; 21.95; x; 21.69
15.44; 16.11; x; x; 17.08; 16.18
x; 15.18; 16.89; 14.62; 15.44; 16.51
13.39; x; 14.06; 14.51; x; x
10.11; 10.88; 12.18; 12.48; 10.62; 10.57
x; x; x

Hammer		Final		
No.	Athlete	Club	Perf	
1	565	Maddison Lopez	Bexley AC	30.65
2	242	Charlotte Bloodworth	Blackheath & Bromley H AC	30.61
3	123	Sara Scrivens	Invicta East Kent AC	27.76
4	564	Amelia Cannon	Tonbridge AC	25.66
5	566	Tilly Ryan	Medway and Maidstone AC	22.22
6	567	Abigail Smith	Folkestone Running Club	19.76

29.17; 30.65; x; 29.55; 29.55; 26.47
x; 30.61; x; x; x; x
25.09; 27.76; x; x; x; x
25.66; x; 20.31; x; 25.28; 23.97
21.49; 22.22; 21.62; 21.67; x; 22.08
x; 19.76; 17.77; 19.31; x; 19.23

Kent County Championship Results Sunday 14/05/2023
Senior Men

200m		Heat 1		w/s= -0.6	
No.	Athlete	Club	Perf		
1	2	Michael Damoah	Blackheath & Bromley H AC	21.92	Q
2	137	Connor Neal	Harrow AC	22.06	Q
3	5	Nathan Isaac	Medway and Maidstone AC	22.63	Q
4	11	Lewis Parsons	Thanet AC	22.97	q
5	8	Trey McPherson	Dartford Harriers AC	23.41	

200m		Heat 2		w/s= -0.7	
No.	Athlete	Club	Perf		
1	14	Ishmael Smith-John	Crawley AC	22.38	Q
2	9	Chizute Ogbedeh	Blackheath & Bromley H AC	22.61	Q
3	7	Alex Marshall	Medway and Maidstone AC	22.66	Q
4	133	Nicholas Atwell (M35)	Thames Valley Harriers	23.11	q
5	134	Richard Brooks (M45)	Metropolitan Police AC	24.87	

200m		Final		w/s= 0.0	
No.	Athlete	Club	Perf		
1	137	Connor Neal	Harrow AC	21.61	
2	2	Michael Damoah	Blackheath & Bromley H AC	21.62	
3	14	Ishmael Smith-John	Crawley AC	22.12	
4	9	Chizute Ogbedeh	Blackheath & Bromley H AC	22.24	
5	7	Alex Marshall	Medway and Maidstone AC	22.62	
6	5	Nathan Isaac	Medway and Maidstone AC	22.70	
7	133	Nicholas Atwell (M35)	Thames Valley Harriers	23.43	
	11	Lewis Parsons	Thanet AC	dns	

800m		Final		
No.	Athlete	Club	Perf	
1	256	Joseph O'Hara	Bexley AC	1:58.34
2	259	Jamie Walsh	Medway and Maidstone AC	1:59.24
3	254	Chris Loudon (M35)	Cambridge Harriers	2:00.05
4	252	Ian Firla (M50)	Blackheath & Bromley H AC	2:16.57
5	257	Matthew Preston (M50)	Cambridge Harriers	2:21.84
6	251	Robert Everitt (M50)	Paddock Wood AC	2:27.99
7	250	Roderick Cooney-Bresi	Cambridge Harriers	2:50.66

400m Hurdles		Final		
No.	Athlete	Club	Perf	
1	207	George Seery	Blackheath & Bromley H AC	50.85
2	208	Bailey Stickings	Blackheath & Bromley H AC	51.30
3	460	George Blake	Medway and Maidstone AC	54.48
4	461	Fuad Busoir	Cambridge Harriers	58.36

2000m Steeplechase		Final		
No.	Athlete	Club	Perf	
1	413	Calum Laing	Tonbridge AC	6:31.75
2	355	Tom Collins (M35)	Medway and Maidstone AC	6:46.58

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	477	Luc Legon	Bexley AC	13:14.29
2	475	Matthew Crane	Bexley AC	14:12.97
3	476	Matthew Ellerton (M45)	Blackheath & Bromley H AC	18:18.88
4	474	Mark Ashby (M60)	Cambridge Harriers	19:06.37

High Jump		Final			
No.	Athlete	Club	Perf		
1	486	James Nightingale	Blackheath & Bromley H AC	1.65	1.50 o;1,55 -;1.60 o;1.65 xo;1.70 xxx
2	484	Bilen Ahmet	Kingston AC & Polytechnic Harriers	1.60	1.50 o;1,55 o;1.60 o;1.65 xxx

Long Jump		Final			
No.	Athlete	Club	Perf		
1	423	Brandon Sikity	Cambridge Harriers	6.45	w/s 1.2 6.00,1.9; 5.54,1.2; 6.17,0.6; 6.28,1.1; 6.45,1.2; 6.20,-0.5
2	484	Bilen Ahmet	Kingston AC & Polytechnic Harriers	5.01	0.7 x; 4.67,0.5; 5.01,0.7; 4.66,1.8; 4.93,0.5; 4.71,0.3
3	519	Andy Whitnell	Bexley AC	3.97	1.7 x; 3.35,0.4; 3.73,1.4; 3.97,1.7; 3.87,1.1; 3.95,0.7

Triple Jump		Final			
No.	Athlete	Club	Perf		
1	527	Okiki Olugunna	Bexley AC	12.90	w/s 2.0 12.73,3.0; 12.72,1.4; 1.35,2.1; 12.67,0.0; 12.71,0.0; 12.90,2.0
2	484	Bilen Ahmet	Kingston AC & Polytechnic Harriers	9.66	1.4 9.66,1.4; x; x; r

Javelin		Final			
No.	Athlete	Club	Perf		
1	537	Joseph Gunton	Bexley AC	47.03	45.56; 46.33; 46.82; 47.03; x; 46.46
2	484	Bilen Ahmet	Kingston AC & Polytechnic Harriers	31.15	27.27; 23.54; 27.09; 31.15; 30.37; 30.71

U20M

200m		Heat 1		w/s= 0.9	
No.	Athlete	Club	Perf		
1	144	Shaquille Fernandez-Folkes	Cambridge Harriers	22.82	Q
2	149	William Vilpoix-Phillips	Central Park Athletics	23.22	Q
3	22	Moshood Erinfolami	Cambridge Harriers	23.23	Q
4	145	Nathan Firla	Blackheath & Bromley H AC	23.30	q
5	142	Joshua Aboagye	Medway and Maidstone AC	23.68	
6	143	Jack Ebanks	Cambridge Harriers	23.80	
7	20	Andrew Bull	Canterbury Athletics Academy	24.03	

200m		Heat 2		w/s= -1.0	
No.	Athlete	Club	Perf		
1	146	Dylan Purton	Medway and Maidstone AC	22.2	Q
2	23	Leo Godfrey	Ashford AC	22.8	Q
3	21	Jasper Emmanuel	Medway and Maidstone AC	22.9	Q
4	18	James Baker	Dartford Harriers AC	23.2	q
5	24	Flynn Hughes	Ashford AC	23.67	
6	28	Nkwazi Ndila	Blackheath & Bromley H AC	23.72	
7	26	Hassan Malador	Bexley AC	23.90	
8	148	Rhys Rudkin	Dartford Harriers AC	25.10	

200m		Final		w/s= 0.1	
No.	Athlete	Club	Perf		
1	146	Dylan Purton	Medway and Maidstone AC	21.67	
2	144	Shaquille Fernandez-Folkes	Cambridge Harriers	22.55	
3	21	Jasper Emmanuel	Medway and Maidstone AC	22.66	
4	23	Leo Godfrey	Ashford AC	22.66	
5	18	James Baker	Dartford Harriers AC	23.06	
6	22	Moshood Erinfolami	Cambridge Harriers	23.32	
7	149	William Vilpoix-Phillips	Central Park Athletics	23.40	
8	145	Nathan Firla	Blackheath & Bromley H AC	23.44	

800m		Final			
No.	Athlete	Club	Perf		
1	267	Thomas Sugden	Blackheath & Bromley H AC	1:56.78	
2	263	Cameron Featherstone	Medway and Maidstone AC	1:59.50	
3	262	Callum Featherstone	Medway and Maidstone AC	2:00.18	
4	261	Angus Currie	Tonbridge AC	2:00.42	
5	212	Harrison White	Canterbury Athletics Academy	2:03.07	
6	265	Samuel Lloyd	Dartford Harriers AC	2:03.82	

2000m Steeplechase		Final			
No.	Athlete	Club	Perf		
1	469	Charlie Ellison	Tonbridge AC	6:38.91	

3000m Walk		Final			
No.	Athlete	Club	Perf		
1	478	Jonathan Ellerton	Blackheath & Bromley H AC	15:45.36	

High Jump		Final			
No.	Athlete	Club	Perf		
1	488	Harvey Fordham	Paddock Wood AC	1.80	1.65 o; 1.70 o; 1.75 xo; 1.80 o; 1.85 xxx
2	487	Jack Butler	Ashford AC	1.75	1.70 o; 1.75 o; 1.80 xxx
3	27	Dante McNichol	Tonbridge AC	1.65	1.60 xo; 1.65 xo; 1.70 xxx

Long Jump		Final			
No.	Athlete	Club	Perf		
1	520	Augustine Kodji	Dartford Harriers AC	6.43	0.6 6.43,0.6; 6.33,-1.0; 6.03,1.1; 6.26,0.6; 5.87,0.6; 6.36,-1.8
2	27	Dante McNichol	Tonbridge AC	5.90	1.4 5.34,1.1; 5.79,-0.5; 5.90,1.4; x; 5.75,0.1; 3.28,-1.2

Triple Jump		Final			
No.	Athlete	Club	Perf		
1	520	Augustine Kodji	Dartford Harriers AC	12.56	w/s 0.0 11.79,0.0; 12.56,0.0; 11.64,1.5; 11.94,-0.2; 12.28,0.5; 11.30,0.0
2	529	Alex Stone	Paddock Wood AC	12.40	1.1 12.40,1.1; 12.06,0.4; 12.00,-0.9; 12.13,-1.7; x; 12.33,0.0
3	528	Kieran Isaac	Medway and Maidstone AC	12.13	0.0 x; 12.13,0.0; 11.82,-1.7; -; -; x

Javelin		Final			
No.	Athlete	Club	Perf		
1	592	Felix Mcardle Hodge	Blackheath & Bromley H AC	54.99	48.60; 51.32; 54.64; 54.99; 49.87; 52.49
2	593	Jonah Radcliffe	The Judd School	53.31	45.53; 49.37; 44.21; 46.50; x; 53.31
3	529	Alex Stone	Paddock Wood AC	40.67	37.96; 40.67; 40.36; 37.76; 38.80; 37.35

U17M

200m		Heat 1		w/s= -1.5	
No.	Athlete	Club	Perf		
1	156	Joe Stone	Tonbridge AC	23.29	Q
2	43	Chaka Sankofa	Bexley AC	23.82	Q
3	154	Chisom Mokwenye	Cambridge Harriers	24.75	Q
4	42	Benjamin Purton	Medway and Maidstone AC	24.75	q
5	29	Onateri Agbinor	S Factor Academy	26.31	

200m		Heat 2		w/s= -1.3	
No.	Athlete	Club	Perf		
1	158	Cheyne West	Medway and Maidstone AC	23.21	Q
2	150	Marley Byfield	Blackheath & Bromley H AC	23.33	Q
3	155	Jay Sanders	Invicta East Kent AC	23.85	Q
4	37	Oscar Mitroi	Dartford Harriers AC	24.85	q
5	157	Harrison Vallins	Blackheath & Bromley H AC	25.20	

200m		Final		w/s= 0.5	
No.	Athlete	Club	Perf		
1	156	Joe Stone	Tonbridge AC	22.47	
2	158	Cheyne West	Medway and Maidstone AC	22.48	
3	155	Jay Sanders	Invicta East Kent AC	22.59	
4	150	Marley Byfield	Blackheath & Bromley H AC	22.99	
5	43	Chaka Sankofa	Bexley AC	23.46	
6	37	Oscar Mitroi	Dartford Harriers AC	24.30	
7	42	Benjamin Purton	Medway and Maidstone AC	24.78	
8	154	Chisom Mokwenye	Cambridge Harriers	24.80	

800m		Heat 1			
No.	Athlete	Club	Perf		
1	269	Mark Constable	Blackheath & Bromley H AC	2:07.28	Q
2	277	Franklin Shepherd	Medway and Maidstone AC	2:10.38	Q
3	276	Samuel Scrase-Field	Cambridge Harriers	2:10.59	Q
4	271	Samuel Holloway	Cambridge Harriers	2:14.10	q
5	282	Connor Wray	Blackheath & Bromley H AC	2:15.09	q
6	279	Samuel Smialowski	Tonbridge AC	2:15.62	

800m		Heat 2			
No.	Athlete	Club	Perf		
1	272	Riley Maisey	Medway and Maidstone AC	2:17.56	Q
2	270	Henry Gibson	Medway and Maidstone AC	2:17.62	Q
3	280	Hendri Verster	Blackheath & Bromley H AC	2:18.60	Q
4	268	Tane Chambers	Blackheath & Bromley H AC	2:19.09	
5	278	Andrew Simmons	Sevenoaks AC	2:19.21	

800m		Final			
No.	Athlete	Club	Perf		
1	277	Franklin Shepherd	Medway and Maidstone AC	1:57.60	
2	272	Riley Maisey	Medway and Maidstone AC	1:58.69	
3	270	Henry Gibson	Medway and Maidstone AC	2:02.61	
4	280	Hendri Verster	Blackheath & Bromley H AC	2:04.76	
5	269	Mark Constable	Blackheath & Bromley H AC	2:07.60	
6	271	Samuel Holloway	Cambridge Harriers	2:15.01	
7	282	Connor Wray	Blackheath & Bromley H AC	2:17.81	
	276	Samuel Scrase-Field	Cambridge Harriers	disq	

400m Hurdles		Final			
No.	Athlete	Club	Perf		
1	428	Rayhan Mourtada	Blackheath & Bromley H AC	54.69	
2	158	Cheyne West	Medway and Maidstone AC	54.70	
3	153	Jake Foster	Medway and Maidstone AC	69.15	
	462	Alexander Morrell	Blackheath & Bromley H AC	disq	

1500m Steeplechase		Final			
No.	Athlete	Club	Perf		
1	470	Harrison Fraser	Tonbridge AC	4:39.57	
2	369	Harry Fage	Blackheath & Bromley H AC	4:50.70	

Pole Vault		Final			
No.	Athlete	Club	Perf		
1	508	Tom Walker	Dartford Harriers AC	3.80	3.10 o;3.20 -;3.30 -;3.40 -;3.50 -;3.59 o;3.70 o;3.80 xxo;3.90 xxx
2	506	Finn Kitteridge	Blackheath & Bromley H AC	3.70	3.20 o;3.30 o;3.40 o;3.50 o;3.59 o;3.70 o;3.80 xxx
3	507	Michael Oyetti	Dartford Grammar School	3.30	3.00 o;3.10 o;3.20 xo;3.30 o;3.40 xxx

Shot		Final			
No.	Athlete	Club	Perf		
1	543	Debare Alade	Dartford Harriers AC	14.76	14.71; x; 14.10; 14.31; 14.41; 14.76
2	544	Sonny Hatch	Dartford Harriers AC	14.55	13.38; 13.14; 13.27; 13.23; 14.55; 13.90
3	546	Damien Osei-Bonsu	Dartford Grammar School	13.43	12.88; x; 13.43; 11.62; 12.76; x
4	545	Arun Menon	Dartford Harriers AC	11.82	11.82; 10.54; 9.58; 11.22; 10.83; 11.47
5	34	Daniel Culver	Medway and Maidstone AC	11.57	11.57; x; x; x; x; x

Discus		Final		
No.	Athlete	Club	Perf	
1	543	Debare Alade	Dartford Harriers AC	46.23
2	545	Arun Menon	Dartford Harriers AC	40.99
3	34	Daniel Culver	Medway and Maidstone AC	34.54
4	544	Sonny Hatch	Dartford Harriers AC	34.00

45.37; 45.12; 44.85; 46.23; 0.56; x
x; 36.06; 40.99; 39.27; x; 38.61
28.94; 28.95; 29.30; x; x; 34.54
34.00; 32.93; x; 30.27; 26.96; 29.81

Hammer		Final		
No.	Athlete	Club	Perf	
1	581	Max Thorne	Medway and Maidstone AC	48.36
2	580	Osarodion Lawrence-Orumwense	Dartford Grammar School	34.58

46.79; 48.36; x; 43.40; x; 47.14
x; 34.58; x; 33.04; x; x

U15B

200m		Heat 1		w/s= 0.0
No.	Athlete	Club	Perf	
1	63	Victor Redman	Folkestone Running Club	24.14
2	168	Kai Rogan	Dartford Harriers AC	25.07
3	159	Jonathan Adegbola	Bexley AC	25.19
4	167	Elijah Olaleye	Cambridge Harriers	25.19
5	48	William Bryant	Invicta East Kent AC	25.73
6	61	Tom Ravenscroft	Cambridge Harriers	25.90
7	173	Thomas Webb	Folkestone Running Club	26.58
8	169	Saketh Sangeeth	Dartford Grammar School	27.04

Q
Q
Q
q

200m		Heat 2		w/s= -0.1
No.	Athlete	Club	Perf	
1	59	Kema Jr. Onyemaechi	Cambridge Harriers	23.83
2	54	Olufikayo Lana	Dartford Grammar School	25.22
3	47	Zavier Brathwaite	Cambridge Harriers	25.23
4	164	Rhys Joyeux	Cambridge Harriers	25.44
5	161	Derayo Alade	Dartford Harriers AC	25.76
6	160	Jayden Akubue	Central Park Athletics	25.86
7	165	Daniel Obike	Dartford Grammar School	26.36
8	172	Alfie Walach	Swale Combined AC	27.69

Q
Q
Q
q

200m		Final		w/s= -2.0
No.	Athlete	Club	Perf	
1	63	Victor Redman	Folkestone Running Club	22.88
2	59	Kema Jr. Onyemaechi	Cambridge Harriers	23.90
3	168	Kai Rogan	Dartford Harriers AC	24.64
4	167	Elijah Olaleye	Cambridge Harriers	25.06
5	54	Olufikayo Lana	Dartford Grammar School	25.20
6	159	Jonathan Adegbola	Bexley AC	25.25
7	47	Zavier Brathwaite	Cambridge Harriers	25.34
8	164	Rhys Joyeux	Cambridge Harriers	25.74

CBP

800m		Heat 1		
No.	Athlete	Club	Perf	
1	305	Joseph Scanes	Blackheath & Bromley H AC	2:18.33
2	225	Joshua Wellings	Cambridge Harriers	2:18.78
3	299	Benjamin O'Grady	Blackheath & Bromley H AC	2:19.51
4	307	Oliver Stone	Blackheath & Bromley H AC	2:22.06
5	289	Alfred Everitt	Tonbridge AC	2:22.28
6	288	Connor Cousins	Medway and Maidstone AC	2:26.43
7	308	Oliver Ward	Blackheath & Bromley H AC	2:26.80
8	298	Alex Martin	Blackheath & Bromley H AC	2:28.34
9	300	Oscar Pickering	Blackheath & Bromley H AC	2:34.31

Q
Q

800m		Heat 2		
No.	Athlete	Club	Perf	
1	293	Joseph Hill	Blackheath & Bromley H AC	2:12.05
2	223	Oliver Cook	Cambridge Harriers	2:12.67
3	296	Aniket Iyengar	Cambridge Harriers	2:17.93
4	286	Matias Caceres	Blackheath & Bromley H AC	2:20.51
5	301	Alikhan Rahimberganov	Dartford Grammar School	2:25.46
6	173	Thomas Webb	Folkestone Running Club	2:26.89
7	284	Omari Anderson	Dartford Grammar School	2:27.97
8	287	Oliver Churcher	Swale Combined AC	2:33.00
9	224	Liam Hough	Blackheath & Bromley H AC	2:36.06

Q
Q
q

800m		Heat 3		
No.	Athlete	Club	Perf	
1	291	Freddie Gibson	Medway and Maidstone AC	2:16.67
2	309	Charlie Warren	Tonbridge AC	2:16.96
3	295	Daniel Horgan	Blackheath & Bromley H AC	2:17.36
4	294	Hugo Hoang	Dartford Grammar School	2:23.50
5	292	Lucien Hayes	Sevenoaks AC	2:25.44
6	306	Aaron Sebuwufu	Blackheath & Bromley H AC	2:27.68
7	283	Joel Ampong	Dartford Grammar School	2:36.64
	302	Dhruv Raut	Greenwich Tritons	dnf

Q
Q
q

800m		Final		
No.	Athlete	Club	Perf	
1	305	Joseph Scanes	Blackheath & Bromley H AC	1:59.75
2	293	Joseph Hill	Blackheath & Bromley H AC	2:03.74
3	291	Freddie Gibson	Medway and Maidstone AC	2:07.66
4	225	Joshua Wellings	Cambridge Harriers	2:08.02
5	223	Oliver Cook	Cambridge Harriers	2:13.40
6	309	Charlie Warren	Tonbridge AC	2:13.78
7	295	Daniel Horgan	Blackheath & Bromley H AC	2:17.48
8	296	Aniket Iyengar	Cambridge Harriers	2:24.40

CBP

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	163	Trejan Checheku-Boamah	Blackheath & Bromley H AC	24:15.20

Pole Vault		Final		
No.	Athlete	Club	Perf	
1	60	Charlie Platt	Blackheath & Bromley H AC	4.01
2	159	Jonathan Adegbola	Bexley AC	2.80
3	435	Rahman Odugbayi	Dartford Harriers AC	2.70
4	512	Alistair Sosu	Dartford Grammar School	2.45
5	509	Sope Aremu	Dartford Harriers AC	2.30
6	51	Bryan Ikechukwu-Chime	Dartford Grammar School	2.15
6	172	Alfie Walach	Swale Combined AC	2.15
8	431	Dylan Case	Dartford Grammar School	2.00
9	510	David Odeyemi	Dartford Grammar School	2.00
	511	Joshua Ogunkola	Dartford Harriers AC	nm

CBP

3.00 o;3.20 -;3.30 -;3.40 -;3.50 -;3.59 o;3.70 -;3.80 o;3.90 -;4.01 xxo;4.10 xxx;
 2.30 o;2.45 xxo;2.60 o;2.70 xo;2.80 o;2.90 xxx
 2.45 o;2.60 o;2.70 o;2.80 xxx
 1.70 o;1.85 o;2.00 o;2.15 o;2.30 xo;2.45 o;2.60 xxx
 1.70 o;1.85 -;2.00 o;2.15 o;2.30 o;2.45 xxx
 1.70 o;1.85 o;2.00 o;2.15 o;2.30 xxx
 1.85 o;2.00 -;2.15 o;2.30 xxx
 1.70 o;1.85 o;2.00 o;2.15 xxx
 1.70 o;1.85 o;2.00 xxo;2.15 xxx
 1.70 xxx

Shot		Final		
No.	Athlete	Club	Perf	
1	547	Michael Bridge	Cambridge Harriers	13.44
2	549	Kierath Dhillon	Dartford Harriers AC	11.43
3	550	Blake Gates	Swale Combined AC	9.81
4	173	Thomas Webb	Folkestone Running Club	8.90
5	548	Owen Davies	Tonbridge AC	8.32
6	551	George Jones	Cambridge Harriers	7.97
7	553	Rory Witcombe	Blackheath & Bromley H AC	6.89

x; 12.59; 13.44; 13.01; 13.23; 13.18
 10.41; 10.62; 11.43; 11.43; 9.86; 10.54
 9.41; 9.64; 9.35; 9.10; 9.81; 9.53
 7.93; 8.90; 8.61; -; -; -
 8.03; 7.91; 8.22; 8.32; 8.16; 8.11
 7.97; 7.74; 6.69; x; 7.22; 7.28
 6.89; 5.92; 6.56; 6.30; 6.49; 6.68

Discus		Final		
No.	Athlete	Club	Perf	
1	570	George Henderson	Blackheath & Bromley H AC	35.46
2	550	Blake Gates	Swale Combined AC	34.98
3	547	Michael Bridge	Cambridge Harriers	32.99
4	54	Olufikayo Lana	Dartford Grammar School	28.71
5	283	Joel Ampong	Dartford Grammar School	25.05
6	551	George Jones	Cambridge Harriers	23.44
7	169	Saketh Sangeeth	Dartford Grammar School	23.27
8	548	Owen Davies	Tonbridge AC	18.71
9	553	Rory Witcombe	Blackheath & Bromley H AC	17.82

31.09; 33.55; 35.46; 34.76; 34.19; 35.07
 28.69; 28.51; x; 27.85; 34.98; x
 26.20; x; 27.44; 30.51; 32.99; 29.39
 22.13; 28.06; 28.57; 26.92; 27.55; 28.71
 x; 23.56; 25.05; 24.84; 21.11; 21.20
 17.69; 22.25; 23.44; 22.11; 23.32; 23.36
 23.27; x; 21.39; x; 19.96; 21.57
 14.16; x; 18.71; x; x; 16.89
 16.95; 17.22; 17.82

Hammer		Final		
No.	Athlete	Club	Perf	
1	584	Edward Tyler	Tonbridge AC	46.04
2	570	George Henderson	Blackheath & Bromley H AC	43.70
3	583	Ronel Robert	Dartford Harriers AC	39.74
4	550	Blake Gates	Swale Combined AC	38.85
5	582	Kosi Orji	Dartford Grammar School	38.77
6	549	Kierath Dhillon	Dartford Harriers AC	33.18
7	172	Alfie Walach	Swale Combined AC	23.85
8	553	Rory Witcombe	Blackheath & Bromley H AC	20.97

x; 42.38; 45.20; 41.62; x; 46.04
 43.59; 43.70; 40.85; 42.74; x; 38.65
 x; x; 39.74; x; x; x
 38.43; 38.85; 36.29; 37.51; 34.83; 35.05
 37.86; x; x; 35.15; 38.06; 38.77
 31.91; 31.79; 31.21; 31.74; x; 33.18
 23.81; 23.85; x; 21.47; x; x
 16.52; 19.02; 17.61; 20.03; 20.97; x

Senior Women		Final		w/s= 0.1	
100m		No.	Athlete	Club	Perf
1	68	Doyin Aderinto	Cambridge Harriers	12.16	
2	75	Abigail Walters	Medway and Maidstone AC	12.63	
3	67	Derin Aderinto	Cambridge Harriers	12.75	
4	69	Zara Edeleanu	Medway and Maidstone AC	13.20	
5	74	Louisa Vallins (W45)	Blackheath & Bromley H AC	13.23	
6	72	Olivia Shortland	Kent AC	13.72	
7	70	Shamariah Notice	Kent AC	14.31	

400m		Final	
No.	Athlete	Club	Perf
1	175 Lucy Hope	Medway and Maidstone AC	58.10
2	174 Chanelle Cole	Blackheath & Bromley H AC	58.74
3	227 Erin Hughes	Medway and Maidstone AC	60.79
4	177 Samantha Williams (W40)	Blackheath & Bromley H AC	60.83
5	229 Faye Olszowka	Bexley AC	63.56

1500m		Final	
No.	Athlete	Club	Perf
1	314 Morgan Squibb	Blackheath & Bromley H AC	4:36.30
2	386 Taryne McPherson (W45)	Medway and Maidstone AC	5:25.36
3	311 Julie Backley (W50)	Cambridge Harriers	5:35.45

100m Hurdles		Final		w/s= 1.4
No.	Athlete	Club	Perf	
1	438 Simone Baxter	Tonbridge AC	16.99	
2	439 Imogen Davis	Thanet AC	17.41	
3	440 Victory Ogbah	Cambridge Harriers	25.57	

3000m Walk		Final	
No.	Athlete	Club	Perf
1	480 Hannah Hopper	Cambridge Harriers	14:17.17
2	481 Grazia Manzotti (W50)	Tonbridge AC	16:26.81

CBP

Pole Vault		Final	
No.	Athlete	Club	Perf
1	513 Eleanor Barrett	Blackheath & Bromley H AC	3.10

2.80 xxo;2.90 o;3.00 xo;3.10 xo;3.20 xxx

Shot		Final	
No.	Athlete	Club	Perf
1	555 Kirsty-Anne Ebbage	Tonbridge AC	11.04
2	439 Imogen Davis	Thanet AC	10.72
3	554 Marianne Berndt	Bexley AC	10.32
4	557 Vanessa Hannam	Medway and Maidstone AC	9.72
5	556 Nicola Gregory	Bexley AC	8.52
6	558 Natalie Mann	Cambridge Harriers	7.06

10.64; 10.47; 10.42; 10.94; 11.04; 10.52
10.04; 9.72; 10.48; 10.17; 10.08; 10.72
10.32; 10.28; 10.25; 9.90; 10.05; 9.99
9.44; 9.55; 9.71; 9.51; 9.72; x
7.74; 8.35; 8.52; 8.45; 7.97; 7.97
6.50; 6.23; x; x; 5.84; 7.06

Discus		Final	
No.	Athlete	Club	Perf
1	555 Kirsty-Anne Ebbage	Tonbridge AC	46.27
2	557 Vanessa Hannam	Medway and Maidstone AC	35.35
3	554 Marianne Berndt	Bexley AC	33.16
4	556 Nicola Gregory	Bexley AC	25.70
5	558 Natalie Mann	Cambridge Harriers	24.63
6	571 Chloe Williams	Thanet AC	18.93

46.27; x; 43.61; 44.28; 43.64; 41.92
x; 33.86; 35.35; x; x; 34.62
x; 28.60; x; x; 29.83; 33.16
25.70; x; x; 25.41; 25.28; 25.21
24.63; 23.84; 23.34; 23.01; 24.02; 23.42
18.30; 18.20; 16.89; 18.54; 16.72; 18.93

Hammer		Final	
No.	Athlete	Club	Perf
1	555 Kirsty-Anne Ebbage	Tonbridge AC	49.43
2	587 Abigail Stewart	Blackheath & Bromley H AC	47.15
3	585 Claire Capon	Dartford Harriers AC	34.93
4	586 Sophie Fenner	Cambridge Harriers	34.27
5	558 Natalie Mann	Cambridge Harriers	32.45
6	588 Stacy Taylor	Dartford Harriers AC	25.55
7	571 Chloe Williams	Thanet AC	22.59

x; x; 44.96; 49.43; x; x
x; 46.82; 47.15; x; 45.15; 42.59
x; 34.93; 34.76; 32.69; x; 32.17
31.46; 33.36; 33.93; 31.30; 34.27; 33.92
30.32; 29.13; 32.45; 27.97; x; 29.99
20.32; 25.00; 21.62; 23.37; 24.2; 25.55
22.59; 22.26; x; 22.45; 22.32; x

U20W 100m		Final		w/s= 1.5
No.	Athlete	Club	Perf	
1	78 Lucy Tallon	Tonbridge AC	12.21	
2	79 Nirah Valinejad	Bexley AC	12.68	
3	77 Chloe Link	Canterbury Athletics Academy	13.43	

400m		Final	
No.	Athlete	Club	Perf
1	178 Charlotte Henrich	Invicta East Kent AC	55.83
2	231 Cameron Kelly-Gordon	Blackheath & Bromley H AC	57.38
3	235 Lily Stewart	Tonbridge AC	59.75
4	232 Olivia Magee-Brown	Blackheath & Bromley H AC	64.51

1500m		Final		
No.	Athlete	Club	Perf	
1	320	Amy-Jayne Goodhand	Invicta East Kent AC	4:41.53
2	316	Hannah Clark	Blackheath & Bromley H AC	4:41.63
3	391	Abigail Royden	Medway and Maidstone AC	4:44.46
4	394	Annabel Young	Medway and Maidstone AC	4:53.53
5	392	Ella Webb	Medway and Maidstone AC	4:55.56
6	388	Lily Crossley	Medway and Maidstone AC	5:05.07
7	318	Emily de Backer	Blackheath & Bromley H AC	5:06.13
8	321	Freya Perry	Dartford Harriers AC	5:06.55
9	390	Isabella Louth	Blackheath & Bromley H AC	5:07.74
10	389	Ingrid Linn	Medway and Maidstone AC	5:50.33
	393	Liberty Whyte	Blackheath & Bromley H AC	dnf

100m Hurdles		Final		w/s= 1.0
No.	Athlete	Club	Perf	
1	443	Amelie Rabbidge	Tonbridge AC	15.63
2	444	Jessie Sargeant	Blackheath & Bromley H AC	16.01
3	445	Sarris Teale	Ashford AC	16.30
4	442	Cerys Daniels	Cambridge Harriers	17.54
5	446	Ruby Towler	Medway and Maidstone AC	17.87

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	482	Jessica Wilton	Ashford AC	15:25.38

Shot		Final		
No.	Athlete	Club	Perf	
1	559	Cleo Agyepong	Blackheath & Bromley H AC	14.68
2	560	Hannah Bridge	Cambridge Harriers	12.94

13.81; 13.76; 14.09; 13.88; 14.68; 13.74
11.99; 12.65; 12.92; 12.94; 12.70; 12.23

Discus		Final		
No.	Athlete	Club	Perf	
1	572	Zara Obamakinwa	Blackheath & Bromley H AC	49.05
2	560	Hannah Bridge	Cambridge Harriers	33.08
				nm

48.62; 48.70; x; x; 47.92; 49.05
31.12; x; 32.75; x; 33.08; x

Hammer		Final		
No.	Athlete	Club	Perf	
1	589	Lily Murray	Swale Combined AC	52.49

50.48; x; 50.19; x; 52.49; 52.22

U17W		Heat 1			w/s= -0.8
100m		No.	Athlete	Club	Perf
1	92	Harriet Medlen	Tonbridge AC	12.60	Q
2	88	Azaria Makinde	Medway and Maidstone AC	12.76	Q
3	89	Darcie Maple	Invicta East Kent AC	13.00	Q
4	81	Abella Ammam	Dartford Harriers AC	13.32	q
5	83	Daisy Beaven	Sevenoaks AC	15.30	
	84	Amariah Ekperigin	Sevenoaks AC	disq	

100m		Heat 2		w/s= 0.1	
No.	Athlete	Club	Perf		
1	94	Oluwadamitan Showemimo	Medway and Maidstone AC	12.48	Q
2	82	Faith Assah	Cambridge Harriers	12.74	Q
3	90	Violet Maxted	Ashford AC	12.94	Q
4	87	Elicia Lacey	Tonbridge AC	13.04	q
5	85	Mia Evans	Kent AC	13.74	
6	86	Lilly-Ella Gore	Folkestone Running Club	14.23	

100m		Final			w/s= 1.6
No.	Athlete	Club	Perf		
1	92	Harriet Medlen	Tonbridge AC	12.27	
2	94	Oluwadamitan Showemimo	Medway and Maidstone AC	12.37	
3	88	Azaria Makinde	Medway and Maidstone AC	12.62	
4	82	Faith Assah	Cambridge Harriers	12.73	
5	87	Elicia Lacey	Tonbridge AC	12.83	
6	89	Darcie Maple	Invicta East Kent AC	12.84	
7	90	Violet Maxted	Ashford AC	12.98	
8	81	Abella Ammam	Dartford Harriers AC	13.39	

300m		Final		
No.	Athlete	Club	Perf	
1	238	Alyssa Firla	Blackheath & Bromley H AC	40.98
2	188	Alexia Scotiniadis	Tonbridge AC	41.36
3	82	Faith Assah	Cambridge Harriers	41.64
4	240	Matilda Shilland	Blackheath & Bromley H AC	46.12
5	86	Lilly-Ella Gore	Folkestone Running Club	49.75

1500m		Final		
No.	Athlete	Club	Perf	
1	334	Amber Matthews	Medway and Maidstone AC	4:48.59
2	325	Megan Barlow	Blackheath & Bromley H AC	4:49.65
3	328	Iris Crossley	Medway and Maidstone AC	4:50.01
4	329	Holly Diprose	Sevenoaks AC	4:54.31
5	401	Amelia Lawrence	Cambridge Harriers	4:57.22
6	396	Emma Clayton	Folkestone Running Club	4:59.91
7	402	Beth Palmer	Medway and Maidstone AC	5:02.73
8	398	Kyla Dervish	Blackheath & Bromley H AC	5:19.45
9	399	Heidi Hughes	Medway and Maidstone AC	5:23.10
10	397	Millie Dack	Medway and Maidstone AC	5:25.31

80m Hurdles		Heat 1		w/s= 0.7	
No.	Athlete	Club	Perf		
1	448	Lily Gayle	Cambridge Harriers	12.09	Q
2	450	Matilda Secker	Tonbridge AC	12.21	Q
3	187	Niniola Omotola	Medway and Maidstone AC	13.30	Q
4	453	Nia Thomas	Medway and Maidstone AC	14.59	q
5	447	Jadesola Adenuga	Bexley AC	16.49	

80m Hurdles		Heat 2		w/s= 0.7	
No.	Athlete	Club	Perf		
1	451	Daisy Snell	Blackheath & Bromley H AC	11.52	Q
2	87	Elicia Lacey	Tonbridge AC	11.84	Q
3	449	Gabriella Noyce	Cambridge Harriers	12.70	Q
4	452	Hannah St Clare	Folkestone Running Club	13.11	q

80m Hurdles		Final			w/s= 1.0
No.	Athlete	Club	Perf		
1	451	Daisy Snell	Blackheath & Bromley H AC	11.44	
2	87	Elicia Lacey	Tonbridge AC	11.63	
3	448	Lily Gayle	Cambridge Harriers	11.98	
4	449	Gabriella Noyce	Cambridge Harriers	12.83	
5	452	Hannah St Clare	Folkestone Running Club	13.10	
6	187	Niniola Omotola	Medway and Maidstone AC	13.45	
7	453	Nia Thomas	Medway and Maidstone AC	14.57	
	450	Matilda Secker	Tonbridge AC	dnf	

High Jump		Final			
No.	Athlete	Club	Perf		
1	450	Matilda Secker	Tonbridge AC	1.65	1.60 o;1.65 o;1.70 xxx
2	189	Qi-Chi Ukpai	Blackheath & Bromley H AC	1.65	1.55 xo;1.60 o;1.65 xxo;1.70 xxx
3	452	Hannah St Clare	Folkestone Running Club	1.60	1.45 o;1.50 o;1.55 o;1.60 xxo;1.65 xxx
4	502	Bethany Shimmen-Smith	Thanet AC	1.35	1.30 o;1.35 o;1.40 xxx
5	501	Heather Beet	Bexley AC	1.35	1.30 o;1.35 xo;1.40 xxx

Long Jump		Final			w/s
No.	Athlete	Club	Perf		
1	451	Daisy Snell	Blackheath & Bromley H AC	5.41	-0.8 5.40,0.5; 5.37,-0.3; 5.17,-1.0; x; 2.10,-0.1; 5.41,-0.8
2	450	Matilda Secker	Tonbridge AC	5.21	1.9 4.91,0.9; 4.73,0.2; 4.96,0.0; 5.21,1.9; 5.09,-1.2; r
3	90	Violet Maxted	Ashford AC	4.63	-1.0 x; 4.48,1.1; 4.31,0.2; 4.44,0.3; 4.63,-1.0; 4.62,-0.8
4	452	Hannah St Clare	Folkestone Running Club	4.58	0.2 4.33,1.1; 4.10,0.0; 4.29,0.5; 4.41,0.6; 4.58,0.2; 4.46,-1.1
5	449	Gabriella Noyce	Cambridge Harriers	4.51	-0.4 4.13,0.2; 4.36,1.1; 4.51,-0.4; -; 4.08,0.0; r
6	502	Bethany Shimmen-Smith	Thanet AC	4.46	0.2 x; 4.23,0.0; 4.08,1.6; 4.46,0.2; 4.38,0.3; 4.10,-1.5

Triple Jump		Final			=CBP
No.	Athlete	Club	Perf		
1	189	Qi-Chi Ukpai	Blackheath & Bromley H AC	12.10	-0.2 11.98,-1.6; 11.99,0.0; 11.97,0.0; 11.86,0.0; 12.10,-0.2; 11.86,-1.2
2	535	Marie-Anne Bright	Dartford Harriers AC	10.08	-1.0 10.05,-0.5; 10.08,-1.0; x; 9.48,0.0; 9.92,-1.2; x
3	81	Abella Ammam	Dartford Harriers AC	9.89	0.0 x; 9.14,-1.1; 9.89,0.0; 9.75,-0.1; x; 9.72,-1.7

Javelin		Final			
No.	Athlete	Club	Perf		
1	606	Eleanor Russell	Bexley AC	35.19	34.18; 29.11; 35.19; x; x; 31.44
2	573	Erin Simpson	Blackheath & Bromley H AC	30.66	30.33; 29.25; 27.14; 26.95; x; 30.66
3	467	Tallulah Ndikanwu	Blackheath & Bromley H AC	29.77	29.77; 27.82; 24.18; 26.65; 28.98; 28.46
4	605	Emily Holden	Sevenoaks AC	24.41	x; x; 24.41; x; 20.84; 19.50

U15G		Final			
100m		Heat 1		w/s= -0.8	
No.	Athlete	Club	Perf		
1	97	Emilia Adese	Blackheath & Bromley H AC	12.97	Q
2	124	Faith Sogoye	Blackheath & Bromley H AC	13.60	Q
3	122	Isobel Rae	Blackheath & Bromley H AC	14.13	Q
4	102	Mariana Caceres	Blackheath & Bromley H AC	14.39	
5	120	Hope Opawole	Bexley AC	14.50	
6	123	Sara Scrivens	Invicta East Kent AC	15.98	

100m		Heat 2		w/s= -1.4	
No.	Athlete	Club	Perf		
1	101	Chizam Boniface	Blackheath & Bromley H AC	12.98	Q
2	106	Ariana Clarke	Cambridge Harriers	13.19	Q
3	104	Isabella Campbell-Andou	Blackheath & Bromley H AC	13.70	Q
4	100	Mia Blaber	Medway and Maidstone AC	13.85	q
5	115	Jayda Renae Mckenzie	Cambridge Harriers	13.97	
6	125	Sophia Stewart	Sevenoaks AC	14.50	
7	107	Beatrice Eaton	Thanet AC	14.57	

100m		Heat 3		w/s= -1.6	
No.	Athlete	Club	Perf		
1	96	Ismae Abomeli	Thanet AC	13.45	Q
2	121	Mia Pearson	Ashford AC	13.80	Q
3	110	Sienna Gratwick	Medway and Maidstone AC	13.81	Q
4	118	Kimora Okeke	Invicta East Kent AC	13.93	q
5	130	Katie Wake	Bexley AC	14.44	
6	113	Laila Humphrey	Invicta East Kent AC	14.53	
7	127	Laetitia Tene	Dartford Harriers AC	16.12	

100m		Heat 4		w/s= -1.0	
No.	Athlete	Club	Perf		
1	103	Emily Cadman	Cambridge Harriers	12.52	Q
2	111	Genevieve Harper	Tonbridge AC	13.15	Q
3	131	Sienna Williams	Blackheath & Bromley H AC	13.26	Q
4	117	Olivia Mtungwazi	Sevenoaks AC	13.48	q
5	109	Nana-Aisha Giwa	Bexley AC	13.71	q
6	129	Rebecca Turner	Dartford Harriers AC	14.53	
7	98	Victoria Simi Akinlolu	Cambridge Harriers	14.99	

100m		S/F 1		w/s= 1.1	
No.	Athlete	Club	Perf		
1	103	Emily Cadman	Cambridge Harriers	12.25	Q
2	111	Genevieve Harper	Tonbridge AC	12.93	Q
3	96	Ismae Abomeli	Thanet AC	13.09	Q
4	131	Sienna Williams	Blackheath & Bromley H AC	13.11	Q
5	117	Olivia Mtungwazi	Sevenoaks AC	13.26	
6	118	Kimora Okeke	Invicta East Kent AC	13.67	
7	121	Mia Pearson	Ashford AC	13.78	
8	122	Isobel Rae	Blackheath & Bromley H AC	14.02	

100m		S/F 2		w/s= 0.2	
No.	Athlete	Club	Perf		
1	101	Chizam Boniface	Blackheath & Bromley H AC	12.77	Q
2	106	Ariana Clarke	Cambridge Harriers	12.91	Q
3	97	Emilia Adese	Blackheath & Bromley H AC	13.01	Q
4	104	Isabella Campbell-Andou	Blackheath & Bromley H AC	13.40	Q
5	124	Faith Sogoye	Blackheath & Bromley H AC	13.47	
6	109	Nana-Aisha Giwa	Bexley AC	13.48	
7	110	Sienna Gratwick	Medway and Maidstone AC	13.55	
8	100	Mia Blaber	Medway and Maidstone AC	13.55	

100m		Final		w/s= -0.3	
No.	Athlete	Club	Perf		
1	103	Emily Cadman	Cambridge Harriers	12.32	
2	101	Chizam Boniface	Blackheath & Bromley H AC	12.81	
3	106	Ariana Clarke	Cambridge Harriers	13.03	
4	111	Genevieve Harper	Tonbridge AC	13.07	
5	97	Emilia Adese	Blackheath & Bromley H AC	13.14	
6	131	Sienna Williams	Blackheath & Bromley H AC	13.25	
7	96	Ismae Abomeli	Thanet AC	13.27	
8	104	Isabella Campbell-Andou	Blackheath & Bromley H AC	13.50	

300m		Heat 1			
No.	Athlete	Club	Perf		
1	246	Leah Kyriacou	Blackheath & Bromley H AC	43.41	Q
2	247	Beth Regan	Blackheath & Bromley H AC	44.79	Q
3	194	Layla Forrest	Invicta East Kent AC	46.67	Q
4	130	Katie Wake	Bexley AC	46.88	q
5	243	Evie Fish	Bexley AC	48.13	

300m		Heat 2			
No.	Athlete	Club	Perf		
1	245	Ariana Jenner-Heard	Blackheath & Bromley H AC	44.82	Q
2	122	Isobel Rae	Blackheath & Bromley H AC	45.47	Q
3	127	Laetitia Tene	Dartford Harriers AC	45.65	Q
4	242	Charlotte Bloodworth	Blackheath & Bromley H AC	46.76	q
5	244	Caitlin Hough	Blackheath & Bromley H AC	48.68	
6	125	Sophia Stewart	Sevenoaks AC	48.74	

300m		Final		
No.	Athlete	Club	Perf	
1	246	Leah Kyriacou	Blackheath & Bromley H AC	42.04
2	247	Beth Regan	Blackheath & Bromley H AC	43.69
3	245	Ariana Jenner-Heard	Blackheath & Bromley H AC	43.91
4	122	Isobel Rae	Blackheath & Bromley H AC	44.98
5	194	Layla Forrest	Invicta East Kent AC	46.66
6	130	Katie Wake	Bexley AC	47.04
7	242	Charlotte Bloodworth	Blackheath & Bromley H AC	47.50
	127	Laetitia Tene	Dartford Harriers AC	dns

1500m		Final		
No.	Athlete	Club	Perf	
1	354	Iris Williams	Cambridge Harriers	4:47.98
2	403	Rose Crossley	Medway and Maidstone AC	4:48.77
3	347	Aoife McDonagh	Blackheath & Bromley H AC	4:54.16
4	351	Niamh Stanley	Blackheath & Bromley H AC	5:02.95
5	407	Millie Watts	Tonbridge AC	5:03.37
6	406	Neve Raymonc	Tonbridge AC	5:03.69
7	405	Isabel Pauling	Blackheath & Bromley H AC	5:04.10
8	341	Sofia Cudmore Smith	Medway and Maidstone AC	5:08.80
9	344	Aoife Foley	Tonbridge AC	5:14.13
10	345	Delilah Lester	Cambridge Harriers	5:14.89
11	408	Celia Yeatman	Cambridge Harriers	5:18.95

3000m Walk		Final		
No.	Athlete	Club	Perf	
1	483	Ava Chappell	Ashford AC	16:45.25

High Jump		Final		
No.	Athlete	Club	Perf	
1	454	Heidi Coulson	Blackheath & Bromley H AC	1.40
2	455	Elsa Pawson	Tonbridge AC	1.35
3	190	Keriema Bailey	Bexley AC	1.25
4	129	Rebecca Turner	Dartford Harriers AC	1.20

1.25 o;1.30 o;1.35 o;1.40 xo;1.45 xxx
 1.25 o;1.30 o;1.35 xxo;1.40 xxx
 1.20 o;1.25 xxo;1.30 xxx
 1.20 xxo;1.25 xxx

Long Jump		Final		
No.	Athlete	Club	Perf	
1	101	Chizam Boniface	Blackheath & Bromley H AC	4.86
2	104	Isabella Campbell-Andou	Blackheath & Bromley H AC	4.52
3	100	Mia Blaber	Medway and Maidstone AC	4.50
4	96	Ismae Abomeli	Thanet AC	4.49
5	191	Daisy Butler	Cambridge Harriers	4.43
6	454	Heidi Coulson	Blackheath & Bromley H AC	4.37
7	111	Genevieve Harper	Tonbridge AC	4.25
8	113	Laila Humphrey	Invicta East Kent AC	4.10
9	112	Tess Hepple	Kent AC	4.03
10	124	Faith Sogoye	Blackheath & Bromley H AC	3.81
11	192	Bethany Clayton	Invicta East Kent AC	3.77
12	121	Mia Pearson	Ashford AC	3.74
13	196	Lily Rockall	Folkestone Running Club	3.66
14	110	Sienna Gratwick	Medway and Maidstone AC	3.62
15	244	Caitlin Hough	Blackheath & Bromley H AC	3.22

w/s
 1.3 x; 4.86,1.3; 4.85,0.0; 4.65,-0.8; x; 4.70,-0.4
 -1.2 4.34,0.4; 4.09,0.7; 4.42,0.0; 4.43,-0.6; 4.42,0.7; 4.52,-1.2
 1.1 4.09,1.6; 4.01,0.5; 3.63,0.6; 4.22,-0.7; 4.50,1.1; 4.28,-1.9
 -0.4 4.46,-0.9; 3.82,0.2; 4.22,0.3; 4.12,0.0; 4.12,0.3; 4.49,-0.4
 -1.7 4.20,1.2; x; 4.22,0.3; 4.27,-0.7; 4.34,0.6; 4.43,-1.7
 1.0 4.37,1.0; 4.27,0.3; x; 4.30,-0.7; 4.20,-0.2; 3.99,-0.3
 2.0 4.25,2.0; 3.78,1.2; 3.24,0.3; x; 4.15,0.9; 3.98,-0.3
 0.4 3.74,-0.5; 4.10,0.4; 4.06,0.0; 3.75,-0.4; 4.07,0.9; x
 0.4 2.87,1.4; 4.03,0.4; 3.60,0.0
 0.5 3.81,0.5; 3.42,1.2; 3.48,0.0
 -0.1 3.77,-0.1; 3.67,0.2; 3.31,0.3
 1.2 3.44,-0.2; 3.31,1.2; 3.74,1.2
 0.4 3.59,0.3; 3.66,0.4; 3.65,0.6
 1.4 3.62,1.4; x; x
 0.9 3.22,0.9; 2.38,0.7; 3.21,0.0

Triple Jump		Final		
No.	Athlete	Club	Perf	
1	458	Araba Taylor	Tonbridge AC	9.86
2	195	Renee Itugbu	Bexley AC	8.86
3	129	Rebecca Turner	Dartford Harriers AC	8.73

w/s
 0.0 9.62,-1.2; 9.86,0.0; 9.61,1.3; 9.17,-0.3; 7.65,-1.1; r
 -1.1 8.13,-1.6; x; 8.30,-0.9; 8.59,-0.1; 8.62,-1.4; 8.86,-1.1
 0.0 8.73,0.0; 8.10,-0.5; 7.90,-0.4; 7.96,0.0; 7.95,-1.1; 8.29,0.0

Javelin		Final		
No.	Athlete	Club	Perf	
1	565	Maddison Lopez	Bexley AC	26.57
2	458	Araba Taylor	Tonbridge AC	25.98
3	100	Mia Blaber	Medway and Maidstone AC	23.12
4	567	Abigail Smith	Folkestone Running Club	22.75
5	113	Laila Humphrey	Invicta East Kent AC	15.15
6	564	Amelia Cannon	Tonbridge AC	15.15
7	244	Caitlin Hough	Blackheath & Bromley H AC	14.17
8	574	Lottie Palmer	Blackheath & Bromley H AC	10.81

x; x; 24.88; 24.61; 26.17; 26.57
 x; x; 18.21; 25.98; x; x
 23.12; 22.84; 21.78; 20.23; 22.30; 21.36
 16.71; 22.72; 21.12; 20.64; 22.75; 16.17
 13.26; 12.92; 12.15; 14.21; 14.59; 15.15
 13.32; 15.15; 13.82; 14.47; 14.55; 13.51
 13.26; 10.97; 11.09; 14.17; x; x
 8.69; 10.81; 9.83; 8.84; 9.77; 9.83