

Tonbridge Graded Open Meeting Easter Bank Holiday Monday 24/3/2008**Senior Men/Vet Men****150m****Heat 1**

	Ath No	Name	Club	Perf
1	286	Allan Dawson	Ashford AC	17.7
2	308	Chris Lloyd	Tonbridge AC	18.1
3	202	Adam Brett (U23M)	Cambridge Harriers	19.7
4	265	Gareth Robb	Paddock Wood AC	22.8

Heat 2

	Ath No	Name	Club	Perf
1	332	Martyn Ormerod	Tonbridge AC	17.9
2	326	Obatemi Smith	Bexley AC	18.3
3	327	Chris Hendry	Bexley AC	18.7
4	336	Lee Rogers	Unattached	19.3

Heat 3

	Ath No	Name	Club	Perf
1	329	Mark Woods (M45)	Paddock Wood AC	19.6
2	298	Richard Christian (M40)	Paddock Wood AC	20.3
3	330	Carl Sheldon (M65)	Paddock Wood AC	23.2

300m

	Ath No	Name	Club	Perf
1	415	Andrew Moreton	Kent AC	36.5
2	469	Simon Hill	Cambridge Harriers	36.6
3	416	Shaun Mulligan (U23M)	Kent AC	36.9
4	104	Steve Tester	Tonbridge AC	36.9
5	464	Aaron O'Leary	Oxford University AC	39.2

600m

	Ath No	Name	Club	Perf
1	104	Steve Tester	Tonbridge AC	1:23.9
2	357	Jamie Wass	Cambridge Harriers	1:25.5
3	391	Ryan Waterman	Tonbridge AC	1:26.5
4	381	Matt Peel	-	1:27.8
5	369	Robert Jackman (U23M)	Cambridge Harriers	1:30.9
6	336	Lee Rogers	Unattached	1:39.2
7	374	Paul Rogers	Unattached	1:39.8
8	354	Steve Hickmott (M40)	Dartford Harriers	1:40.2

1000m

	Ath No	Name	Club	Perf
1	433	Scott Phillips	Basildon AC	2:36.5
2	298	Richard Christian (M40)	Paddock Wood AC	3:31.5

3000m

	Ath No	Name	Club	Perf
1	245	Dean Lacy	Cambridge Harriers	8:46.1
2	219	Tom Collins	Medway & Maidstone AC	8:57.9
3	153	Huw Evans	Tonbridge AC	8:58.0
4	113	Graeme Saker (VM)	Tonbridge AC	9:19.6
5	248	Lyndon Collins (M55)	Sevenoaks AC	12:08.1
6	154	Maurice Marchant (VM)	Tonbridge AC	12:38.8

5000m

	Ath No	Name	Club	Perf
1	432	James Shane (U20M)	Basildon AC	14:48.7

110m Hurdles

	Ath No	Name	Club	Perf
1	385	Richard Reeks	Bournemouth AC	15.9
2	340	Peter Davey	Ashford AC	17.5
3	336	Lee Rogers	Unattached	19.9
4	202	Adam Brett (U23M)	Cambridge Harriers	20.6
5	374	Paul Rogers	Unattached	20.7
6	298	Richard Christian (M40)	Paddock Wood AC	21.6

3K Walk

	Ath No	Name	Club	Perf
1	426	Nick Silvester (M50)	Aldershot Farnham & District	13:44.6
2	439	Andrew Goudie	Belgrave Harriers	14:26.6
3	400	Chris Hobbs (M50)	Medway & Maidstone AC	15:11.8
4	449	Steve Holliday (M55)	Medway & Maidstone AC	18:22.5
5	436	Andy Cotterill (M40)	Tonbridge AC	23:02.0

High Jump

	Ath No	Name	Club	Perf
1	290	Martin Brockman	Medway & Maidstone AC	1.90
2	251	Lee Capon	Dartford Harriers	1.55
3	224	Gary Capon (M45)	Dartford Harriers	1.35

Pole Vault

	Ath No	Name	Club	Perf
1	438	William Jones (U20M)	Tonbridge AC	3.20
2	404	Luke Jones (U20M)	Unattached	2.70

Long Jump

	Ath No	Name	Club	Perf
1	455	Luke Williams	Paddock Wood AC	4.87

Triple Jump

	Ath No	Name	Club	Perf
1	220	Matt Morsia	TVH	13.54

Shot

	Ath No	Name	Club	Perf
1	290	Martin Brockman	Medway & Maidstone AC	11.82
2	389	Kevin Burnett (M65)	Striders of Croydon	6.55

Discus

	Ath No	Name	Club	Perf
1	331	Dave Coleman (U23M)	Tonbridge AC	40.60
2	290	Martin Brockman	Medway & Maidstone AC	34.02
3	385	Richard Reeks	Bournemouth AC	31.12
4	139	John Seeley (VM)	Dartford Harriers	26.33
5	236	Vince Day (VM)	Newington AC	25.29
6	389	Kevin Burnett (M65)	Striders of Croydon	20.60

Hammer

	Ath No	Name	Club	Perf
1	126	Chris Privett (VM)	Belgrave Harriers	44.66
2	125	Mike Bale (VM)	Haywards Heath Harriers	32.05

Javelin

	Ath No	Name	Club	Perf
1	290	Martin Brockman	Medway & Maidstone AC	44.38
2	455	Luke Williams	Paddock Wood AC	37.13
3	389	Kevin Burnett (M65)	Striders of Croydon	17.75

U20 Men**150m****Heat 1**

	Ath No	Name	Club	Perf
1	13	Lawrence Wooldridge	Tonbridge AC	17.4
2	19	James Farmer	Tonbridge AC	17.4
3	42	Stuart Hollins	Tonbridge AC	17.6
4	37	Chris Ford	Tonbridge AC	18.0
5	40	Aaron Waterman	Tonbridge AC	18.8
6	22	Dominic Eden	Tonbridge AC	19.4

Heat 2

	Ath No	Name	Club	Perf
1	264	Paul Slater	Bexley AC	18.4
2	315	Antoni Davis-Phillips	Kent AC	18.7
3	250	Jamey Elliott	Dartford Harriers	18.7
4	288	Duncan Steward	Tonbridge AC	18.9

Heat 3

	Ath No	Name	Club	Perf
1	306	Chris Wakeford	Tonbridge AC	17.5
2	299	Ben Small	Invicta East Kent AC	17.7
3	348	Tom Parsons	Tonbridge AC	20.6

300m

	Ath No	Name	Club	Perf
1	13	Lawrence Wooldridge	Tonbridge AC	35.8
2	315	Antoni Davis-Phillips	Kent AC	38.0
3	40	Aaron Waterman	Tonbridge AC	39.3
4	21	Jack Parsons	Tonbridge AC	40.1

600m

	Ath No	Name	Club	Perf
1	297	Alex Hookway	Tonbridge AC	1:25.2
2	341	James Wildish	Tonbridge AC	1:27.1
3	390	Isaac Harland	Tonbridge AC	1:25.7
4	393	Sian Sinclair	Tonbridge AC	1:32.8

1000m

	Ath No	Name	Club	Perf
1	446	Paige Haines	Basildon AC	2:33.6
2	447	Mark Sampford	Basildon AC	2:48.7
3	393	Sian Sinclair	Tonbridge AC	2:53.0

1500m

	Ath No	Name	Club	Perf
1	218	Frank Kilama	Bexley AC	4:18.0
2	122	Nick James	Tonbridge AC	4:26.3
3	383	Jack Swallow	Crawley AC	4:30.2
4	387	Nick Wood	Dartford Harriers	4:38.7
5	61	Alex Pillow	Unattached	4:47.7

3000m

	Ath No	Name	Club	Perf
1	155	Sam Murphy	Cambridge Harriers	9:41.1

110m Hurdles

	Ath No	Name	Club	Perf
1	306	Chris Wakeford	Tonbridge AC	15.2
2	37	Chris Ford	Tonbridge AC	18.7
3	40	Aaron Waterman	Tonbridge AC	19.6

2000m Steeple Chase

	Ath No	Name	Club	Perf
1	111	Chris Kiely	Tonbridge AC	6:43.1
2	435	Jake Wright	Basildon AC	6:57.5

Shot

	Ath No	Name	Club	Perf
1	307	Paul Dawson	Tonbridge AC	13.11
2	306	Chris Wakeford	Tonbridge AC	10.94
3	264	Paul Slater	Bexley AC	8.48

Javelin

	Ath No	Name	Club	Perf
1	246	Craig Lacy	Cambridge Harriers	49.90
2	136	Daniel Shaw	Dartford Harriers	40.72
3	306	Chris Wakeford	Tonbridge AC	34.99

U17 Men**150m****Heat 1**

	Ath No	Name	Club	Perf
1	206	Alex Caine	Medway & Maidstone AC	18.2
2	216	Dominic Clarke	Bexley AC	19.1
3	222	Simon Labahn	Ashford AC	19.1
4	52	Mark Cryer	Medway & Maidstone AC	19.7

Heat 2

	Ath No	Name	Club	Perf
1	314	Simon Tinsley	Tonbridge AC	18.6
2	285	Adam Asher	Ashford AC	19.1
3	313	Daniel McCourt	Medway & Maidstone AC	20.2

300m

	Ath No	Name	Club	Perf
1	206	Alex Caine	Medway & Maidstone AC	38.4
2	52	Mark Cryer	Medway & Maidstone AC	41.1
3	204	Denis Hasanay	Unattached	41.5

600m

	Ath No	Name	Club	Perf
1	15	Paul Scanlan	Woodford Green w Essex Ladies	1:24.9
2	256	Michael Mason	Tonbridge AC	1:37.6
3	207	James Cotterill	Tonbridge AC	1:38.9

1000m

	Ath No	Name	Club	Perf
1	454	Antony Taylor	Basildon AC	2:38.5
2	256	Michael Mason	Tonbridge AC	2:57.4

1500m

	Ath No	Name	Club	Perf
1	110	Andy Combs	Tonbridge AC	4:13.2
2	344	Seb Harding	Tonbridge AC	4:15.5
3	407	Aaron Stone	Crawley AC	4:19.2
4	217	Sam Risby	Bexley AC	4:36.6
5	268	Josh Elderfield	Medway & Maidstone AC	4:38.1
6	413	Josh Bentham	Tonbridge AC	4:40.1
7	267	Nathan Wilkins	Medway & Maidstone AC	4:46.9

3000m

	Ath No	Name	Club	Perf
1	257	Hector Kurtyanek	Blackheath & Brom H AC	9:50.8

100m Hurdles

	Ath No	Name	Club	Perf
1	386	Tom Parry	Kingston& Polytechnic Harriers	14.6
2	396	Aaron Barham	Dartford Harriers	17.4

1500m Steeple Chase

	Ath No	Name	Club	Perf
1	217	Sam Risby	Bexley AC	5:11.4
2	207	James Cotterill	Tonbridge AC	5:21.9
3	434	Stephen Shane	Basildon AC	5:30.3

3K Walk

	Ath No	Name	Club	Perf
1	401	Jonathan Hobbs	Ashford AC	15:08.9
2	427	Liam Baldwin	Tonbridge AC	16:07.4
3	441	Luke Allwright	Dartford Harriers	18:21.3

High Jump

	Ath No	Name	Club	Perf
1	396	Aaron Barham	Dartford Harriers	1.65
2	52	Mark Cryer	Medway & Maidstone AC	1.53

Long Jump

	Ath No	Name	Club	Perf
1	441	Luke Allwright	Dartford Harriers	5.00

Triple Jump

	Ath No	Name	Club	Perf
1	221	Dwyte Smith	Ashford AC	13.25

Shot

	Ath No	Name	Club	Perf
1	437	Tim Billings	Dartford Harriers	11.13
2	206	Alex Caine	Medway & Maidstone AC	11.10
3	121	Andrew Elkins	Bournemouth AC	10.96
4	441	Luke Allwright	Dartford Harriers	10.76

5	396	Aaron Barham	Dartford Harriers	7.42
---	-----	--------------	-------------------	------

Discus

	Ath No	Name	Club	Perf
1	121	Andrew Elkins	Bournemouth AC	33.19
2	212	Mathew Evans	Worthing Harriers	28.72

Hammer

	Ath No	Name	Club	Perf
1	121	Andrew Elkins	Bournemouth AC	52.98
2	212	Mathew Evans	Worthing Harriers	35.90
3	206	Alex Caine	Medway & Maidstone AC	31.95
4	213	Simon Evans	Worthing Harriers	ntr

Javelin

	Ath No	Name	Club	Perf
1	459	Thomas Dodd	Ashford AC	46.65
2	441	Luke Allwright	Dartford Harriers	38.77

U15 Boys**150m****Heat 1**

	Ath No	Name	Club	Perf
1	209	Ryan Redman	Tonbridge AC	19.4
2	205	Joe Berth-Jones	Cambridge Harriers	19.6
3	23	Craig Morten	Tonbridge AC	19.7
4	17	James Fullbrook	Tonbridge AC	20.0

Heat 2

	Ath No	Name	Club	Perf
1	282	Nicholas Taylor	Tonbridge AC	21.3
2	292	Elliott Fribbens	Dartford Harriers	22.0
3	305	Ben David	Swale Combined AC	23.7

300m

	Ath No	Name	Club	Perf
1	28	Jack Balsdon	Invicta East Kent AC	44.9
2	26	Adam Willis	Blackheath & Brom H AC	46.2

600m

	Ath No	Name	Club	Perf
1	358	Bradley Cox	Medway & Maidstone AC	1:38.0
2	304	Sam Hudson	Invicta East Kent AC	1:41.4
3	282	Nicholas Taylor	Tonbridge AC	1:43.2
4	26	Adam Willis	Blackheath & Brom H AC	1:48.4
5	334	Nicholas Bilney	Tonbridge AC	1:54.0
6	242	Giorgio Russo	Tonbridge AC	1:54.8
7	232	James Wood	Newington AC	2:29.3

1000m

	Ath No	Name	Club	Perf
1	28	Jack Balsdon	Invicta East Kent AC	3:04.9

1500m

	Ath No	Name	Club	Perf
1	103	Robbie Farnham-Rose	Tonbridge AC	4:31.8
2	411	Oliver Taylor	Blackheath & Brom H AC	4:40.8
3	375	Tommy Bower	Newham & Essex Beagles	4:43.6
4	399	Hugo Hayes	Invicta East Kent AC	4:44.4
5	347	Felix Harding	Tonbridge AC	4:46.4
6	420	Gregory Proctor	Blackheath & Brom H AC	4:50.4
7	144	Ryan Driscoll	Tonbridge AC	4:54.1
8	419	Jack Keywood	Tonbridge AC	4:58.9
9	378	Luke Dawson	Thanet Roadrunners AC	5:13.9
10	350	Joe Newsome	Tonbridge AC	5:16.2
11	408	Jordan Stone	Crawley AC	5:17.0
12	128	Cameron Knapp	Tonbridge AC	5:21.7
13	394	Joel Jennings	Medway & Maidstone AC	5:23.9
14	410	Alex Norden	Tonbridge AC	5:26.0

3000m

	Ath No	Name	Club	Perf
1	239	Jake Rogers	Invicta East Kent AC	9:54.8
2	156	Luca Russo	Tonbridge AC	10:04.0
3	211	Will Mercer	Blackheath & Brom H AC	10:31.4
4	226	Andrew Watan	Medway & Maidstone AC	10:57.4

80m Hurdles

	Ath No	Name	Club	Perf
1	339	Tadgh Healy	Tonbridge AC	14.5
2	56	Thomas Howlett	Medway & Maidstone AC	15.2

3K Walk

	Ath No	Name	Club	Perf
1	443	Ben Parsons	Medway & Maidstone AC	19:39.8

High Jump

	Ath No	Name	Club	Perf
1	56	Thomas Howlett	Medway & Maidstone AC	1.50
2	48	Oliver Newport	Crawley AC	1.40

Pole Vault

	Ath No	Name	Club	Perf
1	148	Jesper Hallberg	Tonbridge AC	2.50
2	445	Luke Abrahams	Tonbridge AC	2.00
3	339	Tadgh Healy	Tonbridge AC	1.90

Long Jump

	Ath No	Name	Club	Perf
1	234	Jordan Redjep	Newington AC	5.35
2	453	Oliver Newport	Crawley AC	4.64
3	26	Adam Willis	Blackheath & Brom H AC	4.63
4	339	Tadgh Healy	Tonbridge AC	4.47
5	462	Rory Mawdsley	Tonbridge AC	4.43
6	242	Giorgio Russo	Tonbridge AC	3.76
7	295	Oliver Kendall	Tonbridge AC	3.76
8	445	Luke Abrahams	Tonbridge AC	3.34

Triple Jump

	Ath No	Name	Club	Perf
1	359	Robert Hammond	Dartford Harriers	10.96
2	226	Andrew Watan	Medway & Maidstone AC	8.61
3	295	Oliver Kendall	Tonbridge AC	8.47

Shot

	Ath No	Name	Club	Perf
1	412	Henry Croft	Tonbridge AC	8.72
2	56	Thomas Howlett	Medway & Maidstone AC	7.02

Discus

	Ath No	Name	Club	Perf
1	412	Henry Croft	Tonbridge AC	34.97
2	232	James Wood	Newington AC	12.26

Hammer

	Ath No	Name	Club	Perf
1	209	Ryan Redman	Tonbridge AC	30.75

Javelin

	Ath No	Name	Club	Perf
1	412	Henry Croft	Tonbridge AC	34.39
2	456	Matthew Stevens	Tonbridge AC	32.64
3	462	Rory Mawdsley	Tonbridge AC	27.09
4	148	Jesper Hallberg	Tonbridge AC	25.50
5	445	Luke Abrahams	Tonbridge AC	19.55
6	468	Eddie Croft	Tonbridge AC	18.89

U13 Boys**150m****Heat 1**

	Ath No	Name	Club	Perf
1	244	Jaffer Adams	Invicta East Kent AC	20.6
2	5	Patrick Kirwan	Tonbridge AC	24.2
3	51	Ben Bovington-Key	Tonbridge AC	25.4
4	27	Gabriel Russell	Tonbridge AC	26.6
5	228	Ben Levene	Moss Hey School	26.6

Heat 2

	Ath No	Name	Club	Perf
1	271	Francis Lammas	Medway & Maidstone AC	21.2
2	249	Daniel Flatman	Tonbridge AC	23.2
3	270	Felix Curtis	Unattached	23.3
4	342	Callum Helliwell	Tonbridge AC	25.6

Heat 3

	Ath No	Name	Club	Perf
1	296	Harry Kendall	Tonbridge AC	22.6
2	281	Alex Joseph	Swale Combined AC	23.0
3	338	Alexander Kidd	Tonbridge AC	23.1

600m

	Ath No	Name	Club	Perf
1	367	Louis Duprez	Invicta East Kent AC	1:55.1
2	249	Daniel Flatman	Tonbridge AC	1:57.0
3	5	Patrick Kirwan	Tonbridge AC	2:00.5
4	27	Gabriel Russell	Tonbridge AC	2:21.0
5	382	Peter Laing	Unattached	2:21.1

1000m

	Ath No	Name	Club	Perf
1	367	Louis Duprez	Invicta East Kent AC	3:32.9

1500m

	Ath No	Name	Club	Perf
1	338	Alexander Kidd	Tonbridge AC	5:26.3
2	395	Louis Jennings	Medway & Maidstone AC	5:43.1
3	405	Christian El-Shamma	Medway & Maidstone AC	5:47.1
4	440	Stephen Jones	Medway & Maidstone AC	5:50.6

75m Hurdles

	Ath No	Name	Club	Perf
1	271	Francis Lammas	Medway & Maidstone AC	14.4
2	397	Lewis Jackson	Dartford Harriers	15.5
3	281	Alex Joseph	Swale Combined AC	17.3
4	27	Gabriel Russell	Tonbridge AC	18.5
5	51	Ben Bovington-Key	Tonbridge AC	18.5
6	342	Callum Helliwell	Tonbridge AC	18.6

2K Walk

	Ath No	Name	Club	Perf
1	363	Guy Thomas	Tonbridge AC	12:38.2

High Jump

	Ath No	Name	Club	Perf
1	397	Lewis Jackson	Dartford Harriers	1.30
2	271	Francis Lammas	Medway & Maidstone AC	1.25
3	270	Felix Curtis	Unattached	1.20
4	296	Harry Kendall	Tonbridge AC	1.15
5	51	Ben Bovington-Key	Tonbridge AC	1.05

Long Jump

	Ath No	Name	Club	Perf
1	271	Francis Lammas	Medway & Maidstone AC	4.23
2	338	Alexander Kidd	Tonbridge AC	4.08
3	398	Joseph Millman	Dartford Harriers	3.87
4	360	Callum Daulby	Medway & Maidstone AC	3.86
5	281	Alex Joseph	Swale Combined AC	3.82
6	296	Harry Kendall	Tonbridge AC	3.77
7	51	Ben Bovington-Key	Tonbridge AC	3.13

Shot

	Ath No	Name	Club	Perf
1	360	Callum Daulby	Medway & Maidstone AC	7.25
2	398	Joseph Millman	Dartford Harriers	7.08

Discus

	Ath No	Name	Club	Perf
1	398	Joseph Millman	Dartford Harriers	18.52

Javelin

	Ath No	Name	Club	Perf
1	397	Lewis Jackson	Dartford Harriers	28.88
2	463	Charles Spencer	Tonbridge AC	26.81

Under 11 Boys**75m**

	Ath No	Name	Club	Perf
1	225	Jacob Hancock	Tonbridge AC	12.2
2	258	Fabian Rimmer	Tonbridge AC	12.7
3	14	Luke Gunter	Tonbridge AC	13.0
4	9	Max Read	Tonbridge AC	13.0
5	1	Robbie Longley	Tonbridge AC	13.3
6	272	George Thresher	Unattached	14.8
7	235	Jordan Hudson	Newington AC	15.8
8	233	Daniel Wood	Newington AC	15.9

600m

	Ath No	Name	Club	Perf
1	417	Timothy Faes	Tonbridge AC	1:57.9
2	255	Theo Rimmer	Tonbridge AC	2:03.1
3	14	Luke Gunter	Tonbridge AC	2:04.7
4	284	Bailey Stickings	Dartford Harriers	2:09.3
5	225	Jacob Hancock	Tonbridge AC	2:12.1
6	371	Charlie Weston	Unattached	2:18.0
7	362	Calum Laing	Rose Hill School	2:18.8
8	9	Max Read	Tonbridge AC	2:19.5
9	379	James Roddy	Ashford AC	2:26.4
10	143	Timmy Driscoll	Tonbridge AC	2:28.2

Long Jump

	Ath No	Name	Club	Perf
1	225	Jacob Hancock	Tonbridge AC	3.24
2	284	Bailey Stickings	Dartford Harriers	3.19
3	9	Max Read	Tonbridge AC	3.08
4	14	Luke Gunter	Tonbridge AC	2.89
5	233	Daniel Wood	Newington AC	2.22
6	1	Robbie Longley	Tonbridge AC	2.20
7	235	Jordan Hudson	Newington AC	1.95

Senior Women/Vet Women**150m**

	Ath No	Name	Club	Perf
1	2	Tracy Cunningham	Dartford Harriers	19.8
2	335	Hannah Biddis	Medway & Maidstone AC	20.7
3	324	Rebecca Harris	Bexley AC	21.8
4	38	Donna Brown (VW)	Dartford Harriers	22.6
5	266	Gill Tree (W40)	Paddock Wood AC	24.6

300m

	Ath No	Name	Club	Perf
1	457	Carley Wenham	Crawley AC	41.9
2	2	Tracy Cunningham	Dartford Harriers	42.3
3	467	Carley Sage (U20W)	Unattached	43.9

600m

	Ath No	Name	Club	Perf
1	364	Helen Parsons	Crawley AC	1:34.7
2	368	Elaine Murty	Blackheath & Brom H AC	1:41.4
3	335	Hannah Biddis	Medway & Maidstone AC	1:49.8

1500m

	Ath No	Name	Club	Perf
1	392	Helena Penfold	Medway & Maidstone AC	4:51.6
2	384	Ella Fisher	Blackheath & Brom H AC	4:55.3
3	425	Ruth Ward	Dartford Harriers	5:28.3

3000m

	Ath No	Name	Club	Perf
1	210	Jenni Van Deelan (VW)	Canterbury Harriers	12:14.6

100m Hurdles

	Ath No	Name	Club	Perf
1	223	Claire Capon	Dartford Harriers	16.8

3K Walk

	Ath No	Name	Club	Perf
1	428	Verity Snook (W35)	Aldershot Farnham & District	15:20.0
2	320	Diane Bradley (W45)	Tonbridge AC	16:00.1

Pole Vault

	Ath No	Name	Club	Perf
1	406	Kirsty Dobberson	Bexley AC	2.50

Long Jump

	Ath No	Name	Club	Perf
1	115	Laura McGarty	East Grinstead AC/Cambridge Uni	4.68
2	349	Pat Oakes (W60)	Medway & Maidstone AC	2.91

Triple Jump

	Ath No	Name	Club	Perf
1	115	Laura McGarty	East Grinstead AC/Cambridge Uni	10.39
2	349	Pat Oakes (W60)	Medway & Maidstone AC	7.40

Discus

	Ath No	Name	Club	Perf
1	301	Helen Daniel (W40)	Cambridge Harriers	28.49

Hammer

	Ath No	Name	Club	Perf
1	465	Sarah Etherton	Bexley AC	31.82
2	451	Elizabeth Duffin	Paddock Wood AC	25.77
3	223	Claire Capon	Dartford Harriers	21.78

Javelin

	Ath No	Name	Club	Perf
1	451	Elizabeth Duffin	Paddock Wood AC	22.23

U20 Women**150m**

	Ath No	Name	Club	Perf
1	310	Charlotte Clare	Dartford Harriers	20.2
2	229	Nadine Terry	Dartford Harriers	20.5
3	289	Charlotte Mackie	Medway & Maidstone AC	20.7

300m

	Ath No	Name	Club	Perf
1	310	Charlotte Clare	Dartford Harriers	43.5
2	134	Megan Edwards	Dartford Harriers	43.6
3	289	Charlotte Mackie	Medway & Maidstone AC	45.8
4	452	Briany Walsh	Ashford AC	46.8

1000m

	Ath No	Name	Club	Perf
1	452	Briany Walsh	Ashford AC	3:32.8

1500m

	Ath No	Name	Club	Perf
1	356	Catherine Symons	Tonbridge AC	5:20.8

3000m

	Ath No	Name	Club	Perf
1	240	Yasmin Goater	Guildford and Godalming	12:13.2
2	261	Stephanie Kitson	Tonbridge AC	12:39.8

Pole Vault

	Ath No	Name	Club	Perf
1	402	Kara Gibbs	Ashford AC	2.60

Long Jump

	Ath No	Name	Club	Perf
1	134	Megan Edwards	Dartford Harriers	4.96
2	317	Amy Underdown	Medway & Maidstone AC	4.82

Triple Jump

	Ath No	Name	Club	Perf
1	134	Megan Edwards	Dartford Harriers	10.89

Shot

	Ath No	Name	Club	Perf
1	316	Lucy Underdown	Medway & Maidstone AC	12.73

Discus

	Ath No	Name	Club	Perf
1	316	Lucy Underdown	Medway & Maidstone AC	38.08
2	135	Rosalind Seeley	Dartford Harriers	34.33

Hammer

	Ath No	Name	Club	Perf
1	466	Donna Kent	Bexley AC	39.20
2	278	Hannah McGarty	East Grinstead	30.19

Javelin

	Ath No	Name	Club	Perf
1	317	Amy Underdown	Medway & Maidstone AC	28.88
2	229	Nadine Terry	Dartford Harriers	22.77

U17 Women**150m****Heat 1**

	Ath No	Name	Club	Perf
1	20	Megan Southwart	Tonbridge AC	19.7
2	4	Helen Rennardson	Tonbridge AC	20.2
3	231	Hannah Tolhurst	Tonbridge AC	20.4
4	53	Emma Jahn	Tonbridge AC	21.2
5	269	Lucy-Jane Constable	Medway & Maidstone AC	21.6

Heat 2

	Ath No	Name	Club	Perf
1	311	Mellisa Benevente	Dartford Harriers	21.4
2	323	Tamara Dawn	Tonbridge AC	21.6
3	321	Charlotte Burnett	Invicta East Kent AC	26.1

300m

Heat 1

	Ath No	Name	Club	Perf
1	231	Hannah Tolhurst	Tonbridge AC	44.2
2	311	Mellisa Benevente	Dartford Harriers	47.2
3	372	Sarah Shephard	Paddock Wood AC	48.8
4	312	Natasha Clare	Dartford Harriers	51.5

Heat 2

	Ath No	Name	Club	Perf
1	35	Natalie Hickmott	Dartford Harriers	41.5
2	20	Megan Southwart	Tonbridge AC	42.8
3	201	Victoria Bradford	Tonbridge AC	43.3
4	280	Jade Joseph	Swale Combined AC	47.5

600m

	Ath No	Name	Club	Perf
1	57	Caroline Ford	Cambridge Harriers	1:43.7
2	376	Rosemary Lewis	Bexley AC	1:49.4
3	302	Charlotte Daniel	Cambridge Harriers	1:53.1

1000m

	Ath No	Name	Club	Perf
1	461	Nikki Twine	Basildon AC	3:12.3

1500m

	Ath No	Name	Club	Perf
1	102	Meg Brickell	Tonbridge AC	4:57.1
2	422	Dunia Pavlovic	Tonbridge AC	4:58.0
3	423	Petra Pavlovic	Tonbridge AC	5:14.8
4	372	Sarah Shephard	Paddock Wood AC	5:45.2
5	59	Isabel Dickinson	Ashford AC	6:14.9

3000m

	Ath No	Name	Club	Perf
1	24	Jennifer Hamer	Blackheath & Brom H AC	11:19.0
2	147	Vicky Rukin	Tonbridge AC	11:57.7
3	120	Lucy Saker	Tonbridge AC	12:28.0

80m Hurdles

	Ath No	Name	Club	Perf
1	20	Megan Southwart	Tonbridge AC	12.4
2	214	Zoe Ford	Bexley AC	14.0
3	215	Sadie Gibbs	Bexley AC	14.3
4	312	Natasha Clare	Dartford Harriers	14.5
5	269	Lucy-Jane Constable	Medway & Maidstone AC	15.2
6	280	Jade Joseph	Swale Combined AC	17.2

1K Walk

	Ath No	Name	Club	Perf
1	345	Emma Brown	Tonbridge AC	6:48.9

2K Walk

	Ath No	Name	Club	Perf
1	430	Justine Alcroft	Aldershot Farnham & District	13:51.2

3K Walk

	Ath No	Name	Club	Perf
1	355	Emily Symons	Tonbridge AC	17:21.7
2	319	Louise Bradley	Tonbridge AC	19:44.3

Pole Vault

	Ath No	Name	Club	Perf
1	215	Sadie Gibbs	Bexley AC	2.40

Long Jump

	Ath No	Name	Club	Perf
1	361	Jodie Shaw	Medway & Maidstone AC	5.15
2	279	Tessa Martin	East Grinstead AC	4.37
3	280	Jade Joseph	Swale Combined AC	3.92

Triple Jump

	Ath No	Name	Club	Perf
1	279	Tessa Martin	East Grinstead AC	9.66

Shot

	Ath No	Name	Club	Perf
1	361	Jodie Shaw	Medway & Maidstone AC	8.60
2	149	Sarah Hopkins	Invicta East Kent AC	6.58
3	312	Natasha Clare	Dartford Harriers	6.22

Discus

	Ath No	Name	Club	Perf
1	287	Mollie Steward	Tonbridge AC	11.89

Javelin

	Ath No	Name	Club	Perf
1	361	Jodie Shaw	Medway & Maidstone AC	24.79
2	321	Charlotte Burnett	Invicta East Kent AC	15.90

U15 Girls**150m****Heat 1**

	Ath No	Name	Club	Perf
1	30	Caroline Hatley	Ashford AC	20.4
2	54	Scarlett Mann	Invicta East Kent AC	21.2
3	43	Megan Angus	Medway & Maidstone AC	21.6
4	16	Jessica Moore	Blackheath & Brom H AC	21.8
5	45	Hollie Dixson	Tonbridge AC	22.5

Heat 2

	Ath No	Name	Club	Perf
1	227	Sopie Eyre	Medway & Maidstone AC	21.1
2	253	Jessica Rabey	Invicta East Kent AC	21.9
3	252	Pearl Ford	Invicta East Kent AC	22.2
4	254	Megan Eeles	Invicta East Kent AC	22.2
5	25	Tilly Russell	Tonbridge AC	22.3
6	262	Maisie Farndon	Tonbridge AC	22.4

Heat 3

	Ath No	Name	Club	Perf
1	32	Samantha Brown	Dartford Harriers	20.1
2	300	Shanique Joseph	Bexley AC	21.0
3	293	Kate McGibbon	Medway & Maidstone AC	22.8
4	277	Emily Hunt	Invicta East Kent AC	22.9

Heat 4

	Ath No	Name	Club	Perf
1	325	Sarah Poston	Tonbridge AC	21.9
2	309	Charlotte Hunt	Cambridge Harriers	23.0
3	343	Nicky Dobra	Tonbridge AC	24.3

600m

	Ath No	Name	Club	Perf
1	365	Ellen Holmes	Tonbridge AC	1:41.5
2	131	Lucy Hickmott	Dartford Harriers	1:47.9
3	30	Caroline Hatley	Ashford AC	1:51.3
4	353	Annie Waghorn	Medway & Maidstone AC	1:53.1
5	262	Maisie Farndon	Tonbridge AC	1:53.4
6	45	Hollie Dixson	Tonbridge AC	1:53.5
7	352	Nicola Keegan	Medway & Maidstone AC	1:53.9
8	39	Ella Cooper	Brighton & Hove City AC	1:55.5
9	293	Kate McGibbon	Medway & Maidstone AC	1:56.5

1000m

	Ath No	Name	Club	Perf
1	203	Emily Nolan	Cambridge Harriers	3:21.4
2	322	Natalie Woodhouse	Southend A.C.	3:30.6

1500m

	Ath No	Name	Club	Perf
1	421	Abigail Ashbee-Simmonds	Crawley AC	5:02.2
2	418	Emma Cottrell	Invicta East Kent AC	5:18.9
3	442	Pandora Banbury	Tonbridge AC	5:25.2
4	123	Nicola Wilkinson	Tonbridge AC	5:28.5
5	328	Bethany Burnett	Invicta East Kent AC	6:00.3

75m Hurdles**Heat 1**

	Ath No	Name	Club	Perf
1	32	Samantha Brown	Dartford Harriers	12.4
2	47	Hayley McLean	Thurrock Harriers AC	12.8
3	25	Tilly Russell	Tonbridge AC	13.1
4	30	Caroline Hatley	Ashford AC	13.1
5	39	Ella Cooper	Brighton & Hove City AC	15.2

Heat 2

	Ath No	Name	Club	Perf
1	353	Annie Waghorn	Medway & Maidstone AC	13.2
2	352	Nicola Keegan	Medway & Maidstone AC	13.4
3	322	Natalie Woodhouse	Southend A.C.	13.6
4	227	Sopie Eyre	Medway & Maidstone AC	14.5

3K Walk

	Ath No	Name	Club	Perf
1	450	Kelsey Howard	Ashford AC	17:23.4
2	208	Catherine Cotterill	Tonbridge AC	21:00.8

High Jump

	Ath No	Name	Club	Perf
1	322	Natalie Woodhouse	Southend A.C.	1.35
1	365	Ellen Holmes	Tonbridge AC	1.35
3	414	Hayley McLean	Thurrock Harriers AC	1.25
4	47	Caitlin Carr	Sevenoaks AC	1.25
5	105	Sabrina Nixon	Tonbridge AC	1.15
6	343	Nicky Dobra	Tonbridge AC	1.10

Long Jump

	Ath No	Name	Club	Perf
1	54	Scarlett Mann	Invicta East Kent AC	4.39
2	43	Megan Angus	Medway & Maidstone AC	4.26
3	353	Annie Waghorn	Medway & Maidstone AC	4.11
4	47	Hayley McLean	Thurrock Harriers AC	3.89
5	25	Tilly Russell	Tonbridge AC	3.77
6	309	Charlotte Hunt	Cambridge Harriers	3.77
7	322	Natalie Woodhouse	Southend A.C.	3.61
8	352	Nicola Keegan	Medway & Maidstone AC	3.48
9	105	Sabrina Nixon	Tonbridge AC	3.44
10	343	Nicky Dobra	Tonbridge AC	3.13

Shot

	Ath No	Name	Club	Perf
1	132	Aleogh Teske	Dartford Harriers	8.79
2	47	Hayley McLean	Thurrock Harriers AC	7.38
3	107	Lucy Holmes	Ashford AC	6.87
4	54	Scarlett Mann	Invicta East Kent AC	6.83
5	208	Catherine Cotterill	Tonbridge AC	6.36
6	105	Sabrina Nixon	Tonbridge AC	5.78

Discus

	Ath No	Name	Club	Perf
1	107	Lucy Holmes	Ashford AC	20.58
2	208	Catherine Cotterill	Tonbridge AC	18.19

Javelin

	Ath No	Name	Club	Perf
1	140	Freya Jones	Team Southampton	38.66
2	145	Holly Webb	Crawley AC	29.14
3	448	Melissa Kilner-Brown	Horsham Blue Star Harriers	21.45
4	107	Lucy Holmes	Ashford AC	18.44

U13 Girls**150m****Heat 1**

	Ath No	Name	Club	Perf
1	10	Katie White	Medway & Maidstone AC	22.0
2	44	Jane Angus	Medway & Maidstone AC	22.4
3	41	Dannielle Searle	Sutton & District	22.7
4	243	Kadie Humphrey	Tonbridge AC	23.0

Heat 2

	Ath No	Name	Club	Perf
1	273	Zoe Thresher	Tonbridge AC	22.7
2	260	Simone Baxter	Sevenoaks AC	24.2
3	276	Zoe Harrison	Tonbridge AC	26.1
4	294	Keri Robins	Tonbridge AC	31.6

600m

	Ath No	Name	Club	Perf
1	10	Katie White	Medway & Maidstone AC	1:52.8
2	388	Georgia Humphries	Medway & Maidstone AC	2:10.3
3	263	Ella Farndon	Tonbridge AC	2:10.8
4	370	Georgia Weston	Tonbridge AC	2:11.6

1500m

	Ath No	Name	Club	Perf
1	366	Alice Wood	Tonbridge AC	5:19.7

70m Hurdles

	Ath No	Name	Club	Perf
1	337	Anna Alvarez	Invicta East Kent AC	12.5
2	243	Kadie Humphrey	Tonbridge AC	15.5
3	351	Louise Coulter	Cambridge Harriers	15.6

2K Walk

	Ath No	Name	Club	Perf
1	429	Holly Tabberer	Aldershot Farnham & District	13:26.2

High Jump

	Ath No	Name	Club	Perf
1	274	Rhianna McCarthy	Tonbridge AC	1.30
2	273	Zoe Thresher	Tonbridge AC	1.30
3	275	Katie Garland	Hastings AC	1.15

Long Jump

	Ath No	Name	Club	Perf
1	337	Anna Alvarez	Invicta East Kent AC	3.97
2	274	Rhianna McCarthy	Tonbridge AC	3.72
3	273	Zoe Thresher	Tonbridge AC	3.64
4	275	Katie Garland	Hastings AC	3.39
5	260	Simone Baxter	Sevenoaks AC	3.25
6	41	Dannielle Searle	Sutton & District	3.18
7	41	Dannielle Searle	Sutton & District	3.02
8	243	Kadie Humphrey	Tonbridge AC	2.83
9	373	Caroline Shepheard	Paddock Wood AC	2.62
10	276	Zoe Harrison	Tonbridge AC	2.61
11	346	Elizabeth Harding	Tonbridge AC	2.38

Shot

	Ath No	Name	Club	Perf
1	337	Anna Alvarez	Invicta East Kent AC	7.61
2	318	Vicky Silk	Ashford AC	5.13

Discus

	Ath No	Name	Club	Perf
1	127	Nicola Gregory	Bexley AC	23.98
2	31	Gemma Brown	Dartford Harriers	23.90
3	318	Vicky Silk	Ashford AC	13.64

Javelin

	Ath No	Name	Club	Perf
1	337	Anna Alvarez	Invicta East Kent AC	21.83
2	127	Nicola Gregory	Bexley AC	17.00
3	318	Vicky Silk	Ashford AC	15.28
4	373	Caroline Shepheard	Paddock Wood AC	13.26

Under 11 Girls**75m****Heat 1**

1	259	Christelle Baxter	Sevenoaks AC	12.2
2	50	Stephanie Felton	Invicta East Kent AC	12.5
3	238	Lucy Eifion-Jones	Tonbridge AC	12.7
4	46	Hannah Czarnowski	Tonbridge AC	12.8
5	247	Ellie Clinton	Sevenoaks AC	12.9

600m

	Ath No	Name	Club	Perf
1	58	Anna Weston	Invicta East Kent AC	2:03.2
2	46	Hannah Czarnowski	Tonbridge AC	2:05.7
3	241	Alessia Russo	Tonbridge AC	2:09.3
4	142	Sian Driscoll	Tonbridge AC	2:13.0
5	303	Lucy Daniel	Cambridge Harriers	2:13.0
6	380	Rebecca Roddy	Ashford AC	2:13.9
7	238	Lucy Eifion-Jones	Tonbridge AC	2:17.3
8	377	Molly Dawson	Thanet Roadrunners AC	2:33.3

1K Walk

	Ath No	Name	Club	Perf
1	444	Georgia Parsons	Medway & Maidstone AC	6:33.0
2	377	Molly Dawson	Thanet Roadrunners AC	7:03.7

Long Jump

	Ath No	Name	Club	Perf
1	50	Stephanie Felton	Invicta East Kent AC	3.38
2	259	Christelle Baxter	Sevenoaks AC	3.16