



# **HERTFORDSHIRE, KENT and MIDDLESEX COUNTIES INDOOR CHAMPIONSHIPS**

**( UNDER UKA RULES )**

**19th – 20th March 2022**

**Lee Valley Indoor Athletics Centre**

**Souvenir Programme**

**Herts/Kent/Middlesex Indoor Championships**  
**Sat/Sun 19th/20th March 2022 at Lee Valley Indoor Athletics Centre**

**Day 1 Saturday 19th March 2022**

Meeting Manager	Gill Freeman (K)
Asst Meeting Manager	David Ralph (K)
Chief Starter	Jo Newall (M)
Starters	Rob Bush (M), John Freeman (K)
Chief Starters Assistant	Gerald Alterman (M)
Starters Assistants	Debashis Biswas (M), David Winfield (K)
Track Referee	Jan Clifford (K)
Chief Judge	David Lipscomb (M)
Track Umpires	David Walach (K), James Adams (K), Tina Tappenden (K), Jenny Lambert (M), Matt Leese
Track Steward CofC	Mandeep Chahal (M)
Chief Photofinish	Maureen Fletcher (K)
Photofinish and Seeding	Sara Fletcher (K), Rachel Scott-Hall (M), Daniel Seechan (M)
Photofinish Technician	Lorraine Vidler (E)
Seeding	David Vidler (E)
Result Runner	Nia Thomas (K)
Chief Timekeeper	Roger Fitzgerald (M)
Timekeepers	Mike Beech (K), Emily Beet (K), George Richardson (E), Denis Cullen (H), Geoff Hall (H), Sharon Herbert (E)
Field Referees	Sylvianne Provost-Campbell (M), Steve Marshall (M)
Technical Manager	Marion Osborn (K)
Clerks of Course	John Askew (K), Peter Lee (H), John Falvey (M)
Field Judges	Andrew Salter (K), Tim Williams (K), Paul Patten (K), Lesley Hall (K), Susan Hill (E), Vanda Galazka (M), Geoff Hawes (M), Di Godin (M), Norma Grimsey (M), Mike Grimsey, John Gandee (H), Bob Densley (M), Helen Isaacs (M), Sonia Robinson (M), Steve Hall (K), John Hall (M), Bob Hammond (K), Suzanne Kendall (M), James Pickford (M), Gary Capon (K), Sue Smith (H), Tony Tyndale (H)
Call Room Chief	Heather Espuete (E)
Call Room Stewards	Mumbi Keinamma (M), Barry Dorrity (K), Ashley Burridge (S), Jen Lovell-Hickson (M), Stuart Pugh (M), Dawn Hookway (K)
Athletes Registration	Di Capon (K), Lee Capon (K), Simon Baker (M), Richard Priestley (M), Stuart Broadhead (H), Graham Brown (H)
Result Recorders	Brian Charlton (K), John Terry (M), Sally Gandee (H)
Presentation	Claire Capon (K), Bill O'Connor (M)
Announcer	Andrew Salton (M)
Comms	-

**Herts/Kent/Middlesex Indoor Championships**  
**Sat/Sun 19th/20th March 2020 at Lee Valley Indoor Athletics Centre**

**Day 2 Sunday 20th March 2020**

Meeting Manager	Gill Freeman (K)
Asst Meeting Manager	David Ralph (K)
Chief Starter	John Freeman (K)
Starters	Gurpreet Jandu (K), Tony Shiret (M)
Chief Starters Assistant	John Moules (K)
Starters Assistants	Phil Pape (K), David Winfield (K)
Track Referee	Lewis Makey (K)
Chief Judge	Julie Roe (K)
Track Umpires	Francette Argivier, Annette Hope (K), Stuart Pugh, Robert Skedgell, Sally Stevens, Barry Dorrity (K)
Track Steward CofC	Matt Leese
Chief Photofinish	Maureen Fletcher (K)
Photofinish	Sara Fletcher (K), Dawn Hookway (K), Daniel Seechan (M), Faud Busoir (K)
Photofinish Technician	Lorraine Vidler (E)
Seeding	David Vidler (E)
Result Runner	Nia Thomas (K)
Chief Timekeeper	Heather Espeute (E)
Timekeepers	Mandeep Chahal (M), Tim Mundle (E), Ashley Burrridge (S), Denis Cullen (H), Geoff Hall (H), Sharon Herbert (E)
Field Referee	Ian Turner, Dick Sharp (K)
Technical Manager	Sue Smith (H)
Clerks of Course	Chris Head-Rapson (K), Tim Williams (K)
Field Judges	Norma Grimsey (M), Paul Patten (K), John Askew (K), Dave Walach (K), Chloe Williams (K), Marion Osborn (K), Sylvianne Provost-Campbell (M), Sally Emm (K), Mike Grimsey (M), Gary Capon (K), John Gandee (H), Bob Densley (M), Alan Ford (M), Jen Lovell-Hickson (M), Steve Marshall (M), John Hall (M), Tony Killilea (M), James Davis (H), Peter Lee (H), Suzanne Kendall (M), Tony Tyndale (H), Andrew Salter (K), Bob Hammond (K), Peter Howes (S)
Call Room Chief	Gerald Alterman (M)
Call Room Stewards	Jan Clifford (K), John Hubbard (K), Jo Newall (M), Lesley McArdle (M), Miriam Dorrity (K)
Athletes Registration	Di Capon (K), Lee Capon (K), Simon Baker (M), Richard Priestley (M), Stuart Broadhead (H), Graham Brown (H)
Result recorders	Brian Charlton (K), John Terry (M), Sally Gandee (H)
Presentation	Claire Capon (K), Bill O'Connor (M)
Announcer	Richard England (M)
Comms	-

TriCounties Indoor timetable  
19/20 March 2022

**Saturday Timetable - Track**

10.00	T1	U15G 60 Metres Hurdles - Herts/Middx - Final	3/4
10.04	T2	U15G 60 Metres Hurdles - Kent - Final	7
10.11	T3	U17W 60 Metres Hurdles - Herts - Final	4
10.15	T4	U17W 60 Metres Hurdles - Middx - Final	6
10.19	T5	U17W 60 Metres Hurdles - Kent - Heats (to T15)	16 (3H)
10.30	T6	U15B 60 Metres Hurdles - Herts/Middx - Final	2/1
10.34	T7	U15B 60 Metres Hurdles - Kent - Final	5
10.41	T8	SM 60 Metres Hurdles - Herts/Kent - Final	1/1
10.48	T9	U20M 60 Metres Hurdles - Kent/Middx - Final	4/1
10.55	T10	U17M 60 Metres Hurdles - Kent - Final	6
10.59	T11	U17M 60 Metres Hurdles - Herts/Middx - Final	2/3
11.06	T12	U20W 60 Metres Hurdles - Kent - Heats (to T16)	8 (2H)
11.14	T13	U20W 60 Metres Hurdles - Herts/Middx - Final	3/1
11.21	T14	SW 60 Metres Hurdles - Middx - Final	1
11.28	T15	U17W 60 Metres Hurdles - Kent - Final (from T5)	
11.35	T16	U20W 60 Metres Hurdles - Kent - Final (from T12)	
11.45	T17	U15G 200 Metres - Herts - Heats (to T37)	8 (2H)
11.51	T18	U15G 200 Metres - Kent - Heats (to T38)	11 (2H)
11.57	T19	U15G 200 Metres - Middx - Heats (to T39)	16 (3H)
12.06	T20	U17W 200 Metres - Herts - Final (in a Middx Heat)	1
	T20	U17W 200 Metres - Middx - Heats (to T41)	9 (2H)
12.12	T21	U17W 200 Metres - Kent - Heats (to T40)	14 (3H)
12.18	T22	U20W 200 Metres - Herts - Final	4
12.21	T23	U20W 200 Metres - Middx - Heats (to T43)	7 (2H)
12.27	T24	U20W 200 Metres - Kent - Heats (to T42)	7 (2H)
12.33	T25	SW 200 Metres - Kent - Heats (to T44)	9 (2H)
	T25	SW 200 Metres - Middx - Final (in a Kent heat)	2
12.39	T26	U15B 200 Metres - Herts - Final	4
12.42	T27	U15B 200 Metres - Kent - Heats (to T45)	9 (2H)
12.48	T28	U15B 200 Metres - Middx - Heats (to T46)	12 (2H)
12.54	T29	U17M 200 Metres - Herts - Final	5
12.57	T30	U17M 200 Metres - Kent - Heats (to T62)	10 (2H)
13.03	T31	U17M 200 Metres - Middx - Heats (to T63)	14 (3H)
13.12	T32	SM/U20M 200 Metres - Herts- Final	1/3
13.15	T33	U20M 200 Metres - Kent - Heats (to T64)	11 (2H)
13.21	T34	U20M 200 Metres - Middx - Heats (to T65)	10 (2H)
13.27	T35	SM 200 Metres - Kent - Heats (to T66)	9 (2H)
13.33	T36	SM 200 Metres - Middx - Heats (to T67)	10 (2H)
13.39	T37	U15G 200 Metres - Herts - Final (from T17)	
13.42	T38	U15G 200 Metres - Kent - Final (from T18)	
13.45	T39	U15G 200 Metres - Middx - Final (from T19)	
13.48	T40	U17W 200 Metres - Kent - Final (from T21)	
13.51	T41	U17W 200 Metres - Middx - Final (from T20)	
13.54	T42	U20W 200 Metres - Kent - Final (from T24)	
13.57	T43	U20W 200 Metres - Middx - Final (from T23)	
14.00	T44	SW 200 Metres - Kent - Final (from T25)	
14.03	T45	U15B 200 Metres - Kent - Final (from T27)	
14.06	T46	U15B 200 Metres - Middx - Final (from T28)	
15.20	T47	U15G 800 Metres - Kent - Heats (to T69)	8 (2H)

TriCounties Indoor timetable  
19/20 March 2022

15.28	T48	U15G 800 Metres - Herts/Middx - Final	1/5
15.32	T49	U17W 800 Metres - Herts - Final	4
15.36	T50	U17W 800 Metres - Kent - Final	7
15.40	T51	U17W 800 Metres - Middx - Heats (to T68)	9 (2H)
15.48	T52	U15B/U17M 800 Metres - Herts - Final	3/3
15.52	T53	U15B 800 Metres - Kent/Middx - Final	3/3
15.56	T54	U17M 800 Metres - Kent - Final	6
16.00	T55	U17M 800 Metres - Middx - Heats (to T70)	9 (2H)
16.08	T56	U20M 800 Metres - Herts/Middx - Final	1/2
16.12	T57	U20M 800 Metres - Kent - Final	6
16.16	T58	SM 800 Metres - Kent - Final	4
16.20	T59	SM 800 Metres - Middx - Final	6
16.24	T60	SW/U20W 800 Metres - Kent/Middx - Final	3/1;-/2
16.28	T61	U20W 800 Metres - Kent - Final	5
16.31	T62	U17M 200 Metres - Kent - Final (from T30)	
16.34	T63	U17M 200 Metres - Middx - Final (from T31)	
16.37	T64	U20M 200 Metres - Kent - Final (from T33)	
16.41	T65	U20M 200 Metres - Middx - Final (from T34)	
16.50	T66	SM 200 Metres - Kent - Final (from T35)	
16.56	T67	SM 200 Metres - Middx - Final (from T36)	
17.02	T68	U17W 800 Metres - Middx - Final (from T51)	
17.08	T69	U15G 800 Metres - Kent - Final (from T47)	
17.14	T70	U17M 800 Metres - Middx - Final (from T55)	

**Saturday Timetable - Field**

10.00	F1	U20M/SM Shot - All	7/2
10.10	F2	U17W/U15G Pole Vault - All	4/3
11.00	F3	U17M Long Jump - All - North pit	13
11.30	F4	U15B Shot - All	6
12.40	F5	SM/U20M High Jump - All - Bed 1	3/9
12.40	F6	U15B Long Jump - All - South pit	11
12.40	F7	SW Pole Vault - All	10
13.30	F8	U17W/U15G Triple Jump - All - North pit	3/4
14.00	F9	U17M Shot - All	10
14.40	F10	U20M Long Jump - All - South pit	6
15.00	F11	SW/U20W High Jump - Bed 1	4/7
16.00	F12	U17W High Jump - Bed 2	10
16.00	F13	U20W Pole Vault	7
16.00	F14	SM Long Jump - All - South pit	8
16.00	F15	SW/U20W Triple Jump - All - North pit	4/5

## TRACK EVENTS

<b>T1</b>	<b>Hertfordshire Under 15 Girls 60 Metres Hurdles</b>				<b>Final</b>	<b>10.00</b>
	CBP: Marli Jessop Dacorum & Tring AC 9.16 2017					
	Previous Winner: Scarlett Gammell Watford Harriers 9.24 2019					
59	Amaia Dacres	Watford Harriers	70	Abigail Tonge	Stevenage & NH	
69	Eva Higson	Shaftesbury Barnet H				
<b>T1</b>	<b>Middlesex Under 15 Girls 60 Metres Hurdles</b>				<b>Final</b>	<b>10.00</b>
	CBP: Ava John Kingston AC & Poly H 9.34 2020					
	Previous Winner: Ava John Kingston AC & Poly H 9.42 2020					
637	Sienna Corbyn	Shaftesbury Barnet H	646	Casia Langley Bradshaw	London Heathside	
641	Suraya Frost	London Heathside	678	Amana Oguntuga	Woodford Green AC w EL	
<b>T2</b>	<b>Kent Under 15 Girls 60m Hurdles</b>				<b>Final</b>	<b>10.04</b>
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017					
	Previous Winner: Daisy Snell Black & Brom H AC 9.55 2020					
304	Isabella Amartey	Dartford Harriers AC	346	Hannah St Clare	Folkestone RC	
309	Lily Gayle	Cambridge Harriers	371	Alyssa Firla	Black & Brom H AC	
312	Elicia Lacey	Tonbridge AC	372	Bethany Shimmen-Smith	Thanet AC	
344	Gabriella Noyce	Cambridge Harriers				
<b>T3</b>	<b>Hertfordshire Under 17 Women 60 Metres Hurdles</b>				<b>Final</b>	<b>10.11</b>
	CBP: Alicia Tymon-McEwan St. Albans AC 8.80 2012					
	Previous Winner: Marli Jessop Dacorum & Tring AC 8.87 2019					
33	Ena Olivier	Herts Phoenix AC	67	Brooke Evans	Dacorum AC	
57	Krystal Powley	Dacorum AC	68	Milla Walsh	Dacorum AC	
<b>T4</b>	<b>Middlesex Under 17 Women 60 Metres Hurdles</b>				<b>Final</b>	<b>10.15</b>
	CBP: Yasmin Uwakwe Enfield & Haringey AC 8.71 2019					
	Previous Winner: Alina Cofie Shaftesbury Barnet H 9.19 2020					
622	Angel Doyle	Hillingdon AC	630	Azaria Nwankwo	Shaftesbury Barnet H	
623	Nia Forbes-Agyepong	Shaftesbury Barnet H	685	Mia De Vivenot	Windsor Slough E & H AC	
624	Patricia Grudz-Edmondson	Thames Valley Harriers	686	Nina Williams	London Heathside	
<b>T5</b>	<b>Kent Under 17 Women 60m Hurdles</b>				<b>Heats</b>	<b>10.19</b>
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003					
	Previous Winner: Shakanya Osahon Black & Brom H AC 8.85 2020					
284	Lola Brett	Thanet AC	363	Neve Bachelor	Tonbridge AC	
285	Isabelle Bridgeman	Tonbridge AC	364	Grace O'Connell	Med and Maid AC	
287	Cerys Daniels	Cambridge Harriers	365	Keziah Olaleye	Cambridge Harriers	
288	Harriet Edwards	Thanet AC	366	Emma Powell	Bexley AC	
294	Emily Moyle	Med and Maid AC	367	Amelie Rabbidge	Tonbridge AC	
297	Matilda Secker	Tonbridge AC	368	Lily-Ann Showers	Thanet AC	
298	Eve Seery	Thanet AC	369	Daisy Snell	Black & Brom H AC	
362	Emily Algeo	Black & Brom H AC	370	Nia Thomas	Med and Maid AC	
<b>T6</b>	<b>Hertfordshire Under 15 Boys 60 Metres Hurdles</b>				<b>Final</b>	<b>10.30</b>
	CBP: Max Price Stevenage & North Herts 8.46 2013					
	Previous Winner: Noah Brown St Albans AC 10.93 2019					
64	Haydan London	Dacorum AC	65	Ethan Ogilvie	Dacorum AC	
<b>T6</b>	<b>Middlesex Under 15 Boys 60 Metres Hurdles</b>				<b>Final</b>	<b>10.30</b>
	CBP: Jack Kirby Hillingdon 8.91 2011					
	Previous Winner: Dike Onyemelukwe Shaftesbury Barnet H 10.26 2020					
584	Asher Escobar	Shaftesbury Barnet H				

<b>T7</b>	<b>Kent Under 15 Boys 60m Hurdles</b>		<b>Final</b>	<b>10.34</b>	
	CBP: Isaac Milham Med and Maid AC 8.70 2015				
	Previous Winner: Daniel Hardy Med and Maid AC 9.36 2020				
327	Joel Aggrey	Central Park Athletics	330	Elijah Olaleye	Cambridge Harriers
328	Hans Nmaju	Dartford Grammar Sch	354	Arinze Nwafor	Dartford Grammar Sch
329	Rahman Odugbayi	Dartford Grammar Sch			
<b>T8</b>	<b>Hertfordshire Senior Men 60 Metres Hurdles</b>		<b>Final</b>	<b>10.41</b>	
	CBP: Zak Saucedo Enfield & Haringey 8.48 2009				
	Previous Winner: No Competition 2019				
61	Ralph Williams	Dacorum AC			
<b>T8</b>	<b>Kent Senior Men 60m Hurdles</b>		<b>Final</b>	<b>10.41</b>	
	CBP: Mensha Elliot Blackheath Harriers 8.2s 1998				
	Previous Winner: Lewis Heffernan Med and Maid AC 9.23 2020				
347	Bilen Ahmet (M35)	Kingston AC & Poly H			
<b>T9</b>	<b>Kent Under 20 Men 60m Hurdles</b>		<b>Final</b>	<b>10.48</b>	
	CBP: Alexander Al-Ameen Black & Brom H AC 8.1s 2008				
	Previous Winner: Rico Cottell Black & Brom H AC 8.30 2020				
348	Ridwaan Ahmed	Bexley AC	350	Princeriza Gediz	Bexley AC
349	Michael Alajiki	Ashford AC	351	Daniel Goriola	Bexley AC
<b>T9</b>	<b>Middlesex Under 20 Men 60 Metres Hurdles</b>		<b>Final</b>	<b>10.48</b>	
	CBP: George Vaughan Enfield & Haringey AC 8.40 2015				
	Previous Winner: Sebastiano Corbo Shaftesbury Barnet H 9.10 2020				
681	Abdulsamad Sanusi	Newham & Essex B AC			
<b>T10</b>	<b>Kent Under 17 Men 60m Hurdles</b>		<b>Final</b>	<b>10.55</b>	
	CBP: Edward Harrison Medway & Maidstone AC 7.3s 2003				
	Mandeep Shoker Medway & Maidstone AC 7.3s 2003				
	Previous Winner: Michael Alajiki Ashford AC 8.54 2020				
249	Andrew Nikoro	Black & Brom H AC	326	Cheyne West	Med and Maid AC
324	Oliver Brooke	Tonbridge AC	352	Adam Akinola	Bexley AC
325	Rayhan Mourtada	Black & Brom H AC	353	Dante McNichol	Tonbridge AC
<b>T11</b>	<b>Hertfordshire Under 17 Men 60 Metres Hurdles</b>		<b>Final</b>	<b>10.59</b>	
	CBP: Max Price Stevenage & North H AC 8.48 2014				
	Previous Winner: William Lawler Stevenage & North H AC 8.73 2019				
62	Ben Emms	Hertford and Ware (HAWCS)	63	Noah Franklin	Dacorum AC
<b>T11</b>	<b>Middlesex Under 17 Men 60 Metres Hurdles</b>		<b>Final</b>	<b>10.59</b>	
	CBP: Jack Kirby Hillingdon AC 8.11 2013				
	Previous Winner: Gus Carter Ealing Southall & Middx 9.24 2020				
557	Trey Corlis	London Heathside	683	Remy Weinbrecht	Highgate Harriers
682	Thomas Wasserman	London Heathside			
<b>T12</b>	<b>Kent Under 20 Women 60m Hurdles</b>		<b>Heats</b>	<b>11.06</b>	
	CBP: Anastasia Davies Blackheath & Bromley H AC 9.00 2016				
	Previous Winner: Lauren Macey Invicta East Kent AC 9.81 2019				
278	Amirat Mohammed-Hassan	Cambridge Harriers	358	Shakanya Osahon	Black & Brom H AC
355	Georgia Baker	Tonbridge AC	359	Freya ridge	Tonbridge AC
356	Emily Frimpong	Bexley AC	360	Jessie Sargeant	Bexley AC
357	Chloe Jardine	Bexley AC	361	Sarris Teale	Ashford AC

<b>T13</b>	<b>Hertfordshire Under 20 Women 60 Metres Hurdles</b>			<b>Final</b>	<b>11.14</b>
	CBP: Claire Humphries Herts Phoenix 8.81 2010				
	Previous Winner: No Competition 2019				
28	Daisy Marshall	The HAWCS	66	Ami O'Sullivan	Watford Harriers
53	Scarlett Gammell	Watford Harriers			
<b>T13</b>	<b>Middlesex Under 20 Women 60 Metres Hurdles</b>			<b>Final</b>	<b>11.14</b>
	CBP: Symone Belle Victoria Park & Tower Hamlets 8.8 2002				
	Previous Winner: Cristina Potter Shaftesbury Barnet H 10.98 2020				
684	Alina Cofie	Shaftesbury Barnet H			
<b>T14</b>	<b>Middlesex Senior Women 60 Metres Hurdles</b>			<b>Final</b>	<b>11.21</b>
	CBP: Angelita Broadbelt-Blake Thames Valley Harriers 8.79 2019				
	Previous Winner: No Competition 2020				
598	Miriam Glassner	London City AC			
<b>T15</b>	<b>Kent Under 17 Women 60m Hurdles</b>			<b>Final</b>	<b>11.28</b>
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003				
	Previous Winner: Shakanya Osahon Black & Brom H AC 8.85 2020				
<b>T16</b>	<b>Kent Under 20 Women 60m Hurdles</b>			<b>Final</b>	<b>11.35</b>
	CBP: Anastasia Davies Blackheath & Bromley H AC 9.00 2016				
	Previous Winner: Lauren Macey Invicta East Kent AC 9.81 2019				
<b>T17</b>	<b>Hertfordshire Under 15 Girls 200 Metres</b>			<b>Heats</b>	<b>11.45</b>
	CBP: Abbie Parker Dacorum & Tring AC 25.88 2019				
	Previous Winner: Abbie Parker Dacorum & Tring AC 25.88 2019				
40	Amena Khanbhai	Watford Harriers	47	Mia Taruvinga	Be Fit Today TA
42	Rebecca Owen	Dacorum AC	58	Sophie Cray	St Albans AC
43	Jasmine Rance	St Albans AC	59	Amaia Dacres	Watford Harriers
46	Shammah St John	Watford Harriers	60	Amelia Kelly	Dacorum AC
<b>T18</b>	<b>Kent Under 15 Girls 200m</b>			<b>Heats</b>	<b>11.51</b>
	CBP: Kaliyah Young Dartford Harriers AC 26.11 2017				
	Previous Winner: Shawanna Williams Cambridge Harriers 26.68 2020				
304	Isabella Amartey	Dartford Harriers AC	311	Crystal Green	Thanet AC
306	Emily Cadman	Cambridge Harriers	317	Nuriah Orhurhu	Cambridge Harriers
307	Evangeline Dixon	Tonbridge AC	344	Gabriella Noyce	Cambridge Harriers
308	Grace Durrant	Med and Maid AC	345	Elena Oliphant	S Factor Academy
310	Sienna Gratwick	Med and Maid AC	346	Hannah St Clare	Folkestone RC
<b>T19</b>	<b>Middlesex Under 15 Girls 200 Metres</b>			<b>Heats</b>	<b>11.57</b>
	CBP: Niah Akintokun Shaftesbury Barnet H 24.82 2020				
	Previous Winner: Niah Akintokun Shaftesbury Barnet H 24.82 2020				
634	Takiyah Barbe-Springer	Thames Valley Harriers	649	Onyebuchi Odiaka	Shaftesbury Barnet H
636	Dwitee Chaudhari	Ealing Southall & Middx	650	Laureen Okagbenu	Victoria Park & TH AC
637	Sienna Corbyn	Shaftesbury Barnet H	651	Alexia Quintanilla	Thames Valley Harriers
638	Zoe Dolan	Thames Valley Harriers	676	Monisade Ayodeji	Highgate Harriers
640	Hebe Evans	Hillingdon AC	677	Ella Burridge	London Heathside
642	AnnaLucia Harley	Shaftesbury Barnet H	678	Amana Oguntuga	Woodford Green AC w EL
643	Martha Jolly	London Heathside	679	Magdeline Paitoo	London Heathside
647	Daisy Lennox	Enfield and Haringey AC	680	Charlotte Reynaert	Thames Valley Harriers
<b>T20</b>	<b>Hertfordshire Under 17 Women 200 Metres</b>			<b>Final</b>	<b>12.06</b>
	CBP: Ella Wansell Enfield & Haringey AC 25.08 2017				
	Previous Winner: Alexia Saunders Shaftesbury BH 27.20 2019				
57	Krystal Powley	Dacorum AC			



<b>T20</b>	<b>Middlesex Under 17 Women 200 Metres</b>		<b>Heats</b>	<b>12.06</b>	
	CBP: Desiree Henry Enfield & Haringey 24.71 2010				
	Previous Winner: Mia Smith Hillingdon AC 25.71 2020				
628	Juanita Kyere-Aidoo	Hillingdon AC	672	Daisy Harvey-Dew	Shaftesbury Barnet H
629	Kyra Martin	Enfield and Haringey AC	673	Destiny Orafu	Ealing Southall & Middx
632	Gracious Olamona	Thames Valley Harriers	674	Shania Small	Ealing Southall & Middx
633	Anna Rose	Shaftesbury Barnet H	675	Olivia Sparks	Thames Valley Harriers
671	Roma Goddard	Belgrave Harriers			
<b>T21</b>	<b>Kent Under 17 Women 200m</b>		<b>Heats</b>	<b>12.12</b>	
	CBP: Kaliyah Young Dartford Harriers AC 24.67 2019				
	Previous Winner: Tianna Haynes Black & Brom H AC 26.34 2020				
279	Grace Akindeji	Med and Maid AC	300	Libby Smith	Tonbridge AC
280	Rebecca Akinsanya	Med and Maid AC	301	Lucy Tallon	Tonbridge AC
282	Princess Asemota	Med and Maid AC	303	Nina Whitter	Black & Brom H AC
286	Janaii Coote	Cambridge Harriers	340	Mosope Braimoh	Dartford Harriers AC
292	Ciara McGinty	Cambridge Harriers	341	Poppy Rowland-Hill	Thanet AC
293	Harriet Medlen	Tonbridge AC	342	Olivia Ryan	Med and Maid AC
299	Imogen Smith	Dartford Harriers AC	343	Alexia Scotiniadis	Sevenoaks AC
<b>T22</b>	<b>Hertfordshire Under 20 Women 200 Metres</b>		<b>Final</b>	<b>12.18</b>	
	CBP: Laura Wake Herts Phoenix 25.10 2009				
	Previous Winner: Remi Jessop Dacorum & Tring AC 26.68 2019				
53	Scarlett Gammell	Watford Harriers	55	Abbie Parker	Dacorum AC
54	Lily Norwood	Dacorum AC	56	Serena Thomas	Herts Phoenix AC
<b>T23</b>	<b>Middlesex Under 20 Women 200 Metres</b>		<b>Heats</b>	<b>12.21</b>	
	CBP: Annie Tagoe Thames Valley Harriers 24.92 2010				
	Previous Winner: Bessie Aban-Owusu Ealing Southall & Middx 26.66 2020				
615	Chloe Savva	Enfield and Haringey AC	668	Lilia Khan	Ealing Southall & Middx
616	Mia Smith	Hillingdon AC	669	Mimi Mcduell	St Mary's Richmond AC
666	Julie-Anne Boachie	Harrow AC	670	Amaka Okorie	Victoria Park & TH AC
667	Emily Harrison	St Mary's Richmond AC			
<b>T24</b>	<b>Kent Under 20 Women 200m</b>		<b>Heats</b>	<b>12.27</b>	
	CBP: Immanuela Aliu Black & Brom H AC 25.12 2017				
	Previous Winner: Kaliyah Young Dartford Harriers AC 25.20 2020				
275	Imogen Davis	Thanet AC	337	Tianna Haynes	Black & Brom H AC
276	Emily Kerr	Black & Brom H AC	338	Emily Newnham	Shaftesbury Barnet H
277	Daisy Meenan	Canterbury Ath Acad	339	Scarlet Thomas-Wright	Invicta East Kent AC
336	Jildou Chappell	Invicta East Kent AC			
<b>T25</b>	<b>Kent Senior Women 200m</b>		<b>Heats</b>	<b>12.33</b>	
	CBP: Jodie Leslie Bedford & County AC 25.1 2016				
	Previous Winner: Lucy Hope Med and Maid AC 26.20 2020				
265	Kirstie Cooper (W45)	Dartford Harriers AC	332	Chanelle Cole	Black & Brom H AC
267	Faye Olszowka	Bexley AC (T20)	333	Lucy Hope	Med and Maid AC
268	Rachel Omavowan Taylor	Cambridge Harriers	334	Bonnie Maugey	Dartford Harriers AC
269	Louisa Vallins (W40)	Black & Brom H AC	335	Jessica O'Hara	Tonbridge AC
270	Abigail Walters	Med and Maid AC			
<b>T25</b>	<b>Middlesex Senior Women 200 Metres</b>		<b>Final</b>	<b>12.33</b>	
	CBP: S Charles Ealing Southall and Middlesex 25.14 2011				
	Kimbeley Baptiste Victoria Park & Tower Hamlets AC 25.14 2014				
	Previous Winner: Nastassja Allin Enfield and Haringey AC 26.02 2020				
597	Akaysha Ellis	Enfield and Haringey AC	600	Ella Johnson	Victoria Park & TH AC

<b>T26</b>	<b>Hertfordshire Under 15 Boys 200 Metres</b>				<b>Final</b>	<b>12.39</b>
	CBP: Uchenna Okoh Dacorum & Tring AC 23.78 2014					
	Previous Winner: Cameron Clowes HAWCS 26.47 2019					
18	Aryan Bhagawati	St Albans AC	20	Matthew Gearing	Herts Phoenix AC	
19	Edgar Dogbe	Watford Harriers	52	Joseph Wheeler-Henry	Shaftesbury Barnet H	
<b>T27</b>	<b>Kent Under 15 Boys 200m</b>				<b>Heats</b>	<b>12.42</b>
	CBP: Dante Legister Cambridge Harriers 23.15 2020					
	Previous Winner: Dante Legister Cambridge Harriers 23.15 2020					
254	Emmanuel Evbota	Dartford Grammar Sch	328	Hans Nmaju	Dartford Grammar Sch	
258	Alexander Morrell	Black & Brom H AC	329	Rahman Odugbayi	Dartford Grammar Sch	
260	Tom Ravenscroft	Cambridge Harriers	330	Elijah Olaleye	Cambridge Harriers	
261	Victor Redman	Folkestone RC	331	Benjamin Purton	Med and Maid AC	
327	Joel Aggrey	Central Park Athletics				
<b>T28</b>	<b>Middlesex Under 15 Boys 200 Metres</b>				<b>Heats</b>	<b>12.48</b>
	CBP: Reece Earle Thames Valley Harriers 23.46 2019					
	Previous Winner: Malachi Amadi Shaftesbury Barnet H 23.60 2020					
579	Miles Andrew	Thames Valley Harriers	591	Said Mohammed-Mariche	Highgate Harriers	
581	Alexander De-Ben Rockson	Thames Valley Harriers	593	Jaian Saunders	Barnet & District AC	
582	Montana Dennis	London Heathside	662	Milton Cooper	London Heathside	
584	Asher Escobar	Shaftesbury Barnet H	663	Harry Pincherle	Shaftesbury Barnet H	
586	Alex Konstantaras	Barnet & District AC	664	Sam Samin	Hillingdon AC	
590	Luke Lo	Thames Valley Harriers	665	Daniel Wong	Hillingdon AC	
<b>T29</b>	<b>Hertfordshire Under 17 Men 200 Metres</b>				<b>Final</b>	<b>12.54</b>
	CBP: Antonio Infantino Enfield & Haringey 22.55 2007					
	Previous Winner: Will Farndale HAWCS 23.97 2019					
7	Matthew Ajayi	Watford Harriers	13	William Kennedy	St Albans AC	
11	Nathan Hedges	Dacorum AC	51	Sullivan McAlinden	Dacorum AC	
12	Joshua Heesom	Herts Phoenix AC				
<b>T30</b>	<b>Kent Under 17 Men 200m</b>				<b>Heats</b>	<b>12.57</b>
	CBP: Kristian Samwell-Nash Ashford AC 22.25 2019					
	Previous Winner: Zachary Nwogwugwu Black & Brom H AC 22.91 2020					
239	Marley Byfield	Black & Brom H AC	250	Daniel Shoyoye	Med and Maid AC	
244	Leo Godfrey	Ashford AC	251	Joe Stone	Tonbridge AC	
245	Harvey Humpheryes	Thanet AC	324	Oliver Brooke	Tonbridge AC	
246	Cameron Isaac	Med and Maid AC	325	Rayhan Mourtada	Black & Brom H AC	
247	Dante Legister	Cambridge Harriers	326	Cheyne West	Med and Maid AC	
<b>T31</b>	<b>Middlesex Under 17 Men 200 Metres</b>				<b>Heats</b>	<b>13.03</b>
	CBP: Rhion Samuel Enfield & Haringey 22.27 2008					
	Previous Winner: Reece Earle Thames Valley Harriers 22.90 2020					
556	Miles Cameron	London Heathside	565	Jesse Katabazi	Victoria Park & TH AC	
557	Trey Corlis	London Heathside	568	Maxwell Litchmore	Thames Valley Harriers	
559	Harold Greenfields	Thames Valley Harriers	569	Elijah Marshall	Highgate Harriers	
560	Lucas Hardy	Hillingdon AC	576	Demario Seaton	Thames Valley Harriers	
562	Samuel Jagroop	Hillingdon AC	577	Marcel Winter	Woodford Green AC w EL	
563	Theo Jarrett	Ealing Southall & Middx	660	Tommy Kitson	St Mary's Richmond AC	
564	Zico Jones	Shaftesbury Barnet H	661	Oscar Roncarati	Shaftesbury Barnet H	
<b>T32</b>	<b>Hertfordshire Under 20 Men 200 Metres</b>				<b>Final</b>	<b>13.12</b>
	CBP: Luis Da Silva St. Albans AC 22.53 2013					
	Previous Winner: Matteo Rizzo Herts Phoenix AC 25.73 2019					
3	Jamie Joseph	Stevenage & NH	50	Liam Roberts	Dacorum AC	
49	Marcus Firby	Watford Harriers				

<b>T33</b>	<b>Kent Under 20 Men 200m</b>		<b>Heats</b>	<b>13.15</b>	
	CBP: Korede Awe Invicta East Kent AC 21.95 2018				
	Previous Winner: Anton Bachorski Tonbridge AC 22.42 2020				
218	Joshua Aboagye	Med and Maid AC	236	Joseph E Terry	Tonbridge AC
221	James Baker	Dartford Harriers AC	320	Samuel McShane	Black & Brom H AC
223	Andrew Bull	Canterbury Ath Acad	321	Charles Nortey	Black & Brom H AC
226	Aston Fredericks	Thanet AC	322	Dylan Purton	Med and Maid AC
231	Trey McPherson	Dartford Harriers AC	323	Michael Uzozie	Black & Brom H AC
235	Ethan Tasker	Tonbridge AC			
<b>T34</b>	<b>Middlesex Under 20 Men 200 Metres</b>		<b>Heats</b>	<b>13.21</b>	
	CBP: Jerome Musa-Lawal Shaftesbury Barnet Harriers 22.14 2010				
	Lumar Sylvester Thames Valley Harriers 22.14 2010				
	Previous Winner: Kai English Ealing Southall & Middx 22.47 2020				
537	Don Aborah	Victoria Park & TH AC	549	Joseph Nash	Enfield and Haringey AC
542	Zack Clarke-Green	Ealing Southall & Middx	552	D'Oyen Pencile	Victoria Park & TH AC
543	Reece Earle	Thames Valley Harriers	657	Jad Chehabeddine	Highgate Harriers
546	Joel Houslin	Thames Valley Harriers	658	Keelan Farrell	Shaftesbury Barnet H
548	Josh Kelly	Thames Valley Harriers	659	Motunrayo (Monty) Ogunbanjo	Harrow AC
<b>T35</b>	<b>Kent Senior Men 200m</b>		<b>Heats</b>	<b>13.27</b>	
	CBP: Jack Lennard Tonbridge AC 21.86 2019				
	Previous Winner: Jack Lennard Tonbridge AC 22.51 2020				
205	Stephen Daly (M50)	Tonbridge AC	214	Harry Osborne	Med and Maid AC
208	Nathan Isaac	Med and Maid AC	215	Lewis Parsons	Thanet AC
209	Matthew Knight	Black & Brom H AC	318	Milton McNichol Jr (M45)	Tonbridge AC
211	Mark McAllister (M50)	Tonbridge AC	319	Kristian Samwell-Nash	Ashford AC
212	Connor Neal	Thanet AC			
<b>T36</b>	<b>Middlesex Senior Men 200 Metres</b>		<b>Heats</b>	<b>13.33</b>	
	CBP: Phoenix Lyon Shaftesbury Barnet H 22.05 2020				
	Previous Winner: Phoenix Lyon Shaftesbury Barnet H 22.05 2020				
508	Jonathan Bull	Highgate Harriers	534	Bilal Uba	Ealing Southall & Middx
511	Kevel Dobbs-Niles	Enfield and Haringey AC	653	Luke Collis	Harrow AC
515	Harjeet Gill	Ealing Southall & Middx	654	Kai English	Ealing Southall & Middx
521	Phoenix Lyon	Shaftesbury Barnet H	655	Chrispin Lema	London Heathside
527	Johnson Ogunniyi	Shaftesbury Barnet H	656	Michael Vassiliou	Enfield and Haringey AC
<b>T37</b>	<b>Hertfordshire Under 15 Girls 200 Metres</b>		<b>Final</b>	<b>13.39</b>	
	CBP: Abbie Parker Dacorum & Tring AC 25.88 2019				
	Previous Winner: Abbie Parker Dacorum & Tring AC 25.88 2019				
<b>T38</b>	<b>Kent Under 15 Girls 200m</b>		<b>Final</b>	<b>13.42</b>	
	CBP: Kaliyah Young Dartford Harriers AC 26.11 2017				
	Previous Winner: Shawanna Williams Cambridge Harriers 26.68 2020				
<b>T39</b>	<b>Middlesex Under 15 Girls 200 Metres</b>		<b>Final</b>	<b>13.45</b>	
	CBP: Niah Akintokun Shaftesbury Barnet H 24.82 2020				
	Previous Winner: Niah Akintokun Shaftesbury Barnet H 24.82 2020				
<b>T40</b>	<b>Kent Under 17 Women 200m</b>		<b>Final</b>	<b>13.48</b>	
	CBP: Kaliyah Young Dartford Harriers AC 24.67 2019				
	Previous Winner: Tianna Haynes Black & Brom H AC 26.34 2020				
<b>T41</b>	<b>Middlesex Under 17 Women 200 Metres</b>		<b>Final</b>	<b>13.51</b>	
	CBP: Desiree Henry Enfield & Haringey 24.71 2010				
	Previous Winner: Mia Smith Hillingdon AC 25.71 2020				
<b>T42</b>	<b>Kent Under 20 Women 200m</b>		<b>Final</b>	<b>13.54</b>	
	CBP: Immanuela Aliu Black & Brom H AC 25.12 2017				
	Previous Winner: Kaliyah Young Dartford Harriers AC 25.20 2020				

<b>T43</b>	<b>Middlesex Under 20 Women 200 Metres</b>			<b>Final</b>	<b>13.57</b>
	CBP: Annie Tagoe Thames Valley Harriers 24.92 2010				
	Previous Winner: Bessie Aban-Owusu Ealing Southall & Middx 26.66 2020				
<b>T44</b>	<b>Kent Senior Women 200m</b>			<b>Final</b>	<b>14.00</b>
	CBP: Jodie Leslie Bedford & County AC 25.1 2016				
	Previous Winner: Lucy Hope Med and Maid AC 26.20 2020				
<b>T45</b>	<b>Kent Under 15 Boys 200m</b>			<b>Final</b>	<b>14.03</b>
	CBP: Dante Legister Cambridge Harriers 23.15 2020				
	Previous Winner: Dante Legister Cambridge Harriers 23.15 2020				
<b>T46</b>	<b>Middlesex Under 15 Boys 200 Metres</b>			<b>Final</b>	<b>14.06</b>
	CBP: Reece Earle Thames Valley Harriers 23.46 2019				
	Previous Winner: Malachi Amadi Shaftesbury Barnet H 23.60 2020				
<b>T47</b>	<b>Kent Under 15 Girls 800m</b>			<b>Heats</b>	<b>15.20</b>
	CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018				
	Previous Winner: Josephine Bassett Med and Maid AC 2:22.92 2020				
345	Elena Oliphant	S Factor Academy	430	Heidi Hughes	Med and Maid AC
378	Jennifer Clayton	Folkestone RC	431	Ingrid Lake	Cambridge Harriers
428	Elizabeth Fry	Med and Maid AC	432	Amber Matthews	Med and Maid AC
429	Caitlin Hough	Black & Brom H AC	433	Beth Regan	Black & Brom H AC
<b>T48</b>	<b>Hertfordshire Under 15 Girls 800 Metres</b>			<b>Final</b>	<b>15.28</b>
	CBP: Kiera Mooney City of Norwich AC 2:20.16 2009				
	Previous Winner: Alexa Forster HAWCS 2:31.33 2019				
97	Isla Garrett	Harlow AC			
<b>T48</b>	<b>Middlesex Under 15 Girls 800 Metres</b>			<b>Final</b>	<b>15.28</b>
	CBP: Georgia Bell Ealing Southall and Middlesex 2:23.14 2007				
	Previous Winner: Gabrielle Johnson Highgate Harriers 2:34.15 2020				
680	Charlotte Reynaert	Thames Valley Harriers	747	Monika Panoutsou	Victoria Park & TH AC
745	Natasha Bennett	Thames Valley Harriers	748	Amae Van Zyl	Hillingdon AC
746	Isla MCGovern	Hillingdon AC			
<b>T49</b>	<b>Hertfordshire Under 17 Women 800 Metres</b>			<b>Final</b>	<b>15.32</b>
	CBP: Beatrix Wraith HAWCS 2:13.72 2018				
	Previous Winner: Beatrix Wraith HAWCS 2:14.60 2019				
93	Beckie Cray	St Albans AC	95	Poppy Webster	Dacorum AC
94	Phoebe Goss	Dacorum AC	96	Daisy Willson	Dacorum AC
<b>T50</b>	<b>Kent Under 17 Women 800m</b>			<b>Final</b>	<b>15.36</b>
	CBP: Maddison Sawyer Invicta East Kent AC 2:19.34 2020				
	Previous Winner: Maddison Sawyer Invicta East Kent AC 2:19.34 2020				
363	Neve Bachelor	Tonbridge AC	425	Tallulah Ndikanwu	Black & Brom H AC
376	Gabriella Martin	Black & Brom H AC	426	Macey Sawyer	Med and Maid AC
423	Abigail Hawkes	Med and Maid AC	427	Lola Sutton	Med and Maid AC
424	Riley Maisey	Med and Maid AC			
<b>T51</b>	<b>Middlesex Under 17 Women 800 Metres</b>			<b>Heats</b>	<b>15.40</b>
	CBP: Georgina Bell Ealing Southall and Middlesex 2:12.20 2010				
	Previous Winner: Katherine Mckenzie Woodford Green AC w EL 2:17.64 2020				
690	Maya Sutaria	Thames Valley Harriers	741	Emma Mccluskey	Barnet & District AC
737	Millie-May Collins-Smith	Blackheath & Bromley H AC	742	Amara Odeogberin	London Heathside
738	Charlotte Edge	Thames Valley Harriers	743	Kayla Saunders	Harrow AC
739	Orla Grist	Thames Valley Harriers	744	Alice-May Scott-Denness	Enfield and Haringey AC
740	Olivia Matharu	Harrow AC			

<b>T52</b>	<b>Hertfordshire Under 17 Men 800 Metres</b>			<b>Final</b>	<b>15.48</b>
	CBP: Liam Dee Herts Phoenix 1:58.74 2012				
	Previous Winner: Thomas O'Reilly Dacorum & Tring AC 2:07.18 2019				
87	Daniel Biddulph	Herts Phoenix AC	89	Jack Offord	The HAWCS
88	George Hawkins	Dacorum AC			
<b>T52</b>	<b>Hertfordshire Under 15 Boys 800 Metres</b>			<b>Final</b>	<b>15.48</b>
	CBP: Liam Dee Herts Phoenix 2:05.34 2010				
	Previous Winner: Tom Gaunce Dacorum & Tring AC 2:09.80 2019				
90	Jacob Colligan	The HAWCS	92	Harrison Lund	Stevenage & NH
91	James Cummings	Dacorum AC			
<b>T53</b>	<b>Kent Under 15 Boys 800m</b>			<b>Final</b>	<b>15.52</b>
	CBP: Stephen Ball Cambridge Harriers 2:04.89 2011				
	Previous Winner: Jonathan Idowu Dartford Grammar School 2:33.74 2020				
412	Joseph Hill	Black & Brom H AC	414	Hendri Verster	Black & Brom H AC
413	Benjamin O'Grady	Black & Brom H AC			
<b>T53</b>	<b>Middlesex Under 15 Boys 800 Metres</b>			<b>Final</b>	<b>15.52</b>
	CBP: Nile McKenzie Victoria Park & Tower Hamlets AC 2:07.07 2014				
	Previous Winner: Max Bishop Thames Valley Harriers 2:10.26 2020				
731	Oliver Flemming	Barnet & District AC	733	Holder Lieber Reynolds	Victoria Park & TH AC
732	Alexander Lammas	Hillingdon AC			
<b>T54</b>	<b>Kent Under 17 Men 800m</b>			<b>Final</b>	<b>15.56</b>
	CBP: Jack Higgins Bexley AC 1:59.43 2018				
	Previous Winner: Samuel Reardon Black & Brom H AC 2:02.08 2020				
394	Callum Wilson	Dartford Harriers AC	409	Alexander Middleton	Black & Brom H AC
407	Thomas Beare	Dartford Harriers AC	410	Ethan Rollings	Med and Maid AC
408	Yuvraj Dhaliwal	Dartford Harriers AC	411	Adam Whitlock	Invicta East Kent AC
<b>T55</b>	<b>Middlesex Under 17 Men 800 Metres</b>			<b>Heats</b>	<b>16.00</b>
	CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018				
	Previous Winner: Jonny Brook St Mary's Richmond AC 2:04.75 2020				
559	Harold Greenfields	Thames Valley Harriers	727	William Lammas	Hillingdon AC
706	Noah Clarke	Barnet & District AC	728	Ryan Stoddart	Hillingdon AC
708	Louie Samuels	Barnet & District AC	729	Callum Sydenham	Barnet & District AC
725	Max Bishop	Thames Valley Harriers	730	Digby Turk	St Mary's Richmond AC
726	Artie Feeny-Willings	London Heathside			
<b>T56</b>	<b>Hertfordshire Under 20 Men 800 Metres</b>			<b>Final</b>	<b>16.08</b>
	CBP: Beck Grover Herts Phoenix 1:56.61 2017				
	Previous Winner: George Dowding Dacorum & Tring AC 2:04.08 2019				
86	Joseph Chamberlain	Herts Phoenix AC			
<b>T56</b>	<b>Middlesex Under 20 Men 800 Metres</b>			<b>Final</b>	<b>16.08</b>
	CBP: Yusuf Bizimana Victoria Park & TH AC 1:56.03 2018				
	Previous Winner: Hanad Ahmed Hillingdon AC 2:09.99 2020				
723	Zachary Dickens	Hillingdon AC	724	Luca Matharu	Harrow AC
<b>T57</b>	<b>Kent Under 20 Men 800m</b>			<b>Final</b>	<b>16.12</b>
	CBP: Dylan Rigby Invicta East Kent AC 1:57.31 2015				
	Previous Winner: Charles Crick Tonbridge AC 2:00.36 2020				
389	Pablo Seema-Roca	Black & Brom H AC	404	Adam Lane	Ashford AC
390	Matthew Smith	Black & Brom H AC	405	Thomas Sugden	Black & Brom H AC
403	Jack Bowley	Canterbury Ath Acad	406	Harrison White	Canterbury Ath Acad

<b>T58</b>	<b>Kent Senior Men 800m</b>			<b>Final</b>	<b>16.16</b>
	CBP: Tim Alexander Med & Maid AC 1:55.11 2008				
	Previous Winner: Jordan Chambers Maidstone Harriers 2:00.57 2020				
385	Stuart McNally (M45)	Dartford Harriers AC	401	Colin Bates (M60)	Dartford Harriers AC
400	James Akhurst	Invicta East Kent AC	402	Alexander Donnelly	Med and Maid AC
<b>T59</b>	<b>Middlesex Senior Men 800 Metres</b>			<b>Final</b>	<b>16.20</b>
	CBP: Ben Waterman Ealing Southall and Middlesex 1:53.69 2013				
	Previous Winner: Victor Nutakor Newham & Essex B's AC 2:00.39 2020				
717	Scott Brewer (M35)	Thames Valley Harriers	720	Jag Matharu (M50)	Harrow AC
718	Anthony Bryan (T37)	Herts Phoenix AC	721	David Renton (M45)	Mornington Chasers
719	David Foley (M60)	Ealing Southall & Middx	722	Philip York (M55)	Wimborne AC
<b>T60</b>	<b>Kent Senior Women 800m</b>			<b>Final</b>	<b>16.24</b>
	CBP: Kathryn Sutton Dartford Harriers AC 2:14.26 2017				
	Previous Winner: Chloe Sharp Central Park Athletics 2:15.01 2020				
415	Pandora Banbury	Tonbridge AC	417	Sophie Hawkins	Tonbridge AC
416	Annabel Carter	Tonbridge AC			
<b>T60</b>	<b>Middlesex Senior Women 800 Metres</b>			<b>Final</b>	<b>16.24</b>
	CBP: Georgia Bell Shaftesbury Barnet Harriers 2:07.72 2014				
	Previous Winner: Tania-cyrena Cyrus Enfield and Haringey AC 2:21.16 2020				
734	Lia Radus	Shaftesbury Barnet H			
<b>T60</b>	<b>Middlesex Under 20 Women 800 Metres</b>			<b>Final</b>	<b>16.24</b>
	CBP: Isabel Dye Thames Valley Harr 2:12.31 2016				
	Previous Winner: Milly Dunne Highgate Harriers 2:35.61 2020				
735	Midnight Adams	Ealing Southall & Middx	736	Madeleine Casey	Thames Valley Harriers
<b>T61</b>	<b>Kent Under 20 Women 800m</b>			<b>Final</b>	<b>16.28</b>
	CBP: Caroline Ford Cambridge Harriers 2:20.92 2011				
	Previous Winner: Joy Kelvin Bexley AC 11.21 2020				
418	Abigail Hope	Canterbury Ath Acad	421	Morgan Squibb	Black & Brom H AC
419	Billie Rouse	Med and Maid AC	422	Annabel Young	Med and Maid AC
420	Emma Ryan	Med and Maid AC			
<b>T62</b>	<b>Kent Under 17 Men 200m</b>			<b>Final</b>	<b>16.31</b>
	CBP: Kristian Samwell-Nash Ashford AC 22.25 2019				
	Previous Winner: Zachary Nwogwugwu Black & Brom H AC 22.91 2020				
<b>T63</b>	<b>Middlesex Under 17 Men 200 Metres</b>			<b>Final</b>	<b>16.34</b>
	CBP: Rhion Samuel Enfield & Haringey 22.27 2008				
	Previous Winner: Reece Earle Thames Valley Harriers 22.90 2020				
<b>T64</b>	<b>Kent Under 20 Men 200m</b>			<b>Final</b>	<b>16.37</b>
	CBP: Korede Awe Invicta East Kent AC 21.95 2018				
	Previous Winner: Anton Bachorski Tonbridge AC 22.42 2020				
<b>T65</b>	<b>Middlesex Under 20 Men 200 Metres</b>			<b>Final</b>	<b>16.41</b>
	CBP: Jerome Musa-Lawal Shaftesbury Barnet Harriers 22.14 2010				
	Lumar Sylvester Thames Valley Harriers 22.14 2010				
	Previous Winner: Kai English Ealing Southall & Middx 22.47 2020				
<b>T66</b>	<b>Kent Senior Men 200m</b>			<b>Final</b>	<b>16.50</b>
	CBP: Jack Lennard Tonbridge AC 21.86 2019				
	Previous Winner: Jack Lennard Tonbridge AC 22.51 2020				
<b>T67</b>	<b>Middlesex Senior Men 200 Metres</b>			<b>Final</b>	<b>16.56</b>
	CBP: Phoenix Lyon Shaftesbury Barnet H 22.05 2020				
	Previous Winner: Phoenix Lyon Shaftesbury Barnet H 22.05 2020				

<b>T68</b>	<b>Middlesex Under 17 Women 800 Metres</b> CBP: Georgina Bell Ealing Southall and Middlesex 2:12.20 2010 Previous Winner: Katherine Mckenzie Woodford Green AC w EL 2:17.64 2020	<b>Final</b>	<b>17.02</b>
<b>T69</b>	<b>Kent Under 15 Girls 800m</b> CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018 Previous Winner: Josephine Bassett Med and Maid AC 2:22.92 2020	<b>Final</b>	<b>17.08</b>
<b>T70</b>	<b>Middlesex Under 17 Men 800 Metres</b> CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018 Previous Winner: Jonny Brook St Mary's Richmond AC 2:04.75 2020	<b>Final</b>	<b>17.14</b>

**FIELD EVENTS**

<b>F1</b>	<b>Hertfordshire Senior Men Shot</b> CBP: Alex Jovanovski Enfield & Haringey AC 12.49 2016 Previous Winner: Shaun Wall Dacorum & Tring AC 11.12 2019	<b>Final</b>	<b>10.00</b>
123	Ray McKenna (M45)	Rugby & Northampton	
<b>F1</b>	<b>Kent Senior Men Shot</b> CBP: Scott Rider Birchfield Harriers 18.38m 2011 Previous Winner: Alexander Hookway Tonbridge AC 12.55 2020	<b>Final</b>	<b>10.00</b>
347	Bilen Ahmet (M35)	Kingston AC & Poly H	485 Khuwayne Linton Harrow AC
<b>F1</b>	<b>Middlesex Senior Men Shot</b> CBP: Eliot Thompson Enfield & Haringey AC 13.49 2017 Previous Winner: Glen Crowie Hillingdon AC 9.46 2020	<b>Final</b>	<b>10.00</b>
530	Daniel Ryan	Herne Hill Harriers	800 Glen Crowie Hillingdon AC
799	Kevin Acraman	Hillingdon AC	801 Andre Pereira Carneiro St Mary's Richmond AC
<b>F1</b>	<b>Kent Under 20 Men Shot</b> CBP: Chris Gearing Belgrave Harriers 17.72m 2004 Previous Winner: Douglas Noel Invicta East Kent AC 12.80 2020	<b>Final</b>	<b>10.00</b>
486	Dillon Claydon	Black & Brom H AC	
<b>F1</b>	<b>Middlesex Under 20 Men Shot</b> CBP: Kai Jones Newham & Essex Beagles AC 17.07 2014 Previous Winner: Matthew Collingridge Kingston AC & Poly H 12.34 2020	<b>Final</b>	<b>10.00</b>
802	Cameron Sharma	St Mary's Richmond AC	
<b>F2</b>	<b>Kent Under 17 Women Pole Vault</b> CBP: Ailis McGovern Bexley AC 3.55 2013 Ellie Gooding Ashford AC 3.55 2013 Previous Winner: Lucinda White Tonbridge AC 3.00 2020 Ellie Gooding Ashford AC 3.55 2013	<b>Final</b>	<b>10.10</b>
363	Neve Bachelor	Tonbridge AC	
<b>F2</b>	<b>Middlesex Under 17 Women Pole Vault</b> CBP: Megan Bailey Harrow AC 3.30 2014 Previous Winner: Manon Baines Shaftesbury Barnet H 3.10 2020	<b>Final</b>	<b>10.10</b>
685	Mia De Vivenot	Windsor Slough Eton & H AC	782 Erin Marshall Enfield and Haringey AC
781	Francesca Bocchetti	Enfield and Haringey AC	
<b>F2</b>	<b>Hertfordshire Under 15 Girls Pole Vault</b> CBP: Keira Hicks Stevenage & North H AC 2.95 2014 Previous Winner: Aimie Taylor Stevenage & North H AC 2.20 2019	<b>Final</b>	<b>10.10</b>
115	Isabella Turner	Dacorum AC	

<b>F2</b>	<b>Middlesex Under 15 Girls Pole Vault</b> CBP: Megan Bailey Harrow 3.05 2012 Previous Winner: Erin Marshall Enfield and Haringey AC 2.40 2020	<b>Final</b>	<b>10.10</b>
783	Amelia Greenfields Thames Valley Harriers	784	Emily Mann Enfield and Haringey AC
<b>F3</b>	<b>Hertfordshire Under 17 Men Long Jump</b> CBP: Courtney Hart Dacorum & Tring 6.32 2010 Previous Winner: Daniel Fielding HAWCS 5.75 2019	<b>Final</b>	<b>11.00</b>
6	Tobias Achampong Watford Harriers	16	Bobby Pitman Stevenage & NH
9	Omatsola Dudu Watford Harriers	116	Nathan Reeves Herts Phoenix AC
<b>F3</b>	<b>Kent Under 17 Men Long Jump</b> CBP: Tobiloba Adeniyi Cambridge Harriers 6.47 2013 Previous Winner: Jacob Byfield Black & Brom H AC 6.09 2020	<b>Final</b>	<b>11.00</b>
249	Andrew Nikoro Black & Brom H AC	353	Dante McNichol Tonbridge AC
251	Joe Stone Tonbridge AC	394	Callum Wilson Dartford Harriers AC
324	Oliver Brooke Tonbridge AC	450	Reef Page Tonbridge AC
352	Adam Akinola Bexley AC		
<b>F3</b>	<b>Middlesex Under 17 Men Long Jump</b> CBP: Romain Walcott Enfield & Haringey 6.44 2008 Previous Winner: Sean Oceng Engena Highgate Harriers 5.94 2020	<b>Final</b>	<b>11.00</b>
683	Remy Weinbrecht Highgate Harriers	789	Luca Kaye Woodford Green AC w EL
<b>F4</b>	<b>Hertfordshire Under 15 Boys Shot</b> CBP: Max Price Stevenage & North Herts 13.27 2013 Previous Winner: Harry Scrowther Stevenage & North H AC 11.28 2019	<b>Final</b>	<b>11.30</b>
125	Godwin Mutandwa Dacorum AC	126	Kenneth Powley Dacorum AC
<b>F4</b>	<b>Kent Under 15 Boys Shot</b> CBP: Chris Gearing Medway AC 16.05m 2001 Previous Winner: Kai Barham Dartford Harriers AC 12.85 2020	<b>Final</b>	<b>11.30</b>
261	Victor Redman Folkestone RC	490	Arun Menon Dartford Harriers AC
489	Sonny Hatch Dartford Harriers AC	491	Damien Osei-Bonsu Dartford Grammar Sch
<b>F5</b>	<b>Hertfordshire Senior Men High Jump</b> CBP: Elijor Harris Stevenage & North H AC 1.95 2016 Previous Winner: Harvey Griffiths Watford Harriers 1.60 2019	<b>Final</b>	<b>12.40</b>
103	Harvey Griffiths (M50) Harrow AC		
<b>F5</b>	<b>Kent Senior Men High Jump</b> CBP: Martin Lloyd Bexley AC 2.20m 2008 Previous Winner: Alexander Hookway Tonbridge AC 1.65 2019	<b>Final</b>	<b>12.40</b>
347	Bilen Ahmet (M35) Kingston AC & Poly H	447	Matthew Smiley Ashford AC
<b>F5</b>	<b>Hertfordshire Under 20 Men High Jump</b> CBP: Jason Hamilton Dacorum & Tring 2.03 2010 Previous Winner: No Competition 2019	<b>Final</b>	<b>12.40</b>
104	Toby Cherry Dacorum AC		
<b>F5</b>	<b>Kent Under 20 Men High Jump</b> CBP: Martin Lloyd Bexley AC 2.10m 1998 Previous Winner: Pedro Gleadall Black & Brom H AC 1.90 2020	<b>Final</b>	<b>12.40</b>
217	Fidunu Abidekun Ilford AC	448	Zachary Beasty Tonbridge AC
226	Aston Fredericks Thanet AC	449	Harvey Fordham Paddock Wood AC



<b>F5</b>	<b>Middlesex Under 20 Men High Jump</b> CBP: M.Glover (St Mary's Richmond) 1.95 2011 Previous Winner: No Competition 2020		<b>Final</b>	<b>12.40</b>	
547	Kimani Jack	Shaftesbury Barnet H	765	Zakaria Lloyd	Harrow AC
764	Jamaal Darlington	Thames Valley Harriers	766	Noor-Eldin Mahmoud	Thames Valley Harriers
<b>F6</b>	<b>Hertfordshire Under 15 Boys Long Jump</b> CBP: Robert Gayler Shaftesbury Barnet Harriers 6.23 2008 Previous Winner: Joshua Lee Dacorum & Tring AC 4.63 2019		<b>Final</b>	<b>12.40</b>	
22	David Ohadekwe	Watford Harriers			
<b>F6</b>	<b>Kent Under 15 Boys Long Jump</b> CBP: Tobiloba Adeniyi Cambridge Harriers 5.93 2011 Previous Winner: Joe Stone Paddock Wood AC 5.39 2020		<b>Final</b>	<b>12.40</b>	
254	Emmanuel Evbota	Dartford Grammar Sch	329	Rahman Odugbayi	Dartford Grammar Sch
327	Joel Aggrey	Central Park Athletics	354	Arinze Nwafor	Dartford Grammar Sch
328	Hans Nmaju	Dartford Grammar Sch			
<b>F6</b>	<b>Middlesex Under 15 Boys Long Jump</b> CBP: Arnold Mensuoh Highgate Harriers 6.01m 2013 Previous Winner: Akshajan Nesalingam Hillingdon AC 4.86 2020		<b>Final</b>	<b>12.40</b>	
586	Alex Konstantaras	Barnet & District AC	593	Jaian Saunders	Barnet & District AC
587	Shenal Kuranage	Thames Valley Harriers	595	Edgar Wetherell	Victoria Park & TH AC
591	Said Mohammed-Mariche	Highgate Harriers			
<b>F7</b>	<b>Hertfordshire Senior Women Pole Vault</b> CBP: Anne Rees Stevenage & North Herts 3.65 2013 Previous Winner: Erin Breen Herts Phoenix 3.20 2019		<b>Final</b>	<b>12.40</b>	
114	Shannon Rapacchi	Stevenage & NH			
<b>F7</b>	<b>Kent Senior Women Pole Vault</b> CBP: Liz Hughes Blackheath and Bromley Harriers AC 4.00m 2004 Previous Winner: Grace Thomas Dartford Harriers AC 2.80 2020		<b>Final</b>	<b>12.40</b>	
467	Angie Crush (W45)	Tonbridge AC	470	Jennifer Sheasby	Enfield & Haringey AC
468	Teresa Eades (W60)	Dartford Harriers AC	471	Grace Thomas	Dartford Harriers AC
469	Holly Platt	Black & Brom H AC			
<b>F7</b>	<b>Middlesex Senior Women Pole Vault</b> CBP: Sarah Semeraro Enfield and Haringey AC 3.60 2018 & 2020 Previous Winner: Sarah Semeraro Enfield and Haringey AC 3.60 2020		<b>Final</b>	<b>12.40</b>	
773	Stacey Gonzalez Betancourt (W45)	Shaftesbury Barnet H	775	Holly Pan	Thames Valley Harriers
774	Helen Leadbetter (W35)	Ealing Southall & Middx	776	Sarah Stephen	Thames Valley Harriers
<b>F8</b>	<b>Hertfordshire Under 17 Women Triple Jump</b> CBP: Yasmin Lakin Watford 11.14 2012 Previous Winner: Emma Imamovic Barnet & District AC 10.24 2019		<b>Final</b>	<b>13.30</b>	
84	Natalie Cloy	Dacorum AC			
<b>F8</b>	<b>Kent Under 17 Women Triple Jump</b> CBP: Eloise Harvey Dartford Harriers AC 11.85 2017 Previous Winner: Libby Turbutt Ashford AC 11.23 2020		<b>Final</b>	<b>13.30</b>	
362	Emily Algeo	Black & Brom H AC	366	Emma Powell	Bexley AC

<b>F8</b>	<b>Kent Under 15 Girls Triple Jump</b> CBP: Libby Turbutt Ashford AC 10.83 2019 Previous Winner: Emma Powell Bexley AC 9.22 2020	<b>Final</b>	<b>13.30</b>
304	Isabella Amartey Dartford Harriers AC	455	Qi-Chi Ukpai Black & Brom H AC
<b>F8</b>	<b>Middlesex Under 15 Girls Triple Jump</b> CBP: Ruth-Ann Otaruoh Thames Valley Harriers 10.52 2018 Previous Winner: No Competition 2020	<b>Final</b>	<b>13.30</b>
792	Milli Bridgman-Athanasatos London Heathside	798	Alana Thomas Harrow AC
<b>F9</b>	<b>Hertfordshire Under 17 Men Shot</b> CBP: David Koffi Stevenage & North H AC 14.19 2018 Previous Winner: No Competition 2019	<b>Final</b>	<b>14.00</b>
14	Joe McKeich Dacorum AC	63	Noah Franklin Dacorum AC
16	Bobby Pitman Stevenage & NH	124	Samson Brichieri-Colombi Harlow AC
<b>F9</b>	<b>Kent Under 17 Men Shot</b> CBP: Chris Gearing Belgrave Harriers 17.03m 2003 Previous Winner: Levi Onipede Dartford Grammar School 12.91 2020	<b>Final</b>	<b>14.00</b>
241	Daniel Culver Med and Maid AC	487	Debare Alade Dartford Harriers AC
353	Dante McNichol Tonbridge AC	488	Timi Babatunde Dartford Harriers AC
450	Reef Page Tonbridge AC		
<b>F9</b>	<b>Middlesex Under 17 Men Shot</b> CBP: Kai Jones Ealing Southall and Middlesex 16.18 2012 Previous Winner: Avrimas Arusevilius Victoria Park & TH AC 9.64 2020	<b>Final</b>	<b>14.00</b>
559	Harold Greenfields Thames Valley Harriers		
<b>F10</b>	<b>Kent Under 20 Men Long Jump</b> CBP: Stuart Hitchcock Med & Maid AC 6.90m 2007 Previous Winner: Myles Xavier Black & Brom H AC 6.46 2020	<b>Final</b>	<b>14.40</b>
217	Fidunu Abidekun Ilford AC	234	Owen Ramage Canterbury Ath Acad
233	Pelumi Oguntunde Bexley AC	350	Princeriza Gediz Bexley AC
<b>F10</b>	<b>Middlesex Under 20 Men Long Jump</b> CBP: Jude Bright-Davies Thames Valley Harriers 6.86 2017 Previous Winner: Joshua Barrett-Mowatt Victoria Park & TH AC 6.25 2020	<b>Final</b>	<b>14.40</b>
658	Keelan Farrell Shaftesbury Barnet H	765	Zakaria Lloyd Harrow AC
<b>F11</b>	<b>Kent Senior Women High Jump</b> CBP: Deborah Martin Ashford AC 1.75 2020 Previous Winner: Deborah Martin Ashford AC 1.75 2020	<b>Final</b>	<b>15.00</b>
452	Katherine Hamilton Ashford AC	453	Deborah Martin Ashford AC
<b>F11</b>	<b>Middlesex Senior Women High Jump</b> CBP: Kizzi Barazetti Thames Valley Harriers 1.55 2014 Previous Winner: No Competition 2020	<b>Final</b>	<b>15.00</b>
768	Amelia Macdonald Woodford Green AC w EL	769	Anna Ryan Windsor Slough E & H AC
<b>F11</b>	<b>Hertfordshire Under 20 Women High Jump</b> CBP: Moe Sasegbon Stevenage & North Herts 1.75 2010 Previous Winner: Amy Thurgood Dacorum & Tring AC 1.60 2019	<b>Final</b>	<b>15.00</b>
66	Ami O'Sullivan Watford Harriers	106	Rebecca Wheeler-Henry Shaftesbury Barnet H

<b>F11</b>	<b>Kent Under 20 Women High Jump</b> CBP: Rebecca Hawkins Bexley AC 1.80 2017 Previous Winner: Ayanna Henry Cambridge Harriers 1.50 2020	<b>Final</b>	<b>15.00</b>	
275	Imogen Davis	Thanet AC	454 Rugi Fonti-Kanu	Bexley AC
359	Freya ridge	Tonbridge AC		
<b>F11</b>	<b>Middlesex Under 20 Women High Jump</b> CBP: Eloise Newman Harrow 1.68 2007 Previous Winner: No Competition 2020	<b>Final</b>	<b>15.00</b>	
666	Julie-Anne Boachie	Harrow AC	770 Peggy-Anne Boachie	Harrow AC
<b>F12</b>	<b>Hertfordshire Under 17 Women High Jump</b> CBP: Shaka Egbo Herts Phoenix 1.71 2017 Previous Winner: Aisla Rhodes Stevenage & North H AC 1.60 2019	<b>Final</b>	<b>16.00</b>	
33	Ena Olivier	Herts Phoenix AC	108 Margot Koppe	St Albans AC
107	Alana Ashby	Dacorum AC		
<b>F12</b>	<b>Kent Under 17 Women High Jump</b> CBP: Ashleigh West Medway & Maidstone AC 1.74 2017 Previous Winner: Kacey Walters Shaftesbury Barnet H 1.60 2020	<b>Final</b>	<b>16.00</b>	
284	Lola Brett	Thanet AC	364 Grace O'Connell	Med and Maid AC
288	Harriet Edwards	Thanet AC	369 Daisy Snell	Black & Brom H AC
297	Matilda Secker	Tonbridge AC	425 Tallulah Ndikanwu	Black & Brom H AC
341	Poppy Rowland-Hill	Thanet AC		
<b>F13</b>	<b>Kent Under 20 Women Pole Vault</b> CBP: Ellie Gooding Ashford AC 3.70 2014 Previous Winner: Lois Warden Black & Brom H AC 3.20 2020	<b>Final</b>	<b>16.00</b>	
472	Lily Smith	Dartford Harriers AC	474 Bronwyn Yeandle	Ashford AC
473	Lucinda White	Tonbridge AC		
<b>F13</b>	<b>Middlesex Under 20 Women Pole Vault</b> CBP: Beth Grimsey Enfield & Haringey 3.30 2012 Megan Bailey Harrow AC 3.30 2015 Previous Winner: No Competition 2020 No Competition 2020	<b>Final</b>	<b>16.00</b>	
777	Natali Aleksandrowicz	Enfield and Haringey AC	779 Olimpia Corbo	Shaftesbury Barnet H
778	Manon Baines	Shaftesbury Barnet H	780 Ciara Martin	Enfield and Haringey AC
<b>F14</b>	<b>Kent Senior Men Long Jump</b> CBP: Matthew Burton Kent AC 7.42 2012 Previous Winner: Lewis Smith Ashford AC 6.49 2020	<b>Final</b>	<b>16.00</b>	
203	Sebastian Brooks (F20)	Tonbridge AC	475 Stephen Lake (M45)	Ashford AC
<b>F14</b>	<b>Middlesex Senior Men Long Jump</b> CBP: Darren Morson Victoria Park & TH AC 7.11 2018 Previous Winner: Darren Wiafe-Morson Victoria Park & TH AC 6.88 2020	<b>Final</b>	<b>16.00</b>	
514	Shaguille Eusebe (F20)	Victoria Park & TH AC	786 Ebenezer Joseph	Thames Valley Harriers
524	Carlos Mingoos	London Heathside	787 Kesi Oludoyi	Harrow AC
785	Kahlil Best Morris	Harrow AC	788 Kenan Stephens	Shaftesbury Barnet H
<b>F15</b>	<b>Kent Senior Women Triple Jump</b> CBP: Angela Williams Medway and Maidstone 12.13m 2004 Previous Winner: Nina Ridge Tonbridge AC 8.42 2019	<b>Final</b>	<b>16.00</b>	
483	Jade Oni	Black & Brom H AC		

**Herfordshire, Kent and Middlesex Indoor Championships 2022**

Lee Valley Athletics Centre

<b>F15</b>	<b>Middlesex Senior Women Triple Jump</b> CBP: Angela Barrett Thames Valley Harr 12.85 2015 Previous Winner: No Competition 2020			<b>Final</b>	<b>16.00</b>
602	Vaida Sleinyte	Ealing Southall & Middx	796	Lia Stephenson	Thames Valley Harriers
790	Mary Elcock	Southampton AC			
<b>F15</b>	<b>Hertfordshire Under 20 Women Triple Jump</b> CBP: Yasmin Lakin Shaftesbury Barnet H 11.61 2014 Previous Winner: No Competition 2019			<b>Final</b>	<b>16.00</b>
122	Talia Turay	Dacorum AC			
<b>F15</b>	<b>Kent Under 20 Women Triple Jump</b> CBP: Eloise Harvey Dartford Harriers AC 12.43 2019 Previous Winner: Yasmin Sadler-Reeves Ashford AC 10.67 2020			<b>Final</b>	<b>16.00</b>
274	Chichi Cooper	Cambridge Harriers	484	Kacey Walters	Shaftesbury Barnet H
278	Amirat Mohammed-Hassan	Cambridge Harriers			
<b>F15</b>	<b>Middlesex Under 20 Women Triple Jump</b> CBP: Lia Stephenson Thames Valley Harriers 12.23 2014 Previous Winner: Adedoyin Adeyanju Harrow Athletic Club 10.81 2020			<b>Final</b>	<b>16.00</b>
797	Ruth-Ann Otaruoh	Thames Valley Harriers			

TriCounties Indoor timetable  
19/20 March 2022

**Sunday Timetable - Track**

*(T71-T76 not used)*

10.00	T77	U15G 60 Metres - Herts - Heats (to T104)	12 (2H)
10.06	T78	U15G 60 Metres - Kent - Heats (to T120)	14 (2H)
10.12	T79	U15G 60 Metres - Middx - Heats (to T105)	19 (3H)
10.21	T80	U17W 60 Metres - Herts - Heats (to T116)	8 (2H)
10.27	T81	U17W 60 Metres - Kent - Heats (to T99)	25 (4H)
10.39	T82	U17W 60 Metres - Middx - Heats (to T118)	15 (3H)
10.48	T83	SW/U20W 60 Metres - Herts - Final	3/2
10.51	T84	U20W 60 Metres - Kent - Final	7
10.54	T85	U20W 60 Metres - Middx - Heats (to T107)	16 (3H)
11.03	T86	SW 60 Metres - Kent - Heats (to T119)	10 (2H)
11.09	T87	SW 60 Metres - Middx - Final	7
11.12	T88	U15B 60 Metres - Herts - Final	7
11.15	T89	U15B 60 Metres - Kent - Heats (to T108)	9 (2H)
11.21	T90	U15B 60 Metres - Middx - Heats (to T109)	18 (3H)
11.30	T91	U17M 60 Metres - Herts - Heats (to T110)	11 (2H)
11.36	T92	U17M 60 Metres - Kent - Heats (to T111)	16 (3H)
11.45	T93	U17M 60 Metres - Middx - Heats (to T100)	24 (4H)
11.57	T94	SM/U20M 60 Metres - Herts- Final	3/3
12.00	T95	U20M 60 Metres - Kent - Heats (to T113)	20 (3H)
12.09	T96	U20M 60 Metres - Middx - Heats (to T114)	17 (3H)
12.18	T97	SM 60 Metres - Kent - Heats (to T115)	16 (3H)
12.27	T98	SM 60 Metres - Middx - Heats (to T106)	36 (6H)
12.45	T99	U17W 60 Metres - Kent - Semi-finals (from T81 - to T117)	2sf
12.51	T100	U17M 60 Metres - Middx - Semi-finals (from T93 - to T112)	2sf
13.00	T101	U15G 1500 Metres - Kent/Middx - Final	1/6
13.07	T102	SW/U20W 1500 Metres - Kent - Final	2/3
13.14	T103	U17W 1500 Metres - Herts/Kent/Middx - Final	2/1/5
13.27	T104	U15G 60 Metres - Herts - Final (from T77)	
13.30	T105	U15G 60 Metres - Middx - Final (from T79)	
13.33	T106	SM 60 Metres - Middx - Semi Finals (From T98 - to T121)	3sf
13.36	T107	U20W 60 Metres - Middx - Final (from T85)	
13.39	T108	U15B 60 Metres - Kent - Final (from T89)	
13.42	T109	U15B 60 Metres - Middx - Final (from T90)	
13.45	T110	U17M 60 Metres - Herts - Final (from T91)	
13.48	T111	U17M 60 Metres - Kent - Final (from T92)	
13.51	T112	U17M 60 Metres - Middx - Final (from T100)	
13.54	T113	U20M 60 Metres - Kent - Final (from T95)	
13.57	T114	U20M 60 Metres - Middx - Final (from T96)	
14.00	T115	SM 60 Metres - Kent - Final (from T97)	
14.03	T116	U17W 60 Metres - Herts - Final (from T80)	
14.06	T117	U17W 60 Metres - Kent - Final (from T99)	
14.09	T118	U17W 60 Metres - Middx - Final (from T82)	
14.12	T119	SW 60 Metres - Kent - Final (from 86)	
14.15	T120	U15G 60 Metres - Kent - Final (from T78)	
14.23	T121	SM 60 Metres - Middx - Final (from T106)	
14.30	T122	U15G 300 Metres - Middx - Final	5
14.33	T123	U15G 300 Metres - Kent - Final	5
14.36	T124	U15G 300 Metres - Herts - Final	3

TriCounties Indoor timetable  
19/20 March 2022

14.39	T125	U15B 300 Metres - Kent - Final	5
14.42	T126	U15B 300 Metres - Herts/Middx - Final	2/2
14.45	T127	U17W 300 Metres - Kent - Heats (to T146)	10 (2H)
14.51	T128	U17W 300 Metres - Middx - Heats (to T148)	7 (2H)
15.00	T129	U17W/U20W 400 Metres - Herts - Final	2/3
15.03	T130	U17M 400 Metres - Herts - Final	3
15.06	T131	U17M 400 Metres - Kent - Heats (to T 149)	7 (2H)
15.12	T132	U17M 400 Metres - Middx - Final	4
15.15	T133	SM 400 Metres - Kent - Final	6
15.18	T134	SM 400 Metres - Middx - Heats (to T150)	9 (2H)
15.24	T135	SM/U20M 400 Metres - Herts - Final	3/3
15.27	T136	SW 400 Metres - Kent/Middx - Final	3/2
15.30	T137	U20W 400 Metres - Middx - Heats (to T147)	7 (2H)
15.36	T138	U20W 400 Metres - Kent - Final	4
15.39	T139	U20M 400 Metres - Kent- Final	6
15.42	T140	U20M 400 Metres - Middx - Final	4
15.45	T141	U15B 1500 Metres - Herts/Kent/Middx - Final	1/1/2
15.50	T142	SM 1500 Metres - Herts/Kent/Middx - Final	2/2/4
15.55	T143	U20M 1500 Metres - Herts/Kent/Middx - Final	3/1/4
16.00	T144	U17M 1500 Metres - Herts/Kent - Final	1/7
16.05	T145	U17M 1500 Metres - Middx - Final	9
16.10	T146	U17W 300 Metres - Kent - Final (from T127)	
16.40	T147	U20W 400 Metres - Middx - Final (from T137)	
16.45	T148	U17W 300 Metres - Middx - Final (from T128)	
16.50	T149	U17M 400 Metres - Kent - Final (from T131)	
16.55	T150	SM 400 Metres - Middx - Final (from T134)	

**Sunday Timetable - Field**

10.00	F16	SW/U20W Long Jump - All - North pit	7/11
10.00	F17	U17M/U15B Pole Vault - All	3/3
10.00	F18	U15G Shot - All	10
11.10	F19	SW Shot - All	14
11.40	F20	U15G Long Jump - Herts/Middx - North pit	12
12.30	F21	U20M Pole Vault - All	5
12.30	F22	U17W Shot - All	15
13.00	F23	U15G Long Jump - Kent - North pit	8
13.50	F24	U20W Shot - All	9
14.20	F25	U17M/U15B Triple Jump - All - North pit	2/6
14.30	F26	U17W Long Jump - Kent - South pit	10
14.40	F27	SM Pole Vault - All	7
15.00	F28	U15B High Jump - All - Bed 2	4
15.00	F29	U17M High Jump - All - Bed 1	11
16.00	F30	SM/U20M Triple Jump - All - South pit	4/10
16.00	F31	U17W Long Jump - Herts/Middx - North pit	6
16.40	F32	U15G High Jump - All - Bed 2	9

## TRACK EVENTS

<b>T77</b>	<b>Hertfordshire Under 15 Girls 60 Metres</b>		<b>Heats</b>	<b>10.00</b>	
	CBP: Jodie Williams Herts Phoenix 7.77 2008				
	Previous Winner: Lily Norwood Dacorum & Tring AC 7.82 2019				
37	Anna Brittain	Herts Phoenix AC	43	Jasmine Rance	St Albans AC
38	Sedona de Silva	St Albans AC	44	Rachel Helen Reid	The HAWCS
39	Olivia Judge	Herts Phoenix AC	45	Jasmine Rumsey	Watford Harriers
40	Amena Khanbhai	Watford Harriers	46	Shammah St John	Watford Harriers
41	Alice Lynn	Herts Phoenix AC	47	Mia Taruvinga	Be Fit Today TA
42	Rebecca Owen	Dacorum AC	48	Anya Uzur	Watford Harriers
<b>T78</b>	<b>Kent Under 15 Girls 60m</b>		<b>Heats</b>	<b>10.06</b>	
	CBP: Tatum Nelson Tunbridge Wells & Langton AC 7.8s 1993				
	Vera Chinedu Cambridge Harriers 7.8 2014				
	Vera Chinedu Cambridge Harriers 7.81 2014				
	Previous Winner: Poppy Rowland-Hill Thanet AC 8.20 2020				
304	Isabella Amartey	Dartford Harriers AC	311	Crystal Green	Thanet AC
305	Chizam Boniface	Black & Brom H AC	312	Elicia Lacey	Tonbridge AC
306	Emily Cadman	Cambridge Harriers	313	Azaria Makinde	Med and Maid AC
307	Evangeline Dixon	Tonbridge AC	314	Violet Maxted	Ashford AC
308	Grace Durrant	Med and Maid AC	315	Olivia Mtungwazi	Sevenoaks AC
309	Lily Gayle	Cambridge Harriers	316	Niniola Omotola	Med and Maid AC
310	Sienna Gratwick	Med and Maid AC	317	Nuriah Orhurhu	Cambridge Harriers
<b>T79</b>	<b>Middlesex Under 15 Girls 60 Metres</b>		<b>Heats</b>	<b>10.12</b>	
	CBP: Niah Akintokun Shaftesbury Barnet H 7.63 2020				
	Previous Winner: Niah Akintokun Shaftesbury Barnet H 7.63 2020				
634	Takiyah Barbe-Springer	Thames Valley Harriers	644	Deanna Koranteng-Addo	Shaftesbury Barnet H
635	Jhazmy Charles	Victoria Park & TH AC	645	Kiana Kwaakoa	Victoria Park & TH AC
636	Dwitee Chaudhari	Ealing Southall & Middx	646	Casia Langley Bradshaw	London Heathside
637	Sienna Corbyn	Shaftesbury Barnet H	647	Daisy Lennox	Enfield and Haringey AC
638	Zoe Dolan	Thames Valley Harriers	648	Angel McLeod	Shaftesbury Barnet H
639	Cherilee Doyle	Hillingdon AC	649	Onyebuchi Odiaka	Shaftesbury Barnet H
640	Hebe Evans	Hillingdon AC	650	Laureen Okagbenu	Victoria Park & TH AC
641	Suraya Frost	London Heathside	651	Alexia Quintanilla	Thames Valley Harriers
642	AnnaLucia Harley	Shaftesbury Barnet H	652	Clana Robinson	Victoria Park & TH AC
643	Martha Jolly	London Heathside			
<b>T80</b>	<b>Hertfordshire Under 17 Women 60 Metres</b>		<b>Heats</b>	<b>10.21</b>	
	CBP: Charlotte Wingfield Enfield & Haringey 7.79 2010				
	Previous Winner: Marli Jessop Dacorum & Tring AC 7.93 2019				
29	Amelia Gittens	Herts Phoenix AC	33	Ena Olivier	Herts Phoenix AC
30	Freya Lund	The HAWCS	34	Hannah Owolabi	Herts Phoenix AC
31	Omaserichi Moneke	Watford Harriers	35	Yona Ramphort	Watford Harriers
32	Anya Morzaria	Watford Harriers	36	Tiana Rizzo	Herts Phoenix AC
<b>T81</b>	<b>Kent Under 17 Women 60m</b>		<b>Heats</b>	<b>10.27</b>	
	CBP: Daryll Neita Cambridge Harriers 7.59 2012				
	Montell Douglas Bromley AC 7.6s 2002				
	Previous Winner: Sileena Farrell Dartford Harriers AC 7.84 2020				
279	Grace Akindeji	Med and Maid AC	292	Ciara McGinty	Cambridge Harriers
280	Rebeccah Akinsanya	Med and Maid AC	293	Harriet Medlen	Tonbridge AC
281	Deborah Akomolede	Dartford Harriers AC	294	Emily Moyle	Med and Maid AC
282	Princess Asemota	Med and Maid AC	295	Eleana Norman	Ashford AC
283	Faith Assah	Cambridge Harriers	296	Jayda Ofori-Awuah	Med and Maid AC
284	Lola Brett	Thanet AC	297	Matilda Secker	Tonbridge AC
285	Isabelle Bridgeman	Tonbridge AC	298	Eve Seery	Thanet AC
286	Janaii Coote	Cambridge Harriers	299	Imogen Smith	Dartford Harriers AC
287	Cerys Daniels	Cambridge Harriers	300	Libby Smith	Tonbridge AC
288	Harriet Edwards	Thanet AC	301	Lucy Tallon	Tonbridge AC
289	Ellie Hepple	Kent AC	302	Millie Vas	Thanet AC
290	Georgina Kyte	Invicta East Kent AC	303	Nina Whitter	Black & Brom H AC
291	Darcie Maple	Invicta East Kent AC			

<b>T82</b>	<b>Middlesex Under 17 Women 60 Metres</b>		<b>Heats</b>	<b>10.39</b>	
	CBP: Desiree Henry Enfield & Haringey 7.64 2010				
	Previous Winner: Mia Smith Hillingdon AC 7.81 2020				
619	Beulah Badero	Ealing Southall & Middx	627	Tosin Jokosenumi	Shaftesbury Barnet H
620	Frea Bell	Enfield and Haringey AC	628	Juanita Kyere-Aidoo	Hillingdon AC
621	Emily Chichi	Thames Valley Harriers	629	Kyra Martin	Enfield and Haringey AC
622	Angel Doyle	Hillingdon AC	630	Azaria Nwankwo	Shaftesbury Barnet H
623	Nia Forbes-Agyepong	Shaftesbury Barnet H	631	Izuchi Okorie	Victoria Park & TH AC
624	Patricia Grudz-Edmondson	Thames Valley Harriers	632	Gracious Olamona	Thames Valley Harriers
625	Katie Harries	Shaftesbury Barnet H	633	Anna Rose	Shaftesbury Barnet H
626	Olive Harvey-Dew	Shaftesbury Barnet H			
<b>T83</b>	<b>Hertfordshire Senior Women 60 Metres</b>		<b>Final</b>	<b>10.48</b>	
	CBP: Philippa Lowe Dacorum & Tring AC 7.90 2015				
	Previous Winner: No Competition 2019				
24	Chrissy Murray	Watford Harriers	26	Sophie Segun	Herts Phoenix AC
25	Esme O'Connell (T20/F20)	Dacorum AC			
<b>T83</b>	<b>Hertfordshire Under 20 Women 60 Metres</b>		<b>Final</b>	<b>10.48</b>	
	CBP: Frances Slater Herts Phoenix 7.83 2011				
	Previous Winner: Dara Apoola Shaftesbury BH 8.04 2019				
27	Nathalia Dunbar	Herts Phoenix AC	28	Daisy Marshall	The HAWCS
<b>T84</b>	<b>Kent Under 20 Women 60m</b>		<b>Final</b>	<b>10.51</b>	
	CBP: Daryll Neita Cambridge Harriers 7.49 2013				
	Previous Winner: Zsiriah Thomas Black & Brom H AC 7.78 2020				
272	Maya Ambrosine	Canterbury Ath Acad	276	Emily Kerr	Black & Brom H AC
273	Ysabella Castle	Canterbury Ath Acad	277	Daisy Meenan	Canterbury Ath Acad
274	Chichi Cooper	Cambridge Harriers	278	Amirat Mohammed-Hassan	Cambridge Harriers
275	Imogen Davis	Thanet AC			
<b>T85</b>	<b>Middlesex Under 20 Women 60 Metres</b>		<b>Heats</b>	<b>10.54</b>	
	CBP: Annie Tagoe Thames Valley Harriers 7.58 2010				
	Previous Winner: Chinwe Iwunze Shaftesbury Barnet H 7.73 2020				
603	Camille Alaphilippe	Highgate Harriers	611	Mia Grey	Thames Valley Harriers
604	Laura Auguste	Victoria Park & TH AC	612	Deborah Ibekwe	Thames Valley Harriers
605	Roslyn Danquah	Thames Valley Harriers	613	Milan Jervier	Harrow AC
606	Paulina Dibotti	Hillingdon AC	614	Tomi Olatona	Enfield and Haringey AC
607	Charis Duncan	Enfield and Haringey AC	615	Chloe Savva	Enfield and Haringey AC
608	Eliezer Elliott	Ealing Southall & Middx	616	Mia Smith	Hillingdon AC
609	Jasmine Francis	Victoria Park & TH AC	617	Demi Smith-Scott	Hillingdon AC
610	Mya Green	Harrow AC	618	Shiloh Wright-Taipow	Serpentine RC



<b>T86</b>	<b>Kent Senior Women 60m</b>		<b>Heats</b>	<b>11.03</b>	
	CBP: Xanine Powell Cambridge Harriers 7.62s 2006				
	Previous Winner: Doyin Aderinto Cambridge Harriers 7.88 2020				
262	Derin Aderinto	Cambridge Harriers	267	Faye Olszowka	Bexley AC (T20)
263	Doyin Aderinto	Cambridge Harriers	268	Rachel Omavowan Taylor	Cambridge Harriers
264	Suzanne Bachelor (W40)	Tonbridge AC	269	Louisa Vallins (W40)	Black & Brom H AC
265	Kirstie Cooper (W45)	Dartford Harriers AC	270	Abigail Walters	Med and Maid AC
266	Victory Ogbah	Cambridge Harriers	271	Sarah Westrap (W45)	Tonbridge AC
<b>T87</b>	<b>Middlesex Senior Women 60 Metres</b>		<b>Final</b>	<b>11.09</b>	
	CBP: Nicola Gilbert Enfield & Haringey AC 7.60 2014				
	Previous Winner: Eleanor Ball London Heathside 7.94 2020				
596	Melanie Dyke	Be Fit Today TA	600	Ella Johnson	Victoria Park & TH AC
597	Akaysha Ellis	Enfield and Haringey AC	601	Amy Mat	Belgrave Harriers
598	Miriam Glassner	London City AC	602	Vaida Sleinyte	Ealing Southall & Middx
599	Mary Igbinosa-Ighile	Victoria Park & TH AC			
<b>T88</b>	<b>Hertfordshire Under 15 Boys 60 Metres</b>		<b>Final</b>	<b>11.12</b>	
	CBP: Uchenna Okoh Dacorum & Tring AC 7.32 2014				
	Previous Winner: No Competition 2019				
17	Moyo Adesanya	Barnet & District AC	21	Nathan Kuti	Barnet & District AC
18	Aryan Bhagawati	St Albans AC	22	David Ohadekwe	Watford Harriers
19	Edgar Dogbe	Watford Harriers	23	Freddie Stewart	Dacorum AC
20	Matthew Gearing	Herts Phoenix AC			
<b>T89</b>	<b>Kent Under 15 Boys 60m</b>		<b>Heats</b>	<b>11.15</b>	
	CBP: Dante Legister Cambridge Harriers 7.06 2020				
	Previous Winner: Dante Legister Cambridge Harriers 7.06 2020				
253	James Beecroft	Sevenoaks AC	258	Alexander Morrell	Black & Brom H AC
254	Emmanuel Evbota	Dartford Grammar Sch	259	Kemakolam Jr. Onyemaechi	Cambridge Harriers
255	Tishe Fatona	Dartford Grammar Sch	260	Tom Ravenscroft	Cambridge Harriers
256	Alfie Hughes	Swale Combined AC	261	Victor Redman	Folkestone RC
257	Rhys Joyeux	Cambridge Harriers			
<b>T90</b>	<b>Middlesex Under 15 Boys 60 Metres</b>		<b>Heats</b>	<b>11.21</b>	
	CBP: Reece Earle Thames Valley Harriers 7.11 2019				
	Previous Winner: Malachi Amadi Shaftesbury Barnet H 7.41 2020				
578	Joshua Adeoye	London Heathside	587	Shenal Kuranage	Thames Valley Harriers
579	Miles Andrew	Thames Valley Harriers	588	Isaiah Kyere-Aidoo	Hillingdon AC
580	Zayn Azabdaftery	Harrow AC	589	Kadir Lain-Goppy	Ealing Southall & Middx
581	Alexander De-Ben Rockson	Thames Valley Harriers	590	Luke Lo	Thames Valley Harriers
582	Montana Dennis	London Heathside	591	Said Mohammed-Mariche	Highgate Harriers
583	Kayden Earl	Ealing Southall & Middx	592	Damien Mutch	Barnet & District AC
584	Asher Escobar	Shaftesbury Barnet H	593	Jaian Saunders	Barnet & District AC
585	Nathan Howell	Shaftesbury Barnet H	594	Cruz Sutherland-Plante	Thames Valley Harriers
586	Alex Konstantaras	Barnet & District AC	595	Edgar Wetherell	Victoria Park & TH AC
<b>T91</b>	<b>Hertfordshire Under 17 Men 60 Metres</b>		<b>Heats</b>	<b>11.30</b>	
	CBP: Dominic Ashwell Dacorum & Tring AC 6.97 2015				
	Previous Winner: Rohan Bagai Shaftesbury BH 7.39 2019				
6	Tobias Achampong	Watford Harriers	12	Joshua Heesom	Herts Phoenix AC
7	Matthew Ajayi	Watford Harriers	13	William Kennedy	St Albans AC
8	Adam Bungay	Stevenage & NH	14	Joe McKeich	Dacorum AC
9	Omatsola Dudu	Watford Harriers	15	Anthony Michaelides	Barnet & District AC
10	Regan Grant	The HAWCS	16	Bobby Pitman	Stevenage & NH
11	Nathan Hedges	Dacorum AC			

<b>T92</b>	<b>Kent Under 17 Men 60m</b>			<b>Heats</b>	<b>11.36</b>
	CBP: Daniel Bonich Bexley Borough AC 7.0s 1996				
	Previous Winner: Dejaune Lingard Cambridge Harriers 7.06 2020				
237	Zachary Adkins	Invicta East Kent AC	245	Harvey Humpheryes	Thanet AC
238	Rahaan Beckford Collier	Cambridge Harriers	246	Cameron Isaac	Med and Maid AC
239	Marley Byfield	Black & Brom H AC	247	Dante Legister	Cambridge Harriers
240	Daniel Chigbu	Dartford Harriers AC	248	Ivan Martin	Invicta East Kent AC
241	Daniel Culver	Med and Maid AC	249	Andrew Nikoro	Black & Brom H AC
242	Oluwaferanmi Dere	Dartford Harriers AC	250	Daniel Shoyoye	Med and Maid AC
243	Callum Dickson	Tonbridge AC	251	Joe Stone	Tonbridge AC
244	Leo Godfrey	Ashford AC	252	Leonardo Thomas	Tonbridge AC
<b>T93</b>	<b>Middlesex Under 17 Men 60 Metres</b>			<b>Heats</b>	<b>11.45</b>
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017				
	Previous Winner: Reece Earle Thames Valley Harriers 7.10 2020				
554	Dexter Abeyasekera	Thames Valley Harriers	567	Oliver Laurens	Shaftesbury Barnet H
555	Piers Boatn	Hillingdon AC	568	Maxwell Litchmore	Thames Valley Harriers
556	Miles Cameron	London Heathside	569	Elijah Marshall	Highgate Harriers
557	Trey Corlis	London Heathside	570	Erik Nagy	Enfield and Haringey AC
558	Matei Frunza	Shaftesbury Barnet H	571	Connor Neale	Enfield and Haringey AC
559	Harold Greenfields	Thames Valley Harriers	572	Victor Odiaka	Shaftesbury Barnet H
560	Lucas Hardy	Hillingdon AC	573	Nikita Petrov	Shaftesbury Barnet H
562	Samuel Jagroop	Hillingdon AC	574	Krishtian Prinkibas	Enfield and Haringey AC
563	Theo Jarrett	Ealing Southall & Middx	575	Jawad Rahman	Dwain Chambers Perf A
564	Zico Jones	Shaftesbury Barnet H	576	Demario Seaton	Thames Valley Harriers
565	Jesse Katabazi	Victoria Park & TH AC	577	Marcel Winter	Woodford Green AC w EL
566	Josh Kwasau	Thames Valley Harriers			
<b>T94</b>	<b>Hertfordshire Senior Men 60 Metres</b>			<b>Final</b>	<b>11.57</b>
	CBP: Adam Daish Enfield & Haringey 7.08 2008				
	Previous Winner: No Competition 2019				
1	Leon Braithwaite (M45)	Enfield & Haringey			
<b>T94</b>	<b>Hertfordshire Under 20 Men 60 Metres</b>			<b>Final</b>	<b>11.57</b>
	CBP: Destiny Ogali Dacorum & Tring AC 6.97 2019				
	Previous Winner: Destiny Ogali Dacorum & Tring AC 6.97 2019				
2	Emmanuel Fatimehin	-	4	Jacob Kinchin-Smith	Stevenage & NH
3	Jamie Joseph	Stevenage & NH	5	Charlie Powell	St Albans AC
<b>T95</b>	<b>Kent Under 20 Men 60m</b>			<b>Heats</b>	<b>12.00</b>
	CBP: James Ellington Belgrave Harriers 6.82s 2004				
	Previous Winner: Anton Bachorski Tonbridge AC 6.95 2020				
217	Fidunu Abidekun	Ilford AC	227	Jake Goodman	Invicta East Kent AC
218	Joshua Aboagye	Med and Maid AC	228	Flynn Hughes	Ashford AC
219	Fortune Adah-Jahs	Bexley AC	229	Kieran Isaac	Med and Maid AC
220	Adedamola Ajayi	Bexley AC	230	Samuel Martin	Canterbury Ath Acad
221	James Baker	Dartford Harriers AC	231	Trey McPherson	Dartford Harriers AC
222	Harry Blake	Med and Maid AC	232	Olumuyiwa Odelusi	Bexley AC
223	Andrew Bull	Canterbury Ath Acad	233	Pelumi Oguntunde	Bexley AC
224	Khalid Dabiri	Bexley AC	234	Owen Ramage	Canterbury Ath Acad
225	Jasper Emmanuel	Med and Maid AC	235	Ethan Tasker	Tonbridge AC
226	Aston Fredericks	Thanet AC	236	Joseph E Terry	Tonbridge AC

<b>T96</b>	<b>Middlesex Under 20 Men 60 Metres</b>		<b>Heats</b>	<b>12.09</b>	
	CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010				
	Previous Winner: William Andoh Victoria Park & TH AC 6.92 2020				
537	Don Aborah	Victoria Park & TH AC	546	Joel Houslin	Thames Valley Harriers
538	Zavier Achiampong	Highgate Harriers	547	Kimani Jack	Shaftesbury Barnet H
539	Aaron Barrett-Mowatt	Victoria Park & TH AC	548	Josh Kelly	Thames Valley Harriers
540	Myles Brown	Thames Valley Harriers	549	Joseph Nash	Enfield and Haringey AC
541	Calvin Busulwa	Hillingdon AC	550	Bryan Ogbeor	Shaftesbury Barnet H
542	Zack Clarke-Green	Ealing Southall & Middx	551	Presley Owobu	Victoria Park & TH AC
543	Reece Earle	Thames Valley Harriers	552	D'Oyen Pencile	Victoria Park & TH AC
544	Joshua Gracia	Victoria Park & TH AC	553	Onaope Sogbesan	Shaftesbury Barnet H
545	Isaiah Hills	Enfield and Haringey AC			
<b>T97</b>	<b>Kent Senior Men 60m</b>		<b>Heats</b>	<b>12.18</b>	
	CBP: Mark Williams Blackheath Harriers 6.8s 1994				
	Korede Awe Invicta East Kent AC 6.81 2019				
	Previous Winner: Maximilian Heavens Invicta East Kent AC 6.85 2020				
201	Justin Bailey	Dartford Harriers AC	209	Matthew Knight	Black & Brom H AC
202	Duayne Bovell (M35)	Black & Brom H AC	210	Leslie Lartey	Kent AC
203	Sebastian Brooks (T20)	Tonbridge AC	211	Mark McAllister (M50)	Tonbridge AC
204	Ryan Burt	Invicta East Kent AC	212	Connor Neal	Thanet AC
205	Stephen Daly (M50)	Tonbridge AC	213	Chizute Ogbedeh	Black & Brom H AC
206	Michael Damoah	Black & Brom H AC	214	Harry Osborne	Med and Maid AC
207	Rhys Francis	Black & Brom H AC	215	Lewis Parsons	Thanet AC
208	Nathan Isaac	Med and Maid AC	216	Ralph Unwin	Black & Brom H AC
<b>T98</b>	<b>Middlesex Senior Men 60 Metres</b>		<b>Heats</b>	<b>12.27</b>	
	CBP: Joshua Swaray Hillingdon 6.7 2010				
	Previous Winner: Phoenix Lyon Shaftesbury Barnet H 6.98 2020				
501	Zaid Al Shammary	Thames Valley Harriers	520	Shay James	Ealing Southall & Middx
502	Clyde Anucha	Thames Valley Harriers	521	Phoenix Lyon	Shaftesbury Barnet H
503	Christian Anuyagu	Victoria Park & TH AC	522	Chaka Maillat	Thames Valley Harriers
505	Alex Bramble	Enfield and Haringey AC	523	Louis Menzies-Walker	Victoria Park & TH AC
506	Jude Bright-Davies	Thames Valley Harriers	524	Carlos Mingoos	London Heathside
507	Nickarlo Brown	Harrow AC	525	Ethan Norman	Herne Hill Harriers
508	Jonathan Bull	Highgate Harriers	526	Cian O'Donnell	London Heathside
509	Chris Burbidge	Ealing Southall & Middx	527	Johnson Ogunniyi	Shaftesbury Barnet H
510	Jeffrey Chu	London Heathside	528	Uyiosa Osawe	Victoria Park & TH AC
511	Kevel Dobbs-Niles	Enfield and Haringey AC	529	Eugene Riza	Shaftesbury Barnet H
512	Jason Dwaah	Victoria Park & TH AC	530	Daniel Ryan	Herne Hill Harriers
513	Marvin Edwards	North East Veterans AC	531	Sean Sutherland	Shaftesbury Barnet H
514	Shaguille Eusebe (T20)	Victoria Park & TH AC	532	Lumar Sylvester	Thames Valley Harriers
515	Harjeet Gill	Ealing Southall & Middx	533	Chris Tang	Victoria Park & TH AC
516	Omar Grant	Harrow AC	534	Bilal Uba	Ealing Southall & Middx
517	Nataniel Gutkowski	Thames Valley Harriers	535	Jonathan Wickham	Thames Valley Harriers
518	David Henderson	Victoria Park & TH AC	536	Kyron Williams	Enfield and Haringey AC
519	Marlon Hogg-Williams	Newham & Essex B AC			
<b>T99</b>	<b>Kent Under 17 Women 60m</b>		<b>S/F</b>	<b>12.45</b>	
	CBP: Daryll Neita Cambridge Harriers 7.59 2012				
	Montell Douglas Bromley AC 7.6s 2002				
	Previous Winner: Sileena Farrell Dartford Harriers AC 7.84 2020				
<b>T100</b>	<b>Middlesex Under 17 Men 60 Metres</b>		<b>S/F</b>	<b>12.51</b>	
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017				
	Previous Winner: Reece Earle Thames Valley Harriers 7.10 2020				
<b>T101</b>	<b>Kent Under 15 Girls 1500m</b>		<b>Final</b>	<b>13.00</b>	
	CBP: Morgan Squibb Black & Brom H AC 4:50.64 2017				
	Previous Winner: Abigail Royden Med and Maid AC 5:27.46 2020				
431	Ingrid Lake	Cambridge Harriers	444	Isabel Pauling	Black & Brom H AC
442	Megan Barlow	Black & Brom H AC	445	Niamh Stanley	Black & Brom H AC
443	Emma Clayton	Folkestone RC	446	Iris Williams	Cambridge Harriers

<b>T101</b>	<b>Middlesex Under 15 Girls 1500 Metres</b> CBP: Myla Stiling Victoria Park & TH AC 5:04.29 2018 Previous Winner: No Competition 2020	<b>Final</b>	<b>13.00</b>
763	Rachel Riedlinger	St Mary's Richmond AC	
<b>T102</b>	<b>Kent Senior Women 1500m</b> CBP: Chloe Sharp Central Park Athletics 4:32.46 2020 Previous Winner: Chloe Sharp Central Park Athletics 4:32.46 2020	<b>Final</b>	<b>13.07</b>
416	Annabel Carter	Tonbridge AC	440 Alexa Parker Kent AC
<b>T102</b>	<b>Kent Under 20 Women 1500m</b> CBP: No Previous Competition	<b>Final</b>	<b>13.07</b>
421	Morgan Squibb	Black & Brom H AC	441 Hannah Clark Black & Brom H AC
422	Annabel Young	Med and Maid AC	
<b>T103</b>	<b>Hertfordshire Under 17 Women 1500 Metres</b> CBP: Laura Farrar St. Albans 4:58.75 2010 Previous Winner: Emeline Brown St Albans AC 5:45.31 2019	<b>Final</b>	<b>13.14</b>
96	Daisy Willson	Dacorum AC	102 Beth Moody Dacorum AC
<b>T103</b>	<b>Kent Under 17 Women 1500m</b> CBP: Charlotte Young Med and Maid AC 4:54.54 2018 Previous Winner: Hannah Clark Black & Brom H AC 5:00.77 2020	<b>Final</b>	<b>13.14</b>
427	Lola Sutton	Med and Maid AC	
<b>T103</b>	<b>Middlesex Under 17 Women 1500 Metres</b> CBP: Georgia Fear Highgate Harriers 4:56.63 2013 Previous Winner: Madeleine Casey Thames Valley Harriers 5:03.65 2020	<b>Final</b>	<b>13.14</b>
737	Millie-May Collins-Smith	Blackheath & Bromley H AC	743 Kayla Saunders Harrow AC
738	Charlotte Edge	Thames Valley Harriers	762 Nicole Mcgovern Shaftesbury Barnet H
741	Emma Mccluskey	Barnet & District AC	
<b>T104</b>	<b>Hertfordshire Under 15 Girls 60 Metres</b> CBP: Jodie Williams Herts Phoenix 7.77 2008 Previous Winner: Lily Norwood Dacorum & Tring AC 7.82 2019	<b>Final</b>	<b>13.27</b>
<b>T105</b>	<b>Middlesex Under 15 Girls 60 Metres</b> CBP: Niah Akintokun Shaftesbury Barnet H 7.63 2020 Previous Winner: Niah Akintokun Shaftesbury Barnet H 7.63 2020	<b>Final</b>	<b>13.30</b>
<b>T106</b>	<b>Middlesex Senior Men 60 Metres</b> CBP: Joshua Swaray Hillingdon 6.7 2010 Previous Winner: Phoenix Lyon Shaftesbury Barnet H 6.98 2020	<b>S/F</b>	<b>13.33</b>
<b>T107</b>	<b>Middlesex Under 20 Women 60 Metres</b> CBP: Annie Tagoe Thames Valley Harriers 7.58 2010 Previous Winner: Chinwe Iwunze Shaftesbury Barnet H 7.73 2020	<b>Final</b>	<b>13.36</b>
<b>T108</b>	<b>Kent Under 15 Boys 60m</b> CBP: Dante Legister Cambridge Harriers 7.06 2020 Previous Winner: Dante Legister Cambridge Harriers 7.06 2020	<b>Final</b>	<b>13.39</b>
<b>T109</b>	<b>Middlesex Under 15 Boys 60 Metres</b> CBP: Reece Earle Thames Valley Harriers 7.11 2019 Previous Winner: Malachi Amadi Shaftesbury Barnet H 7.41 2020	<b>Final</b>	<b>13.42</b>
<b>T110</b>	<b>Hertfordshire Under 17 Men 60 Metres</b> CBP: Dominic Ashwell Dacorum & Tring AC 6.97 2015 Previous Winner: Rohan Bagai Shaftesbury BH 7.39 2019	<b>Final</b>	<b>13.45</b>

<b>T111</b>	<b>Kent Under 17 Men 60m</b> CBP: Daniel Bonich Bexley Borough AC 7.0s 1996 Previous Winner: Dejaune Lingard Cambridge Harriers 7.06 2020	<b>Final</b>	<b>13.48</b>		
<b>T112</b>	<b>Middlesex Under 17 Men 60 Metres</b> CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017 Previous Winner: Reece Earle Thames Valley Harriers 7.10 2020	<b>Final</b>	<b>13.51</b>		
<b>T113</b>	<b>Kent Under 20 Men 60m</b> CBP: James Ellington Belgrave Harriers 6.82s 2004 Previous Winner: Anton Bachorski Tonbridge AC 6.95 2020	<b>Final</b>	<b>13.54</b>		
<b>T114</b>	<b>Middlesex Under 20 Men 60 Metres</b> CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010 Previous Winner: William Andoh Victoria Park & TH AC 6.92 2020	<b>Final</b>	<b>13.57</b>		
<b>T115</b>	<b>Kent Senior Men 60m</b> CBP: Mark Williams Blackheath Harriers 6.8s 1994 Korede Awe Invicta East Kent AC 6.81 2019 Previous Winner: Maximilian Heavens Invicta East Kent AC 6.85 2020	<b>Final</b>	<b>14.00</b>		
<b>T116</b>	<b>Hertfordshire Under 17 Women 60 Metres</b> CBP: Charlotte Wingfield Enfield & Haringey 7.79 2010 Previous Winner: Marli Jessop Dacorum & Tring AC 7.93 2019	<b>Final</b>	<b>14.03</b>		
<b>T117</b>	<b>Kent Under 17 Women 60m</b> CBP: Daryll Neita Cambridge Harriers 7.59 2012 Montell Douglas Bromley AC 7.6s 2002 Previous Winner: Sileena Farrell Dartford Harriers AC 7.84 2020	<b>Final</b>	<b>14.06</b>		
<b>T118</b>	<b>Middlesex Under 17 Women 60 Metres</b> CBP: Desiree Henry Enfield & Haringey 7.64 2010 Previous Winner: Mia Smith Hillingdon AC 7.81 2020	<b>Final</b>	<b>14.09</b>		
<b>T119</b>	<b>Kent Senior Women 60m</b> CBP: Xanine Powell Cambridge Harriers 7.62s 2006 Previous Winner: Doyin Aderinto Cambridge Harriers 7.88 2020	<b>Final</b>	<b>14.12</b>		
<b>T120</b>	<b>Kent Under 15 Girls 60m</b> CBP: Tatum Nelson Tunbridge Wells & Langton AC 7.8s 1993 Vera Chinedu Cambridge Harriers 7.8 2014 Vera Chinedu Cambridge Harriers 7.81 2014 Previous Winner: Poppy Rowland-Hill Thanet AC 8.20 2020	<b>Final</b>	<b>14.15</b>		
<b>T121</b>	<b>Middlesex Senior Men 60 Metres</b> CBP: Joshua Swaray Hillingdon 6.7 2010 Previous Winner: Phoenix Lyon Shaftesbury Barnet H 6.98 2020	<b>Final</b>	<b>14.23</b>		
<b>T122</b>	<b>Middlesex Under 15 Girls 300 Metres</b> CBP: Jeslyn Agyei-Kyem Walton AC 41.92 2018 Previous Winner: Annalise Agyei-Kyem Walton Athletic Club 42.53 2020	<b>Final</b>	<b>14.30</b>		
677	Ella Burrige	London Heathside	691	Flora Allan	Ealing Southall & Middx
679	Magdeline Paitoo	London Heathside	692	Macie Sutherland	Shaftesbury Barnet H
680	Charlotte Reynaert	Thames Valley Harriers			
<b>T123</b>	<b>Kent Under 15 Girl 300m</b> CBP: Holly Mpassy Black & Brom H AC 41.82 2017 Previous Winner: Faith Mpassy Black & Brom H AC 43.55 2020	<b>Final</b>	<b>14.33</b>		
344	Gabriella Noyce	Cambridge Harriers	379	Ella Thomas	Tonbridge AC
371	Alyssa Firla	Black & Brom H AC	380	Abigail Williams	Black & Brom H AC
378	Jennifer Clayton	Folkestone RC			

<b>T124</b>	<b>Hertfordshire Under 15 Girls 300 Metres</b>				<b>Final</b>	<b>14.36</b>
	CBP: Niamy Day Stevenage & North H AC 44.25 2019					
	Previous Winner: Niamy Day Stevenage & North H AC 44.25 2019					
72	Bethany Botheras	Herts Phoenix AC	74	Thalia Mann	Watford Harriers	
73	Jessica Keenan	The HAWCS				
<b>T125</b>	<b>Kent Under 15 Boys 300m</b>				<b>Final</b>	<b>14.39</b>
	CBP: Mubarrak Salih Cambridge Harriers 37.66 2020					
	Previous Winner: Mubarrak Salih Cambridge Harriers 37.66 2020					
255	Tishe Fatona	Dartford Grammar Sch	373	Lucas Cameron	Med and Maid AC	
257	Rhys Joyeux	Cambridge Harriers	374	Brandon Nathan	Dartford Grammar Sch	
330	Elijah Olaleye	Cambridge Harriers				
<b>T126</b>	<b>Hertfordshire Under 15 Boys 300 Metres</b>				<b>Final</b>	<b>14.42</b>
	CBP: Uchenna Okoh Dacorum & Tring AC 37.66 2014					
	Previous Winner: Harry Bridge Dacorum & Tring AC 41.00 2019					
23	Freddie Stewart	Dacorum AC	71	Dylan Winfield	Dacorum AC	
<b>T126</b>	<b>Middlesex Under 15 Boys 300 Metres</b>				<b>Final</b>	<b>14.42</b>
	CBP: Zico Jones Shaftesbury Barnet H 38.60 2020					
	Previous Winner: Zico Jones Shaftesbury Barnet H 38.60 2020					
583	Kayden Earl	Ealing Southall & Middx	662	Milton Cooper	London Heathside	
<b>T127</b>	<b>Kent Under 17 Women 300m</b>				<b>Heats</b>	<b>14.45</b>
	CBP: Emily Newnham Dartford Harriers AC 39.63 2020					
	Previous Winner: Emily Newnham Dartford Harriers AC 39.63 2020					
283	Faith Assah	Cambridge Harriers	363	Neve Bachelor	Tonbridge AC	
285	Isabelle Bridgeman	Tonbridge AC	365	Keziah Olaleye	Cambridge Harriers	
293	Harriet Medlen	Tonbridge AC	375	Evie Cameron	Med and Maid AC	
297	Matilda Secker	Tonbridge AC	376	Gabriella Martin	Black & Brom H AC	
343	Alexia Scotiniadis	Sevenoaks AC	377	Ruby Towler	Med and Maid AC	
<b>T128</b>	<b>Middlesex Under 17 Women 300 Metres</b>				<b>Heats</b>	<b>14.51</b>
	CBP: Jeslyn Agyei-Kyem Walton Athletic Club 41.22 2020					
	Previous Winner: Jeslyn Agyei-Kyem Walton Athletic Club 41.22 2020					
626	Olive Harvey-Dew	Shaftesbury Barnet H	688	Charlotte Harris	Barnet & District AC	
671	Roma Goddard	Belgrave Harriers	689	Lola McCann-Ezekiel	Shaftesbury Barnet H	
675	Olivia Sparks	Thames Valley Harriers	690	Maya Sutaria	Thames Valley Harriers	
687	Katharine Boissiere	Ealing Southall & Middx				
<b>T129</b>	<b>Hertfordshire Under 20 Women 400 Metres</b>				<b>Final</b>	<b>15.00</b>
	CBP: Laura Wake Herts Phoenix 58.51 2008					
	Previous Winner: Katie Liptrot HAWCS 63.66 2019					
56	Serena Thomas	Herts Phoenix AC	83	Emily Swain	The HAWCS	
82	Elsie Leiper	Dacorum AC				
<b>T129</b>	<b>Hertfordshire Under 17 Women 400 Metres</b>				<b>Final</b>	<b>15.00</b>
	CBP: Emily Hack St Albans AC 57.94 2015					
	Previous Winner: Katie Liptrot HAWCS 63.66 2019					
84	Natalie Cloy	Dacorum AC	85	Mia Higson	Shaftesbury Barnet H	
<b>T130</b>	<b>Hertfordshire Under 17 Men 400 Metres</b>				<b>Final</b>	<b>15.03</b>
	CBP: Nathan Wake Herts Phoenix 51.36 2007					
	Previous Winner: Will Farndale No Result 2019					
79	Maxwell Chisholm	Herts Phoenix AC	81	Marcus Devenport	Dacorum AC	
80	Cameron Clowes	The HAWCS				

<b>T131</b>	<b>Kent Under 17 Men 400m</b>		<b>Heats</b>	<b>15.06</b>	
	CBP: Ethan Brown Dartford Harriers AC 50.01 2017				
	Previous Winner: Michael Uozie Dartford Harriers AC 51.14 2020				
251	Joe Stone	Tonbridge AC	393	Charlie Rouse	Med and Maid AC
353	Dante McNichol	Tonbridge AC	394	Callum Wilson	Dartford Harriers AC
391	Christopher Barrett	Black & Brom H AC	395	Zak Yusuf	Tonbridge AC
392	Harry Fage	Black & Brom H AC			
<b>T132</b>	<b>Middlesex Under 17 Men 400 Metres</b>		<b>Final</b>	<b>15.12</b>	
	CBP: Linus Field St Mary's Richmond 51.19 2011				
	Previous Winner: Isaac Bloodworth Hillingdon AC 51.66 2020				
705	Zackeria Atek	Harrow AC	707	Charlie Richardson	St Mary's Richmond AC
706	Noah Clarke	Barnet & District AC	708	Louie Samuels	Barnet & District AC
<b>T133</b>	<b>Kent Senior Men 400m</b>		<b>Final</b>	<b>15.15</b>	
	CBP: Conrad Williams Kent AC 48.37s 2008				
	Previous Winner: Lewis Collins Tonbridge AC 49.16 2020				
319	Kristian Samwell-Nash	Ashford AC	383	Fuad Busoir	Cambridge Harriers
381	George Blake	Med and Maid AC	384	Noah Friend	Tonbridge AC
382	Joseph Burton	Med and Maid AC	385	Stuart McNally (M45)	Dartford Harriers AC
<b>T134</b>	<b>Middlesex Senior Men 400 Metres</b>		<b>Heats</b>	<b>15.18</b>	
	CBP: Andrew Howell Harrow 49.12 2010				
	Previous Winner: Isaac Ogunlade Herne Hill Harriers 51.50 2020				
656	Michael Vassiliou	Enfield and Haringey AC	697	Isaac Ogunlade	Herne Hill Harriers
693	William Andoh	Victoria Park & TH AC	698	Daniel Woodburn	Belgrave Harriers
694	Tristan Fraai	Thames Valley Harriers	699	Vladimir Woodham-Smith	London Heathside
695	Tomasz Kosciuszko	Thames Valley Harriers	700	Siu Wah Yau	Thames Valley Harriers
696	Kirk Lebdiri	Ealing Southall & Middx			
<b>T135</b>	<b>Hertfordshire Senior Men 400 Metres</b>		<b>Final</b>	<b>15.24</b>	
	CBP: Glyn Hawkes Cardiff 49.10 2011				
	Previous Winner: Josh Evans Dacorum & Tring AC 55.12 2019				
75	Jack Downes	The HAWCS	78	George Downes	The HAWCS
76	Haydn Williams	Dacorum AC	76	Haydn Williams	Dacorum AC
<b>T135</b>	<b>Hertfordshire Under 20 Men 400 Metres</b>		<b>Final</b>	<b>15.24</b>	
	CBP: Michael Edwards Enfield & Haringey 50.44 2012				
	Previous Winner: Ben Lloyd Shaftesbury BH 50.9 2019				
4	Jacob Kinchin-Smith	Stevenage & NH	77	Matthew Cox	Herts Phoenix AC
49	Marcus Firby	Watford Harriers			
<b>T136</b>	<b>Kent Senior Women 400m</b>		<b>Final</b>	<b>15.27</b>	
	CBP: Jodie Leslie Bedford & County AC 57.18 2016				
	Previous Winner: Lucy Hope Med and Maid AC 61.50 2020				
332	Chanelle Cole	Black & Brom H AC	396	Lauren Macey	Invicta East Kent AC
333	Lucy Hope	Med and Maid AC			
<b>T136</b>	<b>Middlesex Senior Women 400 Metres</b>		<b>Final</b>	<b>15.27</b>	
	CBP: Lyndsey Fairweather Harrow 56.84 2010				
	Previous Winner: Nastassja Allin Enfield and Haringey AC 57.59 2020				
709	Niamh Grahame	London City AC	710	Alice Hunter	Victoria Park & TH AC
<b>T137</b>	<b>Middlesex Under 20 Women 400 Metres</b>		<b>Heats</b>	<b>15.30</b>	
	CBP: Michelle Mamudu Victoria Park & TH AC 58.17 2018				
	Previous Winner: Cedelle Agyei-Kyem Walton Athletic Club 61.35 2020				
667	Emily Harrison	St Mary's Richmond AC	714	Amy Greig	St Mary's Richmond AC
711	Josie Booker	Ealing Southall & Middx	715	Zakia Mossi	Blackheath & Bromley H A
712	Folasade Fajuke	Victoria Park & TH AC	716	Mia Oldfield	Thames Valley Harriers
713	Teniola Fajuke	Victoria Park & TH AC			

<b>T138</b>	<b>Kent Under 20 Women 400m</b>			<b>Final</b>	<b>15.36</b>
	CBP: Rebecca O'Hara Tonbridge AC 57.42 2017				
	Previous Winner: Asha Root Tonbridge AC 58.14 2020				
336	Jildou Chappell	Invicta East Kent AC	398	Eliz O'Donnell	Tonbridge AC
397	Erin Hughes	Med and Maid AC	399	Maddison Sawyer	Med and Maid AC
<b>T139</b>	<b>Kent Under 20 Men 400m</b>			<b>Final</b>	<b>15.39</b>
	CBP: Farren Morgan Bexley AC 48.98 2012				
	Previous Winner: Connor Neal Thanet AC 50.00 2020				
323	Michael Uzozie	Black & Brom H AC	388	Tommy Owler	Folkestone Running Club
386	Maurizio Corrodus	Black & Brom H AC	389	Pablo Seema-Roca	Black & Brom H AC
387	Benjamin Lineker	Med and Maid AC	390	Matthew Smith	Black & Brom H AC
<b>T140</b>	<b>Middlesex Under 20 Men 400 Metres</b>			<b>Final</b>	<b>15.42</b>
	CBP: Nilrem Stewart Thames Valley Harriers 50.34 2017				
	Previous Winner: Mittio Mohammadian Shaftesbury Barnet H 50.92 2020				
701	Isaac Bloodworth	Hillingdon AC	703	Gus Carter	Ealing Southall & Middx
702	Bradley Brazil	Hillingdon AC	704	Arun Smith	Ealing Southall & Middx
<b>T141</b>	<b>Hertfordshire Under 15 Boys 1500 Metres</b>			<b>Final</b>	<b>15.45</b>
	CBP: Jamie Dee Herts Phoenix 4:13.51 2012				
	Previous Winner: Callum Sydenham Barnet & District AC 4:55.06 2019				
101	Patrick Thorne	Stevenage & NH			
<b>T141</b>	<b>Kent Under 15 Boys 1500m</b>			<b>Final</b>	<b>15.45</b>
	CBP: Samuel Reardon Black & Brom H AC 4:28.23 2018				
	Previous Winner: Ethan Fiore Cambridge Harriers 4:37.45 2019				
439	Louie Griggs	Dartford Grammar Sch			
<b>T141</b>	<b>Middlesex Under 15 Boys 1500 Metres</b>			<b>Final</b>	<b>15.45</b>
	CBP: Finn Harvey Shaftesbury Barnet H 4:29.66 2016				
	Previous Winner: Max Bishop Thames Valley Harriers 4:53.26 2020				
731	Oliver Flemming	Barnet & District AC	761	Mika Stripp	Ealing Southall & Middx
<b>T142</b>	<b>Hertfordshire Senior Men 1500 Metres</b>			<b>Final</b>	<b>15.50</b>
	CBP: James McMurray St Albans AC 3:48.47 2019				
	Previous Winner: James McMurray St Albans AC 3:48.47 2019				
98	George Withers	St Albans AC	99	Charlie Woollett	Watford Harriers
<b>T142</b>	<b>Kent Senior Men 1500m</b>			<b>Final</b>	<b>15.50</b>
	CBP: Dylan Rigby Invicta East Kent AC 4:00.21 2018				
	Previous Winner: Jacques Cunningham-Marsh Med and Maid AC 4:09.81 2020				
434	Ian Mackett (M60)	Ashford AC	435	Andrew Scoones	Swale Combined AC
<b>T142</b>	<b>Middlesex Senior Men 1500 Metres</b>			<b>Final</b>	<b>15.50</b>
	CBP: Mohamed Mohamed Thames Valley Harriers 3:55.48 2014				
	Previous Winner: Philip York Ealing Southall & Middx 5:20.79 2020				
719	David Foley (M60)	Ealing Southall & Middx	749	Chauncey Edwards	Ealing Southall & Middx
722	Philip York (M55)	Wimborne AC	750	Joshua Poncia	Harrow AC
<b>T143</b>	<b>Hertfordshire Under 20 Men 1500 Metres</b>			<b>Final</b>	<b>15.55</b>
	CBP: Kyle Langford Shaftesbury Barnet Harriers 4:05.52 2013				
	Previous Winner: No Competition 2019				
86	Joseph Chamberlain	Herts Phoenix AC			



<b>T143</b>	<b>Kent Under 20 Men 1500m</b>		<b>Final</b>	<b>15.55</b>
	CBP: Marshall Smith Ashford AC 4:10.20 2018			
	Previous Winner: Benjamin Gardiner Black & Brom H AC 4:15.19 2020			
403	Jack Bowley	Canterbury Ath Acad	406	Harrison White
404	Adam Lane	Ashford AC		Canterbury Ath Acad
<b>T143</b>	<b>Middlesex Under 20 Men 1500 Metres</b>		<b>Final</b>	<b>15.55</b>
	CBP: Yusuf Bizimana Victoria Park & TH AC 3:58.60 2018			
	Previous Winner: Declan Connolly Windsor Slough Eton & H AC 4:23.49 2020			
751	Jonny Brook	St Mary's Richmond AC	753	Joe Collinge
752	Eddie Brown	Highgate Harriers	754	Josh Groves
				Highgate Harriers
				Highgate Harriers
<b>T144</b>	<b>Hertfordshire Under 17 Men 1500 Metres</b>		<b>Final</b>	<b>16.00</b>
	CBP: Edward Shepherd Herts Phoenix 4:11.58 2010			
	Previous Winner: Charlie Woollett Watford Harriers 4:21.72 2019			
100	Isaac Whitten	Stevenage & NH		
<b>T144</b>	<b>Kent Under 17 Men 1500m</b>		<b>Final</b>	<b>16.00</b>
	CBP: Samuel Reardon Black & Brom H AC 4:19.09 2020			
	Previous Winner: Samuel Reardon Black & Brom H AC 4:19.09 2020			
392	Harry Fage	Black & Brom H AC	436	Jasper Brooks
408	Yuvraj Dhaliwal	Dartford Harriers AC	437	Jacob Da Costa
409	Alexander Middleton	Black & Brom H AC	438	Arthur Starvis
411	Adam Whitlock	Invicta East Kent AC		Black & Brom H AC
				Dartford Harriers AC
				Black & Brom H AC
<b>T145</b>	<b>Middlesex Under 17 Men 1500 Metres</b>		<b>Final</b>	<b>16.05</b>
	CBP: Rhys Spence Hillingdon 4:09.68 2010			
	Previous Winner: Jonny Brook St Mary's Richmond AC 4:25.76 2020			
706	Noah Clarke	Barnet & District AC	757	Elliot Heath
725	Max Bishop	Thames Valley Harriers	758	Alexander Mulvihill
729	Callum Sydenham	Barnet & District AC	759	Dominic Paine
755	Charlie Brook	St Mary's Richmond AC	760	Luca Spaccatrosi
756	Michael Cattini	Harrow AC		St Mary's Richmond AC
				Highgate Harriers
				Trent Park Running Club
				Highgate Harriers
<b>T146</b>	<b>Kent Under 17 Women 300m</b>		<b>Final</b>	<b>16.10</b>
	CBP: Emily Newnham Dartford Harriers AC 39.63 2020			
	Previous Winner: Emily Newnham Dartford Harriers AC 39.63 2020			
<b>T147</b>	<b>Middlesex Under 20 Women 400 Metres</b>		<b>Final</b>	<b>16.40</b>
	CBP: Michelle Mamudu Victoria Park & TH AC 58.17 2018			
	Previous Winner: Cedelle Agyei-Kyem Walton Athletic Club 61.35 2020			
<b>T148</b>	<b>Middlesex Under 17 Women 300 Metres</b>		<b>Final</b>	<b>16.45</b>
	CBP: Jeslyn Agyei-Kyem Walton Athletic Club 41.22 2020			
	Previous Winner: Jeslyn Agyei-Kyem Walton Athletic Club 41.22 2020			
<b>T149</b>	<b>Kent Under 17 Men 400m</b>		<b>Final</b>	<b>16.50</b>
	CBP: Ethan Brown Dartford Harriers AC 50.01 2017			
	Previous Winner: Michael Uzozie Dartford Harriers AC 51.14 2020			
<b>T150</b>	<b>Middlesex Senior Men 400 Metres</b>		<b>Final</b>	<b>16.55</b>
	CBP: Andrew Howell Harrow 49.12 2010			
	Previous Winner: Isaac Ogunlade Herne Hill Harriers 51.50 2020			

**FIELD EVENTS**

<b>F16</b>	<b>Hertfordshire Senior Women Long Jump</b>		<b>Final</b>	<b>10.00</b>
	CBP: Abigail Holman Harrow 5.26 2012			
	Previous Winner: No Competition 2019			
25	Esme O'Connell (T20/F20)	Dacorum AC		

<b>F16</b>	<b>Kent Senior Women Long Jump</b> CBP: Angela Williams Medway AC 5.60m 2001 Previous Winner: Bonnie Maugey Dartford Harriers AC 4.11 2020	<b>Final</b>	<b>10.00</b>
267	Faye Olszowka Bexley AC (T20)	334	Bonnie Maugey Dartford Harriers AC
<b>F16</b>	<b>Middlesex Senior Women Long Jump</b> CBP: Angela Barrett Harrow 5.51 2008 Previous Winner: Isha Habib Ealing Southall & Middx 4.94 2020	<b>Final</b>	<b>10.00</b>
602	Vaida Sleinyte Ealing Southall & Middx	769	Anna Ryan Windsor Slough E & H AC
768	Amelia Macdonald Woodford Green AC w EL	790	Mary Elcock Southampton AC
<b>F16</b>	<b>Kent Under 20 Women Long Jump</b> CBP: Mayong Tabe Med and Maid AC 5.73 2019 Previous Winner: Yasmin Sadler-Reeves Ashford AC 4.65 2020	<b>Final</b>	<b>10.00</b>
275	Imogen Davis Thanet AC	361	Sarris Teale Ashford AC
355	Georgia Baker Tonbridge AC	476	Rachael Ilori Black & Brom H AC
359	Freya ridge Tonbridge AC	477	Saskia Lean Tonbridge AC
360	Jessie Sargeant Bexley AC	478	Samantha Stubbs Tonbridge AC
<b>F16</b>	<b>Middlesex Under 20 Women Long Jump</b> CBP: Amelia Macdonald Woodford Green AC w EL 5.39 2018 Previous Winner: Cristina Potter Shaftesbury Barnet H 4.53 2020	<b>Final</b>	<b>10.00</b>
603	Camille Alaphilippe Highgate Harriers	667	Emily Harrison St Mary's Richmond AC
617	Demi Smith-Scott Hillingdon AC		
<b>F17</b>	<b>Kent Under 17 Men Pole Vault</b> CBP: Pedro Gleadall Black & Brom H AC 4.25 2018 Previous Winner: Barnaby Corry Black & Brom H AC 4.1 2020	<b>Final</b>	<b>10.00</b>
462	Finn Kitteridge Black & Brom H AC	464	Oscar Witcombe Black & Brom H AC
463	Tom Walker Tonbridge AC		
<b>F17</b>	<b>Hertfordshire Under 15 Boys Pole Vault</b> CBP: Michael Fryer Dacorum & Tring AC 3.30 2014 Previous Winner: No Competition 2019	<b>Final</b>	<b>10.00</b>
113	Henry Ashton Dacorum AC		
<b>F17</b>	<b>Kent Under 15 Boys Pole Vault</b> CBP: Benjamin Platt Black & Brom H AC 3.20 2019 Previous Winner: Oscar Witcombe Black & Brom H AC 3.00 2020	<b>Final</b>	<b>10.00</b>
465	Michael Oyetti Dartford Grammar Sch	466	Charlie Platt Black & Brom H AC
<b>F18</b>	<b>Hertfordshire Under 15 Girls Shot</b> CBP: Tia Stonehouse Dacorum & Tring AC 9.72 2017 Previous Winner: Freya Lund HAWCS 7.40 2019	<b>Final</b>	<b>10.00</b>
134	Berynne Shiels Dacorum AC	135	Talia Williams Dacorum AC
<b>F18</b>	<b>Kent Under 15 Girls Shot</b> CBP: Eloise Locke Black & Brom H AC 13.11 2015 Previous Winner: Millie Vas Thanet AC 9.72 2020	<b>Final</b>	<b>10.00</b>
312	Elicia Lacey Tonbridge AC	372	Bethany Shimmen-Smith Thanet AC
371	Alyssa Firla Black & Brom H AC	498	Erin Simpson Black & Brom H AC
<b>F18</b>	<b>Middlesex Under 15 Girls Shot</b> CBP: Chanel Lovelock Windsor Slough Eton & H 10.18 2019 Previous Winner: Chanel Lovelock Windsor Slough Eton & H AC 9.39 2020	<b>Final</b>	<b>10.00</b>
634	Takiyah Barbe-Springer Thames Valley Harriers	811	Elkie Baker London Heathside
637	Sienna Corbyn Shaftesbury Barnet H	812	Elizabeth Boissiere Ealing Southall & Middx

<b>F19</b>	<b>Hertfordshire Senior Women Shot</b>				<b>Final</b>	<b>11.10</b>
	CBP: Moe Sasegbon Stevenage & North H AC 12.20 2017					
	Previous Winner: Louise Kelly St Albans AC 8.93 2019					
127	Pam Davenport (W50)	Barnet & District AC	129	Catherine Scott (W65)	Barnet & District AC	
128	Louise Kelly (W45)	St Albans AC				
<b>F19</b>	<b>Kent Senior Women Shot</b>				<b>Final</b>	<b>11.10</b>
	CBP: Shaunagh Brown Black & Brom H AC 15.21 2011					
	Previous Winner: Natalie Mann Cambridge Harriers 7.96 2020					
492	Vanessa Hannam (W50)	Med and Maid AC	494	Natalie Mann (W35)	Cambridge Harriers	
493	Christine Lynch (W60)	Swale Combined AC	495	Chloe Williams	Thanet AC	
<b>F19</b>	<b>Middlesex Senior Women Shot</b>				<b>Final</b>	<b>11.10</b>
	CBP: Theodora Spathis Enfield & Haringey AC 11.94 2015					
	Previous Winner: No Competition 2020					
768	Amelia Macdonald	Woodford Green AC w EL	805	Sharon Hutchings (W50)	Veterans AC	
769	Anna Ryan	Windsor Slough Eton & H AC	806	Helene Kehoe (W55)	London Heathside	
803	Laurensa Britane	Thames Valley Harriers	807	Anneli Sydenham (W35)	Barnet & District AC	
804	Harriet Connor	St Mary's Richmond AC				
<b>F20</b>	<b>Hertfordshire Under 15 Girls Long Jump</b>				<b>Final</b>	<b>11.40</b>
	CBP: Marli Jessop Dacorum & Tring AC 5.15 2017					
	Previous Winner: Sabrina Jansen Watford Harriers 4.51 2019					
38	Sedona de Silva	St Albans AC	44	Rachel Helen Reid	The HAWCS	
39	Olivia Judge	Herts Phoenix AC	48	Anya Uzur	Watford Harriers	
42	Rebecca Owen	Dacorum AC	109	Francesca Hart	Stevenage & NH	
<b>F20</b>	<b>Middlesex Under 15 Girls Long Jump</b>				<b>Final</b>	<b>11.40</b>
	CBP: Marilyn Nwawulor Queens Park Harriers 5.33 2007					
	Previous Winner: Chanel Lovelock Windsor Slough Eton & H AC 4.94 2020					
637	Sienna Corbyn	Shaftesbury Barnet H	691	Flora Allan	Ealing Southall & Middx	
641	Suraya Frost	London Heathside	792	Milli Bridgman-Athanasatos	London Heathside	
643	Martha Jolly	London Heathside	793	Karma Idowu	Woodford Green AC w EL	
<b>F21</b>	<b>Hertfordshire Under 20 Men Pole Vault</b>				<b>Final</b>	<b>12.30</b>
	CBP: Joseph J Lister Harrow AC 4.60 2015					
	Previous Winner: Elliot Breen Herts Phoenix 4.20 2019					
111	Thomas Ashton	Dacorum AC	112	Bryce Breen	Herts Phoenix AC	
<b>F21</b>	<b>Kent Under 20 Men Pole Vault</b>				<b>Final</b>	<b>12.30</b>
	CBP: Scott Huggins Black & Brom H AC 4.92m 2008					
	Previous Winner: Pedro Gleadall Black & Brom H AC 4.60 2020					
459	Barnaby Corry	Black & Brom H AC	461	Oluwafemi Segun	Dartford Harriers AC	
460	Benjamin Platt	Black & Brom H AC				
<b>F22</b>	<b>Hertfordshire Under 17 Women Shot</b>				<b>Final</b>	<b>12.30</b>
	CBP: Nicole Parcell HAWCS 12.33 2015					
	Previous Winner: Jessica Hill Dacorum & Tring AC 8.80 2019					
57	Krystal Powley	Dacorum AC	131	Hannah Parsons	Barnet & District AC	
67	Brooke Evans	Dacorum AC	132	Lucia Rizzo	Herts Phoenix AC	
130	Ellie Bostock	The HAWCS	133	Zara Simon	Dacorum AC	
<b>F22</b>	<b>Kent Under 17 Women Shot</b>				<b>Final</b>	<b>12.30</b>
	CBP: Nana Gyedu Cambridge Harriers 15.56 2019					
	Previous Winner: Cleo Agyepong Cambridge Harriers 13.09 2020					
288	Harriet Edwards	Thanet AC	363	Neve Bachelor	Tonbridge AC	
298	Eve Seery	Thanet AC	369	Daisy Snell	Black & Brom H AC	
302	Millie Vas	Thanet AC	497	Hannah Bridge	Cambridge Harriers	

<b>F22</b>	<b>Middlesex Under 17 Women Shot</b>			<b>Final</b>	<b>12.30</b>
	CBP: Dara Adebayo Harrow AC 14.20 2018				
	Previous Winner: Kamelia Baymakova Enfield and Haringey AC 12.42 2020				
685	Mia De Vivenot	Windsor Slough Eton & H AC	810	Coumba Sarr	St Mary's Richmond AC
791	Chanel Lovelock	Windsor Slough Eton & H AC			
<b>F23</b>	<b>Kent Under 15 Girls Long Jump</b>			<b>Final</b>	<b>13.00</b>
	CBP: Layla Hawkins Bromley AC 5.16m 2001				
	Previous Winner: Daisy Snell Black & Brom H AC 4.86 2020				
304	Isabella Amartey	Dartford Harriers AC	344	Gabriella Noyce	Cambridge Harriers
305	Chizam Boniface	Black & Brom H AC	372	Bethany Shimmen-Smith	Thanet AC
312	Elicia Lacey	Tonbridge AC	455	Qi-Chi Ukpai	Black & Brom H AC
314	Violet Maxted	Ashford AC	479	Siv Leila Eliassen	Kent AC
<b>F24</b>	<b>Kent Under 20 Women Shot</b>			<b>Final</b>	<b>13.50</b>
	CBP: Nana Gyedu Black & Brom H AC 13.76 2020				
	Previous Winner: Nana Gyedu Black & Brom H AC 13.76 2020				
355	Georgia Baker	Tonbridge AC	477	Saskia Lean	Tonbridge AC
359	Freya ridge	Tonbridge AC	478	Samantha Stubbs	Tonbridge AC
361	Sarris Teale	Ashford AC	496	Cleo Agyepong	Black & Brom H AC
<b>F24</b>	<b>Middlesex Under 20 Women Shot</b>			<b>Final</b>	<b>13.50</b>
	CBP: A Morankeji Thames Valley Harriers 12.01 2008				
	Previous Winner: Cristina Potter Shaftesbury Barnet H 7.69 2020				
711	Josie Booker	Ealing Southall & Middx	809	Makayla Joseph	Harrow AC
808	Kamilia Baymakova	Enfield and Haringey AC			
<b>F25</b>	<b>Hertfordshire Under 17 Men Triple Jump</b>			<b>Final</b>	<b>14.20</b>
	CBP: Bradley Pike Dacorum & Tring 13.04 2010				
	Previous Winner: Nile Odejimi-Riley Stevenage & North H AC 11.79 2019				
8	Adam Bungay	Stevenage & NH			
<b>F25</b>	<b>Kent Under 17 Men Triple Jump</b>			<b>Final</b>	<b>14.20</b>
	CBP: Matthew Burton Kent AC 13.94m 2004				
	Previous Winner: Michael Alajiki Ashford AC 13.63 2020				
481	David Ola	Dartford Grammar Sch			
<b>F25</b>	<b>Hertfordshire Under 15 Boys Triple Jump</b>			<b>Final</b>	<b>14.20</b>
	CBP: Daniel Gardner Stevenage & North Herts 10.67 2008				
	Previous Winner: No Competition 2019				
121	Billy Day	Dacorum AC			
<b>F25</b>	<b>Kent Under 15 Boys Triple Jump</b>			<b>Final</b>	<b>14.20</b>
	CBP: Jacob Byfield Black & Brom H AC 12.62 2018				
	Previous Winner: Joe Stone Paddock Wood AC 10.94 2020				
254	Emmanuel Evbota	Dartford Grammar Sch	329	Rahman Odugbayi	Dartford Grammar Sch
255	Tishe Fatona	Dartford Grammar Sch	482	Mathieu-William Taylor	Dartford Grammar Sch
256	Alfie Hughes	Swale Combined AC			
<b>F26</b>	<b>Kent Under 17 Women Long Jump</b>			<b>Final</b>	<b>14.30</b>
	CBP: Mayong Tabe Med and Maid AC 5.79 2018				
	Previous Winner: Libby Turbutt Ashford AC 5.42 2020				
284	Lola Brett	Thanet AC	297	Matilda Secker	Tonbridge AC
288	Harriet Edwards	Thanet AC	298	Eve Seery	Thanet AC
289	Ellie Hepple	Kent AC	300	Libby Smith	Tonbridge AC
290	Georgina Kyte	Invicta East Kent AC	362	Emily Algeo	Black & Brom H AC
295	Eleana Norman	Ashford AC	369	Daisy Snell	Black & Brom H AC

<b>F27</b>	<b>Hertfordshire Senior Men Pole Vault</b> CBP: Mark Pinney Stevenage & North H AC 2.40 2015 Previous Winner: No Competition 2019			<b>Final</b>	<b>14.40</b>
76	Haydn Williams	Dacorum AC			
<b>F27</b>	<b>Kent Senior Men Pole Vault</b> CBP: Scott Huggins Black & Brom H AC 5.10 2017 Previous Winner: Bilen Ahmet Kingston AC & Poly H 3.80 2020			<b>Final</b>	<b>14.40</b>
347	Bilen Ahmet (M35)	Kingston AC & Poly H	457	Roger Platt (M50)	Black & Brom H AC
381	George Blake	Med and Maid AC	458	Luke Williams	Ashford AC
<b>F27</b>	<b>Middlesex Senior Men Pole Vault</b> CBP: Stephen McLennan Windsor Slough Eton & Hounslow 4.68 2013 Previous Winner: Joseph West Harrow Athletic Club 4.40 2020			<b>Final</b>	<b>14.40</b>
771	Neal Mason (M70)	Midland Masters AC	772	Stanislav Vilga (M40)	Thames Valley Harriers
<b>F28</b>	<b>Hertfordshire Under 15 Boys High Jump</b> CBP: Max Price Stevenage & North Herts 1.90 2013 Previous Winner: No Competition 2019			<b>Final</b>	<b>15.00</b>
64	Haydan London	Dacorum AC			
<b>F28</b>	<b>Kent Under 15 Boy High Jump</b> CBP: Rico Cottell Blackheath & Bromley H AC 1.80 2016 Previous Winner: Jimi Adesanya Dartford Grammar School 1.59 2020			<b>Final</b>	<b>15.00</b>
439	Louie Griggs	Dartford Grammar Sch	451	Ethan Harris	Dartford Harriers AC
<b>F28</b>	<b>Middlesex Under 15 Boys High Jump</b> CBP: Dominic Ogbachie Highgate Harriers 1.85 2016 Previous Winner: Malakai Watson Enfield and Haringey AC 1.53 2020			<b>Final</b>	<b>15.00</b>
584	Asher Escobar	Shaftesbury Barnet H			
<b>F29</b>	<b>Hertfordshire Under 17 Men High Jump</b> CBP: Matthew Lally Shaftesbury Barnet H 1.95 2014 Previous Winner: Thomas O'Reilly Dacorum & Tring AC 1.55 2019			<b>Final</b>	<b>15.00</b>
14	Joe McKeich	Dacorum AC	105	George Ball	Dacorum AC
63	Noah Franklin	Dacorum AC			
<b>F29</b>	<b>Kent Under 17 Men High Jump</b> CBP: Luke Okosieme Cambridge Harriers 2.01 2017 Previous Winner: Quinn Bury Invicta East Kent AC 1.65 2020			<b>Final</b>	<b>15.00</b>
249	Andrew Nikoro	Black & Brom H AC	394	Callum Wilson	Dartford Harriers AC
353	Dante McNichol	Tonbridge AC	450	Reef Page	Tonbridge AC
<b>F29</b>	<b>Middlesex Under 17 Men High Jump</b> CBP: William Grimsey Enfield & Haringey AC 1.95m 2013 Previous Winner: Or Segal Shaftesbury Barnet H 1.81 2020			<b>Final</b>	<b>15.00</b>
577	Marcel Winter	Woodford Green AC w EL	726	Artie Feeny-Willings	London Heathside
705	Zackeria Atek	Harrow AC	767	Ryan Jones	Newham & Essex B AC
<b>F30</b>	<b>Hertfordshire Senior Men Triple Jump</b> CBP: Sam Poulton Stevenage & North Herts 12.70 2009 Previous Winner: No Competition 2019			<b>Final</b>	<b>16.00</b>
118	Dylan Baines	Stevenage & NH			
<b>F30</b>	<b>Kent Senior Men Triple Jump</b> CBP: Matthew Burton Kent AC 14.97m 2008 Previous Winner: Ashley Buckman Ashford AC 13.77 2020			<b>Final</b>	<b>16.00</b>
347	Bilen Ahmet (M35)	Kingston AC & Poly H	475	Stephen Lake (M45)	Ashford AC

<b>F30</b>	<b>Middlesex Senior Men Triple Jump</b> CBP: Jason Richards-Thompson Victoria Park & Tower Hamlets 14.08 2011 Previous Winner: No Competition 2020			<b>Final</b>	<b>16.00</b>
794	Anand Patel	Harrow AC			
<b>F30</b>	<b>Hertfordshire Under 20 Men Triple Jump</b> CBP: Leo Lundgren Herts Phoenix 13.50 2010 Previous Winner: Ike Laseinde Hills Road Sixth Form College 12.43 2019			<b>Final</b>	<b>16.00</b>
3	Jamie Joseph	Stevenage & NH	120	Lierre Henry	Dacorum AC
119	James Deayn	Dacorum AC			
<b>F30</b>	<b>Kent Under 20 Men Triple Jump</b> CBP: Matthew Burton Kent AC 14.45m 2005 Previous Winner: Brandon Sikity Cambridge Harriers 12.54 2019			<b>Final</b>	<b>16.00</b>
229	Kieran Isaac	Med and Maid AC	349	Michael Alajiki	Ashford AC
233	Pelumi Oguntunde	Bexley AC	480	Kevin Masindo	Ashford AC
<b>F30</b>	<b>Middlesex Under 20 Men Triple Jump</b> CBP: Dean Oamen Shaftesbury Barnet Harriers 13.90m 2013 Previous Winner: No Competition 2020			<b>Final</b>	<b>16.00</b>
538	Zavier Achiampong	Highgate Harriers	795	Hussein Zaaier	Ealing Southall & Middx
658	Keelan Farrell	Shaftesbury Barnet H			
<b>F31</b>	<b>Hertfordshire Under 17 Women Long Jump</b> CBP: Katie Caulfield Herts Phoenix 5.52 2008 Previous Winner: Marli Jessop Dacorum & Tring AC 5.14 2019			<b>Final</b>	<b>16.00</b>
34	Hannah Owolabi	Herts Phoenix AC	67	Brooke Evans	Dacorum AC
57	Krystal Powley	Dacorum AC	117	Bella Riley	Dacorum AC
<b>F31</b>	<b>Middlesex Under 17 Women Long Jump</b> CBP: Amelia Macdonald Enfield & Haringey AC 5.33 2017 Previous Winner: No Competition 2020			<b>Final</b>	<b>16.00</b>
631	Izuchi Okorie	Victoria Park & TH AC	791	Chanel Lovelock	Windsor Slough E & H AC
<b>F32</b>	<b>Hertfordshire Under 15 Girls High Jump</b> CBP: Katie Caulfield Herts Phoenix 1.60 2007 Previous Winner: Rebecca Wheeler-Henry Shaftesbury BH 1.55 2019			<b>Final</b>	<b>16.40</b>
41	Alice Lynn	Herts Phoenix AC	110	Amelie Horn	Herts Phoenix AC
109	Francesca Hart	Stevenage & NH			
<b>F32</b>	<b>Kent Under 15 Girls High Jump</b> CBP: Rebecca Hawkins Bexley AC 1.72 2014 Previous Winner: Daisy Snell Black & Brom H AC 1.57 2020			<b>Final</b>	<b>16.40</b>
304	Isabella Amartey	Dartford Harriers AC	455	Qi-Chi Ukpai	Black & Brom H AC
379	Ella Thomas	Tonbridge AC	456	Emma Windsor	Sevenoaks AC
442	Megan Barlow	Black & Brom H AC			
<b>F32</b>	<b>Middlesex Under 15 Girls High Jump</b> CBP: Marilyn Nwawulor Queens Park Harriers 1.69 2007 Previous Winner: Chanel Lovelock Windsor Slough Eton & H AC 1.43 2020			<b>Final</b>	<b>16.40</b>
692	Macie Sutherland	Shaftesbury Barnet H			