



HERTFORDSHIRE, KENT and MIDDLESEX COUNTIES INDOOR CHAMPIONSHIPS

(UNDER UKA RULES)

16th – 17th March 2024

Lee Valley Indoor Athletics Centre



Validated by

**WORLD RANKINGS COMPETITIONS
MANAGEMENT TEAM**

Souvenir Programme

These Championships are being held in memory of three of our Officials who have sadly died in the last year.

Roy Stratton had been at the centre of Middlesex athletics for more than 30 years, serving twice as their President. He was one of the principal founders of these Championships

Peter Lee of Hertfordshire CAA was a National and County official and was a National Volunteer Award winner for Official of the Year in 2010. He was the Hertfordshire County Official's Secretary for many years.

John Moules of Kent CAA. A well respected starter who was always prepared to offer friendly support and advice. Outside of athletics he had been an illustrious football referee and a leading southern and county official

**Hertfordshire, Kent and Middlesex Indoor Championships –
Lee Valley Athletics Centre – Sat/Sun 16th/17th March 2024**

Notes for Competing Athletes – Please read carefully – It concerns you!

Athletes should report to Athlete Registration at least one hour before their event. (75 minutes for Pole Vault)

Numbers should be worn front and back as issued, except for the High Jump, Long Jump, Triple Jump and Pole Vault. Please bring your own pins.

Club or representative vests must be worn, or clothing acceptable, under UKA Rule T5 S1
Athletes who have entered more than one track event must ensure that they confirm their intention to compete in each event to Athlete Registration at least one hour before each of their events. This is most important for seeding purposes. If you are competing on both days you **must** keep your number and report again on Sunday.

If you need to withdraw after qualifying for a 2nd round or final, you must inform the referee for that event and you then will NOT be able to compete again during these Championships.

All athletes must report to the call room area at the northern (cinema) end of the track as indicated on the displayed call room schedules. Field event athletes will be escorted to their event by an Event Official.

All athletes in the Long Jump, Triple Jump and Shot may have 4 attempts.

Take off boards : SM 11/13, U20M 9/11, SW U20W U17M U17W U15W U15B 7/9.

Maximum spike length 6mm. **Only 6mm Xmas tree spikes may be used on the resurfaced indoor track.**

If insufficient athletes report in Track events, the finals will go at the heat times; similarly, if no semi-finals are required the final will go at semi-final time.

Stadium starting blocks only may be used.

Disability athletes will be issued a block setting card in the Call Room to enable the marksmen to set their blocks, if requested.

There will be no warming up on the circular track. All athletes may warm up on the sprint straight upstairs or on the Outdoor track. No spectators will be permitted on the circular track, unless otherwise authorised by the Meeting Manager.

Medals will be presented to athletes as soon as possible after each event. Potential medallists should report to the presentation area immediately after their event. This area will be situated next to the Announcers table. Track medal presentations will only take place after the Track Referee and Photofinish have agreed and published the results. Field event medallist will be escorted to presentation from their event.

Ample car parking is available free of charge at the stadium.

There is **NO** public catering available, except for drinks/snacks machines.

Information on how to reach the Lee Valley Athletics Centre can be obtained from the Lee Valley Regional Park's website – www.leevalleypark.org.uk **020 8344 7230**

Herts/Kent/Middlesex Indoor Championships
Sat/Sun 16th/17th March 2024 at Lee Valley Indoor Athletics Centre

Day 1 Saturday 16th March 2024

Meeting Manager	Gill Freeman (K)
Asst Meeting Manager	Lewis Makey (K), Sian Thomas (K)
Chief Starter	Jo Newell (M)
Starters	Carol Wright (C) , Ben Kennard (S)
Chief Starters Assistant	Gurpreet Jandu (K)
Starters Assistants	Kyle Spitzer (H), Phil Pape (K), Sam Purser (S)
Track Referee	Joshua Masters (K)
Chief Judge	David Lipscombe (M)
Judges	James Adams (K), Annette Hope (K), Coreen Beckford (M), Sarah Regan (K), Marie-France Tutti (K), Chris Hogwood (K), Anna Fiedlerova (M), Neville Hope (K)
Walks Judges	Noel Carmody (K), John Hall (M), Chris Hobbs (K), Peter Cassidy (E), Mark Culshaw (M), Shaun Lightman (S)
Chief Photofinish	Maureen Fletcher (K)
Photofinish and Seeding	Sara Fletcher (K), Mumbi Keinamma (M), Dawn Hookway (K), Daniel Seechan (M)
PF Technician	Lorraine Vidler (E)
Seeding	David Vidler (E)
Seeding Assist's Runners	Stuart Pugh/Nia Thomas (K)
Chief Timekeeper	Heather Espuete (E)
Timekeepers	Dennis Cullen (H), Geoff Hall (H), Mike Beech (K), Heather Espuete (E), Tim Mundle (E)
Tk &Track Steward	Alex Pope (K)
Field Referees	Deb Biswas (M), Sue Smith (H)
Technical Manager	Amanda Edgley-Pearce (K), John Askew (K)
Clerks of Course Field	Sylviane Provost-Campbell (M), Marion Osborn (K)
Clerk of Course Track	David Walach (K)
Field Judges	Norma Grimesy (M), Steve Marshall (M), Bob Densley (M), Helen Isaacs (M), Sonia Robinson (M), Jennifer Lovell (M), Geoff Hawes (M), Sarah Nancollas (M), Alan Ephgrave (H), John Gandee (H), Tony Tyndale (H), Tony Shaw (H), Mike Botha (K), Chris Stott (H), Suzanne Kendall (M), Ian Turner (M), John Mercer (M), Steve Hesketh (K), Gary Capon (K), Bob Hammond (K), Chris Head-Rapson (K), Claire Capon (K), Rob Turner (K), Frank Czarnowski (K), Steve Hall (K), Tim Williams (K), Wendy Masters (K), John Hall (M), Lesley Hall (K), Claudia Backhaus (M), Simon Baker (M)
Call Room Chief	Barry Dorrity (K)
Call Room Stewards	David Winfield (K), Nicholas Walker (H), Jan Clifford (K), Rhiannon Rowe (K), John Freeman (K)
Athletes Registration	Stuart Broadhead (H), Di Capon (K), Richard Priestly (M), Simon Baker (M)
Result Recorders	Sally Gandee (H), Brian Charlton (K), John Terry (M)
Presentation	Brian Fowler (H), Andrew Scoones (K)/Lee Capon (K), Gerald Alterman (M)
Announcer	Andrew Salton (M)
Comms	-

Herts/Kent/Middlesex Indoor Championships
Sat/Sun 16th/17th March 2024 at Lee Valley Indoor Athletics Centre

Day 2 Sunday 17th March 2024

Meeting Manager	Gill Freeman (K)
Asst Meeting Manager	Lewis Makey (K)
Chief Starter	Carol Wright (C)
Starters	Rob Bush (M), Gurpreet Jandu (K)
Chief Starters Assistant	Ben Kennard (S)
Starters Assistants	Sam Purser (S), Jenny Lambert (M), Jacqueline Francis (K)
Track Referee	Sally Stevens (H)
Chief Judge	Daniel Seechan (M)
Track Umpires	Alex Pope (K), John Mercer (M), Sue Slade (B), Marion Osborn (K), Sian Thomas (K), Dawn Hookway (K), Matt Lythell (S), Pam Venning (K)
Chief Photofinish	Maureen Fletcher (K)
Photofinish	Sara Fletcher (K), David Walach (K), Steve Feeley (H), Andrew Salton (M)
Seeding	David Vidler (E)
Seeding Assist's Runners	Stuart Pugh/Nia Thomas (K)
Chief Timekeeper	Heather Espuete (E)
Timekeepers	Tim Mundle (E), Sharon Herbert (E), Dennis Cullen (H), Geoff Hall (H), Miriam Dorrity (K), Ashley Burridge (S)
Tk &Track Steward	Coreen Beckford (M)
Field Referee	Amanda Edgely-Pearce (K), Steve Marshall (M)
Technical Manager	Dick Sharp (K)
Clerks of Course Field	Deb Biswas (M), Sally Emm (K)
Clerk of Course Track	David Lipscombe (M)
Field Judges	Mike Grimsey (M), Norma Grimesy (M), Bob Densley (M), Sylviane Provost-Campbell (M), Jennifer Lovell (M), Geoff Hawes (M), Sarah Nancollas (M), Tony Tyndale (H), John Gandee (H), Sue Smith (H), Tony Shaw (H), Chris Stott (H), Alan Ephgrave (H), Nicholas Walker (H), Tony Shiret (M), Gary Capon (K), Bob Hamond (K), Chris Head-Rapson (K), Claire Capon (K), Tim Williams (K), Mike Botha (K), Sian Thomas (K), John Hall (M), John Falvey (M), Simon Baker (M), John Askew (K)
Call Room Chief	John Freeman (K)
Call Room Stewards	Suzanne Kendall (M), Jan Clifford (K), David Winfield (K), Jo Newell (M), Claudia Backhaus (M)
Athletes Registration	Stuart Broadhead (H), Di Capon (K), John Husbands (M), Simon Baker (M)
Result recorders	Sally Gandee (H), Brian Charlton (K), John Terry (M)
Presentation	Brian Fowler (H), Andrew Scoones (K)/Lee Capon (K), Gerald Alterman (M)
Announcer	Richard England (M)
Comms	-

Saturday Timetable - Track

10:00	T1	U15G 60 Metres Hurdles - Herts - Final	6
10:05	T2	U15G 60 Metres Hurdles - Kent - Heats	14 (2H)
10:15	T3	U15G 60 Metres Hurdles - Middx - Final	5
10:20	T4	U17W 60 Metres Hurdles - Herts - Final	6
10:25	T5	U17W 60 Metres Hurdles - Kent - Final	6
10:30	T6	U17W 60 Metres Hurdles - Middx - Final	4
10:35	T7	U15B 60 Metres Hurdles - Herts/Middx- Finals	3/1
10:40	T8	U15B 60 Metres Hurdles - Kent - Heats	10 (2H)
10:50	T9	U20W 60 Metres Hurdles - Herts/Middx - Finals	1/3
10:55	T10	U20W 60 Metres Hurdles - Kent - Final	6
11:00	T11	SW 60 Metres Hurdles - Kent - Final	3
11:05	T12	U17M 60 Metres Hurdles - Kent - Heats	9 (2H)
11:15	T13	U17M 60 Metres Hurdles - Herts - Final	2
11:20	T14	U17M 60 Metres Hurdles - Middx - Final	6
11:25	T15	U15G 60 Metres Hurdles - Kent - Final	
11:30	T16	U20M 60 Metres Hurdles - Middx - Final	5
11:35	T17	U20M 60 Metres Hurdles - Kent - Final	5
11:40	T18	SM 60 Metres Hurdles - Middx - Final	3
11:45	T19	SM 60 Metres Hurdles - Kent - Final	5
12:00	T20	U15B 60 Metres Hurdles - Kent - Final	
12:10	T21	U17M 60 Metres Hurdles - Kent - Final	
12:20	T22	2K Walk - Women	11
12:40	T23	2K Walk - Men	7
13:00	T24	U15G 200 Metres - Herts - Final	2
13:04	T25	U15G 200 Metres - Middx - Heats	18 (3H)
13:15	T26	U15G 200 Metres - Kent - Heats*	19 (4H)
13:27	T27	U17M/U15B200 Metres - Herts - Finals	3/3
13:30	T28	U15B 200 Metres - Middx - Final	7
13:34	T29	U15B 200 Metres - Kent - Heats	19 (4H)
13:50	T30	U17W 200 Metres - Herts - Final	6
13:55	T31	U17W 200 Metres - Middx - Heats	18 (3H)
14:08	T32	U17W 200 Metres - Kent - Heats	16 (3H)
14:20	T33	U17M 200 Metres - Middx - Heats***	21 (4H)
14:36	T34	U17M 200 Metres - Kent - Heats	10 (2H)
14:44	T35	U20W 200 Metres - Herts - Final	3
14:48	T36	U20W 200 Metres - Middx - Heats	7 (2H)
14:56	T37	U20W 200 Metres - Kent - Final	6
15:00	T38	U20M 200 Metres - Herts- Final	3
15:04	T39	U20M 200 Metres - Kent - Heats	12 (2H)
15:12	T40	U20M 200 Metres - Middx - Final	5
15:16	T41	SW 200 Metres - Middx - Heats	9 (2H)
15:25	T42	SW 200 Metres - Kent - Heats	8 (2H)
15:35	T43	SM 200 Metres - Herts - Final	5
15:40	T44	SM 200 Metres - Kent - Heats	9 (2H)
15:48	T45	SM 200 Metres - Middx - Heats	10 (2H)
	T46	Not Used	
15:52	T47	U15G 200 Metres - Kent - Semi-Final*	From T26
15:56	T48	U15B 200 Metres - Kent - Semi Final*	From T29
	T49	Not Used	
	T50	Not Used	
	T51	Not Used	
16:00	T51	U17M 200 Metres - Middx Semi-Final	From T33
16:08	T53	U20W 200 Metres - Middx - Final	From T36

16:12	T54	U20M 200 Metres - Kent - Final	From T39
16:16	T55	SW 200 Metres - Middx - Final	From T28
16:20	T56	SW 200 Metres - Kent - Final	From T42
16:24	T57	SM 200 Metres - Kent - Final	From T44
16:28	T58	SM 200 Metres - Middx - Final	From T45
16:32	T59	U15G 200 Metres - Kent - Final	From T47
16:36	T60	U15G 200 Metres - Middx - Final	From T25
16:40	T61	U15B 200 Metres - Kent - Final	From T48
16:44	T62	U17W 200 Metres - Middx - Final	From T31
16:48	T63	U17W 200 Metres - Kent - Final	From T32
16:52	T64	U17M 200 Metres - Middx - Final	From T51
16:56	T65	U15G 800 Metres - Herts - Final	5
17:01	T66	U15G 800 Metres - Kent - Final	9
17:06	T67	U15G 800 Metres - Middx - Final	8
17:11	T68	U20W/U17W 800 Metres - Herts - Finals	5/1
17:16	T69	U17W 800 Metres - Kent - Final	8
17:21	T70	SW/U20W/U17W 800 Metres - Middx - Finals	2/2/2
17:26	T71	U20W 800 Metres - Kent - Final	7
17:31	T72	SW 800 Metres - Kent - Final	3
17:36	T73	U15B 800 Metres - Herts/Middx - Finals	2/3
17:41	T74	U15B 800 Metres - Kent - Final	7
17:46	T75	U17M 800 Metres - Herts/Middx - Final	3/5
17:51	T76	U17M 800 Metres - Kent - Final	7
17:56	T77	SM/U20M 800 Metres - Herts - Finals	6/2
18:01	T78	U20M 800 Metres - Middx - Final	10
18:06	T79	SM/U20M 800 Metres - Kent - Finals	5/5
18:11	T80	SM 800 Metres - Middx - Final	9

* T26 & T29 Hopefully will only be 3 heats and the final at SF time, Taking out T47 & T48

*** T33 may need 4 heats, and if so the SF can be slotted in after T48.

Saturday Timetable - Field

10:00	F1	SM/U20M Shot - All	9/8
10:30	F2	U17W/U15G Pole Vault - All	2/6
11:00	F3	U17M Long Jump - All - North pit	12
12:00	F4	U17M/U15B Shot - All	6/10
12:45	F5	U15B Long Jump - All - South pit	19
13:45	F6	SM/U20M High Jump - All - Bed 1	8/6
13:45	F7	SW/U20W High Jump - Bed 2	4/7
14:00	F8	SW/U20W Pole Vault - All	8/1
14:00	F9	Women and Girls Triple Jump - All - North pit	3/2/13/6
14:00	F9	Women and Girls Triple Jump - All - North pit	3/2/13/6
15:00	F10	SM/U20M Long Jump - All - South pit	14/5
15:30	F11	U17W High Jump - Bed 1	18
15:30	F12	U15G High Jump - Bed 2	15

TRACK EVENTS

T1	Hertfordshire Under 15 Girls 60 Metres Hurdles				Final	10:00
	CBP: Marli Jessop Dacorum & Tring AC 9.16 2017					
	Previous Winner: Scarlett Victory The HAWCS 10.4 2023					
61	Emma Negoianu	Harrow AC	64	Clara Upjohn	Dacorum AC	
62	Ellie Picton	The HAWCS	65	Scarlett Victory	The HAWCS	
63	Erin Russell	St Albans AC	66	Madison Wright	St Albans AC	
T2	Kent Under 15 Girls 60m Hurdles				Heats	10:05
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017					
	Previous Winner: Nia Thomas Cambridge Harriers 10.24 2023					
318	Elizabeth George	Tonbridge AC	415	Heidi Coulson	Black & Brom H AC	
321	Talia Junaid-Evans	Dartford Harriers AC	416	Tess Hepple	Kent AC	
324	Fayo Olatunde	Black & Brom H AC	417	Laila Humphrey	Invicta East Kent AC	
326	Millie Rumley	Swale Combined AC	418	Arabella Johnston	Tonbridge AC	
329	Nia Thomas	Cambridge Harriers	419	Amelie Ramdeen	Black & Brom H AC	
385	Tiffany Oyewale	Tonbridge AC	420	Lily Rockall	Folkestone Running & AC	
387	Ka'Liyah Smith	S Factor Academy	421	Rebecca Turner	Dartford Harriers AC	
T3	Middlesex Under 15 Girls 60 Metres Hurdles				Final	10:15
	CBP: Ava John Kingston AC & Poly H 9.34 2020					
	Previous Winner: Suraya Frost London Heathside 9.64 2023					
784	Sienna Oakley-Medwinter	Shaftesbury Barnet H	801	Daisy Capp	Windsor Slough E & H AC	
788	Kyra Williams	Shaftesbury Barnet H	802	Leila Newth	Ealing Southall & Middx	
800	Matilda Barrand	London Heathside	803	Isabelle Patterson	Harrow AC	
T4	Hertfordshire Under 17 Women 60 Metres Hurdles				Final	10:20
	CBP: Alicia Tymon-McEwan St. Albans AC 8.80 2012					
	Previous Winner: Phoebe Peacock Dacorum AC 9.74 2023					
29	Daisy-Rai Williams	Dacorum AC	58	Amelie Horn	Herts Phoenix AC	
49	Phoebe Peacock	Dacorum AC	59	Isabella Spice	Dacorum AC	
57	Eva Higson	Shaftesbury Barnet H	60	Abigail Tonge	Stevenage & NH AC	
T5	Kent Under 17 Women 60m Hurdles				Final	10:25
	CBP: Harriet Robinson Blackheath Harriers, Bromley 8.7s 2003					
	Previous Winner: Matilda Secker Tonbridge AC 8.97 2023					
294	Lily Gayle	Cambridge Harriers	412	Tofunmi Edun	Med and Maid AC	
298	Elicia Lacey	Tonbridge AC	413	Gabriella Noyce	Cambridge Harriers	
307	Bethany Shimmens Smith	Thanet AC	414	Araba Taylor	Tonbridge AC	
T6	Middlesex Under 17 Women 60 Metres Hurdles				Final	10:30
	CBP: Yasmin Uwakwe Enfield & Haringey AC 8.71 2019					
	Previous Winner: Imani Quamina London Heathside 9.28 2023					
715	Zoe Dolan	Thames Valley Harriers	798	Macie Sutherland	Shaftesbury Barnet H	
797	Charlotte Reynaert	Thames Valley Harriers	799	Minna Williams	St Mary's Richmond AC	
T7	Hertfordshire Under 15 Boys 60 Metres Hurdles				Final	10:35
	CBP: Max Price Stevenage & North Herts 8.46 2013					
	Previous Winner: Oscar Barrett Jarman Park 9.22 2023					
53	Oscar Barret	Dacorum AC	55	Thomas Woods	Dacorum AC	
54	Hamish Timmins	Dacorum AC				
T7	Middlesex Under 15 Boys 60 Metres Hurdles				Final	10:35
	CBP: Jack Kirby Hillingdon 8.91 2011					
	Previous Winner: Malakai David Mckenzie Callum London Heathside 9.14 2023					
679	Gabriel Edwards	London Heathside				

T8	Kent Under 15 Boys 60m Hurdles				Heats	10:40
	CBP: Hans Nmaju Central Park Athletics 8.41 2023					
	Previous Winner: Hans Nmaju Central Park Athletics 8.41 2023					
262	Jadon Durotoye	S Factor Academy	401	Dylan Case	Dartford Grammar Sch	
268	Kai Rogan	Dartford Harriers AC	402	Jamie Ellerton	Black & Brom H AC	
349	Kesinachi Ikegwu	Black & Brom H AC	403	Ify Obodoh	Dartford Grammar Sch	
352	Jake Phillips	Ashford AC	404	Jack Ruby	Black & Brom H AC	
T9	Hertfordshire Under 20 Women 60 Metres Hurdles				Final	10:50
	CBP: Claire Humphries Herts Phoenix 8.81 2010					
	Previous Winner: Ena Olivier Herts Phoenix AC 9.46 2023					
56	Saoirse MacMahon	Watford Harriers				
T9	Middlesex Under 20 Women 60 Metres Hurdles				Final	10:50
	CBP: Symone Belle Victoria Park & Tower Hamlets 8.8 2002					
	Previous Winner: No Competition 2023					
705	Imani Quamina	London Heathside	796	Azaria Nwankwo	Shaftesbury Barnet H	
795	Alina Cofie	Shaftesbury Barnet H				
T10	Kent Under 20 Women 60m Hurdles				Final	10:55
	CBP: Shakanya Osahon Black & Brom H AC 8.98 2022					
	Previous Winner: Amelie Rabbidge Tonbridge AC 9.29 2023					
285	Matilda Secker	Tonbridge AC	409	Cerys Daniels	Cambridge Harriers	
368	Keziah Olaleye	Cambridge Harriers	410	Amelie Rabbidge	Tonbridge AC	
408	Neve Bachelor	Tonbridge AC	411	Nia Thomas	Med and Maid AC	
T11	Kent Senior Women 60m Hurdles				Final	11:00
	CBP: Teresa Copeland Medway AC 8.9s 1995 & 1996					
	Previous Winner: Victory Ogbah Cambridge Harriers 12.45 2023					
273	Amirat Mohammed-Hassan	Cambridge Harriers	406	Georgia Baker	Tonbridge AC	
T12	Kent Under 17 Men 60m Hurdles				Heats	11:05
	CBP: Edward Harrison Medway & Maidstone AC 7.3s 2003					
	Mandeep Shoker Medway & Maidstone AC 7.3s 2003					
	Previous Winner: Cheyne West Med and Maid AC 8.22 2023					
247	Hans Nmaju	Cambridge Harriers	396	Samuel Newton	Tonbridge AC	
344	Alexander Morrell	Black & Brom H AC	397	Rahman Odugbayi	Dartford Harriers AC	
345	Ekene Ogbonna	Cambridge Harriers	398	Elijah Olaleye	Cambridge Harriers	
395	Tobechi Azodoh	Bexley AC	399	Josiah Payne	Cambridge Harriers	
T13	Hertfordshire Under 17 Men 60 Metres Hurdles				Final	11:15
	CBP: Max Price Stevenage & North H AC 8.48 2014					
	Previous Winner: Haydan London Dacorum AC 8.77 2023					
51	Haydan London	Dacorum AC	52	Ethan Ogilvie	Dacorum AC	
T14	Middlesex Under 17 Men 60 Metres Hurdles				Final	11:20
	CBP: Jack Kirby Hillingdon AC 8.11 2013					
	Previous Winner: Trey Corlis London Heathside 8.41 2023					
648	Ahmed Abou Eldahab	Ealing Southall & Middx	793	Ryan Mills	St Mary's Richmond AC	
655	Montana Dennis	London Heathside	794	Seth Rennie-Roddy	Shaftesbury Barnet H	
657	Asher Escobar	Shaftesbury Barnet H				
T15	Kent Under 15 Girls 60m Hurdles				Final	11:25
	CBP: Kaliyah Young Dartford Harriers AC 9.14 2017					
	Previous Winner: Nia Thomas Cambridge Harriers 10.24 2023					

T16	Middlesex Under 20 Men 60 Metres Hurdles				Final	11:30
	CBP: Abdulsamad Sanusi Newham & Essex B AC 8.12 2022					
	Previous Winner: Sebastian Jose Bejarano-Ramirez Shaftesbury Barnet H 8.83 2023					
636	Sebastian Jose Bejarano-R	Shaftesbury Barnet H	791	Thomas Wasserman	London Heathside	
640	Trey Corlis	London Heathside	792	Remy Weinbrecht	Highgate Harriers	
643	Henry Fosuhene	Enfield and Haringey AC				
T17	Kent Under 20 Men 60m Hurdles				Final	11:35
	CBP: Alexander Al-Ameen Black & Brom H AC 8.1s 2008					
	Previous Winner: Dante McNichol Tonbridge AC 8.89 2023					
338	Chinedu Ndukwu	Black & Brom H AC	392	Reuben Chandler	Cambridge Harriers	
341	Cheyne West	Med and Maid AC	393	Dante McNichol	Tonbridge AC	
T18	Middlesex Senior Men 60 Metres Hurdles				Final	11:40
	CBP: Richard Baderin Liverpool 8.38 2005					
	George Vaughan Enfield & Haringey AC 8.38 2017					
	Previous Winner: Israel Nworgu London Heathside 9.27 2023					
789	Israel Nworgu (M35)	London Heathside	790	David Shortridge (M50)	Victoria Park & TH AC	
T19	Kent Senior Men 60m Hurdles				Final	11:45
	CBP: Mensha Elliot Blackheath Harriers 8.2s 1998					
	Previous Winner: Bilen Ahmet Kingston AC & Poly H 11.26 2023					
215	Douglas Noel	Invicta East Kent AC	389	Benjamin Richardson (M35)	Tonbridge AC	
388	Bilen Ahmet (M35)	Kingston AC & Poly H	390	Brandon Sikity	Cambridge Harriers	
T20	Kent Under 15 Boys 60m Hurdles				Final	12:00
	CBP: Hans Nmaju Central Park Athletics 8.41 2023					
	Previous Winner: Hans Nmaju Central Park Athletics 8.41 2023					
T21	Kent Under 17 Men 60m Hurdles				Final	12:10
	CBP: Edward Harrison Medway & Maidstone AC 7.3s 2003					
	Mandeep Shoker Medway & Maidstone AC 7.3s 2003					
	Previous Winner: Cheyne West Med and Maid AC 8.22 2023					
T22	Hertfordshire Senior Women 2000 Metres Walk				Final	12:20
	CBP: No Previous Competition					
115	Melanie Peddle (W55)	Loughton AC	146	Rachel Lawless (W60)	Ilford AC	
T22	Kent Senior Women 2000m Walk				Final	12:20
	CBP: Hannah Hopper Cambridge Harriers 9:53.25 2023					
	Previous Winner: Hannah Hopper Cambridge Harriers 9:53.25 2023					
519	Stephanie Dann (W35)	Dartford Harriers AC	521	Geraldine Legon (W65)	Bexley AC	
520	Hannah Hopper	Cambridge Harriers	522	Grazia Manzotti (W50)	Tonbridge AC	
T22	Middlesex Senior Women 2000 Metres Walk				Final	12:20
	CBP: No Previous Competition					
880	Chik Ha Kwok (M45)	Metros RC	881	Maureen Noel (W60)	Belgrave Harriers	
T22	Kent Under 20 Women 2000m Walk				Final	12:20
	CBP: Jessica Wilton Ashford AC 10:28.94 2023					
	Previous Winner: Jessica Wilton Ashford AC 10:28.94 2023					
524	Jessica Wilton	Ashford AC				
T22	Kent Under 17 Women 2000m Walk				Final	12:20
	CBP: No Previous Competition					
	Previous Winner: No Previous Competition					
525	Mimi Marshall	Tonbridge AC				

T22	Kent Under 15 Girls 2000m Walk CBP: No Previous Competition Previous Winner: No Previous Competition		Final	12:20	
526	Ellin Wilson	Ashford AC			
T23	Hertfordshire Senior Men 2000 Metres Walk CBP: David Annetts North Herts RR 9:28.53 2023 Previous Winner: David Annetts North Herts RR 9:28.53 2023		Final	12:40	
114	Colin Harle (M65)	Belgrave Harriers			
T23	Kent Senior Men 2000m Walk CBP: Luc Legon Bexley AC 8:19.86 2023 Previous Winner: Luc Legon Bexley AC 8:19.86 2023		Final	12:40	
514	Mark Ashby (M60)	Cambridge Harriers	516	Matthew Ellerton (M50)	Black & Brom H AC
515	Matthew Crane	Bexley AC	517	Luc Legon	Bexley AC
T23	Middlesex Senior Men 2000 Metres Walk CBP: No Previous Competition		Final	12:40	
879	Mark Culshaw (M55)	Cambridge Harriers			
T23	Kent Under 20 Men 2000m Walk CBP: Jonathan Ellerton Black & Brom H AC 10:23.06 2023 Previous Winner: Jonathan Ellerton Black & Brom H AC 10:23.06 2023		Final	12:40	
518	Jonathan Ellerton	Black & Brom H AC			
T24	Hertfordshire Under 15 Girls 200 Metres CBP: Amelia Giittens Herts Phoenix 25.80 2020 Previous Winner: Mia Taruvinga Be fit today Track Academy 27.62 2023		Final	13:00	
31	Isabella Harrison	St Albans AC	34	Beth March	The HAWCS
T25	Middlesex Under 15 Girls 200 Metres CBP: Niah Akintokun Shaftesbury Barnet H 24.82 2020 Previous Winner: Abigail Ejakita Thames Valley Harriers 26.64 2023		Heats	13:04	
735	Chloe Barracliffe	Dwain Chambers SC	752	Isabella Phillips	Hillingdon AC
739	Tioluwani Femi-Aka	Enfield and Haringey AC	753	Zhane Pilgrim	Victoria Park & TH AC
741	Savanna Gayle	Woodford Green AC w EL	782	Betsy Agboola	Victoria Park & TH AC
742	India Greenaway	Ealing Southall & Middx	783	Vera Doudko	Shaftesbury Barnet H
744	Aara Kamara	Shaftesbury Barnet H	784	Sienna Oakley-Medwinter	Shaftesbury Barnet H
746	Havika Kyere-Aidoo	Harrow AC	785	Ife Olabanil	Victoria Park & TH AC
747	Nicolatae Lovelock	Hillingdon AC	786	Jazmine Ossei-Owusu	Enfield and Haringey AC
749	Myla Miller	London Heathside	787	Ivy Paitoo	London Heathside
750	Mercy Ojo	Victoria Park & TH AC	788	Kyra Williams	Shaftesbury Barnet H
T26	Kent Under 15 Girls 200m CBP: Emily Cadman Cambridge Harriers 25.27 2023 Previous Winner: Emily Cadman Cambridge Harriers 25.27 2023		Heats	13:15	
314	Cheryl Adjadi	S Factor Academy	378	Celia Allen	Cambridge Harriers
315	Victoria Simi Akinlolu	Cambridge Harriers	379	Hayley-Caprice Beaumont	S Factor Academy
320	Manroop Jandu	Dartford Harriers AC	380	Kara Bryan	Black & Brom H AC
321	Talia Junaid-Evans	Dartford Harriers AC	381	Isabella Campbell-Andou	Black & Brom H AC
322	Jayda Renae Mckenzie	Cambridge Harriers	382	Imogen Carter	Thanet AC
325	Olivia-Daisy Prosser	Thanet AC	383	Pixie Davies	Med and Maid AC
327	Angel Salako	Dartford Harriers AC	384	Lily Juan	Med and Maid AC
329	Nia Thomas	Cambridge Harriers	385	Tiffany Oyewale	Tonbridge AC
377	Ismae Abomeli	Thanet AC	386	Heidi Powell	Thanet AC

T27	Hertfordshire Under 17 Men 200 Metres				Finals	13:27
	CBP: Nathan Hedges Dacorum AC 22.16 2023					
	Previous Winner: Nathan Hedges Dacorum AC 22.16 2023					
41	Griffyn Archer-Jones	St Albans AC	43	Alfredo Whitehead Benitez	Herts Phoenix AC	
42	Oliver Curran	Herts Phoenix AC				
T27	Hertfordshire Under 15 Boys 200 Metres				Finals	13:27
	CBP: Uchenna Okoh Dacorum & Tring AC 23.78 2014					
	Previous Winner: Thomás Barry-Daly Watford Harriers 24.98 2023					
16	Thomás Barry-Daly	Watford Harriers	44	Noah Brown	Harlow AC	
17	Caylan Emmanuel	St Albans AC				
T28	Middlesex Under 15 Boys 200 Metres				Final	13:30
	CBP: Reece Earle Thames Valley Harriers 23.46 2019					
	Previous Winner: Charlie Williamson Enfield and Haringey AC 24.30 2023					
678	Ben Bamisaiye	Shaftesbury Barnet H	691	Zain Yusuff-Phillips	London Heathside	
681	Lani Jaiyeola	Shaftesbury Barnet H	767	Micah Barnett	Thames Valley Harriers	
682	DeJean Jarrett	Hillingdon AC	768	Daniel Cater-Lawrence	Hillingdon AC	
685	Joshua Nyman	Shaftesbury Barnet H				
T29	Kent Under 15 Boys 200m				Heats	13:34
	CBP: Dante Legister Cambridge Harriers 23.15 2020					
	Previous Winner: Victor Redman Folkestone Running Club 23.58 2023					
256	Story Bundy	Invicta East Kent AC	350	Jacob Mcgeachy	Tonbridge AC	
263	Olufikayo Lana	Dartford Grammar Sch	351	Toni Ogunjimi	Dartford Grammar Sch	
264	Jovani Lindsey	Cambridge Harriers	352	Jake Phillips	Ashford AC	
265	Asher Maudhub	Med and Maid AC	353	Saketh Sangeeth	Dartford Grammar Sch	
267	Jevanne Pusey	S Factor Academy	354	Fela Shosinde	Med and Maid AC	
346	Jonathan Adegbola	Dartford Grammar Sch	355	Ted Spender	Tonbridge AC	
347	Jayden Akubue	Dartford Grammar Sch	356	Tristan Suberu	Folkestone Running & AC	
348	Sope Aremu	Dartford Grammar Sch	357	Chidubem Ugoji	Dartford Harriers AC	
349	Kesinachi Ikegwu	Black & Brom H AC	358	Morgan Wakefield	Thanet AC	
T30	Hertfordshire Under 17 Women 200 Metres				Final	13:50
	CBP: Lily Norwood Dacorum & Tring 25.04 2020					
	Previous Winner: Omaserichi Moneke Watford Harriers 25.76 2023					
26	Jasmine Rance	Herts Phoenix AC	48	Rebecca Owen	Dacorum AC	
28	Mia Taruvinga	Be Fit Today TA	49	Phoebe Peacock	Dacorum AC	
47	Louise Martin	Dacorum AC	50	Naomi Pereira	The HAWCS	
T31	Middlesex Under 17 Women 200 Metres				Heats	13:55
	CBP: Desiree Henry Enfield & Haringey 24.71 2010					
	Previous Winner: Hebe Evans Thames Valley Harriers 25.73 2023					
710	Makayla Brai-Aloye	Shaftesbury Barnet H	727	Davida-Nathania Oluwole	Enfield and Haringey AC	
712	Jhazmy Charles	Victoria Park & TH AC	774	Emelie Ahlstrom	St Mary's Richmond AC	
713	Dwitee Chaudhari	Ealing Southall & Middx	775	Maddison Allushi	St Mary's Richmond AC	
714	Noa Chodokufa	Woodford Green AC w EL	776	Monisade Ayodeji	Highgate Harriers	
715	Zoe Dolan	Thames Valley Harriers	777	Ella Buckley	Shaftesbury Barnet H	
718	Asia Emanuel	London Heathside	778	Nereci Da Silva	Victoria Park & TH AC	
719	Hebe Evans	Thames Valley Harriers	779	Stella Martin	Thames Valley Harriers	
720	Tami George	Shaftesbury Barnet H	780	Magdeline Paitoo	London Heathside	
722	Phoebe Mason-Clark	Harrow AC	781	Hannah Pilkington	Thames Valley Harriers	

T32	Kent Under 17 Women 200m		Heats	14:08	
	CBP: Kaliyah Young Dartford Harriers AC 24.67 2019				
	Previous Winner: Nina Whitter Black & Brom H AC 25.58 2023				
289	Danielle Agyemang-Tolbert	Cambridge Harriers	310	Emily Cadman	Cambridge Harriers
290	Ife Alabi	Med and Maid AC	370	Hannah Areeson	Ashford AC
292	Evangelina Dixon	Tonbridge AC	371	Carys Bowling	Black & Brom H AC
293	Grace Durrant	Med and Maid AC	372	Marie-Anne Bright	Dartford Harriers AC
294	Lily Gayle	Cambridge Harriers	373	Sienna Gratwick	Med and Maid AC
297	Genevieve Harper	Tonbridge AC	374	Ayomipo Isiaka	Med and Maid AC
306	Matilda Shilland	Black & Brom H AC	375	Eve Morgan	Med and Maid AC
308	Oluwadamitan Showemimo	Med and Maid AC	376	Melissa Ovbighagbon	Med and Maid AC
T33	Middlesex Under 17 Men 200 Metres		Heats	14:20	
	CBP: Rhion Samuel Enfield & Haringey 22.27 2008				
	Previous Winner: Ebuka Nwokeji Shaftesbury Barnet H 22.45 2023				
649	Modebayo Akin-Agunbiade	Shaftesbury Barnet H	670	Jaian Saunders	Shaftesbury Barnet H
650	Mikel Alexander	London Heathside	671	Cruz Sutherland-Plante	Thames Valley Harriers
652	Bradley Baka	Highgate Harriers	672	David Tettey	Victoria Park & TH AC
654	Anton Cohen	Shaftesbury Barnet H	673	Tobias Toth-Stevens	London Heathside
656	Zane Dye-Smith	Enfield and Haringey AC	674	Charlie Williamson	Enfield and Haringey AC
657	Asher Escobar	Shaftesbury Barnet H	762	Darnell Bowens	Enfield and Haringey AC
660	Sion Jones	Ealing Southall & Middx	763	Rafael Pequeno	Hillingdon AC
662	Isaiah Kyere-Aidoo	Harrow AC	764	Jaiden Rubie	Thames Valley Harriers
664	Chiril Mardari	Woodford Green AC w EL	765	Sam Samin	Harrow AC
666	Sam Moylan-Jones	St Mary's Richmond AC	766	Edgar Wetherell	Victoria Park & TH AC
669	Micah Prescod-Williams	Victoria Park & TH AC			
T34	Kent Under 17 Men 200m		Heats	14:36	
	CBP: Kristian Samwell-Nash Ashford AC 22.25 2019				
	Previous Winner: Joe Stone Tonbridge AC 22.72 2023				
241	Israel Faley	Dartford Harriers AC	254	Tristan Thomas	Black & Brom H AC
245	Thiago Marinez	Tonbridge AC	342	Rylee Duffy	Central Park Athletics
246	Oscar Mitroi	Dartford Harriers AC	343	Leon Mcbean	Black & Brom H AC
252	Victor Redman	Folkestone Running & AC	344	Alexander Morrell	Black & Brom H AC
253	George Robinson	Central Park Athletics	345	Ekene Ogbonna	Cambridge Harriers
T35	Hertfordshire Under 20 Women 200 Metres		Final	14:44	
	CBP: Laura Wake Herts Phoenix 25.10 2009				
	Previous Winner: No Competition 2023				
23	Nissi Onafowokan	Harlow AC	46	Ami O'Sullivan	Watford Harriers
45	Sarah Cox	Herts Phoenix AC			
T36	Middlesex Under 20 Women 200 Metres		Heats	14:48	
	CBP: Annie Tagoe Thames Valley Harriers 24.92 2010				
	Previous Winner: Michelvi Wamba Victoria Park & TH AC 25.10 2023				
698	Chanttal Abaga-Valcarcel	Victoria Park & TH AC	770	Reaiah Barnett	Thames Valley Harriers
699	Beulah Badero	Thames Valley Harriers	771	Katharine Boissiere	Ealing Southall & Middx
700	Caitlin Gallagher Rattan	Thames Valley Harriers	772	Kyrah Mcguire	Thames Valley Harriers
707	Kaydiann Thompson	Thames Valley Harriers	773	Olivia Sparks	Thames Valley Harriers
T37	Kent Under 20 Women 200m		Final	14:56	
	CBP: Lucy Tallon Tonbridge AC 24.94 2023				
	Previous Winner: Lucy Tallon Tonbridge AC 24.94 2023				
278	Rebecca Akinsanya	Med and Maid AC	367	Georgina Kyte	Canterbury Ath Acad
281	Harriet Medlen	Tonbridge AC	368	Keziah Olaleye	Cambridge Harriers
286	Lucy Tallon	Tonbridge AC	369	Nina Whitter	Black & Brom H AC

T38	Hertfordshire Under 20 Men 200 Metres				Final	15:00
	CBP: Luis Da Silva St. Albans AC 22.53 2013					
	Sullivan McAlinden Dacorum AC 22.53 2023					
	Previous Winner: Sullivan McAlinden Dacorum AC 22.53 2023					
10	Sullivan McAlinden	Dacorum AC	40	Liam Roberts	Dacorum AC	
11	Joe Mckeich	Dacorum AC				
T39	Kent Under 20 Men 200m				Heats	15:04
	CBP: Korede Awe Invicta East Kent AC 21.95 2018					
	Previous Winner: Shaquille Fernandez-Folkes Cambridge Harriers 22.76 2023					
221	Joshua Aboagye	Med and Maid AC	336	Jack Ebanks	Cambridge Harriers	
222	Divine Akinlolu	Cambridge Harriers	337	Darren Hind	Swale Combined AC	
225	Oliver Driscoll	Black & Brom H AC	338	Chinedu Ndukwu	Black & Brom H AC	
230	Hassan Malador	Herne Hill Harriers	339	Zuriel Nwogwugwu	Black & Brom H AC	
233	Daniel Shoyoye	Med and Maid AC	340	Joe Stone	Tonbridge AC	
235	Joseph Sobanjo	Med and Maid AC	341	Cheyne West	Med and Maid AC	
T40	Middlesex Under 20 Men 200 Metres				Final	15:12
	CBP: Joel Houslin Thames Valley Harriers 21.96 2023					
	Lumar Sylvester Thames Valley Harriers 22.14 2010					
	Previous Winner: Joel Houslin Thames Valley Harriers 21.96 2023					
641	Levi Ernst	Thames Valley Harriers	759	Jesse Katabazi	Victoria Park & TH AC	
644	Riley Jones-Rodway	Ealing Southall & Middx	760	Tom Street	Thames Valley Harriers	
647	Demario Seaton	Thames Valley Harriers	761	Callum Sydenham	Barnet & District AC	
T41	Middlesex Senior Women 200 Metres				Heats	15:16
	CBP: S Charles Ealing Southall and Middlesex 25.14 2011					
	Kimbeley Baptiste Victoria Park & Tower Hamlets AC 25.14 2014					
	Previous Winner: No Competition 2023					
692	Amy Mat	Belgrave Harriers	696	Isabella Wolday-Myers	London Heathside	
693	Nevecia-Terrilee Pecco	London Heathside	697	Rosalind Zeffertt (W60)	Shaftesbury Barnet H	
695	Jeanne Vellard	London Heathside	769	Sophie Laplace	London Heathside	
T42	Kent Senior Women 200m				Heats	15:25
	CBP: Jodie Leslie Bedford & County AC 25.1 2016					
	Previous Winner: Lucy Hope Med and Maid AC 25.60 2023					
274	Rebecca Sommerville (W35)	Thanet AC	363	Bonnie Maugey	Central Park Athletics	
360	Chanelle Cole	Black & Brom H AC	364	Karolina Mykietyn (W40)	Central Park Athletics	
361	Faith Cox	Ashford AC	365	Faye Olszowka (T20)	Bexley AC	
362	Lucy Hope	Med and Maid AC	366	Asha Root	Tonbridge AC	
T43	Hertfordshire Senior Men 200 Metres				Final	15:35
	CBP: Antonio Infantino Shaftesbury Barnet Harriers 22.04 2011					
	Previous Winner: No Competition 2023					
3	Marcus Firby	Watford Harriers	38	William Hill (M35)	Dacorum AC	
6	Jordan Thomas	Windsor SE & H AC	39	David Stephens (M35)	St Albans Striders	
T44	Kent Senior Men 200m				Heats	15:40
	CBP: Jack Lennard Tonbridge AC 21.86 2019					
	Previous Winner: Connor Neal Thanet AC 21.88 2023					
202	Nicholas Atwell (M35)	Thames Valley Harriers	331	Shaquille Fernandez-Folke	Cambridge Harriers	
209	Rory Kuypers	Med and Maid AC	332	Rob Henderson	Tonbridge AC	
212	Trey Mcherson	Dartford Harriers AC	333	Connor Neal	Harrow AC	
217	Lewis Parsons	Thanet AC	334	Jamie Oliver	Tonbridge AC	
330	Samuel Day	Tonbridge AC	335	William Vilpoix-Phillips	Central Park Athletics	

T45	Middlesex Senior Men 200 Metres CBP: Phoenix Lyon Shaftesbury Barnet H 22.05 2020 Previous Winner: Jason Kalala Newham & Essex B AC 22.48 2023	Heats	15:48
624	Eogain Mitchison	London Heathside	757 Daniel Lavin
756	Jabbil Chibwana	Harrow AC	758 Durell Thomas
			Thames Valley Harriers Enfield and Haringey AC
T47	Kent Under 15 Girls 200m CBP: Emily Cadman Cambridge Harriers 25.27 2023 Previous Winner: Emily Cadman Cambridge Harriers 25.27 2023	S/F	15:52
T48	Kent Under 15 Boys 200m CBP: Dante Legister Cambridge Harriers 23.15 2020 Previous Winner: Victor Redman Folkestone Running Club 23.58 2023	S/F	15:56
T52	Kent Under 17 Men 200m CBP: Kristian Samwell-Nash Ashford AC 22.25 2019 Previous Winner: Joe Stone Tonbridge AC 22.72 2023	Final	16:04
T53	Middlesex Under 20 Women 200 Metres CBP: Annie Tagoe Thames Valley Harriers 24.92 2010 Previous Winner: Michelvi Wamba Victoria Park & TH AC 25.10 2023	Final	16:08
T54	Kent Under 20 Men 200m CBP: Korede Awe Invicta East Kent AC 21.95 2018 Previous Winner: Shaquille Fernandez-Folkes Cambridge Harriers 22.76 2023	Final	16:12
T55	Middlesex Senior Women 200 Metres CBP: S Charles Ealing Southall and Middlesex 25.14 2011 Kimbeley Baptiste Victoria Park & Tower Hamlets AC 25.14 2014 Previous Winner: No Competition 2023	Final	16:16
T56	Kent Senior Women 200m CBP: Jodie Leslie Bedford & County AC 25.1 2016 Previous Winner: Lucy Hope Med and Maid AC 25.60 2023	Final	16:20
T57	Kent Senior Men 200m CBP: Jack Lennard Tonbridge AC 21.86 2019 Previous Winner: Connor Neal Thanet AC 21.88 2023	Final	16:24
T58	Middlesex Senior Men 200 Metres CBP: Phoenix Lyon Shaftesbury Barnet H 22.05 2020 Previous Winner: Jason Kalala Newham & Essex B AC 22.48 2023	Final	16:28
T59	Kent Under 15 Girls 200m CBP: Emily Cadman Cambridge Harriers 25.27 2023 Previous Winner: Emily Cadman Cambridge Harriers 25.27 2023	Final	16:32
T60	Middlesex Under 15 Girls 200 Metres CBP: Niah Akintokun Shaftesbury Barnet H 24.82 2020 Previous Winner: Abigail Ejakita Thames Valley Harriers 26.64 2023	Final	16:36
T61	Kent Under 15 Boys 200m CBP: Dante Legister Cambridge Harriers 23.15 2020 Previous Winner: Victor Redman Folkestone Running Club 23.58 2023	Final	16:40
T62	Middlesex Under 17 Women 200 Metres CBP: Desiree Henry Enfield & Haringey 24.71 2010 Previous Winner: Hebe Evans Thames Valley Harriers 25.73 2023	Final	16:44
T63	Kent Under 17 Women 200m CBP: Kaliyah Young Dartford Harriers AC 24.67 2019 Previous Winner: Nina Whitter Black & Brom H AC 25.58 2023	Final	16:48
T64	Middlesex Under 17 Men 200 Metres CBP: Rhion Samuel Enfield & Haringey 22.27 2008 Previous Winner: Ebuka Nwokeji Shaftesbury Barnet H 22.45 2023	Final	16:52

T65	Hertfordshire Under 15 Girls 800 Metres				Final	16:56
	CBP: Kiera Mooney City of Norwich AC 2:20.16 2009					
	Previous Winner: Celeste Koyejo Watford Harriers 2:37.16 2023					
68	Jessica Lane	Herts Phoenix AC	105	Cora Naylor	Herts Phoenix AC	
103	Anna Fourie	The HAWCS	106	Georgia Tongue	St Albans AC	
104	Heidi King	Dacorum AC				
T66	Kent Under 15 Girls 800m				Final	17:01
	CBP: Maddison Sawyer Invicta East Kent AC 2:20.21 2018					
	Previous Winner: Elena Oliphant S Factor Academy 2:20.54 2023					
378	Celia Allen	Cambridge Harriers	494	Evie Fish	Bexley AC	
419	Amelie Ramdeen	Black & Brom H AC	495	Josephine Hamilton-Rennh	Med and Maid AC	
421	Rebecca Turner	Dartford Harriers AC	496	Matilda Holliday	Dartford Harriers AC	
431	Olivia Baker	Med and Maid AC	497	Shevia Ryan	Dartford Harriers AC	
T67	Middlesex Under 15 Girls 800 Metres				Final	17:06
	CBP: Georgia Bell Ealing Southall and Middlesex 2:23.14 2007					
	Previous Winner: Izzy Ions Highgate Harriers 2:27.49 2023					
860	Sofia Bennett	Thames Valley Harriers	864	Isla Kane	Barnet & District AC	
861	Olive Brungs	Highgate Harriers	865	Edey Kestell	Hillingdon AC	
862	Thea Conway	Barnet & District AC	866	Ellina Ponkratjeva	St Mary's Richmond AC	
863	Felicity Fudge	Enfield and Haringey AC	867	Maya Westgate	London Heathside	
T68	Hertfordshire Under 20 Women 800 Metres				Final	17:11
	CBP: Marella Whitfield Harrow AC 2:16.92 2016					
	Previous Winner: Beth Moody Dacorum AC 2:33.47 2023					
97	Lauren Collis	Dacorum AC				
T68	Hertfordshire Under 17 Women 800 Metres				Final	17:11
	CBP: Beatrix Wraith HAWCS 2:13.72 2018					
	Previous Winner: No Competition 2023					
98	Eva Dighe	St Albans AC	101	Matilda O'Brien	Herts Phoenix AC	
99	Emma Gudgeon	Herts Phoenix AC	102	Libby Woods	Dacorum AC	
100	Francesca Hart	Stevenage & NH AC				
T69	Kent Under 17 Women 800m				Final	17:16
	CBP: Maddison Sawyer Invicta East Kent AC 2:19.34 2020					
	Previous Winner: Abigail Hawkes Med and Maid AC 2:30.12 2023					
425	Leah Kyriacou	Black & Brom H AC	490	Jennifer Clayton	Folkestone Running & AC	
426	Amber Matthews	Med and Maid AC	491	Madeleine Dunsmore	Bexley AC	
427	Elena Oliphant	S Factor Academy	492	Heidi Hughes	Med and Maid AC	
489	Sophie Ansell	Bexley AC	493	Aimee Price	Bexley AC	
T70	Middlesex Senior Women 800 Metres				Final	17:21
	CBP: Georgia Bell Shaftesbury Barnet Harriers 2:07.72 2014					
	Previous Winner: Rachel McDonald London Heathside 2:27.98 2023					
825	Madeleine Casey	Thames Valley Harriers	856	Lara Sievert	Thames Valley Harriers	
826	Widad Ibrahim	Victoria Park & TH AC				
T70	Middlesex Under 20 Women 800 Metres				Final	17:21
	CBP: Isabel Dye Thames Valley Harr 2:12.31 2016					
	Previous Winner: No Competition 2023					
830	Mya Mairs-Ingram	Shaftesbury Barnet H	857	Niamh Keohane	Trent Park	

T70	Middlesex Under 17 Women 800 Metres			Final	17:21
	CBP: Georgina Bell Ealing Southall and Middlesex 2:12.20 2010				
	Previous Winner: Maya Sutaria Thames Valley Harriers 2:16.54 2023				
858	Natasha Bennett	Thames Valley Harriers	859	Helena Malpica	Thames Valley Harriers
T71	Kent Under 20 Women 800m			Final	17:26
	CBP: Billie Rouse Med and Maid AC 2:15.44 2022				
	Previous Winner: Cameron Kelly-Gordon Black & Brom H AC 2:23.59 2023				
408	Neve Bachelor	Tonbridge AC	485	Abigail Hawkes	Canterbury Ath Acad
457	Olivia Magee-Brown	Black & Brom H AC	486	Gabriella Martin	Black & Brom H AC
484	Amy-Jayne Goodhand	Invicta East Kent AC	487	Faith Mpassy	Black & Brom H AC
T72	Kent Senior Women 800m			Final	17:31
	CBP: Morgan Squibb Black & Brom H AC 2:14.20 2023				
	Previous Winner: Morgan Squibb Black & Brom H AC 2:14.20 2023				
481	Imogen Davis	Thanet AC	482	Sophia Moore	Bexley AC
T73	Hertfordshire Under 15 Boys 800 Metres			Final	17:36
	CBP: Liam Dee Herts Phoenix 2:05.34 2010				
	Previous Winner: Thomas Graham Harlow AC 2:26.31 2023				
95	James Branch	The HAWCS	96	Lewis Daniel	St Albans AC
T73	Middlesex Under 15 Boys 800 Metres			Final	17:36
	CBP: Nile McKenzie Victoria Park & Tower Hamlets AC 2:07.07 2014				
	Previous Winner: Alex Pountney London Heathside 2:22.35 2023				
853	Ennio Kaloukian	London Heathside	855	Charlie Reed	Hillingdon AC
854	Kevin Liyanage	Ealing Southall & Middx			
T74	Kent Under 15 Boys 800m			Final	17:41
	CBP: Stephen Ball Cambridge Harriers 2:04.89 2011				
	Previous Winner: Freddie Gibson Med and Maid AC 2:12.69 2023				
357	Chidubem Ugoji	Dartford Harriers AC	477	Andrei Dragulin	Dartford Grammar Sch
359	Joseph White	Cambridge Harriers	478	Senuth Gomes	Bexley AC
423	Aathinarth Gananathan	Dartford Grammar Sch	479	Premlee Salmon	Dartford Harriers AC
476	Theo Adeyemo	Dartford Grammar Sch	480	Madalitso Valema-Mwanza	Dartford Harriers AC
T75	Hertfordshire Under 17 Men 800 Metres			Final	17:46
	CBP: Liam Dee Herts Phoenix 1:58.74 2012				
	Previous Winner: George Fifield Stevenage & NH AC 2:26.01 2023				
92	Obadiah Buckley	Dacorum AC	94	Ethan Olima	Dacorum AC
93	James Ingham	Watford Harriers			
T75	Middlesex Under 17 Men 800 Metres			Final	17:46
	CBP: Mittio Mohammadian Shaftesbury Barnet H 2:00.90 2018				
	Previous Winner: Jacob Clement Shaftesbury Barnet H 2:05.94 2023				
793	Ryan Mills	St Mary's Richmond AC	851	Leo Durrani	Enfield and Haringey AC
823	Billy Fudge	Enfield and Haringey AC	852	Reginald Rock	Thames Valley Harriers
850	Billy Bannon	St Mary's Richmond AC			
T76	Kent Under 17 Men 800m			Final	17:51
	CBP: Jack Higgins Bexley AC 1:59.43 2018				
	Previous Winner: Hendri Verster Black & Brom H AC 2:11.21 2023				
451	Theo Ronchetti	Med and Maid AC	472	Alfred Moisan	Med and Maid AC
470	Henry Gibson	Med and Maid AC	473	Benjamin O'Grady	Black & Brom H AC
471	Oliver Jones	Thanet AC	474	Sebastian Sanz-Kozyra	Invicta East Kent AC

T77	Hertfordshire Senior Men 800 Metres				Final	17:56
	CBP: James McMurray St Albans AC 1:51.96 2017					
	Previous Winner: No Competition 2023					
39	David Stephens (M35)	St Albans Striders	70	Samuel Jones	St Albans AC	
T77	Hertfordshire Under 20 Men 800 Metres				Final	17:56
	CBP: Beck Grover Herts Phoenix 1:56.61 2017					
	Previous Winner: Daniel Biddulph Herts Phoenix AC 2:08.50 2023					
86	Philip Calus	Watford Harriers	89	Jamie Lilley	Dacorum AC	
87	George Fifield	Stevenage & NH AC	90	Jack Offord	Herts Phoenix AC	
88	Huxley Foulkes	Dacorum AC	91	George Ward	Herts Phoenix AC	
T78	Middlesex Under 20 Men 800 Metres				Final	18:01
	CBP: Max Bishop Thames Valley Harriers 1:55.96 2023					
	Previous Winner: Max Bishop Thames Valley Harriers 1:55.96 2023					
761	Callum Sydenham	Barnet & District AC	845	Edward Flewitt	Ealing Southall & Middx	
841	Sam Amdor	Highgate Harriers	846	Morris Rock	Thames Valley Harriers	
842	Daniel Banyard	Shaftesbury Barnet H	847	Louie Samuels	Barnet & District AC	
843	Noah Clarke	Barnet & District AC	848	Ryan Stoddart	Hillingdon AC	
844	Jacob Clement	Shaftesbury Barnet H	849	Oscar Tivnann	Trent Park RC	
T79	Kent Senior Men 800m				Final	18:06
	CBP: Tim Alexander Med & Maid AC 1:55.11 2008					
	Previous Winner: Lucas Taylor-Costin Dartford Harriers AC 2:01.03 2023					
440	Thomas Sugden	Black & Brom H AC	462	Andrew Pickett (M40)	Dartford Harriers AC	
460	Shola-David Akintoye	Cambridge Harriers	463	Matthew Preston (M50)	Cambridge Harriers	
461	Terry Hawkey (M40)	Dartford Harriers AC	464	Andrew Scoones	Swale Combined AC	
T79	Kent Under 20 Men 800m				Final	18:06
	CBP: Dylan Rigby Invicta East Kent AC 1:57.31 2015					
	Previous Winner: Thomas Sugden Black & Brom H AC 1:59.88 2023					
465	Callum Featherstone	Med and Maid AC	467	Aidan Newton	Cambridge Harriers	
466	Harrison King	Canterbury Ath Acad	468	Ethan Rocks	Tonbridge AC	
T80	Middlesex Senior Men 800 Metres				Final	18:11
	CBP: Ben Waterman Ealing Southall and Middlesex 1:53.69 2013					
	Previous Winner: Jaran Singh Harrow AC 1:59.81 2023					
833	Jonathan Boardman	Highgate Harriers	837	Thomas Powell	Bedford & County AC	
834	Andre Dahlkamp (M50)	Victoria Park & TH AC	838	Alexander Taylor	Belgrave Harriers	
835	Shaka Palmer (M35)	Enfield and Haringey AC	839	Abel Woldegiorgis	London Heathside	
836	Joshua Poncia	Harrow AC	840	Philip York (M60)	Ealing Southall & Middx	

FIELD EVENTS

F1	Hertfordshire Senior Men Shot				Final	10:00
	CBP: Alex Jovanovski Enfield & Haringey AC 12.49 2016					
	Previous Winner: Ray McKenna Rugby & Northampton 9.95 2023					
141	Shaun Wall (M40)	Dacorum AC				
F1	Kent Senior Men Shot				Final	10:00
	CBP: Scott Rider Birchfield Harriers 18.38m 2011					
	Previous Winner: Harry Kendall Tonbridge AC 13.10 2023					
215	Douglas Noel	Invicta East Kent AC	584	Brydon Duncan	Black & Brom H AC	
388	Bilen Ahmet (M35)	Kingston AC & Poly H	585	Tor Evans-Barnes	Ashford AC	
391	Stephen Simmons	Bedford & County AC	586	Khuwayne Linton	Harrow AC	

F1	Middlesex Senior Men Shot CBP: Daniel Ryan Herne Hill Harriers 13.87 2022 Previous Winner: Bill O'Connor Queen's Park Harriers 4.31 2023	Final	10:00
916	Joshua Oyinlola Highgate Harriers	917	Cameron Sharma St Mary's Richmond AC
F1	Hertfordshire Under 20 Men Shot CBP: Ashley Ralph St. Albans 13.77 2008 Previous Winner: Joe McKeich Dacorum AC 9.55 2023	Final	10:00
11	Joe Mckeich Dacorum AC	142	Brian Anene Shaftesbury Barnet H
F1	Kent Under 20 Men Shot CBP: Chris Gearing Belgrave Harriers 17.72m 2004 Previous Winner: Brydon Duncan Black & Brom H AC 13.02 2023	Final	10:00
340	Joe Stone Tonbridge AC	547	Reef Page Tonbridge AC
393	Dante Mcnichol Tonbridge AC	587	Debare Alade Dartford Harriers AC
F1	Middlesex Under 20 Men Shot CBP: Kai Jones Newham & Essex Beagles AC 17.07 2014 Previous Winner: Remy Weinbrecht Highgate Harriers 11.39 2023	Final	10:00
791	Thomas Wasserman London Heathside	792	Remy Weinbrecht Highgate Harriers
F2	Kent Under 17 Women Pole Vault CBP: Ailis McGovern Bexley AC 3.55 2013 Ellie Gooding Ashford AC 3.55 2013 Previous Winner: Lydia Witcombe Black & Brom H AC 2.40 2023 Ellie Gooding Ashford AC 3.55 2013	Final	10:30
557	Elsa Pawson Black & Brom H AC		
F2	Middlesex Under 17 Women Pole Vault CBP: Megan Bailey Harrow AC 3.30 2014 Previous Winner: Amelia Greenfields Thames Valley Harriers 3.00 2023	Final	10:30
901	Emily Mann Enfield and Haringey AC		
F2	Kent Under 15 Girls Pole Vault CBP: Lois Warden Bexley AC 3.15 2016 Previous Winner: Elsa Pawson Tonbridge AC 2.80 2023	Final	10:30
498	Sena Wright Tonbridge AC	559	Luna Corry Black & Brom H AC
558	Ella Brooker Black & Brom H AC	560	Zoya Gabryelow Dartford Harriers AC
F2	Middlesex Under 15 Girls Pole Vault CBP: Megan Bailey Harrow 3.05 2012 Previous Winner: Daisy Capp Windsor Slough E & H AC 2.10 2023	Final	10:30
801	Daisy Capp Windsor Slough E & H AC		
F3	Kent Under 17 Men Long Jump CBP: Tobiloba Adeniyi Cambridge Harriers 6.47 2013 Previous Winner: Joe Stone Tonbridge AC 6.20 2023	Final	11:00
244	Alfie Hughes Swale Combined AC	397	Rahman Odugbayi Dartford Harriers AC
247	Hans Nmaju Cambridge Harriers	400	Harry Wickers Med and Maid AC
395	Tobechi Azodoh Bexley AC	530	Dylan Leadbeater Ashford AC
F3	Middlesex Under 17 Men Long Jump CBP: Romain Walcott Enfield & Haringey 6.44 2008 Previous Winner: Luca Kaye Woodford Green AC w EL 5.83 2023	Final	11:00
648	Ahmed Abou Eldahab Ealing Southall & Middx	888	Daniel Emegbor Harrow AC
668	Harry Pincherle Shaftesbury Barnet H	906	Lewis Sorhaindo Thames Valley Harriers
766	Edgar Wetherell Victoria Park & TH AC		

F4	Hertfordshire Under 17 Men Shot			Final	12:00
	CBP: David Koffi Stevenage & North H AC 14.19 2018				
	Previous Winner: Jamie Timms Stevenage & NH 8.37 2023				
143	George Fantis	Herts Phoenix AC			
F4	Kent Under 17 Men Shot			Final	12:00
	CBP: Chris Gearing Belgrave Harriers 17.03m 2003				
	Previous Winner: Debare Alade Dartford Harriers AC 14.69 2023				
396	Samuel Newton	Tonbridge AC	588	Arun Menon	Dartford Harriers AC
529	Ayoola Akeju	Dartford Harriers AC	589	Damien Osei-Bonsu	Dartford Harriers AC
F4	Middlesex Under 17 Men Shot			Final	12:00
	CBP: Kai Jones Ealing Southall and Middlesex 16.18 2012				
	Previous Winner: Thomas Wasserman London Heathside 11.12 2023				
793	Ryan Mills	St Mary's Richmond AC			
F4	Hertfordshire Under 15 Boys Shot			Final	12:00
	CBP: Max Price Stevenage & North Herts 13.27 2013				
	Previous Winner: Oscar Barrett Jarman Park 9.91 2023				
53	Oscar Barret	Dacorum AC			
F4	Kent Under 15 Boys Shot			Final	12:00
	CBP: Chris Gearing Medway AC 16.05m 2001				
	Previous Winner: Oliver Downs Invicta East Kent AC 12.26 2023				
256	Story Bundy	Invicta East Kent AC	423	Aathinarth Gananathan	Dartford Grammar Sch
404	Jack Ruby	Black & Brom H AC	590	Obinna Aniebo	Dartford Grammar Sch
405	Thomas Webb	Folkestone Running & AC	591	Kierath Dhillon	Dartford Harriers AC
F4	Middlesex Under 15 Boys Shot			Final	12:00
	CBP: Tom Peacock Shaftesbury Barnet Harriers 14.22 2007				
	Previous Winner: Milo Rynehart Shaftesbury Barnet H 10.37 2023				
918	Joshua Gilbert	St Mary's Richmond AC	919	Anton Kugelberg Blix	St Mary's Richmond AC
F5	Hertfordshire Under 15 Boys Shot			Final	12:45
	CBP: Max Price Stevenage & North Herts 13.27 2013				
	Previous Winner: Oscar Barrett Jarman Park 9.91 2023				
53	Oscar Barret	Dacorum AC			
F5	Kent Under 15 Boys Shot			Final	12:45
	CBP: Chris Gearing Medway AC 16.05m 2001				
	Previous Winner: Oliver Downs Invicta East Kent AC 12.26 2023				
256	Story Bundy	Invicta East Kent AC	423	Aathinarth Gananathan	Dartford Grammar Sch
404	Jack Ruby	Black & Brom H AC	590	Obinna Aniebo	Dartford Grammar Sch
405	Thomas Webb	Folkestone Running & AC	591	Kierath Dhillon	Dartford Harriers AC
F5	Middlesex Under 15 Boys Shot			Final	12:45
	CBP: Tom Peacock Shaftesbury Barnet Harriers 14.22 2007				
	Previous Winner: Milo Rynehart Shaftesbury Barnet H 10.37 2023				
918	Joshua Gilbert	St Mary's Richmond AC	919	Anton Kugelberg Blix	St Mary's Richmond AC
F6	Hertfordshire Senior Men High Jump			Final	13:45
	CBP: Elijor Harris Stevenage & North H AC 1.95 2016				
	Previous Winner: Beck Grover Herts Phoenix 1.70 2023				
116	Harvey Griffiths (M55)	Harrow AC			

F6	Kent Senior Men High Jump CBP: Martin Lloyd Bexley AC 2.20m 2008 Previous Winner: Douglas Noel Invicta East Kent AC 1.80 2023	Final	13:45
388	Bilen Ahmet (M35) Kingston AC & Poly H	391	Stephen Simmons Bedford & County AC
F6	Middlesex Senior Men High Jump CBP: James Luck Enfield & Haringey 2.00 2007 Previous Winner: No Competition 2023	Final	13:45
882	Charlie Button Highgate Harriers	884	Noor-Eldin Mahmoud Thames Valley Harriers
883	Kane Lawrence (M45) Hillingdon AC	885	Matt Williams (M45) Oxford University AC
F6	Hertfordshire Under 20 Men High Jump CBP: Jason Hamilton Dacorum & Tring 2.03 2010 Previous Winner: Joe McKeich Dacorum AC 1.75 2023	Final	13:45
117	George Ball Dacorum AC		
F6	Kent Under 20 Men High Jump CBP: Martin Lloyd Bexley AC 2.10m 1998 Previous Winner: Jack Butler Ashford AC 1.75 2023	Final	13:45
234	Harry Simpson Invicta East Kent AC	393	Dante McNichol Tonbridge AC
F6	Middlesex Under 20 Men High Jump CBP: Kimani Jack Shaftesbury Barnet H 1.99 2022 Previous Winner: Noor-Eldin Mahmoud Thames Valley Harriers 1.90 2023	Final	13:45
886	Zakaria Lloyd Harrow AC	887	Prithvi Raj Sharma London Heathside
F7	Hertfordshire Senior Women High Jump CBP: Bethan Siddons Havering AC 1.65 2018 Previous Winner: No Competition 2023	Final	13:45
119	Janet Browne Birchfield Harriers		
F7	Kent Senior Women High Jump CBP: Deborah Martin Ashford AC 1.75 2020 Previous Winner: Stevie Langford Ashford AC 1.55 2023	Final	13:45
361	Faith Cox Ashford AC	481	Imogen Davis Thanet AC
F7	Middlesex Senior Women High Jump CBP: Kizzi Barazetti Thames Valley Harriers 1.55 2014 Amelia Macdonald Woodford Green AC w EL 1.55 2022 Previous Winner: No Competition 2023	Final	13:45
890	Naomi Okeke Uni of Nottingham AC		
F7	Hertfordshire Under 20 Women High Jump CBP: Moe Sasegbon Stevenage & North Herts 1.75 2010 Previous Winner: Rebecca Wheeler-Henry Shaftesbury 1.66 2023	Final	13:45
120	Margot Koppe Dacorum AC	121	Rebecca Wheeler-Henry Shaftesbury Barnet H
F7	Kent Under 20 Women High Jump CBP: Rebecca Hawkins Bexley AC 1.80 2017 Previous Winner: Jessie Sargeant Black & Brom H AC 1.60 2023	Final	13:45
279	Lola Brett Thanet AC	408	Neve Bachelor Tonbridge AC
285	Matilda Secker Tonbridge AC	534	Jessie Sargeant Black & Brom H AC

F7	Middlesex Under 20 Women High Jump CBP: Eloise Newman Harrow 1.68 2007 Previous Winner: Katharine Boissiere Ealing Southall & Middx 1.50 2023	Final	13:45
771	Katharine Boissiere	Ealing Southall & Middx	
F8	Hertfordshire Senior Women Pole Vault CBP: Anne Rees Stevenage & North Herts 3.65 2013 Previous Winner: Susan Yeomans St Albans AC 2.30 2023	Final	14:00
132	Erin Breen	Herts Phoenix AC	
F8	Kent Senior Women Pole Vault CBP: Liz Hughes Blackheath and Bromley Harriers AC 4.00m 2004 Previous Winner: Grace Thomas Dartford Harriers AC 2.80 2022	Final	14:00
554	Holly Platt	Black & Brom H AC	555 Bronwyn Yeandle
			Ashford AC
F8	Middlesex Senior Women Pole Vault CBP: Megan Bailey Harrow AC 3.90 2023 Previous Winner: Megan Bailey Harrow AC 3.90 2023	Final	14:00
697	Rosalind Zeffertt (W60)	Shaftesbury Barnet H	899 Jade Spencer-Smith
897	Megan Bailey	Harrow AC	900 Sarah Stephen
898	Sophie Dowson	Black & Brom H AC	Harrow AC
			Thames Valley Harriers
F8	Kent Under 20 Women Pole Vault CBP: Ellie Gooding Ashford AC 3.70 2014 Previous Winner: Bronwyn Yeandle Ashford AC 3.40 2023 Lucinda White Tonbridge AC 3.20 2022	Final	14:00
556	Lucinda White	Tonbridge AC	
F9	Kent Senior Women Triple Jump CBP: Angela Williams Medway and Maidstone 12.13m 2004 Previous Winner: Eloise Harvey Dartford Harriers AC 11.81 2023	Final	14:00
406	Georgia Baker	Tonbridge AC	565 Eloise Harvey
			Dartford Harriers AC
F9	Middlesex Senior Women Triple Jump CBP: Angela Barrett Thames Valley Harr 12.85 2015 Previous Winner: No Competition 2023	Final	14:00
697	Rosalind Zeffertt (W60)	Shaftesbury Barnet H	
F9	Kent Under 20 Women Triple Jump CBP: Eloise Harvey Dartford Harriers AC 12.43 2019 Previous Winner: Chichi Cooper Cambridge Harriers 11.53 2023	Final	14:00
459	Alexia Scotiniadis	Tonbridge AC	567 Ellie Hepple
			Kent AC
F9	Hertfordshire Under 17 Women Triple Jump CBP: Yasmin Lakin Watford 11.14 2012 Previous Winner: Francesca Hart Stevenage & NH AC 9.12 2023	Final	14:00
47	Louise Martin	Dacorum AC	100 Francesca Hart
59	Isabella Spice	Dacorum AC	140 Olivia Judge
			Stevenage & NH AC
			Herts Phoenix AC
F9	Kent Under 17 Women Triple Jump CBP: Qi-Chi Ukpai Black & Brom H AC 12.08 2023 Previous Winner: Qi-Chi Ukpai Black & Brom H AC 12.08 2023	Final	14:00
372	Marie-Anne Bright	Dartford Harriers AC	572 Siv Leila Eliassen
525	Mimi Marshall	Tonbridge AC	573 Chikamso Ugoji
			Kent AC
			Dartford Harriers AC

F9	Middlesex Under 17 Women Triple Jump CBP: Diane Mapamboli Victoria Park & TH AC 11.68 2018 Previous Winner: Naomi Agbo Izquierdo Thames Valley Harriers 10.62 2023	Final	14:00
711	Milli Bridgman-Athanasatos London Heathside	778	Nereci Da Silva Victoria Park & TH AC
731	Lola Van Baaren City Of Norwich AC	915	Evelyn Sparey Enfield and Haringey AC
F9	Hertfordshire Under 15 Girls Triple Jump CBP: Fiona McQuire Watford 9.35 2012 Previous Winner: No Competition 2023	Final	14:00
63	Erin Russell St Albans AC		
F9	Kent Under 15 Girls Triple Jump CBP: Qi-Chi Ukpai Black & Brom H AC 10.97 2022 Previous Winner: Araba Taylor Tonbridge AC 9.35 2023	Final	14:00
318	Elizabeth George Tonbridge AC	384	Lily Juan Med and Maid AC
327	Angel Salako Dartford Harriers AC	416	Tess Hepple Kent AC
F10	Hertfordshire Senior Men Long Jump CBP: Eior Harris Stevenage & North Herts 5.97 2010 Previous Winner: Harvey Griffiths Harrow AC 3.71 2023	Final	15:00
2	Matthew Cox Herts Phoenix AC	133	Richard Emptage (M60) Dacorum AC
F10	Kent Senior Men Long Jump CBP: Matthew Burton Kent AC 7.42 2012 Previous Winner: Stephen Simmons Bedford & County AC 6.57 2023	Final	15:00
205	Sebastian Brooks (T20/F20) Tonbridge AC	562	Richard Christian (M55) Tonbridge AC
388	Bilen Ahmet (M35) Kingston AC & Poly H	563	Kieran Isaac Med and Maid AC
390	Brandon Sikity Cambridge Harriers	564	Casey Johnson Central Park Athletics
F10	Middlesex Senior Men Long Jump CBP: Darren Morson Victoria Park & TH AC 7.11 2018 Previous Winner: Samuel Nash Thames Valley Harriers 5.28 2023	Final	15:00
613	Zaid Jaria Thames Valley Harriers	902	Ka Hei Chan Thames Valley Harriers
789	Israel Nworgu (M35) London Heathside	903	Samuel Nash (M50) Thames Valley Harriers
883	Kane Lawrence (M45) Hillingdon AC	904	Luke Sinnott (M40) (F61) Bournemouth AC
F10	Hertfordshire Under 20 Men Long Jump CBP: Ian Simson Dacorum & Tring 6.41 2007 Previous Winner: No Competition 2023	Final	15:00
134	Ewan Stewart Herts Phoenix AC		
F10	Kent Under 20 Men Long Jump CBP: Stuart Hitchcock Med & Maid AC 6.90m 2007 Previous Winner: Augustine Kodji Dartford Harriers AC 6.51 2023	Final	15:00
340	Joe Stone Tonbridge AC		
F10	Middlesex Under 20 Men Long Jump CBP: Jude Bright-Davies Thames Valley Harriers 6.86 2017 Previous Winner: Shlomo Levy Highgate Harriers 6.36 2023	Final	15:00
792	Remy Weinbrecht Highgate Harriers	905	Luca Kaye Woodford Green AC w EL
887	Prithvi Raj Sharma London Heathside		
F11	Hertfordshire Under 17 Women High Jump CBP: Shaka Egbo Herts Phoenix 1.71 2017 Previous Winner: Dahlia Corp St Albans AC 1.70 2023	Final	15:30
49	Phoebe Peacock Dacorum AC	122	Emiley Axtell Harrow AC
58	Amelie Horn Herts Phoenix AC	123	Dahlia Corp Dacorum AC

F11	Kent Under 17 Women High Jump			Final	15:30
	CBP: Ashleigh West Medway & Maidstone AC 1.74 2017				
	Previous Winner: Matilda Secker Tonbridge AC 1.73 2023				
303	Eyiteniola Becky Ogundare	Dartford Harriers AC	414	Araba Taylor	Tonbridge AC
307	Bethany Shimmens Smith	Thanet AC	429	Ella Thomas	Tonbridge AC
375	Eve Morgan	Med and Maid AC	535	Charlotte Atkinson	Sevenoaks AC
413	Gabriella Noyce	Cambridge Harriers	536	Sophie Mcguire	Sevenoaks AC
F11	Middlesex Under 17 Women High Jump			Final	15:30
	CBP: Ella Widdop-Gray St Marys Richmond 1.72m 2013				
	Previous Winner: Salome Vessier Highgate Harriers 1.45 2023				
776	Monisade Ayodeji	Highgate Harriers	892	Emma Grenmark-Pittaway	Harrow AC
799	Minna Williams	St Mary's Richmond AC	893	Amy Hallett	Shaftesbury Barnet H
891	Irati Ajanlekoko Gomendio	Victoria Park & TH AC			
F12	Hertfordshire Under 15 Girls High Jump			Final	15:30
	CBP: Katie Caulfield Herts Phoenix 1.60 2007				
	Previous Winner: Phoebe Molnar Dacorum AC 1.45 2023				
33	Oluwagbemisola Majiyagbe	The HAWCS	124	Maisie Smith	St Albans AC
F12	Kent Under 15 Girls High Jump			Final	15:30
	CBP: Rebecca Hawkins Bexley AC 1.72 2014				
	Previous Winner: Heidi Coulson Black & Brom H AC 1.40 2023				
	Elsa Pawson Tonbridge AC 1.40 2023				
318	Elizabeth George	Tonbridge AC	418	Arabella Johnston	Tonbridge AC
320	Manroop Jandu	Dartford Harriers AC	430	Lois Baisley	Invicta East Kent AC
321	Talia Junaid-Evans	Dartford Harriers AC	538	Gabriella Emoekabu	Med and Maid AC
415	Heidi Coulson	Black & Brom H AC	539	Alessia Scala	Black & Brom H AC
417	Laila Humphrey	Invicta East Kent AC	540	Gwennan Thomas	Med and Maid AC
F12	Middlesex Under 15 Girls High Jump			Final	15:30
	CBP: Marilyn Nwawulor Queens Park Harriers 1.69 2007				
	Previous Winner: Monisade Ayodeji Highgate Harriers 1.57 2023				
753	Zhane Pilgrim	Victoria Park & TH AC	894	Lily Ellwood	Harrow AC
802	Leila Newth	Ealing Southall & Middx	895	Cara Samuels	Harrow AC

Sunday Timetable - Track

10:00	T81	U15G 60 Metres - Herts - Final	8
10:06	T82	U15G 60 Metres - Kent - Heats	17 (3H)
10:15	T83	U15G 60 Metres - Middx - Heats	23 (4H)
10:27	T84	U17W 60 Metres - Herts - Final	6
10:30	T85	U17W 60 Metres - Kent - Heats	24 (4H)
10:42	T86	U17W 60 Metres - Middx - Heats	24 (4H)
10:56	T87	U20W 60 Metres - Herts - Final	4
11:00	T88	U20W 60 Metres - Kent - Heats	11 (2H)
11:08	T89	U20W 60 Metres - Middx - Heats	10 (2H)
11:14	T90	SW 60 Metres - Kent - Final	8
11:18	T91	SW 60 Metres - Middx - Final	7
11:22	T92	U17M/U15B 60 Metres - Herts - Finals	4/3
11:26	T93	U15B 60 Metres - Kent - Heats	14 (2H)
11:34	T94	U15B 60 Metres - Middx - Heats	17 (3H)
11:43	T95	U17M 60 Metres - Kent - Heats	18 (3H)
11:51	T96	U17M 60 Metres - Middx - Heats	27 (4H)
12:03	T97	SM 60 Metres - Middx - Heats	33 (4H)****
12:20	T98	U20M 60 Metres - Herts - Final	6
12:24	T99	U20M 60 Metres - Kent - Heats	16 (2H)
12:30	T100	U20M 60 Metres - Middx - Heats	13 (2H)
12:38	T101	SM 60 Metres - Kent - Heats	21 (3H)
12:54	T102	U15G 60 Metres - Middx - Semi-Finals	From T83
12:58	T103	U17W 60 Metres - Kent - Semi-Finals	From T85
13:02	T104	U17W 60 Metres - Middx - Semi-Finals	From T86
13:06	T105	U17M 60 Metres - Middx - Semi-Finals	From T96
13:14	T106	SM 60 Metres - Middx - Semi-Finals	From T97
13:20	T107	U15G 60 Metres - Kent - Final	From T82
13:24	T108	U20W 60 Metres - Middx - Final	From T89
13:29	T109	U20W 60 Metres - Kent - Final	From T88
13:33	T110	U15B 60 Metres - Kent - Final	From T93
13:37	T111	U15B 60 Metres - Middx - Final	From T94
13:41	T112	U17M 60 Metres - Kent - Final	From T95
13:45	T113	U20M 60 Metres - Kent - Final	From T99
13:49	T114	U20M 60 Metres - Middx - Final	From T100
13:53	T115	SM 60 Metres - Kent - Final	From T101
13:57	T116	SM 60 Metres - Herts - Final	5
14:01	T117	U17M 60 Metres - Middx - Final	From T105
14:05	T118	SM 60 Metres - Middx - Final	From T106
14:10	T119	U15G 300 Metres - Herts - Final	2
14:15	T120	U15G 300 Metres - Kent - Final	6
14:20	T121	U15G 300 Metres - Middx - Final	5
14:25	T122	U15B 300 Metres - Kent - Final	6
14:30	T123	U15B 300 Metres - Herts/Middx - Finals	2/2
14:35	T124	U17W 300 Metres - Kent - Heats	11 (2H)
14:40	T125	U17W 300 Metres - Middx - Heats	9 (2H)
14:45	T126	SM 400 Metres - Kent - Heats	13 (3H)
14:50	T127	U17W 400 Metres - Herts - Final	6
14:55	T128	U17M 400 Metres - Herts - Final	5
15:00	T129	U17M 400 Metres - Kent - Heats	11 (2H)
15:05	T130	U17M 400 Metres - Middx - Final	6
15:10	T131	U20M 400 Metres - Middx - Final	5
15:15	T132	U20M 400 Metres - Kent - Heats	10 (2H)
15:20	T133	U20W 400 Metres - Herts - Final	4

15:25	T134	U20W 400 Metres - Kent - Final	6
15:30	T135	U20W 400 Metres - Middx - Final	6
15:35	T136	SW 400 Metres - Herts/Middx - Finals	1/2
15:40	T137	SW 400 Metres - Kent - Heats	7 (2H)
15:45	T138	SM 400 Metres - Herts - Final	4
15:50	T139	SM 400 Metres - Middx - Heats	7 (2H)
15:55	T140	SM 400 Metres - Kent - Semi Final	From T126
16:00	T141	U15G 1500 Metres - Herts/Kent/Middx - Finals	1/5/4
16:10	T142	U17W 1500 Metres - Herts/Kent/Middx - Finals	3/1/3
16:20	T143	SW/U20W 1500 Metres - Herts/Kent/Middx - Finals	2/2/1/4
16:30	T144	U15B 1500 Metres - Herts/Kent/Middx - Finals	3/5/2
16:40	T145	U17M 1500 Metres - Herts/Kent/Middx - Finals	2/4/3
16:50	T146	U20M 1500 Metres - Kent/Middx - Finals	4/2
17:00	T147	SM 1500 Metres - Herts/Kent/Middx - Final	1/3/6
17:10	T148	U17W 300 Metres - Kent - Final	From T124
17:15	T149	U17W 300 Metres - Middx - Final	From T125
17:20	T150	U17M 400 Metres - Kent - Final	From T129
17:25	T151	SW 400 Metres - Kent - Heats	From T137
17:30	T152	U20M 400 Metres - Kent - Final	From T132
17:35	T153	SM 400 Metres - Middx - Final	From T139
17:40	T154	SM 400 Metres - Kent - Final	From T140

Sunday Timetable - Field

10:00	F13	SW Long Jump - All - North pit	12 (inc 2 para)
10:00	F14	U17M/U15B Pole Vault - All	7/6
10:00	F15	U15G Shot - All	16
11:30	F16	SW Shot - All	10
11:50	F17	U15G Long Jump - Herts/Middx - North pit	9
12:50	F18	U17W Shot - All	10
13:20	F19	U15G Long Jump - Kent - North pit	18
13:20	F20	U20W Long Jump - All - South pit	14
14:10	F21	U20W Shot - All	8
14:30	F22	SM/U20M Pole Vault - All	8/8
14:30	F23	U17M/U15B Triple Jump - All - South pit	5/6
14:30	F24	U15B High Jump - All - Bed 2	10
14:30	F26	U17M High Jump - All - Bed 1	9
15:00	F25	U17W Long Jump - All - North pit	20
16:00	F27	SM/U20M Triple Jump - All - South pit	4/3

TRACK EVENTS

T81	Hertfordshire Under 15 Girls 60 Metres				Final	10:00
	CBP: Jodie Williams Herts Phoenix 7.77 2008					
	Previous Winner: Kristen-Leigh Petit Watford Harriers 8.39 2023					
30	Olivia Gaines	St Albans AC	34	Beth March	The HAWCS	
31	Isabella Harrison	St Albans AC	35	Kaya Meikle	Herts Phoenix AC	
32	Eloise Horn	Herts Phoenix AC	36	Emilie Walton	St Albans AC	
33	Oluwagbemisola Majiyagbe	The HAWCS	37	Tia Weekes	Harlow AC	
T82	Kent Under 15 Girls 60m				Heats	10:06
	CBP: Tatum Nelson Tunbridge Wells & Langton AC 7.8s 1993					
	Vera Chinedu Cambridge Harriers 7.8 2014					
	Vera Chinedu Cambridge Harriers 7.81 2014					
	Previous Winner: Emily Cadman Cambridge Harriers 7.89 2023					
313	Emilia Adese	Black & Brom H AC	321	Talia Junaid-Evans	Dartford Harriers AC	
314	Cheryl Adjadi	S Factor Academy	322	Jayda Renae Mckenzie	Cambridge Harriers	
315	Victoria Simi Akinlolu	Cambridge Harriers	323	Pelumi Ogunsami	Cambridge Harriers	
316	Océane Argivier	Swale Combined AC	324	Fayo Olatunde	Black & Brom H AC	
317	Mariana Caceres	Black & Brom H AC	325	Olivia-Daisy Prosser	Thanet AC	
318	Elizabeth George	Tonbridge AC	326	Millie Rumley	Swale Combined AC	
319	Precious Hayford	S Factor Academy	327	Angel Salako	Dartford Harriers AC	
320	Manroop Jandu	Dartford Harriers AC	328	Lily Stephenson	Sevenoaks AC	
T83	Middlesex Under 15 Girls 60 Metres				Heats	10:15
	CBP: Niah Akintokun Shaftesbury Barnet H 7.63 2020					
	Previous Winner: Angel McLeod Shaftesbury Barnet H 7.83 2023					
732	Genera Adomako-Yeboah	Victoria Park & TH AC	744	Aara Kamara	Shaftesbury Barnet H	
733	Niah Avaloy-Garcia	Victoria Park & TH AC	745	Rhoswen Keeping	London Heathside	
734	Jaliyah Bamfo	Victoria Park & TH AC	746	Havika Kyere-Aidoo	Harrow AC	
735	Chloe Barracliffe	Dwain Chambers SC	747	Nicolatae Lovelock	Hillingdon AC	
736	Lidia Ciruelas	St Mary's Richmond AC	748	Indiana Maldonado-Cyrus	Victoria Park & TH AC	
737	Marianna Dimitriou	Thames Valley Harriers	749	Myla Miller	London Heathside	
738	Mika Fanus-Sango	Victoria Park & TH AC	750	Mercy Ojo	Victoria Park & TH AC	
739	Tioluwani Femi-Aka	Enfield and Haringey AC	751	Ife Olabanji	Victoria Park & TH AC	
740	Odile Furminieux	St Mary's Richmond AC	752	Isabella Phillips	Hillingdon AC	
741	Savanna Gayle	Woodford Green AC w EL	753	Zhane Pilgrim	Victoria Park & TH AC	
742	India Greenaway	Ealing Southall & Middx	754	Alice Raybe	Thames Valley Harriers	
743	Skye Holland	St Mary's Richmond AC	755	Moiesha Savage	Shaftesbury Barnet H	
T84	Hertfordshire Under 17 Women 60 Metres				Final	10:27
	CBP: Tiana Rizzo Herts Phoenix AC 7.71 2022					
	Previous Winner: Tiana Rizzo Herts Phoenix AC 7.76 2023					
24	Giusy Caprarelli	Dacorum AC	27	Emily Rapley	Stevenage & NH AC	
25	Sara Kennedy	Dacorum AC	28	Mia Taruvinga	Be Fit Today TA	
26	Jasmine Rance	Herts Phoenix AC	29	Daisy-Rai Williams	Dacorum AC	

T85	Kent Under 17 Women 60m		Heats	10:30	
	CBP: Daryll Neita Cambridge Harriers 7.59 2012				
	Montell Douglas Bromley AC 7.6s 2002				
	Previous Winner: Nuriah Orhurhu Cambridge Harriers 7.8 2023				
289	Danielle Agyemang-Tolbert	Cambridge Harriers	301	Cheyenne Nketia	Black & Brom H AC
290	Ife Alabi	Med and Maid AC	302	Niamh O'Farrell	Dartford Harriers AC
291	Chizam Boniface	Black & Brom H AC	303	Eyiteniola Becky Ogundare	Dartford Harriers AC
292	Evangeline Dixon	Tonbridge AC	304	Emmanuella Olagundoye	Med and Maid AC
293	Grace Durrant	Med and Maid AC	305	Mia Pearson	Ashford AC
294	Lily Gayle	Cambridge Harriers	306	Matilda Shilland	Black & Brom H AC
295	Lilly-Ella Gore	Folkestone Running & AC	307	Bethany Shimmen Smith	Thanet AC
296	Chanya Haastrup	Med and Maid AC	308	Oluwadamitan Showemimo	Med and Maid AC
297	Genevieve Harper	Tonbridge AC	309	Sophia A Stewart	Sevenoaks AC
298	Elicia Lacey	Tonbridge AC	310	Emily Cadman	Cambridge Harriers
299	Violet Maxted	Ashford AC	311	Azaria Makinde	Med and Maid AC
300	Olivia Mtungwazi	Sevenoaks AC	312	Layomi Edun	Med and Maid AC
T86	Middlesex Under 17 Women 60 Metres		Heats	10:42	
	CBP: Desiree Henry Enfield & Haringey 7.64 2010				
	Previous Winner: Hebe Evans Thames Valley Harriers 7.83 2023				
708	Roxanne Adlam	Woodford Green AC w EL	720	Tami George	Shaftesbury Barnet H
709	Flora Allan	Ealing Southall & Middx	721	Holly Light	Barnet & District AC
710	Makayla Brai-Aloye	Shaftesbury Barnet H	722	Phoebe Mason-Clark	Harrow AC
711	Milli Bridgman-Athanasatos	London Heathside	723	Adanna Mazinwosu	Shaftesbury Barnet H
712	Jhazmy Charles	Victoria Park & TH AC	724	Angel McLeod	Be Fit Today TA
713	Dwitee Chaudhari	Ealing Southall & Middx	725	Onyebuchi Odiaka	Be Fit Today TA
714	Noa Chodokufa	Woodford Green AC w EL	726	Shenel Okrah	Shaftesbury Barnet H
715	Zoe Dolan	Thames Valley Harriers	727	David-Nathania Oluwole	Enfield and Haringey AC
716	Chloe Edwards	St Mary's Richmond AC	728	Alexia Quintanilla	Thames Valley Harriers
717	Abigail Ejakita	Thames Valley Harriers	729	Bree Tetteh-Lartey	Enfield and Haringey AC
718	Asia Emanuel	London Heathside	730	Sofia Unwin	Harrow AC
719	Hebe Evans	Thames Valley Harriers	731	Lola Van Baaren	City Of Norwich AC
T87	Hertfordshire Under 20 Women 60 Metres		Final	10:56	
	CBP: Amelia Gittens Herts Phoenix AC 7.69 2023				
	Previous Winner: Amelia Gittens Herts Phoenix AC 7.69 2023				
20	Amelia Gittens	Herts Phoenix AC	22	Anya Morzaria	Chiltern Harriers AC
21	Omaserichi Moneke	Watford Harriers	23	Nissi Onafowokan	Harlow AC
T88	Kent Under 20 Women 60m		Heats	11:00	
	CBP: Daryll Neita Cambridge Harriers 7.49 2013				
	Previous Winner: Scarlet Thomas-Wright Invicta East Kent AC 7.58 2023				
278	Rebecca Akinsanya	Med and Maid AC	283	Naomi Oduwole	Cambridge Harriers
279	Lola Brett	Thanet AC	284	Zara Okoroafor	Black & Brom H AC
280	Keziah Ikpeamaeze	Bexley AC	285	Matilda Secker	Tonbridge AC
281	Harriet Medlen	Tonbridge AC	286	Lucy Tallon	Tonbridge AC
282	Princess Nduku	Be Fit Today TA	287	Nirah Valinejad	Cambridge Harriers
T89	Middlesex Under 20 Women 60 Metres		Heats	11:08	
	CBP: Annie Tagoe Thames Valley Harriers 7.58 2010				
	Previous Winner: Shiloh Wright-Taipow Serpentine RC 7.64 2023				
698	Chantal Abaga-Valcarcel	Victoria Park & TH AC	703	Chiamaka Nnaji	Hillingdon AC
699	Beulah Badero	Thames Valley Harriers	704	Megan Omoya-Broad	Thames Valley Harriers
700	Caitlin Gallagher Rattan	Thames Valley Harriers	705	Imani Quamina	London Heathside
701	Juanita Kyere-Aidoo	Harrow AC	706	Jewel Sadiwa-Webb	Enfield and Haringey AC
702	Kyra Martin	Enfield and Haringey AC	707	Kaydiann Thompson	Thames Valley Harriers

T90	Kent Senior Women 60m		Final	11:14	
	CBP: Ellie Turner Med and Maid AC 7.55 2023				
	Previous Winner: Ellie Turner Med and Maid AC 7.55 2023				
270	Rebecca Abegunde Williams	Black & Brom H AC	274	Rebecca Sommerville (W35)	Thanet AC
271	Doyin Aderinto	Cambridge Harriers	275	Scarlet Thomas-Wright	Invicta East Kent AC
272	Zara Edeleanu	Med and Maid AC	276	Ellie Turner	Med and Maid AC
273	Amirat Mohammed-Hassan	Cambridge Harriers	277	Abigail Walters	Med and Maid AC
T91	Middlesex Senior Women 60 Metres		Final	11:18	
	CBP: Nicola Gilbert Enfield & Haringey AC 7.60 2014				
	Previous Winner: Folakemi Osundairo Victoria Park & TH AC 8.16 2023				
692	Amy Mat	Belgrave Harriers	695	Jeanne Vellard	London Heathside
693	Nevecia-Terrilee Pecco	London Heathside	696	Isabella Wolday-Myers	London Heathside
694	Nina Strub	London Heathside	697	Rosalind Zeffertt (W60)	Shaftesbury Barnet H
T92	Hertfordshire Under 17 Men 60 Metres		Final	11:22	
	CBP: Dominic Ashwell Dacorum & Tring AC 6.97 2015				
	Previous Winner: Nathan Hedges Dacorum AC 7.00 2023				
13	Thomas Hope	St Albans AC	15	Daniel Sokunle	Harlow AC
14	Nathan Kuti	Barnet & District AC	147	Zachary Asamoah	Herts Phoenix AC
T92	Hertfordshire Under 15 Boys 60 Metres		Final	11:22	
	CBP: Uchenna Okoh Dacorum & Tring AC 7.32 2014				
	Previous Winner: Tofunmi Falegan Herts Phoenix AC 7.84 2023				
16	Thomás Barry-Daly	Watford Harriers	18	Eduardo Reis	St Albans AC
17	Caylan Emmanuel	St Albans AC	19	Oliver Robinson	St Albans AC
T93	Kent Under 15 Boys 60m		Heats	11:26	
	CBP: Dante Legister Cambridge Harriers 7.06 2020				
	Previous Winner: Victor Redman Folkestone Running Club 7.27 2023				
256	Story Bundy	Invicta East Kent AC	263	Olufikayo Lana	Dartford Grammar Sch
257	Ephriam Aboagye	Med and Maid AC	264	Jovani Lindsey	Cambridge Harriers
258	Eli Afolayan	Dartford Grammar Sch	265	Asher Maudhub	Med and Maid AC
259	Samad Akinrinade	Dartford Grammar Sch	266	Ryan Pokharel	Dartford Grammar Sch
260	Ikenna Azodoh	Bexley AC	267	Jevanne Pusey	S Factor Academy
261	Zavier Brathwaite	Cambridge Harriers	268	Kai Rogan	Dartford Harriers AC
262	Jadon Durotoye	S Factor Academy	269	Oscar Sadowski	Black & Brom H AC
T94	Middlesex Under 15 Boys 60 Metres		Heats	11:34	
	CBP: Reece Earle Thames Valley Harriers 7.11 2019				
	Previous Winner: Jahmar Williams Harrow AC 7.32 2023				
675	Omar Abou Eldahab	Ealing Southall & Middx	684	Luke Mills	St Mary's Richmond AC
676	Rayaan Alibhai	Harrow AC	685	Joshua Nyman	Shaftesbury Barnet H
677	Ruben Allushi	St Mary's Richmond AC	686	Matteo Roussel	Ealing Southall & Middx
678	Ben Bamisaiye	Shaftesbury Barnet H	687	Emmanuel Samin	Harrow AC
679	Gabriel Edwards	London Heathside	688	Jahmar Williams	Harrow AC
680	Alistair Fagbola	Ealing Southall & Middx	689	Wesley Sze Pok Wong	St Mary's Richmond AC
681	Lani Jaiyeola	Shaftesbury Barnet H	690	Louis Xun	Shaftesbury Barnet H
682	DeJean Jarrett	Hillingdon AC	691	Zain Yusuff-Phillips	London Heathside
683	Daniel Markham-Lee	Harrow AC			

T95	Kent Under 17 Men 60m		Heats	11:43	
	CBP: Daniel Bonich Bexley Borough AC 7.0s 1996				
	Previous Winner: Max Clark Tonbridge AC 7.19 2023				
238	Onateri Agbinor	S Factor Academy	247	Hans Nmaju	Cambridge Harriers
239	Ephraim Akinlolu	Cambridge Harriers	248	Keon Odulawa	Dartford Harriers AC
240	Max Clark	Black & Brom H AC	249	Oji Okoro	Black & Brom H AC
241	Israel Faley	Dartford Harriers AC	250	Isaiah Olajide	Med and Maid AC
242	Daniel Famojuro	Med and Maid AC	251	Michael Oyetti	Dartford Harriers AC
243	Riley Heathcote	Med and Maid AC	252	Victor Redman	Folkestone Running & AC
244	Alfie Hughes	Swale Combined AC	253	George Robinson	Central Park Athletics
245	Thiago Marinez	Tonbridge AC	254	Tristan Thomas	Black & Brom H AC
246	Oscar Mitroi	Dartford Harriers AC	255	Toby Vagg	Sevenoaks AC
T96	Middlesex Under 17 Men 60 Metres		Heats	11:51	
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017				
	Previous Winner: Ebuka Nwokeji Shaftesbury Barnet H 7.02 2023				
648	Ahmed Abou Eldahab	Ealing Southall & Middx	662	Isaiah Kyere-Aidoo	Harrow AC
649	Modebayo Akin-Agunbiade	Shaftesbury Barnet H	663	Luke Lo	Thames Valley Harriers
650	Mikel Alexander	London Heathside	664	Chiril Mardari	Woodford Green AC w EL
651	Zayn Azabdafery	Harrow AC	665	Daniel Mills	St Mary's Richmond AC
652	Bradley Baka	Highgate Harriers	666	Sam Moylan-Jones	St Mary's Richmond AC
653	Aiden Bramble	Harrow AC	667	Bright Otiora	Be Fit Today TA
654	Anton Cohen	Shaftesbury Barnet H	668	Harry Pincherle	Shaftesbury Barnet H
655	Montana Dennis	London Heathside	669	Micah Prescod-Williams	Victoria Park & TH AC
656	Zane Dye-Smith	Enfield and Haringey AC	670	Jaian Saunders	Shaftesbury Barnet H
657	Asher Escobar	Shaftesbury Barnet H	671	Cruz Sutherland-Plante	Thames Valley Harriers
658	Nathan Howell	Shaftesbury Barnet H	672	David Tetey	Victoria Park & TH AC
659	Paschal Jr Iwuji	Enfield and Haringey AC	673	Tobias Toth-Stevens	London Heathside
660	Sion Jones	Ealing Southall & Middx	674	Charlie Williamson	Enfield and Haringey AC
661	Alex Konstantaras	Barnet & District AC			
T97	Middlesex Senior Men 60 Metres		Heats	12:03	
	CBP: Joshua Swaray Hillingdon 6.7 2010				
	Previous Winner: John Jesse Nwawulor Harrow AC 6.80 2023				
601	Zaid Al Shammary	Thames Valley Harriers	618	Chaka Maillet	Thames Valley Harriers
602	Clyde Anucha	Thames Valley Harriers	619	Craig Mckenley	Enfield and Haringey AC
603	Chris Anuyagu	Newham and Essex	620	Elvio Mendes	Thames Valley Harriers
604	Keith Baccus	Queen;s Park Harriers	621	Chris Michael (M60)	Veterans AC
605	Orlando Bell	Oxford University AC	622	Zachary Miller	Ealing Southall & Middx
606	Leon Braithwaite (M50)	Enfield and Haringey AC	623	Carlos Mingoos	London Heathside
607	Jude Bright-Davies	Thames Valley Harriers	624	Eogain Mitchison	London Heathside
608	Chris Burbidge (M45)	Ealing Southall & Middx	625	Hagen Mzee	Reading AC
609	Mark Collins (M50)	Southampton AC	626	Cian O'Donnell	London Heathside
610	Tyrell Dankwa	Marshall Milton Keynes AC	627	Bryan Ogbebor	Shaftesbury Barnet H
611	Reece Earle	Thames Valley Harriers	628	Andrew Okpoyo	Harrow AC
612	Romain Ebanks	Thames Valley Harriers	629	Elliot Simmons	London Heathside
613	Zaid Jaria	Thames Valley Harriers	630	Roger Skedd (M40)	Chelmsford AC
614	Joseph Johansen	Thames Valley Harriers	631	Lumar Sylvester	Thames Valley Harriers
615	Mohamed Kamara	London Heathside	632	Qi Wei	Belgrave Harriers
616	Josh Kelly	Thames Valley Harriers	633	Kemka Wondugba	Enfield and Haringey AC
617	Jason Kojo Dwaah (M35)	Victoria Park & TH AC			
T98	Hertfordshire Under 20 Men 60 Metres		Final	12:20	
	CBP: Destiny Ogali Dacorum & Tring AC 6.97 2019				
	Previous Winner: Marcus Devenport Dacorum AC 7.44 2023				
7	Mathew Ajayi	Watford Harriers	10	Sullivan McAlinden	Dacorum AC
8	Jake Curtis	Thames Valley Harr	11	Joe Mckeich	Dacorum AC
9	Nathan Hedges	Dacorum AC	12	Anthony Michaelides	Barnet & District AC

T99	Kent Under 20 Men 60m		Heats	12:24	
	CBP: James Ellington Belgrave Harriers 6.82s 2004				
	Previous Winner: Dante Legister Cambridge Harriers 6.96 2023				
221	Joshua Aboagye	Med and Maid AC	229	Jamie Kent-Smith	Med and Maid AC
222	Divine Akinlolu	Cambridge Harriers	230	Hassan Malador	Herne Hill Harriers
223	Alfie Baker-Harris	Tonbridge AC	231	Moses Odigbo	Cambridge Harriers
224	Daniel Chigbu	Dartford Harriers AC	232	Joshua Osaretin	Med and Maid AC
225	Oliver Driscoll	Black & Brom H AC	233	Daniel Shoyoye	Med and Maid AC
226	Moshood Erinfolami	Cambridge Harriers	234	Harry Simpson	Invicta East Kent AC
227	James Gill	Invicta East Kent AC	235	Joseph Sobanjo	Med and Maid AC
228	Javan Gordon	Cambridge Harriers	236	Joshua Thomas-Wright	Invicta East Kent AC
T100	Middlesex Under 20 Men 60 Metres		Heats	12:30	
	CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010				
	Previous Winner: Joseph Nash Enfield and Haringey AC 6.97 2023				
634	John Abon	Thames Valley Harriers	641	Levi Ernst	Thames Valley Harriers
635	Aaron Barrett-Mowatt	Victoria Park & TH AC	642	Nathan Fernandes	Shaftesbury Barnet H
636	Sebastian Jose Bejarano-Ra	Shaftesbury Barnet H	643	Henry Fosuhene	Enfield and Haringey AC
637	Taylor Bushiri	Enfield and Haringey AC	644	Riley Jones-Rodway	Ealing Southall & Middx
638	Ruben Cardoso	Be Fit Today TA	645	Oliver Laurens	Shaftesbury Barnet H
639	Christian Charway	Enfield and Haringey AC	646	Ihsan Matti	Highgate Harriers
640	Trey Corlis	London Heathside	647	Demario Seaton	Thames Valley Harriers
T101	Kent Senior Men 60m		Heats	12:38	
	CBP: Mark Williams Blackheath Harriers 6.8s 1994				
	Korede Awe Invicta East Kent AC 6.81 2019				
	Previous Winner: Jack Lennard Tonbridge AC 6.99 2023				
201	Ezekiel Akinsola	Cambridge Harriers	211	Omari Markland-Montgome	Cambridge Harriers
202	Nicholas Atwell (M35)	Thames Valley Harriers	212	Trey Mcpherson	Dartford Harriers AC
203	Justin Bailey	Dartford Harriers AC	213	Walter Michelli (M45)	Central Park Athletics
204	Richard Brooks (M50)	Dartford Harriers AC	214	Nkwazi Ndila	Black & Brom H AC
205	Sebastian Brooks (T20/F20)	Tonbridge AC	215	Douglas Noel	Invicta East Kent AC
206	Anthony Bryan	Tonbridge AC	216	Chizute Ogbedeh	Black & Brom H AC
207	Michael Damoah	Black & Brom H AC	217	Lewis Parsons	Thanet AC
208	Nathan Isaac	Med and Maid AC	218	Nickoy Robinson	Invicta East Kent AC
209	Rory Kuypers	Med and Maid AC	219	Steven Tester (M40)	Tonbridge AC
210	Caspar Lumley (T35)	Ashford AC	220	Gary Walsh (M55)	Sevenoaks AC
T102	Middlesex Under 15 Girls 60 Metres		S/F	12:54	
	CBP: Niah Akintokun Shaftesbury Barnet H 7.63 2020				
	Previous Winner: Angel McLeod Shaftesbury Barnet H 7.83 2023				
T103	Kent Under 17 Women 60m		S/F	12:58	
	CBP: Daryll Neita Cambridge Harriers 7.59 2012				
	Montell Douglas Bromley AC 7.6s 2002				
	Previous Winner: Nuriah Orhurhu Cambridge Harriers 7.8 2023				
T104	Middlesex Under 17 Women 60 Metres		S/F	13:02	
	CBP: Desiree Henry Enfield & Haringey 7.64 2010				
	Previous Winner: Hebe Evans Thames Valley Harriers 7.83 2023				
T105	Middlesex Under 17 Men 60 Metres		S/F	13:06	
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017				
	Previous Winner: Ebuka Nwokeji Shaftesbury Barnet H 7.02 2023				
T106	Middlesex Senior Men 60 Metres		S/F	13:14	
	CBP: Joshua Swaray Hillingdon 6.7 2010				
	Previous Winner: John Jesse Nwawulor Harrow AC 6.80 2023				
T107	Kent Under 15 Girls 60m		Final	13:20	
	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: Emily Cadman Cambridge Harriers 7.89 2023

T108	Middlesex Under 20 Women 60 Metres	Final	13:24		
	CBP: Annie Tagoe Thames Valley Harriers 7.58 2010 Previous Winner: Shiloh Wright-Taipow Serpentine RC 7.64 2023				
T109	Kent Under 20 Women 60m	Final	13:29		
	CBP: Daryll Neita Cambridge Harriers 7.49 2013 Previous Winner: Scarlet Thomas-Wright Invicta East Kent AC 7.58 2023				
T110	Kent Under 15 Boys 60m	Final	13:33		
	CBP: Dante Legister Cambridge Harriers 7.06 2020 Previous Winner: Victor Redman Folkestone Running Club 7.27 2023				
T111	Middlesex Under 15 Boys 60 Metres	Final	13:37		
	CBP: Reece Earle Thames Valley Harriers 7.11 2019 Previous Winner: Jahmar Williams Harrow AC 7.32 2023				
T112	Kent Under 17 Men 60m	Final	13:41		
	CBP: Daniel Bonich Bexley Borough AC 7.0s 1996 Previous Winner: Max Clark Tonbridge AC 7.19 2023				
T113	Kent Under 20 Men 60m	Final	13:45		
	CBP: James Ellington Belgrave Harriers 6.82s 2004 Previous Winner: Dante Legister Cambridge Harriers 6.96 2023				
T114	Middlesex Under 20 Men 60 Metres	Final	13:49		
	CBP: Lumar Sylvester Thames Valley Harriers 6.9 2010 Previous Winner: Joseph Nash Enfield and Haringey AC 6.97 2023				
T115	Kent Senior Men 60m	Final	13:53		
	CBP: Mark Williams Blackheath Harriers 6.8s 1994 Korede Awe Invicta East Kent AC 6.81 2019 Previous Winner: Jack Lennard Tonbridge AC 6.99 2023				
T116	Hertfordshire Senior Men 60 Metres	Final	13:57		
	CBP: Adam Daish Enfield & Haringey 7.08 2008 Previous Winner: No Competition 2023				
1	Leon Braithwaite (M50)	Enfield & Haringey AC	4	Daryl Gondola-Bokoba	Stevenage & NH AC
2	Matthew Cox	Herts Phoenix AC	5	Anthony Meikle (M40)	Herts Phoenix AC
3	Marcus Firby	Watford Harriers	6	Jordan Thomas	Windsor SE & H AC
T117	Middlesex Under 17 Men 60 Metres	Final	14:01		
	CBP: Shevhone Lumsden Enfield & Haringey AC 6.90 2017 Previous Winner: Ebuka Nwokeji Shaftesbury Barnet H 7.02 2023				
T118	Middlesex Senior Men 60 Metres	Final	14:05		
	CBP: Joshua Swaray Hillingdon 6.7 2010 Previous Winner: John Jesse Nwawulor Harrow AC 6.80 2023				
T119	Hertfordshire Under 15 Girls 300 Metres	Final	14:10		
	CBP: Thalia Mann Watford Harriers 43.92 2022 Previous Winner: Mia Tarvinga Be fit today Track Academy 46.78 2023				

30 Olivia Gaines St Albans AC 68 Jessica Lane Herts Phoenix AC

T120	Kent Under 15 Girl 300m			Final	14:15
	CBP: Emily Cadman Cambridge Harriers 40.71 2023				
	Previous Winner: Emily Cadman Cambridge Harriers 40.71 2023				
327	Angel Salako	Dartford Harriers AC	431	Olivia Baker	Med and Maid AC
380	Kara Bryan	Black & Brom H AC	432	Matilda Moisan	Med and Maid AC
430	Lois Baisley	Invicta East Kent AC	433	Katie Wake	Bexley AC
T121	Middlesex Under 15 Girls 300 Metres			Final	14:20
	CBP: Jeslyn Agyei-Kyem Walton AC 41.92 2018				
	Previous Winner: Ella Buckley Barnet & District AC 44.11 2023				
732	Genera Adomako-Yeboah	Victoria Park & TH AC	809	Matilda Lachmann	London Heathside
736	Lidia Ciruelas	St Mary's Richmond AC	810	Edith Waites	London Heathside
782	Betsy Agboola	Victoria Park & TH AC			
T122	Kent Under 15 Boys 300m			Final	14:25
	CBP: Mubarrak Salih Cambridge Harriers 37.66 2020				
	Previous Winner: Elijah Olaleye Cambridge Harriers 39.62 2023				
269	Oscar Sadowski	Black & Brom H AC	357	Chidubem Ugoji	Dartford Harriers AC
346	Jonathan Adegbola	Dartford Grammar Sch	422	Teniayo Adesanya	Dartford Grammar Sch
354	Fela Shosinde	Med and Maid AC	423	Aathinath Gananathan	Dartford Grammar Sch
T123	Hertfordshire Under 15 Boys 300 Metres			Final	14:30
	CBP: Uchenna Okoh Dacorum & Tring AC 37.66 2014				
	Previous Winner: No Competition 2023				
18	Eduardo Reis	St Albans AC	67	Anish Frankland	Dacorum AC
T123	Middlesex Under 15 Boys 300 Metres			Final	14:30
	CBP: Milton Cooper London Heathside 38.03 2022				
	Previous Winner: Seth Rennie-Roddy Shaftesbury Barnet H 41.08 2023				
804	Dijani Barnor	Shaftesbury Barnet H	805	Arthur Shaw	Highgate Harriers
T124	Kent Under 17 Women 300m			Heats	14:35
	CBP: Emily Newnham Dartford Harriers AC 39.63 2020				
	Previous Winner: Alyssa Firla Black & Brom H AC 41.53 2023				
295	Lilly-Ella Gore	Folkestone Running & AC	424	Alyssa Firla	Black & Brom H AC
299	Violet Maxted	Ashford AC	425	Leah Kyriacou	Black & Brom H AC
310	Emily Cadman	Cambridge Harriers	426	Amber Matthews	Med and Maid AC
370	Hannah Areeson	Ashford AC	427	Elena Oliphant	S Factor Academy
413	Gabriella Noyce	Cambridge Harriers	428	Eva Prevett-Hogg	Med and Maid AC
T125	Middlesex Under 17 Women 300 Metres			Heats	14:40
	CBP: Jeslyn Agyei-Kyem Walton Athletic Club 41.22 2020				
	Previous Winner: Magdeline Paitoo London Heathside 41.52 2023				
721	Holly Light	Barnet & District AC	780	Magdeline Paitoo	London Heathside
723	Adanna Mazinwosu	Shaftesbury Barnet H	806	Eleanor Mccue	St Mary's Richmond AC
774	Emelie Ahlstrom	St Mary's Richmond AC	807	Dina Silverman	Shaftesbury Barnet H
775	Maddison Allushi	St Mary's Richmond AC	808	Selma Tivnann	Trent Park RC
777	Ella Buckley	Shaftesbury Barnet H			
T126	Kent Senior Men 400m			Heats	14:45
	CBP: Conrad Williams Kent AC 48.37s 2008				
	Previous Winner: Fuad Busoir Cambridge Harriers 53.04 2023				
213	Walter Michelli (M45)	Central Park Athletics	435	Joseph Burton	Med and Maid AC
219	Steven Tester (M40)	Tonbridge AC	436	Roderick Cooney-Bresi	Cambridge Harriers
220	Gary Walsh (M55)	Sevenoaks AC	437	Daniel Eugene	Ipswich harriers
334	Jamie Oliver	Tonbridge AC	438	Henry Marshall	Tonbridge AC
335	William Vilpoix-Phillips	Central Park Athletics	439	Tommy Owler	Folkestone Running & AC
434	George Blake	Tonbridge AC	440	Thomas Sugden	Black & Brom H AC
T127	Hertfordshire Under 17 Women 400 Metres			Final	14:50
	CBP: Emily Hack St Albans AC 57.94 2015				

Previous Winner: Bethany Botheras Herts Phoenix AC 63.30 2023

28	Mia Taruvinga	Be Fit Today TA	83	Amber Costello	The HAWCS
81	Bethany Botheras	Herts Phoenix AC	84	Isabella Culverhouse	The HAWCS
82	Ruby Cheshire	The HAWCS	85	Maisie Newton	St Albans AC

T128 Hertfordshire Under 17 Men 400 Metres Final 14:55

CBP: Nathan Wake Herts Phoenix 51.36 2007

Previous Winner: Finley Norman Herts Phoenix 52.87 2023

15	Daniel Sokunle	Harlow AC	74	Daniel Skilbeck	Herts Phoenix AC
72	Jack Bridge	Dacorum AC	75	Dylan Winfield	Dacorum AC
73	Charlie Hoefield	St Albans AC			

T129 Kent Under 17 Men 400m Heats 15:00

CBP: Ethan Brown Dartford Harriers AC 50.01 2017

Previous Winner: Joe Stone Tonbridge AC 50.70 2023

342	Rylee Duffy	Central Park Athletics	448	Tane Chambers	Black & Brom H AC
344	Alexander Morrell	Black & Brom H AC	449	Rhys Joyeux	Cambridge Harriers
398	Elijah Olaleye	Cambridge Harriers	450	Roddy Ostle	Invicta East Kent AC
400	Harry Wickers	Med and Maid AC	451	Theo Ronchetti	Med and Maid AC
447	Luke Bridges	Sevenoaks AC	452	Joshua Wellings	Cambridge Harriers

T130 Middlesex Under 17 Men 400 Metres Final 15:05

CBP: Linus Field St Mary's Richmond 51.19 2011

Previous Winner: Sam Brown London Heathside 51.42 2023

763	Rafael Pequeno	Hillingdon AC	822	Kai Fellows	Victoria Park & TH AC
820	Sam Brown	London Heathside	823	Billy Fudge	Enfield and Haringey AC
821	Joseph Cox	Shaftesbury Barnet H	824	David Isibor	Victoria Park & TH AC

T131 Middlesex Under 20 Men 400 Metres Final 15:10

CBP: Joel Houslin Thames Valley Harriers 50.04 2023

Previous Winner: Joel Houslin Thames Valley Harriers 50.04 2023

635	Aaron Barrett-Mowatt	Victoria Park & TH AC	818	Matthew Barnes	Thames Valley Harriers
760	Tom Street	Thames Valley Harriers	819	Matei Frunza	Shaftesbury Barnet H
817	Jaden Aulis	Shaftesbury Barnet H			

T132 Kent Under 20 Men 400m Heats 15:15

CBP: Farren Morgan Bexley AC 48.98 2012

Previous Winner: Tommy Owler Folkestone Running Club 49.57 2023

227	James Gill	Invicta East Kent AC	442	Zak Banton	Kent AC
338	Chinedu Ndukwu	Black & Brom H AC	443	Thomas Daly	Tonbridge AC
339	Zuriel Nwogwugwu	Black & Brom H AC	444	Nathan Firla	Black & Brom H AC
341	Cheyne West	Med and Maid AC	445	Dylan Purton	Med and Maid AC
394	Fidaou Mourtada	Black & Brom H AC	446	Zak Yusuf	Tonbridge AC

T133 Hertfordshire Under 20 Women 400 Metres Final 15:20

CBP: Laura Wake Herts Phoenix 58.51 2008

Previous Winner: Louise Grenfell Herts Phoenix AC 59.45 2023

77	Jemima Byers	Dacorum AC	79	Mia Higson	Shaftesbury Barnet H
78	Louise Grenfell	Herts Phoenix AC	80	Niamh Smith	Herts Phoenix AC

T134 Kent Under 20 Women 400m Final 15:25

CBP: Rebecca O'Hara Tonbridge AC 57.42 2017

Previous Winner: Cameron Kelly-Gordon Black & Brom H AC 58.47 2023

367	Georgina Kyte	Canterbury Ath Acad	457	Olivia Magee-Brown	Black & Brom H AC
368	Keziah Olaleye	Cambridge Harriers	458	Tallulah Ndikanwu	Black & Brom H AC
456	Jasmine Crossley	Dartford Harriers AC	459	Alexia Scotiniadis	Tonbridge AC

T135 Middlesex Under 20 Women 400 Metres Final 15:30

CBP: Michelle Mamudu Victoria Park & TH AC 58.17 2018

Previous Winner: Katie-Marie Sherlock Thames Valley Harriers 58.8 2023

827	Amy Bradley	Ealing Southall & Middx	830	Mya Mairs-Ingram	Shaftesbury Barnet H
828	Clara Brooke	Thames Valley Harriers	831	Lola McCann-Ezekiel	Shaftesbury Barnet H
829	Charlotte Harris	Barnet & District AC	832	Reha Siyani	Ealing Southall & Middx
T136	Hertfordshire Senior Women 400 Metres			Final	15:35
	CBP: Deborah Willis Notts AC 56.20 2015				
	Previous Winner: Eilidh Malcolm Harlow AC 66.50 2023				
76	Helena van Hullen	Dacorum AC			
T136	Middlesex Senior Women 400 Metres			Final	15:35
	CBP: Lyndsey Fairweather Harrow 56.84 2010				
	Previous Winner: No Competition 2023				
825	Madeleine Casey	Thames Valley Harriers	826	Widad Ibrahim	Victoria Park & TH AC
T137	Kent Senior Women 400m			Heats	15:40
	CBP: Jodie Leslie Bedford & County AC 57.18 2016				
	Previous Winner: Lucy Hope Med and Maid AC 58.37 2023				
360	Chanelle Cole	Black & Brom H AC	365	Faye Olszowka (T20)	Bexley AC
362	Lucy Hope	Med and Maid AC	366	Asha Root	Tonbridge AC
363	Bonnie Maugey	Central Park Athletics	454	Erin Hughes	Med and Maid AC
T138	Hertfordshire Senior Men 400 Metres			Final	15:45
	CBP: Glyn Hawkes Cardiff 49.10 2011				
	Previous Winner: Samuel Jones St Albans AC 49.70 2023				
38	William Hill (M35)	Dacorum AC	70	Samuel Jones	St Albans AC
69	Scott Gunning	Basingstoke & MH AC	71	Joshua Namiech-Oyebola	Shaftesbury Barnet H
T139	Middlesex Senior Men 400 Metres			Heats	15:50
	CBP: Andrew Howell Harrow 49.12 2010				
	Previous Winner: Isaac Ogunlade Herne Hill Harriers 50.10 2023				
811	Raphael Aaron	Shaftesbury Barnet H	814	Cathal Holloway	Harrow AC
812	Robert Datnow (M50)	Thames Valley Harriers	815	Isaac Ogunlade	Havering AC
813	Nicolas Entzminger	Serpentine RC	816	Yiheng Wu	Thames Valley Harriers
T140	Kent Senior Men 400m			S/F	15:55
	CBP: Conrad Williams Kent AC 48.37s 2008				
	Previous Winner: Fuad Busoir Cambridge Harriers 53.04 2023				
T141	Hertfordshire Under 15 Girls 1500 Metres			Final	16:00
	CBP: Laura Farrar St. Albans 5:09.22 2008				
	Previous Winner: Catherine Thurgood Dacorum AC 5:52.05 2023				
68	Jessica Lane	Herts Phoenix AC			
T141	Kent Under 15 Girls 1500m			Final	16:00
	CBP: Morgan Squibb Black & Brom H AC 4:50.64 2017				
	Previous Winner: Megan Barlow Black & Brom H AC 4:53.60 2022				
496	Matilda Holliday	Dartford Harriers AC	511	Meredith Cummins	Cambridge Harriers
497	Shevia Ryan	Dartford Harriers AC	512	Delilah Lester	Cambridge Harriers
T141	Middlesex Under 15 Girls 1500 Metres			Final	16:00
	CBP: Myla Stiling Victoria Park & TH AC 5:04.29 2018				
	Previous Winner: Tess Noblet Woodford Green AC w EL 5:12.44 2023				
861	Olive Brungs	Highgate Harriers	864	Isla Kane	Barnet & District AC
862	Thea Conway	Barnet & District AC	878	Lila Blustin	London Heathside
T142	Hertfordshire Under 17 Women 1500 Metres			Final	16:10
	CBP: Laura Farrar St. Albans 4:58.75 2010				
	Previous Winner: Anna Dalgas Dacorum AC 5:29.00 2023				
99	Emma Gudgeon	Herts Phoenix AC	113	Lily Johnson	Dacorum AC

101	Matilda O'Brien	Herts Phoenix AC			
T142	Middlesex Under 17 Women 1500 Metres			Final	16:10
	CBP: Nicole McGovern Shaftesbury Barnet H 4:40.89 2022				
	Previous Winner: Skye Bishop Thames Valley Harriers 4:53.37 2023				
877	Mia Rosen	Barnet & District AC			
T142	Middlesex Under 17 Women 1500 Metres			Final	16:10
	CBP: Nicole McGovern Shaftesbury Barnet H 4:40.89 2022				
	Previous Winner: Skye Bishop Thames Valley Harriers 4:53.37 2023				
877	Mia Rosen	Barnet & District AC			
T143	Kent Senior Women 1500m			Final	16:20
	CBP: Chloe Sharp Central Park Athletics 4:32.46 2020				
	Previous Winner: Noémie Thomson Tonbridge AC 4:33.66 2023				
482	Sophia Moore	Bexley AC	507	Rebecca Pickard (W45)	Sevenoaks AC
483	Morgan Squibb	Black & Brom H AC	508	Briony Walsh	Ashford AC
T143	Hertfordshire Under 20 Women 1500 Metres			Final	16:20
	CBP: Laura Farrar Dacorum & Tring 4:44.56 2011				
	Previous Winner: No Competition 2023				
111	Beckie Cray	St Albans AC	112	Grace Mason	Herts Phoenix AC
T143	Kent Under 20 Women 1500m			Final	16:20
	CBP: Morgan Squibb Black & Brom H AC 4:42.87 2022				
	Previous Winner: Hannah Clark Black & Brom H AC 4:50.64 2023				
484	Amy-Jayne Goodhand	Invicta East Kent AC	509	Hannah Clark	Black & Brom H AC
T143	Middlesex Under 20 Women 1500 Metres			Final	16:20
	CBP: Nicola Ravenhill Ealing Southall & Middx 4:53.10 2017				
	Previous Winner: Emma McCluskey Barnet & District AC 4:57.15 2023				
876	Emma McCluskey	Barnet & District AC			
T144	Hertfordshire Under 15 Boys 1500 Metres			Final	16:30
	CBP: Jamie Dee Herts Phoenix 4:13.51 2012				
	Previous Winner: No Competition 2023				
95	James Branch	The HAWCS	110	Jake Summers	Herts Phoenix AC
T144	Kent Under 15 Boys 1500m			Final	16:30
	CBP: Samuel Reardon Black & Brom H AC 4:28.23 2018				
	Previous Winner: Alex Martin Black & Brom H AC 5:09.61 2023				
259	Samad Akinrinade	Dartford Grammar Sch	480	Madalitso Valema-Mwanza	Dartford Harriers AC
478	Senuth Gomes	Bexley AC	505	Monty Brown	Cambridge Harriers
T144	Middlesex Under 15 Boys 1500 Metres			Final	16:30
	CBP: Finn Harvey Shaftesbury Barnet H 4:29.66 2016				
	Previous Winner: Oliver Flemming Barnet & District AC 4:58.15 2023				
854	Kevin Liyanage	Ealing Southall & Middx	875	Luca Russo	Harrow AC
874	Arjuna Pflug	Highgate Harriers			

T145	Hertfordshire Under 17 Men 1500 Metres		Final	16:40
	CBP: Edward Shepherd Herts Phoenix 4:11.58 2010			
	Previous Winner: No Competition 2023			
108	Joshua Moody	Dacorum AC	109	Oliver Tom
				Herts Phoenix AC
T145	Kent Under 17 Men 1500m		Final	16:40
	CBP: Samuel Reardon Black & Brom H AC 4:19.09 2020			
	Previous Winner: Harry Fage Black & Brom H AC 4:26.17 2023			
470	Henry Gibson	Med and Maid AC	474	Sebastian Sanz-Kozyra
472	Alfred Moisan	Med and Maid AC	504	Connor Lynch
				Invicta East Kent AC
				Central Park Athletics
T145	Middlesex Under 17 Men 1500 Metres		Final	16:40
	CBP: Rhys Spence Hillingdon 4:09.68 2010			
	Previous Winner: Liam Bailey Highgate Harriers 4:27.16 2023			
870	John Diracles	Shaftesbury Barnet H	872	Joshua Mcdonagh Sanchez
871	Oliver Flemming	Barnet & District AC	873	Mika Stripp
				Barnet & District AC
				Ealing Southall & Middx
T146	Kent Under 20 Men 1500m		Final	16:50
	CBP: Marshall Smith Ashford AC 4:10.20 2018			
	Previous Winner: Thomas Sugden Black & Brom H AC 4:18.69 2023			
337	Darren Hind	Swale Combined AC	469	Harrison White
466	Harrison King	Canterbury Ath Acad	503	Harry Fage
				Invicta East Kent AC
				Black & Brom H AC
T146	Middlesex Under 20 Men 1500 Metres		Final	16:50
	CBP: Yusuf Bizimana Victoria Park & TH AC 3:58.60 2018			
	Previous Winner: Max Bishop Thames Valley Harriers 4:15.00 2023			
761	Callum Sydenham	Barnet & District AC	843	Noah Clarke
				Barnet & District AC
T147	Hertfordshire Senior Men 1500 Metres		Final	17:00
	CBP: James McMurray St Albans AC 3:48.47 2019			
	Previous Winner: No Competition 2023			
107	George Withers	St Albans AC		
T147	Kent Senior Men 1500m		Final	17:00
	CBP: Dylan Rigby Invicta East Kent AC 4:00.21 2018			
	Previous Winner: Chris Loudon Cambridge Harriers 4:04.08 2023			
220	Gary Walsh (M55)	Sevenoaks AC	500	Darren Corneille (M40)
463	Matthew Preston (M50)	Cambridge Harriers	501	Chris Loudon (M35)
499	Brett Baker	Cambridge Harriers	502	Joseph O'Hara
				Black & Brom H AC
				Cambridge Harriers
				Bexley AC
T147	Middlesex Senior Men 1500 Metres		Final	17:00
	CBP: Mohamed Mohamed Thames Valley Harriers 3:55.48 2014			
	Previous Winner: Basil Rock Thames Valley Harriers 4:00.72 2023			
868	Ruben Carvajal (M40)	Queen's Park Harriers	869	Tejas Hirani
				Harrow AC
T148	Kent Under 17 Women 300m		Final	17:10
	CBP: Emily Newnham Dartford Harriers AC 39.63 2020			
	Previous Winner: Alyssa Firla Black & Brom H AC 41.53 2023			
T149	Middlesex Under 17 Women 300 Metres		Final	17:15
	CBP: Jeslyn Agyei-Kyem Walton Athletic Club 41.22 2020			
	Previous Winner: Magdeline Paitoo London Heathside 41.52 2023			
T150	Kent Under 17 Men 400m		Final	17:20
	CBP: Ethan Brown Dartford Harriers AC 50.01 2017			
	Previous Winner: Joe Stone Tonbridge AC 50.70 2023			

T151	Kent Senior Women 400m CBP: Jodie Leslie Bedford & County AC 57.18 2016 Previous Winner: Lucy Hope Med and Maid AC 58.37 2023	Heats	17:25
T152	Kent Under 20 Men 400m CBP: Farren Morgan Bexley AC 48.98 2012 Previous Winner: Tommy Owler Folkestone Running Club 49.57 2023	Final	17:30
T153	Middlesex Senior Men 400 Metres CBP: Andrew Howell Harrow 49.12 2010 Previous Winner: Isaac Ogunlade Herne Hill Harriers 50.10 2023	Final	17:35
T154	Kent Senior Men 400m CBP: Conrad Williams Kent AC 48.37s 2008 Previous Winner: Fuad Busoir Cambridge Harriers 53.04 2023	Final	17:40

FIELD EVENTS

F13	Hertfordshire Senior Women Long Jump CBP: Abigail Holman Harrow 5.26 2012 Previous Winner: Esme O'Connell (F20) Dacorum AC 3.93 2023	Final	10:00
135	Esme O'Connell (T20/F20) Harrow AC		
F13	Kent Senior Women Long Jump CBP: Angela Williams Medway AC 5.60m 2001 Previous Winner: Imogen Davis Thanet AC 5.37 2023	Final	10:00
272	Zara Edeleanu Med and Maid AC	481	Imogen Davis Thanet AC
361	Faith Cox Ashford AC	565	Eloise Harvey Dartford Harriers AC
406	Georgia Baker Tonbridge AC	566	Nina Ridge (W45) Tonbridge AC
F13	Middlesex Senior Women Long Jump CBP: Mary Elcock Southampton AC 5.72 2022 Previous Winner: Amelia Macdonald Woodford Green AC w EL 5.06 2023	Final	10:00
697	Rosalind Zeffertt (W60) Shaftesbury Barnet H	909	Sophie Hind Enfield and Haringey AC
907	Martina Barber F20 Stevenage & NH AC	910	Holly Mills Andover AC
908	Hetty Bartlett F38 City Of Norwich AC		
F14	Hertfordshire Under 17 Men Pole Vault CBP: Daniel Gardner Stevenage & North Herts 4.20 2010 Previous Winner: Angus Brown Shaftesbury BH 3.60 2023	Final	10:00
128	Issa Phillips-Pope Shaftesbury Barnet H	129	Isaac van den Bergh Shaftesbury Barnet H
F14	Kent Under 17 Men Pole Vault CBP: Pedro Gleadall Black & Brom H AC 4.25 2018 Previous Winner: Finn Kitteridge Black & Brom H AC 3.70 2023	Final	10:00
251	Michael Oyetti Dartford Harriers AC	550	Harry Owen Tonbridge AC
397	Rahman Odugbayi Dartford Harriers AC	551	Adam Parrett Ashford AC
F14	Hertfordshire Under 15 Boys Pole Vault CBP: Michael Fryer Dacorum & Tring AC 3.30 2014 Previous Winner: Thomas Robertson Shaftesbury BH 2.80 2023	Final	10:00
130	Evan Roberts Dacorum AC	131	Noah van den Bergh Shaftesbury Barnet H
F14	Kent Under 15 Boys Pole Vault CBP: Charlie Platt Black & Brom H AC 3.80 2023 Previous Winner: Charlie Platt Black & Brom H AC 3.80 2023	Final	10:00
266	Ryan Pokharel Dartford Grammar Sch	533	Alfie Walach Swale Combined AC
346	Jonathan Adegbola Dartford Grammar Sch	553	Alistair Sosu Dartford Grammar Sch
F15	Hertfordshire Under 15 Girls Shot	Final	10:00

CBP: Ellie Bostock HAWCS 11.83 2020
 Previous Winner: Isobel Wall Dacorum AC 7.93 2023

33 Oluwagbemisola Majiyagbe The HAWCS 145 Jessica Botheras Herts Phoenix AC

F15 Kent Under 15 Girls Shot Final 10:00

CBP: Eloise Locke Black & Brom H AC 13.11 2015
 Previous Winner: Emilia Adese Black & Brom H AC 10.22 2023

313 Emilia Adese Black & Brom H AC 417 Laila Humphrey Invicta East Kent AC
 329 Nia Thomas Cambridge Harriers 495 Josephine Hamilton-Rennh: Med and Maid AC
 384 Lily Juan Med and Maid AC 561 Isabelle Rider Dartford Harriers AC
 387 Ka'Liyah Smith S Factor Academy 595 Brianna Kuranga Sevenoaks AC
 415 Heidi Coulson Black & Brom H AC 596 Tilly Ryan Med and Maid AC

F15 Middlesex Under 15 Girls Shot Final 10:00

CBP: Elsa Shabani Highgate Harriers 11.88 2023
 Previous Winner: Elsa Shabani Highgate Harriers 11.88 2023

733 Niah Avaloy-Garcia Victoria Park & TH AC 801 Daisy Capp Windsor Slough E & H AC
 745 Rhoswen Keeping London Heathside 928 Malia Anderson-Watson London Heathside
 787 Ivy Paitoo London Heathside

F16 Hertfordshire Senior Women Shot Final 11:30

CBP: Moe Sasegbon Stevenage & North H AC 12.20 2017
 Previous Winner: Abigail Birch (F41) St Albans 5.06 2023

76 Helena van Hullen Dacorum AC 144 Louise Kelly ((W45) St Albans AC

F16 Kent Senior Women Shot Final 11:30

CBP: Shaunagh Brown Black & Brom H AC 15.21 2011
 Previous Winner: Marianne Berndt Bexley AC 10.31 2023

361 Faith Cox Ashford AC 481 Imogen Davis Thanet AC
 455 Rebecca Miah (W35) Dartford Harriers AC 566 Nina Ridge (W45) Tonbridge AC

F16 Middlesex Senior Women Shot Final 11:30

CBP: Makayla Joseph Harrow AC 11.96 2023
 Previous Winner: Makayla Joseph Harrow AC 11.96 2023

910 Holly Mills Andover AC 921 Anneli Sydenham (W35) Barnet & District AC
 920 Makayla Joseph Harrow AC

F17 Hertfordshire Under 15 Girls Long Jump Final 11:50

CBP: Marli Jessop Dacorum & Tring AC 5.15 2017
 Previous Winner: Autumn Rana Watford Harriers 3.98 2023

32 Eloise Horn Herts Phoenix AC 138 Lexi Findlater Dacorum AC
 63 Erin Russell St Albans AC

F17 Middlesex Under 15 Girls Long Jump Final 11:50

CBP: Marilyn Nwawulor Queens Park Harriers 5.33 2007
 Previous Winner: Leila Newth Ealing Southall & Middx 4.75 2023

740 Odile Furminieux St Mary's Richmond AC 801 Daisy Capp Windsor Slough E & H AC
 742 India Greenaway Ealing Southall & Middx 802 Leila Newth Ealing Southall & Middx
 743 Skye Holland St Mary's Richmond AC

F18 Kent Under 17 Women Shot Final 12:50

CBP: Nana Gyedu Cambridge Harriers 15.56 2019
 Previous Winner: Tallulah Ndiakanwu Black & Brom H AC 11.82 2023

312 Layomi Edun Med and Maid AC 413 Gabriella Noyce Cambridge Harriers
 376 Melissa Ovbighagbon Med and Maid AC 414 Araba Taylor Tonbridge AC

F18 Middlesex Under 17 Women Shot Final 12:50

CBP: Dara Adebayo Harrow AC 14.20 2018
 Previous Winner: Alana Thomas Harrow AC 10.89 2023

Hertfordshire,Kent and Middlesex Indoor Championships 2024

Lee Valley Athletics Centre

716	Chloe Edwards	St Mary's Richmond AC	925	Keira Lake-Bryan	Shaftesbury Barnet H
797	Charlotte Reynaert	Thames Valley Harriers	926	Kerisha Patterson	Thames Valley Harriers
923	Khai Fairbairn	London Heathside	927	Elsa Shabani	Shaftesbury Barnet H
924	Lucia Frankic-Ruppen	Ealing Southall & Middx			
F19	Kent Under 15 Girls Long Jump			Final	13:20
	CBP: Layla Hawkins Bromley AC 5.16m 2001				
	Previous Winner: Chizam Boniface Black & Brom H AC 5.01 2023				
318	Elizabeth George	Tonbridge AC	416	Tess Hepple	Kent AC
320	Manroop Jandu	Dartford Harriers AC	417	Laila Humphrey	Invicta East Kent AC
321	Talia Junaid-Evans	Dartford Harriers AC	419	Amelie Ramdeen	Black & Brom H AC
327	Angel Salako	Dartford Harriers AC	420	Lily Rockall	Folkestone Running & AC
329	Nia Thomas	Cambridge Harriers	539	Alessia Scala	Black & Brom H AC
377	Ismae Abomeli	Thanet AC	561	Isabelle Rider	Dartford Harriers AC
379	Hayley-Caprice Beaumont	S Factor Academy	574	Olwyn Mtungwazi	Sevenoaks AC
384	Lily Juan	Med and Maid AC	575	Jordyn Ofori-Awuah	Med and Maid AC
415	Heidi Coulson	Black & Brom H AC	576	Tabitha Rogers	Sevenoaks AC
F20	Hertfordshire Under 20 Women Long Jump			Final	13:20
	CBP: Nicole Parcell Enfield & Haringey AC 5.20 2017				
	Previous Winner: Phoebe Donoghue St Albans Athletics Club 4.24 2023				
46	Ami O'Sullivan	Watford Harriers	136	Brooke Evans	Dacorum AC
F20	Kent Under 20 Women Long Jump			Final	13:20
	CBP: Mayong Tabe Med and Maid AC 5.73 2019				
	Previous Winner: Georgia Baker Tonbridge AC 5.04 2023				
279	Lola Brett	Thanet AC	534	Jessie Sargeant	Black & Brom H AC
285	Matilda Secker	Tonbridge AC	567	Ellie Hepple	Kent AC
288	Millie Vas	Thanet AC	568	Joyce Nzekwe	Thurrock Harriers AC
408	Neve Bachelor	Tonbridge AC	569	Nadia Sadler-Reeves	Ashford AC
F20	Middlesex Under 20 Women Long Jump			Final	13:20
	CBP: Amelia Macdonald Woodford Green AC w EL 5.39 2018				
	Previous Winner: Julie-Anne Boachie Harrow AC 5.19 2023				
698	Chanttal Abaga-Valcarcel	Victoria Park & TH AC	828	Clara Brooke	Thames Valley Harriers
700	Caitlin Gallagher Rattan	Thames Valley Harriers	911	Gabrielle Johnson	Highgate Harriers
703	Chiamaka Nnaji	Hillingdon AC			
F21	Hertfordshire Under 20 Women Shot			Final	14:10
	CBP: Charlotte Rose Enfield & Haringey 10.81 2008				
	Previous Winner: No Competition 2023				
46	Ami O'Sullivan	Watford Harriers			
F21	Kent Under 20 Women Shot			Final	14:10
	CBP: Nana Gyedu Black & Brom H AC 13.76 2020				
	Previous Winner: Georgia Baker Tonbridge AC 9.61 2023				
285	Matilda Secker	Tonbridge AC	570	Eve Seery	Thanet AC
408	Neve Bachelor	Tonbridge AC	594	Aliyyah Adekola	Bexley AC
F21	Middlesex Under 20 Women Shot			Final	14:10
	CBP: A Morankeji Thames Valley Harriers 12.01 2008				
	Previous Winner: Josie Booker Ealing Southall & Middx 8.25 2023				
911	Gabrielle Johnson	Highgate Harriers	922	Naomi Ogunniyi	Shaftesbury Barnet H

F22	Hertfordshire Senior Men Pole Vault				Final	14:30
	CBP: Elliot Breen Herts Phoenix 4.10 2020					
	Previous Winner: No Competition 2023					
125	Bryce Breen	Herts Phoenix AC				
F22	Kent Senior Men Pole Vault				Final	14:30
	CBP: Scott Huggins Black & Brom H AC 5.10 2017					
	Previous Winner: Stephen Simmons Bedford & County AC 4.20 2023					
215	Douglas Noel	Invicta East Kent AC	542	Barnaby Corry	Black & Brom H AC	
388	Bilen Ahmet (M35)	Kingston AC & Poly H	543	Ethan Kitteridge	Black & Brom H AC	
541	Lewis Church	Tonbridge AC	544	Roger Platt (M50)	Black & Brom H AC	
F22	Hertfordshire Under 20 Men Pole Vault				Final	14:30
	CBP: Joseph J Lister Harrow AC 4.60 2015					
	Previous Winner: No Competition 2023					
126	Angus Brown	Shaftesbury Barnet H	127	Jamie Timms	Stevenage & NH AC	
F22	Kent Under 20 Men Pole Vault				Final	14:30
	CBP: Scott Huggins Black & Brom H AC 4.92m 2008					
	Previous Winner: Oluwafemi Segun Dartford Harriers AC 4.2 2023					
340	Joe Stone	Tonbridge AC	547	Reef Page	Tonbridge AC	
546	Finn Kitteridge	Black & Brom H AC	548	Tom Walker	Dartford Harriers AC	
F22	Middlesex Under 20 Men Pole Vault				Final	14:30
	CBP: Charlie Smith Windsor Slough Eton & Hounslow 4.30 2011					
	Previous Winner: Daniel English-Brown Enfield and Haringey AC 3.3 2023					
896	Angus Brown	Shaftesbury Barnet H				
F23	Hertfordshire Under 17 Men Triple Jump				Final	14:30
	CBP: Bradley Pike Dacorum & Tring 13.04 2010					
	Previous Winner: Ben Lewis The HAWCS 11.89 2023					
139	Ben Lewis	The HAWCS				
F23	Kent Under 17 Men Triple Jump				Final	14:30
	CBP: Matthew Burton Kent AC 13.94m 2004					
	Previous Winner: David Ola Dartford Grammar Sch 12.27 2023					
397	Rahman Odugbayi	Dartford Harriers AC	580	Derayo Alade	Dartford Harriers AC	
F23	Middlesex Under 17 Men Triple Jump				Final	14:30
	CBP: Oluwseyi Oyewobi Enfield & Haringey 13.98 2008					
	Previous Winner: No Competition 2023					
665	Daniel Mills	St Mary's Richmond AC	906	Lewis Sorhaindo	Thames Valley Harriers	
F23	Hertfordshire Under 15 Boys Triple Jump				Final	14:30
	CBP: Billy Day Dacorum AC 10.88 2022					
	Previous Winner: No Competition 2023					
54	Hamish Timmins	Dacorum AC				
F23	Kent Under 15 Boys Triple Jump				Final	14:30
	CBP: Jacob Byfield Black & Brom H AC 12.62 2018					
	Previous Winner: Rahman Odugbayi Dartford Harriers AC 12.54 2023					
259	Samad Akinrinade	Dartford Grammar Sch	423	Aathinath Gananathan	Dartford Grammar Sch	
422	Teniayo Adesanya	Dartford Grammar Sch	581	Ethan Hammond	Dartford Grammar Sch	

F24	Hertfordshire Under 15 Boys High Jump				Final	14:30
	CBP: Max Price Stevenage & North Herts 1.90 2013					
	Previous Winner: Peter Bansaghi St Albans AC 1.55 2023					
118	Zach Abbott	Dacorum Tri				
F24	Kent Under 15 Boy High Jump				Final	14:30
	CBP: Rico Cottell Blackheath & Bromley H AC 1.80 2016					
	Previous Winner: Daniel Obike Dartford Grammar Sch 1.75 2023					
256	Story Bundy	Invicta East Kent AC	359	Joseph White	Cambridge Harriers	
351	Toni Ogunjimi	Dartford Grammar Sch	404	Jack Ruby	Black & Brom H AC	
354	Fela Shosinde	Med and Maid AC	532	Matthew Akintolu	Dartford Grammar Sch	
F24	Middlesex Under 15 Boys High Jump				Final	14:30
	CBP: Dominic Ogbechie Highgate Harriers 1.85 2016					
	Previous Winner: Arthur Shaw Highgate Harriers 1.60 2023					
805	Arthur Shaw	Highgate Harriers				
F26	Kent Under 17 Men High Jump				Final	14:30
	CBP: Luke Okosieme Cambridge Harriers 2.01 2017					
	Previous Winner: Samuel Newton Tonbridge AC 1.78 2023					
395	Tobechi Azodoh	Bexley AC	529	Ayoola Akeju	Dartford Harriers AC	
396	Samuel Newton	Tonbridge AC	530	Dylan Leadbeater	Ashford AC	
400	Harry Wickers	Med and Maid AC	531	Daniel Obike	Cambridge Harriers	
F26	Middlesex Under 17 Men High Jump				Final	14:30
	CBP: William Grimsey Enfield & Haringey AC 1.95m 2013					
	Previous Winner: Jordan Ngige Shaftesbury Barnet H 1.90 2023					
888	Daniel Emegbor	Harrow AC	889	James Walters	Shaftesbury Barnet H	
F25	Hertfordshire Under 17 Women Long Jump				Final	15:00
	CBP: Katie Caulfield Herts Phoenix 5.52 2008					
	Previous Winner: Brooke Evans Dacorum AC 4.93 2023					
27	Emily Rapley	Stevenage & NH AC	49	Phoebe Peacock	Dacorum AC	
48	Rebecca Owen	Dacorum AC	137	Amelia Lakes	Herts Phoenix AC	
F25	Kent Under 17 Women Long Jump				Final	15:00
	CBP: Mayong Tabe Med and Maid AC 5.79 2018					
	Previous Winner: Daisy Snell Black & Brom H AC 5.64 2023					
305	Mia Pearson	Ashford AC	537	Hannah St Clare	Ashford AC	
307	Bethany Shimmen Smith	Thanet AC	571	Esmé Aye-Kumi	S Factor Academy	
414	Araba Taylor	Tonbridge AC	572	Siv Leila Eliassen	Kent AC	
429	Ella Thomas	Tonbridge AC	573	Chikamso Ugoji	Dartford Harriers AC	
F25	Middlesex Under 17 Women Long Jump				Final	15:00
	CBP: Amelia Macdonald Enfield & Haringey AC 5.33 2017					
	Previous Winner: Izuchi Okorie Victoria Park & TH AC 4.29 2023					
709	Flora Allan	Ealing Southall & Middx	779	Stella Martin	Thames Valley Harriers	
711	Milli Bridgman-Athanasatos	London Heathside	797	Charlotte Reynaert	Thames Valley Harriers	
731	Lola Van Baaren	City Of Norwich AC	912	Ernslla Bawah	Harrow AC	
776	Monisade Ayodeji	Highgate Harriers	913	Kayanne Brown	Thames Valley Harriers	
F27	Kent Senior Men Triple Jump				Final	16:00
	CBP: Matthew Burton Kent AC 14.97m 2008					
	Previous Winner: Jack Fox Dartford Harriers AC 11.84 2023					
563	Kieran Isaac	Med and Maid AC	577	Alex Stone	Paddock Wood AC	

F27	Middlesex Senior Men Triple Jump CBP: Jason Richards-Thompson Victoria Park & Tower Hamlets 14.08 2011 Previous Winner: Zavier Achiampong Highgate Harriers 13.64 2023	Final	16:00
903	Samuel Nash (M50) Thames Valley Harriers	914	Olowasubomi Bello Victoria Park & TH AC
F27	Kent Under 20 Men Triple Jump CBP: Matthew Burton Kent AC 14.45m 2005 Previous Winner: Kieran Isaac Med and Maid AC 11.82 2023		
578	Edward Little Med and Maid AC	579	David Ola Dartford Harriers AC
F27	Middlesex Under 20 Men Triple Jump CBP: Dean Oamen Shaftesbury Barnet Harriers 13.90m 2013 Previous Winner: Callum Sydenham Barnet & District AC 11.41 2023	Final	16:00
887	Prithvi Raj Sharma London Heathside		