

Senior Regional Inter-Counties Basingstoke	Sunday 10 July 2016	Latest update Sunday 10 Jul 2016 6.00am	Selections decided on Weds 25 May	if no Kent champion at Inter-County distance/event selection is from this season's ranking on P-of-10	National Grades * Grade 1 ** Grade 2 *** Grade 3
Do not save this pdf	...tomorrow's updates can't find their way to your saved version	ALWAYS use the original link to access the latest updated version	u20 called up if no qualified Senior is available	Selection of two per event is from those who have AVAILABLE by their name	Kent Champion with Grade 3 on the day automatically selected

Senior Men			performance in Kent qualifier	National Grade	Wildcard Season Best	National Grade	Available ?	Selected	String	Senior Women			performance in Kent qualifier	National Grade	Wildcard Season Best	National Grade	Available ?	Selected	String
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100m									
1	Wade Thompson	Cambridge Harriers	11.12		11.11		Available	Selected	A string
2	Daniel Gill	Medway & Maidstone	11.14		11.14		Available	Selected	B string
	Max Heavens (u20)	Invicta East Kent	10.96 **		10.96 **		Available		Reserve 1
3	Ishmael Smith-John	Blackheath & Bromley	11.23		11.15		Available		Reserve 2
4	Andy Millen	Bexley AC	11.31		11.31		Available	Selected	Non-scoring
5	Harrie Austin-Jones	Tonbridge AC	11.38		11.38		- No response -		
6	Ben Small	Invicta East Kent AC	11.57		11.57		- No response -		
Wildcard									

100m									
1	Hannah Sutton	Dartford Harriers	12.86				Available	Selected	A string
2	Emma Giles	Medway & Maidstone	12.92				Available	Selected	B string
	Darcey Kuypers (u20)	Medway & Maidstone	12.62 ***				Available	Selected	Non-scoring
	Isio Orogun (u20)	Blackheath & Bromley	12.92				Unavailable	-----	-----
3	Claire Capon	Dartford Harriers	12.94				Available	Selected	Non-scoring
	Jazmin Salter (u20)	Medway & Maidstone	13.13				Available		Reserve 3
4	Simone Baxter	Tonbridge AC	13.20				Available		Reserve 4
	Jodie Leslie	Bedford & County AC			12.46 in 2015		Available	Selected	Non-scoring
5									
6									
Wildcard									

200m									
1	Daniel Gill	Medway & Maidstone	22.76				Available	Selected	A string
2	Andy Millen	Bexley AC	23.21				Available	Selected	B string
	Alex Skipp (u20)	Blackheath & Bromley	22.43				Available		Reserve 1
	Max Heavens (u20)	Invicta East Kent	22.55				Available		Reserve 2
3	Anthony Bryan	Tonbridge AC	23.26				Available		
4	Ishmael Smith-John	Blackheath & Bromley	23.52				Available		
5	Aaron Broderick	Kent AC	24.22				- No response -		
6	Conrad Davis	Bexley AC	26.46				- No response -		
Wildcard									

200m									
1	Jodie Leslie	Bedford & County AC	24.58 **				withdrawn	-----	-----
2	Samantha Brown	Dartford Harriers	25.68 ***				Available	Selected	A string
	Darcey Kuypers (u20)	Medway & Maidstone	26.20				Available	Selected	B string
	Isio Orogun (u20)	Blackheath & Bromley	26.45				Unavailable	-----	-----
3	Claire Capon	Dartford Harriers	26.92				Available		Reserve 1
	Jazmin Salter (u20)	Medway & Maidstone			26.70		Available		Reserve 2
4	Kate Pinnegar	Ashford AC	31.63				- No response -		
5									
6									
Wildcard									

400m									
1	Jack Green	Kent AC	46.97 *				Unavailable	-----	-----
2	Sean Molloy	Tonbridge AC	49.51 **				Unavailable	-----	-----
3	Reece Dimech	Medway & Maidstone	50.51				Available	Selected	A string
4	Steven Tester	Tonbridge AC	50.56				Available	Selected	B string
	Henry Marshall (u20)	Tonbridge AC	49.71 ***				Available		Reserve 1
5	Lewis Heffernan	Medway & Maidstone	51.07				Available		Reserve 2
	William Pope (u20)	Blackheath & Bromley	52.51				Available		Reserve 3
6	David Stewart	Dartford Harriers	51.18				- No response -		
7	George Clements	Medway & Maidstone	51.85				Available		Reserve 4
Wildcard									

400m									
1	Jodie Leslie	Bedford & County AC	54.64 *				Available	Selected	A string
2	Kathryn Sutton	Dartford Harriers	55.87 **				Available	Selected	B string
	Rebecca O'Hara (u20)	Tonbridge AC	57.30 ***				Available		Reserve 1
3	Samantha Brown	Dartford Harriers	57.84 ***				Available		Reserve 2
	Harriet Day (u20)	Medway & Maidstone	60.06				Available		Reserve 3
	Bonnie Maugey (u20)	Dartford Harriers AC	65.20				Available		Reserve 4
4									
5									
6									
Wildcard									

800m									
1	Georges Vacharopoulos	Blackheath & Bromley	1:57.57		1:57.57		Available	Selected	A string
	Benjamin Murphy (u20)	Tonbridge AC	1:57.30		1:57.30		Available	Selected	B string
Wildcard	Joe O'Hara	Bexley AC			1:52.78 **		Available		Reserve 1
3	Andrejs Safars	Medway & Maidstone	2:00.80		1:57.80		Available		Reserve 2
Wildcard	Kieran Eland (u20)	Tonbridge AC			1:58.48		Available		Reserve 3
3	Sam Dowler	Dartford Harriers	2:03.67		2:03.67		Available		Reserve 4
	Jamie Carley (u20)	Invicta East Kent	2:07.20		2:07.20		Available		Reserve 5
4	Andrew Scoones	Swale Combined AC	2:08.19		2:08.19		Available		Reserve 6
5									
6									
Wildcard									

800m									
1	Jessica Keene (u20)	Blackheath & Bromley	2:18.02		2:12.53 **		Available	Selected	A string
2	Lilly Coward	Invicta East Kent	2:22.86		2:20.42		withdrawn	-----	-----
3	Georgina Taylor (u20)	Blackheath & Bromley	2:21.48		2:21.48		Available	Selected	B string
4	Jessica Jones	Blackheath & Bromley	2:25.81		2:25.81		Available		Reserve 1
5	Rebecca Wilby	Dartford Harriers	2:29.48		2:28.03		Available		Reserve 2
6	Donelle Yapp	Blackheath & Bromley	2:39.36		2:37.68		Available		Reserve 3
Wildcard									

1,500m									
1	Corey De'Ath	Tonbridge AC	4:04.28				- No response -		
2	Thomas Cox	Tonbridge AC	4:15.99				withdrawn	-----	-----
Wildcard	Terry Hawkey	Dartford Harriers			4:09.97		Unavailable	-----	-----
Wildcard	Sam Coombes	Dartford Harriers AC			4:12.30		Unavailable	-----	-----
Wildcard	Benjamin Murphy (u20)	Tonbridge AC			4:13.69		Available	Selected	A string
3	Dominic O'Mahoney	Invicta East Kent	4:21.08		4:21.08		- No response -		
	Connor Burford (u20)	Dartford Harriers AC	4:39.97		4:26.96		withdrawn	-----	-----
4	Sam Dowler	Dartford Harriers	4:27.58		4:27.58		withdrawn	-----	-----
Wildcard	Chalie Davis (u20)	Blackheath & Bromley			4:27.72		Available	Selected	B string
5									
6									
Wildcard									

1,500m									
1	Ashley Gibson	Tonbridge AC	4:34.45 **				- No response -		
	Jessica Keene (u20)	Blackheath & Bromley	4:47.91				Available	Selected	A string
2	Isabel Bradley	Kent AC	4:55.75				Available	Selected	B string
3	Lucy Marlow	Cambridge Harriers	5:01.50				- No response -		
Wildcard	Amber Reed	Blackheath & Bromley			5:03.92		Available		Reserve 1
4	Rebecca Wilby	Dartford Harriers	5:10.27				Available		Reserve 2
5	Kim Howes	Swale Combined AC	5:51.88				- No response -		
6									
Wildcard									
Wildcard									

5,000m									
NB - three (3) Kent athletes required for this event									
1	Ben Cole	Tonbridge AC	15:00.02 ***				Available	Selected	A string
2	David Morgan	Serpentine RC	15:23.35				Unavailable	-----	-----
3	Thomas Wright	Bexley AC	15:33.48				Available	Selected	B string
4	Andrew Pickett	Dartford Harriers	15:45.13				Available	Selected	C string
5	Harry Paton	Tonbridge AC	15:54.73				- No response -		
6	Tom Collins	Medway & Maidstone	15:55.22				Available		Reserve 1
Wildcard									
Wildcard									

3,000m									
NB - three (3) Kent athletes required for this event									
Wildcard	Clare Elms	Dulwich			10:17.23 ***		Available	Selected	A string
1	Isabel Bradley	Kent AC	10:30.81		10:30.81		- No response -		
2	Stephanie Hearn	Medway & Maidstone	10:58.19		10:58.19		Available	Selected	B string
3	Amber Reed	Blackheath & Bromley	10:59.34		10:59.34		Available	Selected	C string
	Anna Weston (u20)	Invicta E.K.	10:38.70		10:38.70		Unavailable	-----	-----
	Lucy Thompson (u20)	Tonbridge AC	10:54.14		10:54.14		- No response -		
4	Hannah Roberts	Petts Wood Runners	11:22.00		11:22.00		- No response -		
5	Hannah Bradley	Dartford RR	11:29.75		11:29.75		- No response -		
6	Anoushka Johnson	Dartford Harriers AC	11:39.76		11:22.40		Available		Reserve 1
	Joanna Clowes (u20)	Blackheath & Bromley	11:50.54		11:50.54		- No response -		
Wildcard									

3,000m s/c									
TWO from Kent athletes with 2016 season best as listed on P-of-10 by 30 June									
	Alex Howard	Tonbridge			9:02.48 **		Unavailable	-----	-----
	Chris Greenwood	Kent AC			9:32.71 ***		Unavailable	-----	-----
	Richard Webb	Blackheath & Bromley			9:50.30 ***		- No response -		
	Tom Cox	Tonbridge			9:44.54 ***		withdrawn	-----	-----
	Michael Ellis	Tonbridge			10:02.73		- No response -		
	Neil Phillips	Kent AC			10:03.20		- No response -		
	Sam Dowler	Dartford Harriers			10:16.20		Available	Selected	A string
	Alex Gibbens	Blackheath & Bromley			10:18.32		- No response -		
	Tewelde Menges	Medway & Maidstone			10:20.10		- No response -		
	Daniel Kennedy	Blackheath & Bromley			10:23.67		- No response -		
	Jamie Atkins (u20)	Dartford Harriers			10:24.20		Unavailable	-----	-----
	James Griffin	Medway & Maidstone			10:30.80		- No response -		

2,000m s/c									
TWO from Kent athletes with 2016 season best as listed on P-of-10 by 30 June									
2000m	Dani Chattenton	Medway & Maidstone			7:17.30 ***		- No response -		
2000m	Alice Ralph (u20)	Tonbridge			8:02.40		Available	Selected	A string
2000m	Hannah Czarnowski (u20)	Tonbridge AC			8:11.99		Available	Selected	B string
2000m	Anna Myers	Blackheath & Bromley			8:18.53		- No response -		
2000m	Bonnie Maugey (u20)	Dartford H			8:39.35		Available		Reserve 1
2000m	Molly Hawkins (u20)	Cambridge H			8:47.87		Available		Reserve 2
1500m	Georgina Taylor (u20)	Blackheath & Bromley			5:38.95		Available		
1500m	Mary Guy (u20)	Blackheath & Bromley			6:02.82		Available		

3,000m Walk									
1	Cameron Corbishley (u20)	Medway & Maidstone	11:53.08				Available	Selected	A string
	Jonathan Hobbs	Ashford AC	14:02.38				Available	Selected	B string
	Luc Legon (u20)	Bexley AC	14:53.17				Available	Selected	

400m Hdes						
1	Jack Green	Kent AC	50.1		Unavailable	-----
2	Lewis Heffernan	Medway & Maidstone	56.0 ***		Available	Selected A string
	Bailey Sticking (u20)	Blackheath & Bromley	57.2		withdrawn	-----
	Cameron Amedee (u20)	Ashford AC	57.9		withdrawn	-----
3						
4						
5						
6						

High Jump						
1	Thomas Howlett	Dartford Harriers	1.89		Unavailable	-----
	Richard Essien (u20)	Bexley AC	1.89		Available	Selected A string
2	Mason Doyle	Paddock Wood AC	1.75		Available	Selected B string
	Oliver Cooper (u20)	Thanet AC	1.50		Available	Reserve 1
3						
4						
5						
6						

Long Jump						
1	Lawrence Harvey	Trafford AC	6.81 **		withdrawn	-----
2	Jacob Burton	City of Sheffield	6.41 ***		Available	Selected A string
3	Samuel Bobb	Metropolitan Police AC	6.41 ***		Available	Selected B string
7	Ashley Buckman (u20)	Ashford AC	5.95		Available	Reserve 1
a	Alexander Lee	Dartford Harriers	5.90		Available	Reserve 2
5	Paul Slater	Bexley AC	5.87		- No response -	
6						

Triple Jump						
1	Lawrence Harvey	Trafford AC	14.50 **		withdrawn	-----
2	Samuel Bobb	Metropolitan Police AC	13.80 **		Available	Selected A string
	Ashley Buckman (u20)	Ashford AC	12.72		Available	Selected B string
3	Jack Fox	Dartford Harriers	12.58		Available	Reserve 1
4	Paul Slater	Bexley AC	12.36		- No response -	
5	Stephen Lake	Ashford AC	11.21		- No response -	
6						

Pole Vault						
1	Matthew Harris	Ashford AC	4.10 ***		withdrawn	-----
2	Alexander Wharfe	Ashford AC	3.70		Available	Selected B string
	Alexander Hardy (u20)	Ashford AC	3.70		withdrawn	-----
3	Allan Williams	Blackheath & Bromley	3.30		- No response -	
4						
5						
6						

Shot						
1	Courtney Green	Kent AC	12.61 ***		withdrawn	-----
2	David Coleman	Tonbridge AC	12.14		Unavailable	-----
3	Matthew Harris	Ashford AC	11.55		Available	Selected A string
Wildcard	Oliver Cooper (u20)	Thanet AC		8.56	Available	Selected B string
4	Peter Wishart	Cambridge Harriers	7.83		- No response -	
5	Michael Farrell	Swale Combined AC	7.40		- No response -	
6						

Discus						
1	David Coleman	Tonbridge AC	50.05 **		Unavailable	-----
2	Andrew Kruszewski	Cambridge Harriers	39.86 ***		- No response -	
3	Matthew Harris	Ashford AC	39.05 ***		Available	Selected A string
Wildcard	Courtney Green	Kent AC		37.63 ***	withdrawn	-----
4	Andrew Rushbrook	Bexley AC	27.41		- No response -	
5	Peter Wishart	Cambridge Harriers	27.16		- No response -	
6	Benjamin Roberts	Ashford AC	26.63		- No response -	
Wildcard	Oliver Cooper (u20)	Thanet AC	21.18	22.51	Available	Selected B string

Javelin						
1	Matthew Harris	Ashford AC	53.69 **		Available	Selected A string
6	Sonny Nash (u20)	Medway Maidstone	52.91 **		Available	Selected B string
	Oliver Hussey (u20)	Dartford Harriers AC	43.40		Available	Reserve 1
	Barnaby Skinner (u20)	Tonbridge AC	38.75		Available	Reserve 2
2	Michael Farrell	Swale Combined AC	22.05		- No response -	
3	Conrad Davis	Bexley AC	21.37		- No response -	
4						
5						

Hammer						
1	Graham Holder	Bexley AC	50.06 ***		Available	Selected A string
2	Leon Weaving	Thanet AC	32.79		Available	Selected B string
3	Andrew Rushbrook	Bexley AC	29.75		- No response -	
4	Michael Farrell	Swale Combined AC	23.71		- No response -	
5						
6						

4 x 100 Relay Senior Men				from Kent club team with 2016 season best as listed on P-of-10 by 30 June		
Rank 1	Cambridge Harriers	43.62		- No response -	Selected	
Rank 2	Blackheath & Bromley	43.68		- No response -		Reserve 1
Rank 3						
Rank 4						
Rank 5						
Rank 6						
Rank 7						
Rank 8						

4 x 400 Relay Senior Men				from athletes at Kent Championships who confirm availability for Sunday 10 July		
1	Reece Dimech	Medway & Maidstone	50.51		Available	Selected
2	Steven Tester	Tonbridge AC	50.56		Available	Selected
3	Lewis Heffernan	Medway & Maidstone	51.07		Available	Selected
4	George Clements	Medway & Maidstone	51.85		withdrawn	-----
5	Andrejs Safars	Medway & Maidstone	53.10		Available	Reserve 1
8	Benjamin Murphy (u20)	Tonbridge AC	53.85		withdrawn	-----
6	Andrew Scoones	Swale Combined AC	56.40		Available	Reserve 2
7	Sam Dowler	Dartford Harriers	57.70		Available	Selected
9						
10						

400m Hdes						
1	Samantha Brown	Dartford Harriers	62.51 **	60.01 *	Available	Selected A string
	Harriet Day (u20)	Medway & Maidstone	65.96 ***	65.64 ***	withdrawn	-----
	Imogen Munday (u20)	Medway & Maidstone	68.96	65.14 ***	withdrawn	-----
	Corinne Wakesmith (u20)	Invicta East Kent	68.85	68.85	withdrawn	-----
2						
3						
4						
5						

High Jump						
1	Deborah Martin	Ashford AC	1.55		Available	Selected A string
	Joanne Ware (u20)	Tonbridge AC	1.55		Available	Selected B string
2	Katherine Hamilton	Ashford AC	1.45		Available	Reserve 1
3						
4						
5						
6						

Long Jump						
	Tamara Anderson (u20)	Thanet AC	5.67 *		withdrawn	-----
	Joanne Ware (u20)	Tonbridge AC	5.32 ***		Available	Selected A string
1	Claire Capon	Dartford Harriers	4.62		Available	Selected B string
2	Hannah Sutton	Dartford Harriers	4.55		Available	Reserve 2
3						
4						
5						
6						

Triple Jump						
	Joanne Ware (u20)	Tonbridge AC	10.54		Available	Selected A string
1						
2						
3						
4						
5						
6						

Pole Vault						
	Una Lageretabua (u20)	Tonbridge AC	2.90		Available	Selected A string
1	Jacqueline Montgomery	Blackheath & Bromley	2.60		Available	Selected B string
2						
3						
4						
5						
6						

Shot						
7	Divine Oladipo (u20)	Blackheath & Bromley	13.70 *		withdrawn	-----
1	Lucy Underdown	Shaftesbury Barnet	12.74 *		withdrawn	-----
8	Hannah Owen (u20)	Ashford AC	9.39		Available	Selected A string
2	Nicola Gregory	Bexley AC	8.59		Available	Selected B string
3	Christine Lynch	Swale Combined AC	5.02		- No response -	
4						
5						
6						

Discus						
	Divine Oladipo (u20)	Blackheath & Bromley	47.01 *		withdrawn	-----
1	Lucy Underdown	Shaftesbury Barnet	44.27 *		withdrawn	-----
2	Jennifer Stevens	Tonbridge AC	34.89 ***		Unavailable	-----
3	Nicola Gregory	Bexley AC	30.14		Available	Selected A string
Wildcard	Chloe Williams (u20)	Thanet AC		20.90	Available	Selected B string
4	Kayleigh Saward	Dartford Harriers	18.09		Unavailable	-----
5	Christine Lynch	Swale Combined AC	13.98		- No response -	
Wildcard	Natalie Mann	Cambridge Harriers		13.15 in 2015	Available	Reserve 1
6						

Javelin						
	Jasmine Harding (u20)	Invicta East Kent	32.57		Available	Selected A string
1	Leanne O'Donovan	Dartford Harriers	30.24		withdrawn	-----
2	Elizabeth Duffin	Paddock Wood AC	22.26		Available	Selected B string
	Storm Porter (u20)	Thanet AC	22.38		Available	Reserve 1
3	Kayleigh Saward	Dartford Harriers	21.19		Unavailable	-----
4	Natalie Mann	Cambridge Harriers	19.91		Available	Reserve 2
5	Christine Lynch	Swale Combined AC	12.84		- No response -	
6						

Hammer						
1	Donna Kent	Bexley AC	41.77 ***		Available	Selected A string
2	Hannah Owen	Ashford AC	40.25 ***		Available	Selected B string
Wildcard	Ashleigh Thurman-Newell	Thanet AC		41.56	Available	Reserve 1
3	Claire Capon	Dartford Harriers	37.90		Available	Reserve 2
4	Jennifer Stevens	Tonbridge AC	35.80		Unavailable	-----
	Sophie Fenner (u20)	Cambridge Harriers	26.59		Available	Reserve 3
5	Jodie Dunford	Bexley AC	23.20		- No response -	
	Chloe Williams (u20)	Thanet AC	18.70		Available	Reserve 4
6	Christine Lynch	Swale Combined AC	14.27		- No response -	

4 x 100 Relay Senior Women				from Kent club team with 2016 season best as listed on P-of-10 by 30 June		
Rank 1	Blackheath & Bromley	49.25		- No response -	Selected	
Rank 2						
Rank 3						
Rank 4						
Rank 5						
Rank 6						
Rank 7	Blackheath & Bromley - u20	48.40		- No response -		
Rank 8	Cambridge Harriers - u20	50.71		- No response -		Reserve 1

4 x 400 Relay Senior Women				from athletes at Kent Championships who confirm availability for Sunday 10 July		
1	Jodie Leslie	Bedford & County AC	54.64	54.64	Available	Selected
2	Kathryn Sutton	Dartford Harriers	55.87	55.87	Available	Selected
3	Samantha Brown	Dartford Harriers	57.84	57.84	Available	Selected
4	Jessica Keene (u20)	Blackheath & Bromley	59.90	59.90	Available	Selected
5	Harriet Day (u20)	Medway & Maidstone	60.06	60.06	withdrawn	-----
6	Lilly Coward	Invicta East Kent	65.30	65.30	Available	Reserve 2
7	Jessica Jones	Blackheath & Bromley	65.90	65.90	Available	
8						
9						
10						