

**Do not save this pdf**

**tomorrow's updates cannot find their way to your saved version**

**ALWAYS use the original link to access the latest updated version**

**To get onto this list you must be in this season's TOP 10 Kent athletes as listed on Power-of-10**

**To be considered for Kent selection you must tell Selectors by Tuesday 12 July to say you're definitely available to turn out on Sunday 31 July**

**BOYS**

Season Best Available ? Selected A or B String or non-scoring

100m Boys		Season Best	Available ?	Selected	A or B String or non-scoring
1	Michael Uzozie Med & Maid AC	13.30	Available	Selected	A string
2	Robert Murray Blackheath & Bromley	13.30	Available	Selected	B string
3	Daniel Ainsworth Blackheath & Bromley	13.37			
4	Jacob Byfield Blackheath & Bromley	13.40	Available	doing	75 H & Long
5	Benjamin Lineker Med & Maid AC	13.60	Available	Selected	Non-scoring
6	Samuel Reardon Blackheath & Bromley	13.61	Available	doing	1,500m
7	Arthur Plunkett Tonbridge	13.70	Withdrawn	-----	-----
8	Connor Sutton Blackheath and Bromley	13.70	Available	Selected	Non-scoring
9	Zak Beasty Tonbridge	13.71			
10	Luke Christie Cambridge Harriers	13.78	Available	Selected	Non-scoring
11	Andrew Ize-Iyamu Tonbridge	13.84			
12	Christian Dolley Tonbridge	14.00	Available	Selected	Non-scoring
13	Henry-James Finch Medway PP / IEK	14.00	Available	Selected	Non-scoring
14	Richard Chinedu Cambridge Harriers	14.02	Available	Selected	Non-scoring
15	Andrew Khazali Kent Schs	14.06			
15	Richard Paul Bexley AC	14.10	Available		
15	Ikenna Ogazi Bexley AC	14.20	Available		

200m Boys		Season Best	Available ?	Selected	A or B String or non-scoring
1	Robert Murray Blackheath & Bromley	27.20	Available	doing	100m & Shot
2	Luke Christie Cambridge Harriers	27.69	Available	Selected	A string
3	Samuel Reardon Blackheath & Bromley	27.70	Available	doing	1,500m
4	Jayden Kuyinu Dartford H AC /S&D AC	27.80	Available		Reserve 1
5	Michael Uzozie Medway & Maidstone	27.80	Available		Reserve 2
6	Ikenna Ogazi Bexley	28.30	Available		Reserve 3
7	Connor Sutton Blackheath & Bromley	28.60	Available		Reserve 4
8	Benjamin Lineker Med & Maid AC	28.70	Available	Selected	B string
9	Christian Dolley Tonbridge	28.70	Available		Reserve 6
10	Henry-James Finch Invicta East Kent	28.70	Available		Reserve 7

800m Boys		Season Best	Available ?	Selected	A or B String or non-scoring
1	Fin Croll Tonbridge	2:18.04	Available	Selected	A string
2	Samuel Reardon Blackheath & Bromley	2:20.0	Available	doing	1,500m
3	Olukorede Fasina Tonbridge	2:22.0	Available	doing	1,500m
4	Alex Macheath Cambridge H	2:24.07	Available	doing	DISC & JAV
5	Aaeron Lambert Ashford AC	2:25.70			
6	Oliver Hill Tonbridge	2:27.80	Available	Selected	B string
7	Alex Sibley Blackheath & Bromley	2:29.50	Available	Selected	Non-scoring
8	Ethan Fiore Cambridge H	2:30.36			
9	Michael Uzozie Med & Maid AC	2:30.4	Available	Selected	Non-scoring
10	Ollie Croll Tonbridge	2:31.3	Withdrawn	-----	-----
11	Max Gregson Blackheath & Bromley	2:31.50	Available	Selected	Non-scoring
12	Joe Hollands Medway & Maidstone	2:32.09	Available	Selected	Non-scoring

1,500m Boys		Season Best	Available ?	Selected	A or B String or non-scoring
1	Samuel Reardon Blackheath & Bromley	4:32.20	Available	Selected	A string
2	Alex Macheath Cambridge H	4:47.20	Available	doing	DISC & JAV
3	Olukorede Fasina Tonbridge	4:47.89	Available	Selected	B string
4	Finley Croll Tonbridge	4:48.50	Available	doing	800m
5	Matthew Taylor Tonbridge	4:52.90			
6	Aaeron Lambert Ashford AC	4:56.30			
7	Edward Sellar Blackheath & Bromley	4:57.70			
8	Joe Hollands Medway & Maidstone	4:59.77	Available		Reserve 1
9	Ethan Gear Medway & Maidstone	5:01.80			
10	Henry Taylor Tonbridge	5:04.10			

75m Hdes Boys		Season Best	Available ?	Selected	A or B String or non-scoring
1	Jacob Byfield Blackheath & Bromley	12.3	Available	Selected	A string
2	Charlie Costello Tonbridge	13.1	Available	doing	High & Long
3	Ridwaan Ahmed Bexley AC	13.7	Available	Selected	B string
4	Ethan Smith Bexley	14.1	Available		Reserve 1
5	Barnaby Corry Blackheath & Bromley	14.1	Available		Reserve 2
6	Arthur Plunkett Tonbridge	14.2	Available		Reserve 3
7	Ikenna Ogazi Bexley	14.3	Available		Reserve 4
8	Robert Tune Tonbridge	14.6			
9	Sami Baruah Dartford H AC /S&D AC	14.6	Available		Reserve 5
10	Adam Cross Ashford AC	14.7			

High Jump Boys		Season Best	Available ?	Selected	A or B String or non-scoring
1	Charlie Costello Tonbridge	1.47	Available	Selected	
2	Jacob Byfield Blackheath & Bromley	1.40	Available	doing	75 H & Long
3	Jayden Kuyinu Dartford H	1.40	Available		Reserve 1
4	Harry Griffiths Tonbridge	1.38			
5	Barnaby Corry Blackheath & Bromley	1.38	Available		Reserve 2
6	Ethan Smith Bexley	1.35	Available		Reserve 3
7	Harry Lawes Tonbridge	1.35			
8	Adam Cross Ashford AC	1.30			
9	Oliver Hill Tonbridge	1.30	Available		Reserve 4
10	Zac Beasty Tonbridge	1.30			

**GIRLS**

Season Best Available ? Selected A or B String or non-scoring

100m Girls		Season Best	Available ?	Selected	A or B String or non-scoring
1	Niyah Costley S Factor	13.50			
2	Sarris Teale Ashford AC	13.54	Available	doing	200m & Long
3	Akeiyla Robinson-Pascal Blackheath & Bromley	13.99	Available	doing	High & Long
4	Renee Bel-Momodu Blackheath & Bromley	14.13	Available	Selected	A string
5	Emily Bowart Tonbridge	14.15	Available	Selected	B string
6	Achieng Oneko Blackheath & Bromley	14.20			
7	Isabelle Harding Invicta East Kent	14.21	Available	doing	70m hdes
8	Samantha Stubbs Tonbridge	14.34			
9	Eve Ward Blackheath & Bromley	14.46			
10	Rianna Rennie Blackheath & Bromley	14.47			
11	Daiza Foster Blackheath & Bromley	14.51			
12	Samantha Stubbs Tonbridge	14.51			
13	Olivia Humphries Medway & Maidstone	14.62			
14	Mia Cox Medway & Maidstone	14.65			
15	Olivia English Blackheath & Bromley	14.70	Available	Selected	Non-scoring
200m	Keira Rose Medway & Maidstone	28.94	Available	Selected	Non-scoring
200m	Billie Rouse Medway & Maidstone	28.94	Available	Selected	Non-scoring

200m Girls		Season Best	Available ?	Selected	A or B String or non-scoring
1	Sarris Teale Ashford AC	27.96	Available	Selected	A string
2	Maddison Sawyer Medway Park Phoenix	28.20	Available	Selected	B string
3	Emily Bowart Tonbridge	28.57	Available		Reserve 1
4	Keira Rose Medway & Maidstone	28.94	Available		Reserve 2
5	Isabelle Harding Invicta East Kent	29.42	Available	doing	70m hdes
6	Samantha Stubbs Tonbridge	29.55			
7	Niyah Costley S Factor	29.70			
8	Eliz O'Donnell Tonbridge	30.29			
9	Billie Rouse Medway & Maidstone	30.64	Available		Reserve 3
10	Paris Lee Medway & Maidstone	31.01			

800m Girls		Season Best	Available ?	Selected	A or B String or non-scoring
1	Ailbhe Barnes Cambridge H	2:26.88	Available	Selected	A string
2	Ellie Dolby Blackheath & Bromley	2:27.80	Available	doing	1,500m
3	Daniella Harper Blackheath & Bromley	2:29.40	Available	Selected	B string
4	Parris French Blackheath & Bromley	2:32.10			
5	Jildou Chappell Invicta East Kent	2:33.20	Available	Selected	Non-scoring
6	Billie Rouse Medway & Maidstone	2:33.46	Available	Selected	Non-scoring
7	Madeleine Wise Tonbridge	2:34.21	Unavailable	-----	-----
8	Jenny Swandale Thanet RR	2:34.80	Unavailable	-----	-----
9	Maddison Sawyer Medway Park Phoenix	2:34.80	Available	Selected	Non-scoring
10	Holly Sutton Trotter Blackheath & Bromley	2:35.20			
11	Shakanya Osahon Blackheath & Bromley	2:37.80	Available	Selected	Non-scoring
12	Amarisa Sibley Blackheath & Bromley	2:38.90	Available	doing	1,500m

1,500m Girls		Season Best	Available ?	Selected	A or B String or non-scoring
1	Ellie Dolby Blackheath & Bromley	4:56.00	Available	Selected	B string
2	Ailbhe Barnes Cambridge H	5:00.53	Available	doing	800m
3	Maayan Rados Blackheath & Bromley	5:12.02			
4	Sienna Bates Ashford	5:16.99	Available		Reserve 1
5	Madeleine Wise Tonbridge	5:22.61	Unavailable	-----	-----
6	Alex Evans Tonbridge	5:25.41			
7	Amarisa Sibley Blackheath & Bromley	5:28.22	Available	Selected	B string
8	Ella de Munck Tonbridge	5:31.95			
9	Jildou Chappell Invicta East Kent	5:36.71	Available		Reserve 2
10					

70m hdes Girls		Season Best	Available ?	Selected	A or B String or non-scoring
1	Emily Frimpong Bexley	11.6	Available	Selected	A string
2	Isabelle Harding Invicta East Kent	11.7	Available	Selected	B string
3	Sarris Teale Ashford AC	11.90	Available	doing	200m
4	Akeiyla Robinson-Pascal Blackheath & Bromley	12.1	Available	doing	High & Long
5	Olivia English Blackheath & Bromley	12.2	Available		Reserve 1
6	Samy Sylla Bexley	12.2			
7	Shakanya Osahon Blackheath & Bromley	12.3	Available		Reserve 2
8	Asmara Griffiths Cambridge H	12.4			
9	Emily Bowart Tonbridge	12.5	Available		Reserve 3
10	Eliz O'Donnell Tonbridge	12.7			

High Jump Girls		Season Best	Available ?	Selected	A or B String or non-scoring
1	Akeiyla Robinson-Pascal Blackheath & Bromley	1.45	Available	Selected	
2	Emily Frimpong Bexley	1.44	Available		
3	Megan Moore Tonbridge	1.43			
4	Eliz O'Donnell Tonbridge	1.36			
5	Hollie Denby Ashford AC	1.35			
6	Niyah Costley S Factor	1.35			
7	Freya Marsden Blackheath & Bromley	1.33			
8	Caoimhe Mallon Medway & Maidstone	1.30			
9	Jamie Smith Medway Park Phoenix	1.30			
10	Kacey Walters Cambridge H	1.30			

**Long Jump Boys**

1	Jacob Byfield	Blackheath & Bromley	4.95	Available	Selected	A string
2	Charlie Costello	Tonbridge	4.77	Available	Selected	B string
3	Jayden Kuyinu	Dartford H AC /S&D AC	4.55	Available		Reserve 1
4	Michael Uzozie	Medway & Maidstone	4.54	Available	doing	100m & 800m
5	Robert Tune	Tonbridge	4.54			
6	Cameron Macheath	Cambridge H	4.43	Available		Reserve 2
7	George Thomas	Tonbridge	4.28			
8	Arthur Plunkett	Tonbridge	4.23	Available		Reserve 3
9	Finley Croll	Tonbridge	4.20	Available		Reserve 4
10	Aaeron Lambert	Ashford AC	4.18			

**Long Jump Girls**

1	Akeiyla Robinson-Pascal	Blackheath & Bromley	4.95	Available	Selected	A string
2	Sarris Teale	Ashford AC	4.81	Available	Selected	B string
3	Emily Frimpong	Bexley	4.64	Available	doing	70m hdes
4	Emily Bowart	Tonbridge	4.51	Available		Reserve 1
5	Olivia Howlett	Blackheath & Bromley	4.42			
6	Samantha Stubbs	Tonbridge	4.42			
7	Achieng Onoko	Blackheath & Bromley	4.34			
8	Isabelle Harding	Invicta East Kent	4.31	Available		Reserve 2
9	Heidi Forsyth	Blackheath & Bromley	4.19			
10	Asmara Griffiths	Cambridge H	4.16			

**Shot Boys**

1	Robert Murray	Blackheath & Bromley	10.88	Available	Selected	A string
2	Christian Dolley	Tonbridge	6.92	Available	Selected	B string
3	Harry Griffiths	Tonbridge	6.51			
4	Sam Reardon	Blackheath & Bromley	6.11	Available	doing	1,500m
5	Kieran Isaac	Medway & Maidstone	5.86	Available		Reserve 1
6	Ali Dioum	Bexley AC	5.73	Available		Reserve 2
7	Nico Marino	Cambridge Harriers	5.45			
8	Alex Leicester	Tonbridge	5.18			
9	Danny Wakesmith	Medway PP / IEK	5.17			
10	Timothy Masters	Bexley AC	5.16			

**Shot Girls**

1	Renee Bel-Momodu	Blackheath & Bromley	8.57	Available	Selected	A string
2	Beatrice Godin	Tonbridge	7.91	Available	Selected	B string
3	Abbie Debling	Thanet AC	7.82			
4	Emily Frimpong	Bexley	7.67	Available	doing	70m hdes
5	Akeiyla Robinson-Pascal	Blackheath & Bromley	7.60	Available	doing	High & Long
6	Lily Murray	Thanet AC	7.28	Available		Reserve 1
7	Summer Salter	Medway & Maidstone	7.13			
8	Gypsy Nash	Medway & Maidstone	6.92	Available		Reserve 2
9	Lucinda White	Tonbridge	6.85	Available	doing	DISC & JAV
10	Lydia Owen	Ashford AC	6.72			

**Discus Boys**

1	Alex Macheath	Cambridge H	17.99	Available	Selected	A string
2	Nathaniel Ryan	Folkestone	16.44	Available	Selected	B string
3	Tom Brash	Blackheath & Bromley	15.71			
4	Christian Dolley	Tonbridge	15.31	Available		Reserve 1
5	Edward Foy	Thanet AC	14.88			
6	Charlie Adams	Blackheath & Bromley	14.56			
7	Nico Marino	Cambridge Harriers	13.72			
8	Alex Leicester	Tonbridge	12.51			
9	Harry Blake	Medway & Maidstone	12.49			
10	Zak Austin	Medway & Maidstone	10.84	Available		

**Discus Girls**

1	Gypsy Nash	Medway & Maidstone	23.32	Available	Selected	A string
2	Lucinda White	Tonbridge	22.01	Available	Selected	B string
3	Caitlin Ebbage	Tonbridge	19.89			
4	Eliee Burke	Folkestone	18.57	Available		Reserve 1
5	Renee Bel-Momodu	Blackheath & Bromley	17.18	Available	doing	100m & Shot
6	Rosie Page	Cambridge H	17.02			
7	Summer Salter	Medway & Maidstone	14.65			
8	Caitlin Milborne	Tonbridge	14.48			
9	Katie Waller	Swale	13.94			
10	Maisy Smith	Tonbridge	13.75			

**Javelin Boys**

1	Samuel Reardon	Blackheath & Bromley	29.91	Available	Selected	A string
2	Alex Macheath	Cambridge Harriers	28.93	Available	Selected	B string
3	Charlie Adams	Blackheath & Bromley	26.78			
4	William Norman	Folkestone	24.48	Available		Reserve 1
5	Edward Foy	Thanet AC	22.51			
6	Rowan Whitmore	Tonbridge	21.84	Available		Reserve 2
7	Owen Moncrieff	Paddock Wood	21.79			
8	Ali Dioum	Bexley	21.31	Available		Reserve 3
9	Harry Griffiths	Tonbridge	21.01			
10	Aaeron Lambert	Ashford AC	20.90			
	Daniel Wake-Smith	Invicta East Kent	20.74			
	Ridwan Ahmed	Bexley AC	20.63	Available		

**Javelin Girls**

1	Lucinda White	Tonbridge	25.31	Available	Selected	A string
2	Keira Jones	Tonbridge	24.06	Withdrawn	-----	-----
3	Caitlin Milborne	Tonbridge	21.95			
4	Caitlin Ebbage	Tonbridge	20.29			
5	Renee Bel-Momodu	Blackheath & Bromley	20.26	Available	doing	100m & Shot
6	Gypsy Nash	Medway & Maidstone	19.72	Available	Selected	B string
7	Megan Moore	Tonbridge	18.48			
8	Katie Waller	Swale	17.26			
9	Lauren Bowen	Dartford H	17.13			
10	Judie Lawrence	Bexley	16.48			
11	Ruth Chappell	Blackheath & Bromley	16.37			
12	Emily Ingram	Ashford AC	16.35	Available		Reserve 1

**4 x 100 Boys**

1		Blackheath & Bromley	55.8	Available	Selected
2		Medway & Maidstone	57.7	Available	
3		Bexley AC	58.3		
4		Cambridge Harriers	58.8		
5		Tonbridge	59.7		
6		Swale Combined AC	63.4		
7					
8					
9					
10					

**4 x 100 Girls**

1		Blackheath & Bromley	55.4	Available	Selected
2		Bexley AC	57.7		
3		Tonbridge	57.8		
4		Medway & Maidstone	56.4		
5		Black & Brom 2	61.2		
6		Sevenoaks AC	62.0		
7		Tonbridge	62.5		
8		Swale Combined AC	64.1		
9					
10					