

KSAA T&F Championship Best Performances

Year 7 Boys				
100m	12.18	T Suberu	Shepway	2023
200m	25.84	I Milham	Medway	2013
800m	2:17.02	Z Griffiths	Bexley	2025
1500m	4:41.0	T Kendrick	Sevenoaks & Tonbridge	2012
High Jump	1.59	E Spedding	St Augustines & Canterbury	2019
Long Jump	5.32	O Ayinla	Dartford & Gravesend	2025
Shot (3,25kg)	10.93	C Brunt	Sevenoaks & Tonbridge	2009
Shot (3.00kg)	12.64	K Onolememen	Dartford & Gravesend	2024
Javelin	42.96	W Connop	Medway	2023

Junior Boys				
100m	10.90	J Beecroft	Dartford & Gravesend	2022
200m	22.57	J Beecroft	Dartford & Gravesend	2022
300m	37.40	M Uzozie	Medway	2018
400m	51.1	F Morgan	Bexley	2008
800m	2:02.16	G Duggan	Maidstone	2011
1500m	4:13.72	J Scanes	West Kent	2023
80m Hurdles	11.05	H Nmaju	Dartford & Gravesend	2023
High Jump	1.80	M Lloyd	Bexley	1994
	1.80	M Akintolu	Dartford & Gravesend	2024
Pole Vault	3.90	C Platt	West Kent	2022
Long Jump	6.23	J Alcock	Maidstone	2006
Triple Jump	13.40	J Quarrie	Bromley West	1987
Shot	15.85	P Waterman	Bromley NW	1994
Discus	46.79	S Bundy	South East	2025
Hammer	52.11	R Redman	Sevenoaks & Tonbridge	2008
Javelin	58.51	J Whiteaker	Sevenoaks & Tonbridge	2013

Intermediate Boys				
100m	10.74	T Ramdhan	Bexley	2013
200m	21.89	F Morgan	Bexley	2010
400m	49.28	L Cameron	Medway	2025
800m	1:55.50	S Molloy	Maidstone	2011
1500m	4:00.60	D Marrs	Chatham & Rochester	1970
3000m	8:34.10	R Farnham-Rose	Sevenoaks & Tonbridge	2010
100m Hurdles	12.99	R Mourtada	West Kent	2023
400m Hurdles	53.7	C West	Medway	2023
1500m Steeplechase	4:27.71	B O'Grady	West Kent	2025
High Jump	2.06	G Parsons	Thanet	1980
Pole Vault	4.20	C Platt	West Kent	2024/ 2025
Long Jump	6.95	O Onuorah	Thanet	1989
Triple Jump	14.00	C Lehane	Bexley	1983
Shot	17.94	C Gearing	Ashford	2003
Discus	51.69	M Blandford	Sevenoaks & Tonbridge	2012
Hammer	62.41	K Barham	Dartford & Gravesend	2022
Javelin	69.12	C MacKenzie	St Augustines & Canterbury	1979

Senior Boys				
100m	10.7	N Ellis	Gillingham	1992
200m	21.8	D Out	St Augustines & Canterbury	1972

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200m cont.	21.8	M Champion	Bromley NW	1994
400m	48.8	P Curtis	Maidstone	1997
800m	1:53.6	C Moss	Bromley NW	1996
1500m	3:56.8	J Webster	St Augustines & Canterbury	1981
3000m	8:14.4	S Barden	Chatham & Rochester	1992
110m Hurdles	14.6	J Quarrie	Bromley NW	1990
400m Hurdles	55.4	L Spencer	Maidstone	1992
2000m Steeplechase	5:37.7	H Cossell	St Augustines & Canterbury	1993
High Jump	2.10	G Parsons	Thanet	1983
Pole Vault	3.80	T Fotheringham	Ashford	2021
Long Jump	7.24	B Nevison	Sevenoaks & Tonbridge	1985
Triple Jump	15.20	G Hamlyn	Thameside	1965
Shot	16.21	M Davies	Sevenoaks & Tonbridge	1989
Discus	46.20	E Mbu	St Augustines & Canterbury	1986
Hammer	36.93	H Blake	Medway	2021
Javelin	75.00	S Backley	Bexley	1987

Year 7 Girls				
100m	13.15	I Abomeli	Thanet	2022
	13.31	T Murray	Medway	2010
200m	27.3	D Asher-Smith	Bromley NW	2008
800m	2:18.58	K Bryan	West Kent	2015
1500m	5:00.71	K Faes	Sevenoaks & Tonbridge	2013
High Jump	1.40	F Mpassy	Bexley	2018
	1.40	P Rowland-Hill	Thanet	2019
Long Jump	4.69	J Curtis	Ashford	2014
	4.69	T Junaid-Evans	Dartford & Gravesend	2023
Shot	9.92	K Bryan	West Kent	2023
Javelin	33.69	L White	Sevenoaks & Tonbridge	2017

Junior Girls				
100m	12.21	D Asher-Smith	Bromley	2010
	12.21	A Spencer	Medway	2024
	12.3	T Nelson	Tunbridge Wells	1993
200m	24.6	H Clements	Gravesham	1983
300m	40.39	S Rankin	Ashford	2025
800m	2:13.8	S Willicombe	Maidstone	1991
1500m	4:33.16	S Sinha	West Kent	2013
75m Hurdles	10.93	M Murray	Sevenoaks	2025
High Jump	1.75	R Hawkins	Bexley	2014
Pole Vault	3.36	E Brooker	West Kent	2025
Long Jump	5.34	R Wallwork	Swale	2012
	5.34	D Snell	Bromley	2021
Shot	12.17	E Locke	Bromley	2015
Shot	12.88	D Kerr	Bexley	1967
Discus	36.52	L Fox	Ashford	1999
Hammer	50.02	G Nash	Medway	2019
Javelin	37.53	H Court	Tonbridge	2022
Javelin	37.88	K Morrison	Bromley NW	1989

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Intermediate Girls				
100m	11.96	I Aliu	Dartford and Gravesham	2016
	11.96	O Showemimo	Medway	2024
200m	24.00	S Hylton	West Kent	2013
300m	38.44	C Henrich	St. Augustine & Canterbury	2022
800m	2:10.25	S Sinha	Bromley	2015
1500m	4:22.34	S Sinha	Bromley	2014
3000m	9:48.3	S Willicombe	Swale	1988
80m Hurdles	11.50	E Lacey	Ashford	2023
300m Hurdles	44.08	E Newnham	Medway	2019
	44.1	G Ade-Onojobi	Bexley	2009
1500m Steeplechase	5:04.44	H Page	Bexley	2015
High Jump	1.70	J Powell		1990
	1.70	M Secker	Tunbridge Wells	2022/2023
Pole Vault	3.55	E Gooding	Shepway	2013
Long Jump	5.76	M Tabe	Medway	2017
Triple Jump	12.14	Q-C Ukpai	St. Augustine & Canterbury	2023
Shot	14.36	C Agyepong	Bromley	2021
Shot	12.85	J Dunkley	Dartford	1996
Discus	40.18	H MacAulay	Bexley	2018
Hammer	54.21	V Wiltshire	West Kent	2016
Hammer	44.92	R Blackie	Bromley West	2004
Javelin	50.99	H Court	Tonbridge	2024
Javelin	46.08	K Morrison	Chatham & Rochester	1991

Senior Girls				
100m	12.2	T Nelson	Tunbridge Wells	1997
200m	24.0	H Clements	Gravesham	1985
400m	55.3	K Reeves	Sevenoaks & Tonbridge	1992
800m	2:11.4	C Robinson	Bromley NW	1989
1500m	4:37.2	S Simmons	Chatham & Rochester	1993
3000m	10:01.8	T Blake	Bromley NW	1990
100m Hurdles	14.6	H Key	West Kent	1972
400m Hurdles	64.3	T Springate	Chatham & Rochester	1986
1500m Steeplechase	5:02.36	M Squibb	Bromley	2021
High Jump	1.67	W MacDonald	Bromley NW	1991
Pole Vault	3.00	L Smith	Bromley	2021
Long Jump	5.80	K Hambrook	SE Kent	1986
Triple Jump	10.92	Y Sadler-Reeves	Ashford	2021
Shot	13.25	J Oakes	West Kent	1975
Discus	41.34	J Bradley	Ashford	1997
Hammer	34.12	S Salter	Maidstone	2021
Javelin	43.66	J Dawkins	NW Kent	1982