

Cambridge Harriers

Kent Track and Field Championships, Medway Park, Gillingham - 9th- 10th May

Report & Analysis by Mick Bond

The annual Kent Track and Field Championships are the first major event of the summer season and can be considered a good “Bellwether” on the progress of the club, covering most age groups and all the Track and Field events. The change to the junior age groups this summer meant a reduction in overall entries to just over 800 compared with close to 1,000 last year, with “Year 8’s” being shifted to their own championships in September. Despite this, club entries were virtually the same at 120 compared to 122 last year. In the medal table we finished runners up to Blackheath for the second year running, with our highest ever medal count since we started keeping records in the year 2000.

The championship environment also raised everyone’s game and personal bests were set by the bucket load across the weekend despite some windy, and on Sunday, cold conditions. Our thanks also to the sterling work of some of the club’s officials who helped make the event so successful.

With so many great performances it’s difficult to list everyone so here are some highlights

Sprints: We took gold in both the senior men’s and women’s 100’s courtesy of Dayne Douglas (10.69) and Doyin Aderinto (12.36). In the under 20’s there was a one two for Danielle Agyemang-Talbot and Emily Cadman in the 200 and there should be a special mention to Jovanni Lyndsay who on the Saturday claimed silver in the Under 16 100 and 300, with a major hamstring cramp at the end of the 300, but then still returned to take silver in the 200 on Sunday.

Hurdles: Our female hurdlers were in fine form winning the senior (Amirat Mohammed Hassan), under 20 (Lily Gayle)and Under 18 (Tess Hepple) sprint hurdles titles. On the Saturday Hans Nmaju won the Under 18 men’s sprint hurdles event in a UK lead of 13.95 with training partner Elijah Olaleye not far behind in second and then on the Sunday Hans tried to take on Elijah over 400 hurdles. With bragging rights in the training group at stake, they were neck and neck up to hurdle five before Elijah’s superior stride pattern and endurance took him away to win in 53.68 ahead of Hans’ 56.22. Gabby Noyce took another second off her PB to win the U20 Women’s 400 hurdles.

Middle Distance: The middle distance events are always very competitive at the Kents and medals hard to come by but there were Cambridge Harriers in virtually every final with golds for Elena Oliphant in the U18 800 (2:14.97) to add to the gold she won in the 400 (59.08), for Amelia Lawrence U20 Women’s 1500m (4:53.02) and for Austin Richards in the under 16 1500m Steeplechase (4:48.49).

Throws: There was controversy on the field on Sunday with our two rising throws stars Obinna Aniebo and Kendrick Onolememen throwing in the discus event. Obinna had already won the hammer with a PB of just over 51m but then, with the wind blowing in just the right way for discus, Kendrick opened with what was thought to be a 10m PB of 68m, Obinna responded with 65m (Also close to a 10m PB). Throws in the low 60’s followed but then when the results were read out Obinna was announced as the winner with 65.41m with Kendrick second on 65.08m. investigations are ongoing, but it is possible the score board official mis-heard the official reading out the EDM result. In the shot event however the positions were reversed with Kendrick a clear winner with 17.42m and Obinna second with 16.18m.

In other throws Miya cook picked up silver in both shot and discus on Saturday before returning to win the javelin on Sunday. Natalie Mann picked up gold in the senior shot and silver in the discus

Jumps: The high Jump was out most lucrative event with Daniels Obike winning the Under 18 men’s event with 2m (and going close at 2.05m) and Elazar Adejinmi winning the Under 16 event with 1.80m. there were also golds for Lizzie Mcken Under 15 triple jump and Joshua Raphael Ike in the Under 18 long jump.

The focus moves on now to league competitions and the set of championships in June – County Schools and South of England Champs with the Nationals in July coming into focus for some

Kent Track and Field Championships 2026 medal table (Could we be top next year?)

Club	Gold	Silver	Bronze	Total
Blackheath	26	20	14	60
Cambridge	23	21	9	53
Dartford	17	8	8	33
Medway	16	9	7	32
Tonbridge	9	7	13	29
Ashford	4	3	4	11
Bexley	3	5	5	13
Invicta	3	0	3	6
Thanet	2	1	4	7
Paddock Wood	2	1	0	3
S factor	2	0	0	2
9 other clubs				