

SCVAC LEAGUE - KENT DIVISIONS - Central Park, Dartford 26/05/2023

Men - Division 1

A String				
Pos	Club	Athlete	Club	Perf

M35 200m

1	F3	Duayne Bovell	Blackheath & Bromley H AC	23.5
2	T3	Benjamin Richardson	Tonbridge AC	23.6
3	D3	Adam Bernard	Dartford Harriers AC	25.0
4	C3	Michael Pape (M50)	Cambridge Harriers	28.2
5	J3	Simon Horler (M40)	Bromley Vets	28.6

B String				
Pos	Club	Athlete	Club	Perf

1	T4	Steven Tester (M40)	Tonbridge AC	23.7
2	D4	Richard Brooks (M45)	Dartford Harriers AC	24.7
3	F4	Ashley Reid (M40)	Blackheath & Bromley H AC	25.1
4	J4	James Willingham (M45)	Bromley Vets	28.2
5	C4	Timothy Carter (M70)	Cambridge Harriers	30.7

M35 1500m

1	T3	Daniel Bradley	Tonbridge AC	4:24.5
2	D3	Andrew Pickett (M40)	Dartford Harriers AC	4:29.5
3	F3	David Adams	Blackheath & Bromley H AC	4:34.5
4	C3	Nebojsa Jovanovic (M45)	Cambridge Harriers	4:43.3
5	J3	Simon Horler (M40)	Bromley Vets	5:55.1

1	D4	Robert Jackaman	Dartford Harriers AC	4:30.8
2	F4	Micah Evans (M40)	Blackheath & Bromley H AC	4:38.4
3	T4	Tom Woolley (M40)	Tonbridge AC	4:44.8
4	J4	Peter Johnson (M55)	Bromley Vets	5:18.2

4x100m Relays

1	D3	Dartford Harriers AC	Richard Brooks (M45), Adam Bernard, Terry Hawkey, Steve Foy	47.8
2	T3	Tonbridge AC	Richard Christian (M55), Steven Tester (M40), Mark McAllister (M50), Benjamin Richardson	47.8
3	F3	Blackheath & Bromley H AC	Ian Firla (M50), Timothy Ayres, Ashley Reid (M40), Duayne Bovell	48.7
4	C3	Cambridge Harriers	Paris Hunt (M60), Wole Odele (M55), Michael Pape (M50), Nebojsa Jovanovic (M45)	55.0
	J3	Bromley Vets	Tim Sowter (M55), James Willingham (M45), Jason Short (M50), Simon Horler (M40)	disq

M35 Shot

1	F3	Alex Pope	Blackheath & Bromley H AC	11.83
2	C3	Steven Marlow	Cambridge Harriers	9.34
3	T3	Mark McAllister (M50)	Tonbridge AC	9.28
4	D3	Richard Nash (M45)	Dartford Harriers AC	8.84
5	J3	Simon Horler (M40)	Bromley Vets	7.33

M35 Long Jump

1	F3	Ashley Reid (M40)	Blackheath & Bromley H AC	5.35
2	T3	Benjamin Richardson	Tonbridge AC	5.01
3	D3	Mark Vrijmoed (M40)	Dartford Harriers AC	4.34
4	C3	Paris Hunt (M60)	Cambridge Harriers	4.25
5	J3	Simon Horler (M40)	Bromley Vets	4.03

M35 Hammer

1	F3	Alex Pope	Blackheath & Bromley H AC	38.95
2	D3	Scott Harvey (M45)	Dartford Harriers AC	28.04
3	C3	Steven Marlow	Cambridge Harriers	24.15
4	T3	Mark McAllister (M50)	Tonbridge AC	19.35
5	J3	Simon Horler (M40)	Bromley Vets	15.99

M50 200m

1	T5	Mark McAllister	Tonbridge AC	25.8
2	F5	Ian Firla	Blackheath & Bromley H AC	26.1
3	C5	Wole Odele (M55)	Cambridge Harriers	26.4
4	D5	Reuben Burford	Dartford Harriers AC	27.4
5	J5	Tim Sowter (M55)	Bromley Vets	28.7
6	P5	Trevor Simms (M55)	Paddock Wood	29.4

M50 1500m

1	D5	Reuben Burford	Dartford Harriers AC	4:47.0
2	T5	Ben Reynolds (M55)	Tonbridge AC	4:48.0
3	C5	Matthew Preston	Cambridge Harriers	4:50.9
4	J5	Gavin Kitchingham (M55)	Bromley Vets	4:54.2
5	F5	Luca Ercolani	Blackheath & Bromley H AC	4:54.9

M50 Shot

1	T5	Christopher Leach	Tonbridge AC	8.79
2	F5	Roger Platt	Blackheath & Bromley H AC	8.39
3	J5	Simon Powell (M55)	Bromley Vets	7.72
4	C5	Michael Pape	Cambridge Harriers	7.57
5	D5	Stephen Talbot	Dartford Harriers AC	6.95
6	P5	Trevor Simms (M55)	Paddock Wood	6.89

M50 Long Jump

1	T5	Ian Crawley (M60)	Tonbridge AC	4.73
2	F5	Ian Firla	Blackheath & Bromley H AC	4.72
3	C5	Wole Odele (M55)	Cambridge Harriers	4.62
4	D5	Gary Capon (M60)	Dartford Harriers AC	4.37
5	J5	Jason Short	Bromley Vets	4.01

M50 Hammer

1	D5	Stephen Talbot	Dartford Harriers AC	33.57
2	C5	Peter Wishart (M60)	Cambridge Harriers	22.86
3	T5	Christopher Leach	Tonbridge AC	20.28
4	J5	Simon Powell (M55)	Bromley Vets	20.09
5	F5	Roger Platt	Blackheath & Bromley H AC	18.76

M60 200m

1	C6	Paris Hunt	Cambridge Harriers	28.0
2	T6	Ian Crawley	Tonbridge AC	28.6
3	D6	Gary Capon	Dartford Harriers AC	29.5
4	F6	Tom Phillips (M65)	Blackheath & Bromley H AC	31.6
5	J6	Ray Chapman (M65)	Bromley Vets	32.9

M60 Shot

1	T6	Ian Crawley	Tonbridge AC	11.07
2	D6	John Fenton (M65)	Dartford Harriers AC	10.80
3	C6	Peter Wishart	Cambridge Harriers	9.97
4	F6	Alan Hardy	Blackheath & Bromley H AC	7.11
5	J6	Tony Unseld (M75)	Bromley Vets	5.30

Match Details

1	Tonbridge AC
2	Dartford Harriers AC
3	Blackheath & Bromley H AC
4	Cambridge Harriers
5	Bromley Vets
6	Paddock Wood

Mt Pts

6
5
4
3
2
1

Pts

76
67
66
53
34
2

Overall Details

1	Tonbridge AC
2	Dartford Harriers AC
3	Blackheath & Bromley H AC
4	Cambridge Harriers
5	Bromley Vets
6	Paddock Wood

Tot Mt Pts

12
10
8
6
4
2

Tot Pts

148
125
121
93
66
26

SCVAC LEAGUE - KENT DIVISIONS - Central Park, Dartford 26/05/2023

Men - Division 2

A String				
Pos	Club	Athlete	Club	Perf

M35 200m

1	M3	Mark Rothery (M45)	Medway & Maidstone AC	24.8
2	A3	Peter Davey (M45)	Ashford AC	25.4
3	G3	Stephen Jones (M45)	Central Park Athletics	25.4
4	B3	John Messam (M45)	Bexley AC	28.2
5	S3	Gary Walsh (M55)	Sevenoaks AC	32.4

B String				
Pos	Club	Athlete	Club	Perf

1	M4	Andrejs Safars	Medway & Maidstone AC	26.0
2	A4	Daniel Ofosu (M40)	Ashford AC	26.0
3	G4	Jon Munt (M40)	Central Park Athletics	26.5
4	B4	Martin Jenner	Bexley AC	31.1

M35 1500m

1	M3	Tom Collins	Medway & Maidstone AC	4:29.2
2	G3	Neil Arnould (M40)	Central Park Athletics	4:44.4
3	A3	Richard Huckstepp (M40)	Ashford AC	4:46.3
4	B3	Martin Jenner	Bexley AC	5:15.1
5	S3	Gary Walsh (M55)	Sevenoaks AC	5:58.2

1	M4	Daniel St Martin	Medway & Maidstone AC	4:35.7
2	A4	Andrew Davies (M40)	Ashford AC	5:15.9
3	G4	Robert Lenihan	Central Park Athletics	5:19.7
4	S4	Duncan Cochrane (M65)	Sevenoaks AC	6:08.3
5	B4	John Gates (M60)	Bexley AC	6:46.7

4x100m Relays

1	D3	Medway & Maidstone AC	Darren Wright (M45), John Foster (M50), Mark Rothery (M45), Andrejs Safars	51.8
2	G3	Central Park Athletics	Stephen Jones (M45), Johnnie Arnould (M40), Neil Arnould (M40), Jon Munt (M40)	51.9
3	A3	Ashford AC	Stephen Langford (M60), Peter Davey (M45), Richard Huckstepp (M40), Daniel Ofosu (M40)	52.6
4	B3	Bexley AC	Martin Jenner, Martin Lloyd (M40), Neil Ferebee (M55), John Messam (M45)	56.3
5	S3	Sevenoaks AC	Gary Walsh (M55), Duncan Cochrane (M65), Graham Dwyer (M50), Geoffrey Kitchener (M70)	68.7

M35 Shot

1	B3	Martin Lloyd (M40)	Bexley AC	9.93
2	M3	Mark Ryan (M40)	Medway & Maidstone AC	8.85
3	A3	Daniel Ofosu (M40)	Ashford AC	7.93
4	G3	Jon Munt (M40)	Central Park Athletics	7.76
5	K3	Thomas Omara (M60)	Swan & Dist/ Eynesford RC	4.80

M35 Long Jump

1	B3	Martin Lloyd (M40)	Bexley AC	5.31
2	A3	Peter Davey (M45)	Ashford AC	5.21
3	M3	Darren Wright (M45)	Medway & Maidstone AC	3.67
4	G3	Robert Lenihan	Central Park Athletics	3.48
5	S3	Geoffrey Kitchener (M70)	Sevenoaks AC	2.40

M35 Hammer

1	B3	Andrew Rushbrook (M60)	Bexley AC	28.18
2	M3	Mark Ryan (M40)	Medway & Maidstone AC	25.19
3	G3	Jon Munt (M40)	Central Park Athletics	20.42
4	A3	Andrew Davies (M40)	Ashford AC	13.96

M50 200m

1	A5	Stephen Lake	Ashford AC	29.3
2	M5	John Foster	Medway & Maidstone AC	29.3
3	B5	Neil Ferebee (M55)	Bexley AC	30.0
4	S5	Graham Dwyer	Sevenoaks AC	30.1
5	G5	James Carney	Central Park Athletics	31.4
6	K5	Jonathan Bottomer (M55)	Swan & Dist/ Eynesford RC	32.0

M50 1500m

1	A5	Ian King	Ashford AC	5:00.5
2	M5	Alun Rodgers (M55)	Medway & Maidstone AC	5:01.7
3	B5	Alan Perryman (M55)	Bexley AC	5:11.3
4	G5	Paul Cheeseman	Central Park Athletics	5:33.6
5	S5	Graham Dwyer	Sevenoaks AC	5:39.0
6	K5	Thomas Omara (M60)	Swan & Dist/ Eynesford RC	6:31.8

M50 Shot

1	B5	Graham Holder	Bexley AC	10.98
2	A5	Stephen Lake	Ashford AC	7.65
3	K5	Robert Myers (M55)	Swan & Dist/ Eynesford RC	7.23
4	G5	Gary Warner (M55)	Central Park Athletics	6.96

M50 Long Jump

1	A5	Stephen Lake	Ashford AC	4.29
2	B5	Philip Hawkins	Bexley AC	4.19
3	M5	John Foster	Medway & Maidstone AC	3.92
4	S5	Graham Dwyer	Sevenoaks AC	3.73
5	G5	Gary Warner (M55)	Central Park Athletics	3.57

M50 Hammer

1	B5	Graham Holder	Bexley AC	52.50
2	A5	Ian King	Ashford AC	21.06
3	K5	Robert Myers (M55)	Swan & Dist/ Eynesford RC	18.24
4	G5	Gary Warner (M55)	Central Park Athletics	17.77
5	S5	Duncan Cochrane (M65)	Sevenoaks AC	6.04

M60 200m

1	A6	Stephen Langford	Ashford AC	30.1
2	B6	Andrew Rushbrook	Bexley AC	32.9
3	S6	Geoffrey Kitchener (M70)	Sevenoaks AC	34.0
4	G6	John Arnould (M65)	Central Park Athletics	46.3

M60 Shot

1	B6	Andrew Rushbrook	Bexley AC	9.70
2	A6	David Fox (M70)	Ashford AC	6.73
3	S6	Duncan Cochrane (M65)	Sevenoaks AC	6.28
4	M6	Rob Sibley (M65)	Medway & Maidstone AC	5.75
5	G6	Mick Cox (M75)	Central Park Athletics	4.13

Match Details

1	Ashford AC	6	74	1	Bexley AC	11	135
2	Bexley AC	5	68	2	Ashford AC	9.5	121
3	Medway & Maidstone AC	4	61	3	Medway & Maidstone AC	9	118
4	Central Park Athletics	3	50	4	Central Park Athletics	6.5	97
5	Sevenoaks AC	2	29	5	Sevenoaks AC	3	34
6	Swan & Dist/ Eynesford RC	1	12	6	Swan & Dist/ Eynesford RC	3	29

Mens Non Scoring Results

M35

200m

Steve Foy (M35)	Dartford Harriers AC	25.2
Mark Vrijmoed (M40)	Dartford Harriers AC	26.6
Johnnie Arnould (M40)	Central Park Athletics	27.0
Timothy Ayres (M35)	Blackheath & Bromley H AC	28.5

1500m

Terry Hawkey (M35)	Dartford Harriers AC	4:35.0
Stuart Waterman (M40)	Dartford Harriers AC	4:43.6
Ed Osborne (M45)	Bromley Vets	5:32.2

M50

1500m

Nicholas Arnott (M50)	Tonbridge AC	4:56.3
Richard Preston (M50)	Tonbridge AC	5:10.3
Philip Coleman (M55)	Tonbridge AC	5:15.0
Tim Sowter (M55)	Bromley Vets	5:18.7
Martin Leat (M60)	Cambridge Harriers	5:18.8
Antony Fullbrook (M55)	Tonbridge AC	5:27.6
Michael Doe (M60)	Tonbridge AC	5:32.1
Jonathan Wilson (M55)	Bromley Vets	5:49.6

M60

200m

Anthony Durey (M55)	Central Park Athletics	34.3
Peter Thomas (M65)	Central Park Athletics	35.5

SCVAC LEAGUE - KENT DIVISIONS - Central Park, Dartford 26/05/2023

Women - Division 1

A String				
Pos	Club	Athlete	Club	Perf

W35 200m

1	F3	Samantha Williams (W40)	Blackheath & Bromley H AC	27.7
2	T3	Bethan Armory (W40)	Tonbridge AC - A	28.3
3	G3	Karolina Mykietyn (W40)	Central Park Athletics	28.6
4	D3	Hannah Carson	Dartford Harriers AC	28.9
5	C3	Sinead Norris (W40)	Cambridge Harriers	32.1
6	B3	Zsuzsanna Racz (W40)	Bexley AC	36.5

B String				
Pos	Club	Athlete	Club	Perf

1	F4	Daniela Sage (W45)	Blackheath & Bromley H AC	30.1
2	T4	Suzanne Bachelor (W40)	Tonbridge AC - A	30.8
3	D4	Kirstie Cooper (W45)	Dartford Harriers AC	31.8
4	C4	Lucy Marlow	Cambridge Harriers	35.3
5	G4	Amy Hutchings	Central Park Athletics	35.5
6	B4	Sarah Dodds (W45)	Bexley AC	39.1

W35 1500m

1	T3	Harriet Woolley	Tonbridge AC - A	5:01.2
2	F3	Carole Coulon (W45)	Blackheath & Bromley H AC	5:10.6
3	C3	Lucy Marlow	Cambridge Harriers	5:16.6
4	D3	Tereza Grainger-Francova	Dartford Harriers AC	5:17.1
5	G4	Laura Bestow	Central Park Athletics	5:18.1
6	B4	Christina Fleetwood (W45)	Bexley AC	7:10.8

1	G3	Elizabeth Brookes (W40)	Central Park Athletics	5:32.1
2	T4	Lisa Knight (W50)	Tonbridge AC - A	5:37.5
3	F4	Katy Sugden (W45)	Blackheath & Bromley H AC	5:39.2
4	C4	Susan Dixon (W55)	Cambridge Harriers	5:46.9
5	D4	Rebecca Miah	Dartford Harriers AC	5:58.8
6	B3	Wendy Prowse (W45)	Bexley AC	8:07.7

4x100m Relays

1	D3	Dartford Harriers AC	Claire Capon, Hannah Carson, Kimberley Taylor (W45), Kirstie Cooper (W45)	56.5
2	T3	Tonbridge AC - A	Diane Wright (W50), Suzanne Bachelor (W40), Sarah Westrap (W45), Bethan Armory (W40)	57.1
3	F3	Blackheath & Bromley H AC	Daniela Sage (W45), Carole Coulon (W45), Katy Sugden (W45), Samantha Williams (W40)	62.0
4	B3	Bexley AC	Zsuzsanna Racz (W40), Sarah Dodds (W45), Wendy Masters (W50), Christine Pates (W60)	64.2
5	C3	Cambridge Harriers	Sinead Norris (W40), Joanne Murphy (W60), Sally Carr (W50), Susan Dixon (W55)	68.6
6	G3	Central Park Athletics	Amy Hutchings, Coralie Charles, Leila Banyard, Kelly Noble (W45)	73.2

W35 Long Jump

1	D3	Rebecca Miah	Dartford Harriers AC	3.64
2	T3	Sarah Westrap (W45)	Tonbridge AC - A	3.49
3	F3	Daniela Sage (W45)	Blackheath & Bromley H AC	3.35
4	B3	Sarah Dodds (W45)	Bexley AC	2.88
5	G3	Leila Banyard	Central Park Athletics	2.75

W35 Hammer

1	C3	Natalie Mann	Cambridge Harriers	32.70
2	T3	Charlotte Nicholls	Tonbridge AC - A	29.67
3	D3	Stacy Taylor (W40)	Dartford Harriers AC	24.69
4	G3	Kelly Noble (W45)	Central Park Athletics	13.20
5	B3	Sam Ansell (W50)	Bexley AC	11.85

W35 Shot

1	B3	Marianne Berndt (W40)	Bexley AC	10.16
2	T3	Charlotte Nicholls	Tonbridge AC - A	8.82
3	D3	Claire Capon	Dartford Harriers AC	7.32
4	C3	Natalie Mann	Cambridge Harriers	7.27
5	G3	Katy Munt (W40)	Central Park Athletics	6.15
6	F3	Sarah Belaon (W40)	Blackheath & Bromley H AC	4.40

W50 200m

1	T5	Diane Wright	Tonbridge AC - A	30.0
2	B5	Wendy Masters	Bexley AC	30.6
3	F5	Helen Godsell (W65)	Blackheath & Bromley H AC	31.7
4	C5	Susan Dixon (W55)	Cambridge Harriers	33.9
5	G5	Caroline Curtis	Central Park Athletics	36.6
6	D5	Elizabeth Ives (W55)	Dartford Harriers AC	41.0

W50 1500m

1	T5	Maria Heslop (W55)	Tonbridge AC - A	5:24.2
2	B5	Angela Duffy Smart	Bexley AC	6:33.5
3	G5	Ashley O'Brien	Central Park Athletics	6:36.4
4	C5	Sally Carr	Cambridge Harriers	6:38.4
5	D5	Stephanie Wood (W55)	Dartford Harriers AC	6:43.9
6	F5	Zoe Kingsmell (W60)	Blackheath & Bromley H AC	6:55.9

W50 Long Jump

1	B5	Wendy Masters	Bexley AC	4.00
2	T5	Diane Wright	Tonbridge AC - A	3.19
3	G5	Eden Summers (W55)	Central Park Athletics	2.74
4	D5	Julie Hibbard (W55)	Dartford Harriers AC	2.36

W50 Hammer

1	C5	Jennifer Agyepong (W55)	Cambridge Harriers	37.32
2	B5	Amanda Holder	Bexley AC	23.68
3	T5	Sally Vine (W55)	Tonbridge AC - A	22.26
4	D5	Anne Thacker (W60)	Dartford Harriers AC	18.52
5	G5	Michaela Mcmillian	Central Park Athletics	11.41

W50 Shot

1	C5	Jennifer Agyepong (W55)	Cambridge Harriers	8.72
2	T5	Sally Vine (W55)	Tonbridge AC - A	7.52
3	D5	Anne Thacker (W60)	Dartford Harriers AC	6.83
4	F5	Maureen Miller (W60)	Blackheath & Bromley H AC	6.36
5	B5	Sam Ansell	Bexley AC	5.56
6	G5	Janet Pyne (W75)	Central Park Athletics	3.98

W60 1500m

1	F6	Helen Godsell (W65)	Blackheath & Bromley H AC	7:18.4
2	C6	Joanne Murphy	Cambridge Harriers	7:30.6
3	D6	Gillian Manning	Dartford Harriers AC	7:45.7
4	G6	Ann Komzolik	Central Park Athletics	8:16.0
5	B6	Geraldine Legon	Bexley AC	9:54.3

W60 Long Jump

1	B6	Christine Pates	Bexley AC	3.07
2	D6	Christine Clements (W70)	Dartford Harriers AC	2.87
3	F6	Anne Cilia	Blackheath & Bromley H AC	2.50
4	G6	Ann Komzolik	Central Park Athletics	2.44
5	T6	Sue James (W70)	Tonbridge AC - A	1.66

1	B6	Liz Slater (W65)	Bexley AC	19.10
2	D6	Christine Clements (W70)	Dartford Harriers AC	14.94
3	G6	Ann Komzolik	Central Park Athletics	14.69
4	F6	Anne Cilia	Blackheath & Bromley H AC	13.54
5	C6	Maria Macdonald (W70)	Cambridge Harriers	11.77
6	T6	Sue James (W70)	Tonbridge AC - A	9.21

Match Details	Mt Pts	Pts
1 Tonbridge AC - A	6	65
2 Dartford Harriers AC	5	53
3 Bexley AC	4	52
4 Blackheath & Bromley H AC	3	47
5 Cambridge Harriers	2	46
6 Central Park Athletics	1	44

Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	12	125
2 Bexley AC	9	93
3 Dartford Harriers AC	7	87
4 Blackheath & Bromley H AC	6.5	85
5 Cambridge Harriers	5.5	84
6 Central Park Athletics	2	69

SCVAC LEAGUE - KENT DIVISIONS - Central Park, Dartford 26/05/2023

Women - Division 2

A String				
Pos	Club	Athlete	Club	Perf

W35 200m

1	M3	Rachel Hicks	Medway & Maidstone AC	29.1
2	N3	Nina Ridge (W45)	Tonbridge AC - B	30.5
3	J3	Rachel Perry (W45)	Bromley Vets	31.3
4	S3	Rebecca Pickard (W45)	Sevenoaks AC	32.5
5	K3	Laura Stables (W45)	Swan & Dist/ Eynesford RC	38.8

W35 1500m

1	M3	Taryne McPherson (W45)	Medway & Maidstone AC	5:31.6
2	N3	Nicola Summerfield	Tonbridge AC - B	5:32.8
3	S3	Rebecca Pickard (W45)	Sevenoaks AC	5:37.4
4	J3	Rachel Perry (W45)	Bromley Vets	6:02.4

B String				
Pos	Club	Athlete	Club	Perf

1	J4	Joanne Kelly (W45)	Bromley Vets	34.2
2	M4	Hayley Palmer (W40)	Medway & Maidstone AC	34.9
3	N4	Angie Crush (W45)	Tonbridge AC - B	35.0
4	K4	Amanda Rivett (W50)	Swan & Dist/ Eynesford RC	38.5

4x100m Relays

1	M3	Medway & Maidstone AC	Hayley Palmer (W40), Catherine Rodwell, Karen Cudmore (W50), Taryne McPherson (W45)	64.2
2	N3	Tonbridge AC - B	Grazia Manzotti (W50), Eva Kolivoskova-Martin (W45), Nicola Summerfield, Angie Crush (W45)	67.9
3	J3	Bromley Vets	Tracey Simmons (W45), Sarah Hawkins (W50), Joanne Kelly (W45), Rachel Perry (W45)	71.4

W35 Long Jump

1	N3	Nina Ridge (W45)	Tonbridge AC - B	3.94
2	J3	Tracey Simmons (W45)	Bromley Vets	2.85
3	M3	Catherine Rodwell	Medway & Maidstone AC	2.74

W35 Hammer

1	N3	Nina Ridge (W45)	Tonbridge AC - B	26.02
2	P3	Elizabeth Bignell (W40)	Paddock Wood	22.49
3	M3	Catherine Rodwell	Medway & Maidstone AC	19.42

W35 Shot

1	M3	Rachel Hicks	Medway & Maidstone AC	8.48
2	P3	Elizabeth Bignell (W40)	Paddock Wood	5.91
3	J3	Tracey Simmons (W45)	Bromley Vets	5.75
4	N3	Nicola Summerfield	Tonbridge AC - B	5.61

W50 200m

1	M5	Karen Cudmore	Medway & Maidstone AC	30.7
2	K5	Lynne Sutton (W60)	Swan & Dist/ Eynesford RC	41.2
3	J5	Sarah Hawkins	Bromley Vets	42.7

W50 1500m

1	M5	Karen Cudmore	Medway & Maidstone AC	6:01.4
2	N5	Grazia Manzotti	Tonbridge AC - B	6:08.3

W50 Long Jump

1	M5	Karen Cudmore	Medway & Maidstone AC	3.77
2	J5	Sarah Hawkins	Bromley Vets	2.67

W50 Hammer

1	M5	Vanessa Hannam	Medway & Maidstone AC	28.09
2	K5	Selena Gurney	Swan & Dist/ Eynesford RC	15.09

W50 Shot

1	M5	Vanessa Hannam	Medway & Maidstone AC	10.40
2	P5	Teresa Hinton (W60)	Paddock Wood	6.72
3	K5	Selena Gurney	Swan & Dist/ Eynesford RC	5.47
4	J5	Anne Unseld (W70)	Bromley Vets	4.34

W60 1500m

1	J6	Anne Unseld (W70)	Bromley Vets	7:46.3
2	K6	Lynne Sutton	Swan & Dist/ Eynesford RC	8:01.8

W60 Long Jump

1	P6	Teresa Hinton	Paddock Wood	2.57
2	K6	Lynne Sutton	Swan & Dist/ Eynesford RC	2.38

W60 Hammer

1	P6	Teresa Hinton	Paddock Wood	21.05
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Match Details	Mt Pts	Pts
1 Medway & Maidstone AC	6	73
2 Bromley Vets	5	48
3 Tonbridge AC - B	4	44
4 Swan & Dist/ Eynesford RC	3	29
5 Paddock Wood	2	27
6 Sevenoaks AC	1	7

Overall Details	Tot Mt Pts	Tot Pts
1 Medway & Maidstone AC	12	127
2 Tonbridge AC - B	9	94
3 Bromley Vets	9	75
4 Paddock Wood	5	48
5 Swan & Dist/ Eynesford RC	5	38
6 Sevenoaks AC	1	7

Womens Non Scoring Results

W35

200m

Kalina Detko (W40)	Dartford Harriers AC	32.4
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1500m

Sarah Belaon (W40)	Blackheath & Bromley H AC	5:44.6
Coralie Charles (W35)	Central Park Athletics	5:55.3
Anna Cleary (W40)	Dartford Harriers AC	6:00.4

W50

200m

Anne Unseld (W70)	Bromley Vets	42.7
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