

SCVAC LEAGUE - KENT DIVISIONS - Tonbridge School, Tonbridge 07/07/2023

Men - Division 1

A String				
Pos	Club	Athlete	Club	Perf

M35 400m

1	T3	Steven Tester (M40)	Tonbridge AC	52.9
2	D3	Terry Hawkey	Dartford Harriers AC	55.4
3	C3	Nebojsa Jovanovic (M45)	Cambridge Harriers	56.8
4	F3	Ashley Reid (M40)	Blackheath & Bromley H AC	60.7
5	J3	Simon Horler (M40)	Bromley Vets	61.4
6	P3	Robert Bowie (M50)	Paddock Wood	67.1

B String				
Pos	Club	Athlete	Club	Perf

1	C4	Abdela Kelifa	Cambridge Harriers	56.9
2	T4	Benjamin Richardson	Tonbridge AC	58.4
3	D4	Steve Foy	Dartford Harriers AC	60.3
4	J4	Darren Hersey (M40)	Bromley Vets	63.0
5	F4	Timothy Ayres	Blackheath & Bromley H AC	65.2

M35 3000m

1	T3	Daniel Bradley	Tonbridge AC	9:03.0
2	C4	Ben Shearer (M45)	Cambridge Harriers	9:19.8
3	F4	David Adams	Blackheath & Bromley H AC	9:35.4
4	D4	Stuart Waterman (M40)	Dartford Harriers AC	9:58.5
5	J3	Simon Horler (M40)	Bromley Vets	10:34.4
6	P3	Robert Bowie (M50)	Paddock Wood	12:20.4

1	T4	Nick Beer	Tonbridge AC	9:11.3
2	F3	Christian Clement	Blackheath & Bromley H AC	9:38.2
3	C3	James Macdonald (M40)	Cambridge Harriers	9:56.3
4	D3	Chris Biddle (M40)	Dartford Harriers AC	10:13.0
5	J4	Peter Johnson (M55)	Bromley Vets	11:10.0

4x400m Relays

1	T3	Tonbridge AC	Luke Williams, Daniel Bradley, Mark McAllister (M50), Steven Tester (M40)	3:50.5
2	D3	Dartford Harriers AC	Steve Foy, Mark Vrijmoed (M45), Terry Hawkey, Stuart McNally (M45)	3:51.6
3	C3	Cambridge Harriers	Abdela Kelifa, Constantine Serugo (M50), Wole Odele (M55), Ben Shearer (M45)	4:08.7
4	F3	Blackheath & Bromley H AC	Ashley Reid (M40), Timothy Ayres, Matthew Ellerton (M45), Ian Firla (M50)	4:15.4
5	J3	Bromley Vets	Tim Sowter (M55), Darren Hersey (M40), Gavin Kitchingham (M55), Simon Horler (M40)	4:25.3

M35 Pole Vault

1	T3	Luke Williams	Tonbridge AC	3.71
2	F3	Alex Pope	Blackheath & Bromley H AC	2.60
3	D3	Richard Nash (M45)	Dartford Harriers AC	2.20
4	J3	Simon Horler (M40)	Bromley Vets	1.75

M35 Triple Jump

1	D3	Mark Vrijmoed (M45)	Dartford Harriers AC	10.44
2	T3	Luke Williams	Tonbridge AC	9.90
3	F3	Matthew Ellerton (M45)	Blackheath & Bromley H AC	9.75
4	J3	Simon Horler (M40)	Bromley Vets	8.80
5	C3	Paris Hunt (M60)	Cambridge Harriers	8.53

M35 Hammer

1	D3	Scott Harvey (M45)	Dartford Harriers AC	23.98
2	T3	Milton McNichol (M45)	Tonbridge AC	18.45
3	C3	Constantine Serugo (M50)	Cambridge Harriers	17.11
	F3	Alex Pope	Blackheath & Bromley H AC	nm

M50 400m

1	D5	Richard Brooks	Dartford Harriers AC	57.3
2	F5	Ian Firla	Blackheath & Bromley H AC	57.7
3	C5	Wole Odele (M55)	Cambridge Harriers	57.7
4	T5	Stephen Daly	Tonbridge AC	61.5
5	J5	Tim Sowter (M55)	Bromley Vets	65.8
6	P5	Trevor Crysell (M55)	Paddock Wood	69.3

M50 3000m

1	J5	Gavin Kitchingham (M55)	Bromley Vets	10:25.3
2	F5	Luca Ercolani	Blackheath & Bromley H AC	10:25.7
3	P5	Steve Wright	Paddock Wood	10:27.4
4	T5	Richard Preston	Tonbridge AC	10:49.2
5	D5	Andrew Archer	Dartford Harriers AC	12:58.3
6	C5	Jeremy Carnell (M65)	Cambridge Harriers	14:18.4

M50 Pole Vault

1	F5	Roger Platt	Blackheath & Bromley H AC	3.20
2	T5	Ian Crawley (M60)	Tonbridge AC	3.00
3	D5	Gary Capon (M60)	Dartford Harriers AC	2.20

M50 Triple Jump

1	C5	Wole Odele (M55)	Cambridge Harriers	10.59
2	T5	Stephen Daly	Tonbridge AC	9.60
3	D5	Gary Capon (M60)	Dartford Harriers AC	9.38
4	P5	Trevor Crysell (M55)	Paddock Wood	8.99
5	F5	Ian Firla	Blackheath & Bromley H AC	8.93
6	J5	Jason Short	Bromley Vets	8.39

M50 Hammer

1	D5	Stephen Talbot (M55)	Dartford Harriers AC	31.42
2	T5	Christopher Leach	Tonbridge AC	27.42
3	C5	Paris Hunt (M60)	Cambridge Harriers	20.69
4	F5	Roger Platt	Blackheath & Bromley H AC	19.88

M60 3000m

1	T6	Graeme Saker	Tonbridge AC	10:56.3
2	C6	Martin Leat	Cambridge Harriers	11:32.4
3	D6	Mark Kybert	Dartford Harriers AC	11:41.9
4	F6	Steven Pairman	Blackheath & Bromley H AC	12:28.5
5	J6	Ray Chapman (M65)	Bromley Vets	13:26.4

M60 Hammer

1	C6	Peter Wishart	Cambridge Harriers	26.88
2	D6	John Fenton (M65)	Dartford Harriers AC	22.17
3	T6	Peter Buxton	Tonbridge AC	20.49
4	P6	David Perman (M70)	Paddock Wood	14.50
5	F6	John Turner (M70)	Blackheath & Bromley H AC	7.44

Match Details

	Mt Pts	Pts
1 Tonbridge AC	6	76
2 Dartford Harriers AC	5	67
3 Cambridge Harriers	4	55
4 Blackheath & Bromley H AC	3	52
5 Bromley Vets	2	28
6 Paddock Wood	1	13

Overall Details

	Tot Mt Pts	Tot Pts
1 Tonbridge AC	30	368
2 Dartford Harriers AC	25	316
3 Blackheath & Bromley H AC	19	287
4 Cambridge Harriers	16	260
5 Bromley Vets	10	160
6 Paddock Wood	5	55

SCVAC LEAGUE - KENT DIVISIONS - Tonbridge School, Tonbridge 07/07/2023

Men - Division 2

A String				
Pos	Club	Athlete	Club	Perf

M35 400m

1	M3	Andrejs Safars	Medway & Maidstone AC	55.9
2	G3	Johnnie Arnould (M40)	Central Park Athletics	56.6
3	A3	Peter Davey (M45)	Ashford AC	58.8
4	B3	Jon Fish (M45)	Bexley AC	64.2
5	S3	Gary Walsh (M55)	Sevenoaks AC	74.9

B String				
Pos	Club	Athlete	Club	Perf

1	M4	Darren Wright (M45)	Medway & Maidstone AC	64.0
2	B4	Martin Jenner	Bexley AC	64.8
3	A4	Daniel Ofosu (M40)	Ashford AC	66.7
4	S4	Jon Maxim (M45)	Sevenoaks AC	69.4
5	G4	Anthony Durey (M55)	Central Park Athletics	74.2

M35 3000m

1	M4	Ben Tyler	Medway & Maidstone AC	9:17.2
2	B3	Simon Wells (M45)	Bexley AC	10:23.4
3	G3	Neil Arnould (M40)	Central Park Athletics	10:25.7
4	A3	Richard Huckstepp (M40)	Ashford AC	10:37.2

1	M3	Daniel St Martin	Medway & Maidstone AC	9:30.1
2	G4	Johnnie Arnould (M40)	Central Park Athletics	10:30.0
3	B4	Martin Jenner	Bexley AC	11:37.4
4	A4	Andrew Davies (M40)	Ashford AC	11:46.4

4x400m Relays

1	A3	Ashford AC	Daniel Ofosu (M40), Richard Huckstepp (M40), Andrew Davies (M40), Peter Davey (M45)	4:08.6
2	M3	Medway & Maidstone AC	Dean Parkinson (M50), Sean Rodwell, Darren Wright (M45), Andrejs Safars	4:09.3
3	G3	Central Park Athletics	Johnnie Arnould (M40), Anthony Durey (M55), James Carney (M50), Neil Arnould (M40)	4:27.1
4	B3	Bexley AC	Jon Fish (M45), Martin Jenner, Simon Wells (M45), Andy Whitnell (M55)	4:31.6
5	S3	Sevenoaks AC	Jon Maxim (M45), Paul Fanti (M50), Graham Dwyer (M50), Keith Dowson (M60)	4:46.3

M35 Pole Vault

1	A3	Peter Le Rossignol (M40)	Ashford AC	2.40
2	B3	Andrew Rushbrook (M60)	Bexley AC	1.75
3	G3	Jamie Bushnell	Central Park Athletics	1.50
	M3	Andrejs Safars	Medway & Maidstone AC	nm

M35 Triple Jump

1	M3	Andrejs Safars	Medway & Maidstone AC	10.77
2	A3	Andrew Davies (M40)	Ashford AC	9.79
3	B3	Andrew Rushbrook (M60)	Bexley AC	8.32
4	G3	Jamie Bushnell	Central Park Athletics	8.10

M35 Hammer

1	G3	Jamie Bushnell	Central Park Athletics	19.28
2	M3	Sean Rodwell	Medway & Maidstone AC	16.50
3	A3	Daniel Ofosu (M40)	Ashford AC	14.22
4	S3	Jon Maxim (M45)	Sevenoaks AC	9.31
5	B3	Martin Jenner	Bexley AC	6.75

M50 400m

1	S5	Graham Dwyer	Sevenoaks AC	65.8
2	M5	Dean Parkinson	Medway & Maidstone AC	66.6
3	G5	Paul Cheeseman	Central Park Athletics	67.1
4	B5	Andy Whitnell (M55)	Bexley AC	70.1
5	A5	Kevin Williams (M60)	Ashford AC	83.9

M50 3000m

1	M5	Alun Rodgers (M55)	Medway & Maidstone AC	10:28.3
2	A5	Ian King	Ashford AC	11:11.6
3	G5	Paul Cheeseman	Central Park Athletics	11:54.4
4	B5	Andy Whitnell (M55)	Bexley AC	14:43.9

M50 Pole Vault

1	B5	Philip Hawkins	Bexley AC	2.40
2	G5	James Carney	Central Park Athletics	2.20
3	A5	Michael Goodall (M70)	Ashford AC	2.00
4	M5	John Foster	Medway & Maidstone AC	1.50

M50 Triple Jump

1	A5	Stephen Langford (M60)	Ashford AC	9.07
2	M5	John Foster	Medway & Maidstone AC	8.86
3	G5	James Carney	Central Park Athletics	8.67
4	B5	Philip Hawkins	Bexley AC	8.31
5	S5	Graham Dwyer	Sevenoaks AC	8.13

M50 Hammer

1	B5	Graham Holder	Bexley AC	53.21
2	A5	Jonathan Ward (M55)	Ashford AC	31.53
3	S5	Keith Dowson (M60)	Sevenoaks AC	16.84
4	M5	Alun Rodgers (M55)	Medway & Maidstone AC	11.90
5	G5	Alexander Valentino (M60)	Central Park Athletics	9.00

M60 3000m

1	S6	Keith Dowson	Sevenoaks AC	11:53.7
2	M6	Robert Fursey	Medway & Maidstone AC	12:10.0
3	A6	Kevin Williams	Ashford AC	13:02.8
4	G6	Julian Mills	Central Park Athletics	13:45.7

M60 Hammer

1	B6	Andrew Rushbrook	Bexley AC	32.97
2	M6	Wynn Howe	Medway & Maidstone AC	27.09
3	G6	Peter Thomas (M65)	Central Park Athletics	15.17
4	A6	Stephen Langford	Ashford AC	9.12

Match Details

1	Medway & Maidstone AC	6	72	1	Medway & Maidstone AC	27	336
2	Ashford AC	5	64	2	Ashford AC	23.5	308
3	Central Park Athletics	4	59	3	Bexley AC	23	308.5
4	Bexley AC	3	58	4	Central Park Athletics	16.5	252
5	Sevenoaks AC	2	28	5	Sevenoaks AC	9	132.5
				6	Swan & Dist/ Eynesford RC	4	32

Mens Non Scoring Results

M35

3000m

Tom Woolley (M40)	Tonbridge AC	10:25.6
Jacek Traczynski (M35)	Tonbridge AC	10:29.9
Darren Hersey (M40)	Bromley Vets	12:34.5

M50

400m

Christopher Leach (M50)	Tonbridge AC	65.5
Constantine Serugo (M50)	Cambridge Harriers	66.6
Richard Christian (M55)	Tonbridge AC	68.1
Jason Short (M50)	Bromley Vets	73.9
Les Percival (M65)	Paddock Wood	75.9
Jonathan Lineker (M50)	Tonbridge AC	81.1

3000m

Clayton Aves (M55)	Blackheath & Bromley H AC	10:55.2
Jonathan Wilson (M55)	Bromley Vets	12:01.2
Chris Martin (M50)	Blackheath & Bromley H AC	12:09.4

M60

3000m

Philip Coleman (M60)	Tonbridge AC	11:28.3
Michael Doe (M60)	Tonbridge AC	12:10.4
Ian McCarthy (M65)	Cambridge Harriers	13:30.5
Ian Crawley (M60)	Tonbridge AC	14:02.0

SCVAC LEAGUE - KENT DIVISIONS - Tonbridge School, Tonbridge 07/07/2023

Women - Division 1

A String				
Pos	Club	Athlete	Club	Perf

W35 400m

1	F3	Samantha Williams (W40)	Blackheath & Bromley H AC	63.3
2	T3	Bethan Armory (W40)	Tonbridge AC - A	66.2
3	D3	Hannah Carson	Dartford Harriers AC	66.9
4	B3	Angela Duffy Smart (W50)	Bexley AC	75.7
5	C3	Cara Oliver (W50)	Cambridge Harriers	75.9
6	G3	Elizabeth Brookes (W40)	Central Park Athletics	77.2

B String				
Pos	Club	Athlete	Club	Perf

1	F4	Daniela Sage (W45)	Blackheath & Bromley H AC	67.8
2	D4	Rebecca Miah	Dartford Harriers AC	69.6
3	T4	Charlotte Warren	Tonbridge AC - A	70.8
4	G4	Coralie Charles	Central Park Athletics	81.7
5	B4	Sarah Dodds (W45)	Bexley AC	93.3

W35 3000m

1	T3	Harriet Woolley	Tonbridge AC - A	10:42.4
2	D3	Tereza Grainger-Francova	Dartford Harriers AC	11:37.7
3	F3	Katy Sugden (W45)	Blackheath & Bromley H AC	11:58.7
4	C3	Julie Backley (W50)	Cambridge Harriers	12:01.2
5	G3	Elizabeth Brookes (W40)	Central Park Athletics	12:21.1
6	B3	Almona Mehmeti	Bexley AC	13:13.4

1	T4	Nichola Evans (W40)	Tonbridge AC - A	10:48.5
2	F4	Sarah Belaon (W40)	Blackheath & Bromley H AC	12:35.8
3	G4	Coralie Charles	Central Park Athletics	13:03.1
4	D4	Jane Crawley (W45)	Dartford Harriers AC	13:45.4
5	B4	Wendy Prowse (W45)	Bexley AC	14:25.5
6	C4	Joanna Parke (W45)	Cambridge Harriers	14:31.4

4x400m Relays

1	T3	Tonbridge AC - A	Bethan Armory (W40), Harriet Woolley, Charlotte Warren, Lisa Knight (W50)	4:40.0
2	D3	Dartford Harriers AC	Claire Capon, Hannah Carson, Tereza Grainger-Francova, Rebecca Miah	4:43.9
3	F3	Blackheath & Bromley H AC	Daniela Sage (W45), Helen Godsell (W65), Katy Sugden (W45), Samantha Williams (W40)	4:43.9
4	B3	Bexley AC	Wendy Masters (W50), Angela Duffy Smart (W50), Almona Mehmeti, Sarah Dodds (W45)	5:23.1
5	C3	Cambridge Harriers	Julie Backley (W50), Cara Oliver (W50), Christine Bond (W55), Rose Baker (W55)	5:34.1
6	G3	Central Park Athletics	Elizabeth Brookes (W40), Caroline Curtis (W50), Eden Summers (W55), Coralie Charles	5:45.3

W35 High Jump

1	T3	Nina Ridge (W45)	Tonbridge AC - A	1.23
2	D3	Kalina Detko (W40)	Dartford Harriers AC	1.20
3	B3	Sarah Dodds (W45)	Bexley AC	1.10

W35 Triple Jump

1	T3	Nina Ridge (W45)	Tonbridge AC - A	8.45
2	F3	Daniela Sage (W45)	Blackheath & Bromley H AC	7.89
3	D3	Rebecca Miah	Dartford Harriers AC	7.71
4	B3	Sarah Dodds (W45)	Bexley AC	7.29

W35 Hammer

1	D3	Claire Capon	Dartford Harriers AC	35.30
2	T3	Charlotte Nicholls	Tonbridge AC - A	31.36
3	C3	Natalie Mann	Cambridge Harriers	30.93
4	B3	Marianne Berndt (W40)	Bexley AC	19.44
5	F3	Sarah Belaon (W40)	Blackheath & Bromley H AC	6.02
	G3	Ann Komzolik (W60)	Central Park Athletics	nm

W50 400m

1	T5	Lisa Knight	Tonbridge AC - A	72.0
2	B5	Wendy Masters	Bexley AC	72.7
3	F5	Helen Godsell (W65)	Blackheath & Bromley H AC	77.4
4	G5	Caroline Curtis	Central Park Athletics	81.1
5	C5	Rose Baker (W55)	Cambridge Harriers	95.6

W50 3000m

1	T5	Lisa Knight	Tonbridge AC - A	12:22.6
2	C5	Rose Baker (W55)	Cambridge Harriers	12:52.0
3	G5	Caroline Curtis	Central Park Athletics	13:17.3
4	B5	Angela Duffy Smart	Bexley AC	13:49.6
5	D5	Stephanie Wood (W55)	Dartford Harriers AC	13:51.5

W50 High Jump

1	G5	Eden Summers (W55)	Central Park Athletics	1.15
2	D5	Teresa Eades (W60)	Dartford Harriers AC	1.15
3	F5	Jacqueline Montgomery (W55)	Blackheath & Bromley H AC	1.05
4	T5	Diane Wright	Tonbridge AC - A	0.90

W50 Triple Jump

1	B5	Wendy Masters	Bexley AC	8.34
2	F5	Jacqueline Montgomery (W55)	Blackheath & Bromley H AC	6.95
3	G5	Eden Summers (W55)	Central Park Athletics	6.90
4	T5	Diane Wright	Tonbridge AC - A	6.67
5	C5	Cara Oliver	Cambridge Harriers	5.96

W50 Hammer

1	C5	Jennifer Agyepong (W55)	Cambridge Harriers	36.02
2	B5	Amanda Holder	Bexley AC	24.57
3	T5	Diane Bradley (W60)	Tonbridge AC - A	19.58
4	F5	Jacqueline Montgomery (W55)	Blackheath & Bromley H AC	13.87

W60 3000m

1	T6	Diane Bradley	Tonbridge AC - A	15:46.1
2	G6	Ann Komzolik	Central Park Athletics	17:14.4
3	B6	Geraldine Legon	Bexley AC	20:12.5
4	F6	Maz Turner (W70)	Blackheath & Bromley H AC	20:26.1

W60 Triple Jump

1	D6	Teresa Eades	Dartford Harriers AC	7.36
2	F6	Helen Godsell (W65)	Blackheath & Bromley H AC	6.38

Match Details

1	Tonbridge AC - A	6
2	Blackheath & Bromley H AC	5
3	Dartford Harriers AC	4
4	Bexley AC	3
5	Central Park Athletics	2
6	Cambridge Harriers	1

Mt Pts

6
5
4
3
2
1

Pts

72
56
50
44
33
27

Overall Details

1	Tonbridge AC - A	30
2	Blackheath & Bromley H AC	19.5
3	Dartford Harriers AC	19
4	Bexley AC	15
5	Cambridge Harriers	14.5
6	Central Park Athletics	7

Tot Mt Pts

30
19.5
19
15
14.5
7

Tot Pts

330
240
226
204
195
159

SCVAC LEAGUE - KENT DIVISIONS - Tonbridge School, Tonbridge 07/07/2023

Women - Division 2

A String			
Pos	Club	Athlete	Perf

W35 400m

1	S3	Rebecca Pickard (W45)	Sevenoaks AC	70.1
2	J3	Sarah King (W45)	Bromley Vets	72.1
3	N3	Sarah Westrap (W45)	Tonbridge AC - B	78.9
	M3	Antel Muller	Medway & Maidstone AC	disq

W35 3000m

1	S3	Rebecca Pickard (W45)	Sevenoaks AC	11:57.3
2	N3	Elizabeth Owen (W45)	Tonbridge AC - B	12:03.2
3	J3	Rachel Perry (W45)	Bromley Vets	13:33.1
4	M4	Hayley Palmer (W40)	Medway & Maidstone AC	14:51.5

B String			
Pos	Club	Athlete	Perf

1	J4	Rachel Perry (W45)	Bromley Vets	72.0
2	M4	Bernadette Harrop (W45)	Medway & Maidstone AC	77.1
3	N4	Theresa White (W50)	Tonbridge AC - B	93.9

4x400m Relays

1	M3	Medway & Maidstone AC	Antel Muller, Bernadette Harrop (W45), Hayley Palmer (W40), Rachel Hicks	5:13.0
2	N3	Tonbridge AC - B	Penny Pilbeam (W50), Sarah Westrap (W45), Helen Bond (W55), Grazia Manzotti (W50)	5:31.7

W35 High Jump

1	N3	Sarah Westrap (W45)	Tonbridge AC - B	1.05
	M3	Hayley Palmer (W40)	Medway & Maidstone AC	nm

W35 Triple Jump

1	N3	Sarah Westrap (W45)	Tonbridge AC - B	7.10
2	M3	Catherine Rodwell	Medway & Maidstone AC	6.97
3	P3	Elizabeth Bignell (W40)	Paddock Wood	6.91

W35 Hammer

1	P3	Elizabeth Bignell (W40)	Paddock Wood	23.62
2	M3	Catherine Rodwell	Medway & Maidstone AC	17.90
3	N3	Nicola Summerfield	Tonbridge AC - B	12.75

W50 400m

1	N5	Penny Pilbeam	Tonbridge AC - B	79.8
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W50 3000m

1	N5	Grazia Manzotti	Tonbridge AC - B	13:15.4
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W50 High Jump

1	N5	Helen Bond (W55)	Tonbridge AC - B	1.10
2	P5	Teresa Hinton (W60)	Paddock Wood	1.05

W50 Triple Jump

1	N5	Helen Bond (W55)	Tonbridge AC - B	6.68
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W50 Hammer

1	N5	Sally Vine (W55)	Tonbridge AC - B	23.44
2	P5	Teresa Hinton (W60)	Paddock Wood	19.91

W60 Triple Jump

1	P6	Teresa Hinton	Paddock Wood	6.44
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Match Details

	Mt Pts	Pts
1 Tonbridge AC - B	6	70
2 Paddock Wood	5	26
3 Medway & Maidstone AC	4	24
4 Bromley Vets	3	20
5 Sevenoaks AC	2	12

Overall Details

	Tot Mt Pts	Tot Pts
1 Medway & Maidstone AC	27	268
2 Tonbridge AC - B	25.5	265
3 Bromley Vets	20.5	183
4 Paddock Wood	16	131
5 Sevenoaks AC	7	43
6 Swan & Dist/ Eynesford RC	6	48