

SCVAC LEAGUE - KENT DIVISIONS - Erith Stadium, Erith 19/07/2019

Men - Division 1

A String				
Pos	Club	Athlete	Club	Perf

M35 100m

1	T3	Mark Mcallister (M45)	Tonbridge	12.3
2	B3	Daniel Stevens (M40)	Bexley	13.3
3	D3	Stuart McNally (M40)	Dartford	13.6
4	C3	Paris Hunt (M55)	Cambridge	14.0
5	M3	John Foster (M45)	Medway and Maidstone	14.0
6	J3	Simon Horler (M40)	Bromley Veterans	14.2

B String				
Pos	Club	Athlete	Club	Perf

1	D4	Terry Hawkey	Dartford	13.1
2	T4	Stuart Medlen (M40)	Tonbridge	13.7
3	C4	Michael Pape (M45)	Cambridge	14.0
4	M4	Adrian Donnelly (M45)	Medway and Maidstone	14.2
5	B4	Jon Fish (M40)	Bexley	14.2
6	J4	Simon Powell (M50)	Bromley Veterans	14.9

M35 800m

1	D3	Samuel Coombes	Dartford	2:03.5
2	M3	Andrejs Safars	Medway and Maidstone	2:03.9
3	T3	Steven Tester	Tonbridge	2:07.3
4	B3	Daniel Stevens (M40)	Bexley	2:11.0
5	J3	Simon Horler (M40)	Bromley Veterans	2:28.1
6	C3	Mark Ashby (M55)	Cambridge	2:56.9

1	M4	Jack Crossley	Medway and Maidstone	2:09.7
2	D4	Stuart McNally (M40)	Dartford	2:10.1
3	T4	Adam Roeder	Tonbridge	2:13.9
4	B4	Martin Smith (M40)	Bexley	2:14.4
5	J4	Tim Sowter (M50)	Bromley Veterans	2:32.3
6	C4	Jeremy Carnell (M60)	Cambridge	2:52.6

4x200m Relays

1	D3	Dartford	David Kemp, Jon Kennedy, Terry Hawkey, Stuart McNally	1:45.4
2	B3	Bexley	Daniel Stevens, Martin Smith, Jon Fish, Martin Lloyd	1:46.2
3	T3	Tonbridge	Mark Mcallister, Adam Roeder, Stuart Medlen, Steven Tester	1:47.8
4	M3	Medway and Maidstone	Andrejs Safars, John Foster, Rob Sibley, Adrian Donnelly	1:50.3
5	C3	Cambridge	Wole Odele, Paris Hunt, Mark Ashby, Michael Pape	1:54.0
6	J3	Bromley Veterans	Gavin Kitchingham, Simon Powell, Tim Sowter, Simon Horler	2:01.8

M35 Long Jump

1	B3	Martin Lloyd	Bexley	5.53
2	C3	Paris Hunt (M55)	Cambridge	4.50
3	D3	Jon Kennedy (M40)	Dartford	4.36
4	T3	Adam Roeder	Tonbridge	4.35
5	J3	Simon Horler (M40)	Bromley Veterans	4.14
6	M3	John Foster (M45)	Medway and Maidstone	4.10

M35 Discus

1	B3	Graham Holder (M45)	Bexley	32.48
2	D3	Richard Nash (M40)	Dartford	31.37
3	J3	Simon Horler (M40)	Bromley Veterans	20.97
4	C3	Paris Hunt (M55)	Cambridge	20.43
5	T3	David Harcourt	Tonbridge	16.55
6	M3	Darren Young	Medway and Maidstone	nm

M50 100m

1	C5	Wole Odele (M50)	Cambridge	13.0
2	D5	David Kemp (M55)	Dartford	14.0
3	B5	Neil Ferebee (M50)	Bexley	14.3
4	M5	Martyn Corbishley (M55)	Medway and Maidstone	14.4
5	T5	Andrew Howey (M55)	Tonbridge	14.6
6	J5	Tim Sowter (M50)	Bromley Veterans	14.8

M50 800m

1	T5	Andrew Howey (M55)	Tonbridge	2:17.9
2	C5	Wole Odele	Cambridge	2:18.1
3	J5	Gavin Kitchingham	Bromley Veterans	2:21.3
4	D5	Mark Champion	Dartford	2:26.6
5	M5	Robert Fursey (M55)	Medway and Maidstone	2:44.2
6	B5	Neil Ferebee	Bexley	2:54.7

M50 Long Jump

1	C5	Wole Odele	Cambridge	4.87
2	D5	Gary Capon (M55)	Dartford	4.54
3	M5	Marco Ronchetti	Medway and Maidstone	4.19
4	B5	Andrew Rushbrook (M55)	Bexley	4.11
5	T5	Steven Brooks	Tonbridge	4.11
6	J5	Simon Powell	Bromley Veterans	3.59

M50 Discus

1	C5	Peter Wishart (M55)	Cambridge	30.69
2	B5	Andrew Rushbrook (M55)	Bexley	27.48
3	D5	John Fenton (M60)	Dartford	26.24
4	M5	Martyn Corbishley (M55)	Medway and Maidstone	24.22
5	T5	Mark Pitcairn-Knowles	Tonbridge	18.19
6	J5	Simon Powell	Bromley Veterans	13.84

M60 800m

1	D6	John Gurney	Dartford	2:33.4
2	T6	Alan Buckle	Tonbridge	2:35.4
3	J6	Ray Chapman	Bromley Veterans	2:38.1
4	C6	Ian McCarthy	Cambridge	2:48.8
5	M6	Stephen Hesketh (M65)	Medway and Maidstone	2:57.0
6	B6	Nick Winfield	Bexley	3:17.1

M60 Long Jump

1	C6	Timothy Carter (M65)	Cambridge	3.79
2	M6	Rob Sibley (M65)	Medway and Maidstone	3.70
3	T6	Brian Buckwell (M65)	Tonbridge	3.65
4	B6	Nick Winfield	Bexley	3.26
5	J6	Tony Unseld (M70)	Bromley Veterans	3.13
6	D6	Timothy Orr	Dartford	2.77

Match Details

	Mt Pts	Pts
1 Dartford	6	60
2 Cambridge	5	51
3 Tonbridge	4	49
4 Bexley	3	47
5 Medway and Maidstone	2	39
6 Bromley Veterans	1	26

Overall Details

	Tot Mt Pts	Tot Pts
1 Tonbridge	27	315
2 Dartford	26	298
3 Medway and Maidstone	17	241
4 Bexley	15	237
5 Cambridge	15	232
6 Bromley Veterans	5	134

SCVAC LEAGUE - KENT DIVISIONS - Erith Stadium, Erith 19/07/2019

Men - Division 2

A String				
Pos	Club	Athlete	Club	Perf

M35 100m

1	F3	Blair Wilson	Blackheath and Bromley	12.7
2	A3	Peter Davey (M45)	Ashford	13.0
3	K3	Steve Jones (M40)	Swanley	13.0
4	S3	Andrew Simpson (M40)	Sevenoaks	13.5
5	P3	Mark Woods (M55)	Paddock Wood	13.5
6	X3	Tan Truong (M45)	Bexley B	14.4

B String				
Pos	Club	Athlete	Club	Perf

1	A4	Stephen Lake (M45)	Ashford	14.2
2	S4	Graham Dwyer (M45)	Sevenoaks	14.7
3	P4	Trevor Crysell (M50)	Paddock Wood	14.9
4	F4	Steven Hough (M45)	Blackheath and Bromley	15.3
5	K4	Paul Webster (M45)	Swanley	15.3
6	X4	Philip Hawkins (M45)	Bexley B	21.4

M35 800m

1	P3	Robert Everitt (M45)	Paddock Wood	2:18.9
2	A3	Matthew Britton	Ashford	2:21.8
3	F3	Ian Firla (M45)	Blackheath and Bromley	2:22.5
4	K3	Andrew Baranowski (M40)	Swanley	2:35.2
5	S3	Daniel Witt (M40)	Sevenoaks	2:36.6
6	X3	Tan Truong (M45)	Bexley B	2:43.4

1	F4	Darren Corneille	Blackheath and Bromley	2:18.1
2	P4	Steve Wright (M50)	Paddock Wood	2:24.9
3	S4	Graham Dwyer (M45)	Sevenoaks	2:28.2
4	K4	Paul Webster (M45)	Swanley	2:32.3
5	A4	Ian King (M45)	Ashford	2:41.5

4x200m Relays

1	A3	Ashford	Stephen Lake, Stephen Langford, Peter Davey, Matthew Britton	1:51.0
2	P3	Paddock Wood	Mark Woods, Trevor Crysell, Trevor Simms, David Sampson	1:53.5
3	F3	Blackheath and Bromley	Darren Corneille, Ian Firla, Steven Hough, Clement Leon	1:55.8
4	S3	Sevenoaks	Zachary Ramsden, Graham Dwyer, Geoffrey Kitchener, Andrew Simpson	1:57.7
5	K3	Swanley	Steve Jones, Paul Webster, Andy Dunmall, Mike Barron	2:09.1

M35 Long Jump

1	F3	Blair Wilson	Blackheath and Bromley	5.44
2	A3	Stephen Lake (M45)	Ashford	4.72
3	P3	Trevor Crysell (M50)	Paddock Wood	4.35
4	X3	Philip Hawkins (M45)	Bexley B	4.25
5	S3	Graham Dwyer (M45)	Sevenoaks	3.96
6	K3	Andrew Baranowski (M40)	Swanley	3.90

M35 Discus

1	A3	Jonathan Ward (M50)	Ashford	28.12
2	P3	Trevor Crysell (M50)	Paddock Wood	16.41
3	X3	Kevin Still (M45)	Bexley B	15.54
4	F3	Darren Corneille	Blackheath and Bromley	14.34
5	S3	Duncan Cochrane (M60)	Sevenoaks	14.06
6	K3	Paul Webster (M45)	Swanley	10.89

M50 100m

1	P5	Trevor Simms (M50)	Paddock Wood	13.7
2	A5	Stephen Langford (M60)	Ashford	14.2
3	F5	Clement Leon (M60)	Blackheath and Bromley	14.3
4	S5	Zachary Ramsden (M50)	Sevenoaks	14.5
5	K5	Andy Dunmall (M50)	Swanley	16.5
6	X5	David Olszowka (M55)	Bexley B	19.1

M50 800m

1	F5	Heath Anthony	Blackheath and Bromley	2:24.8
2	P5	David Sampson (M55)	Paddock Wood	2:29.3
3	S5	Zachary Ramsden	Sevenoaks	2:31.8
4	A5	Kevin Williams (M55)	Ashford	2:47.7
5	K5	Andy Dunmall	Swanley	3:00.4
6	X5	David Olszowka (M55)	Bexley B	3:15.7

M50 Long Jump

1	A5	Stephen Langford (M60)	Ashford	4.75
2	P5	Mark Woods (M55)	Paddock Wood	4.27
3	F5	Clement Leon (M60)	Blackheath and Bromley	4.09
4	S5	Zachary Ramsden	Sevenoaks	3.51
5	X5	David Olszowka (M55)	Bexley B	2.57

M50 Discus

1	H5	Stephen Talbot	Dartford B	25.67
2	P5	Mark Woods (M55)	Paddock Wood	24.65
3	F5	Clement Leon (M60)	Blackheath and Bromley	23.27
4	A5	Paul Wheeler (M60)	Ashford	22.69
5	X5	John Stevens (M65)	Bexley B	18.15
6	K5	Andy Dunmall	Swanley	14.44
7	S5	Ronald Denney (M80)	Sevenoaks	12.34

M60 800m

1	F6	Ken Daniel (M65)	Blackheath and Bromley	2:49.2
2	K6	Mike Barron	Swanley	2:58.4
3	S6	Duncan Cochrane	Sevenoaks	2:58.4
4	P6	John Tolhurst (M65)	Paddock Wood	3:00.4
5	A6	Mick Goodall (M65)	Ashford	4:18.9

M60 Long Jump

1	P6	Les Percival (M65)	Paddock Wood	3.41
2	A6	Mick Goodall (M65)	Ashford	3.35
3	K6	Mike Barron	Swanley	3.18
4	F6	Alan Hardy	Blackheath and Bromley	3.17
5	S6	Duncan Cochrane	Sevenoaks	3.10

Match Details

1	Paddock Wood	7	74	1	Blackheath and Bromley	30.5	372.5
2	Ashford	5.5	72	2	Ashford	30.5	368
2	Blackheath and Bromley	5.5	72	3	Paddock Wood	29	358
4	Sevenoaks	4	50	4	Sevenoaks	18.5	225
5	Swanley	3	42	5	Swanley	12	185.5
6	Bexley B	2	25	6	Bexley B	10	166
7	Dartford B	1	7	7	Dartford B	9.5	139

Mens Non Scoring Results

M35

100m

Constantine Serugo (M45)	Cambridge H	14.4
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800m

Terry Hawkey (M35)	Dartford H AC	2:10.1
Darren Wright (M40)	Medway & Maidstone AC	2:28.6

LONG JUMP

Ian Firla (M45)	Blackheath & Bromley	4.36
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M50

100m

Les Percival (M65)	Paddock Wood	14.8
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800m

Ben Reynolds (M55)	Tonbridge AC	2:18.1
Phil Coleman (M55)	Tonbridge AC	2:24.3

M60

800m

Alan Newman (M65)	Tonbridge AC	3:00.5
Tim Orr (M60)	Dartford H AC	3:11.6

SCVAC LEAGUE - KENT DIVISIONS - Erith Stadium, Erith 19/07/2019

Women - Division 1

A String				
Pos	Club	Athlete	Club	Perf

W35 100m

1	F3	Louisa Vallins (W40)	Blackheath and Bromley	14.3
2	T3	Diane Wright (W45)	Tonbridge	15.2
3	D3	Jane Crawley (W40)	Dartford	16.0
4	C3	Susan Dixon (W50)	Cambridge	16.0
5	P3	Maxine McInulty (W40)	Paddock Wood	17.0
6	K3	Anna Willard (W45)	Swanley	17.8

B String				
Pos	Club	Athlete	Club	Perf

1	T4	Sarah Westrap (W40)	Tonbridge	14.1
2	D4	Kimberley Taylor (W40)	Dartford	15.6
3	C4	Lisa Atkinson (W45)	Cambridge	15.7
4	F4	Sarah Belaon	Blackheath and Bromley	17.8
5	K4	Amy Nash	Swanley	18.8

W35 800m

1	D3	Hannah Roberts	Dartford	2:32.5
2	C3	Lucy Marlow	Cambridge	2:37.0
3	T3	Nichola Evans	Tonbridge	2:37.7
4	P3	Maxine McInulty (W40)	Paddock Wood	2:47.6
5	F3	Sarah Belaon	Blackheath and Bromley	2:56.5
6	K3	Anna Willard (W45)	Swanley	3:20.2

1	T4	Lisa Knight (W45)	Tonbridge	2:37.6
2	D4	Lynne Champion (W50)	Dartford	2:48.0
3	C4	Sally Carr (W45)	Cambridge	3:13.9
4	K4	Sita Dawson (W50)	Swanley	3:30.3
5	F4	Maz Turner (W65)	Blackheath and Bromley	4:28.6

4x200m Relays

1	T3	Tonbridge	Lisa Knight, Diane Wright, Sarah Westrap, Carla Caswell	2:03.9
2	D3	Dartford	Jane Crawley, Helen Nyberg-Mitroi, Kimberley Taylor, Stacy Taylor	2:10.3
3	F3	Blackheath and Bromley	Louisa Vallins, Sarah Belaon, Jacqueline Montgomery, Helen Godsell	2:13.1
4	C3	Cambridge	Susan Dixon, Joanne Murphy, Lisa Atkinson, Christine Bond	2:17.4
5	K3	Swanley	Anna Willard, Amy Nash, Sita Dawson, Jane Blackmore	2:45.0

W35 High Jump

1	T3	Sasha Humphries (W45)	Tonbridge	1.25
2	D3	Helen Nyberg-Mitroi (W40)	Dartford	1.20
3	P3	Elizabeth Duffin	Paddock Wood	1.10
4	K3	Anna Willard (W45)	Swanley	1.10

W35 Long Jump

1	D3	Stacy Taylor	Dartford	4.01
2	T3	Sarah Westrap (W40)	Tonbridge	3.91
3	P3	Elizabeth Duffin	Paddock Wood	3.14
4	F3	Helen Godsell (W65)	Blackheath and Bromley	2.92
5	K3	Amy Nash	Swanley	2.29

W35 Discus

1	T3	Nina Ridge (W45)	Tonbridge	18.76
2	D3	Kirstie Taylor (W40)	Dartford	15.39
3	C3	Christine Bond (W55)	Cambridge	13.74
4	K3	Amy Nash	Swanley	13.59
5	P3	Elizabeth Duffin	Paddock Wood	12.83
6	F3	Sarah Belaon	Blackheath and Bromley	8.01

W50 100m

1	F5	Helen Godsell (W65)	Blackheath and Bromley	15.4
2	T5	Helen Bond	Tonbridge	16.2
3	C5	Joanne Murphy (W55)	Cambridge	17.2
4	P5	Teresa Hinton (W55)	Paddock Wood	17.7
5	K5	Sita Dawson	Swanley	18.8
6	D5	Christine Clements (W65)	Dartford	22.6

W50 800m

1	C5	Susan Dixon	Cambridge	2:55.5
2	T5	Lucy Pitcairn-Knowles (W55)	Tonbridge	3:07.3
3	D5	Denise Rose (W55)	Dartford	3:16.6
4	K5	Jane Blackmore (W55)	Swanley	3:37.6
5	F5	Zoe Kingsmell (W55)	Blackheath and Bromley	3:38.8

W50 High Jump

1	C5	Christine Bond (W55)	Cambridge	1.30
2	D5	Teresa Eades (W60)	Dartford	1.20
3	P5	Teresa Hinton (W55)	Paddock Wood	1.15
4	T5	Helen Bond	Tonbridge	1.15
5	F5	Jacqueline Montgomery (W55)	Blackheath and Bromley	1.10
6	K5	Jane Blackmore (W55)	Swanley	0.95

W50 Long Jump

1	D5	Teresa Eades (W60)	Dartford	3.76
2	F5	Jacqueline Montgomery (W55)	Blackheath and Bromley	3.38
3	P5	Teresa Hinton (W55)	Paddock Wood	3.18
4	T5	Nicola Buckwell (W60)	Tonbridge	3.05
5	C5	Joanne Murphy (W55)	Cambridge	2.73
6	K5	Sita Dawson	Swanley	2.41

W50 Discus

1	T5	Diane Bradley (W55)	Tonbridge	21.44
2	C5	Jennifer Agyepong	Cambridge	16.38
3	F5	Jacqueline Montgomery (W55)	Blackheath and Bromley	13.33
4	P5	Teresa Hinton (W55)	Paddock Wood	12.98
5	D5	Teresa Eades (W60)	Dartford	11.72
6	K5	Helena Orrom (W55)	Swanley	9.32

W60 800m

1	C6	Ros Tabor (W65)	Cambridge	3:15.4
2	F6	Helen Godsell (W65)	Blackheath and Bromley	3:19.7
3	T6	Sue James (W65)	Tonbridge	3:49.3
4	P6	Annie Ross (W65)	Paddock Wood	3:51.2
5	D6	Madeline Davey (W60)	Dartford	4:25.0

W60 Discus

1	D6	Christine Clements (W65)	Dartford	14.94
2	T6	Nicola Buckwell	Tonbridge	13.54
3	C6	Anna Rowland	Cambridge	12.87
4	F6	Anne Cilia	Blackheath and Bromley	11.74
5	P6	Janet Duffin (W75)	Paddock Wood	6.92

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge	6	75	1 Tonbridge	29.5	368
2 Dartford	5	67	2 Dartford	24.5	328
3 Cambrldge	4	56	3 Cambrldge	19	255
4 Blackheath and Bromley A	3	48	4 Blackheath and Bromley A	13	173
5 Paddock Wood	2	34	5 Paddock Wood	10	132
6 Swanley	1	25	6 Swanley	9	118

BC-SCVAC-2019

SCVAC LEAGUE - KENT DIVISIONS - Erith Stadium, Erith 19/07/2019

Women - Division 2

A String				
Pos	Club	Athlete	Club	Perf

W35 100m

1	B3	Angela Duffy Smart (W45)	Bexley	15.3
2	N3	Angie Crush (W40)	Tonbridge B	17.3
3	J3	Tracey Simmons (W40)	Bromley Veterans	18.5
4	S3	Anna Humphrey-Taylor (W45)	Sevenoaks	18.9

W35 800m

1	B3	Beata Kubala-Todd (W40)	Bexley	3:08.0
2	N3	Kim Cross	Tonbridge B	3:08.5
3	J4	Emma D'Almeida (W45)	Bromley Veterans	3:24.0
4	S3	Anna Humphrey-Taylor (W45)	Sevenoaks	3:36.8

4x200m Relays

1	B3	Bexley	Wendy Masters, Vanessa Robinson, Angela Duffy Smart, -	2:07.7
2	N3	Tonbridge B	Kim Cross, Angie Crush, Grazia Manzotti, Clare Brown	2:32.7
3	J3	Bromley Veterans	Antoinette Whitfield, Emma D'Almeida, Anne Unseld, Tracey Simmons	2:43.5

W35 High Jump

1	B3	Sarah Dodds (W40)	Bexley	1.05
1	J3	Tracey Simmons (W40)	Bromley Veterans	1.05
1	N3	Angie Crush (W40)	Tonbridge B	1.05

W35 Long Jump

1	B3	Vanessa Robinson	Bexley	3.56
2	J3	Tracey Simmons (W40)	Bromley Veterans	2.91
3	N3	Angie Crush (W40)	Tonbridge B	2.43

W35 Discus

1	N3	Kim Cross	Tonbridge B	15.60
2	S3	Anna Humphrey-Taylor (W45)	Sevenoaks	12.92
3	J3	Tracey Simmons (W40)	Bromley Veterans	12.90
4	B3	Amanda Holder (W45)	Bexley	11.16

W50 100m

1	B5	Wendy Masters	Bexley	14.9
2	N5	Clare Brown	Tonbridge B	19.2
3	J5	Antoinette Whitfield (W55)	Bromley Veterans	19.2
4	S5	Lesley Knight (W65)	Sevenoaks	24.9

W50 800m

1	N5	Grazia Manzotti	Tonbridge B	2:58.8
2	J5	Antoinette Whitfield (W55)	Bromley Veterans	3:19.7
3	B5	Paula Cooper	Bexley	3:28.6
4	S5	Sylvia Lewis (W65)	Sevenoaks	4:16.6

W50 High Jump

1	B5	Christine Pates (W55)	Bexley	1.00
2	J5	Anne Unseld (W70)	Bromley Veterans	0.95
	N5	Clare Brown	Tonbridge B	nm

B String				
Pos	Club	Athlete	Club	Perf

1	B4	Vanessa Robinson	Bexley	14.8
2	N4	Grazia Manzotti (W50)	Tonbridge B	19.3
3	J4	Emma D'Almeida (W45)	Bromley Veterans	20.9
4	S4	Sylvia Lewis (W65)	Sevenoaks	26.3

1	N4	Clare Brown	Tonbridge B	3:18.3
2	B4	Sarah Dodds (W40)	Bexley	3:23.3
3	J3	Tracey Simmons (W40)	Bromley Veterans	3:25.1

W50 Long Jump

1	B5	Wendy Masters	Bexley	4.18
2	J5	Anne Unseld (W70)	Bromley Veterans	2.71
3	N5	Julie Thomson (W55)	Tonbridge B	2.61

W50 Discus

1	B5	Christine Pates (W55)	Bexley	16.24
2	N5	Julie Thomson (W55)	Tonbridge B	11.08
3	J5	Antoinette Whitfield (W55)	Bromley Veterans	10.91
4	S5	Sylvia Lewis (W65)	Sevenoaks	7.26

W60 800m

1	J6	Anne Unseld (W70)	Bromley Veterans	3:57.1
2	B6	Geraldine Legon (W60)	Bexley	4:13.1
3	S6	Lesley Knight (W65)	Sevenoaks	4:33.7

W60 Discus

1	B6	Liz Slater	Bexley	13.39
2	N6	Anne Brenchley (W70)	Tonbridge B	12.14
3	J6	Anne Unseld (W70)	Bromley Veterans	11.59
4	S6	Lesley Knight (W65)	Sevenoaks	10.30

Match Details

	Mt Pts	Pts
1 Bexley	7	97
2 Bromley Veterans	6	82
3 Tonbridge B	5	79
4 Sevenoaks	4	39

Overall Details

	Tot Mt Pts	Tot Pts
1 Bexley	35	435.5
2 Bromley Veterans	27	308
3 Tonbridge B	26	326
4 Sevenoaks	18	183
5 Medway and Maidstone	16	193
6 Ashford	4	16.5

Womens Non Scoring Results

W35

100m

Helen Nyberg-Mitroi (W40)	Dartford H AC	15.5
Trudy Gordon (W35)	Cambridge H	15.6

W50

100m

Nicola Buckwell (W60)	Tonbridge AC	17.0
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LONG JUMP

Geraldine Legon (W60)	Bexley AC	2.24
Ros Tabor (W60)	Cambridge H	2.08