

# SCVAC LEAGUE - KENT DIVISIONS - Medway Park, Gillingham 16/07/2018

## Men - Division 1

A String				
Pos	Club	Athlete	Club	Perf

### M35 100m

1	T3	Steven Tester	Tonbridge	12.3
2	A3	Peter Davey (M40)	Ashford	12.6
3	B3	Michael Sheldon	Bexley	12.6
4	D3	Stuart Waterman	Dartford	12.7
5	M3	Marco Ronchetti (M45)	Medway and Maidstone	13.2
6	F3	Luca Ercolani (M45)	Blackheath and Bromley	13.3

### M35 800m

1	D3	Stuart McNally (M40)	Dartford	2:10.9
2	T3	Simon Fraser (M40)	Tonbridge	2:11.0
3	B3	Martin Smith	Bexley	2:11.2
4	M3	Jack Crossley	Medway and Maidstone	2:13.6
5	F3	Luca Ercolani (M45)	Blackheath and Bromley	2:17.4

B String				
Pos	Club	Athlete	Club	Perf

1	B4	Martin Lloyd	Bexley	12.8
2	D4	Reuben Burford (M45)	Dartford	13.4
3	M4	John Foster (M45)	Medway and Maidstone	13.5
4	A4	Stephen Lake (M45)	Ashford	13.9
5	F4	Stephen Langdon (M60)	Blackheath and Bromley	15.8

1	T4	Daniel Madams (M45)	Tonbridge	2:12.0
2	D4	Reuben Burford (M45)	Dartford	2:13.4
3	M4	Nigel Rumsey (M40)	Medway and Maidstone	2:18.8
4	B4	Jon Fish (M40)	Bexley	2:21.4

### 4x200m Relays

1	T3	Tonbridge	Jason Cannon, Simon Fraser, Stuart Medlen, Steven Tester	1:45.3
2	B3	Bexley	Jon Fish, Martin Lloyd, Martin Smith, Michael Sheldon	1:46.0
3	D3	Dartford	Richard Nash, Reuben Burford, Doug Christie, Stuart McNally	1:46.6
4	M3	Medway and Maidstone	John Foster, Nigel Rumsey, Jack Crossley, Marco Ronchetti	1:49.4
5	F3	Blackheath and Bromley	Luca Ercolani, Tom Phillips, Stephen Langdon, Timothy Nash	1:58.2
6	A3	Ashford	Peter Davey, Stephen Lake, Iain Presnell, Mick Goodall	2:01.5

### M35 Long Jump

1	B3	Martin Lloyd	Bexley	5.71
2	A3	Peter Davey (M40)	Ashford	5.21
3	D3	Richard Nash (M40)	Dartford	4.74
4	T3	Adam Roeder	Tonbridge	4.60
5	M3	John Foster (M45)	Medway and Maidstone	4.30
6	F3	Andrew Kingsmill (M45)	Blackheath and Bromley	3.16

### M35 Discus

1	A3	Jonathan Ward (M50)	Ashford	35.00
2	M3	Darren Young (M45)	Medway and Maidstone	34.05
3	B3	Graham Holder (M45)	Bexley	31.60
4	D3	Richard Nash (M40)	Dartford	31.56
5	F3	Eugene Lawlor (M60)	Blackheath and Bromley	23.39
6	T3	Tobin Bird	Tonbridge	17.46

### M50 100m

1	F5	Tom Phillips (M60)	Blackheath and Bromley	13.3
2	A5	Iain Presnell (M55)	Ashford	13.5
3	T5	Jason Cannon (M50)	Tonbridge	13.6
4	D5	Doug Christie (M50)	Dartford	13.7
5	M5	Martyn Corbishley (M55)	Medway and Maidstone	14.0
6	B5	Kemal Gediz (M50)	Bexley	14.4

## M50 800m

1	T5	Andrew Howey (M55)	Tonbridge	2:15.5
2	D5	Colin Bates	Dartford	2:20.4
3	F5	Timothy Nash	Blackheath and Bromley	2:23.3
4	B5	Kemal Gediz	Bexley	2:30.3
5	M5	Alun Rodgers	Medway and Maidstone	2:39.6

## M50 Long Jump

1	B5	Andrew Rushbrook (M55)	Bexley	4.49
2	T5	Peter Ebbage (M55)	Tonbridge	4.06
3	A5	Iain Presnell (M55)	Ashford	4.03
4	F5	Timothy Nash	Blackheath and Bromley	3.44
5	D5	Gary Capon (M55)	Dartford	3.42
6	M5	Alun Rodgers	Medway and Maidstone	2.60

## M50 Discus

1	B5	Andrew Rushbrook (M55)	Bexley	29.66
2	T5	Peter Ebbage (M55)	Tonbridge	27.41
3	M5	Stuart Earl	Medway and Maidstone	26.89
4	A5	Iain Presnell (M55)	Ashford	24.68
5	D5	Gary Capon (M55)	Dartford	19.23
6	F5	Mark Ellison (M55)	Blackheath and Bromley	11.36

## M60 800m

1	D6	John Gurney	Dartford	2:39.5
2	T6	Brian Buckwell	Tonbridge	2:43.2
3	M6	Stephen Hesketh (M65)	Medway and Maidstone	3:01.4
4	B6	Nick Winfield	Bexley	3:04.2
5	F6	John E Turner (M65)	Blackheath and Bromley	3:09.2

## M60 Long Jump

1	T6	Brian Buckwell	Tonbridge	3.80
2	M6	Rob Sibley	Medway and Maidstone	3.71
3	A6	Mick Goodall (M65)	Ashford	3.54
4	F6	Stephen Langdon	Blackheath and Bromley	3.23
5	D6	Timothy Orr	Dartford	3.00
6	B6	Nick Winfield	Bexley	2.27

### Match Details

	Mt Pts	Pts
1 Tonbridge	6	58
2 Bexley	5	52
3 Dartford	4	50
4 Medway and Maidstone	3	41
5 Ashford	2	36
6 Blackheath and Bromley	1	29

### Overall Details

	Tot Mt Pts	Tot Pts
1 Tonbridge	30	325.5
2 Bexley	23	282.5
3 Dartford	19.5	272
4 Medway and Maidstone	15.5	236
5 Ashford	9	211
6 Blackheath and Bromley	8	190

# SCVAC LEAGUE - KENT DIVISIONS - Medway Park, Gillingham 16/07/2018

## Men - Division 2

A String				
Pos	Club	Athlete	Club	Perf

### M35 100m

1	C3	Wole Odele (M50)	Cambridge	12.7
2	P3	Mark Woods (M55)	Paddock Wood	12.9
3	K3	Steve Jones (M40)	Swanley	13.0
4	J3	Simon Horler	Bromley Veterans	13.8
5	S3	Andy Simpson (M40)	Sevenoaks	14.2
6	X3	Paul Collier (M50)	Bexley B	16.0

B String				
Pos	Club	Athlete	Club	Perf

1	C4	Michael Pape (M45)	Cambridge	13.8
2	J4	Tim Sowter (M50)	Bromley Veterans	14.0
3	P4	Trevor Crysell (M50)	Paddock Wood	14.1
4	K4	Andrew Baranowski (M40)	Swanley	15.2
5	S4	Colin Tester (M50)	Sevenoaks	15.9
6	X4	Andy Holman (M55)	Bexley B	16.1

### M35 800m

1	C3	Nebojsa Jovanovic (M40)	Cambridge	2:08.7
2	J3	Simon Horler	Bromley Veterans	2:24.8
3	K4	Paul Webster (M40)	Swanley	2:36.0
4	S3	Daniel Witt (M40)	Sevenoaks	2:36.2
5	X3	Andy Whitnell (M50)	Bexley B	2:57.3

1	C4	Mark Ashby (M55)	Cambridge	2:22.0
2	J4	Tim Sowter (M50)	Bromley Veterans	2:30.0
3	S4	Graham Dwyer (M45)	Sevenoaks	2:36.2
4	K3	Stuart Nicholson (M40)	Swanley	2:38.6
5	X4	Andy Holman (M55)	Bexley B	3:23.3

### 4x200m Relays

1	C3	Cambridge	Wole Odele, Timothy Carter, Paris Hunt, Michael Pape	1:55.3
2	J3	Bromley Veterans	Simon Horler, Simon Powell, Tim Sowter, Gavin Kitchingham	1:56.6
3	K3	Swanley	Steve Jones, Andrew Baranowski, Paul Webster, Graham Hunt	2:00.7
4	S3	Sevenoaks	Colin Tester, Graham Dwyer, Duncan Cochrane, Geoffrey Kitchener	2:09.8
5	X3	Bexley B	Andy Whitnell, Andy Holman, Darrell Smith, Philip Hawkins	2:18.8

### M35 Long Jump

1	K3	Steve Jones (M40)	Swanley	4.34
2	J3	Simon Horler	Bromley Veterans	4.05
3	P3	Mark Woods (M55)	Paddock Wood	4.02
4	X3	Philip Hawkins (M45)	Bexley B	4.00
5	C3	Wole Odele (M50)	Cambridge	3.81
6	S3	Graham Dwyer (M45)	Sevenoaks	3.24

### M35 Discus

1	P3	Mark Woods (M55)	Paddock Wood	23.11
2	C3	Paris Hunt (M55)	Cambridge	21.97
3	X3	Philip Hawkins (M45)	Bexley B	20.68
4	J3	Simon Horler	Bromley Veterans	17.08
5	K3	Stuart Nicholson (M40)	Swanley	15.94
6	S3	Duncan Cochrane (M60)	Sevenoaks	14.56

### M50 100m

1	P5	Trevor Simms (M50)	Paddock Wood	13.5
2	J5	Simon Powell (M50)	Bromley Veterans	13.5
3	C5	Timothy Carter (M65)	Cambridge	14.2
4	K5	Graham Hunt (M50)	Swanley	14.3
5	X5	Andy Whitnell (M50)	Bexley B	14.7
6	S5	Geoffrey Kitchener (M65)	Sevenoaks	15.4

## M50 800m

1	C5	Wole Odele	Cambridge	2:18.4
2	J5	Gavin Kitchingham	Bromley Veterans	2:19.6
3	X5	Paul Collier	Bexley B	2:21.6
4	S5	Colin Tester	Sevenoaks	2:59.8
5	K5	Andy Dunmall	Swanley	3:00.6

## M50 Long Jump

1	P5	Trevor Crysell	Paddock Wood	4.60
2	C5	Paris Hunt (M55)	Cambridge	4.07
3	K5	Graham Hunt	Swanley	4.00
4	J5	Gavin Kitchingham	Bromley Veterans	3.03
5	X5	Andy Whitnell	Bexley B	2.75
6	S5	Geoffrey Kitchener (M65)	Sevenoaks	2.73

## M50 Discus

1	C5	Peter Wishart (M55)	Cambridge	28.65
2	J5	Simon Powell	Bromley Veterans	18.32
3	P5	Trevor Crysell	Paddock Wood	17.22
4	K5	Andy Dunmall	Swanley	15.77
5	X5	Anthony Garrett (M75)	Bexley B	12.78
6	S5	Ronald Denney (M80)	Sevenoaks	12.39

## M60 800m

1	S6	Duncan Cochrane	Sevenoaks	2:54.3
2	K6	John Annett	Swanley	2:55.4
3	C6	Jeremy Carnell	Cambridge	2:56.2
4	J6	Tony Unseld (M70)	Bromley Veterans	3:31.2
5	X6	Darrell Smith (M70)	Bexley B	4:16.3

## M60 Long Jump

1	C6	Timothy Carter (M65)	Cambridge	3.57
2	J6	Tony Unseld (M70)	Bromley Veterans	3.24
3	X6	Anthony Garrett (M75)	Bexley B	3.16
4	S6	Duncan Cochrane	Sevenoaks	2.94
5	P6	David Perman (M65)	Paddock Wood	1.93

### Match Details

1	Cambridge	7	81	1	Cambridge	35	432
2	Bromley Veterans	6	70	2	Bromley Veterans	29	372.5
3	Swanley	5	55	3	Paddock Wood	21	300
4	Paddock Wood	4	45	4	Swanley	19.5	260.5
5	Bexley B	2.5	44	5	Sevenoaks	15.5	233
5	Sevenoaks	2.5	44	6	Bexley B	15	230

## Mens Non Scoring Results

### M35

#### 100m

Neill Wright (M40)	Medway & Maidstone AC	14.6
Paul Webster (M40)	Swanley & District AC	15.0

#### 800m

Adam Roeder (M35)	Tonbridge AC	2:16.5
Nick Arnott (M45)	Tonbridge AC	2:19.2
Neill Wright (M40)	Medway & Maidstone AC	2:21.2
Darren Wright (M40)	Medway & Maidstone AC	2:26.6

**M50****100m**

Richard Pitcairn-Knowles (M85)	Sevenoaks AC	22.7
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**800m**

Phil Coleman (M50)	Tonbridge AC	2:24.1
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Toby Bird (M50)	Tonbridge AC	2:35.0
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**LONG JUMP**

William Burling (M60)	Medway & Maidstone AC	3.97
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**M60****800m**

Iain McCarthy (M60)	Cambridge H	2:52.0
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Tim Orr (M60)	Dartford H AC	3:01.2
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Steve Roberts (M65)	Dartford H AC	3:25.1
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**LONG JUMP**

Richard Pitcairn-Knowles (M85)	Sevenoaks AC	1.83
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# SCVAC LEAGUE - KENT DIVISIONS - Medway Park, Gillingham 16/07/2018

## Women - Division 1

A String				
Pos	Club	Athlete	Club	Perf

### W35 100m

1	T3	Emma Wood (W45)	Tonbridge	13.4
2	F3	Jo Machado-Costa	Blackheath and Bromley	15.1
3	D3	Kimberley Taylor (W40)	Dartford	15.1
4	C3	Emily Gelder (W40)	Cambridge	15.6
5	B3	Vanessa Robinson	Bexley	16.1
6	J3	Bridget Macedonski (W50)	Bromley Veterans	18.8

B String				
Pos	Club	Athlete	Club	Perf

1	T4	Ruth Bingham (W45)	Tonbridge	14.5
2	D4	Stacy Taylor	Dartford	16.0
3	C4	Joanne Murphy (W55)	Cambridge	16.4
4	B4	Sarah Dodds (W40)	Bexley	16.7
5	J4	Anne Unseld (W65)	Bromley Veterans	18.6
6	F4	Maz Turner (W65)	Blackheath and Bromley	21.5

### W35 800m

1	D3	Hannah Roberts	Dartford	2:29.9
2	T3	Lisa Knight (W45)	Tonbridge	2:36.0
3	F4	Sara Elmqvist (W40)	Blackheath and Bromley	2:46.6
4	C4	Emily Gelder (W40)	Cambridge	2:58.9
5	B3	Wendy Prowse (W40)	Bexley	3:02.5
6	J3	Antoinette Whitfield (W55)	Bromley Veterans	3:18.0

1	T4	Claire Day	Tonbridge	2:41.8
2	D4	Denise Rose (W55)	Dartford	3:04.0
3	F3	Sarah Belaon	Blackheath and Bromley	3:07.2
4	C3	Rose Baker (W50)	Cambridge	3:07.7
5	B4	Sarah Dodds (W40)	Bexley	3:41.8
6	J4	Anne Unseld (W65)	Bromley Veterans	3:53.8

### 4x200m Relays

1	T3	Tonbridge	Ruth Bingham, Nina Ridge, Lisa Knight, Emma Wood	1:58.7
2	D3	Dartford	Kimberley Taylor, Stacy Taylor, Hannah Roberts, Helen Nyberg-Mitroi	2:06.3
3	C3	Cambridge	Joanne Murphy, Emily Gelder, Xanine Powell, Sally Carr	2:20.7
4	F3	Blackheath and Bromley	Maz Turner, Jo Machado-Costa, Sara Elmqvist, Jacqueline Montgomery	2:25.5
5	B3	Bexley	Vanessa Robinson, Christine Pates, Sarah Dodds, Liz Slater	2:34.8
6	J3	Bromley Veterans	Bridget Macedonski, Anne Unseld, Antoinette Whitfield, Barbara Baker	2:45.1

### W35 High Jump

1	T3	Sasha Houghton (W45)	Tonbridge	1.30
2	C3	Xanine Powell	Cambridge	1.25
3	B3	Sarah Dodds (W40)	Bexley	1.10
3	D3	Kimberley Taylor (W40)	Dartford	1.10
5	F3	Jo Machado-Costa	Blackheath and Bromley	1.10

### W35 Long Jump

1	D3	Helen Nyberg-Mitroi (W40)	Dartford	3.92
2	T3	Nina Ridge (W40)	Tonbridge	3.85
3	F3	Jo Machado-Costa	Blackheath and Bromley	3.72
4	C3	Xanine Powell	Cambridge	3.34
5	B3	Sarah Dodds (W40)	Bexley	3.30
6	J3	Bridget Macedonski (W50)	Bromley Veterans	2.21

### W35 Discus

1	B3	Marriane Berndt	Bexley	28.27
2	T3	Nina Ridge (W40)	Tonbridge	24.29
3	F3	Sara Elmqvist (W40)	Blackheath and Bromley	14.75
4	C3	Cara Oliver (W45)	Cambridge	13.39
5	D3	Stacy Taylor	Dartford	12.76
6	J3	Bridget Macedonski (W50)	Bromley Veterans	7.31

### W50 100m

1	T5	Sally Vine	Tonbridge	15.6
2	F5	Jacqueline Montgomery	Blackheath and Bromley	15.7
3	B5	Christine Pates (W55)	Bexley	16.8
4	D5	Denise Rose (W55)	Dartford	17.8
5	C5	Jennifer Agyepong	Cambridge	17.8
6	J5	Antoinette Whitfield (W55)	Bromley Veterans	18.3

### W50 800m

1	T5	Lucy Pitcairn-Knowles	Tonbridge	2:58.9
2	D5	Stephanie Wood	Dartford	3:07.8
3	J5	Bridget Macedonski	Bromley Veterans	3:08.4
4	F5	Jacqueline Montgomery	Blackheath and Bromley	3:13.8
5	C5	Joanne Murphy (W55)	Cambridge	3:15.2

### W50 High Jump

1	C5	Christine Bond	Cambridge	1.30
2	D5	Christine Clements (W65)	Dartford	1.15
3	F5	Jacqueline Montgomery	Blackheath and Bromley	1.15
4	T5	Lucy Pitcairn-Knowles	Tonbridge	1.05
5	B5	Christine Pates (W55)	Bexley	1.00

### W50 Long Jump

1	F5	Jacqueline Montgomery	Blackheath and Bromley	3.55
2	T5	Sally Vine	Tonbridge	3.33
3	C5	Joanne Murphy (W55)	Cambridge	3.13
4	D5	Anne Thacker (W55)	Dartford	3.09
5	B5	Christine Pates (W55)	Bexley	3.07
6	J5	Antoinette Whitfield (W55)	Bromley Veterans	2.51

### W50 Discus

1	D5	Anne Thacker (W55)	Dartford	21.16
2	T5	Diane Bradley (W55)	Tonbridge	20.70
3	C5	Jennifer Agyepong	Cambridge	16.07
4	B5	Christine Pates (W55)	Bexley	15.99
5	J5	Antoinette Whitfield (W55)	Bromley Veterans	11.91
6	F5	Jacqueline Montgomery	Blackheath and Bromley	11.42

### W60 800m

1	D6	Marian Povey (W60)	Dartford	3:11.7
2	T6	Sue James (W65)	Tonbridge	3:44.7
3	J6	Barbara Baker (W65)	Bromley Veterans	3:55.9

### W60 Long Jump

1	T6	Nicola Buckwell	Tonbridge	3.31
2	J6	Anne Unseld (W65)	Bromley Veterans	2.61
3	D6	Christine Clements (W65)	Dartford	2.60
4	B6	Liz Slater	Bexley	2.30
5	F6	Maz Turner (W65)	Blackheath and Bromley	1.25

### W60 Discus

1	D6	Christine Clements (W65)	Dartford	18.59
2	T6	Nicola Buckwell	Tonbridge	15.63
3	B6	Liz Slater	Bexley	14.74
4	J6	Anne Unseld (W65)	Bromley Veterans	8.58
5	F6	Maz Turner (W65)	Blackheath and Bromley	7.03

#### Match Details

	Mt Pts	Pts
1 Tonbridge	6	86
2 Dartford	5	74.5
3 Blackheath and Bromley A	4	50
4 Cambridge	3	46
5 Bexley	2	40.5
6 Bromley Veterans	1	28

#### Overall Details

	Tot Mt Pts	Tot Pts
1 Tonbridge	28.5	366.5
2 Dartford	26.5	350.5
3 Cambridge	17	237.5
4 Blackheath and Bromley A	14	203
5 Bexley	13	197
6 Bromley Veterans	6	135.5

# SCVAC LEAGUE - KENT DIVISIONS - Medway Park, Gillingham 16/07/2018

## Women - Division 2

A String				
Pos	Club	Athlete	Club	Perf

### W35 100m

1	N3	Carla Caswell	Tonbridge B	14.7
2	P3	Fiona Townend (W45)	Paddock Wood	17.0
3	K4	Stacey Crocker (W40)	Swanley	17.2
4	S3	Alzbeta Benn	Sevenoaks	20.1

### W35 800m

1	N3	Penny Pilbeam (W45)	Tonbridge B	2:54.3
2	K3	Stacey Crocker (W40)	Swanley	3:13.1
3	P3	Fiona Townend (W45)	Paddock Wood	3:16.3
4	S3	Alzbeta Benn	Sevenoaks	3:48.1

### 4x200m Relays

1	N3	Tonbridge B	Sarah Westrap, Deniz Bowart, Carla Caswell, Penny Pilbeam	2:14.2
2	K3	Swanley	Victoria Ingamells, Jackie Boddy, Stacey Crocker, Helena Orrom	3:12.5

### W35 High Jump

1	N3	Sarah Westrap (W40)	Tonbridge B	1.20
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### W35 Long Jump

1	N3	Sarah Westrap (W40)	Tonbridge B	3.47
2	P3	Fiona Townend (W45)	Paddock Wood	3.12
3	K3	Victoria Ingamells (W45)	Swanley	2.85

### W35 Discus

1	K3	Stacey Crocker (W40)	Swanley	20.50
2	N3	Deniz Bowart (W40)	Tonbridge B	14.74
3	P3	Fiona Townend (W45)	Paddock Wood	10.09
4	S3	Alzbeta Benn	Sevenoaks	9.88

### W50 100m

1	P5	Julie Woods (W55)	Paddock Wood	18.5
2	N5	Edina Hellyer	Tonbridge B	19.0
3	K5	Jackie Boddy	Swanley	22.9
4	S5	Sylvia Lewis (W65)	Sevenoaks	25.7

### W50 800m

1	N5	Clare Brown	Tonbridge B	3:18.6
2	K5	Jackie Boddy	Swanley	4:21.2

### W50 High Jump

1	K5	Jane Blackmore (W55)	Swanley	1.00
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### W50 Long Jump

1	P5	Julie Woods (W55)	Paddock Wood	2.83
2	N5	Edina Hellyer	Tonbridge B	2.35
3	K5	Helena Orrom (W55)	Swanley	1.83

B String				
Pos	Club	Athlete	Club	Perf

1	N4	Deniz Bowart (W40)	Tonbridge B	15.7
2	K3	Victoria Ingamells (W45)	Swanley	17.7

1	N4	Diana Ierfino	Tonbridge B	3:09.1



## W50 Discus

1	P5	Julie Woods (W55)	Paddock Wood	12.12
2	K5	Jane Blackmore (W55)	Swanley	10.36
	N5	Edina Hellyer	Tonbridge B	nm

## W60 800m

1	N6	Anne Brenchley (W70)	Tonbridge B	4:08.6
2	S6	Sylvia Lewis (W65)	Sevenoaks	4:17.1

## W60 Discus

1	N6	Anne Brenchley (W70)	Tonbridge B	12.91
2	S6	Sylvia Lewis (W65)	Sevenoaks	8.29
3	P6	Janet Duffin (W70)	Paddock Wood	6.92

### Match Details

	Match Details	Mt Pts	Pts
1	Tonbridge B	6	75
2	Swanley	5	53
3	Paddock Wood	4	40
4	Sevenoaks	3	22

### Overall Details

	Overall Details	Tot Mt Pts	Tot Pts
1	Tonbridge B	30	346
2	Swanley	24	261
3	Paddock Wood	16.5	133
4	Sevenoaks	14.5	108
5	Ashford	9	49

## Womens Non Scoring Results

### W35

#### 100m

Angie Crush (W40)	Tonbridge AC	16.5
Sally Carr (W45)	Cambridge H	16.9
Diana Ierfino (W35)	Tonbridge AC	18.0

#### 800m

Helen Nyberg-Mitroi (W40)	Dartford H AC	2:56.7
Sally Carr (W45)	Cambridge H	3:04.2
Angie Crush (W40)	Tonbridge AC	3:07.5

#### 4x200m Relays

Sally Vine (W50), Sasha Houghton (W40), Nicky Buckwell (W60), Sue James (W65)	Tonbridge AC	2:26.6
Clare Brown (W50), Angie Crush (W40), Edina Hellyer (W50), Diana Ierfino (W35)	Tonbridge AC	2:32.4

### HIGH JUMP

Helen Nyberg-Mitroi (W40)	Dartford H AC	1.15
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### LONG JUMP

Deniz Bowart (W40)	Tonbridge AC	3.05
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### W50

#### 100m

Nicky Buckwell (W60)	Tonbridge AC	16.4
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