

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 |

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 |

| 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 |

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 | 10:23.3 |
| 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 | 72 |
| 5 | 56 |
| 4 | 50 |
| 3 | 44 |
| 2 | 33 |
| 1 | 27 |

Pts

Overall Details

| | | | |
|---|---------------------------|------|-----|
| 1 | Tonbridge AC - A | 30 | 330 |
| 2 | Blackheath & Bromley H AC | 19.5 | 240 |
| 3 | Dartford Harriers AC | 19 | 226 |
| 4 | Bexley AC | 15 | 204 |
| 5 | Cambridge Harriers | 14.5 | 195 |
| 6 | Central Park Athletics | 7 | 159 |

Tot Mt Pts

Tot Pts

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 |
|---|----|---------------|------------------|------|

W50 3000m

| | | | | |
|---|----|-----------------|------------------|---------|
| 1 | N5 | Grazia Manzotti | Tonbridge AC - B | 13:15.4 |
|---|----|-----------------|------------------|---------|

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 |
|---|----|------------------|------------------|------|

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 |
|---|----|---------------|--------------|------|

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 |