

KCAA Veterans/Masters Championships - Julie Rose Stadium, Ashford 10/09/2023

M35

High Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 1	Bilen Ahmet	Kingston AC & Poly H	1.52	
2	S 2	Adam Bernard	Dartford Harriers AC	1.52	

1.42 o;1.47 xo;1.52 xo;1.57 xxx
1.47 xxo;1.52 xo;1.57 xxx

Pole Vault

				Final	Perf
No.	Name	Club	Perf		
1	G 1	Bilen Ahmet	Kingston AC & Poly H	3.80	
2	S 3	Luke Williams	Havering AC	3.70	

=CBP 3.50 o;3.60 -;3.70 o;3.80 o;
3.40 o;3.50 -;3.60 xxo;3.70 o;3.80 xxx

Long Jump

				Final	Perf
No.	Name	Club	Perf		
1	- 3	Luke Williams	Havering AC	5.24	
2	- 1	Bilen Ahmet	Kingston AC & Poly H	4.82	

0.0 5.10,0.0; 5.00,0.0; 5.08,0.0; 5.24,0.0; 5.18,0.7; 5.15,0.0
0.0 4.82,0.0; 4.80,0.0; 4.77,0.0; -; -; 4.55,0.0

Triple Jump

				Final	Perf
No.	Name	Club	Perf		
1	- 1	Bilen Ahmet	Kingston AC & Poly H	10.68	

1.2 9.29,0.5; 10.14,0.0; 10.50,1.6; 10.33,1.8; 10.68,1.2; 10.42,1.0

M40

High Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 9	Martin Lloyd	Bexley AC	1.97	
2	S 10	Daniel Ofosu	Ashford AC	1.32	

1.82 o;1.92 xo;1.97 o;2.01 xxx
1.32 xo;1.37 xr

Long Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 11	Peter Davey (M45)	Ashford AC	5.14	
2	- 10	Daniel Ofosu	Ashford AC	4.97	

0.8 x; 5.14,0.8; -; 5.08,0.0; -; 4.96,0.0
0.0 4.96,0.0; 4.97,0.0; 4.42,0.0; -; -; x

Triple Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 12	Mark Vrijmoed (M45)	Dartford Harriers AC	10.79	
2	S 11	Peter Davey (M45)	Ashford AC	10.41	

1.6 10.63,1.2; 10.56,0.0; 10.48,0.0; 10.79,1.6; 10.72,0.7; 10.53,1.9
1.7 10.35,1.7; 10.41,1.7; -; -; r

M50

High Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 26	Oloff Van Zyl	Sevenoaks AC	1.52	

1.42 o;1.47 xxo;1.52 xo;1.57 xxx

Pole Vault

				Final	Perf
No.	Name	Club	Perf		
1	G 26	Oloff Van Zyl	Sevenoaks AC	2.90	
2	- 27	Trevor Crysell (M55)	Paddock Wood AC	1.60	

2.50 o;2.60 o;2.70 o;2.80 ox;2.90 xo;3.00 xxx
2.40 o;2.50 o;2.60 xxx

Long Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 29	Wole Odele (M55)	Cambridge Harriers	4.57	
2	S 27	Trevor Crysell (M55)	Paddock Wood AC	4.47	

0.0 4.57,0.0; 4.44,-1.0; 4.41,0.0; 4.32,0.0; -; 4.25,0.0
0.0 4.02,0.0; 4.18,0.0; 4.26,0.6; 4.47,0.0; -; 3.74,-1.1

Triple Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 28	Stephen Lake	Ashford AC	10.55	
2	S 29	Wole Odele (M55)	Cambridge Harriers	10.25	
3	B 27	Trevor Crysell (M55)	Paddock Wood AC	8.73	

1.2 10.00,0.4; 10.17,1.4; 10.33,0.0; 10.43,1.3; x; 10.55,1.2
0.9 9.92,2.1; 10.09,0.2; 10.25,0.9; 9.44,1.3; 9.89,1.4; x
0.2 8.28,1.1; 8.73,0.2; 8.32,0.0; 8.55,2.9; r

M60

High Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 47	Gary Capon	Dartford Harriers AC	1.42	
2	S 48	Ian Crawley	Tonbridge AC	1.42	

1.32 o;1.37 xo;1.42 o;1.47 xxx
0.97 o;1.27 -;1.32 o;1.37 xo;1.42 xo;1.47 xxx

Pole Vault

				Final	Perf
No.	Name	Club	Perf		
1	G 48	Ian Crawley	Tonbridge AC	3.00	
2	- 47	Gary Capon	Dartford Harriers AC	2.00	

2.40 x;2.50 -;2.60 xo;2.70 -;2.80 xo-2.90 -;3.00 xo;3.20 xxx
1.80 o;1.90 -;2.00 xo;2.10 -;2.20 xxx

Long Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 50	Steven Moss	Beckenham Running Club	4.66	
2	S 48	Ian Crawley	Tonbridge AC	4.64	
3	B 47	Gary Capon	Dartford Harriers AC	4.53	
4	- 49	Stephen Langford	Ashford AC	4.42	

CBP -1.4 x; x; 4.33,0.0; x; x; 4.66,-1.4
0.0 4.35,0.0; 4.54,0.0; 4.64,0.0; x; 4.48,-1.3; 4.40,-0.8
0.0 x; 4.30,-1.1; 4.52,0.0; -; 4.53,0.0; 4.51,0.0
0.0 x; 4.35,0.0; 4.16,0.0; 4.18,0.1; 4.42,0.0; 3.97,-1.1

Triple Jump

				Final	Perf
No.	Name	Club	Perf		
1	G 49	Stephen Langford	Ashford AC	9.08	
2	S 51	Robert Sibley (M65)	Medway and Maidstone AC	7.82	
3	B 47	Gary Capon	Dartford Harriers AC	7.58	

2.2 8.76,0.4; 8.71,1.0; 8.65,1.3; 8.41,1.2; 8.52,1.4; 9.08,2.2
1.0 7.41,1.5; 7.81,0.8; 7.82,1.0; r
0.8 7.58,0.8; r

M70

Pole Vault**Final**

	No.	Name	Club	Perf	
1	G	69	Michael Goodall	Ashford AC	2.00

1.50 o;1.60 o;1.70 o;1.80 -;1.90 o;2.00 xo;2.10 xxx

M80**High Jump****Final**

	No.	Name	Club	Perf	
1	G	81	Barry Ferguson	Cambridge Harriers	0.87

CBP 0.87 o;0.97 xxx

Long Jump**Final**

	No.	Name	Club	Perf	
1	G	81	Barry Ferguson	Cambridge Harriers	2.17

CBP 0.0 2.17,0.0; 1.97,-0.9; 1.96,-1.3; -; -; -

W35**High Jump****Final**

	No.	Name	Club	Perf	
1	G	83	Stevie Langford	Ashford AC	1.45

1.45 o;1.50 xxx

W40**Pole Vault****Final**

	No.	Name	Club	Perf	
1	G	92	Angie Crush (W45)	Tonbridge AC	2.20
2		91	Elizabeth Bignell (G)	Paddock Wood AC	1.80

1.80 o;1.90 o;2.00 o;2.10 o;2.20 xo;2.30 xxx
1.50 o;1.60 o;1.70 o;1.80 o;1.90 xxx**Long Jump****Final**

	No.	Name	Club	Perf	
1	G	94	Helen Mitroi (W45)	Dartford Harriers AC	4.03
2	-	93	Sarah Westrap (W45)	Tonbridge AC	3.45

-1.8 4.03,-1.8; 3.87,-0.7; -; 3.77,0.0; -; x
-1.3 3.11,-0.6; 3.33,-0.7; 3.45,-1.3; 3.41,-0.5; 3.36,-1.4; 3.38,0.0**Triple Jump****Final**

	No.	Name	Club	Perf	
1	G	94	Helen Mitroi (W45)	Dartford Harriers AC	8.64

0.0 8.64,0.0; 8.52,0.5; -; 8.60,0.1; -; 8.42,0.0

W50**Pole Vault****Final**

	No.	Name	Club	Perf	
1	G	106	Jacqueline Montgomery (W55)	Blackheath & Bromley H AC	1.90

1.60 o;1.70 o;1.80 o;1.90 xo;2.00 xxx

Long Jump**Final**

	No.	Name	Club	Perf	
1	G	107	Wendy Masters	Bexley AC	4.20
2	S	106	Jacqueline Montgomery (W55)	Blackheath & Bromley H AC	3.35

-1.2 4.20,-1.2; 3.79,-1.9; 4.15,-0.9; 4.09,-1.0; x; 4.07,-0.9
-1.5 3.34,-1.5; 3.23,-1.2; 3.25,-0.9; 3.23,0.0; 3.35,-0.2; 3.35,-1.5**Triple Jump****Final**

	No.	Name	Club	Perf	
1	G	107	Wendy Masters	Bexley AC	8.73

0.0 8.72,0.0; 8.29,0.0; 8.61,0.9; 8.65,2; 8.39,0.9; 8.73,0.0

W60**High Jump****Final**

	No.	Name	Club	Perf	
1	G	119	Christine Pates	Bexley AC	1.28
2	S	118	Teresa Eades	Dartford Harriers AC	1.19

1.10 o;1.13 -;1.16 o;1.19 o;1.22 xo;1.25 o;1.28 xxo;1.31 xxx
1.10 o;1.13 o;1.16 o;1.19 o;1.22 xxx**Pole Vault****Final**

	No.	Name	Club	Perf	
1	G	118	Teresa Eades	Dartford Harriers AC	2.10

1.80 o;1.90 -;2.00 xo;2.10 xo;2.20 xxx

Long Jump**Final**

	No.	Name	Club	Perf	
1	G	118	Teresa Eades	Dartford Harriers AC	3.39
2	S	119	Christine Pates	Bexley AC	3.31
3	B	120	Teresa Hinton	Paddock Wood AC	2.96

-1.1 3.19,-0.5; 3.23,-1.2; 3.30,-0.3; 3.25,-1.8; 3.19,1.8; 3.39,-1.1
-0.4 3.26,-2.3; 3.27,-1.5; 3.22,-0.1; 3.08,0.0; 3.31,-0.4; 3.17,-0.9
-0.6 2.96,-0.6; 2.78,0.0; 2.86,-1.5; 2.81,-1.6; 2.82,-0.9; x**Triple Jump****Final**

	No.	Name	Club	Perf	
1	G	118	Teresa Eades	Dartford Harriers AC	7.55
2	S	120	Teresa Hinton	Paddock Wood AC	6.82
3	B	121	Liz Slater (W65)	Bexley AC	5.52

1.5 x; x; x; 7.51,0.6; x; 7.55,1.5
0.1 5.89,0.0; 6.40,0.0; 6.56,0.9; 6.71,8; 6.82,0.1; 6.39,1.0
2.1 4.96,0.0; 5.34,0.0; 5.32,0.0; -; 5.38,0.0; 5.52,2.1