

KCAA Veterans/Masters Championships - Erith Stadium, Erith 18-19/09/2021

M35

100m		(b)		Final	w/s+1.3
No.	Name	Club		Perf	
1	G 2	Adam Bernard	Dartford	12.09	
2	S 1	Bilen Ahmet	Kingston & Poly	12.93	

200m		(a)		Final	w/s-0.3
No.	Name	Club		Perf	
1	G 2	Adam Bernard	Dartford	24.58	CBP
2	S 1	Bilen Ahmet	Kingston & Poly	27.27	

400m		(b)		Final	Perf
No.	Name	Club		Perf	
1	G 2	Adam Bernard	Dartford	54.03	CBP

5000m		(a)		Final	Perf
No.	Name	Club		Perf	
1	G 70	Jay Smith	Tonbridge	16:19.11	CBP
2	S 68	Andrew Pickett	Dartford	16:50.19	

110m Hurdles		(b)		Final	w/s-0.3
No.	Name	Club		Perf	
1	G 1	Bilen Ahmet	Kingston & Poly	19.28	

Shot		(b)		Final	Perf
No.	Name	Club		Perf	
1	G 1	Bilen Ahmet	Kingston & Poly	10.22	10.22, r

M40

100m		(b)		Final	w/s+1.3
No.	Name	Club		Perf	
1	G 3	Richard Brooks (M45)	Met.Police	12.31	
2	S 4	Steve Jones (M45)	Central Park Ath	12.69	

200m		(a)		Final	w/s-0.3
No.	Name	Club		Perf	
1	G 3	Richard Brooks (M45)	Met.Police	24.86	
2	S 29	Stuart McNally	Dartford	25.75	

400m		(b)		Final	Perf
No.	Name	Club		Perf	
1	G 29	Stuart McNally	Dartford	55.39	
2	S 3	Richard Brooks (M45)	Met.Police	57.69	

800m		(a)		Final	Perf
No.	Name	Club		Perf	
1	G 44	Edmund Adigwe (M45)	Cambridge H	1:59.91	CBP
2	S 45	Samuel Coombes	Dartford	2:01.31	
3	B 47	Matthew Preston (M45)	Cambridge H	2:21.40	
4		Andre Verster (M45)	Black & Brom	2:25.60	

1500m		(b)		Final	Perf
No.	Name	Club		Perf	
1	G 45	Samuel Coombes	Dartford	4:14.96	
2	S 44	Edmund Adigwe (M45)	Cambridge H	4:15.87	
3	B 59	Anthony Webb (M45)	Med and Maid	4:21.85	

5000m		(a)		Final	Perf
No.	Name	Club		Perf	
1	G 59	Anthony Webb (M45)	Med and Maid	16:15.20	
2	S 71	James MacDonald	Cambridge H	17:03.64	
3	B 73	Neill Wright (M45)	Med and Maid	17:21.47	

400m Hurdles		(b)		Final	Perf
No.	Name	Club		Perf	
1	G 36	David Robinson	Serpentine	71.28	

Shot		(b)			Final
		No.	Name	Club	Perf
1	G	95	Graham Holder (M45)	Bexley	9.64

9.52, 9.21, 9.64, 9.61, x, 9.59

Discus		(b)			Final
		No.	Name	Club	Perf
1	G	95	Graham Holder (M45)	Bexley	34.09

31.38, 34.09, 31.34, 32.59, x, x

Hammer		(b)			Final
		No.	Name	Club	Perf
1	G	95	Graham Holder (M45)	Bexley	47.16

45.54, 44.42, 47.16, 46.40, 46.48, 46.17

## M50

100m		(b)			Final	w/s+1.5
		No.	Name	Club	Perf	
1	G	11	Wole Odele (M55)	Cambridge H	12.80	
2	S	7	Stephen Daly	Tonbridge	13.15	
3	B	8	John Foster	Med and Maid	13.34	
4		12	Michael Pape	Cambridge H	13.44	
5		14	Constantine Serugo	Cambridge H	14.04	
6		10	Terry Gibbs (M55)	Dartford	14.08	
7		13	Zachary Ramsden (M55)	Sevenoaks	14.30	
8		6	Ian Crawley (M55)	Tonbridge	14.36	

200m		(a)			Final	w/s-1.5
		No.	Name	Club	Perf	
1	G	11	Wole Odele (M55)	Cambridge H	26.11	
2	S	7	Stephen Daly	Tonbridge	26.85	
3	B	8	John Foster	Med and Maid	27.60	
4		10	Terry Gibbs (M55)	Dartford	29.16	
5		6	Ian Crawley (M55)	Tonbridge	29.56	

400m		(b)			Final
		No.	Name	Club	Perf
1	G	11	Wole Odele (M55)	Cambridge H	57.02
2	S	38	Oloff van Zyl	Sevenoaks	59.61
3	B	37	Adrian Donnelly	Med and Maid	62.38
4		13	Zachary Ramsden (M55)	Sevenoaks	67.88
5	-	12	Michael Pape	Cambridge H	69.97

800m		(a)			Final
		No.	Name	Club	Perf
1	G	11	Wole Odele (M55)	Cambridge H	2:28.15
2	S	37	Adrian Donnelly	Med and Maid	2:31.21
3	B	6	Ian Crawley (M55)	Tonbridge	2:34.95
4		50	Peter Johnson (M55)	Striders of Croy	2:44.89

1500m		(b)			Final
		No.	Name	Club	Perf
1	G	61	Alun Rodgers (M55)	Med and Maid	5:02.57
2	S	13	Zachary Ramsden (M55)	Sevenoaks	5:21.86

5000m		(a)			Final
		No.	Name	Club	Perf
1	G	77	Chris Turner	Dartford	17:34.77
2	S	61	Alun Rodgers (M55)	Med and Maid	18:23.14
3	B	78	Gareth Williams (M55)	Med and Maid	18:32.56
4		75	Noel Lyons	Med and Maid	18:39.59
5		76	Mark Pitcairn-Knowles (M55)	Tonbridge	19:28.05
6		74	Richard Kerswill	Med and Maid	20:39.60
7		116	Robert Fursey (M55)	Med and Maid	20:42.44

400m Hurdles		(b)			Final
		No.	Name	Club	Perf
1	G	38	Oloff van Zyl	Sevenoaks	67.11

2000m Walk		(b)			Final
		No.	Name	Club	Perf
1	G	83	Mark Ashby (M55)	Cambridge H	11:34.16

Shot		(b)		Final	
		No.	Name	Club	Perf
1	G	6	Ian Crawley (M55)	Tonbridge	9.69
2	S	38	Oloff van Zyl	Sevenoaks	9.50
3	B	98	Andrew Rushbrook (M55)	Bexley	9.21
4		96	Peter Buxton (M55)	Tonbridge	8.59
5		97	Steve Rodwell	Med and Maid	8.53

9.69, x, 9.49, 9.48, x, x  
 9.50, -, 8.25, 8.50, x, 8.63  
 9.05, 8.93, 9.21, 8.89, 9.05, 8.65  
 x, 8.56, 8.39, 8.59, 8.33, x  
 8.10, 8.44, 8.53, -, -, -

Discus		(b)		Final	
		No.	Name	Club	Perf
1	G	98	Andrew Rushbrook (M55)	Bexley	31.74
2	S	6	Ian Crawley (M55)	Tonbridge	30.66
3	B	96	Peter Buxton (M55)	Tonbridge	28.16
4		107	Paris Hunt (M55)	Cambridge H	26.31
5		108	Stephen Talbot	Dartford	24.41

x, 29.06, 30.52, 31.74, 29.82, 30.39  
 24.46, 30.66, x, 30.06, 29.28, 28.13  
 27.05, 27.24, 24.95, 28.16, 25.98, 25.61  
 20.29, 26.31, 25.04, 25.58, 25.82, 25.70  
 20.53, 20.70, 23.12, 24.41, x, 23.68

Hammer		(b)		Final	
		No.	Name	Club	Perf
1	G	98	Andrew Rushbrook (M55)	Bexley	34.40
2	S	108	Stephen Talbot	Dartford	29.01
3	-	107	Paris Hunt (M55)	Cambridge H	24.29
4		96	Peter Buxton (M55)	Tonbridge	20.35

34.40, 32.64, 33.04, 31.66, x, 33.70  
 27.80, 27.96, 29.01, x, 26.66, 26.49  
 21.85, 23.01, 21.89, 24.29, 21.22, 20.80  
 17.99, 19.25, 19.63, 20.35, x, x

Javelin		(b)		Final	
		No.	Name	Club	Perf
1	G	107	Paris Hunt (M55)	Cambridge H	32.83
2	S	96	Peter Buxton (M55)	Tonbridge	31.95
3	B	97	Steve Rodwell	Med and Maid	31.72
4		38	Oloff van Zyl	Sevenoaks	30.80
5		6	Ian Crawley (M55)	Tonbridge	26.63
6		13	Zachary Ramsden (M55)	Sevenoaks	16.75

29.29, 32.83, 30.50, 29.90, 30.71, 29.84  
 26.25, 29.67, 30.41, x, 31.95, 30.66  
 30.57, 29.88, 31.72, 27.37, 29.32, x  
 x, x, 30.80, x, 27.67, 27.82  
 25.93, x, 26.63, 25.90, 24.67, 25.35  
 x, x, 16.75, x, x, 15.70

## M60

100m		(b)		Final		w/s+1.7
		No.	Name	Club	Perf	
1	G	17	Mark Woods	Paddock W	13.17	CBP
2	S	15	Colin Bates	Dartford	13.81	
3	B	16	Carl Beech	Swale	14.88	

200m		(a)		Final		w/s-0.3
		No.	Name	Club	Perf	
1	G	17	Mark Woods	Paddock W	26.90	CBP
2	S	15	Colin Bates	Dartford	27.98	

400m		(b)		Final	
		No.	Name	Club	Perf
1	G	15	Colin Bates	Dartford	62.25
2	S	39	Ian Mackett	Ashford	75.54

800m		(a)		Final	
		No.	Name	Club	Perf
1	G	52	John Tolhurst (M65)	Paddock W	2:53.76
2	S	39	Ian Mackett	Ashford	2:57.77
3	B	51	Ian McCarthy (M65)	Cambridge H	2:58.75

1500m		(b)		Final	
		No.	Name	Club	Perf
1	G	64	Martin Hawkins	Cambridge H	5:55.74
2	S	51	Ian McCarthy (M65)	Cambridge H	6:09.55

5000m		(a)		Final	
		No.	Name	Club	Perf
1	G	52	John Tolhurst (M65)	Paddock W	21:01.12
2	S	64	Martin Hawkins	Cambridge H	21:40.80

Shot		(b)		Final	
		No.	Name	Club	Perf
1	G	99	Peter Wishart	Cambridge H	10.31
2	S	17	Mark Woods	Paddock W	9.14
3	B	87	Gary Capon	Dartford	8.96

10.31, 10.07, 10.15, x, 9.98, x  
 8.42, 8.74, 8.45, 8.39, 8.82, 9.14  
 8.62, 8.96, 8.12, x, 8.28, 8.35

<b>Discus</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	99	Peter Wishart	Cambridge H	35.43
2	S	17	Mark Woods	Paddock W	30.40
3	B	109	Richard Scoones	Swale	29.57

32.25, 34.58, 31.45, x, x, 35.43  
26.36, 22.97, 30.40, 26.42, 24.66, x  
26.77, 27.74, x, 29.45, 29.57, 28.14

<b>Hammer</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	109	Richard Scoones	Swale	30.01
2	S	99	Peter Wishart	Cambridge H	29.20
3	-	17	Mark Woods	Paddock W	22.95

x, 28.17, 28.35, x, 28.01, 30.01  
x, 27.18, 27.75, x, 29.20, 28.87  
x, 21.46, 22.95, x, x, x

<b>Javelin</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	115	Stephen Langdon	Black & Brom	42.10
2	-	17	Mark Woods	Paddock W	24.40

40.11, 36.22, 40.83, 42.10, 40.88, 41.94  
23.82, 22.88, x, 24.26, 24.40, 23.27

## M70

<b>100m</b>		(b)		<b>Final</b>		w/s+1.7
		No.	Name	Club	Perf	
1	G	19	Geoffrey Kitchener	Sevenoaks	15.91	

<b>200m</b>		(a)		<b>Final</b>		w/s-1.1
		No.	Name	Club	Perf	
1	G	20	Douglas Lucas	Cambridge H	29.53	
2	S	30	Julian Spencer-Wood	Kent AC	35.29	

CBP

<b>400m</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	30	Julian Spencer-Wood	Kent AC	78.52

<b>800m</b>		(a)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	30	Julian Spencer-Wood	Kent AC	2:53.22
2	S	40	Peter Hamilton	Black & Brom	3:20.67

<b>1500m</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	30	Julian Spencer-Wood	Kent AC	5:47.04
2	S	40	Peter Hamilton	Black & Brom	6:33.70

CBP

<b>5000m</b>		(a)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	40	Peter Hamilton	Black & Brom	23:46.46
		79	Robert Coombes	Dartford	dnf

<b>Shot</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1		101	Anthony Richards (G)	Highgate H	12.33
2	G	100	John Gilbert (M75)	Veterans AC	6.91

11.99, x, 12.04, x, x, 12.33  
x, x, 6.82, 6.91, x, x

<b>Discus</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1		101	Anthony Richards (G)	Highgate H	32.95
2	G	100	John Gilbert (M75)	Veterans AC	21.07

31.98, 31.73, 31.32, x, 32.95, x  
x, 19.68, x, x, 21.07, x

<b>Hammer</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	112	Robert Bridges	Belgrave	32.63
2	S	100	John Gilbert (M75)	Veterans AC	25.51

32.63, 31.12, 32.62, x, x, 29.06  
22.61, x, 23.87, 22.32, 22.37, 25.51

## M80

<b>Shot</b>		(b)		<b>Final</b>	
		No.	Name	Club	Perf
1	G	102	Warwick Dixon	Cambridge H	7.83
2	S	103	Michael Duffin	Paddock W	6.52

x, 6.59, 7.66, 7.66, 7.83, x  
6.35, 6.15, x, 6.11, 6.28, 6.52

Discus		(b)		Final	
		No.	Name	Club	Perf
1	G	102	Warwick Dixon	Cambridge H	24.91
		103	Michael Duffin	Paddock W	nm

19.18, 22.80, 24.91, 23.44, x, 23.72  
x, x, r

Hammer		(b)		Final	
		No.	Name	Club	Perf
1	G	102	Warwick Dixon	Cambridge H	24.46
2	S	103	Michael Duffin	Paddock W	23.28

CBP 23.17, x, x, 24.46, 21.98, x  
23.28, 21.84, 22.74, 23.04, 21.10, 23.18

Javelin		(b)		Final	
		No.	Name	Club	Perf
1	G	102	Warwick Dixon	Cambridge H	19.33
2	S	103	Michael Duffin	Paddock W	18.13

16.17, x, 17.37, 15.97, 19.33, 15.77  
15.90, 15.81, 18.13, 16.91, 17.48, x

### W35

100m		(b)		Final		w/s+0.6
		No.	Name	Club	Perf	
1	G	22	Vanessa Robinson	Bexley	13.29	

200m		(a)		Final		w/s-2.1
		No.	Name	Club	Perf	
1	G	21	Claire Capon	Dartford	28.28	

400m		(b)		Final	
		No.	Name	Club	Perf
1	G	42	Hannah Carson	Dartford	65.25
2	S	43	Rebecca Miah	Bexley	68.45

800m		(a)		Final	
		No.	Name	Club	Perf
1	G	53	Jacqueline O'Reilly	Paddock W	2:36.25

1500m		(b)		Final	
		No.	Name	Club	Perf
1	G	53	Jacqueline O'Reilly	Paddock W	5:20.93

Shot		(a)		Final	
		No.	Name	Club	Perf
1	-	104	Natalie Mann	Cambridge H	7.55

7.46, 7.34, 7.42, 7.52, 6.80, 7.55

Discus		(a)		Final	
		No.	Name	Club	Perf
1	-	104	Natalie Mann	Cambridge H	22.00

19.87, 21.04, 21.28, 22.00, x, x

Hammer		(a)		Final	
		No.	Name	Club	Perf
1	G	21	Claire Capon	Dartford	36.01
2	S	104	Natalie Mann	Cambridge H	32.10

32.59, 36.01, 35.33, 34.92, 34.71, x  
28.46, 29.41, 29.43, x, 29.32, 32.10

Javelin		(a)		Final	
		No.	Name	Club	Perf
1	-	104	Natalie Mann	Cambridge H	21.51

21.11, 18.52, 19.91, 21.51, 20.06, 19.73

### W40

100m		(b)		Final		w/s+0.6
		No.	Name	Club	Perf	
1	G	24	Louisa Vallins	Black & Brom	13.46	
2	S	23	Kirstie Taylor (W45)	Dartford	13.84	

CBP

200m		(a)		Final		w/s-2.1
		No.	Name	Club	Perf	
1	G	24	Louisa Vallins	Black & Brom	28.22	
2	S	23	Kirstie Taylor (W45)	Dartford	29.46	
3	B	33	Karolina Mykietyn	Central Park Ath	29.62	
4		31	Karen Cudmore (W45)	Med and Maid	31.74	
5		32	Bernadette Harrop (W45)	Med and Maid	33.37	

400m		(b)		Final	
No.		Name	Club	Perf	
1	G	31	Karen Cudmore (W45)	Med and Maid	70.23
2	S	32	Bernadette Harrop (W45)	Med and Maid	76.20

800m		(a)		Final	
No.		Name	Club	Perf	
1	G	55	Chloe Hammond	Med and Maid	2:34.74
2	S	56	Ashley Pearson (W45)	Black & Brom	2:35.00
3	B	32	Bernadette Harrop (W45)	Med and Maid	3:00.24

5000m		(a)		Final	
No.		Name	Club	Perf	
1	G	55	Chloe Hammond	Med and Maid	20:44.71
2	S	80	Taryne McPherson (W45)	Med and Maid	20:57.22
3	B	66	Olwen Cockell (W45)	Swale	21:29.82

1500m		(b)		Final	
No.		Name	Club	Perf	
1	G	56	Ashley Pearson (W45)	Black & Brom	5:31.01
2	S	66	Olwen Cockell (W45)	Swale	5:48.79

Discus		(a)		Final	
No.		Name	Club	Perf	
1	-	82	Elizabeth Bignell	Paddock W	15.22
2	-	110	Sam Ansell (W45)	Bexley	14.96

15.22, x, x, x, 12.11, x  
14.07, 12.47, x, 14.96, x, 11.38

Hammer		(a)		Final	
No.		Name	Club	Perf	
1	G	113	Stacy Taylor	Dartford	25.78
2	-	82	Elizabeth Bignell	Paddock W	22.06

x, 23.47, 23.18, 25.78, 24.84, x  
x, 21.98, x, x, 20.10, 22.06

Javelin		(a)		Final	
No.		Name	Club	Perf	
1	-	82	Elizabeth Bignell	Paddock W	20.95

20.02, x, 19.69, 19.18, 20.95, 20.70

## W50

100m		(b)		Final		w/s+0.6
No.		Name	Club	Perf		
1	G	26	Diane Wright	Tonbridge	14.45	CBP

200m		(a)		Final		w/s-1.1
No.		Name	Club	Perf		
1	G	34	Wendy Masters	Bexley	30.13	
2	S	26	Diane Wright	Tonbridge	30.60	
		35	Christine Pates (W55)	Bexley	dnf	

800m		(a)		Final	
No.		Name	Club	Perf	
1	G	58	Susan Dixon (W55)	Cambridge H	2:46.23

5000m		(a)		Final	
No.		Name	Club	Perf	
1	G	81	Jane Wren (W55)	S Kent Harr	24:46.88

2000m Walk		(b)		Final	
No.		Name	Club	Perf	
1	G	84	Grazia Manzotti	Tonbridge	10:50.57

CBP

Shot		(a)		Final	
No.		Name	Club	Perf	
1	G	105	Jennifer Agyepong	Cambridge H	9.38
2	S	35	Christine Pates (W55)	Bexley	6.92

8.19, x, 8.89, 9.38, 8.72, 8.58  
6.57, 6.78, x, 6.60, 6.73, 6.92

Discus		(a)		Final	
No.		Name	Club	Perf	
1	G	35	Christine Pates (W55)	Bexley	15.75

15.21, 15.75, 14.76, x, 13.02, 13.32

Hammer		(a)		Final	
No.		Name	Club	Perf	
1	G	105	Jennifer Agyepong	Cambridge H	33.27

27.31, x, x, x, 33.27, 32.52

Javelin		(a)		Final	
No.		Name	Club	Perf	
1	-	35	Christine Pates (W55)	Bexley	13.29

x, x, 8.03, 13.29, 12.53, x

### W60

100m		(b)		Final		w/s+0.6
No.		Name	Club	Perf		
1	G	27	Teresa Eades	Dartford	15.71	

CBP

80m Hurdles		(a)		Final		w/s+0.0
No.		Name	Club	Perf		
		28	Teresa Hinton	Paddock W	dnf	

Shot		(a)		Final	
No.		Name	Club	Perf	
1	G	28	Teresa Hinton	Paddock W	7.24
2	S	94	Liz Slater	Bexley	6.78
3	B	106	Barbara Macanas (W65)	Herne Hill H	6.27
4		92	Lyn Sole	Thanet AC	6.23

6.86, 6.65, 7.24, 6.69, 6.83, 6.93

5.96, 6.59, 6.61, 6.16, 6.78, 6.19

6.19, 5.95, 5.61, 6.20, 6.27, 6.08

5.54, 6.12, 5.60, 6.23, 5.83, x

Discus		(a)		Final	
No.		Name	Club	Perf	
1	G	92	Lyn Sole	Thanet AC	17.78
2	S	106	Barbara Macanas (W65)	Herne Hill H	16.98
3	B	94	Liz Slater	Bexley	14.39
4		111	Christine Lynch	Swale	14.10

16.31, 17.78, x, x, 17.06, 16.93

14.73, 16.35, 15.05, 16.38, 16.98, 15.57

13.20, 10.62, 13.44, 14.39, 13.51, 12.93

12.61, 14.10, 13.68, 13.22, 13.14, 14.06

Hammer		(a)		Final	
No.		Name	Club	Perf	
1	G	106	Barbara Macanas (W65)	Herne Hill H	22.67
2	S	94	Liz Slater	Bexley	20.44
3	B	111	Christine Lynch	Swale	18.82

20.35, 22.67, x, 20.98, 19.13, 20.46

x, 17.31, 18.26, 19.32, 20.44, 18.33

18.28, 18.50, 18.49, 18.82, 18.47, x

Javelin		(a)		Final	
No.		Name	Club	Perf	
1	-	106	Barbara Macanas (W65)	Herne Hill H	11.28

11.28, x, 9.88, 10.46, 9.71, 11.02

### W70

Hammer		(a)		Final	
No.		Name	Club	Perf	
1	-	114	Janet Duffin (W75)	Paddock W	10.60

9.64, 8.39, 9.98, x, 10.60, x