

KCAA Veterans/Masters Championships - Erith Stadium, Erith 10th/11th September 2016

M35

**100m** **Final** w/s+0.4

No.	Name	Club	Perf	
1	G 6	Alexander Lee	Dartford Harriers AC	12.2

**200m** **Final** w/s-4.2

No.	Name	Club	Perf	
1	G 6	Alexander Lee	Dartford Harriers AC	25.77

**800m** **Final**

No.	Name	Club	Perf	
1	G 39	Samuel Coombes	Dartford Harriers AC	2:03.79

CBP

**Long Jump** **Final**

No.	Name	Club	Perf	
1	G 6	Alexander Lee	Dartford Harriers AC	5.82

CBP 5.57, 5.51, 5.82, 5.77, x, 5.77

**Triple Jump** **Final**

No.	Name	Club	Perf	
1	G 6	Alexander Lee	Dartford Harriers AC	11.72

=CBP 11.53, 11.25, 11.68, 11.55, -, 11.72

**Hammer** **Final**

No.	Name	Club	Perf	
1	- 103	Leon Weaving	Thanet AC	31.32

20.09, 31.32, 22.81, x, 28.40, x

M40

**100m** **Final** w/s+0.4

No.	Name	Club	Perf	
1	8	Ciaran Harvey (G)	Lewes AC	11.77
2	G 7	Paul English	Sevenoaks AC	12.43
3	S 9	Marco Ronchetti	Medway & Maidstone AC	13.16

**400m** **Final**

No.	Name	Club	Perf	
1	G 34	Simon Fraser	Tonbridge AC	57.36

**800m** **Final**

No.	Name	Club	Perf	
1	G 41	Matthew Preston	Cambridge Harriers	2:15.42
2	S 40	Adrian Donnelly	Medway & Maidstone AC	2:17.92

**1500m** **Final**

No.	Name	Club	Perf	
1	G 34	Simon Fraser	Tonbridge AC	4:32.28
2	S 53	Neill Wright	Medway & Maidstone AC	4:49.08
3	B 51	Dom Fiore	Cambridge Harriers	5:02.12

**5000m** **Final**

No.	Name	Club	Perf	
1	G 58	Stephen Starvis	Striders of Croydon	17:56.58
2	S 51	Dom Fiore	Cambridge Harriers	18:41.00

**Long Jump** **Final**

No.	Name	Club	Perf	
1	- 85	Stephen Lake	Ashford AC	4.80

4.77, x, 3.59, 4.80, x, 4.66

**Triple Jump** **Final**

No.	Name	Club	Perf	
1	G 85	Stephen Lake	Ashford AC	10.63

x, 10.41, 10.49, 10.58, x, 10.63

**Shot** **Final**

No.	Name	Club	Perf	
1	G 88	Graham Holder	Bexley AC	10.94
2	S 7	Paul English	Sevenoaks AC	9.62

10.44, 10.94, 10.69, x, 10.52, -  
9.06, 9.14, 8.21, 9.26, 9.62, 9.23

**Discus** **Final**

	No.	Name	Club	Perf	
1	G	88	Graham Holder	Bexley AC	33.30

32.25, 32.87, 32.48, 32.13, 32.08, 33.30

### Hammer

### Final

	No.	Name	Club	Perf	
1	G	88	Graham Holder	Bexley AC	48.91

47.12, x, x, x, 46.91, 48.91

### M50

### 100m

### Final

w/s-0.2

	No.	Name	Club	Perf	
1	G	13	David Kemp	Dartford Harriers AC	12.65
2	S	15	Wole Odele	Cambridge Harriers	12.74
3	B	16	Stanley Thomas	Cambridge Harriers	13.04
4		12	Jason Cannon	Tonbridge AC	13.87
5		10	Carl Beech	Swale Combined AC	14.46
6		11	Nigel Brooks	Tonbridge AC	15.04

### 200m

### Final

w/s-4.2

	No.	Name	Club	Perf	
1	G	13	David Kemp	Dartford Harriers AC	26.59
2	S	16	Stanley Thomas	Cambridge Harriers	27.57
3	B	1	Richard Christian	Tonbridge AC	27.95

### 400m

### Final

	No.	Name	Club	Perf	
1	G	15	Wole Odele	Cambridge Harriers	58.04
2	S	13	David Kemp	Dartford Harriers AC	58.58
3	B	35	Colin Bates	Dartford Harriers AC	61.74

### 800m

### Final

	No.	Name	Club	Perf	
1	G	45	Andrew Howey	Tunbridge Wells Harriers	2:16.11
2	S	35	Colin Bates	Dartford Harriers AC	2:19.22
3	B	46	Ian Mackett	Ashford AC	2:58.28

### 1500m

### Final

	No.	Name	Club	Perf	
1	G	45	Andrew Howey	Tunbridge Wells Harriers	4:34.56
2	S	61	Martin Kelk	Invicta East Kent AC	4:51.21

### 5000m

### Final

	No.	Name	Club	Perf	
1	G	54	Tony Tuohy	Dulwich Runners AC	17:34.39
2	S	60	Martin Hawkins	Cambridge Harriers	21:20.80
3	-	59	Leon Goldsack	Dover Roadrunners AC	30:43.09

### 100m Hurdles

### Final

w/s-1.4

	No.	Name	Club	Perf	
1	G	1	Richard Christian	Tonbridge AC	18.58

### 400m Hurdles

### Final

	No.	Name	Club	Perf	
1	G	1	Richard Christian	Tonbridge AC	71.62

### High Jump

### Final

	No.	Name	Club	Perf	
1	G	74	Gary Capon	Dartford Harriers AC	1.58
2	S	1	Richard Christian	Tonbridge AC	1.40
3	B	73	John Bancroft	Bexley AC	1.37

### Pole Vault

### Final

	No.	Name	Club	Perf	
1	G	80	Wayne Martin	Hastings AC	2.60

2.00 o;2.10 -;2.20 -;2.40 -;2.50 -;2.60 xo;2.90 xxx

### Long Jump

### Final

	No.	Name	Club	Perf	
1	-	86	Paul Newton	Medway & Maidstone AC	4.29

x, x, 4.29, x, 3.98, x

### Shot

### Final

		No.	Name	Club	Perf
1	G	89	Anthony Tipping	Cambridge Harriers	12.57
2	S	90	Peter Wishart	Cambridge Harriers	10.08
3	B	1	Richard Christian	Tonbridge AC	8.36
4		75	Richard Scoones	Swale Combined AC	7.95

12.01, 12.01, 12.05, 12.57, 11.91, 11.80  
9.06, x, 10.08, x, 9.53, 9.63  
7.67, 7.60, 7.71, 7.87, 8.05, 8.36  
7.95, 7.68, -, 7.88, 7.76, x

### Discus

#### Final

		No.	Name	Club	Perf
1	G	89	Anthony Tipping	Cambridge Harriers	37.28
2	S	101	Andrew Rushbrook	Bexley AC	33.10
3	B	90	Peter Wishart	Cambridge Harriers	30.82
4		75	Richard Scoones	Swale Combined AC	28.73

32.64, 34.52, 37.28, 34.44, x, 35.49  
x, 31.56, 33.10, x, x, 28.36  
30.82, 30.-9, x, 29.14, x, x  
27.68, 25.74, 28.73, 26.73, x, 27.52

### Hammer

#### Final

		No.	Name	Club	Perf
1	G	89	Anthony Tipping	Cambridge Harriers	42.54
2	S	101	Andrew Rushbrook	Bexley AC	34.90
3	B	104	Paul Searing	Dartford Harriers AC	33.22
4		75	Richard Scoones	Swale Combined AC	25.39

42.00, x, 40.96, 42.54, 40.78, 42.50  
x, 30.25, 34.90, 34.53, x, x  
33.22, 32.62, 30.78, x, x, -  
25.39, x, x, x, x, x

### Javelin

#### Final

		No.	Name	Club	Perf
1	G	104	Paul Searing	Dartford Harriers AC	34.66
2	-	11	Nigel Brooks	Tonbridge AC	27.52
3	B	75	Richard Scoones	Swale Combined AC	26.56

34.66, 31.37, 33.40, 32.16, 32.62, 34.24  
25.44, 26.46, 23.73, 27.52, x, 24.15  
21.68, 22.14, 26.56, 25.71, x, 25.64

### M60

#### 100m

#### Final

w/s+0.1

		No.	Name	Club	Perf
1	G	18	Les Percival	Paddock Wood AC	13.68
2	S	20	Peter Watts	Swanley and District AC	16.64

CBP

#### 200m

#### Final

w/s-1.4

		No.	Name	Club	Perf
1	G	20	Peter Watts	Swanley and District AC	34.79

#### 400m

#### Final

		No.	Name	Club	Perf
1	G	18	Les Percival	Paddock Wood AC	66.07
2	S	36	Stephen Hesketh	Medway & Maidstone AC	71.23

#### 800m

#### Final

		No.	Name	Club	Perf
1	G	49	Ian McCarthy	Cambridge Harriers	2:45.60
2	S	36	Stephen Hesketh	Medway & Maidstone AC	2:46.53
3	B	20	Peter Watts	Swanley and District AC	3:07.23

#### 1500m

#### Final

		No.	Name	Club	Perf
1	G	49	Ian McCarthy	Cambridge Harriers	5:44.46

#### 5000m

#### Final

		No.	Name	Club	Perf
1	G	65	Peter Russell	South Kent Harriers	21:04.58
2	S	55	Robert Coombes	Dartford Harriers AC	23:49.66

#### 100m Hurdles

#### Final

w/s-1.4

		No.	Name	Club	Perf
1	G	2	Robert Sibley	Medway & Maidstone AC	19.31

#### 2000m Walk

#### Final

		No.	Name	Club	Perf
1	G	20	Peter Watts	Swanley and District AC	12:33.11

CBP

**High Jump****Final**

No.	Name	Club	Perf
1	G 77 Paul Oakes	Ashford AC	1.31

**Pole Vault****Final**

No.	Name	Club	Perf
1	G 81 Allan Williams	Blackheath & Bromley H AC	3.20
2	S 77 Paul Oakes	Ashford AC	2.40

3.10 xo;3.20 o;3.30 xxx  
2.40 o;2.50 o;2.60 -;2.90 xxx

**Triple Jump****Final**

No.	Name	Club	Perf
1	G 2 Robert Sibley	Medway & Maidstone AC	8.46

7.73, 8.41, 8.33, 8.46, 8.27, x

**Shot****Final**

No.	Name	Club	Perf
1	91 Tony Richards (G)	Croydon Harriers	10.83

10.73, x, 10.77, 10.83, 10.83, x

**Hammer****Final**

No.	Name	Club	Perf
1	- 105 David Perman	Paddock Wood AC	18.67

18.46, 17.95, 18.24, 17.57, 16.72, 18.67

**Javelin****Final**

No.	Name	Club	Perf
1	91 Tony Richards (G)	Croydon Harriers	29.47

28.05, 28.61, 27.33, 27.86, x, 29.47

**M70****100m****Final**

w/s+0.1

No.	Name	Club	Perf
1	G 22 Anthony Garrett	Bexley AC	16.94
2	S 23 Mike Martineau	Bromley Vets AC	17.01

**200m****Final**

w/s-1.4

No.	Name	Club	Perf
1	G 22 Anthony Garrett	Bexley AC	36.45
2	- 23 Mike Martineau	Bromley Vets AC	41.45

**400m****Final**

No.	Name	Club	Perf
1	G 38 Arthur Kimber	Dartford Harriers AC	90.41

**Long Jump****Final**

No.	Name	Club	Perf
1	G 23 Mike Martineau	Bromley Vets AC	3.15

2.47, 3.15, wd

**Triple Jump****Final**

No.	Name	Club	Perf
1	G 23 Mike Martineau	Bromley Vets AC	5.70

5.70, wd

**Shot****Final**

No.	Name	Club	Perf
1	G 93 John Gilbert	Invicta East Kent AC	9.10
2	S 92 Trevor Bent	Dartford Harriers AC	8.02

9.10, x, x, 9.08, x, x  
7.97, 8.02, 7.79, -, -, -

**Discus****Final**

No.	Name	Club	Perf
1	G 93 John Gilbert	Invicta East Kent AC	26.91
2	- 102 Michael Duffin	Paddock Wood AC	17.01

x, 25.89, 26.40, 26.91, 26.22, x  
17.01, x, x, x, 16.45, 16.93

**Hammer****Final**

No.	Name	Club	Perf
1	G 93 John Gilbert	Invicta East Kent AC	30.48
2	S 92 Trevor Bent	Dartford Harriers AC	24.76
3	B 102 Michael Duffin	Paddock Wood AC	23.16

28.55, 29.44, 29.40, 30.48, 29.59, x  
23.45, 24.05, 24.41, 23.75, x, 24.76  
23.16, 21.58, x, 21.06, x, 22.19

**Javelin****Final**

No.	Name	Club	Perf
1	G 102 Michael Duffin	Paddock Wood AC	22.67
2	S 93 John Gilbert	Invicta East Kent AC	22.62

21.94, 22.67, 22.31, 22.02, 21.36, 22.04  
19.80, 22.35, x, 21.83, x, 22.62

**M80**

<b>100m</b>					<b>Final</b>	<b>w/s+1.5</b>
		No.	Name	Club	Perf	
1	G	25	Richard Pitcairn-Knowles	Sevenoaks AC	20.93	
2	-	24	Ronald Denney	Sevenoaks AC	22.52	

<b>200m</b>					<b>Final</b>	<b>w/s-1.4</b>
		No.	Name	Club	Perf	
1	G	25	Richard Pitcairn-Knowles	Sevenoaks AC	45.43	
2	-	24	Ronald Denney	Sevenoaks AC	48.12	

<b>400m</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	24	Ronald Denney	Sevenoaks AC	107.41	CBP

<b>800m</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	24	Ronald Denney	Sevenoaks AC	4:09.61	

<b>1500m</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	25	Richard Pitcairn-Knowles	Sevenoaks AC	8:20.75	
2	S	24	Ronald Denney	Sevenoaks AC	8:23.50	

<b>5000m</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	25	Richard Pitcairn-Knowles	Sevenoaks AC	30:22.76	
2	S	24	Ronald Denney	Sevenoaks AC	30:49.04	

<b>Shot</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	94	John Kirkham	Veterans AC	6.81	6.46, 6.56, 6.35, 6.55, 6.81, 6.41

<b>Discus</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	24	Ronald Denney	Sevenoaks AC	15.51	15.02, 14.67, 15.51, x, x, 14.53
2	S	94	John Kirkham	Veterans AC	15.03	12.90, 13.07, 14.35, 15.03, 14.62, 12.21

<b>Hammer</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	G	94	John Kirkham	Veterans AC	20.43	20.43, 17.94, 19.68, 19.30, 19.49, 17.19
2	-	24	Ronald Denney	Sevenoaks AC	12.09	8.75, 11.35, 9.69, 12.09, 11.06, 12.04

<b>Javelin</b>					<b>Final</b>	
		No.	Name	Club	Perf	
1	-	94	John Kirkham	Veterans AC	12.72	10.12, 8.91, x, 12.72, x, 10.56
2	-	24	Ronald Denney	Sevenoaks AC	9.13	7.60, 8.11, x, 9.13, 6.85, 6.61

**W35**

<b>100m</b>					<b>Final</b>	<b>w/s+0.7</b>
		No.	Name	Club	Perf	
1	G	4	Kimberley Taylor	Dartford Harriers AC	14.71	

<b>200m</b>					<b>Final</b>	<b>w/s-4.3</b>
		No.	Name	Club	Perf	
1	G	4	Kimberley Taylor	Dartford Harriers AC	31.09	

<b>100m Hurdles</b>					<b>Final</b>	<b>w/s-1.4</b>
		No.	Name	Club	Perf	
1	G	4	Kimberley Taylor	Dartford Harriers AC	19.14	CBP
2	-	3	Sarah Dodds	Bexley AC	20.21	

<b>400m Hurdles</b>					<b>Final</b>	
		No.	Name	Club	Perf	
		3	Sarah Dodds	Bexley AC	dnf	

**Shot**

					<b>Final</b>
No.		Name	Club	Perf	
1	-	96	Sarah Steadman	Bexley AC	8.31
2	-	4	Kimberley Taylor	Dartford Harriers AC	6.78
3	-	95	Elizabeth Duffin	Paddock Wood AC	6.24

7.70, 7.60, 7.44, 7.67, 8.31, 7.32  
6.30, 6.78, 6.28, 5.47, x, 6.47  
5.92, 5.70, 6.24, 5.59, 5.65, 6.07

**Discus**

					<b>Final</b>
No.		Name	Club	Perf	
1	-	95	Elizabeth Duffin	Paddock Wood AC	14.58

13.26, x, 14.58, x, 12.88, 14.27

**Hammer**

					<b>Final</b>
No.		Name	Club	Perf	
1	G	96	Sarah Steadman	Bexley AC	32.55
2	S	106	Stacy Taylor	Dartford Harriers AC	27.04
3	-	95	Elizabeth Duffin	Paddock Wood AC	18.74

32.55, 31.94, 25.68, 28.32, 29.24, nt  
22.37, 22.11, 27.04, 26.06, nt, 23.49  
15.11, 18.74, 17.40, 18.09, nt, 15.26

**Javelin**

					<b>Final</b>
No.		Name	Club	Perf	
1	-	95	Elizabeth Duffin	Paddock Wood AC	21.62

18.14, x, 18.11, 19.75, 20.92, 21.62

**W40**

					<b>Final</b>	w/s+0.7
No.		Name	Club	Perf		
1	G	26	Kirstie Taylor	Dartford Harriers AC	13.90	
2	S	28	Diane Wright	Tonbridge AC	14.88	
3	B	27	Kate Maryon	Paddock Wood AC	15.15	

					<b>Final</b>	w/s-4.3
No.		Name	Club	Perf		
1	G	26	Kirstie Taylor	Dartford Harriers AC	29.79	
2	S	33	Wendy Masters	Bexley AC	30.71	

					<b>Final</b>
No.		Name	Club	Perf	
1	G	26	Kirstie Taylor	Dartford Harriers AC	69.66
2	S	33	Wendy Masters	Bexley AC	70.53

					<b>Final</b>
No.		Name	Club	Perf	
1	G	56	Nicola Charlton	Canterbury Harriers	22:00.95

					<b>Final</b>
No.		Name	Club	Perf	
1	G	50	Wendy Prowse	Bexley AC	5:37.69

**Long Jump**

					<b>Final</b>
No.		Name	Club	Perf	
1	G	33	Wendy Masters	Bexley AC	4.48
2	S	27	Kate Maryon	Paddock Wood AC	4.14

4.48, 4.07, 3.63, 4.16, 3.69, 4.22  
x, 3.81, 3.81, x, 4.14, x

**Javelin**

					<b>Final</b>
No.		Name	Club	Perf	
1	G	26	Kirstie Taylor	Dartford Harriers AC	23.26

23.02, 19.89, 23.26, x, 21.20, 19.73

**W50**

					<b>Final</b>	w/s+0.7
No.		Name	Club	Perf		
1	G	29	Teresa Eades	Dartford Harriers AC	15.28	

					<b>Final</b>
No.		Name	Club	Perf	
1	G	68	Kim Howes	Swale Combined AC	21:18.69

**2000m Walk**

					<b>Final</b>
No.		Name	Club	Perf	
1	G	71	Diane Bradley	Tonbridge AC	12:36.76
2	S	72	Geraldine Legon	Bexley AC	13:27.99

**High Jump****Final**

No.	Name	Club	Perf
1	G 29 Teresa Eades	Dartford Harriers AC	1.31
2	S 79 Liz Slater	Bexley AC	1.16
3	B 78 Christine Pates	Bexley AC	1.13

**Pole Vault****Final**

No.	Name	Club	Perf
1	G 29 Teresa Eades	Dartford Harriers AC	2.40

2.00 o;2.10 -;2.20 o;2.40 xxo;2.50 xxx

**Long Jump****Final**

No.	Name	Club	Perf
1	G 29 Teresa Eades	Dartford Harriers AC	4.16
2	S 78 Christine Pates	Bexley AC	3.41

CBP 4.01, 3.92, 4.05, 4.16, 3.91, 3.97  
x, 2.91, 2.84, 3.37, x, 3.41**Triple Jump****Final**

No.	Name	Club	Perf
1	G 29 Teresa Eades	Dartford Harriers AC	9.35

CBP 8.71, 9.35, 8.89, -, -, -

**Shot****Final**

No.	Name	Club	Perf
1	G 98 Anne Thacker	Dartford Harriers AC	9.30
2	S 78 Christine Pates	Bexley AC	7.04
3	B 79 Liz Slater	Bexley AC	6.89
4	97 Christine Lynch	Swale Combined AC	5.59

8.05, 8.64, 9.30, 8.75, 8.87, 8.57  
6.80, 7.04, 6.60, x, 6.38, 6.70  
6.74, 6.62, 6.40, 6.20, 6.48, 6.89  
5.59, 5.34, 5.42, 5.56, 5.35, 5.47**Discus****Final**

No.	Name	Club	Perf
1	G 71 Diane Bradley	Tonbridge AC	19.35
2	S 79 Liz Slater	Bexley AC	16.43
3	- 78 Christine Pates	Bexley AC	15.61

17.20, 19.35, x, 17.78, 17.24, x  
-, 14.02, 14.64, 16.43, 14.72, 13.01  
-, 15.61, 15.47, 14.87, 15.51, x**Hammer****Final**

No.	Name	Club	Perf
1	G 79 Liz Slater	Bexley AC	23.24
2	S 98 Anne Thacker	Dartford Harriers AC	22.23
3	B 97 Christine Lynch	Swale Combined AC	20.03
4	71 Diane Bradley	Tonbridge AC	17.04

22.34, 22.45, 23.24, nt, 21.21, 23.20  
nt, 22.23, 22.23, 21.00, 21.29, 21.20  
19.23, 18.93, 20.03, nt, 17.92, 17.68  
17.04, nt, nt, 13.79, 16.08, 15.63**Javelin****Final**

No.	Name	Club	Perf
1	G 98 Anne Thacker	Dartford Harriers AC	22.46
2	- 78 Christine Pates	Bexley AC	15.12

20.44, 18.62, 18.73, 22.46, x, x  
13.70, x, 13.8, 15.12, 14.25, x**W60****100m****Final**

w/s+1.5

No.	Name	Club	Perf
1	G 30 Nicola Buckwell	Tonbridge AC	16.96

**200m****Final**

w/s-4.3

No.	Name	Club	Perf
1	G 5 Fiona Argent	Medway & Maidstone AC	36.55
2	S 30 Nicola Buckwell	Tonbridge AC	37.00

**5000m****Final**

No.	Name	Club	Perf
1	70 Maggie Statham (G)	Holland Sports AC	21:40.64

**80m Hurdles****Final**

w/s-2.9

No.	Name	Club	Perf
1	G 5 Fiona Argent	Medway & Maidstone AC	19.41

**300m Hurdles****Final**

No.	Name	Club	Perf
	5 Fiona Argent	Medway & Maidstone AC	disq

**Pole Vault****Final**

No.	Name	Club	Perf
1	84 Sue Dassie (G)	Epsom & Ewell Harriers	2.10

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

**Hammer****Final**

No.	Name	Club	Perf
1	- 30 Nicola Buckwell	Tonbridge AC	15.36

nt, nt, 14.21, 15.36, nt, nt

**W70****100m****Final**

w/s+1.5

No.	Name	Club	Perf
1	G 31 Anne Brenchley	Tonbridge AC	20.20

NCBP

**200m****Final**

w/s-4.3

No.	Name	Club	Perf
1	G 31 Anne Brenchley	Tonbridge AC	43.38

NCBP

**400m****Final**

No.	Name	Club	Perf
1	G 31 Anne Brenchley	Tonbridge AC	97.22

NCBP

**Shot****Final**

No.	Name	Club	Perf
1	G 100 Barbara Terry	Blackheath & Bromley H AC	7.07
2	S 99 Marlow Hadler	Cambridge Harriers	5.72

CBP 6.67, 6.56, 7.07, x, 6.43, x  
4.94, 5.29, 5.66, 5.72, x, x**Discus****Final**

No.	Name	Club	Perf
1	G 100 Barbara Terry	Blackheath & Bromley H AC	15.73

CBP 15.56, 14.79, 15.33, 15.01, 15.73, 14.72

**Hammer****Final**

No.	Name	Club	Perf
1	G 100 Barbara Terry	Blackheath & Bromley H AC	19.98
2	S 99 Marlow Hadler	Cambridge Harriers	16.60

CBP 19.18, 18.77, 19.73, nt, 18.38, 19.98  
16.05, 16.60, 16.28, 13.15, nt, nt**Javelin****Final**

No.	Name	Club	Perf
1	G 100 Barbara Terry	Blackheath & Bromley H AC	14.43

CBP 13.55, 13.91, 14.43, 14.07, 13.04, x