

KCAA Veterans/Masters Championships - Erith Stadium, Erith 12th/13th September 2015

M35

400m

Final

	No.	Name	Club	Perf	
1	G	26	Rick Hudson	Swale Combined AC	60.58
		25	John Baker	Bexley AC	dns

800m

Final

	No.	Name	Club	Perf	
1	G	25	John Baker	Bexley AC	2:14.56

1500m

Final

	No.	Name	Club	Perf	
1	G	34	Simon Fraser	Tonbridge AC	4:21.12
2	S	25	John Baker	Bexley AC	4:40.34

CBP

Long Jump

Final

	No.	Name	Club	Perf	
1	G	26	Rick Hudson	Swale Combined AC	5.48

5.48, 5.13, 5.30, nj, 5.09, 5.02

Hammer

Final

	No.	Name	Club	Perf	
1	-	80	Leon Weaving	Thanet AC	26.92

nt, nt, 20.85, nt, nt, 26.92

M40

100m

Final

w/s-1.1

	No.	Name	Club	Perf	
1	G	3	Mark McAllister	Tonbridge AC	12.30
2	S	2	Scott Craddock	Medway & Maidstone AC	12.40

200m

Final

w/s-5.3

	No.	Name	Club	Perf	
1	G	3	Mark McAllister	Tonbridge AC	25.80
2	S	2	Scott Craddock	Medway & Maidstone AC	26.16
3	-	20	Mick Hrabe	Dartford Harriers AC	29.87

400m

Final

	No.	Name	Club	Perf	
1	G	3	Mark McAllister	Tonbridge AC	57.92

800m

Final

	No.	Name	Club	Perf	
1	G	35	Gavin Kitchingham	Orpington Road Runners	2:18.17
2	S	36	Matthew Preston	Cambridge Harriers	2:20.22

1500m

Final

	No.	Name	Club	Perf	
1	-	20	Mick Hrabe	Dartford Harriers AC	5:43.44

5000m

Final

	No.	Name	Club	Perf	
1	G	48	Christian Poulton	Cambridge Harriers	17:57.73
2	S	47	Allen Jones	Medway & Maidstone AC	18:29.93

400m Hurdles

Final

	No.	Name	Club	Perf	
1	G	51	Kehinde Dauda	Kent AC	64.05

Triple Jump

Final

	No.	Name	Club	Perf	
1	G	62	Stephen Lake	Ashford AC	11.22

10.85, nj, 10.87, nj, nj, 11.22

Shot

Final

	No.	Name	Club	Perf	
1	G	65	Graham Holder	Bexley AC	10.92

10.28, 10.92, 10.84, 10.63, 10.59, 10.50

Discus					Final
No.	Name	Club	Perf		
1	G 65	Graham Holder	Bexley AC	34.52	

32.03, 34.43, 32.54, 34.43, 33.20, 34.52

Hammer					Final
No.	Name	Club	Perf		
1	G 65	Graham Holder	Bexley AC	51.71	

45.95, 51.71, 51.15, 51.37, 50.60, nt

M50

100m					Final	w/s-0.6
No.	Name	Club	Perf			
1	G 9	Mark Woods	Paddock Wood AC	12.71		
2	S 4	David Kemp	Dartford Harriers AC	12.90		
3	B 6	Wole Odele	Cambridge Harriers	13.25		
4	8	Andrew Rushbrook	Bexley AC	13.67		
5	- 5	Ian Mackett	Ashford AC	15.59		

200m					Final	w/s-0.8
No.	Name	Club	Perf			
1	G 4	David Kemp	Dartford Harriers AC	26.15		
2	S 6	Wole Odele	Cambridge Harriers	27.68		
3	B 8	Andrew Rushbrook	Bexley AC	29.10		

400m					Final
No.	Name	Club	Perf		
1	G 6	Wole Odele	Cambridge Harriers	62.57	

800m					Final
No.	Name	Club	Perf		
1	G 39	Andrew Howey	Tunbridge Wells Harriers	2:21.27	
2	- 5	Ian Mackett	Ashford AC	2:56.28	

5000m					Final
No.	Name	Club	Perf		
1	G 43	Tony Tuohy	Dulwich Runners	17:29.26	
2	S 50	Martin Hawkins	Cambridge Harriers	19:49.70	

High Jump					Final
No.	Name	Club	Perf		
1	G 56	Gary Capon	Dartford Harriers AC	1.45	
2	S 55	John Bancroft	Bexley AC	1.42	

1.36 o;1.42 -;1.45 o;1.51 xwd
1.30 o;1.36 o;1.42 xo;1.45 xxx

Pole Vault					Final
No.	Name	Club	Perf		
1	G 60	Peter Ebbage	Tonbridge AC	2.95	
2	S 86	Wayne Martin	Hastings AC	2.70	

2.40 o;2.50 o;2.60 o;2.70 xo;2.80 xo;2.90 xxo;2.95 o;3.00 wd
1.80 o;2.20 -;2.30 -;2.40 xo;2.50 xxo;2.60 xo;2.70 xxo;2.80 xxx

Long Jump					Final
No.	Name	Club	Perf		
1	G 6	Wole Odele	Cambridge Harriers	4.76	

3.95, 4.76, 4.06, 4.39, -, nj

Triple Jump					Final
No.	Name	Club	Perf		
1	G 6	Wole Odele	Cambridge Harriers	9.41	

nj, 8.87, 9.41, 7.42, nj, nj

Shot					Final
No.	Name	Club	Perf		
1	G 66	Michael Farrell	Swale Combined AC	9.03	
2	S 69	Peter Wishart	Cambridge Harriers	8.77	
3	B 67	Richard Scoones	Swale Combined AC	8.05	

8.84, 7.87, 9.03, 8.38, 8.51, 8.38
8.73, 8.21, 8.77, 8.54, 8.12, 8.62
7.51, 7.91, 7.66, 8.05, rtd

Discus					Final
No.	Name	Club	Perf		
1	G 8	Andrew Rushbrook	Bexley AC	30.66	
2	S 60	Peter Ebbage	Tonbridge AC	30.54	
3	B 69	Peter Wishart	Cambridge Harriers	30.50	
4	67	Richard Scoones	Swale Combined AC	29.44	
5	66	Michael Farrell	Swale Combined AC	27.68	

nt, 25.88, 30.32, 29.95, 30.56, 30.66
nt, 27.68, 30.07, 30.54, 30.01, nt
27.42, 27.90, 30.50, 29.56, 30.07, nt
25.01, 28.94, nt, 26.04, 24.86, 29.44
23.26, 26.01, 27.68, nt, nt, nt

Hammer**Final**

	No.	Name	Club	Perf	
1	G	8	Andrew Rushbrook	Bexley AC	34.05
2	S	60	Peter Ebbage	Tonbridge AC	28.91
3	-	67	Richard Scoones	Swale Combined AC	26.38

32.26, 31.12, 33.45, 30.98, nt, 34.05
 21.66, 25.99, 27.76, 27.42, 27.14, 28.91
 22.79, 26.13, nt, nt, nt, 26.38

Javelin**Final**

	No.	Name	Club	Perf	
1	-	67	Richard Scoones	Swale Combined AC	25.86
2	-	66	Michael Farrell	Swale Combined AC	24.23

24.50, 25.35, 25.86, nt, 25.00, nt
 24.23, 23.21, nt, nt, 23.02, 19.97

M60**800m****Final**

	No.	Name	Club	Perf	
1	G	41	Christopher Marshall	Bromley Vets AC	2:46.80
2	S	40	Peter Hamilton	Blackheath & Bromley H AC	2:54.21

1500m**Final**

	No.	Name	Club	Perf	
1	G	40	Peter Hamilton	Blackheath & Bromley H AC	5:50.11

5000m**Final**

	No.	Name	Club	Perf	
1	G	44	Michael Ellsmore	Cambridge Harriers	19:45.57
2	S	11	Robert Coombes	Dartford Harriers AC	24:41.85

100m Hurdles**Final**

w/s-0.1

	No.	Name	Club	Perf	
1	G	52	Robert Sibley	Medway & Maidstone AC	18.64

Triple Jump**Final**

	No.	Name	Club	Perf	
1	G	52	Robert Sibley	Medway & Maidstone AC	8.47

8.34, 7.22, 8.47, nj, 8.28, nj

Shot**Final**

	No.	Name	Club	Perf	
1		71	Anthony Richards (G)	Croydon Harriers	11.56
2	G	72	John Stevens	Bexley AC	10.76

nt, 11.52, 11.41, 11.56, nt, nt
 10.76, 10.38, 10.15, 10.25, nt, 10.04

Discus**Final**

	No.	Name	Club	Perf	
1		71	Anthony Richards (G)	Croydon Harriers	37.63
2	G	72	John Stevens	Bexley AC	30.22

nt, nt, 25.23, nt, 37.63, nt
 nt, 27.83, 28.51, 30.22, 26.30, nt

Hammer**Final**

	No.	Name	Club	Perf	
1	G	72	John Stevens	Bexley AC	36.10

32.07, 34.97, 36.10, 32.92, 33.75, 34.32

Javelin**Final**

	No.	Name	Club	Perf	
1		71	Anthony Richards (G)	Croydon Harriers	35.67
2	G	72	John Stevens	Bexley AC	30.81

32.10, 32.06, 34.06, 35.67, 35.35, 33.83
 28.74, 30.81, 28.21, 29.73, nt, 27.52

M70**200m****Final**

w/s-4.5

	No.	Name	Club	Perf	
1	-	22	Ronald Denney	Sevenoaks AC	46.62

400m**Final**

	No.	Name	Club	Perf	
1	-	22	Ronald Denney	Sevenoaks AC	1:07.66

800m**Final**

	No.	Name	Club	Perf	
1	-	22	Ronald Denney	Sevenoaks AC	3:59.86

1500m**Final**

No.	Name	Club	Perf	
1	- 22	Ronald Denney	Sevenoaks AC	8:26.92

5000m**Final**

No.	Name	Club	Perf	
	22	Ronald Denney	Sevenoaks AC	dnf

Shot**Final**

No.	Name	Club	Perf	
1	G 74	John Gilbert	Invicta East Kent AC	9.68
2	S 73	Trevor Bent	Dartford Harriers AC	8.38

9.05, 9.68, 9.48, 9.54, nt, nt
8.03, 7.86, 8.29, nt, 8.38, nt

Discus**Final**

No.	Name	Club	Perf	
1	G 73	Trevor Bent	Dartford Harriers AC	23.19
2	S 22	Ronald Denney	Sevenoaks AC	17.94

nt, 20.86, 21.60, nt, nt, 23.19
8.46, 17.39, 17.94, 12.78, 16.19, nt

Hammer**Final**

No.	Name	Club	Perf	
1	G 73	Trevor Bent	Dartford Harriers AC	25.70

23.76, 23.63, 25.70, 24.74, -, -

Javelin**Final**

No.	Name	Club	Perf	
1	G 74	John Gilbert	Invicta East Kent AC	26.88
2	S 84	Michael Duffin	Paddock Wood AC	20.96
3	- 22	Ronald Denney	Sevenoaks AC	9.16

nt, 26.88, 24.85, 25.70, 25.40, nt
20.63, 20.94, 19.42, 20.20, 20.96, 17.54
nt, 7.62, 7.35, nt, 8.77, 9.16

M80**100m****Final**

w/s+1.0

No.	Name	Club	Perf	
1	G 13	Richard Pitcairn-Knowles	Sevenoaks AC	20.38

200m**Final**

w/s-4.5

No.	Name	Club	Perf	
1	G 13	Richard Pitcairn-Knowles	Sevenoaks AC	44.35

400m**Final**

No.	Name	Club	Perf	
1	G 13	Richard Pitcairn-Knowles	Sevenoaks AC	117.59

800m**Final**

No.	Name	Club	Perf	
1	- 13	Richard Pitcairn-Knowles	Sevenoaks AC	4:23.70

Shot**Final**

No.	Name	Club	Perf	
1	G 75	Warwick Dixon	Cambridge Harriers	7.88

nt, 7.88, nt, 7.26, 7.02, nt

Discus**Final**

No.	Name	Club	Perf	
1	G 75	Warwick Dixon	Cambridge Harriers	28.69

CBP 19.67, 26.71, 28.51, 28.69, nt, nt

Hammer**Final**

No.	Name	Club	Perf	
1	G 75	Warwick Dixon	Cambridge Harriers	32.09

CBP 28.67, 27.87, nt, 32.09, 27.15, nt

Javelin**Final**

No.	Name	Club	Perf	
1	G 75	Warwick Dixon	Cambridge Harriers	17.28

12.37, nt, 17.28, 11.73, 14.89

W35**100m****Final**

w/s-1.1

No.	Name	Club	Perf	
1	G 14	Kimberley Taylor	Dartford Harriers AC	14.90

800m					Final
No.		Name	Club	Perf	
1	-	30	Helen Nyberg-Mitroi	Dartford Harriers AC	2:51.62

100m Hurdles					Final	w/s-0.1
No.		Name	Club	Perf		
1	G	14	Kimberley Taylor	Dartford Harriers AC	19.62	

Triple Jump					Final
No.		Name	Club	Perf	
1	G	14	Kimberley Taylor	Dartford Harriers AC	8.21

nj, 8.21, 8.08, 8.02, -, -

Hammer					Final
No.		Name	Club	Perf	
1	G	82	Stacy Taylor	Dartford Harriers AC	27.43

21.58, nt, 23.10, 24.85, 26.25, 27.43

W40

100m					Final	w/s-1.1
No.		Name	Club	Perf		
1	G	17	Kirstie Taylor	Dartford Harriers AC	14.03	
2	S	16	Kate Maryon	Paddock Wood AC	15.07	

200m					Final	w/s-4.5
No.		Name	Club	Perf		
1	G	17	Kirstie Taylor	Dartford Harriers AC	29.80	
2	S	23	Allison Page	Dartford Harriers AC	31.16	

400m					Final
No.		Name	Club	Perf	
1	G	17	Kirstie Taylor	Dartford Harriers AC	70.02
2	S	31	Wendy Masters	Bexley AC	74.82

800m					Final
No.		Name	Club	Perf	
1	G	42	Anoushka Johnson	Dartford Harriers AC	2:32.13

CBP

1500m					Final
No.		Name	Club	Perf	
1	G	42	Anoushka Johnson	Dartford Harriers AC	5:07.04

Discus					Final
No.		Name	Club	Perf	
1	-	79	Julie Manser	Unattached	19.81

15.44, nt, 18.68, 18.10, 17.68, 19.81

Javelin					Final
No.		Name	Club	Perf	
1	G	17	Kirstie Taylor	Dartford Harriers AC	22.24

22.24, 19.24, 22.09, 19.97, nt, 21.13

W50

100m					Final	w/s+1.0
No.		Name	Club	Perf		
1	G	18	Teresa Eades	Dartford Harriers AC	15.41	
2	-	19	Julie Thomson	Tonbridge AC	21.00	

5000m					Final
No.		Name	Club	Perf	
1	G	45	Kim Howes	Swale Combined AC	20:49.05

2000m Walk					Final
No.		Name	Club	Perf	
1	G	54	Geraldine Legon	Bexley AC	12:44.19

High Jump					Final
No.		Name	Club	Perf	
1	G	18	Teresa Eades	Dartford Harriers AC	1.27
2	S	57	Christine Pates	Bexley AC	1.18
3	B	58	Liz Slater	Bexley AC	1.18

1.18 o;1.21 o;1.24 o;1.27 o;1.30 xxx
1.06 o;1.09 -;1.12 o;1.15 o;1.18 o;1.21 xxx
1.06 o;1.09 o;1.12 o;1.15 o;1.18 xo;1.21 xxx

Pole Vault**Final**

No.	Name	Club	Perf
1	G 18 Teresa Eades	Dartford Harriers AC	2.50
2	S 24 Jacqueline Montgomery	Blackheath & Bromley H AC	2.50

2.20 xxo;2.30 o;2.40 o;2.50 o;2.60 xxx
2.20 xxo;2.30 xo;2.40 o;2.50 o;2.60 xxx

Long Jump**Final**

No.	Name	Club	Perf
1	G 18 Teresa Eades	Dartford Harriers AC	4.15

CBP 3.99, 3.92, 4.15, 3.85, 4.09, 3.88

Triple Jump**Final**

No.	Name	Club	Perf
1	G 18 Teresa Eades	Dartford Harriers AC	8.87

8.42, nj, 8.61, 8.87, nj, 8.74

Shot**Final**

No.	Name	Club	Perf
1	G 57 Christine Pates	Bexley AC	8.03
2	S 58 Liz Slater	Bexley AC	7.96
3	B 76 Christine Lynch	Swale Combined AC	6.21
4	77 Tuija Vainio-Doiseul	Cambridge Harriers	5.46

7.72, 7.81, 7.94, 8.00, 8.03, 8.01
7.18, 7.44, 7.36, 6.85, 7.96, 7.67
5.65, 5.70, 5.67, 5.59, 5.73, 6.21
4.72, 4.93, 4.81, 4.99, 5.39, 5.46

Discus**Final**

No.	Name	Club	Perf
1	G 57 Christine Pates	Bexley AC	18.78

16.58, 15.37, 18.78, 18.30, 15.80, nt

Hammer**Final**

No.	Name	Club	Perf
1	G 58 Liz Slater	Bexley AC	23.48
2	S 83 Kim Weaving	Thanet AC	21.44

21.27, 23.48, 22.51, nt, 21.16, 20.85
nt, 21.44, 20.15, 21.14, 18.85, 18.64

Javelin**Final**

No.	Name	Club	Perf
1	G 57 Christine Pates	Bexley AC	20.70
2	- 77 Tuija Vainio-Doiseul	Cambridge Harriers	13.73

13.91, 20.70, 18.51, 19.12, 16.56, 19.19
12.04, nt, nt, 13.73, nt, 12.15

W60**80m Hurdles****Final**

w/s-2.3

No.	Name	Club	Perf
1	G 33 Fiona Argent	Medway & Maidstone AC	18.57

300m Hurdles**Final**

No.	Name	Club	Perf
1	G 33 Fiona Argent	Medway & Maidstone AC	64.81

High Jump**Final**

No.	Name	Club	Perf
1	G 59 Patricia Oakes	Ashford AC	1.09

1.00 o;1.03 o;1.06 o;1.09 o;1.12 xxx

Triple Jump**Final**

No.	Name	Club	Perf
1	G 59 Patricia Oakes	Ashford AC	6.39

6.22, 6.39, 6.34, 6.08, 6.12, 6.23

Shot**Final**

No.	Name	Club	Perf
1	G 78 Barbara Terry	Blackheath & Bromley H AC	7.90

7.41, 7.90, 7.16, 7.36, 7.64, 7.27

Discus**Final**

No.	Name	Club	Perf
1	G 78 Barbara Terry	Blackheath & Bromley H AC	18.90

18.90, nt, 16.59, 15.39, nt, 18.07

Hammer**Final**

No.	Name	Club	Perf
1	G 78 Barbara Terry	Blackheath & Bromley H AC	20.93

20.43, 20.93, nt, 15.14, 16.03, 15.43

Javelin**Final**

No.	Name	Club	Perf
1	G 78 Barbara Terry	Blackheath & Bromley H AC	16.02

13.78, 15.54, 14.31, 14.61, 16.02, 14.78