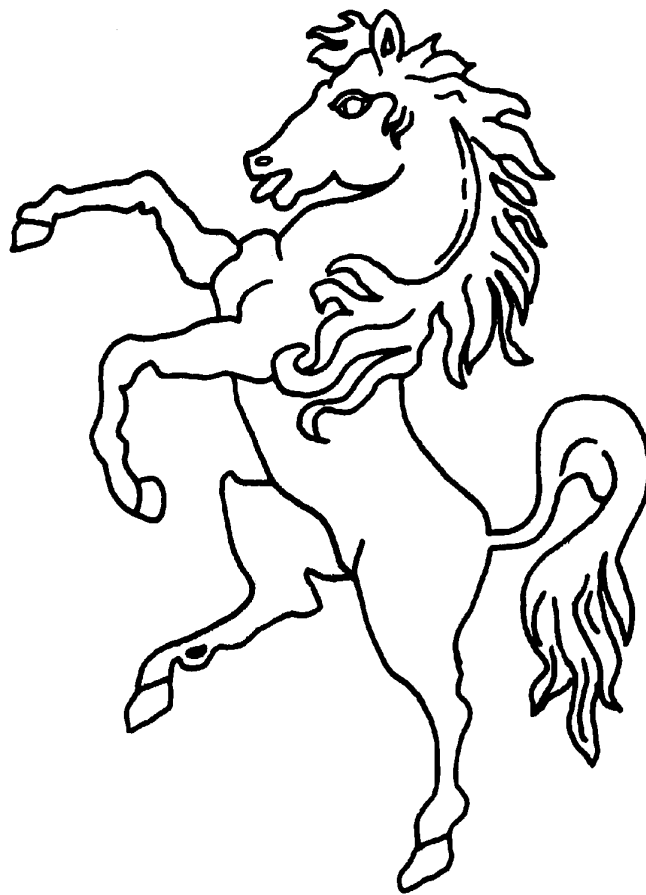


**KENT COUNTY ATHLETIC ASSOCIATION  
RELAY CHAMPIONSHIPS  
MASTERS JUMP CHAMPIONSHIPS  
and  
UNDER 13s HIGH JUMP CHAMPIONSHIPS**



**( UNDER UKA RULES )**

**8<sup>th</sup> September 2024**

**Norman Park, Bromley**

**Souvenir Programme**

**Kent County Relay, Masters Jumps and Under 13s High Jump Championships**  
**Sunday 8th September 2024 at Norman Park, Bromley**

Chief Starter	Gurpreet Jandu
Starters	David Ralph, David Winfield, Lyndsey Whitlock
Chief Starters Assistant	Phil Pape
Starters Assistants	John Foster, Sara Fletcher
Track Referee	Jan Clifford
Track Judges	Maureen Fletcher, John Hubbard, Shareen Miller, Kim Taylor, Emily Griffiths, Pam Venning, Martin Pickering, Lewis Makey, Zarina Camal
Seeding	Brian Charlton
Chief Timekeeper	Stephen Hollingdale
Timekeepers	Emily Beet, John Sanders, Barry Ferguson
Field Referees	Sian Thomas, Liz Parsons
Technical Manager	Nia Thomas
Clerks of Course	Amanda Edgely-Pearce, Ashley Pearson
Field Judges	Chris Head-Rapson, Phil Marsden, Rob Turner, Katrina Ashmore, Mike Botha, Lesley Hall, Karen Cosby, Diane Capon, Tim Williams, Sally Emm, Phil Coleman, Liz Bignell, Sam Ansell, Andrew Ize-Iyamu, Mark Desborough, Gerhard Malherbe
Athletes Registration	Di Capon
Result Recorders	Lin Neaves, Brian Charlton
Presentation	Andrew Scoones, Lee Capon

# KENT COUNTY RELAY CHAMPIONSHIPS 2024

	<b>TIME</b>	<b>AGE</b>	<b>EVENT</b>	<b>ENTRIES</b>	<b>HEATS</b>	
T1	10.15	MIXED	MEDLEY	9	HEATS	to T11
T2	10.35	SM/SW	MEDLEY	4/1	FINAL	
T3	10.45	U15G	3 x 800m	10	FINAL	
T4	10.55	U13B	3 x 800m	9	FINAL	
T5	11.05	U13G	3 x 800m	7	FINAL	
T6	11.15	U15B	3 x 800m	12	2 RACES	TIME TRIALS
T7	11.35	U17W/U17M	3 x 800m	3/5	FINAL	
T8	11.45	U15G	4 x 200m	13	2 RACES	to T18
T9	12.00	U13B	4 x 200m	10	2 RACES	to T20
T10	12.15	U13G	4 x 200m	11	2 RACES	to T19
T11	12.30	MIXED	MEDLEY		FINAL	from T1
T12	12.40	U15G	4 x 300m	10	2 RACES	to T21
T13	13.00	SM	4 x 200m	8	FINAL	
T14	13.10	SW	4 x 200m	5	FINAL	
T15	13.20	U17M	4 x 200m	5	FINAL	
T16	13.30	U17W	4 x 200m	8	FINAL	
T17	13.40	U15B	4 x 200m	7	FINAL	
T18	13.50	U15G	4 x 200m		FINAL	from T8
T19	14.00	U13G	4 x 200m		FINAL	from T10
T20	14.10	U13B	4 x 200m		FINAL	from T9
T21	14.40	U15G	4 x 300m		FINAL	from T12
T22	14.50	U15B	4 x 300m	7	FINAL	
T23	15.00	U17W	4 x 300m	5	FINAL	
T24	15.10	U13B	4 x 100m	14	2 RACES	to T38
T25	15.20	SM	4 x 100m	11	2 RACES	to T36
T26	15.30	U15G	4 x 100m	17	3 RACES	to T40
T27	15.45	U15B	4 x 100m	11	2 RACES	to T39
T28	15.55	U13G	4 x 100m	13	2 RACES	to T37
T29	16.05	U17W	4 x 100m	9	2 RACES	to T33
T30	16.10	U17M	4 x 400m	5	FINAL	
T31	16.20	SW/SM	4 x 400m	2/4	FINAL	
T32	16.30	MIXED	4 x 400m	6	FINAL	
T33	16.40	U17M	4 x 100m	7	FINAL	
T34	16.45	SW	4 x 100m	8	FINAL	
T35	16.50	SM	4 x 100m		FINAL	from T25
T36	16.55	U13G	4 x 100m		FINAL	from T28
T37	17.00	U13B	4 x 100m		FINAL	from T29
T38	17.05	U15B	4 x 100m		FINAL	from T27
T39	17.10	U15G	4 x 100m		FINAL	from T26
T40	17.15	U17W	4 x 100m		FINAL	from T24

## KENT MASTERS JUMPS and UNDER 13s HIGH JUMP CHAMPIONSHIPS TIMETABLE

Sunday 8th September, Norman Park, Bromley

	EVENT	START TIME	Warm Up	NUMBERS
F1	Long Jump Vets (W/M)	11:00	10:30	4/10
F2	High Jump U13 (G/B)	11:00	10:30	5/7
F3	Pole Vault (W/M)	12:30	11:30	4/5
F4	High Jump (W/M)	14:30	14:00	4/2
F5	Triple Jump (W/M)	15:30	15:00	3/9

*Pick up numbers at least 40 minutes before event start time.*

*High Jump & Pole Vault lowest height requested.*

*Up in 10 cm for P.V Up in 5cm for H.J. (3 left can request smaller increments)*

*L.J & T.J All take 3 trials, then top 8 further 3*

*Go straight to event site at time stated*

*If you are competing the following week in the master's & U13 Championships,*

*you **MUST** keep your Bib numbers.*

*Clubs Vest must be worn.*

Have a good competition.

# KCAA Masters Jumps Championships

Norman Park, Bromley 2024

## High Jump

**M35 CBP: Martin Lloyd Bexley AC 2.02 2019**

**2023 Winner: Bilen Ahmet Kingston AC & Poly H 1.52**

3 A Bernard Dartford  
76 P Slater Bexley

**M40 CBP: Martin Lloyd Bexley 2.00 2022**

**2023 Winner: Martin Lloyd Bexley AC 1.97**

No Competition

**M50 CBP: Gary Capon Dartford Harriers AC 1.60 2013**

**2023 Winner: Oloff Van Zyl Sevenoaks AC 1.52**

12 W Wilks Tonbridge

**M60 CBP: Gary Capon Dartford Harriers AC 1.50 2021**

**2023 Winner: Gary Capon Dartford Harriers AC 1.42**

77 G Capon Dartford

**M70 CBP: John Robinson Sevenoaks AC 1.30 2000**

**2023 Winner: No Competition**

No Competition

**W35 CBP: Jenny Brown Ashford AC 1.65 1996**

**2023 Winner: Stevie Langford Ashford AC 1.45**

No Competition

**W40 CBP: Imeta Barauskiene Bexley AC 1.55 2007**

**2023 Winner: No Competition**

No Competition

**W50 CBP: Christine A Clements Dartford Harriers 1.33 2008**

**2023 Winner: No Competition**

No Competition

**W60 CBP: Teresa Eades Dartford Harriers AC 1.33 2019**

**2023 Winner: Christine Pates Bexley AC 1.28**

78 T Eades Dartford  
79 C Pates Bexley

**W70 CBP: Patricia Oakes Ashford AC 1.00 2017**

**2023 Winner: No Competition**

No Competition

## Pole Vault

**M35 CBP: Bilen Ahmet Kingston & Poly AC 3.80 2021 & 2023**

**2023 Winner: Bilen Ahmet Kingston AC & Poly H 3.80**

80 L Williams Hav Msbk

**M40 CBP: Allan Williams Blackheath Harriers 4.15 2002**

**2023 Winner: No Competition**

81 P Le Rossignol Ashford

**M50 CBP: Allan Williams Black & Brom H AC 4.05 2004**

**2023 Winner: Oloff Van Zyl Sevenoaks AC 2.90**

82 P Hawkins Bexley  
83 R Platt Black & Brom

**M60 CBP: Allan Williams Black & Brom H AC 3.50 2013**

**2023 Winner: Ian Crawley Tonbridge AC 3.00**

77 G Capon Dartford

**M70 CBP: Jim Day Black & Brom H AC 2.63 2003**

**2023 Winner: Michael Goodall Ashford AC 2.00**

No Competition

**W35 CBP: Maria Newton Med & Maid 3.00 2001**

**2023 Winner: No Competition**

No Competition

**W40 CBP: Anne Goad Dartford H 2.60 2001**

**2023 Winner: Angie Crush Tonbridge AC 2.20**

74 S Hawker Tonbridge  
84 A Crush Tonbridge

**W50 CBP: Jackie Montgomery Black & Brom H AC 2.60 2014**

**2023 Winner: Jacqueline Montgomery B & B H AC 1.90**

No Competition

**W60 CBP: Teresa Eades Dartford Harriers AC 2.50 2019**

**2023 Winner: Teresa Eades Dartford Harriers AC 2.1**

78 T Eades Dartford  
85 J Montgomery Black & Brom

## Long Jump

**M35 CBP: Alexander Lee Dartford Harriers AC 5.84 2017**

**2023 Winner: Luke Williams Havering AC 5.24**

76 P Slater Bexley

**KCAA Masters Jumps Championships****Norman Park, Bromley 2024****M40 CBP: Paul Oakes Dartford H 6.12 1998****2023 Winner: No Competition**

8 D Ofosu Ashford

**M50 CBP: Stephen Langford Ashford AC 5.30 2009****2023 Winner: Wole Odele Cambridge Harriers 4.57**10 L Azodoh Bexley  
13 S Daly Tonbridge  
15 W Odele Cambridge H  
69 P Davey Ashford**M60 CBP: Steven Moss Beckenham Running Club 4.66 2023****2023 Winner: Steven Moss Beckenham Running Club 4.66**

77 G Capon Dartford

**M70 CBP: John Robinson Sevenoaks AC 3.68 2000****2023 Winner: No Competition**

23 T Carter Cambridge H

**M80 CBP: Barry Ferguson Cambridge Harriers 2.17 2023****2023 Winner: Barry Ferguson Cambridge Harriers 2.17**24 Anthony Garrett Bexley  
86 Barry Ferguson Cambridge H**W35 CBP: A Day Bromley Ladies 4.81 1993****2023 Winner: No Competition**

No Competition

**W40 CBP: Imeta Barauskiene Bexley AC 5.38 2004****2023 Winner: Helen Mitroi Dartford Harriers AC 4.03**

No Competition

**W50 CBP: Wendy Masters Bexley AC 4.30 2019****2023 Winner: Wendy Masters Bexley AC 4.2**

28 K Maryon Paddock W

**W60 CBP: Teresa Eades Dartford Harriers AC 4.03 2019****2023 Winner: Teresa Eades Dartford Harriers AC 3.39**78 T Eades Dartford  
79 C Pates Bexley  
85 J Montgomery Black & Brom**W70 CBP: Patricia Oakes Ashford AC 2.88 2017****2023 Winner: No Competition**

No Competition

**Triple Jump****M35 CBP: Stephen Lake Ashford AC 11.72 2012****2023 Winner: Bilen Ahmet Kingston AC & Poly H 10.68**

76 P Slater Bexley

**M40 CBP: Gary Gallagher GEC 13.28 1998****2023 Winner: Mark Vrijmoed Dartford Harriers AC 10.79**

8 D Ofosu Ashford

**M50 CBP: Paul Ralph Medway and Maidstone AC 11.17 2019****2023 Winner: Stephen Lake Ashford AC 10.55**10 L Azodoh Bexley  
13 S Daly Tonbridge  
15 W Odele Cambridge H  
69 P Davey Ashford  
87 S Lake Ashford**M60 CBP: Gary Capon Dartford Harriers AC 9.92 2021****2023 Winner: Stephen Langford Ashford AC 9.08**

77 G Capon Dartford

**M70 CBP: John Robinson Sevenoaks AC 8.13 2001****2023 Winner: No Competition**

70 R Sibley Med and Maid

**W35 CBP: Jenny Brown Ashford AC 10.58 1996****2023 Winner: No Competition**

No Competition

**W40 CBP: Imeta Barauskiene Bexley AC 11.11 2007****2023 Winner: Helen Mitroi Dartford Harriers AC 8.64**

No Competition

**W50 CBP: Teresa Eades Dartford Harriers AC 9.35 2016****2023 Winner: Wendy Masters Bexley AC 8.73**

No Competition

**W60 CBP: Teresa Eades Dartford Harriers AC 9.09 2019****2023 Winner: Teresa Eades Dartford Harriers AC 7.55**78 T Eades Dartford  
85 J Montgomery Black & Brom  
88 L Slater Bexley**W70 CBP: Patricia Oakes Ashford AC 6.13 2017****2023 Winner: No Competition**

No Competition

## UNDER 13s HIGH JUMP CHAMPIONSHIPS

**11.00**  
**Winner 2023:**  
**CBP:**

**U13G High Jump**  
Alessia Scala Blackheath & Bromley H AC 1.56  
Alessia Scala Blackheath & Bromley H AC 1.56 2023

**Final**

1	Megan Fulton	Swale Combined AC	4	Sophie Robinson	Sevenoaks AC
2	Caroline Jobke	Tonbridge AC	5	Niah Spencer	Folkestone Running & AC
3	Isla Kennedy	Dartford Harriers AC			

1.....2.....3.....

**11.00**  
**Winner 2023:**  
**CBP:**

**U13B High Jump**  
Story Bundy Invicta East Kent AC 1.55  
Luke Cressey Thanet AC 1.60 2014

**Final**

53	Elazar Adejinmi	Dartford Grammar School	57	Jude Lowe	Dartford Harriers AC
54	Joseph Danson	Medway and Maidstone AC	58	Victor Watling	Tonbridge AC
55	Oscar Giles	Medway and Maidstone AC	59	Dominic Whitworth	Sevenoaks AC
56	Freddie Keem	Tonbridge AC			

1.....2.....3.....