

**Kent Cross Country League Results - Swanley Park, Swanley 16/10/2021****Masters 70 Men 4860m Individual Results**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	462	Paul Ross-Davies (M70)	Blackheath and Bromley H AC	24:38
2	461	Richard Seabrook (M75)	Beckenham Running Club	24:47
3	463	Keith Dungate (M70)	Cambridge Harriers	26:01
4	464	Peter Hadley (M75)	Cambridge Harriers	28:26
5	465	Robert Coombes (M70)	Dartford Harriers AC	29:30
6	471	David Grunfeld (M70)	Mote Runners	30:17
7	467	Grahame Eke (M70)	Folkestone Running Club	30:25
8	475	Allan Cheek (M70)	Tunbridge Wells Harriers	30:59
9	469	Vernon Thomas (M75)	Greenwich Tritons	31:07
10	466	Roy Knight (M70)	Dartford Road Runners	31:50
11	1301	Nigel Read (M70)	Medway and Maidstone AC	31:53
12	473	Maurice Marchant (M70)	Tonbridge AC	31:58