

**Kent Cross Country League Results - Footscray Meadows, Sidcup 26/11/2022****Senior Men 8000m Individual Results**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	1178	Teweldebhrhan Menges	Medway and Maidstone AC	27:44
2	1283	Stephen Strange	Tonbridge AC	28:15
3	1418	Sarab Dhillon	Invicta East Kent AC	28:23
4	1184	Ben Tyler	Medway and Maidstone AC	28:25
5	1035	Joshua Teece (M35)	Central Park Athletics	28:26
6	1272	Harry Paton	Tonbridge AC	28:29
7	1247	Daniel Bradley (M35)	Tonbridge AC	28:34
8	1185	Jamie Walsh	Medway and Maidstone AC	28:37
9	1420	Sean Molloy	Tonbridge AC	28:38
10	994	Chris Loudon (M35)	Cambridge Harriers	28:51
11	1165	Tom Collins (M35)	Medway and Maidstone AC	28:54
12	934	Robert Donohue	Blackheath and Bromley H AC	28:59
13	903	Jack Higgins	Bexley AC	29:02
14	1024	Mouctar Barry	Central Park Athletics	29:05
15	1415	Dominic Smith (M35)	Blackheath and Bromley H AC	29:10
16	974	Thomas Brooke	Cambridge Harriers	29:12
17	1186	Anthony Webb (M45)	Medway and Maidstone AC	29:13
18	1126	Christopher Fullerton	Invicta East Kent AC	29:24
19	846	Nick Collins (M45)	Ashford and District RC	29:30
20	904	Ted Higgins	Bexley AC	29:31
21	962	Martin Richardson (M35)	Blackheath and Bromley H AC	29:35
22	938	Micah Evans (M40)	Blackheath and Bromley H AC	29:37
23	574	Isaac Arnott (U20M)	Tonbridge AC	29:40
24	1060	Alex Cameron	Dartford Harriers AC	29:40
25	1173	Jordan Howes	Medway and Maidstone AC	29:48
26	1182	Daniel St Martin (M35)	Medway and Maidstone AC	29:55
27	582	Adam Jeddo (U20M)	Tonbridge AC	29:58
28	1134	Thomas Storer	Invicta East Kent AC	30:06
29	1251	Jordan Chambers	Tonbridge AC	30:12
30	1003	Babaker Mohammed	Cambridge Harriers	30:15
31	1238	Jack Bradley	Thanet Roadrunners AC	30:28
32	1110	Andrew Moulden (M35)	Greenwich Tritons	30:30
33	1177	Justin Lane (M45)	Medway and Maidstone AC	30:31
34	1277	Julian Rendall (M45)	Tonbridge AC	30:36
35	1028	Sam Dowler	Central Park Athletics	30:40
36	955	Dylan Mitchard	Blackheath and Bromley H AC	30:43
37	971	Blair Wilson (M35)	Blackheath and Bromley H AC	30:44
38	1005	John O'Mahony (M45)	Cambridge Harriers	30:48
39	1250	Cameron Chambers	Tonbridge AC	30:49
40	1416	Arthur Roux	Cambridge Harriers	30:56
41	960	Fintan Parkinson (M40)	Blackheath and Bromley H AC	30:58
42	952	Graeme Lugar	Blackheath and Bromley H AC	31:00
43	1067	Thomas Manning	Dartford Harriers AC	31:01
44	1183	Richard Tomlinson (M50)	Medway and Maidstone AC	31:07
45	1189	Neill Wright (M45)	Medway and Maidstone AC	31:16
46	1187	Jonathan Whittall	Medway and Maidstone AC	31:17
47	932	Darren Corneille (M40)	Blackheath and Bromley H AC	31:26
48	921	David Adams (M35)	Blackheath and Bromley H AC	31:33
49	1389	Geoffrey Smith (M40)	Cambridge Harriers	31:36

50	910 Joseph O'Hara	Bexley AC	31:41
51	1282 Jay Smith (M40)	Tonbridge AC	31:49
52	568 Cameron Featherstone (U20M)	Medway and Maidstone AC	31:57
53	1244 Anthony Bennett (M45)	Tonbridge AC	31:58
54	1031 Martyn Millard	Central Park Athletics	32:01
55	838 Sahil Sood	Ashford AC	32:05
56	1093 Krzysztof Klidzia (M55)	Folkestone Running Club	32:11
57	1333 Edward Steele (M40)	Tunbridge Wells Harriers	32:22
58	1058 Connor Burford	Dartford Harriers AC	32:24
59	999 Ross May	Cambridge Harriers	32:24
60	1103 Andrew Wright (M40)	Folkestone Running Club	32:28
61	988 Duncan Hope (M40)	Cambridge Harriers	32:31
62	549 Kieran Hodges (U20M)	Ashford and District RC	32:33
63	567 Callum Featherstone (U20M)	Medway and Maidstone AC	32:36
64	1023 Neil Arnould (M35)	Central Park Athletics	32:38
65	1169 Adam Featherstone (M50)	Medway and Maidstone AC	32:39
66	1075 Stuart Waterman (M40)	Dartford Harriers AC	32:41
67	865 Luke Roberts (M40)	Ashford and District RC	32:44
68	1217 Oloff Van Zyl (M50)	Sevenoaks AC	32:49
69	917 Simon Wells (M45)	Bexley AC	32:50
70	869 Jim Addison (M50)	Beckenham Running Club	32:51
71	836 Ian King (M50)	Ashford AC	32:53
72	875 Matt Doyle (M35)	Beckenham Running Club	32:56
73	1419 Kirill Miryanov (M40)	Medway and Maidstone AC	33:03
74	1059 Reuben Burford (M50)	Dartford Harriers AC	33:08
75	949 Steven Hough (M45)	Blackheath and Bromley H AC	33:12
76	1201 Gavin Kitchingham (M55)	Orpington Road Runners	33:13
77	847 Paul Crisp (M45)	Ashford and District RC	33:15
78	1161 Lee Sander-King	Maidstone Harriers	33:16
79	947 Simon Harris (M45)	Blackheath and Bromley H AC	33:19
80	1231 Darren Scrivens (M50)	South Kent Harriers	33:22
81	548 Jack Hodges (U20M)	Ashford and District RC	33:25
82	1288 Joseph Watts (M35)	Tonbridge AC	33:26
83	835 Richard Huckstepp (M40)	Ashford AC	33:28
84	1090 Robert Collier (M50)	Folkestone Running Club	33:31
85	1006 James Pitts (M40)	Cambridge Harriers	33:34
86	927 Roger Beswick (M60)	Blackheath and Bromley H AC	33:42
87	965 Ian Scott (M45)	Blackheath and Bromley H AC	33:42
88	1155 Damien Gregory (M35)	Maidstone Harriers	33:46
89	1298 Andy Eames (M35)	Tunbridge Wells Harriers	33:46
90	989 Chris Hovenden (M35)	Cambridge Harriers	33:53
91	1181 Sean Rodwell	Medway and Maidstone AC	33:57
92	1303 Dave Hadaway (M55)	Tunbridge Wells Harriers	34:07
93	1131 William Jennings	Invicta East Kent AC	34:09
94	1007 Christian Poulton (M55)	Cambridge Harriers	34:15
95	1390 Tristan Bruce (M50)	Folkestone Running Club	34:18
96	1292 Richard Carter (M40)	Tunbridge Wells Harriers	34:21
97	1153 Kevin Buchanan	Maidstone Harriers	34:24
98	1032 Chris Reid	Central Park Athletics	34:24
99	1237 Andrew Scoones	Swale Combined AC	34:25
100	900 Jon Fish (M40)	Bexley AC	34:29
101	884 Steven Moss (M60)	Beckenham Running Club	34:32

102	1082 Steve Jarvis (M50)	Dartford Road Runners	34:35
103	1278 Tom Richards	Tonbridge AC	34:36
104	860 Paul Moses (M55)	Ashford and District RC	34:37
105	1243 James Beeston (M50)	Tonbridge AC	34:42
106	1255 Anthony Crush (M45)	Tonbridge AC	34:43
107	1188 Gareth Williams (M55)	Medway and Maidstone AC	34:54
108	1202 Alistair Love (M35)	Orpington Road Runners	34:56
109	866 Julius Samson (M50)	Ashford and District RC	34:58
110	1042 Tom Cumberlege (M45)	Crystal Palace Triathlon	35:00
111	1205 Carl Porter (M40)	Orpington Road Runners	35:01
112	1034 Mark Smith (M40)	Central Park Athletics	35:03
113	1203 William Moss	Orpington Road Runners	35:14
114	911 Alan Perryman (M55)	Bexley AC	35:14
115	907 Martin Jenner (M35)	Bexley AC	35:20
116	1101 Nicholas Steele (M35)	Folkestone Running Club	35:22
117	1008 Raymond Ramsay	Cambridge Harriers	35:25
118	557 Robert Barns (U20M)	Cambridge Harriers	35:26
119	1151 Jack Barden	Maidstone Harriers	35:28
120	939 Steve Evenden (M45)	Blackheath and Bromley H AC	35:29
121	1218 Daniel Witt (M45)	Sevenoaks AC	35:31
122	1312 Michael King (M40)	Tunbridge Wells Harriers	35:33
123	886 Ed Osborne (M45)	Beckenham Running Club	35:35
124	1421 Mark Pitcairn-Knowles (M55)	Tonbridge AC	35:37
125	1332 Michael Staddon	Tunbridge Wells Harriers	35:39
126	1052 Matthew White (M45)	Crystal Palace Triathlon	35:46
127	872 Ben Calascione (M50)	Beckenham Running Club	35:47
128	1316 Ken MacSporran (M45)	Tunbridge Wells Harriers	35:56
129	1038 Graeme Blair (M50)	Crystal Palace Triathlon	35:57
130	1200 Steve Georgiadis (M55)	Orpington Road Runners	35:59
131	878 Gabriel Garcia (M40)	Beckenham Running Club	36:01
132	842 James Booth (M45)	Ashford and District RC	36:04
133	1220 Gareth Lewis (M55)	Sittingbourne Striders	36:05
134	1037 Ben Beavers	Crystal Palace Triathlon	36:08
135	1015 Peter St-Amour (M45)	Cambridge Harriers	36:13
136	1423 Michael Thomson (M50)	Tonbridge AC	36:15
137	1112 Greg Stinson (M40)	Greenwich Tritons	36:17
138	861 Martin Moxham (M35)	Ashford and District RC	36:19
139	855 Steve Hodges (M55)	Ashford and District RC	36:19
140	853 Mark Harrison (M40)	Ashford and District RC	36:23
141	834 Andrew Davies (M40)	Ashford AC	36:27
142	1088 Paul Bartlett (M50)	Folkestone Running Club	36:30
143	1029 Antony Hylton (M45)	Central Park Athletics	36:32
144	954 Jason Meers (M50)	Blackheath and Bromley H AC	36:35
145	558 Liam Carr (U20M)	Cambridge Harriers	36:36
146	1424 Robin Barwick (M50)	Tunbridge Wells Harriers	36:37
147	857 Scott Lynch (M55)	Ashford and District RC	36:40
148	858 Philip Marr (M55)	Ashford and District RC	36:46
149	887 Neil Phillips (M55)	Beckenham Running Club	36:51
150	1284 Peter Sutton (M40)	Tonbridge AC	36:52
151	1113 Martin Tynan (M45)	Greenwich Tritons	36:53
152	859 Adrian Moody (M60)	Ashford and District RC	36:53
153	1351 Anthony Preston (M40)	Weald Tri Club	36:54

154	1261 Antony Fullbrook (M55)	Tonbridge AC	36:59
155	1046 Isaac Griffiths (M35)	Crystal Palace Triathlon	37:03
156	889 Andy Regan (M50)	Beckenham Running Club	37:09
157	1139 Derek George (M50)	Istead & Ifield Harriers	37:12
158	1296 Stuart Corke (M55)	Tunbridge Wells Harriers	37:18
159	973 Richard Bennett	Cambridge Harriers	37:30
160	1025 Paul Cheeseman (M50)	Central Park Athletics	37:32
161	1230 Raymond Pearce (M60)	South Kent Harriers	37:40
162	1305 Saul Harris (M50)	Tunbridge Wells Harriers	37:50
163	1275 Mark Raymond (M50)	Tonbridge AC	37:51
164	1106 Ben Guy (M40)	Greenwich Tritons	37:55
165	1000 Graham Maynard (M55)	Cambridge Harriers	38:06
166	905 Jonathan Hunter (M55)	Bexley AC	38:08
167	946 Rod Harrington (M55)	Blackheath and Bromley H AC	38:09
168	1150 Paul Ahsunollah (M55)	Maidstone Harriers	38:18
169	1323 Richard Quartermaine (M45)	Tunbridge Wells Harriers	38:19
170	1317 Kannan Mahalingam (M40)	Tunbridge Wells Harriers	38:28
171	1083 Ian McGrath (M50)	Dartford Road Runners	38:34
172	1258 Steven Ellison (M45)	Tonbridge AC	38:39
173	1301 Jason Gough (M35)	Tunbridge Wells Harriers	38:42
174	840 Adrian Beresford (M55)	Ashford and District RC	38:48
175	1339 Chris Walmsley (M50)	Tunbridge Wells Harriers	38:50
176	1141 Darren Harger (M50)	Istead & Ifield Harriers	38:53
177	1336 Hayden Thirkell (M35)	Tunbridge Wells Harriers	38:55
178	1304 George Harris (M45)	Tunbridge Wells Harriers	38:59
179	1345 Robert Winter (M40)	Tunbridge Wells Harriers	39:00
180	1156 Martin Jones (M50)	Maidstone Harriers	39:08
181	1414 Glenn Dyckhoff (M55)	Blackheath and Bromley H AC	39:19
182	1111 Simon Neville (M55)	Greenwich Tritons	39:25
183	1221 Lee Brewer (M45)	South Kent Harriers	39:30
184	1054 Andrew Archer (M50)	Dartford Harriers AC	39:33
185	1297 Andrew Deighton (M55)	Tunbridge Wells Harriers	39:36
186	1225 John Fortuna (M55)	South Kent Harriers	39:39
187	983 Paul Ford (M55)	Cambridge Harriers	39:39
188	964 Harry Schmidt	Blackheath and Bromley H AC	39:44
189	978 Clem Dixon (M60)	Cambridge Harriers	39:45
190	1124 Neil Woolcombe (M45)	Harvel Hash House Harriers	39:57
191	1066 Mark Kybert (M60)	Dartford Harriers AC	40:02
192	1271 Alan Newman (M65)	Tonbridge AC	40:08
193	1120 Andrew Plummer (M35)	Harvel Hash House Harriers	40:10
194	1223 Alex Day (M35)	South Kent Harriers	40:25
195	1425 Terry Everest (M40)	Tunbridge Wells Harriers	40:32
196	871 Michael Beecher (M60)	Beckenham Running Club	40:33
197	1145 Ken Phillips (M55)	Istead & Ifield Harriers	40:35
198	958 Michael Neal (M50)	Blackheath and Bromley H AC	40:40
199	891 Richard Stokes (M50)	Beckenham Running Club	40:45
200	839 Mark Attenborough (M55)	Ashford and District RC	40:59
201	922 Luigi Arcuri (M65)	Blackheath and Bromley H AC	41:04
202	1027 Paul Curd (M55)	Central Park Athletics	41:14
203	1233 Kevin Southen (M45)	South Kent Harriers	41:26
204	1257 Corey De'ath	Tonbridge AC	41:48
205	1157 Aristidis Kotsis (M50)	Maidstone Harriers	41:57

206	1121 Simon Prestige-Jones (M50)	Harvel Hash House Harriers	41:58
207	1154 Daren Chambers (M50)	Maidstone Harriers	41:58
208	880 Richard Harper (M55)	Beckenham Running Club	42:09
209	1417 David Grimwood (M50)	Canterbury Harriers	42:14
210	975 Jerry Carnell (M65)	Cambridge Harriers	42:24
211	1422 Richard Sargent (M50)	Tonbridge AC	42:33
212	868 Neil Woodham (M40)	Ashford and District RC	42:51
213	1098 Alan Randall (M60)	Folkestone Running Club	43:01
214	1204 Martin Pointing (M60)	Orpington Road Runners	43:11
215	1324 Duncan Ralph (M55)	Tunbridge Wells Harriers	43:27
216	1330 Michael Sharp (M65)	Tunbridge Wells Harriers	43:31
217	876 Steven Elliott (M60)	Beckenham Running Club	43:38
218	1327 Colin Ricketts (M55)	Tunbridge Wells Harriers	43:49
219	881 Jeremy Hodgen (M60)	Beckenham Running Club	44:23
220	1144 Peter Moore (M55)	Istead & Ifield Harriers	44:51
221	1224 Andrew Fogg (M60)	South Kent Harriers	44:55
222	883 Grant McNeill (M45)	Beckenham Running Club	45:05
223	1322 Nick Pierce (M65)	Tunbridge Wells Harriers	45:18
224	972 Patrick Austin (M55)	Cambridge Harriers	45:33
225	977 Roderick Cooney-Bresi	Cambridge Harriers	45:44
226	1321 Andy Page (M55)	Tunbridge Wells Harriers	45:54
227	1222 Lee Curd	South Kent Harriers	45:58
228	1280 Scott Shurmer (M50)	Tonbridge AC	46:03
229	874 John Dempster (M50)	Beckenham Running Club	46:09
230	1115 James Buchan (M45)	Harvel Hash House Harriers	46:11
231	1320 Gary Oreilly (M60)	Tunbridge Wells Harriers	47:05
232	1017 Paul Warricker (M60)	Cambridge Harriers	48:50
233	1085 Darren Rickard (M50)	Dartford Road Runners	48:56
234	844 Peter Buckley (M50)	Ashford and District RC	49:31
235	1252 Graeme Charters (M65)	Tonbridge AC	50:29
236	1194 Nigel Groves (M55)	Mote Runners	51:11
237	1009 David Reader (M50)	Cambridge Harriers	52:11