

Kent Cross Country League Results - Danson Park, Bexleyheath 11/11/2023**Masters 40 Men 8000m Individual Results**

Pos	No	Name	Club	Time
1	1176	Anthony Webb (M45)	Medway and Maidstone AC	26:08
2	931	Micah Evans (M40)	Blackheath and Bromley H AC	26:31
3	1008	Ben Shearer (M45)	Cambridge Harriers	26:37
4	993	James Macdonald (M40)	Cambridge Harriers	27:40
5	1266	Jay Smith (M40)	Tonbridge AC	27:46
6	1000	John O'Mahony (M45)	Cambridge Harriers	28:02
7	1320	Edward Steele (M40)	Tunbridge Wells Harriers	28:06
8	1401	Stephen Hodges (M40)	Cambridge Harriers	28:52
9	1012	Geoffrey Smith (M45)	Cambridge Harriers	29:05
10	1160	Justin Lane (M45)	Medway and Maidstone AC	29:15
11	926	Leonardus De Bruyn	Blackheath and Bromley H AC	29:20
12	940	Sebastian Jones (M40)	Blackheath and Bromley H AC	29:22
13	1222	Anthony Bennett (M45)	Tonbridge AC	29:27
14	912	Simon Wells (M45)	Bexley AC	29:29
15	1180	Neill Wright (M45)	Medway and Maidstone AC	29:33
16	1071	Stuart Waterman (M45)	Dartford Harriers AC	29:37
17	1128	Glen Davison (M40)	Invicta East Kent AC	29:43
18	1034	Craig Sharp (M45)	Central Park Athletics	29:56
19	984	Duncan Hope (M40)	Cambridge Harriers	30:04
20	1210	Richard Newsome (M45)	South Kent Harriers	30:06
21	1038	Daniel Bentley-Gouldstone (M40)	Crystal Palace Triathlon	30:09
22	1105	Andrew Wright (M45)	Folkestone Running and Athletics Club	30:10
23	1275	Tom Woolley (M40)	Tonbridge AC	30:19
24	1002	James Pitts (M40)	Cambridge Harriers	30:25
25	1049	Chris Biddle (M40)	Dartford Harriers AC	30:33
26	1027	Simon Johnson (M40)	Central Park Athletics	30:35
27	1408	Tom Rule (M40)	Tonbridge AC	30:37
28	1018	Johnnie Arnould (M40)	Central Park Athletics	30:38
29	1009	Rob Shearer (M45)	Cambridge Harriers	30:43
30	1294	Alexander Holmes (M45)	Tunbridge Wells Harriers	30:44
31	864	Luke Roberts (M40)	Ashford and District RRC	30:50
32	963	Paul Sharpe (M40)	Blackheath and Bromley H AC	30:52
33	846	Paul Crisp (M45)	Ashford and District RRC	30:58
34	1404	Stephen Thompson (M45)	Cambridge Harriers	31:00
35	898	Jon Fish (M45)	Bexley AC	31:35
36	1197	James Willingham (M45)	Orpington Road Runners	31:41
37	1141	Kevin Buchanan (M40)	Maidstone Harriers	31:43
38	1273	Joseph Watts (M40)	Tonbridge AC	32:00
39	962	Ian Scott (M45)	Blackheath and Bromley H AC	32:07
40	1179	Darren Wright (M45)	Medway and Maidstone AC	32:07
41	932	Steve Evenden (M45)	Blackheath and Bromley H AC	32:12
42	1403	Benjamin Thompson (M40)	Cambridge Harriers	32:17
43	1042	Tom Cumberlege (M45)	Crystal Palace Triathlon	32:31
44	1268	Peter Sutton (M40)	Tonbridge AC	32:36
45	1299	Michael King (M40)	Tunbridge Wells Harriers	32:42
46	1400	Philip Bunn (M40)	Blackheath and Bromley H AC	32:43
47	934	Gregory Firth (M45)	Blackheath and Bromley H AC	32:47

48	1099	Philip Hoyland (M40)	Folkestone Running and Athletics Club	32:50
49	1014	Peter St-Amour (M45)	Cambridge Harriers	32:50
50	1119	Martin Tynan (M45)	Greenwich Tritons	32:53
51	1026	Antony Hylton (M45)	Central Park Athletics	32:59
52	1086	Barrie Seal (M45)	Dartford Road Runners	33:06
53	942	Paul Kerekgyarto (M45)	Blackheath and Bromley H AC	33:18
54	1046	Matthew White (M45)	Crystal Palace Triathlon	33:20
55	853	Mark Harrison (M40)	Ashford and District RRC	33:29
56	866	David Tomlinson (M45)	Ashford and District RRC	33:44
57	1221	Jason Barton (M40)	Tonbridge AC	33:47
58	1036	Mark Smith (M40)	Central Park Athletics	33:50
59	1124	Toby Short (M45)	Harvel Hash House Harriers	33:55
60	948	Matthew Maddocks (M40)	Blackheath and Bromley H AC	33:59
61	1279	Richard Bysouth (M45)	Tunbridge Wells Harriers	34:26
62	887	Tim Robinson (M40)	Beckenham Running Club	34:55
63	1164	Jerome Moisan (M45)	Medway and Maidstone AC	35:03
64	1334	Anthony Preston (M40)	Weald Tri Club	35:06
65	1098	Philip Heathfield (M40)	Folkestone Running and Athletics Club	35:11
66	1187	Richard Hassall (M40)	Orpington Road Runners	35:14
67	875	Karol Dorniak (M40)	Beckenham Running Club	35:34
68	1183	Chris Parks (M45)	Mote Runners	36:00
69	1126	Neil Woolcombe (M45)	Harvel Hash House Harriers	36:22
70	979	James Floyd (M45)	Cambridge Harriers	36:41
71	997	Hakim Mendjeli (M45)	Cambridge Harriers	36:55
72	872	Ramon Boo (M45)	Beckenham Running Club	37:07
73	1095	Simon Coffey (M40)	Folkestone Running and Athletics Club	37:35
74	1138	Alan Savage (M45)	Istead & Ifield Harriers	37:42
75	1162	James Milne (M45)	Medway and Maidstone AC	38:02
76	868	Neil Woodham (M40)	Ashford and District RRC	38:34
77	1205	Lee Brewer (M45)	South Kent Harriers	39:01
78	1287	Terry Everest (M40)	Tunbridge Wells Harriers	39:59
79	909	Mahesh Sankla (M40)	Bexley AC	50:20
80	1122	Andrew Plummer (M40)	Harvel Hash House Harriers	51:57