

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Masters 40 Men8000m Individual Results**

Pos	No	Name	Club	Time
1	1176	Anthony Webb (M45)	Medway and Maidstone AC	29:17
2	1008	Ben Shearer (M45)	Cambridge Harriers	29:51
3	993	James Macdonald (M40)	Cambridge Harriers	29:57
4	931	Micah Evans (M40)	Blackheath and Bromley H AC	30:10
5	1266	Jay Smith (M40)	Tonbridge AC	30:45
6	1000	John O'Mahony (M45)	Cambridge Harriers	31:01
7	1258	Julian Rendall (M45)	Tonbridge AC	31:02
8	1320	Edward Steele (M40)	Tunbridge Wells Harriers	31:43
9	1038	Daniel Bentley-Gouldstone (M40)	Crystal Palace Triathlon	32:28
10	1012	Geoffrey Smith (M45)	Cambridge Harriers	32:30
11	940	Sebastian Jones (M40)	Blackheath and Bromley H AC	32:31
12	1180	Neill Wright (M45)	Medway and Maidstone AC	32:38
13	924	Christian Clement (M40)	Blackheath and Bromley H AC	32:50
14	1034	Craig Sharp (M45)	Central Park Athletics	32:54
15	1043	Jamal Dayes (M40)	Crystal Palace Triathlon	33:00
16	957	Fintan Parkinson (M45)	Blackheath and Bromley H AC	33:02
17	1027	Simon Johnson (M40)	Central Park Athletics	33:04
18	926	Leonardus De Bruyn	Blackheath and Bromley H AC	33:10
19	1222	Anthony Bennett (M45)	Tonbridge AC	33:10
20	984	Duncan Hope (M40)	Cambridge Harriers	33:13
21	1002	James Pitts (M40)	Cambridge Harriers	33:18
22	1019	Neil Arnould (M40)	Central Park Athletics	33:18
23	1105	Andrew Wright (M45)	Folkestone Running and Athletics Club	33:22
24	912	Simon Wells (M45)	Bexley AC	33:27
25	1005	Ben Rew (M40)	Cambridge Harriers	33:30
26	1128	Glen Davison (M40)	Invicta East Kent AC	33:41
27	1018	Johnnie Arnould (M40)	Central Park Athletics	33:47
28	1210	Richard Newsome (M45)	South Kent Harriers	33:49
29	1049	Chris Biddle (M40)	Dartford Harriers AC	34:01
30	963	Paul Sharpe (M40)	Blackheath and Bromley H AC	34:03
31	1071	Stuart Waterman (M45)	Dartford Harriers AC	34:07
32	1157	Tristan Hodges (M45)	Medway and Maidstone AC	34:21
33	1286	Andy Eames (M40)	Tunbridge Wells Harriers	34:26
34	846	Paul Crisp (M45)	Ashford and District RRC	34:30
35	1294	Alexander Holmes (M45)	Tunbridge Wells Harriers	34:36
36	1197	James Willingham (M45)	Orpington Road Runners	34:41
37	1179	Darren Wright (M45)	Medway and Maidstone AC	34:43
38	898	Jon Fish (M45)	Bexley AC	34:59
39	1099	Philip Hoyland (M40)	Folkestone Running and Athletics Club	35:02
40	1316	James Sarre (M45)	Tunbridge Wells Harriers	35:14
41	1273	Joseph Watts (M40)	Tonbridge AC	35:28
42	1141	Kev Buchanan (M40)	Maidstone Harriers	35:33
43	934	Gregory Firth (M45)	Blackheath and Bromley H AC	35:42
44	959	Martin Parkinson (M40)	Blackheath and Bromley H AC	35:44
45	962	Ian Scott (M45)	Blackheath and Bromley H AC	35:47
46	1042	Tom Cumberlege (M45)	Crystal Palace Triathlon	35:50
47	925	Darren Corneille (M40)	Blackheath and Bromley H AC	36:05

48	1268	Peter Sutton (M40)	Tonbridge AC	36:05
49	1263	Tim Sherman-Samuels (M40)	Tonbridge AC	36:07
50	1117	Greg Stinson (M40)	Greenwich Tritons	36:16
51	1046	Matthew White (M45)	Crystal Palace Triathlon	36:18
52	942	Paul Kerekgyarto (M45)	Blackheath and Bromley H AC	36:20
53	1009	Rob Shearer (M45)	Cambridge Harriers	36:26
54	1119	Martin Tynan (M45)	Greenwich Tritons	36:33
55	1299	Michael King (M40)	Tunbridge Wells Harriers	36:49
56	854	Daryl Hefer (M45)	Ashford and District RRC	36:53
57	1110	Ben Guy (M45)	Greenwich Tritons	36:57
58	1301	Ken MacSporran (M45)	Tunbridge Wells Harriers	37:00
59	1026	Antony Hylton (M45)	Central Park Athletics	37:08
60	1036	Mark Smith (M40)	Central Park Athletics	37:08
61	1142	Sean Callow (M40)	Maidstone Harriers	37:20
62	1221	Jason Barton (M40)	Tonbridge AC	37:26
63	866	David Tomlinson (M45)	Ashford and District RRC	38:09
64	1279	Richard Bysouth (M45)	Tunbridge Wells Harriers	38:22
65	908	Terry Roffey (M40)	Bexley AC	38:26
66	867	Dave Vinton (M40)	Ashford and District RRC	38:44
67	1302	Kannan Mahalingam (M40)	Tunbridge Wells Harriers	38:49
68	887	Tim Robinson (M40)	Beckenham Running Club	38:52
69	1164	Jerome Moisan (M45)	Medway and Maidstone AC	39:03
70	1330	Robert Winter (M40)	Tunbridge Wells Harriers	39:17
71	853	Mark Harrison (M40)	Ashford and District RRC	39:25
72	1291	George Harris (M45)	Tunbridge Wells Harriers	39:27
73	1183	Chris Parks (M45)	Mote Runners	39:30
74	878	Ian Galbraith (M40)	Beckenham Running Club	39:44
75	1098	Philip Heathfield (M40)	Folkestone Running and Athletics Club	39:54
76	872	Ramon Boo (M45)	Beckenham Running Club	39:57
77	1235	Steven Ellison (M45)	Tonbridge AC	40:04
78	997	Hakim Mendjeli (M45)	Cambridge Harriers	40:10
79	979	James Floyd (M45)	Cambridge Harriers	40:25
80	847	Robert Davis (M40)	Ashford and District RRC	40:39
81	1126	Neil Woolcombe (M45)	Harvel Hash House Harriers	41:14
82	1129	Ian Humphreys (M45)	Invicta East Kent AC	41:34
83	1138	Alan Savage (M45)	Istead & Ifield Harriers	42:05
84	1287	Terry Everest (M40)	Tunbridge Wells Harriers	42:12
85	1205	Lee Brewer (M45)	South Kent Harriers	42:20
86	1162	James Milne (M45)	Medway and Maidstone AC	43:17
87	841	Peter Tomsett (M45)	Ashford AC	43:42
88	1311	Alistair Reid (M45)	Tunbridge Wells Harriers	44:06
89	1076	Richey Estcourt (M45)	Dartford Road Runners	44:12
90	1028	Chris May (M40)	Central Park Athletics	47:08
91	868	Neil Woodham (M40)	Ashford and District RRC	47:11