

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Senior Men 8000m Individual Results**

| Pos | No | Name | Club | Time | |
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| 1 | 1161 | Teweldebrhan Menges | Medway and Maidstone AC | 26:58 | SM |
| 2 | 1233 | Corey De'ath | Tonbridge AC | 27:27 | SM |
| 3 | 1226 | Cameron Chambers | Tonbridge AC | 27:35 | SM |
| 4 | 1244 | Ted Higgins | Tonbridge AC | 28:34 | SM |
| 5 | 1234 | Michael Ellis | Tonbridge AC | 28:37 | SM |
| 6 | 1243 | Jack Higgins | Tonbridge AC | 28:44 | SM |
| 7 | 969 | Bobby Babaker | Cambridge Harriers | 28:48 | SM |
| 8 | 1173 | Ben Tyler (M35) | Medway and Maidstone AC | 28:53 | SM |
| 9 | 1175 | Jamie Walsh | Medway and Maidstone AC | 28:59 | SM |
| 10 | 991 | Chris Loudon (M35) | Cambridge Harriers | 29:05 | SM |
| 11 | 558 | Angus Currie (U20M) | Tonbridge AC | 29:06 | U20M |
| 12 | 1176 | Anthony Webb (M45) | Medway and Maidstone AC | 29:17 | M40 |
| 13 | 1156 | Andrew Headley | Medway and Maidstone AC | 29:20 | SM |
| 14 | 1250 | Calum Laing | Tonbridge AC | 29:28 | SM |
| 15 | 906 | Joseph O'Hara | Bexley AC | 29:36 | SM |
| 16 | 891 | Nicholas Armstrong | Bexley AC | 29:47 | SM |
| 17 | 1008 | Ben Shearer (M45) | Cambridge Harriers | 29:51 | M40 |
| 18 | 1020 | Mouctar Barry | Central Park Athletics | 29:52 | SM |
| 19 | 993 | James Macdonald (M40) | Cambridge Harriers | 29:57 | M40 |
| 20 | 1227 | Jordan Chambers | Tonbridge AC | 29:58 | SM |
| 21 | 1058 | Robert Jackaman (M35) | Dartford Harriers AC | 30:00 | SM |
| 22 | 566 | Jack Sharpe (U20M) | Tonbridge AC | 30:01 | U20M |
| 23 | 933 | Kevin Fini | Blackheath and Bromley H AC | 30:03 | SM |
| 24 | 931 | Micah Evans (M40) | Blackheath and Bromley H AC | 30:10 | M40 |
| 25 | 1252 | Sean Molloy | Tonbridge AC | 30:11 | SM |
| 26 | 1251 | George Marshall | Tonbridge AC | 30:14 | SM |
| 27 | 1088 | Henry Axon | Folkestone Running and Athletics Club | 30:17 | SM |
| 28 | 1171 | Daniel St Martin (M35) | Medway and Maidstone AC | 30:21 | SM |
| 29 | 947 | Graeme Lugar | Blackheath and Bromley H AC | 30:25 | SM |
| 30 | 1149 | Tom Collins (M35) | Medway and Maidstone AC | 30:29 | SM |
| 31 | 1033 | Cameron Sharp | Central Park Athletics | 30:37 | SM |
| 32 | 1200 | Allan Lee (M50) | Sevenoaks AC | 30:43 | M50 |
| 33 | 1266 | Jay Smith (M40) | Tonbridge AC | 30:45 | M40 |
| 34 | 1153 | Owen Featherstone | Medway and Maidstone AC | 30:51 | SM |
| 35 | 554 | Callum Featherstone (U20M) | Medway and Maidstone AC | 30:55 | U20M |
| 36 | 852 | Aiden Gorham | Ashford and District RRC | 30:59 | SM |
| 37 | 1000 | John O'Mahony (M45) | Cambridge Harriers | 31:01 | M40 |
| 38 | 1258 | Julian Rendall (M45) | Tonbridge AC | 31:02 | M40 |
| 39 | 1016 | David Worden (M35) | Cambridge Harriers | 31:13 | SM |
| 40 | 1151 | Alexander Donnelly | Medway and Maidstone AC | 31:13 | SM |
| 41 | 1338 | Gregory Bull | Blackheath and Bromley H AC | 31:28 | SM |
| 42 | 1147 | Sean Barwick | Medway and Maidstone AC | 31:30 | SM |
| 43 | 996 | Liam McLaughlin | Cambridge Harriers | 31:34 | SM |
| 44 | 1239 | Joseph Georgiadis | Tonbridge AC | 31:39 | SM |
| 45 | 1269 | James Taylor | Tonbridge AC | 31:41 | SM |
| 46 | 1320 | Edward Steele (M40) | Tunbridge Wells Harriers | 31:43 | M40 |
| 47 | 1172 | Richard Tomlinson (M55) | Medway and Maidstone AC | 31:44 | M50 |
| 48 | 555 | Cameron Featherstone (U20M) | Medway and Maidstone AC | 31:55 | U20M |
| 49 | 560 | Charlie Ellison (U20M) | Tonbridge AC | 31:56 | U20M |

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| 50 | 1174 Jack Tyler | Medway and Maidstone AC | 31:57 | SM |
| 51 | 970 Brett Baker | Cambridge Harriers | 32:00 | SM |
| 52 | 987 Dean Lacy (M35) | Cambridge Harriers | 32:04 | SM |
| 53 | 1274 Oliver White | Tonbridge AC | 32:13 | SM |
| 54 | 1029 Martyn Millard | Central Park Athletics | 32:20 | SM |
| 55 | 1038 Daniel Bentley-Gouldstone (M40) | Crystal Palace Triathlon | 32:28 | M40 |
| 56 | 1012 Geoffrey Smith (M45) | Cambridge Harriers | 32:30 | M40 |
| 57 | 940 Sebastian Jones (M40) | Blackheath and Bromley H AC | 32:31 | M40 |
| 58 | 1050 George Boxall | Dartford Harriers AC | 32:31 | SM |
| 59 | 856 George Hinkley | Ashford and District RRC | 32:35 | SM |
| 60 | 1180 Neill Wright (M45) | Medway and Maidstone AC | 32:38 | M40 |
| 61 | 924 Christian Clement (M40) | Blackheath and Bromley H AC | 32:50 | M40 |
| 62 | 1034 Craig Sharp (M45) | Central Park Athletics | 32:54 | M40 |
| 63 | 1021 Steven Caller | Central Park Athletics | 32:58 | SM |
| 64 | 1043 Jamal Dayes (M40) | Crystal Palace Triathlon | 33:00 | M40 |
| 65 | 957 Fintan Parkinson (M45) | Blackheath and Bromley H AC | 33:02 | M40 |
| 66 | 1027 Simon Johnson (M40) | Central Park Athletics | 33:04 | M40 |
| 67 | 1111 David Lock (M35) | Greenwich Tritons | 33:06 | SM |
| 68 | 926 Leonardus De Bruyn | Blackheath and Bromley H AC | 33:10 | M40 |
| 69 | 1222 Anthony Bennett (M45) | Tonbridge AC | 33:10 | M40 |
| 70 | 984 Duncan Hope (M40) | Cambridge Harriers | 33:13 | M40 |
| 71 | 1062 Thomas Manning | Dartford Harriers AC | 33:15 | SM |
| 72 | 1002 James Pitts (M40) | Cambridge Harriers | 33:18 | M40 |
| 73 | 1019 Neil Arnould (M40) | Central Park Athletics | 33:18 | M40 |
| 74 | 1024 Sam Dowler | Central Park Athletics | 33:18 | SM |
| 75 | 1105 Andrew Wright (M45) | Folkestone Running and Athletics Club | 33:22 | M40 |
| 76 | 1131 Gavin Whitlock (M50) | Invicta East Kent AC | 33:26 | M50 |
| 77 | 912 Simon Wells (M45) | Bexley AC | 33:27 | M40 |
| 78 | 1005 Ben Rew (M40) | Cambridge Harriers | 33:30 | M40 |
| 79 | 930 Luca Ercolani (M50) | Blackheath and Bromley H AC | 33:35 | M50 |
| 80 | 1006 Peter Reynolds (M35) | Cambridge Harriers | 33:37 | SM |
| 81 | 915 David Adams (M35) | Blackheath and Bromley H AC | 33:38 | SM |
| 82 | 1128 Glen Davison (M40) | Invicta East Kent AC | 33:41 | M40 |
| 83 | 1018 Johnnie Arnould (M40) | Central Park Athletics | 33:47 | M40 |
| 84 | 1210 Richard Newsome (M45) | South Kent Harriers | 33:49 | M40 |
| 85 | 899 Luke Francis | Bexley AC | 33:52 | SM |
| 86 | 1066 Huntley Roberts (M35) | Dartford Harriers AC | 33:54 | SM |
| 87 | 1044 Gregor MacLean | Crystal Palace Triathlon | 33:54 | SM |
| 88 | 1049 Chris Biddle (M40) | Dartford Harriers AC | 34:01 | M40 |
| 89 | 963 Paul Sharpe (M40) | Blackheath and Bromley H AC | 34:03 | M40 |
| 90 | 1150 Jacques Cunningham-Marsh | Medway and Maidstone AC | 34:05 | SM |
| 91 | 1071 Stuart Waterman (M45) | Dartford Harriers AC | 34:07 | M40 |
| 92 | 1069 Lucas Taylor-Costin | Dartford Harriers AC | 34:12 | SM |
| 93 | 1097 Trevor DeVooght | Folkestone Running and Athletics Club | 34:13 | SM |
| 94 | 1068 Henry Taylor-Costin | Dartford Harriers AC | 34:16 | SM |
| 95 | 1152 Adam Featherstone (M50) | Medway and Maidstone AC | 34:18 | M50 |
| 96 | 1157 Tristan Hodges (M45) | Medway and Maidstone AC | 34:21 | M40 |
| 97 | 1261 Graeme Saker (M60) | Tonbridge AC | 34:23 | M60 |
| 98 | 1015 Alex Tringham | Cambridge Harriers | 34:23 | SM |
| 99 | 1214 Darren Scrivens (M50) | South Kent Harriers | 34:24 | M50 |
| 100 | 1286 Andy Eames (M40) | Tunbridge Wells Harriers | 34:26 | M40 |
| 101 | 839 Ian King (M50) | Ashford AC | 34:28 | M50 |

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| 102 | 846 Paul Crisp (M45) | Ashford and District RRC | 34:30 | M40 |
| 103 | 1294 Alexander Holmes (M45) | Tunbridge Wells Harriers | 34:36 | M40 |
| 104 | 1189 Gavin Kitchingham (M55) | Orpington Road Runners | 34:40 | M50 |
| 105 | 1197 James Willingham (M45) | Orpington Road Runners | 34:41 | M40 |
| 106 | 874 Nicholas Coogan | Beckenham Running Club | 34:42 | SM |
| 107 | 1179 Darren Wright (M45) | Medway and Maidstone AC | 34:43 | M40 |
| 108 | 1203 Oloff Van Zyl (M50) | Sevenoaks AC | 34:43 | M50 |
| 109 | 980 Luke Ford | Cambridge Harriers | 34:46 | SM |
| 110 | 1256 Richard Preston (M50) | Tonbridge AC | 34:49 | M50 |
| 111 | 951 Scott Middlewood (M35) | Blackheath and Bromley H AC | 34:51 | SM |
| 112 | 548 Liam Carr (U20M) | Cambridge Harriers | 34:52 | U20M |
| 113 | 1169 Bashiri Ryan | Medway and Maidstone AC | 34:54 | SM |
| 114 | 1093 Tristan Bruce (M50) | Folkestone Running and Athletics Club | 34:56 | M50 |
| 115 | 916 Ryan Ali | Blackheath and Bromley H AC | 34:59 | SM |
| 116 | 898 Jon Fish (M45) | Bexley AC | 34:59 | M40 |
| 117 | 1102 Nicholas Steele | Folkestone Running and Athletics Club | 34:59 | SM |
| 118 | 1032 Chris Reid (M35) | Central Park Athletics | 35:01 | SM |
| 119 | 1099 Philip Hoyland (M40) | Folkestone Running and Athletics Club | 35:02 | M40 |
| 120 | 928 Joshua Dowling | Blackheath and Bromley H AC | 35:03 | SM |
| 121 | 1040 Mark Brown (M55) | Crystal Palace Triathlon | 35:04 | M50 |
| 122 | 1316 James Sarre (M45) | Tunbridge Wells Harriers | 35:14 | M40 |
| 123 | 1254 Mark Pitcairn-Knowles (M55) | Tonbridge AC | 35:19 | M50 |
| 124 | 1003 Christian Poulton (M55) | Cambridge Harriers | 35:25 | M50 |
| 125 | 1139 Daniel Walsh (M35) | Istead & Ifield Harriers | 35:27 | SM |
| 126 | 1273 Joseph Watts (M40) | Tonbridge AC | 35:28 | M40 |
| 127 | 1141 Kev Buchanan (M40) | Maidstone Harriers | 35:33 | M40 |
| 128 | 934 Gregory Firth (M45) | Blackheath and Bromley H AC | 35:42 | M40 |
| 129 | 959 Martin Parkinson (M40) | Blackheath and Bromley H AC | 35:44 | M40 |
| 130 | 962 Ian Scott (M45) | Blackheath and Bromley H AC | 35:47 | M40 |
| 131 | 1004 David Reader (M50) | Cambridge Harriers | 35:48 | M50 |
| 132 | 1042 Tom Cumberlege (M45) | Crystal Palace Triathlon | 35:50 | M40 |
| 133 | 1063 Aobakwe Mmokwa (M35) | Dartford Harriers AC | 36:01 | SM |
| 134 | 1186 Steve Georgiadis (M60) | Orpington Road Runners | 36:04 | M60 |
| 135 | 925 Darren Corneille (M40) | Blackheath and Bromley H AC | 36:05 | M40 |
| 136 | 1268 Peter Sutton (M40) | Tonbridge AC | 36:05 | M40 |
| 137 | 1263 Tim Sherman-Samuels (M40) | Tonbridge AC | 36:07 | M40 |
| 138 | 989 Tom Loia | Cambridge Harriers | 36:08 | SM |
| 139 | 1039 Graeme Blair (M50) | Crystal Palace Triathlon | 36:11 | M50 |
| 140 | 1094 Elliot Chapman-Jones | Folkestone Running and Athletics Club | 36:14 | SM |
| 141 | 1117 Greg Stinson (M40) | Greenwich Tritons | 36:16 | M40 |
| 142 | 1046 Matthew White (M45) | Crystal Palace Triathlon | 36:18 | M40 |
| 143 | 942 Paul Kerekgyarto (M45) | Blackheath and Bromley H AC | 36:20 | M40 |
| 144 | 904 Martin Jenner | Bexley AC | 36:24 | SM |
| 145 | 865 Julius Samson (M50) | Ashford and District RRC | 36:25 | M50 |
| 146 | 1009 Rob Shearer (M45) | Cambridge Harriers | 36:26 | M40 |
| 147 | 1282 Stuart Corke (M55) | Tunbridge Wells Harriers | 36:28 | M50 |
| 148 | 1119 Martin Tynan (M45) | Greenwich Tritons | 36:33 | M40 |
| 149 | 1280 Elliot Chiles | Tunbridge Wells Harriers | 36:35 | SM |
| 150 | 1178 Gareth Williams (M55) | Medway and Maidstone AC | 36:36 | M50 |
| 151 | 894 Kieran Butler | Bexley AC | 36:44 | SM |
| 152 | 1166 Alun Rodgers (M55) | Medway and Maidstone AC | 36:48 | M50 |
| 153 | 1299 Michael King (M40) | Tunbridge Wells Harriers | 36:49 | M40 |

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| 154 | 854 Daryl Hefer (M45) | Ashford and District RRC | 36:53 | M40 |
| 155 | 1110 Ben Guy (M45) | Greenwich Tritons | 36:57 | M40 |
| 156 | 1116 Simon Neville (M60) | Greenwich Tritons | 36:59 | M60 |
| 157 | 1301 Ken MacSporran (M45) | Tunbridge Wells Harriers | 37:00 | M40 |
| 158 | 1219 Andrew Scoones | Swale Combined AC | 37:01 | SM |
| 159 | 883 Steven Moss (M60) | Beckenham Running Club | 37:02 | M60 |
| 160 | 860 Scott Lynch (M55) | Ashford and District RRC | 37:06 | M50 |
| 161 | 1026 Antony Hylton (M45) | Central Park Athletics | 37:08 | M40 |
| 162 | 1036 Mark Smith (M40) | Central Park Athletics | 37:08 | M40 |
| 163 | 1121 Connor Gorrard-Smith | Harvel Hash House Harriers | 37:08 | SM |
| 164 | 1321 Jack Summers | Tunbridge Wells Harriers | 37:09 | SM |
| 165 | 922 Matthew Bullen (M55) | Blackheath and Bromley H AC | 37:15 | M50 |
| 166 | 1142 Sean Callow (M40) | Maidstone Harriers | 37:20 | M40 |
| 167 | 971 Robert Barns | Cambridge Harriers | 37:25 | SM |
| 168 | 1221 Jason Barton (M40) | Tonbridge AC | 37:26 | M40 |
| 169 | 885 Neil Phillips (M55) | Beckenham Running Club | 37:30 | M50 |
| 170 | 1202 Darrell Smith (M55) | Sevenoaks AC | 37:30 | M50 |
| 171 | 1192 William Moss | Orpington Road Runners | 37:32 | SM |
| 172 | 1276 Robin Barwick (M50) | Tunbridge Wells Harriers | 37:36 | M50 |
| 173 | 950 Jason Meers (M50) | Blackheath and Bromley H AC | 37:38 | M50 |
| 174 | 886 Andy Regan (M50) | Beckenham Running Club | 37:40 | M50 |
| 175 | 1325 Geoff Turner (M60) | Tunbridge Wells Harriers | 37:45 | M60 |
| 176 | 990 Will Longhurst (M35) | Cambridge Harriers | 37:58 | SM |
| 177 | 1054 Paul Dawes (M50) | Dartford Harriers AC | 38:02 | M50 |
| 178 | 1168 Barry Royden (M55) | Medway and Maidstone AC | 38:03 | M50 |
| 179 | 866 David Tomlinson (M45) | Ashford and District RRC | 38:09 | M40 |
| 180 | 1279 Richard Bysouth (M45) | Tunbridge Wells Harriers | 38:22 | M40 |
| 181 | 908 Terry Roffey (M40) | Bexley AC | 38:26 | M40 |
| 182 | 1238 Antony Fullbrook (M55) | Tonbridge AC | 38:34 | M50 |
| 183 | 1283 Richard Craig-McFeely (M55) | Tunbridge Wells Harriers | 38:37 | M50 |
| 184 | 1133 Derek George (M50) | Istead & Ifield Harriers | 38:38 | M50 |
| 185 | 1022 James Carney (M50) | Central Park Athletics | 38:42 | M50 |
| 186 | 1289 Mark Godsolve (M50) | Tunbridge Wells Harriers | 38:43 | M50 |
| 187 | 867 Dave Vinton (M40) | Ashford and District RRC | 38:44 | M40 |
| 188 | 1109 Mark Gregory (M60) | Greenwich Tritons | 38:47 | M60 |
| 189 | 1081 Steve Jarvis (M50) | Dartford Road Runners | 38:48 | M50 |
| 190 | 1302 Kannan Mahalingam (M40) | Tunbridge Wells Harriers | 38:49 | M40 |
| 191 | 1199 Chris Desmond (M60) | Sevenoaks AC | 38:50 | M60 |
| 192 | 887 Tim Robinson (M40) | Beckenham Running Club | 38:52 | M40 |
| 193 | 943 George Kleanthous (M55) | Blackheath and Bromley H AC | 38:57 | M50 |
| 194 | 1195 Joe Precious (M50) | Orpington Road Runners | 38:59 | M50 |
| 195 | 1164 Jerome Moisan (M45) | Medway and Maidstone AC | 39:03 | M40 |
| 196 | 1293 Simon Holford (M50) | Tunbridge Wells Harriers | 39:06 | M50 |
| 197 | 919 William Brindley (M50) | Blackheath and Bromley H AC | 39:08 | M50 |
| 198 | 1134 Darren Harger (M50) | Istead & Ifield Harriers | 39:15 | M50 |
| 199 | 1330 Robert Winter (M40) | Tunbridge Wells Harriers | 39:17 | M40 |
| 200 | 853 Mark Harrison (M40) | Ashford and District RRC | 39:25 | M40 |
| 201 | 871 Michael Beecher (M65) | Beckenham Running Club | 39:26 | M60 |
| 202 | 1292 Saul Harris (M50) | Tunbridge Wells Harriers | 39:27 | M50 |
| 203 | 1291 George Harris (M45) | Tunbridge Wells Harriers | 39:27 | M40 |
| 204 | 1183 Chris Parks (M45) | Mote Runners | 39:30 | M40 |
| 205 | 953 Sheridan Morris (M55) | Blackheath and Bromley H AC | 39:30 | M50 |

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| 206 | 884 David Oliver | Beckenham Running Club | 39:32 | SM |
| 207 | 842 Adrian Beresford (M55) | Ashford and District RRC | 39:35 | M50 |
| 208 | 1297 Andrew Joad (M55) | Tunbridge Wells Harriers | 39:37 | M50 |
| 209 | 1308 Richard Quartermaine (M50) | Tunbridge Wells Harriers | 39:38 | M50 |
| 210 | 1074 Jay Browne (M50) | Dartford Road Runners | 39:40 | M50 |
| 211 | 964 Barry Slattery (M55) | Blackheath and Bromley H AC | 39:40 | M50 |
| 212 | 878 Ian Galbraith (M40) | Beckenham Running Club | 39:44 | M40 |
| 213 | 1144 Martin Jones (M50) | Maidstone Harriers | 39:44 | M50 |
| 214 | 1322 Hayden Thirkell | Tunbridge Wells Harriers | 39:49 | SM |
| 215 | 1098 Philip Heathfield (M40) | Folkestone Running and Athletics Club | 39:54 | M40 |
| 216 | 872 Ramon Boo (M45) | Beckenham Running Club | 39:57 | M40 |
| 217 | 1154 Robert Fursey (M60) | Medway and Maidstone AC | 40:01 | M60 |
| 218 | 1235 Steven Ellison (M45) | Tonbridge AC | 40:04 | M40 |
| 219 | 1013 Stephen Smythe (M65) | Cambridge Harriers | 40:08 | M60 |
| 220 | 997 Hakim Mendjeli (M45) | Cambridge Harriers | 40:10 | M40 |
| 221 | 1104 David Weekes (M55) | Folkestone Running and Athletics Club | 40:15 | M50 |
| 222 | 1047 Andrew Archer (M50) | Dartford Harriers AC | 40:16 | M50 |
| 223 | 1216 Kevin Southen (M50) | South Kent Harriers | 40:22 | M50 |
| 224 | 979 James Floyd (M45) | Cambridge Harriers | 40:25 | M40 |
| 225 | 949 Chris Martin (M50) | Blackheath and Bromley H AC | 40:30 | M50 |
| 226 | 847 Robert Davis (M40) | Ashford and District RRC | 40:39 | M40 |
| 227 | 888 Richard Stokes (M50) | Beckenham Running Club | 40:42 | M50 |
| 228 | 1053 Connor Campbell | Dartford Harriers AC | 40:45 | SM |
| 229 | 1326 Christopher Walmsley (M50) | Tunbridge Wells Harriers | 40:46 | M50 |
| 230 | 1041 Andrew Coley | Crystal Palace Triathlon | 40:48 | SM |
| 231 | 1103 James Stroud | Folkestone Running and Athletics Club | 40:55 | SM |
| 232 | 1324 Colin Timmins (M55) | Tunbridge Wells Harriers | 40:57 | M50 |
| 233 | 994 Graham Maynard (M60) | Cambridge Harriers | 41:03 | M60 |
| 234 | 944 Andrew Lawes (M65) | Blackheath and Bromley H AC | 41:05 | M60 |
| 235 | 1208 John Fortuna (M55) | South Kent Harriers | 41:09 | M50 |
| 236 | 1284 Andrew Deighton (M55) | Tunbridge Wells Harriers | 41:11 | M50 |
| 237 | 1126 Neil Woolcombe (M45) | Harvel Hash House Harriers | 41:14 | M40 |
| 238 | 956 Steven Pairman (M60) | Blackheath and Bromley H AC | 41:15 | M60 |
| 239 | 1288 Dan Foster (M50) | Tunbridge Wells Harriers | 41:15 | M50 |
| 240 | 1073 Dave Ballard (M60) | Dartford Road Runners | 41:18 | M60 |
| 241 | 1236 Wayne Flanagan (M35) | Tonbridge AC | 41:28 | SM |
| 242 | 1045 Chris O'Gorman (M55) | Crystal Palace Triathlon | 41:33 | M50 |
| 243 | 1129 Ian Humphreys (M45) | Invicta East Kent AC | 41:34 | M40 |
| 244 | 929 Mark Ellison (M60) | Blackheath and Bromley H AC | 41:36 | M60 |
| 245 | 917 Luigi Arcuri (M65) | Blackheath and Bromley H AC | 41:40 | M60 |
| 246 | 1010 Joe Sheldrake | Cambridge Harriers | 41:44 | SM |
| 247 | 1193 Martin Pointing (M60) | Orpington Road Runners | 41:51 | M60 |
| 248 | 972 Richard Bennett | Cambridge Harriers | 41:54 | SM |
| 249 | 1314 David Salmons (M50) | Tunbridge Wells Harriers | 41:57 | M50 |
| 250 | 845 Robin Butler (M50) | Ashford and District RRC | 41:58 | M50 |
| 251 | 1064 Cullen O'Donnell (M55) | Dartford Harriers AC | 41:59 | M50 |
| 252 | 1143 Daren Chambers (M55) | Maidstone Harriers | 42:01 | M50 |
| 253 | 1138 Alan Savage (M45) | Istead & Ifield Harriers | 42:05 | M40 |
| 254 | 1023 Alan Clisby (M55) | Central Park Athletics | 42:06 | M50 |
| 255 | 968 Patrick Austin (M55) | Cambridge Harriers | 42:08 | M50 |
| 256 | 1287 Terry Everest (M40) | Tunbridge Wells Harriers | 42:12 | M40 |
| 257 | 1205 Lee Brewer (M45) | South Kent Harriers | 42:20 | M40 |

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| 258 | 859 Steve Hodges (M55) | Ashford and District RRC | 42:30 | M50 |
| 259 | 1315 Martin Sands | Tunbridge Wells Harriers | 42:45 | SM |
| 260 | 1083 Tony Piper (M55) | Dartford Road Runners | 42:54 | M50 |
| 261 | 1319 Neil Simmonds (M55) | Tunbridge Wells Harriers | 43:11 | M50 |
| 262 | 1162 James Milne (M45) | Medway and Maidstone AC | 43:17 | M40 |
| 263 | 1242 Mark Grange (M55) | Tonbridge AC | 43:22 | M50 |
| 264 | 977 Clem Dixon (M60) | Cambridge Harriers | 43:28 | M60 |
| 265 | 879 Richard Harper (M55) | Beckenham Running Club | 43:37 | M50 |
| 266 | 1215 Lee Sentenacq (M55) | South Kent Harriers | 43:39 | M50 |
| 267 | 841 Peter Tomsett (M45) | Ashford AC | 43:42 | M40 |
| 268 | 981 Paul Ford (M55) | Cambridge Harriers | 43:55 | M50 |
| 269 | 1311 Alistair Reid (M45) | Tunbridge Wells Harriers | 44:06 | M40 |
| 270 | 1218 Philip Larter (M50) | Swale Combined AC | 44:09 | M50 |
| 271 | 1076 Richey Estcourt (M45) | Dartford Road Runners | 44:12 | M40 |
| 272 | 1307 Michael Purse (M55) | Tunbridge Wells Harriers | 44:24 | M50 |
| 273 | 1262 Richard Sargent (M50) | Tonbridge AC | 44:30 | M50 |
| 274 | 1313 Michael Russell (M55) | Tunbridge Wells Harriers | 44:35 | M50 |
| 275 | 1265 Alex Slack (M50) | Tonbridge AC | 44:58 | M50 |
| 276 | 995 Ian McCarthy (M65) | Cambridge Harriers | 45:06 | M60 |
| 277 | 1213 Jeremy Saynor (M60) | South Kent Harriers | 45:06 | M60 |
| 278 | 1182 Nigel Groves (M55) | Mote Runners | 45:09 | M50 |
| 279 | 1309 Duncan Ralph (M55) | Tunbridge Wells Harriers | 45:11 | M50 |
| 280 | 897 Jim Faulkner (M55) | Bexley AC | 45:24 | M50 |
| 281 | 1306 Nick Pierce (M65) | Tunbridge Wells Harriers | 45:27 | M60 |
| 282 | 1217 Leigh Woods (M60) | South Kent Harriers | 45:32 | M60 |
| 283 | 1096 Liam Cumber | Folkestone Running and Athletics Club | 45:39 | SM |
| 284 | 880 Jeremy Hodgen (M60) | Beckenham Running Club | 45:40 | M60 |
| 285 | 1017 John Arnould (M65) | Central Park Athletics | 45:51 | M60 |
| 286 | 1224 Cain Bradley (M60) | Tonbridge AC | 45:58 | M60 |
| 287 | 870 Ken Baksh (M65) | Beckenham Running Club | 46:05 | M60 |
| 288 | 1101 Alan Randall (M60) | Folkestone Running and Athletics Club | 46:13 | M60 |
| 289 | 1278 Sam Bridger | Tunbridge Wells Harriers | 46:29 | SM |
| 290 | 1327 Philip Watkins (M50) | Tunbridge Wells Harriers | 46:57 | M50 |
| 291 | 1120 Ian Dickson (M65) | Harvel Hash House Harriers | 47:02 | M60 |
| 292 | 1085 Darren Rickard (M50) | Dartford Road Runners | 47:05 | M50 |
| 293 | 1028 Chris May (M40) | Central Park Athletics | 47:08 | M40 |
| 294 | 868 Neil Woodham (M40) | Ashford and District RRC | 47:11 | M40 |
| 295 | 983 Martin Hawkins (M60) | Cambridge Harriers | 47:39 | M60 |
| 296 | 900 John Gates (M60) | Bexley AC | 48:03 | M60 |
| 297 | 1025 Brian Downton (M55) | Central Park Athletics | 49:43 | M50 |
| 298 | 1031 Moneil Patel (M35) | Central Park Athletics | 57:50 | SM |
| 299 | 913 Kevin Winch (M60) | Bexley AC | 58:08 | M60 |