

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

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	
1	1176	Anthony Webb (M45)	Medway and Maidstone AC	29:17	M40
2	1008	Ben Shearer (M45)	Cambridge Harriers	29:51	M40
3	993	James Macdonald (M40)	Cambridge Harriers	29:57	M40
4	931	Micah Evans (M40)	Blackheath and Bromley H AC	30:10	M40
5	1200	Allan Lee (M50)	Sevenoaks AC	30:43	M50
6	1266	Jay Smith (M40)	Tonbridge AC	30:45	M40
7	1000	John O'Mahony (M45)	Cambridge Harriers	31:01	M40
8	1258	Julian Rendall (M45)	Tonbridge AC	31:02	M40
9	1320	Edward Steele (M40)	Tunbridge Wells Harriers	31:43	M40
10	1172	Richard Tomlinson (M55)	Medway and Maidstone AC	31:44	M50
11	1038	Daniel Bentley-Gouldstone (M40)	Crystal Palace Triathlon	32:28	M40
12	1012	Geoffrey Smith (M45)	Cambridge Harriers	32:30	M40
13	940	Sebastian Jones (M40)	Blackheath and Bromley H AC	32:31	M40
14	1180	Neill Wright (M45)	Medway and Maidstone AC	32:38	M40
15	924	Christian Clement (M40)	Blackheath and Bromley H AC	32:50	M40
16	1034	Craig Sharp (M45)	Central Park Athletics	32:54	M40
17	1043	Jamal Dayes (M40)	Crystal Palace Triathlon	33:00	M40
18	957	Fintan Parkinson (M45)	Blackheath and Bromley H AC	33:02	M40
19	1027	Simon Johnson (M40)	Central Park Athletics	33:04	M40
20	926	Leonardus De Bruyn	Blackheath and Bromley H AC	33:10	M40
21	1222	Anthony Bennett (M45)	Tonbridge AC	33:10	M40
22	984	Duncan Hope (M40)	Cambridge Harriers	33:13	M40
23	1002	James Pitts (M40)	Cambridge Harriers	33:18	M40
24	1019	Neil Arnould (M40)	Central Park Athletics	33:18	M40
25	1105	Andrew Wright (M45)	Folkestone Running and Athletics Club	33:22	M40
26	1131	Gavin Whitlock (M50)	Invicta East Kent AC	33:26	M50
27	912	Simon Wells (M45)	Bexley AC	33:27	M40
28	1005	Ben Rew (M40)	Cambridge Harriers	33:30	M40
29	930	Luca Ercolani (M50)	Blackheath and Bromley H AC	33:35	M50
30	1128	Glen Davison (M40)	Invicta East Kent AC	33:41	M40
31	1018	Johnnie Arnould (M40)	Central Park Athletics	33:47	M40
32	1210	Richard Newsome (M45)	South Kent Harriers	33:49	M40
33	1049	Chris Biddle (M40)	Dartford Harriers AC	34:01	M40
34	963	Paul Sharpe (M40)	Blackheath and Bromley H AC	34:03	M40
35	1071	Stuart Waterman (M45)	Dartford Harriers AC	34:07	M40
36	1152	Adam Featherstone (M50)	Medway and Maidstone AC	34:18	M50
37	1157	Tristan Hodges (M45)	Medway and Maidstone AC	34:21	M40
38	1261	Graeme Saker (M60)	Tonbridge AC	34:23	M60
39	1214	Darren Scrivens (M50)	South Kent Harriers	34:24	M50
40	1286	Andy Eames (M40)	Tunbridge Wells Harriers	34:26	M40
41	839	Ian King (M50)	Ashford AC	34:28	M50
42	846	Paul Crisp (M45)	Ashford and District RRC	34:30	M40
43	1294	Alexander Holmes (M45)	Tunbridge Wells Harriers	34:36	M40
44	1189	Gavin Kitchingham (M55)	Orpington Road Runners	34:40	M50
45	1197	James Willingham (M45)	Orpington Road Runners	34:41	M40
46	1179	Darren Wright (M45)	Medway and Maidstone AC	34:43	M40
47	1203	Oloff Van Zyl (M50)	Sevenoaks AC	34:43	M50
48	1256	Richard Preston (M50)	Tonbridge AC	34:49	M50
49	1093	Tristan Bruce (M50)	Folkestone Running and Athletics Club	34:56	M50

50	898	Jon Fish (M45)	Bexley AC	34:59	M40
51	1099	Philip Hoyland (M40)	Folkestone Running and Athletics Club	35:02	M40
52	1040	Mark Brown (M55)	Crystal Palace Triathlon	35:04	M50
53	1316	James Sarre (M45)	Tunbridge Wells Harriers	35:14	M40
54	1254	Mark Pitcairn-Knowles (M55)	Tonbridge AC	35:19	M50
55	1003	Christian Poulton (M55)	Cambridge Harriers	35:25	M50
56	1273	Joseph Watts (M40)	Tonbridge AC	35:28	M40
57	1141	Kev Buchanan (M40)	Maidstone Harriers	35:33	M40
58	934	Gregory Firth (M45)	Blackheath and Bromley H AC	35:42	M40
59	959	Martin Parkinson (M40)	Blackheath and Bromley H AC	35:44	M40
60	962	Ian Scott (M45)	Blackheath and Bromley H AC	35:47	M40
61	1004	David Reader (M50)	Cambridge Harriers	35:48	M50
62	1042	Tom Cumberlege (M45)	Crystal Palace Triathlon	35:50	M40
63	1186	Steve Georgiadis (M60)	Orpington Road Runners	36:04	M60
64	925	Darren Corneille (M40)	Blackheath and Bromley H AC	36:05	M40
65	1268	Peter Sutton (M40)	Tonbridge AC	36:05	M40
66	1263	Tim Sherman-Samuels (M40)	Tonbridge AC	36:07	M40
67	1039	Graeme Blair (M50)	Crystal Palace Triathlon	36:11	M50
68	1117	Greg Stinson (M40)	Greenwich Tritons	36:16	M40
69	1046	Matthew White (M45)	Crystal Palace Triathlon	36:18	M40
70	942	Paul Kerekgyarto (M45)	Blackheath and Bromley H AC	36:20	M40
71	865	Julius Samson (M50)	Ashford and District RRC	36:25	M50
72	1009	Rob Shearer (M45)	Cambridge Harriers	36:26	M40
73	1282	Stuart Corke (M55)	Tunbridge Wells Harriers	36:28	M50
74	1119	Martin Tynan (M45)	Greenwich Tritons	36:33	M40
75	1178	Gareth Williams (M55)	Medway and Maidstone AC	36:36	M50
76	1166	Alun Rodgers (M55)	Medway and Maidstone AC	36:48	M50
77	1299	Michael King (M40)	Tunbridge Wells Harriers	36:49	M40
78	854	Daryl Hefer (M45)	Ashford and District RRC	36:53	M40
79	1110	Ben Guy (M45)	Greenwich Tritons	36:57	M40
80	1116	Simon Neville (M60)	Greenwich Tritons	36:59	M60
81	1301	Ken MacSporran (M45)	Tunbridge Wells Harriers	37:00	M40
82	883	Steven Moss (M60)	Beckenham Running Club	37:02	M60
83	860	Scott Lynch (M55)	Ashford and District RRC	37:06	M50
84	1026	Antony Hylton (M45)	Central Park Athletics	37:08	M40
85	1036	Mark Smith (M40)	Central Park Athletics	37:08	M40
86	922	Matthew Bullen (M55)	Blackheath and Bromley H AC	37:15	M50
87	1142	Sean Callow (M40)	Maidstone Harriers	37:20	M40
88	1221	Jason Barton (M40)	Tonbridge AC	37:26	M40
89	885	Neil Phillips (M55)	Beckenham Running Club	37:30	M50
90	1202	Darrell Smith (M55)	Sevenoaks AC	37:30	M50
91	1276	Robin Barwick (M50)	Tunbridge Wells Harriers	37:36	M50
92	950	Jason Meers (M50)	Blackheath and Bromley H AC	37:38	M50
93	886	Andy Regan (M50)	Beckenham Running Club	37:40	M50
94	1325	Geoff Turner (M60)	Tunbridge Wells Harriers	37:45	M60
95	1054	Paul Dawes (M50)	Dartford Harriers AC	38:02	M50
96	1168	Barry Royden (M55)	Medway and Maidstone AC	38:03	M50
97	866	David Tomlinson (M45)	Ashford and District RRC	38:09	M40
98	1279	Richard Bysouth (M45)	Tunbridge Wells Harriers	38:22	M40
99	908	Terry Roffey (M40)	Bexley AC	38:26	M40
100	1238	Antony Fullbrook (M55)	Tonbridge AC	38:34	M50
101	1283	Richard Craig-McFeely (M55)	Tunbridge Wells Harriers	38:37	M50

102	1133	Derek George (M50)	Istead & Ifield Harriers	38:38	M50
103	1022	James Carney (M50)	Central Park Athletics	38:42	M50
104	1289	Mark Godsalue (M50)	Tunbridge Wells Harriers	38:43	M50
105	867	Dave Vinton (M40)	Ashford and District RRC	38:44	M40
106	1109	Mark Gregory (M60)	Greenwich Tritons	38:47	M60
107	1081	Steve Jarvis (M50)	Dartford Road Runners	38:48	M50
108	1302	Kannan Mahalingam (M40)	Tunbridge Wells Harriers	38:49	M40
109	1199	Chris Desmond (M60)	Sevenoaks AC	38:50	M60
110	887	Tim Robinson (M40)	Beckenham Running Club	38:52	M40
111	943	George Kleanthous (M55)	Blackheath and Bromley H AC	38:57	M50
112	1195	Joe Precious (M50)	Orpington Road Runners	38:59	M50
113	1164	Jerome Moisan (M45)	Medway and Maidstone AC	39:03	M40
114	1293	Simon Holford (M50)	Tunbridge Wells Harriers	39:06	M50
115	919	William Brindley (M50)	Blackheath and Bromley H AC	39:08	M50
116	1134	Darren Harger (M50)	Istead & Ifield Harriers	39:15	M50
117	1330	Robert Winter (M40)	Tunbridge Wells Harriers	39:17	M40
118	853	Mark Harrison (M40)	Ashford and District RRC	39:25	M40
119	871	Michael Beecher (M65)	Beckenham Running Club	39:26	M60
120	1292	Saul Harris (M50)	Tunbridge Wells Harriers	39:27	M50
121	1291	George Harris (M45)	Tunbridge Wells Harriers	39:27	M40
122	1183	Chris Parks (M45)	Mote Runners	39:30	M40
123	953	Sheridan Morris (M55)	Blackheath and Bromley H AC	39:30	M50
124	884	David Olver	Beckenham Running Club	39:32	SM
125	1297	Andrew Joad (M55)	Tunbridge Wells Harriers	39:37	M50
126	1308	Richard Quartermaine (M50)	Tunbridge Wells Harriers	39:38	M50
127	1074	Jay Browne (M50)	Dartford Road Runners	39:40	M50
128	964	Barry Slattery (M55)	Blackheath and Bromley H AC	39:40	M50
129	878	Ian Galbraith (M40)	Beckenham Running Club	39:44	M40
130	1144	Martin Jones (M50)	Maidstone Harriers	39:44	M50
131	1098	Philip Heathfield (M40)	Folkestone Running and Athletics Club	39:54	M40
132	872	Ramon Boo (M45)	Beckenham Running Club	39:57	M40
133	1154	Robert Fursey (M60)	Medway and Maidstone AC	40:01	M60
134	1235	Steven Ellison (M45)	Tonbridge AC	40:04	M40
135	1013	Stephen Smythe (M65)	Cambridge Harriers	40:08	M60
136	997	Hakim Mendjeli (M45)	Cambridge Harriers	40:10	M40
137	1104	David Weekes (M55)	Folkestone Running and Athletics Club	40:15	M50
138	1047	Andrew Archer (M50)	Dartford Harriers AC	40:16	M50
139	1216	Kevin Southen (M50)	South Kent Harriers	40:22	M50
140	979	James Floyd (M45)	Cambridge Harriers	40:25	M40
141	949	Chris Martin (M50)	Blackheath and Bromley H AC	40:30	M50
142	847	Robert Davis (M40)	Ashford and District RRC	40:39	M40
143	888	Richard Stokes (M50)	Beckenham Running Club	40:42	M50
144	1326	Christopher Walmsley (M50)	Tunbridge Wells Harriers	40:46	M50
145	1324	Colin Timmins (M55)	Tunbridge Wells Harriers	40:57	M50
146	994	Graham Maynard (M60)	Cambridge Harriers	41:03	M60
147	944	Andrew Lawes (M65)	Blackheath and Bromley H AC	41:05	M60
148	1208	John Fortuna (M55)	South Kent Harriers	41:09	M50
149	1284	Andrew Deighton (M55)	Tunbridge Wells Harriers	41:11	M50
150	1126	Neil Woolcombe (M45)	Harvel Hash House Harriers	41:14	M40
151	956	Steven Pairman (M60)	Blackheath and Bromley H AC	41:15	M60
152	1288	Dan Foster (M50)	Tunbridge Wells Harriers	41:15	M50
153	1073	Dave Ballard (M60)	Dartford Road Runners	41:18	M60

154	1045	Chris O'Gorman (M55)	Crystal Palace Triathlon	41:33	M50
155	1129	Ian Humphreys (M45)	Invicta East Kent AC	41:34	M40
156	929	Mark Ellison (M60)	Blackheath and Bromley H AC	41:36	M60
157	917	Luigi Arcuri (M65)	Blackheath and Bromley H AC	41:40	M60
158	1193	Martin Pointing (M60)	Orpington Road Runners	41:51	M60
159	1314	David Salmons (M50)	Tunbridge Wells Harriers	41:57	M50
160	845	Robin Butler (M50)	Ashford and District RRC	41:58	M50
161	1064	Cullen O'Donnell (M55)	Dartford Harriers AC	41:59	M50
162	1143	Daren Chambers (M55)	Maidstone Harriers	42:01	M50
163	1138	Alan Savage (M45)	Istead & Ifield Harriers	42:05	M40
164	1023	Alan Clisby (M55)	Central Park Athletics	42:06	M50
165	968	Patrick Austin (M55)	Cambridge Harriers	42:08	M50
166	1287	Terry Everest (M40)	Tunbridge Wells Harriers	42:12	M40
167	1205	Lee Brewer (M45)	South Kent Harriers	42:20	M40
168	859	Steve Hodges (M55)	Ashford and District RRC	42:30	M50
169	1083	Tony Piper (M55)	Dartford Road Runners	42:54	M50
170	1319	Neil Simmonds (M55)	Tunbridge Wells Harriers	43:11	M50
171	1162	James Milne (M45)	Medway and Maidstone AC	43:17	M40
172	1242	Mark Grange (M55)	Tonbridge AC	43:22	M50
173	977	Clem Dixon (M60)	Cambridge Harriers	43:28	M60
174	879	Richard Harper (M55)	Beckenham Running Club	43:37	M50
175	1215	Lee Sentenacq (M55)	South Kent Harriers	43:39	M50
176	841	Peter Tomsett (M45)	Ashford AC	43:42	M40
177	981	Paul Ford (M55)	Cambridge Harriers	43:55	M50
178	1311	Alistair Reid (M45)	Tunbridge Wells Harriers	44:06	M40
179	1218	Philip Larter (M50)	Swale Combined AC	44:09	M50
180	1076	Richey Estcourt (M45)	Dartford Road Runners	44:12	M40
181	1307	Michael Purse (M55)	Tunbridge Wells Harriers	44:24	M50
182	1262	Richard Sargent (M50)	Tonbridge AC	44:30	M50
183	1313	Michael Russell (M55)	Tunbridge Wells Harriers	44:35	M50
184	1265	Alex Slack (M50)	Tonbridge AC	44:58	M50
185	995	Ian McCarthy (M65)	Cambridge Harriers	45:06	M60
186	1213	Jeremy Saynor (M60)	South Kent Harriers	45:06	M60
187	1182	Nigel Groves (M55)	Mote Runners	45:09	M50
188	1309	Duncan Ralph (M55)	Tunbridge Wells Harriers	45:11	M50
189	897	Jim Faulkner (M55)	Bexley AC	45:24	M50
190	1306	Nick Pierce (M65)	Tunbridge Wells Harriers	45:27	M60
191	1217	Leigh Woods (M60)	South Kent Harriers	45:32	M60
192	880	Jeremy Hodgen (M60)	Beckenham Running Club	45:40	M60
193	1017	John Arnould (M65)	Central Park Athletics	45:51	M60
194	1224	Cain Bradley (M60)	Tonbridge AC	45:58	M60
195	870	Ken Baksh (M65)	Beckenham Running Club	46:05	M60
196	1101	Alan Randall (M60)	Folkestone Running and Athletics Club	46:13	M60
197	1327	Philip Watkins (M50)	Tunbridge Wells Harriers	46:57	M50
198	1120	Ian Dickson (M65)	Harvel Hash House Harriers	47:02	M60
199	1085	Darren Rickard (M50)	Dartford Road Runners	47:05	M50
200	1028	Chris May (M40)	Central Park Athletics	47:08	M40
201	868	Neil Woodham (M40)	Ashford and District RRC	47:11	M40
202	983	Martin Hawkins (M60)	Cambridge Harriers	47:39	M60
203	900	John Gates (M60)	Bexley AC	48:03	M60
204	1025	Brian Downton (M55)	Central Park Athletics	49:43	M50
205	913	Kevin Winch (M60)	Bexley AC	58:08	M60