

Kent Cross Country League Results - Swanley Park, Swanley 12/10/2019**Senior Men 10000m Individual Results**

Pos	No	Name	Club	Time
1	1226	Robert Meyer	Medway and Maidstone AC	31:01
2	1225	Tewelde Menges	Medway and Maidstone AC	31:13
3	1173	Abel Tsegay	Invicta East Kent AC	31:16
4	573	Charlie Brisley (U20M)	Invicta East Kent AC	31:22
5	1316	Jamie Bryant	Tonbridge AC	31:22
6	545	Marshall Smith (U20M)	Ashford AC	31:30
7	597	James Kingston (U20M)	Tonbridge AC	32:00
8	1338	Benjamin Murphy	Tonbridge AC	32:06
9	1330	Jamie Goodge	Tonbridge AC	32:11
10	1054	Dean Lacy	Cambridge Harriers	32:30
11	1355	Stephen Strange	Tonbridge AC	32:41
12	1057	Bayley Massey	Cambridge Harriers	32:43
13	994	Thomas Wright	Bexley AC	33:19
14	999	Joss Barber	Blackheath and Bromley H AC	33:19
15	1100	Sam Coombes	Dartford Harriers AC	33:20
16	602	Dan Schofield (U20M)	Tonbridge AC	33:22
17	1017	Alex Gibbins (M40)	Blackheath and Bromley H AC	33:22
18	1357	James Taylor	Tonbridge AC	33:23
19	1216	Marley Godden	Medway and Maidstone AC	33:30
20	1315	Daniel Bradley	Tonbridge AC	33:37
21	910	Nick Collins (M40)	Ashford AC	33:41
22	1239	Mark Wilkins	Medway and Maidstone AC	33:52
23	583	Jacques Cunningham-Marsh (U20M)	Medway and Maidstone AC	34:08
24	1238	Ben Tyler	Medway and Maidstone AC	34:18
25	593	Charles Crick (U20M)	Tonbridge AC	34:36
26	590	Harry Young (U20M)	Paddock Wood AC	34:41
27	1219	Justin Lane (M40)	Medway and Maidstone AC	34:45
28	1212	Jack Crossley	Medway and Maidstone AC	34:47
29	1221	Michael Major	Medway and Maidstone AC	34:49
30	601	Alex Sandberg (U20M)	Tonbridge AC	34:52
31	566	Mouctar Barry (U20M)	Central Park Athletics	34:56
32	595	Toby Emm (U20M)	Tonbridge AC	34:57
33	1013	Gareth Evans (M40)	Blackheath and Bromley H AC	35:01
34	1227	Chris Rampling	Medway and Maidstone AC	35:10
35	1234	Noel Sutton (M45)	Medway and Maidstone AC	35:18
36	1195	Daniel Hulbert (M40)	Larkfield AC	35:18
37	1242	Neill Wright (M40)	Medway and Maidstone AC	35:19
38	1197	Noel Lyons (M50)	Larkfield AC	35:19
39	1193	Lee Cooper	Larkfield AC	35:21
40	1319	Nathan Chapman	Tonbridge AC	35:24
41	1389	Alexander Jeffreys	Tunbridge Wells Harriers	35:25
42	1102	Sam Dowler	Dartford Harriers AC	35:25
43	1204	Jordan Chambers	Maidstone Harriers	35:26
44	1245	Phillip Seys	Medway Tri	35:27
45	1230	Barry Royden (M50)	Medway and Maidstone AC	35:29
46	603	Alexander Thompson (U20M)	Tonbridge AC	35:32
47	1104	Gregory Hills	Dartford Harriers AC	35:35
48	1388	Andrew Howey (M55)	Tunbridge Wells Harriers	35:46
49	569	Thomas Manning (U20M)	Dartford Harriers AC	35:51
50	594	Samuel Crick (U20M)	Tonbridge AC	35:54
51	1095	Chris Biddle	Dartford Harriers AC	36:00
52	1312	Anthony Bennett (M40)	Tonbridge AC	36:01
53	1135	Nicholas Steele	Folkestone Running Club	36:26
54	1012	Luca Ercolani (M45)	Blackheath and Bromley H AC	36:27
55	1047	Luke Ford	Cambridge Harriers	36:28
56	1336	Daniel Madams (M45)	Tonbridge AC	36:28

57	1160	James Wallace (M45)	Greenwich Tritons	36:29
58	1143	Jan-Hendrik Hadeler	Greenwich Tritons	36:30
59	1232	Daniel St Martin	Medway and Maidstone AC	36:31
60	1320	Mark Coates	Tonbridge AC	36:31
61	1347	Julian Rendall (M40)	Tonbridge AC	36:34
62	1237	Stephen Turpie (M45)	Medway and Maidstone AC	36:36
63	950	Simon Culver	Beckenham Running Club	36:38
64	589	Charles George (U20M)	Paddock Wood AC	36:50
65	1302	Andrew Scoones	Swale Combined AC	36:53
66	985	Joseph O'Hara	Bexley AC	36:56
67	1109	Huntley Roberts	Dartford Harriers AC	36:58
68	1106	Daniel Jackson	Dartford Harriers AC	37:03
69	1025	Jon Pairman	Blackheath and Bromley H AC	37:13
70	1065	David Reader (M45)	Cambridge Harriers	37:14
71	927	Trevor Kay	Ashford & District RRC	37:17
72	1392	William Levett (M40)	Tunbridge Wells Harriers	37:18
73	1074	Rocco Paone	Central Park Athletics	37:19
74	1220	Daniel Longhurst	Medway and Maidstone AC	37:21
75	1027	Fintan Parkinson (M40)	Blackheath and Bromley H AC	37:24
76	1291	Sam Rigby (M40)	South Kent Harriers	37:31
77	971	Paul Collier (M50)	Bexley AC	37:35
78	1001	Roger Beswick (M55)	Blackheath and Bromley H AC	37:37
79	1210	Harry Collins	Medway and Maidstone AC	37:42
80	941	Laurence Teeling	Ashford & District RRC	37:44
81	1171	Adam McKenna	Invicta East Kent AC	37:48
82	1174	Gavin Whitlock (M45)	Invicta East Kent AC	37:49
83	936	Jon Pearce	Ashford & District RRC	37:53
84	1342	Harry Paton	Tonbridge AC	37:56
85	1033	Paul Sharpe	Blackheath and Bromley H AC	37:57
86	1189	Daniel Walsh	Istead & Ifield Harriers	38:00
87	1349	Adam Roeder	Tonbridge AC	38:07
88	1243	Nigel Lynch (M40)	Medway Tri	38:09
89	959	Mark Lally	Beckenham Running Club	38:13
90	1289	Richard Newsome (M45)	South Kent Harriers	38:15
91	1311	James Beeston (M45)	Tonbridge AC	38:18
92	1066	David Robinson (M40)	Cambridge Harriers	38:18
93	949	Simon Carter (M40)	Beckenham Running Club	38:19
94	1070	Anthony Durey (M55)	Central Park Athletics	38:20
95	1254	Lukas Bates	Paddock Wood AC	38:25
96	1016	Gregory Firth (M40)	Blackheath and Bromley H AC	38:27
97	1228	Alun Rodgers (M50)	Medway and Maidstone AC	38:30
98	1356	Adam Styles (M45)	Tonbridge AC	38:35
99	1161	Martin Beardmore (M40)	Harvel Hash House Harriers	38:42
100	968	Damilore Adewale	Bexley AC	38:46
101	922	Daniel Green (M45)	Ashford & District RRC	38:48
102	987	Martin Smith (M40)	Bexley AC	38:54
103	1075	Chris Reid	Central Park Athletics	38:56
104	934	Andrew Noble (M55)	Ashford & District RRC	38:58
105	598	William Kingswood (U20M)	Tonbridge AC	38:59
106	564	Tom Simpson (U20M)	Cambridge Harriers	39:01
107	1381	Dave Hadaway (M50)	Tunbridge Wells Harriers	39:02
108	990	Simon Wells (M40)	Bexley AC	39:05
109	1240	Gareth Williams (M50)	Medway and Maidstone AC	39:08
110	1201	Stephen Throssell (M45)	Larkfield AC	39:10
111	1098	Reuben Burford (M45)	Dartford Harriers AC	39:12
112	931	Scott Lynch (M50)	Ashford & District RRC	39:13
113	974	Jon Fish (M40)	Bexley AC	39:17
114	1420	Tobyn Young (M40)	Tunbridge Wells Harriers	39:18
115	1064	Christian Poulton (M50)	Cambridge Harriers	39:22

116	1036	Christopher Tuck	Blackheath and Bromley H AC	39:26
117	963	Ed Osborne (M40)	Beckenham Running Club	39:28
118	1403	James Sarre (M40)	Tunbridge Wells Harriers	39:29
119	1359	Joseph Watts	Tonbridge AC	39:32
120	1092	Tom Vincent	Crystal Palace Triathlon	39:37
121	1126	Tristan Bruce (M45)	Folkestone Running Club	39:40
122	1007	Darren Corneille	Blackheath and Bromley H AC	39:41
123	1303	Andrew Baranowski (M45)	Swanley and District AC	39:44
124	1317	Alan Buckle (M60)	Tonbridge AC	39:44
125	1273	Steve Wright (M50)	Paddock Wood AC	39:44
126	1358	Michael Thomson (M50)	Tonbridge AC	39:47
127	1313	Tobin Bird (M50)	Tonbridge AC	39:48
128	1058	Graham Maynard (M55)	Cambridge Harriers	39:51
129	1344	Mark Pitcairn-Knowles (M50)	Tonbridge AC	39:53
130	1103	Terry Hawkey	Dartford Harriers AC	39:57
131	1335	Ross Kinloch (M60)	Tonbridge AC	40:02
132	1087	Isaac Griffiths	Crystal Palace Triathlon	40:03
133	1364	Richard Carter	Tunbridge Wells Harriers	40:06
134	1277	Andrew Mead (M50)	Sevenoaks AC	40:07
135	951	Steven Daley (M55)	Beckenham Running Club	40:08
136	1281	Gareth Lewis (M50)	Sittingbourne Striders	40:11
137	961	Joseph Newcombe	Beckenham Running Club	40:12
138	1139	Matthew Durrant	Greenwich Tritons	40:13
139	1371	Adam Dennis (M40)	Tunbridge Wells Harriers	40:18
140	1393	Casper Morris (M45)	Tunbridge Wells Harriers	40:18
141	1128	Liam Cumber	Folkestone Running Club	40:21
142	933	Paul Moses (M55)	Ashford & District RRC	40:28
143	1334	Stephen Keywood (M55)	Tonbridge AC	40:31
144	1081	Darren Cartwright	Crystal Palace Triathlon	40:38
145	1432	Zachary Ramsden (M50)	Sevenoaks AC	40:39
146	1244	Vincent Seymour (M45)	Medway Tri	40:41
147	1383	Saul Harris (M45)	Tunbridge Wells Harriers	40:42
148	1368	Matthew Clements (M45)	Tunbridge Wells Harriers	40:46
149	1120	Tony Piper (M50)	Dartford Road Runners	40:50
150	1404	Michael Staddon	Tunbridge Wells Harriers	40:52
151	937	Thomas Preece	Ashford & District RRC	40:55
152	1071	Antony Hylton (M40)	Central Park Athletics	40:57
153	1147	Simon Lucey	Greenwich Tritons	40:57
154	1229	Sean Rodwell	Medway and Maidstone AC	40:59
155	1387	Simon Howden (M45)	Tunbridge Wells Harriers	41:07
156	1101	Paul Dawes (M45)	Dartford Harriers AC	41:11
157	916	James Booth (M40)	Ashford & District RRC	41:15
158	1284	Jon Eaton	South Kent Harriers	41:16
159	1417	Daniel Winson (M45)	Tunbridge Wells Harriers	41:21
160	1137	David Weekes (M50)	Folkestone Running Club	41:24
161	1323	Anthony Crush (M45)	Tonbridge AC	41:24
162	1258	Nicholas Denbow (M50)	Paddock Wood AC	41:27
163	924	Keith Haynes (M40)	Ashford & District RRC	41:27
164	1375	Terry Everest	Tunbridge Wells Harriers	41:29
165	1280	Daniel Witt (M40)	Sevenoaks AC	41:33
166	1107	Jon Kennedy (M40)	Dartford Harriers AC	41:37
167	1026	Steven Pairman (M55)	Blackheath and Bromley H AC	41:39
168	938	Paul Ridley	Ashford & District RRC	41:39
169	1151	Simon Neville (M55)	Greenwich Tritons	41:40
170	1094	Andrew Archer (M45)	Dartford Harriers AC	41:40
171	1077	Mark Smith (M40)	Central Park Athletics	41:42
172	1235	Martin Taylor (M45)	Medway and Maidstone AC	41:43
173	1165	Toby Short (M40)	Harvel Hash House Harriers	41:43
174	1141	Sergejs Gorbacovs	Greenwich Tritons	41:45

175	923	Mark Harrison (M40)	Ashford & District RRC	41:46
176	1196	Lee Jones (M40)	Larkfield AC	41:46
177	914	Mark Attenborough (M50)	Ashford & District RRC	41:47
178	1430	Paul Stott (M40)	Larkfield AC	41:51
179	1241	Darren Wright (M40)	Medway and Maidstone AC	41:53
180	967	Will Withecombe	Beckenham Running Club	41:54
181	955	Stephen Gray	Beckenham Running Club	41:56
182	1348	John Ridge (M45)	Tonbridge AC	41:57
183	1290	Raymond Pearce (M60)	South Kent Harriers	41:58
184	568	Ethon Jacob (U20M)	Dartford Harriers AC	42:02
185	1018	Nigel Haffenden (M50)	Blackheath and Bromley H AC	42:04
186	932	Adrian Moody (M55)	Ashford & District RRC	42:07
187	1418	Robert Winter (M40)	Tunbridge Wells Harriers	42:11
188	1188	Alan Savage (M40)	Istead & Ifield Harriers	42:11
189	1024	Jason Meers (M50)	Blackheath and Bromley H AC	42:13
190	1117	Steve Jarvis (M45)	Dartford Road Runners	42:14
191	1155	Tim Shaw (M40)	Greenwich Tritons	42:17
192	1130	Stuart Erskine	Folkestone Running Club	42:20
193	1209	Damon Williams (M45)	Maidstone Harriers	42:26
194	1246	Michael Brockwell (M55)	Orpington Road Runners	42:29
195	1380	Paul Gregory	Tunbridge Wells Harriers	42:43
196	1307	Stuart Nicholson (M40)	Swanley and District AC	42:45
197	1296	Toby Barker (M45)	Swale Combined AC	42:52
198	964	Andy Regan (M45)	Beckenham Running Club	42:56
199	1247	Danny Easton (M50)	Orpington Road Runners	42:58
200	981	Martin Jenner	Bexley AC	42:59
201	1301	Daniel Martin	Swale Combined AC	43:04
202	1390	Andrew Joad (M55)	Tunbridge Wells Harriers	43:04
203	1203	Mathew Brooks	Maidstone Harriers	43:07
204	1304	Michael Baron (M60)	Swanley and District AC	43:07
205	1176	Tim Bell (M45)	Istead & Ifield Harriers	43:08
206	947	Michael Beecher (M60)	Beckenham Running Club	43:09
207	1414	Chris Walmsley (M45)	Tunbridge Wells Harriers	43:09
208	1233	Steven Stratford (M40)	Medway and Maidstone AC	43:14
209	1099	Steven Caller	Dartford Harriers AC	43:16
210	1337	Russell McIntyre (M45)	Tonbridge AC	43:17
211	1367	Neil Clark (M40)	Tunbridge Wells Harriers	43:18
212	1382	George Harris (M45)	Tunbridge Wells Harriers	43:20
213	1274	Chris Desmond (M55)	Sevenoaks AC	43:33
214	1108	Cullen O'Donnell (M50)	Dartford Harriers AC	43:34
215	1158	George Siskos	Greenwich Tritons	43:35
216	1295	Dominic Woolford	South Kent Harriers	43:45
217	1159	Martin Tynan (M45)	Greenwich Tritons	43:52
218	1294	Kevin Southen (M45)	South Kent Harriers	43:55
219	1272	Mark Wild (M45)	Paddock Wood AC	43:56
220	1299	Michael English (M50)	Swale Combined AC	43:59
221	1321	Tony Cohen (M50)	Tonbridge AC	43:59
222	1045	Clem Dixon (M55)	Cambridge Harriers	43:59
223	1287	Mike Hayley (M65)	South Kent Harriers	43:59
224	1352	Mark Schofield (M55)	Tonbridge AC	44:06
225	1202	Stephen Whiting (M60)	Larkfield AC	44:16
226	1125	Paul Bartlett (M45)	Folkestone Running Club	44:27
227	1340	Alan Newman (M65)	Tonbridge AC	44:32
228	970	Mark Collier (M45)	Bexley AC	44:36
229	979	Jonathan Hunter (M55)	Bexley AC	44:41
230	1385	Simon Holford (M45)	Tunbridge Wells Harriers	44:44
231	1004	Richard Byford	Blackheath and Bromley H AC	44:51
232	1150	Luis Mendoza (M45)	Greenwich Tritons	44:52
233	1043	Mark Cross (M60)	Cambridge Harriers	44:59

234	1180	Darren Harger (M45)	Istead & Ifield Harriers	45:16
235	1306	Steve Jones (M40)	Swanley and District AC	45:24
236	1318	Brian Buckwell (M65)	Tonbridge AC	45:25
237	1164	Andrew Plummer	Harvel Hash House Harriers	45:30
238	1023	Andrew Lawes (M60)	Blackheath and Bromley H AC	45:36
239	984	Stephen Lawrence (M45)	Bexley AC	45:43
240	1270	John Tilston (M40)	Paddock Wood AC	45:53
241	1136	Neil Trett (M40)	Folkestone Running Club	46:05
242	1268	Kim Stanley (M60)	Paddock Wood AC	46:16
243	1402	Michael Russell (M50)	Tunbridge Wells Harriers	46:24
244	1052	Martin Hawkins (M55)	Cambridge Harriers	46:33
245	1062	Wole Odele (M50)	Cambridge Harriers	46:37
246	1314	Cain Bradley (M55)	Tonbridge AC	46:40
247	1354	Alex Slack (M45)	Tonbridge AC	46:44
248	1293	Lee Sentenacq (M50)	South Kent Harriers	46:48
249	1288	Steven Michael (M50)	South Kent Harriers	46:51
250	1048	Paul Ford (M50)	Cambridge Harriers	46:52
251	1264	Stephen Large (M45)	Paddock Wood AC	47:04
252	1105	Jonathan Ives (M50)	Dartford Harriers AC	47:33
253	1262	Sam Harker (M45)	Paddock Wood AC	47:36
254	1271	John Tolhurst (M65)	Paddock Wood AC	47:38
255	1406	Mark Taylor (M65)	Tunbridge Wells Harriers	47:40
256	1157	Ed Simpson (M50)	Greenwich Tritons	47:44
257	1167	Rich Woodhams (M50)	Harvel Hash House Harriers	47:53
258	1395	Andy Page (M55)	Tunbridge Wells Harriers	48:01
259	1093	Haydn Whitmore (M60)	Crystal Palace Triathlon	48:11
260	1374	Luke Edwardes-Evans (M55)	Tunbridge Wells Harriers	48:30
261	1255	John Collett (M45)	Paddock Wood AC	48:35
262	1353	Scott Shurmer (M45)	Tonbridge AC	48:43
263	1091	Gareth Robson (M60)	Crystal Palace Triathlon	48:50
264	989	Tan Truong (M45)	Bexley AC	48:55
265	1082	Mitchel Cooke (M50)	Crystal Palace Triathlon	48:59
266	1059	Ian McCarthy (M60)	Cambridge Harriers	49:01
267	991	Kevin Winch (M55)	Bexley AC	49:13
268	1396	Nick Pierce (M60)	Tunbridge Wells Harriers	49:20
269	957	Jeremy Hodgen (M60)	Beckenham Running Club	49:28
270	1351	Richard Sargent (M45)	Tonbridge AC	49:28
271	972	Brian Crane (M45)	Bexley AC	49:56
272	925	Ricky Hickman (M40)	Ashford & District RRC	50:13
273	1283	Lee Brewer (M40)	South Kent Harriers	50:20
274	992	David Winfield (M60)	Bexley AC	50:49
275	1116	Paul Hooper (M60)	Dartford Road Runners	50:55
276	1162	Ian Dickson (M60)	Harvel Hash House Harriers	50:58
277	1298	Jason Cockell (M45)	Swale Combined AC	51:06
278	1163	Tom Leach (M55)	Harvel Hash House Harriers	51:19
279	1072	Peter Marsh (M65)	Central Park Athletics	51:31
280	1042	Roderick Cooney-Bresi	Cambridge Harriers	51:56
281	945	Ken Baksh (M60)	Beckenham Running Club	52:13
282	1310	Joseph Baldwin	Tonbridge AC	52:28
283	1309	Kean Anderson (M45)	Tonbridge AC	52:29
284	1399	Peter Richardson (M65)	Tunbridge Wells Harriers	53:19
285	965	Ben Walsh (M55)	Beckenham Running Club	53:45
286	1285	Andrew Fogg (M55)	South Kent Harriers	56:48
287	1129	Grahame Eke (M65)	Folkestone Running Club	57:07
288	1138	Simon Capey (M65)	Greenwich Tritons	57:20
289	1166	Tim Wilkinson (M45)	Harvel Hash House Harriers	58:00