

**Kent Cross Country League Results - Foots Cray Meadows, Sidcup 11/10/2025****Masters 40 Men 8000m Individual Results**

| <b>Pos</b> | <b>No</b> | <b>Name</b>              | <b>Club</b>                           | <b>Time</b> |
|------------|-----------|--------------------------|---------------------------------------|-------------|
| 1          | 1014      | Danny Kendall (M45)      | Cambridge Harriers                    | 27:51       |
| 2          | 1030      | Ben Shearer (M45)        | Cambridge Harriers                    | 27:56       |
| 3          | 1173      | Lee Cooper (M40)         | Medway and Maidstone AC               | 28:04       |
| 4          | 1273      | Craig Halsey (M45)       | Tonbridge AC                          | 28:12       |
| 5          | 950       | Leonardus De Bruyn (M45) | Blackheath and Bromley H AC           | 28:23       |
| 6          | 1018      | James Macdonald (M45)    | Cambridge Harriers                    | 28:47       |
| 7          | 957       | Micah Evans (M40)        | Blackheath and Bromley H AC           | 29:15       |
| 8          | 1166      | Keith Fairbank (M40)     | Istead & Ifield Harriers              | 29:18       |
| 9          | 1286      | Julian Rendall (M45)     | Tonbridge AC                          | 29:41       |
| 10         | 1357      | Edward Steele (M40)      | Tunbridge Wells Harriers              | 30:11       |
| 11         | 1023      | John O'Mahony (M45)      | Cambridge Harriers                    | 30:18       |
| 12         | 980       | Martin Richardson (M40)  | Blackheath and Bromley H AC           | 30:22       |
| 13         | 1009      | Gavin Hows (M45)         | Cambridge Harriers                    | 30:31       |
| 14         | 1008      | Duncan Hope (M40)        | Cambridge Harriers                    | 30:45       |
| 15         | 1044      | Johnnie Arnould (M45)    | Central Park Athletics                | 30:56       |
| 16         | 1335      | John Law (M45)           | Tunbridge Wells Harriers              | 31:15       |
| 17         | 978       | Scott Poulter (M40)      | Blackheath and Bromley H AC           | 31:20       |
| 18         | 1193      | Jacques Smit (M40)       | Medway and Maidstone AC               | 31:22       |
| 19         | 948       | Christian Clement (M40)  | Blackheath and Bromley H AC           | 31:23       |
| 20         | 1227      | Mark Philbrick (M45)     | Petts Wood Runners                    | 31:32       |
| 21         | 1153      | Glen Davison (M45)       | Invicta East Kent AC                  | 31:36       |
| 22         | 1001      | Phil Dickens (M45)       | Cambridge Harriers                    | 31:45       |
| 23         | 956       | Gareth Evans (M45)       | Blackheath and Bromley H AC           | 31:57       |
| 24         | 1203      | Nigel Lynch (M45)        | Medway Tri                            | 31:58       |
| 25         | 1036      | Stephen Thompson (M45)   | Cambridge Harriers                    | 32:00       |
| 26         | 1055      | Simon Johnson (M45)      | Central Park Athletics                | 32:08       |
| 27         | 982       | Paul Sharpe (M45)        | Blackheath and Bromley H AC           | 32:14       |
| 28         | 1085      | Huntley Roberts (M40)    | Dartford Harriers AC                  | 32:25       |
| 29         | 1251      | Jonathan Cork (M40)      | Swale Combined AC                     | 32:25       |
| 30         | 1353      | James Sarre (M45)        | Tunbridge Wells Harriers              | 32:40       |
| 31         | 885       | Liam Hamill (M40)        | Beckenham Running Club                | 32:47       |
| 32         | 944       | Philip Bunn (M45)        | Blackheath and Bromley H AC           | 32:48       |
| 33         | 1171      | Kevin Buchanan (M40)     | Medway and Maidstone AC               | 33:13       |
| 34         | 1255      | Stuart Eve (M40)         | Thanet Roadrunners AC                 | 33:23       |
| 35         | 1308      | Richard Carter (M45)     | Tunbridge Wells Harriers              | 33:28       |
| 36         | 1026      | James Pitts (M45)        | Cambridge Harriers                    | 33:43       |
| 37         | 1022      | James Moon (M45)         | Cambridge Harriers                    | 33:52       |
| 38         | 959       | Gregory Firth (M45)      | Blackheath and Bromley H AC           | 33:58       |
| 39         | 1127      | Andrew Wright (M45)      | Folkestone Running and Athletics Club | 34:06       |
| 40         | 930       | Kevin Taylor (M40)       | Bexley AC                             | 34:07       |
| 41         | 883       | Karol Dorniak (M40)      | Beckenham Running Club                | 34:11       |
| 42         | 1025      | Mark Penny (M45)         | Cambridge Harriers                    | 34:21       |
| 43         | 1041      | Andy Weir (M45)          | Cambridge Harriers                    | 34:21       |
| 44         | 1035      | Benjamin Thompson (M40)  | Cambridge Harriers                    | 34:23       |
| 45         | 911       | Jon Fish (M45)           | Bexley AC                             | 34:28       |
| 46         | 949       | Darren Corneille (M45)   | Blackheath and Bromley H AC           | 34:38       |
| 47         | 1131      | Ben Guy (M45)            | Greenwich Tritons                     | 34:43       |

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| 48 | 1016 | Will Longhurst (M40)    | Cambridge Harriers                    | 34:52 |
| 49 | 1204 | Tom Shorricks (M40)     | Medway Tri                            | 35:19 |
| 50 | 1195 | Simon Stockwell (M45)   | Medway and Maidstone AC               | 35:42 |
| 51 | 894  | Tim Robinson (M40)      | Beckenham Running Club                | 36:11 |
| 52 | 1071 | Uli Kilian (M45)        | Crystal Palace Triathlon              | 36:16 |
| 53 | 1004 | James Floyd (M45)       | Cambridge Harriers                    | 36:18 |
| 54 | 1371 | Jonathan Sargood (M40)  | White Cliffs Running & Athletics Club | 36:31 |
| 55 | 1100 | Barrie Seal (M45)       | Dartford Road Runners                 | 36:38 |
| 56 | 1364 | Robert Winter (M45)     | Tunbridge Wells Harriers              | 36:39 |
| 57 | 1032 | Vern Sillitoe (M45)     | Cambridge Harriers                    | 36:43 |
| 58 | 884  | Andrew Dunn (M45)       | Beckenham Running Club                | 37:14 |
| 59 | 1334 | Mike King (M45)         | Tunbridge Wells Harriers              | 38:06 |
| 60 | 1337 | Kannan Mahalingam (M45) | Tunbridge Wells Harriers              | 38:10 |
| 61 | 1057 | Wayne Louw (M45)        | Central Park Athletics                | 38:33 |
| 62 | 1159 | Ross Turner (M40)       | Invicta East Kent AC                  | 38:58 |
| 63 | 1148 | Neil Woolcombe (M45)    | Harvel Hash House Harriers            | 39:01 |
| 64 | 1236 | Michael Collins (M45)   | S Factor Academy                      | 39:07 |
| 65 | 877  | Neil Woodham (M45)      | Ashford and District RRC              | 40:09 |
| 66 | 1113 | Simon Coffey (M45)      | Folkestone Running and Athletics Club | 40:23 |
| 67 | 1303 | Marcus Bird (M40)       | Tunbridge Wells Harriers              | 43:27 |
| 68 | 1007 | Roger Henderson (M45)   | Cambridge Harriers                    | 43:49 |
| 69 | 1318 | Terry Everest (M40)     | Tunbridge Wells Harriers              | 45:54 |