

Kent Cross Country League Results - Footh Cray Meadows, Sidcup 11/10/2025**Masters 70 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	483	Andrew Lawes (M70)	Blackheath and Bromley H AC	23:32
2	500	John Tolhurst (M70)	Paddock Wood AC	24:48
3	492	David Smyth (M70)	Folkestone Running and Athletics Club	25:12
4	495	John Wilkins (M70)	Istead & Ifield Harriers	25:26
5	506	Alan Newman (M70)	Tonbridge AC	25:44
6	501	John Denyer (M75)	Sevenoaks AC	26:11
7	502	Simon Hallpike (M70)	Sevenoaks AC	26:18
8	486	Michael Ellsmore (M70)	Cambridge Harriers	26:50
9	481	Ken Baksh (M70)	Beckenham Running Club	27:38
10	499	Stephen Briggs (M70)	Orpington Road Runners	27:41
11	509	Mark Taylor (M70)	Tunbridge Wells Harriers	27:46
12	482	Richard Seabrook (M80)	Beckenham Running Club	29:05
13	490	Roy Knight (M70)	Dartford Road Runners	29:36
14	503	Jim Knight (M70)	Sevenoaks AC	31:58
15	487	Peter Hadley (M75)	Cambridge Harriers	34:46
16	493	Simon Capey (M70)	Greenwich Tritons	35:28
17	494	Vernon Thomas (M80)	Greenwich Tritons	36:51
18	488	Leslie Pullen (M70)	Cambridge Harriers	40:47
19	505	Maurice Marchant (M75)	Tonbridge AC	47:53