

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 11/10/2025**Under 17 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	523	Joseph Scanes	Blackheath and Bromley H AC	15:49
2	552	Freddie Gibson	Medway and Maidstone AC	16:01
3	571	Ewan Prendergast	Tonbridge AC	16:04
4	518	Joseph Hill	Blackheath and Bromley H AC	16:12
5	521	Alex Martin	Blackheath and Bromley H AC	16:46
6	566	Oscar Graffin	Tonbridge AC	16:50
7	567	George Jacobs	Tonbridge AC	16:58
8	516	Nathan Clark	Blackheath and Bromley H AC	17:00
9	520	Aniket Iyengar	Blackheath and Bromley H AC	17:01
10	517	Kian Farrell	Blackheath and Bromley H AC	17:12
11	519	Daniel Horgan	Blackheath and Bromley H AC	17:18
12	573	Charlie Warren	Tonbridge AC	17:19
13	528	Oliver Cook	Cambridge Harriers	17:21
14	537	Daniel Whitehouse	Cambridge Harriers	17:30
15	540	Premlee Salmon	Dartford Harriers AC	17:38
16	529	Thomas Ellis	Cambridge Harriers	17:40
17	543	Guy Slingsby	Folkestone Running and Athletics Club	17:41
18	525	Madalitso Valema-Mwanza	Blackheath and Bromley H AC	17:51
19	565	Steven Galliard	Tonbridge AC	17:54
20	563	Christiaan du Toit	Tonbridge AC	17:59
21	512	Lucas Drake	Bexley AC	18:06
22	575	Tom Weston-Simons	Tonbridge AC	18:07
23	545	Josh Coleman	Invicta East Kent AC	18:08
24	510	Will Reed	Ashford AC	18:16
25	554	Declan Tighe	Medway and Maidstone AC	18:18
26	568	Harry Lawrence	Tonbridge AC	18:27
27	544	Ben Coleman	Invicta East Kent AC	18:31
28	572	Nico Swainson	Tonbridge AC	18:33
29	546	Mason Dawkins	Invicta East Kent AC	18:43
30	542	Oscar Roach	Folkestone Running and Athletics Club	19:07
31	541	Chidubem Ugoji	Dartford Harriers AC	19:25
32	558	Benji Knott	The Judd School	19:28
33	530	George Gallagher-Francis	Cambridge Harriers	19:29
34	551	Louie Gear	Medway and Maidstone AC	19:31
35	548	Frank Morgan	Invicta East Kent AC	19:51
36	569	Oliver Lester	Tonbridge AC	20:04
37	527	Charlie Ballantyne	Cambridge Harriers	20:09
38	549	Sanha Won	Invicta East Kent AC	21:15
39	534	Daniel O'Shea	Cambridge Harriers	21:16
40	557	Rocco Harris	Swale Combined AC	21:28
41	538	Jack Douglas	Central Park Athletics	22:07
42	550	Cameron Davis	Medway and Maidstone AC	23:14
43	513	James Odwong	Bexley AC	25:29