

**Kent Cross Country League Results - Danson Park, Bexleyheath 15/11/2025****Masters 40 Men 8200m Individual Results**

| <b>Pos</b> | <b>No</b> | <b>Name</b>              | <b>Club</b>                           | <b>Time</b> |
|------------|-----------|--------------------------|---------------------------------------|-------------|
| 1          | 1014      | Danny Kendall (M45)      | Cambridge Harriers                    | 27:35       |
| 2          | 1030      | Ben Shearer (M45)        | Cambridge Harriers                    | 27:37       |
| 3          | 1173      | Lee Cooper (M40)         | Medway and Maidstone AC               | 27:42       |
| 4          | 950       | Leonardus De Bruyn (M45) | Blackheath and Bromley H AC           | 27:49       |
| 5          | 1273      | Craig Halsey (M45)       | Tonbridge AC                          | 28:00       |
| 6          | 1023      | John O'Mahony (M45)      | Cambridge Harriers                    | 29:12       |
| 7          | 1166      | Keith Fairbank (M40)     | Istead & Ifield Harriers              | 29:27       |
| 8          | 1286      | Julian Rendall (M45)     | Tonbridge AC                          | 29:29       |
| 9          | 1357      | Edward Steele (M40)      | Tunbridge Wells Harriers              | 29:59       |
| 10         | 1044      | Johnnie Arnould (M45)    | Central Park Athletics                | 30:11       |
| 11         | 1220      | Mark Dickson (M45)       | Petts Wood Runners                    | 30:14       |
| 12         | 1335      | John Law (M45)           | Tunbridge Wells Harriers              | 30:25       |
| 13         | 1009      | Gavin Hows (M45)         | Cambridge Harriers                    | 30:35       |
| 14         | 1026      | James Pitts (M45)        | Cambridge Harriers                    | 30:45       |
| 15         | 1153      | Glen Davison (M45)       | Invicta East Kent AC                  | 30:58       |
| 16         | 1317      | Andy Eames (M40)         | Tunbridge Wells Harriers              | 31:08       |
| 17         | 1227      | Mark Philbrick (M45)     | Petts Wood Runners                    | 31:37       |
| 18         | 1203      | Nigel Lynch (M45)        | Medway Tri                            | 31:43       |
| 19         | 956       | Gareth Evans (M45)       | Blackheath and Bromley H AC           | 31:52       |
| 20         | 1251      | Jonathan Cork (M40)      | Swale Combined AC                     | 31:54       |
| 21         | 1025      | Mark Penny (M45)         | Cambridge Harriers                    | 31:57       |
| 22         | 954       | Mathieu Ducep (M45)      | Blackheath and Bromley H AC           | 32:02       |
| 23         | 944       | Philip Bunn (M45)        | Blackheath and Bromley H AC           | 32:19       |
| 24         | 1164      | Petrít Ceka (M40)        | Istead & Ifield Harriers              | 32:20       |
| 25         | 1036      | Stephen Thompson (M45)   | Cambridge Harriers                    | 32:21       |
| 26         | 1008      | Duncan Hope (M40)        | Cambridge Harriers                    | 32:21       |
| 27         | 1022      | James Moon (M45)         | Cambridge Harriers                    | 32:22       |
| 28         | 1353      | James Sarre (M45)        | Tunbridge Wells Harriers              | 32:25       |
| 29         | 1372      | Jonathan Wood (M45)      | White Cliffs Running & Athletics Club | 32:34       |
| 30         | 959       | Gregory Firth (M45)      | Blackheath and Bromley H AC           | 32:41       |
| 31         | 1308      | Richard Carter (M45)     | Tunbridge Wells Harriers              | 32:47       |
| 32         | 1328      | Alex Holmes (M45)        | Tunbridge Wells Harriers              | 32:54       |
| 33         | 1255      | Stuart Eve (M40)         | Thanet Roadrunners AC                 | 33:00       |
| 34         | 1135      | Greg Stinson (M40)       | Greenwich Tritons                     | 33:02       |
| 35         | 1035      | Benjamin Thompson (M40)  | Cambridge Harriers                    | 33:14       |
| 36         | 885       | Liam Hamill (M40)        | Beckenham Running Club                | 33:24       |
| 37         | 930       | Kevin Taylor (M40)       | Bexley AC                             | 33:26       |
| 38         | 1424      | Luke Roberts (M40)       | Ashford and District RRC              | 33:34       |
| 39         | 911       | Jon Fish (M45)           | Bexley AC                             | 33:47       |
| 40         | 1131      | Ben Guy (M45)            | Greenwich Tritons                     | 33:48       |
| 41         | 1127      | Andrew Wright (M45)      | Folkestone Running and Athletics Club | 33:53       |
| 42         | 1032      | Vern Sillitoe (M45)      | Cambridge Harriers                    | 34:06       |
| 43         | 1041      | Andy Weir (M45)          | Cambridge Harriers                    | 34:13       |
| 44         | 1180      | Robin Hunter (M45)       | Medway and Maidstone AC               | 34:55       |
| 45         | 1100      | Barrie Seal (M45)        | Dartford Road Runners                 | 35:05       |
| 46         | 868       | Mark Harrison (M45)      | Ashford and District RRC              | 35:09       |
| 47         | 1195      | Simon Stockwell (M45)    | Medway and Maidstone AC               | 35:13       |
| 48         | 1004      | James Floyd (M45)        | Cambridge Harriers                    | 35:21       |
| 49         | 981       | Ian Scott (M45)          | Blackheath and Bromley H AC           | 35:33       |

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| 50 | 894  | Tim Robinson (M40)      | Beckenham Running Club                | 35:35 |
| 51 | 1056 | Robert Lenihan (M40)    | Central Park Athletics                | 35:35 |
| 52 | 1146 | Toby Short (M45)        | Harvel Hash House Harriers            | 35:39 |
| 53 | 1371 | Jonathan Sargood (M40)  | White Cliffs Running & Athletics Club | 35:42 |
| 54 | 1074 | Chris Biddle (M40)      | Dartford Harriers AC                  | 35:57 |
| 55 | 883  | Karol Dorniak (M40)     | Beckenham Running Club                | 36:01 |
| 56 | 1159 | Ross Turner (M40)       | Invicta East Kent AC                  | 36:05 |
| 57 | 1400 | Andrew Davies (M40)     | Ashford AC                            | 36:24 |
| 58 | 1257 | Jason Barton (M45)      | Tonbridge AC                          | 36:30 |
| 59 | 1337 | Kannan Mahalingam (M45) | Tunbridge Wells Harriers              | 36:43 |
| 60 | 1073 | Matthew White (M45)     | Crystal Palace Triathlon              | 36:49 |
| 61 | 884  | Andrew Dunn (M45)       | Beckenham Running Club                | 36:50 |
| 62 | 1210 | Richard Hassall (M45)   | Orpington Road Runners                | 37:13 |
| 63 | 1359 | Simon Swinnerton (M45)  | Tunbridge Wells Harriers              | 38:12 |
| 64 | 1151 | Paul Bartlett (M45)     | Invicta East Kent AC                  | 38:25 |
| 65 | 1236 | Michael Collins (M45)   | S Factor Academy                      | 39:12 |
| 66 | 1057 | Wayne Louw (M45)        | Central Park Athletics                | 39:18 |
| 67 | 1113 | Simon Coffey (M45)      | Folkestone Running and Athletics Club | 39:51 |
| 68 | 1231 | Adam Bailey (M40)       | Plumstead Runners                     | 40:21 |
| 69 | 1232 | Gavin Banks (M45)       | Plumstead Runners                     | 41:59 |
| 70 | 1351 | Ian Roberts (M45)       | Tunbridge Wells Harriers              | 42:08 |
| 71 | 1318 | Terry Everest (M40)     | Tunbridge Wells Harriers              | 44:56 |