

Kent Cross Country League Results - Somerhill School, Tonbridge 18/10/2025**Masters 40 Men 8000m Individual Results**

Pos	No	Name	Club	Time
1	1262	Ben Cole (M40)	Tonbridge AC	26:35
2	1014	Danny Kendall (M45)	Cambridge Harriers	28:00
3	1030	Ben Shearer (M45)	Cambridge Harriers	28:05
4	1273	Craig Halsey (M45)	Tonbridge AC	28:06
5	957	Micah Evans (M40)	Blackheath and Bromley H AC	28:09
6	1173	Lee Cooper (M40)	Medway and Maidstone AC	28:14
7	1018	James Macdonald (M45)	Cambridge Harriers	28:42
8	950	Leonardus De Bruyn (M45)	Blackheath and Bromley H AC	28:46
9	1166	Keith Fairbank (M40)	Istead & Ifield Harriers	29:13
10	1023	John O'Mahony (M45)	Cambridge Harriers	29:44
11	1286	Julian Rendall (M45)	Tonbridge AC	29:48
12	936	Sam Aldridge (M45)	Blackheath and Bromley H AC	30:07
13	1220	Mark Dickson (M45)	Petts Wood Runners	30:24
14	1406	Patrick Bareham (M40)	Tunbridge Wells Harriers	30:24
15	980	Martin Richardson (M40)	Blackheath and Bromley H AC	30:39
16	1357	Edward Steele (M40)	Tunbridge Wells Harriers	30:40
17	1008	Duncan Hope (M40)	Cambridge Harriers	30:52
18	1335	John Law (M45)	Tunbridge Wells Harriers	31:03
19	1193	Jacques Smit (M40)	Medway and Maidstone AC	31:11
20	1124	Nicholas Steele (M40)	Folkestone Running and Athletics Club	31:34
21	1328	Alex Holmes (M45)	Tunbridge Wells Harriers	31:36
22	1227	Mark Philbrick (M45)	Petts Wood Runners	31:40
23	1203	Nigel Lynch (M45)	Medway Tri	31:51
24	1068	Jamal Dayes (M40)	Crystal Palace Triathlon	31:53
25	1251	Jonathan Cork (M40)	Swale Combined AC	31:57
26	956	Gareth Evans (M45)	Blackheath and Bromley H AC	32:01
27	982	Paul Sharpe (M45)	Blackheath and Bromley H AC	32:20
28	1025	Mark Penny (M45)	Cambridge Harriers	32:37
29	1293	Peter Sutton (M40)	Tonbridge AC	32:41
30	1022	James Moon (M45)	Cambridge Harriers	32:45
31	959	Gregory Firth (M45)	Blackheath and Bromley H AC	32:52
32	1339	Keith Mitchell (M45)	Tunbridge Wells Harriers	32:55
33	944	Philip Bunn (M45)	Blackheath and Bromley H AC	32:58
34	1308	Richard Carter (M45)	Tunbridge Wells Harriers	33:01
35	1026	James Pitts (M45)	Cambridge Harriers	33:09
36	1164	Petrit Ceka (M40)	Istead & Ifield Harriers	33:17
37	1404	Stephen Wood (M45)	Cambridge Harriers	33:20
38	1035	Benjamin Thompson (M40)	Cambridge Harriers	33:31
39	1325	Gareth Hiron (M40)	Tunbridge Wells Harriers	33:49
40	1289	Tim Sherman-Samuels (M40)	Tonbridge AC	33:54
41	1034	Peter St Amour (M45)	Cambridge Harriers	33:58
42	1067	Tom Cumberlege (M45)	Crystal Palace Triathlon	34:19
43	911	Jon Fish (M45)	Bexley AC	34:23
44	1127	Andrew Wright (M45)	Folkestone Running and Athletics Club	34:27
45	1195	Simon Stockwell (M45)	Medway and Maidstone AC	34:54
46	1032	Vern Sillitoe (M45)	Cambridge Harriers	34:58
47	1055	Simon Johnson (M45)	Central Park Athletics	35:10

48	1131	Ben Guy (M45)	Greenwich Tritons	35:13
49	1201	Clive Woolven (M40)	Medway and Maidstone AC	35:22
50	1204	Tom Shorricks (M40)	Medway Tri	35:24
51	949	Darren Corneille (M45)	Blackheath and Bromley H AC	35:24
52	1100	Barrie Seal (M45)	Dartford Road Runners	35:36
53	868	Mark Harrison (M45)	Ashford and District RRC	36:20
54	1364	Robert Winter (M45)	Tunbridge Wells Harriers	36:20
55	1257	Jason Barton (M45)	Tonbridge AC	36:38
56	893	Mike Reich (M40)	Beckenham Running Club	36:44
57	884	Andrew Dunn (M45)	Beckenham Running Club	36:46
58	1371	Jonathan Sargood (M40)	White Cliffs Running & Athletics Club	36:49
59	1004	James Floyd (M45)	Cambridge Harriers	36:57
60	894	Tim Robinson (M40)	Beckenham Running Club	37:01
61	1180	Robin Hunter (M45)	Medway and Maidstone AC	37:11
62	1400	Andrew Davies (M40)	Ashford AC	37:31
63	1274	Richard Harris (M45)	Tonbridge AC	38:27
64	1370	Neil Coleman (M40)	White Cliffs Running & Athletics Club	38:31
65	1337	Kannan Mahalingam (M45)	Tunbridge Wells Harriers	38:36
66	1148	Neil Woolcombe (M45)	Harvel Hash House Harriers	39:36
67	1057	Wayne Louw (M45)	Central Park Athletics	39:47
68	1236	Michael Collins (M45)	S Factor Academy	39:49
69	877	Neil Woodham (M45)	Ashford and District RRC	39:54
70	1305	David Borton (M45)	Tunbridge Wells Harriers	40:42
71	1007	Roger Henderson (M45)	Cambridge Harriers	42:29
72	1232	Gavin Banks (M45)	Plumstead Runners	43:11
73	1338	Joseph Mattei (M45)	Tunbridge Wells Harriers	43:19
74	997	Vincent Bleu (M45)	Cambridge Harriers	43:49
75	1318	Terry Everest (M40)	Tunbridge Wells Harriers	45:09
76	1401	Andrew Lewin (M45)	Ashford and District RRC	50:09