

KCAA 5000m Championships - Dartford
Saturday 30th June 2007

SM 5000m

Final				
	No.	Athlete	Club	Time
1	65	Dean Lacy	Cambridge Harriers	15:09.5
2	58	Peter Tucker	Blackheath & Bromley H AC	15:24.3
3	80	Patrick Curran	Medway & Maidstone AC	15:38.1
4	70	Lynton Lythgoe	Ashford AC	15:56.5
5	62	Tom Collins	Medway & Maidstone AC	16:33.1
6	59	Michael Gore	Invicta East Kent AC	17:37.9

M40 5000m

Final				
	No.	Athlete	Club	Time
1	69	Darrell Smith	Tonbridge AC	16:03.8
2	55	Luke Armitage	Kent AC	16:11.7
3	76	Jon Armstrong	Bexley AC	16:31.0
4	52	Stephen Smythe	Cambridge Harriers	17:24.0
5	75	Peter Bowell	Invicta East Kent AC	18:46.2
6	67	Kevin Winch	Bexley AC	19:38.1
7	74	Leon Goldsack	Ashford AC	24:32.7

M50 5000m

Final				
	No.	Athlete	Club	Time
1	79	Peter Russell	Invicta East Kent AC	17:33.5
2	64	Thomas O Connell	Thanet Road Runners	17:59.3
3	57	John Norman	Ashford AC	20:03.4
4	73	Bob Fursey	Medway & Maidstone AC	dnf

SW 5000m

Final				
	No.	Athlete	Club	Time
1	63	Janine Brown	Ashford AC	18:53.9
2	66	Teresa Gaillard De Laubenque	Dulwich Runners	dnf

W40 5000m

Final				
	No.	Athlete	Club	Time
1	53	Clare Elms	Cambridge Harriers	17:30.0

CBP

W50 5000m

Final				
	No.	Athlete	Club	Time
1	51	Pat Halstead	Dartford Harriers	21:27.1