

Kent Cross Country League Results - Somerhill School, Tonbridge 23/10/2021**Masters 70 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	461	Richard Seabrook (M75)	Beckenham Running Club	26:40
2	462	Paul Ross-Davies (M70)	Blackheath and Bromley H AC	27:55
3	465	Robert Coombes (M70)	Dartford Harriers AC	30:47
4	464	Peter Hadley (M75)	Cambridge Harriers	31:27
5	469	Vernon Thomas (M75)	Greenwich Tritons	31:59
6	467	Grahame Eke (M70)	Folkestone Running Club	32:10
7	471	David Grunfeld (M70)	Mote Runners	32:25
8	1301	Nigel Read (M70)	Medway and Maidstone AC	32:46
9	466	Roy Knight (M70)	Dartford Road Runners	33:36