

Kent Cross Country League Results - Footscray Meadows, Sidcup 26/11/2022**Masters 70 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	474	Richard Seabrook (M75)	Beckenham Running Club	23:28
2	963	Paul Ross-Davies (M70)	Blackheath and Bromley H AC	23:56
3	486	John Wilkins (M70)	Istead & Ifield Harriers	25:06
4	475	Keith Dungate (M70)	Cambridge Harriers	25:37
5	478	Walter Brierley (M70)	Dartford Harriers AC	26:06
6	477	Peter Hadley (M75)	Cambridge Harriers	27:00
7	481	Roy Knight (M70)	Dartford Road Runners	27:31
8	490	David Grunfeld (M70)	Mote Runners	27:54
9	493	Peter Richardson (M70)	Tunbridge Wells Harriers	28:00
10	473	Andrew Hinds (M70)	Beckenham Running Club	29:37
11	479	Robert Coombes (M70)	Dartford Harriers AC	29:42
12	482	Grahame Eke (M70)	Folkestone Running Club	29:46