

Kent Cross Country League Results - Somerhill School, Tonbridge 29/10/2022**Masters 70 Men 5000m Individual Results**

| Pos | No | Name | Club | Time |
|------------|-----------|-----------------------------|-----------------------------|-------------|
| 1 | 963 | Paul Ross-Davies (M70) | Blackheath and Bromley H AC | 25:23 |
| 2 | 474 | Richard Seabrook (M75) | Beckenham Running Club | 26:59 |
| 3 | 486 | John Wilkins (M70) | Istead & Ifield Harriers | 28:38 |
| 4 | 475 | Keith Dungate (M70) | Cambridge Harriers | 28:55 |
| 5 | 478 | Walter Brierley (M70) | Dartford Harriers AC | 29:28 |
| 6 | 477 | Peter Hadley (M75) | Cambridge Harriers | 30:20 |
| 7 | 488 | Frederick Streatfield (M70) | Larkfield AC | 30:43 |
| 8 | 483 | Malcolm Gibbs (M70) | Folkestone Running Club | 31:07 |
| 9 | 493 | Peter Richardson (M70) | Tunbridge Wells Harriers | 31:28 |
| 10 | 481 | Roy Knight (M70) | Dartford Road Runners | 31:38 |
| 11 | 492 | Paul Eames (M70) | Tunbridge Wells Harriers | 31:50 |
| 12 | 473 | Andy Hinds (M70) | Beckenham Running Club | 32:55 |
| 13 | 485 | Vernon Thomas (M75) | Greenwich Tritons | 33:57 |
| 14 | 482 | Grahame Eke (M70) | Folkestone Running Club | 34:11 |
| 15 | 479 | Robert Coombes (M70) | Dartford Harriers AC | 35:17 |
| 16 | 489 | Nigel Read (M70) | Medway and Maidstone AC | 35:18 |