

**Kent Cross Country League Results - Danson Park, Bexleyheath 11/11/2023****Masters 70 Men 5000m Individual Results**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	475	Alan Newman (M70)	Tonbridge AC	24:27
2	473	John Harley (M70)	Tonbridge AC	24:35
3	462	Christopher Dellow (M70)	Dartford Road Runners	24:46
4	456	Richard Seabrook (M75)	Beckenham Running Club	25:33
5	472	James Graham (M70)	Sevenoaks AC	26:35
6	463	Roy Knight (M70)	Dartford Road Runners	29:02
7	471	Stephen Briggs (M70)	Orpington Road Runners	29:09
8	470	David Grunfeld (M70)	Mote Runners	29:13
9	460	Peter Hadley (M75)	Cambridge Harriers	29:26
10	464	John Setford (M70)	Dartford Road Runners	30:03
11	466	Simon Capey (M70)	Greenwich Tritons	31:48
12	467	Vernon Thomas (M75)	Greenwich Tritons	32:16
13	455	Andrew Hinds (M70)	Beckenham Running Club	32:57
14	461	Robert Coombes (M70)	Dartford Harriers AC	33:10
15	474	Maurice Marchant (M75)	Tonbridge AC	39:53