

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Masters 70 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	475	Alan Newman (M70)	Tonbridge AC	25:06
2	473	John Harley (M70)	Tonbridge AC	26:49
3	456	Richard Seabrook (M75)	Beckenham Running Club	27:15
4	462	Christopher Dellow (M70)	Dartford Road Runners	27:41
5	478	Mark Taylor (M70)	Tunbridge Wells Harriers	28:48
6	459	Michael Ellsmore (M70)	Cambridge Harriers	28:55
7	468	John Wilkins (M70)	Istead & Ifield Harriers	30:25
8	463	Roy Knight (M70)	Dartford Road Runners	30:50
9	472	James Graham (M70)	Sevenoaks AC	31:00
10	471	Stephen Briggs (M70)	Orpington Road Runners	32:03
11	460	Peter Hadley (M75)	Cambridge Harriers	32:18
12	470	David Grunfeld (M70)	Mote Runners	32:42
13	461	Robert Coombes (M70)	Dartford Harriers AC	33:51
14	466	Simon Capey (M70)	Greenwich Tritons	35:20
15	455	Andrew Hinds (M70)	Beckenham Running Club	35:37
16	465	Grahame Eke (M70)	Folkestone Running and Athletics Club	36:08