

**Kent Cross Country League Results - Swanley Park, Swanley 25/11/2023****Masters 70 Men 5200m Individual Results**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	475	Alan Newman (M70)	Tonbridge AC	23:44
2	462	Christopher Dellow (M70)	Dartford Road Runners	24:31
3	473	John Harley (M70)	Tonbridge AC	25:04
4	456	Richard Seabrook (M75)	Beckenham Running Club	25:41
5	472	James Graham (M70)	Sevenoaks AC	26:00
6	459	Michael Ellsmore (M70)	Cambridge Harriers	26:16
7	463	Roy Knight (M70)	Dartford Road Runners	28:00
8	471	Stephen Briggs (M70)	Orpington Road Runners	28:58
9	470	David Grunfeld (M70)	Mote Runners	29:20
10	460	Peter Hadley (M75)	Cambridge Harriers	30:51
11	466	Simon Capey (M70)	Greenwich Tritons	31:16
12	455	Andrew Hinds (M70)	Beckenham Running Club	32:24
13	467	Vernon Thomas (M75)	Greenwich Tritons	32:47
14	461	Robert Coombes (M70)	Dartford Harriers AC	33:02
15	474	Maurice Marchant (M75)	Tonbridge AC	46:09