

Kent Cross Country League Results - Danson Park, Bexleyheath 09/11/2024**Masters 70 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	469	John Tolhurst (M70)	Paddock Wood AC	26:23
2	471	Alan Newman (M70)	Tonbridge AC	26:48
3	470	John Denyer (M75)	Sevenoaks AC	28:20
4	466	John Wilkins (M70)	Istead & Ifield Harriers	28:28
5	468	Stephen Briggs (M70)	Orpington Road Runners	28:34
6	455	Richard Seabrook (M75)	Beckenham Running Club	29:19
7	461	Roy Knight (M70)	Dartford Road Runners	31:24
8	467	David Grunfeld (M75)	Mote Runners	33:07
9	460	Robert Coombes (M75)	Dartford Harriers AC	33:09
10	462	John Setford (M70)	Dartford Road Runners	34:11
11	465	Vernon Thomas (M80)	Greenwich Tritons	35:56
12	459	Peter Hadley (M75)	Cambridge Harriers	36:30
13	464	Simon Capey (M70)	Greenwich Tritons	38:47