

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 12/10/2024**Masters 40 Men 8000m Individual Results**

Pos	No	Name	Club	Time
1	1188	Anthony Webb (M45)	Medway and Maidstone AC	28:28
2	1005	Danny Kendall (M45)	Cambridge Harriers	28:47
3	1022	Ben Shearer (M45)	Cambridge Harriers	28:57
4	1272	Jay Smith (M40)	Tonbridge AC	29:28
5	1176	Justin Lane (M45)	Medway and Maidstone AC	29:45
6	1009	James MacDonald (M40)	Cambridge Harriers	30:20
7	1337	Edward Steele (M40)	Tunbridge Wells Harriers	30:52
8	944	Micah Evans (M40)	Blackheath and Bromley H AC	31:09
9	1280	Tom Woolley (M45)	Tonbridge AC	31:11
10	939	Leonardus De Bruyn (M40)	Blackheath and Bromley H AC	31:13
11	1037	Johnnie Arnould (M45)	Central Park Athletics	31:29
12	1045	Simon Johnson (M45)	Central Park Athletics	31:42
13	1191	Neill Wright (M45)	Medway and Maidstone AC	31:48
14	1021	Ben Rew (M40)	Cambridge Harriers	31:54
15	1267	Tom Rule (M40)	Tonbridge AC	31:54
16	1320	Keith Mitchell (M45)	Tunbridge Wells Harriers	31:56
17	1190	Darren Wright (M45)	Medway and Maidstone AC	31:58
18	1072	Chris Biddle (M40)	Dartford Harriers AC	31:59
19	1023	Rob Shearer (M45)	Cambridge Harriers	32:07
20	943	Gareth Evans (M45)	Blackheath and Bromley H AC	32:15
21	1235	Anthony Bennett (M45)	Tonbridge AC	32:19
22	1017	Mark Penny (M40)	Cambridge Harriers	32:20
23	1015	John O'Mahony (M45)	Cambridge Harriers	32:25
24	1117	Jon Eaton (M40)	Folkestone Running and Athletics Club	32:24
25	1018	James Pitts (M45)	Cambridge Harriers	32:39
26	921	Simon Wells (M45)	Bexley AC	32:52
27	1126	Nicholas Steele (M40)	Folkestone Running and Athletics Club	32:55
28	1194	Nigel Lynch (M45)	Medway Tri	32:58
29	831	Richard Huckstepp (M40)	Ashford AC	33:01
30	1295	Andy Eames (M40)	Tunbridge Wells Harriers	33:02
31	1007	Will Longhurst (M40)	Cambridge Harriers	33:06
32	979	Paul Sharpe (M40)	Blackheath and Bromley H AC	33:38
33	1306	Alex Holmes (M45)	Tunbridge Wells Harriers	33:50
34	1273	Peter Sutton (M40)	Tonbridge AC	33:53
35	1332	James Sarre (M45)	Tunbridge Wells Harriers	33:58
36	947	Gregory Firth (M45)	Blackheath and Bromley H AC	34:03
37	934	Philip Bunn (M45)	Blackheath and Bromley H AC	34:06
38	1278	Joseph Watts (M40)	Tonbridge AC	34:12
39	1288	Richard Carter (M40)	Tunbridge Wells Harriers	34:14
40	1229	Jonathan Cork (M40)	Swale Combined AC	34:30
41	1030	Stephen Thompson (M45)	Cambridge Harriers	34:34
42	905	Jon Fish (M45)	Bexley AC	34:41
43	1351	Jonathan Wood (M45)	White Cliffs Running & Athletics Club	34:49
44	1210	James Willingham (M45)	Orpington Road Runners	35:02
45	1311	Mike King (M40)	Tunbridge Wells Harriers	35:38
46	978	Ian Scott (M45)	Blackheath and Bromley H AC	35:55
47	1044	Antony Hylton (M45)	Central Park Athletics	36:11

48	879	Karol Dorniak (M40)	Beckenham Running Club	36:44
49	845	Mark Harrison (M45)	Ashford and District RRC	37:02
50	1347	Robert Winter (M45)	Tunbridge Wells Harriers	37:03
51	890	Tim Robinson (M40)	Beckenham Running Club	37:07
52	841	Eddie Crofton-Martin (M45)	Ashford and District RRC	37:25
53	897	Paul Bowen (M40)	Bexley AC	37:38
54	1032	Andy Weir (M45)	Cambridge Harriers	37:42
55	1089	Stuart Waterman (M45)	Dartford Harriers AC	38:12
56	1222	Cris Francis (M45)	South Kent Harriers	38:19
57	1297	Kieran Fitzpatrick (M40)	Tunbridge Wells Harriers	38:20
58	889	Mike Reich (M40)	Beckenham Running Club	38:22
59	1076	Samuel Coombes (M40)	Dartford Harriers AC	38:25
60	1146	Daniel Fairclough (M45)	Harvel Hash House Harriers	38:31
61	1307	Pete Holmes (M40)	Tunbridge Wells Harriers	38:35
62	1046	Robert Lenihan (M40)	Central Park Athletics	38:50
63	997	James Floyd (M45)	Cambridge Harriers	39:09
64	1141	Kyriakos Tsirigotis (M40)	Greenwich Tritons	39:18
65	1152	Neil Woolcombe (M45)	Harvel Hash House Harriers	39:18
66	1149	Andrew Plummer (M40)	Harvel Hash House Harriers	40:06
67	1114	Simon Coffey (M40)	Folkestone Running and Athletics Club	40:30
68	863	Neil Woodham (M40)	Ashford and District RRC	40:42
69	1221	Lee Brewer (M45)	South Kent Harriers	41:31
70	1143	Gavin Braithwaite (M40)	Harvel Hash House Harriers	42:12
71	835	Peter Tomsett (M45)	Ashford AC	43:00
72	1144	James Buchan (M45)	Harvel Hash House Harriers	43:44
73	1133	Mark Hayes (M45)	Greenwich Tritons	44:20
74	1296	Terry Everest (M40)	Tunbridge Wells Harriers	46:00
75	1200	Andy Haynes (M40)	Mote Runners	46:59