

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 12/10/2024**Masters 70 Men 5000m Individual Results**

Pos	No	Name	Club	Time
1	469	John Tolhurst (M70)	Paddock Wood AC	25:56
2	471	Alan Newman (M70)	Tonbridge AC	26:43
3	470	John Denyer (M75)	Sevenoaks AC	27:18
4	458	Michael Ellsmore (M70)	Cambridge Harriers	27:45
5	455	Richard Seabrook (M75)	Beckenham Running Club	28:41
6	468	Stephen Briggs (M70)	Orpington Road Runners	29:06
7	466	John Wilkins (M70)	Istead & Ifield Harriers	29:44
8	461	Roy Knight (M70)	Dartford Road Runners	30:51
9	462	John Setford (M70)	Dartford Road Runners	33:21
10	460	Robert Coombes (M75)	Dartford Harriers AC	33:48
11	465	Vernon Thomas (M80)	Greenwich Tritons	34:34
12	459	Peter Hadley (M75)	Cambridge Harriers	35:01
13	464	Simon Capey (M70)	Greenwich Tritons	37:45