

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

Pos	No	Name	Club	Time	
1	1253	Ted Higgins	Tonbridge AC	26:52	SM
2	1249	Cole Gibbens	Tonbridge AC	27:12	SM
3	1262	Benjamin Murphy	Tonbridge AC	27:30	SM
4	1052	Joshua Teece (M35)	Central Park Athletics	27:36	SM
5	985	Bobby Babaker	Cambridge Harriers	27:43	SM
6	1252	Jack Higgins	Tonbridge AC	27:51	SM
7	1187	Jamie Walsh	Medway and Maidstone AC	27:58	SM
8	1008	Chris Loudon (M35)	Cambridge Harriers	28:02	SM
9	1038	Mouctar Barry	Central Park Athletics	28:06	SM
10	1261	Sean Molloy	Tonbridge AC	28:09	SM
11	1242	James Crombie	Tonbridge AC	28:14	SM
12	1186	Ben Tyler (M35)	Medway and Maidstone AC	28:18	SM
13	1232	Jack Bradley (M35)	Thanet Roadrunners AC	28:26	SM
14	1158	Oliver Weston	Invicta East Kent AC	28:28	SM
15	1188	Anthony Webb (M45)	Medway and Maidstone AC	28:28	M40
16	990	Thomas Brooke	Cambridge Harriers	28:32	SM
17	895	Nicholas Armstrong	Bexley AC	28:33	SM
18	853	Robert Latala (M35)	Ashford and District RRC	28:37	SM
19	1005	Danny Kendall (M45)	Cambridge Harriers	28:47	M40
20	946	Kevin Fini	Blackheath and Bromley H AC	28:49	SM
21	1022	Ben Shearer (M45)	Cambridge Harriers	28:57	M40
22	1171	Alexander Donnelly	Medway and Maidstone AC	29:06	SM
23	1258	Thomas Lockhart	Tonbridge AC	29:14	SM
24	1006	Dean Lacy	Cambridge Harriers	29:15	SM
25	1075	Alex Cameron	Dartford Harriers AC	29:15	SM
26	915	Joseph O'Hara	Bexley AC	29:23	SM
27	1169	Tom Collins	Medway and Maidstone AC	29:27	SM
28	1272	Jay Smith (M40)	Tonbridge AC	29:28	M40
29	1050	Cameron Sharp	Central Park Athletics	29:31	SM
30	1342	Oliver Waymark	Tunbridge Wells Harriers	29:33	SM
31	1216	Allan Lee (M50)	Sevenoaks AC	29:35	M50
32	1176	Justin Lane (M45)	Medway and Maidstone AC	29:45	M40
33	1257	Calum Laing	Tonbridge AC	29:54	SM
34	1170	Jacques Cunningham-Marsh	Medway and Maidstone AC	30:00	SM
35	1004	Kyle Hurst (M35)	Cambridge Harriers	30:04	SM
36	1012	Liam McLaughlin	Cambridge Harriers	30:08	SM
37	1244	Michael Ellis	Tonbridge AC	30:11	SM
38	951	Ben Hakki	Blackheath and Bromley H AC	30:12	SM
39	1041	Sam Dowler	Central Park Athletics	30:15	SM
40	1009	James MacDonald (M40)	Cambridge Harriers	30:20	M40
41	1034	David Worden (M35)	Cambridge Harriers	30:25	SM
42	1247	Paul Freeman-Jones	Tonbridge AC	30:25	SM
43	925	David Adams (M35)	Blackheath and Bromley H AC	30:30	SM
44	1263	Mark Pepper	Tonbridge AC	30:37	SM
45	875	Ryan Brotherton (M35)	Beckenham Running Club	30:39	SM
46	1067	James Prosser	Crystal Palace Triathlon	30:43	SM
47	1279	Oliver White	Tonbridge AC	30:44	SM
48	940	Thomas Desborough	Blackheath and Bromley H AC	30:46	SM
49	1274	James Taylor	Tonbridge AC	30:48	SM
50	986	Lewis Baker (M35)	Cambridge Harriers	30:50	SM
51	1337	Edward Steele (M40)	Tunbridge Wells Harriers	30:52	M40

52	1047 Martyn Millard (M35)	Central Park Athletics	30:55	SM
53	932 Gregory Bull	Blackheath and Bromley H AC	30:58	SM
54	1086 Lucas Taylor-Costin	Dartford Harriers AC	31:01	SM
55	1224 Richard Newsome (M50)	South Kent Harriers	31:02	M50
56	1123 Stephen Male (M55)	Folkestone Running and Athletics Club	31:05	M50
57	944 Micah Evans (M40)	Blackheath and Bromley H AC	31:09	M40
58	1280 Tom Woolley (M45)	Tonbridge AC	31:11	M40
59	939 Leonardus De Bruyn (M40)	Blackheath and Bromley H AC	31:13	M40
60	852 Janusz Latala (M35)	Ashford and District RRC	31:14	SM
61	1070 Lewis Avery	Dartford Harriers AC	31:18	SM
62	1185 Richard Tomlinson (M55)	Medway and Maidstone AC	31:27	M50
63	1037 Johnnie Arnould (M45)	Central Park Athletics	31:29	M40
64	562 Jake Greenwood (U20M)	Central Park Athletics	31:31	U20M
65	1213 Harry Young	Paddock Wood AC	31:38	SM
66	1045 Simon Johnson (M45)	Central Park Athletics	31:42	M40
67	942 Luca Ercolani (M50)	Blackheath and Bromley H AC	31:46	M50
68	1191 Neill Wright (M45)	Medway and Maidstone AC	31:48	M40
69	988 Mattia Bernardi	Cambridge Harriers	31:51	SM
70	1021 Ben Rew (M40)	Cambridge Harriers	31:54	M40
71	1267 Tom Rule (M40)	Tonbridge AC	31:54	M40
72	1320 Keith Mitchell (M45)	Tunbridge Wells Harriers	31:56	M40
73	909 Charlie Gurr	Bexley AC	31:58	SM
74	1190 Darren Wright (M45)	Medway and Maidstone AC	31:58	M40
75	1072 Chris Biddle (M40)	Dartford Harriers AC	31:59	M40
76	981 Douglas Varney (M50)	Blackheath and Bromley H AC	32:05	M50
77	1023 Rob Shearer (M45)	Cambridge Harriers	32:07	M40
78	943 Gareth Evans (M45)	Blackheath and Bromley H AC	32:15	M40
79	549 Luke Bullen (U20M)	Bexley AC	32:17	U20M
80	1235 Anthony Bennett (M45)	Tonbridge AC	32:19	M40
81	1017 Mark Penny (M40)	Cambridge Harriers	32:20	M40
82	1085 Henry Taylor-Costin	Dartford Harriers AC	32:23	SM
83	1015 John O'Mahony (M45)	Cambridge Harriers	32:25	M40
84	1117 Jon Eaton (M40)	Folkestone Running and Athletics Club	32:24	M40
85	1246 Toby Emm	Tonbridge AC	32:35	SM
86	1087 Will Tither (M35)	Dartford Harriers AC	32:37	SM
87	1018 James Pitts (M45)	Cambridge Harriers	32:39	M40
88	847 George Hinkley	Ashford and District RRC	32:40	SM
89	1182 Alun Rodgers (M55)	Medway and Maidstone AC	32:40	M50
90	872 Jim Addison (M50)	Beckenham Running Club	32:50	M50
91	921 Simon Wells (M45)	Bexley AC	32:52	M40
92	1233 Kevin McQuaid (M50)	Thanet Roadrunners AC	32:53	M50
93	1083 Huntley Roberts (M35)	Dartford Harriers AC	32:55	SM
94	1126 Nicholas Steele (M40)	Folkestone Running and Athletics Club	32:55	M40
95	927 Ryan Ali	Blackheath and Bromley H AC	32:57	SM
96	1194 Nigel Lynch (M45)	Medway Tri	32:58	M40
97	831 Richard Huckstepp (M40)	Ashford AC	33:01	M40
98	1295 Andy Eames (M40)	Tunbridge Wells Harriers	33:02	M40
99	1074 Reuben Burford (M50)	Dartford Harriers AC	33:03	M50
100	1007 Will Longhurst (M40)	Cambridge Harriers	33:06	M40
101	1073 Connor Burford	Dartford Harriers AC	33:09	SM
102	1157 Darren Scrivens (M50)	Invicta East Kent AC	33:22	M50
103	1268 Graeme Saker (M60)	Tonbridge AC	33:30	M60
104	979 Paul Sharpe (M40)	Blackheath and Bromley H AC	33:38	M40
105	1219 Oloff Van Zyl (M55)	Sevenoaks AC	33:46	M50

106	1306 Alex Holmes (M45)	Tunbridge Wells Harriers	33:50	M40
107	1273 Peter Sutton (M40)	Tonbridge AC	33:53	M40
108	1332 James Sarre (M45)	Tunbridge Wells Harriers	33:58	M40
109	1020 David Reader (M50)	Cambridge Harriers	34:00	M50
110	1231 Andrew Scoones	Swale Combined AC	34:02	SM
111	947 Gregory Firth (M45)	Blackheath and Bromley H AC	34:03	M40
112	934 Philip Bunn (M45)	Blackheath and Bromley H AC	34:06	M40
113	1061 Michael Dowds (M35)	Crystal Palace Triathlon	34:10	SM
114	1207 Gavin Kitchingham (M55)	Orpington Road Runners	34:11	M50
115	1294 Joshua Doyle	Tunbridge Wells Harriers	34:11	SM
116	1278 Joseph Watts (M40)	Tonbridge AC	34:12	M40
117	1288 Richard Carter (M40)	Tunbridge Wells Harriers	34:14	M40
118	1172 Adam Featherstone (M50)	Medway and Maidstone AC	34:18	M50
119	906 Luke Francis	Bexley AC	34:21	SM
120	1251 Robert Henderson	Tonbridge AC	34:22	SM
121	1113 Elliot Chapman-Jones	Folkestone Running and Athletics Club	34:25	SM
122	1058 Mark Brown (M55)	Crystal Palace Triathlon	34:27	M50
123	1229 Jonathan Cork (M40)	Swale Combined AC	34:30	M40
124	884 Sam Jenkins	Beckenham Running Club	34:32	SM
125	885 Steven Moss (M60)	Beckenham Running Club	34:32	M60
126	892 Daniel Wilkie (M35)	Beckenham Running Club	34:33	SM
127	916 Alan Perryman (M55)	Bexley AC	34:33	M50
128	1030 Stephen Thompson (M45)	Cambridge Harriers	34:34	M40
129	998 Luke Ford	Cambridge Harriers	34:38	SM
130	905 Jon Fish (M45)	Bexley AC	34:41	M40
131	858 Martin Moxham (M35)	Ashford and District RRC	34:44	SM
132	1351 Jonathan Wood (M45)	White Cliffs Running & Athletics Club	34:49	M40
133	1014 Elvi Nimali	Cambridge Harriers	34:53	SM
134	1303 George Haslam	Tunbridge Wells Harriers	34:58	SM
135	1062 Isaac Griffiths (M35)	Crystal Palace Triathlon	35:01	SM
136	564 Aaron Gray (U20M)	Dartford Harriers AC	35:01	U20M
137	1210 James Willingham (M45)	Orpington Road Runners	35:02	M40
138	899 Matthew Chapman	Bexley AC	35:08	SM
139	1283 Robin Barwick (M50)	Tunbridge Wells Harriers	35:22	M50
140	832 Ian King	Ashford AC	35:33	M50
141	1236 Tobin Bird (M55)	Tonbridge AC	35:37	M50
142	1311 Mike King (M40)	Tunbridge Wells Harriers	35:38	M40
143	967 Jason Meers (M55)	Blackheath and Bromley H AC	35:42	M50
144	855 Scott Lynch (M55)	Ashford and District RRC	35:47	M50
145	1276 Michael Thomson (M55)	Tonbridge AC	35:50	M50
146	978 Ian Scott (M45)	Blackheath and Bromley H AC	35:55	M40
147	1195 Paul Mason (M50)	Medway Tri	35:58	M50
148	960 George Kleanthous (M55)	Blackheath and Bromley H AC	36:00	M50
149	1243 Anthony Crush (M50)	Tonbridge AC	36:04	M50
150	1044 Antony Hylton (M45)	Central Park Athletics	36:11	M40
151	1142 Martin Tynan (M50)	Greenwich Tritons	36:22	M50
152	1127 David Weekes (M55)	Folkestone Running and Athletics Club	36:29	M50
153	1088 Nicholas Varley (M55)	Dartford Harriers AC	36:31	M50
154	879 Karol Dorniak (M40)	Beckenham Running Club	36:44	M40
155	994 Steven Cummins (M50)	Cambridge Harriers	36:53	M50
156	1125 Darren Philip (M50)	Folkestone Running and Athletics Club	36:57	M50
157	857 Adrian Moody (M60)	Ashford and District RRC	37:00	M60
158	845 Mark Harrison (M45)	Ashford and District RRC	37:02	M40
159	1347 Robert Winter (M45)	Tunbridge Wells Harriers	37:03	M40

160	1053 Dominic Addison	Crystal Palace Triathlon	37:05	SM
161	890 Tim Robinson (M40)	Beckenham Running Club	37:07	M40
162	1109 Thomas Aspinall	Folkestone Running and Athletics Club	37:09	SM
163	1180 Jerome Moisan (M50)	Medway and Maidstone AC	37:11	M50
164	1148 Connor Gorrard-Smith	Harvel Hash House Harriers	37:13	SM
165	1160 Derek George (M50)	Istead & Ifield Harriers	37:14	M50
166	861 David Tomlinson (M50)	Ashford and District RRC	37:15	M50
167	1039 James Carney (M50)	Central Park Athletics	37:17	M50
168	841 Eddie Crofton-Martin (M45)	Ashford and District RRC	37:25	M40
169	924 Alan Wright (M50)	Bexley AC	37:27	M50
170	1101 Ian McGrath (M50)	Dartford Road Runners	37:29	M50
171	991 Russell Buchanan (M50)	Cambridge Harriers	37:29	M50
172	893 Craig Williamson (M60)	Beckenham Running Club	37:35	M60
173	897 Paul Bowen (M40)	Bexley AC	37:38	M40
174	1032 Andy Weir (M45)	Cambridge Harriers	37:42	M40
175	1302 Saul Harris (M50)	Tunbridge Wells Harriers	37:44	M50
176	1137 Simon Neville (M60)	Greenwich Tritons	37:46	M60
177	1340 Geoff Turner (M60)	Tunbridge Wells Harriers	37:51	M60
178	850 Steve Hodges (M60)	Ashford and District RRC	37:55	M60
179	965 Christopher Martin (M50)	Blackheath and Bromley H AC	38:00	M50
180	1214 Chris Desmond (M60)	Sevenoaks AC	38:06	M60
181	1193 Kevin Linehan (M60)	Medway Tri	38:09	M60
182	1089 Stuart Waterman (M45)	Dartford Harriers AC	38:12	M40
183	1222 Cris Francis (M45)	South Kent Harriers	38:19	M40
184	1297 Kieran Fitzpatrick (M40)	Tunbridge Wells Harriers	38:20	M40
185	896 Andrew Barnshaw	Bexley AC	38:22	SM
186	889 Mike Reich (M40)	Beckenham Running Club	38:22	M40
187	1026 Stephen Smythe (M65)	Cambridge Harriers	38:24	M60
188	1076 Samuel Coombes (M40)	Dartford Harriers AC	38:25	M40
189	888 Andy Regan (M50)	Beckenham Running Club	38:31	M50
190	1146 Daniel Fairclough (M45)	Harvel Hash House Harriers	38:31	M40
191	1307 Pete Holmes (M40)	Tunbridge Wells Harriers	38:35	M40
192	971 Steven Pairman (M60)	Blackheath and Bromley H AC	38:37	M60
193	1248 Antony Fullbrook (M60)	Tonbridge AC	38:39	M60
194	1033 Jon Wilson (M50)	Cambridge Harriers	38:48	M50
195	1046 Robert Lenihan (M40)	Central Park Athletics	38:50	M40
196	1024 Joe Sheldrake	Cambridge Harriers	38:52	SM
197	854 Jim Loftus (M55)	Ashford and District RRC	38:53	M50
198	1092 Jay Browne (M50)	Dartford Road Runners	38:53	M50
199	837 Adrian Beresford (M60)	Ashford and District RRC	38:54	M60
200	974 Colin Pearson (M55)	Blackheath and Bromley H AC	38:54	M50
201	1298 Dan Foster (M50)	Tunbridge Wells Harriers	38:56	M50
202	1040 Alan Clisby (M55)	Central Park Athletics	39:05	M50
203	997 James Floyd (M45)	Cambridge Harriers	39:09	M40
204	1331 Martin Sands	Tunbridge Wells Harriers	39:11	SM
205	1141 Kyriakos Tsirigotis (M40)	Greenwich Tritons	39:18	M40
206	1152 Neil Woolcombe (M45)	Harvel Hash House Harriers	39:18	M40
207	1010 Graham Maynard (M60)	Cambridge Harriers	39:19	M60
208	1090 David Ballard (M60)	Dartford Road Runners	39:24	M60
209	1105 Lee Rolls (M50)	Dartford Road Runners	39:51	M50
210	1135 Diego Luiz (M35)	Greenwich Tritons	40:01	SM
211	1205 Thomas Feist (M35)	Orpington Road Runners	40:02	SM
212	1149 Andrew Plummer (M40)	Harvel Hash House Harriers	40:06	M40
213	886 David Olver	Beckenham Running Club	40:06	SM

214	1225 Raymond Pearce (M65)	South Kent Harriers	40:15	M60
215	1174 Robert Fursey (M60)	Medway and Maidstone AC	40:26	M60
216	1003 David Hunter (M55)	Cambridge Harriers	40:29	M50
217	1217 Yon Marsh (M60)	Sevenoaks AC	40:30	M60
218	1114 Simon Coffey (M40)	Folkestone Running and Athletics Club	40:30	M40
219	1119 Luke Hicks	Folkestone Running and Athletics Club	40:30	SM
220	1293 Andrew Deighton (M55)	Tunbridge Wells Harriers	40:39	M50
221	863 Neil Woodham (M40)	Ashford and District RRC	40:42	M40
222	1286 Sam Bridger	Tunbridge Wells Harriers	41:08	SM
223	1136 Luis Mendoza (M50)	Greenwich Tritons	41:13	M50
224	1221 Lee Brewer (M45)	South Kent Harriers	41:31	M40
225	1069 Andrew Archer (M50)	Dartford Harriers AC	41:34	M50
226	882 Richard Harper (M60)	Beckenham Running Club	41:46	M60
227	1035 Barry Angell (M50)	Central Park Athletics	41:59	M50
228	1227 Lee Sentenacq (M55)	South Kent Harriers	41:59	M50
229	1143 Gavin Braithwaite (M40)	Harvel Hash House Harriers	42:12	M40
230	1230 Philip Larter (M50)	Swale Combined AC	42:15	M50
231	995 Clem Dixon (M60)	Cambridge Harriers	42:29	M60
232	1147 Matthew Fairclough (M50)	Harvel Hash House Harriers	42:48	M50
233	868 Jason Kennedy (M50)	Ashford Striders Running Club	42:55	M50
234	1291 Alan Collard (M60)	Tunbridge Wells Harriers	42:57	M60
235	835 Peter Tomsett (M45)	Ashford AC	43:00	M40
236	955 Barry Horgan (M50)	Blackheath and Bromley H AC	43:11	M50
237	903 Jim Faulkner (M55)	Bexley AC	43:35	M50
238	1269 Richard Sargent (M50)	Tonbridge AC	43:40	M50
239	1144 James Buchan (M45)	Harvel Hash House Harriers	43:44	M40
240	1082 Cullen O'Donnell (M55)	Dartford Harriers AC	43:47	M50
241	987 John Barron (M65)	Cambridge Harriers	43:53	M60
242	1228 Leigh Woods (M60)	South Kent Harriers	43:55	M60
243	874 Michael Beecher (M65)	Beckenham Running Club	44:12	M60
244	999 Paul Ford (M55)	Cambridge Harriers	44:16	M50
245	1133 Mark Hayes (M45)	Greenwich Tritons	44:20	M40
246	1325 Michael Purse (M55)	Tunbridge Wells Harriers	44:46	M50
247	904 Neil Ferebee (M55)	Bexley AC	44:52	M50
248	878 Piers Currell	Beckenham Running Club	45:39	SM
249	1296 Terry Everest (M40)	Tunbridge Wells Harriers	46:00	M40
250	1145 Ian Dickson (M65)	Harvel Hash House Harriers	46:06	M60
251	923 Gary Witt (M60)	Bexley AC	46:22	M60
252	1328 Duncan Ralph (M55)	Tunbridge Wells Harriers	46:25	M50
253	1031 Paul Warricker (M60)	Cambridge Harriers	46:46	M60
254	873 Ken Baksh (M65)	Beckenham Running Club	46:55	M60
255	1011 Ian McCarthy (M65)	Cambridge Harriers	46:56	M60
256	1200 Andy Haynes (M40)	Mote Runners	46:59	M40
257	869 George Phillips	Ashford Striders Running Club	47:06	SM
258	919 Stephen Stewart (M60)	Bexley AC	47:27	M60
259	1312 Paul Kromm (M65)	Tunbridge Wells Harriers	47:39	M60
260	1333 Mark Scott (M50)	Tunbridge Wells Harriers	49:23	M50
261	866 Rob Harris (M35)	Ashford Striders Running Club	52:44	SM
262	1120 Adam Hughes (M60)	Folkestone Running and Athletics Club	54:50	M60
263	1042 Brian Downton (M55)	Central Park Athletics	56:13	M50