

**Kent Cross Country League Results - Swanley Park, Swanley 23/11/2024****Masters 70 Men 5200m Individual Results**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	469	John Tolhurst (M70)	Paddock Wood AC	26:34
2	471	Alan Newman (M70)	Tonbridge AC	27:30
3	468	Stephen Briggs (M70)	Orpington Road Runners	28:47
4	455	Richard Seabrook (M75)	Beckenham Running Club	30:12
5	461	Roy Knight (M70)	Dartford Road Runners	30:56
6	467	David Grunfeld (M75)	Mote Runners	32:09
7	462	John Setford (M70)	Dartford Road Runners	33:36
8	460	Robert Coombes (M75)	Dartford Harriers AC	34:18
9	465	Vernon Thomas (M80)	Greenwich Tritons	36:05
10	464	Simon Capey (M70)	Greenwich Tritons	39:27
11	459	Peter Hadley (M75)	Cambridge Harriers	40:26