



# MLS Norris Hill



12 February 2025

## Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
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### Brown

Course: Brown, 8.6 km, 90 m

1	Adam Conway	M21	SHUOC		53:44		6.25	103
2	Michael Krajewski	M40	BAOC		57:25	3:41	6.68	99
3	WO2 Des Dickinson	M40	MoD Abbey Wood		58:03	4:19	6.75	98
4	James Lyne	M35	SN		59:00	5:16	6.86	97
5	Alan Velecky	M55	SO		59:39	5:55	6.94	97
6	Matthias Mahr	M45	SLOW		1:02:37	8:53	7.28	94
7	Lt Col Richard Mawer	M50	MoD Abbey Wood		1:02:41	8:57	7.29	94
8	Peter Daplyn	M45	SN		1:06:51	13:07	7.77	90
9	Nigel Bunn	M60	TVOC		1:07:37	13:53	7.86	89
10	Major Jon Oxley	M55	London Central Garrison		1:10:54	17:10	8.24	85
11	Peter Jones	M65	SN		1:14:03	20:19	8.61	82
12	Richard Collyer	M50	GO		1:14:54	21:10	8.71	81
13	Katherine Bett	W21	SN		1:15:22	21:38	8.76	81
14	Maj(Retd) Jeremy Wormington	M60	NOTEAM		1:17:36	23:52	9.02	79
15	Lt Col(Retd) Colin Metcalfe	M65	BAOC		1:18:01	24:17	9.07	78
16	Paul Fox	M60	SN		1:18:15	24:31	9.10	78
17	Andrew Tindal	M55	BOK		1:18:59	25:15	9.18	77
18	Euan Marsh	M21	SO		1:19:38	25:54	9.26	77
19	Nick Nourse	M60	NWO		1:19:48	26:04	9.28	77
20	Simon Farrington	M40	BAOC		1:19:49	26:05	9.28	77
21	Col Gary Sawyer	M45	Army HQ		1:20:08	26:24	9.32	76
22	Keith Belsey	M55	SN		1:20:35	26:51	9.37	76
23	Chris Harrison	M65	NGOC		1:21:18	27:34	9.45	75
24	Nick Care	M65	SO		1:22:24	28:40	9.58	74
25	Capt Carl Wray	M40	32 Regt RA		1:23:09	29:25	9.67	73
26	Sgt Alexis Massey-Ryan	M35	32 Regt RA		1:24:19	30:35	9.80	72
27	Cameron Lamond	M55	SN		1:24:55	31:11	9.87	71
28	Col Alastair Oates	M55	BAOC		1:25:12	31:28	9.91	71
29	Lt Col Kerry Corkery	W45	Army HQ		1:26:56	33:12	10.11	69
30	Neville Baker	M70	TVOC		1:27:28	33:44	10.17	69
31	Peter Huzan	M60	SLOW		1:28:01	34:17	10.23	68
32	Maj Andy Southby	M60	War Gar		1:34:01	40:17	10.93	62
33	Mike Bennett	M70	HH		1:35:15	41:31	11.08	61
34	G 7 Iain Brant	M65	Defence Academy		1:48:06	54:22	12.57	48
35	Lt Col Greg Ehlen	M60	Army HQ		1:52:02	58:18	13.03	44
36	WO2 Vicky McCreadie	W40	3 Sig Regt		1:54:10	1:00:26	13.28	42
37	Alison White	W60	BOK		2:56:14	2:02:30	20.49	0

### Blue

Course: Blue, 6.7 km, 70 m

1	Dave Ryder	M60	SN		59:38		8.90	75
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### Blue

Course: Blue, 6.7 km, 70 m

2	Ian Ditchfield	M65	MV		1:00:03	0:25	8.96	75
3	Mike Frizzell	M65	BADO		1:00:24	0:46	9.01	75
4	Mike Brett	M60	BAOC		1:00:52	1:14	9.08	74
5	Tim Clark	M45	IND		1:01:20	1:42	9.15	74
6	Steve Bailey	M65	SN		1:01:24	1:46	9.16	74
7	Alan Rosen	M70	HH		1:03:09	3:31	9.43	72
8	WO1(Retd) Les Hunt	M70	SN		1:03:41	4:03	9.50	71
9	Julian Hartwell	M70	SOC		1:04:09	4:31	9.57	71
10	Christopher Pritchett	M65	WIGHTO		1:05:16	5:38	9.74	70
11	Alison Howe	W50	SAX		1:05:44	6:06	9.81	69
12	Dave Kingham	M65	TVOC		1:07:49	8:11	10.12	67
13	Mark Light	M55	SOC		1:09:03	9:25	10.31	66
14	Lt Col Woo Allen	W60	SN		1:09:18	9:40	10.34	66
15	Col James Rhodes	M50	Army HQ		1:09:31	9:53	10.38	66
16	Trish Monks	W50	BKO		1:10:35	10:57	10.53	64
17	Vincent Joyce	M70	SO		1:10:50	11:12	10.57	64
18	Col James Rhodes	M50	Army HQ		1:11:05	11:27	10.61	64
19	Maj(Retd) Jon Steed	M60	BADO		1:11:16	11:38	10.64	64
20	April Devine	W21	BAOC		1:12:00	12:22	10.75	63
21	Lt Col(Retd) Axel Blomquist	M70	SN		1:13:01	13:23	10.90	62
22	Carys Morgan	W45	SLOW		1:13:10	13:32	10.92	62
23	Major Ed Luke	M35	HQ RC		1:14:46	15:08	11.16	60
24	Kate Brett	W60	BAOC		1:15:39	16:01	11.29	59
25	Marcus White	M55	SOC		1:15:51	16:13	11.32	59
26	Sgt(Retd) Gerry Allan	M55	BAOC		1:15:57	16:19	11.34	59
27	Richard Bostock	M60	DFOK		1:16:23	16:45	11.40	59
28	Jon Vaughan	M50	BKO		1:17:04	17:26	11.50	58
29	WO1 Stuart Greening	M60	Upavon Stn		1:17:40	18:02	11.59	57
30	WO2(Retd) Ian Byford	M65	HH		1:18:48	19:10	11.76	56
31	Nigel Slack	M60	SN		1:18:53	19:15	11.77	56
32	Lt Col Bernie Fowler	M55	AACen		1:19:09	19:31	11.81	56
33	Mick Hunter	M70	NWO		1:21:15	21:37	12.13	54
34	Flt Lt( Retd) Rob Hick	M65	WSX		1:21:34	21:56	12.17	53
35	Andrew Hannaford	M70	SO		1:21:42	22:04	12.19	53
36	David Tookey	M70	HH		1:25:46	26:08	12.80	49
37	John Paton	M60	SN		1:25:49	26:11	12.81	49
38	Katie Clarke	W50	SN		1:31:23	31:45	13.64	44
39	Tim Keogh	M60	MV		1:32:50	33:12	13.86	42
40	Mikhail Gryaznevich	M70	TVOC		1:33:07	33:29	13.90	42
41	WO2 Dhan Magar	M55	11 Inf Bde		1:33:17	33:39	13.92	42
42	Kevin Parkes	M65	HH		1:33:48	34:10	14.00	41
43	Lt Col(Retd) Rowena Naile	W60	BAOC		1:34:20	34:42	14.08	41



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### Blue

Course: Blue, 6.7 km, 70 m

44	Colin Swallow	M65	SN		1:36:15	36:37	14.37	39
45	Serena Ludford	W60	BADO		1:36:59	37:21	14.48	38
46	Nigel Clemens	M60	SLOW		1:41:28	41:50	15.14	34
47	Maj(Retd) Danny Skillman	M70	GO		1:43:04	43:26	15.38	32
48	Fiona Clough	W60	BKO		1:46:54	47:16	15.96	28
49	Charlie Beck	M65	SN		1:48:17	48:39	16.16	27
50	Roger Wilson	M65	SLOW		1:48:49	49:11	16.24	26
51	Frederick Smith	M65	GO		1:53:19	53:41	16.91	22
52	Lt Col(Retd) Simon Worsley	M70	BAOC		1:56:09	56:31	17.34	19
53	Thomas Elgood	M60	CHIG		1:56:16	56:38	17.35	19

### Lt Green

Course: Lt Green, 4.4 km, 60 m

1	Maj(Retd) Colin Dickson	M70	BAOC		38:43		8.80	60
2	Sue Bett	W55	SN		43:47	5:04	9.95	59
3	Lt Ross Unwin	M21	AACen		44:29	5:46	10.11	58
4	Mr Matthew Grant	M50	MoD London		44:35	5:52	10.13	58
5	David Harrison	M55	SN		45:01	6:18	10.23	57
6	Maj(Retd) Allan Farrington	M70	BAOC		45:36	6:53	10.36	57
7	Lt Col(Retd) Alex Thomson	M70	SARUM		46:17	7:34	10.52	56
8	Capt (Retd) Andrew Parkinson	M70	SO		46:23	7:40	10.54	56
9	Andrew Graham	M70	SARUM		46:41	7:58	10.61	56
10	Neil Fraser	M60	NWO		47:42	8:59	10.84	55
11	Lt Col RM (Retd) Joe House	M70	SO		47:51	9:08	10.88	54
12	Mike Turner	M75	SO		48:32	9:49	11.03	54
13	WO1 Frankie Atkins	M35	HQ 101 OSB		48:41	9:58	11.06	54
14	Christine Jepson	W65	SO		48:58	10:15	11.13	53
15	Maj(Retd) Gill Prowse	W65	SN		49:50	11:07	11.33	52
16	Marion Payne-Bird	W65	GO		50:04	11:21	11.38	52
17	Rebecca Lovegrove	W20	SN		52:13	13:30	11.87	50
18	Edward Forman	M75	SO		53:36	14:53	12.18	49
19	Capt(Retd) Paul Byers	M65	MV		53:41	14:58	12.20	49
20	WO1(ASM)(Retd) Peter Hull	M75	BAOC		53:54	15:11	12.25	48
21	Peter Dudman	M70	SO		54:43	16:00	12.44	48
22	Cpl Nabin Rana	M21	32 Regt RA		54:54	16:11	12.48	47
23	Sgt Kailash Rai	M35	32 Regt RA		54:59	16:16	12.50	47
24	Trevor Griffiths	M75	BOK		55:00	16:17	12.50	47
25	Terry Smith	M75	SOC		55:01	16:18	12.50	47
26	Martin Wilson	M75	BKO		55:04	16:21	12.52	47
27	Mark Thompson	M70	TVOC		58:09	19:26	13.22	44
28	WO2(Retd) Chic Young	M65	SARUM		58:23	19:40	13.27	44
29	Cpl(Retd) David Mullins	M75	SARUM		58:39	19:56	13.33	44



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### Lt Green

Course: Lt Green, 4.4 km, 60 m

30	Roy Heselden	M75	BADO		58:40	19:57	13.33	44
31	Sgt Shane Thorne	M35	Worthy Down Stn		59:14	20:31	13.46	43
32	Norman Wilson	M70	SOC		1:00:09	21:26	13.67	42
33	Leianne Upton	W60	MV		1:00:27	21:44	13.74	42
34	Robin Smith	M70	SO		1:01:37	22:54	14.00	41
35	Rob Mullens	M45	BKO		1:01:51	23:08	14.06	40
36	Richard Stanhope	M65	SLOW		1:04:04	25:21	14.56	38
37	Di Turner	W70	SO		1:04:15	25:32	14.60	38
38	Sally Place	W60	GO		1:05:28	26:45	14.88	37
39	Paul Blagbrough	M75	MV		1:06:10	27:27	15.04	36
40	Joanna Belsey	W60	SN		1:06:37	27:54	15.14	36
41	Christopher Moon	M75	BOK		1:07:06	28:23	15.25	35
42	Lucy Paton	W60	SN		1:07:49	29:06	15.41	35
43	WO2 Krishna Kc	M45	HQ 101 OSB		1:09:28	30:45	15.79	33
44	LCpl Guman Palli	M21	HQ 101 OSB		1:09:36	30:53	15.82	33
45	Sue Hands	W75	WIM		1:10:04	31:21	15.92	32
46	Flt Lt Robert Smith	M60	Surrey Wing ATC		1:10:07	31:24	15.94	32
47	Plt Off(Retd) Mike Elliot	M70	MV		1:11:23	32:40	16.22	31
48	Linda Hulley	W65	SO		1:12:42	33:59	16.52	30
49	Jillian Ullersperger	W60	BKO		1:17:41	38:58	17.66	25
50	Peter Smith	M60	SN		1:20:08	41:25	18.21	22
51	Chris Gill	M55	SN		1:27:29	48:46	19.88	15
52	Tim Hulley	M60	SO		1:28:10	49:27	20.04	14
53	Ruth Rhodes	W80	SO		1:32:00	53:17	20.91	10

### Sh Green

Course: Sh Green, 3.5 km, 50 m

1	John Liley	M65	GO		40:15		11.50	50
2	Ashley Tilling	M65	MV		42:08	1:53	12.04	50
3	Nick Grant	M50	IND		42:59	2:44	12.28	49
4	Maj Richard Barrett	M55	HQ 101 OSB		43:33	3:18	12.44	48
5	Janet Rosen	W70	HH		43:35	3:20	12.45	48
6	Col(Retd) Ian Tait	M70	SARUM		43:39	3:24	12.47	48
7	Martin Lock	M75	GO		43:53	3:38	12.54	48
8	Lt Col(Retd) Carol Prosser	W60	BAOC		45:32	5:17	13.01	46
9	Linda Pakuls	W65	WIM		45:37	5:22	13.03	46
10	Lt Col (Retd) Chris Barrington Brown	M65	BAOC		46:11	5:56	13.20	46
11	Don McKerrow	M70	SLOW		46:40	6:25	13.33	45
12	Paul Nevett	M60	GO		47:34	7:19	13.59	44
13	Jim Prowting	M75	TVOC		48:50	8:35	13.95	43
14	David Palmer	M75	BOK		49:18	9:03	14.09	42



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### Sh Green

Course: Sh Green, 3.5 km, 50 m

15	Col(Retd) Nick Kearns	M70	BAOC		49:38	9:23	14.18	42
16	David Kingdon	M70	SAX		49:52	9:37	14.25	42
17	WO1(Retd) Alun Roberts	M65	BAOC		51:00	10:45	14.57	41
18	Keiko Conway	W60	GO		52:00	11:45	14.86	40
19	Gill Sharp	W65	SN		52:02	11:47	14.87	40
20	Mike Murray	M80	SLOW		52:46	12:31	15.08	39
21	CPL(Retd) David Battison	M75	SARUM		52:59	12:44	15.14	39
22	Dvr(Retd) Roger Maher	M85	SO		53:21	13:06	15.24	38
23	Lt Col Sarah Streete	W60	London Central Garrison		54:25	14:10	15.55	37
24	Elisabeth Dickson	W65	BAOC		55:11	14:56	15.77	37
25	Allan Darwell	M70	BOK		55:47	15:32	15.94	36
26	Stephen Sutch	M60	SOC		57:39	17:24	16.47	34
27	Barbara Lugton	W65	GO		1:02:56	22:41	17.98	29
28	Brian Bailey	M75	WIGHTO		1:03:20	23:05	18.10	28
29	Carol Taverner	W65	WIGHTO		1:03:35	23:20	18.17	28
30	Nigel Saker	M75	SLOW		1:04:52	24:37	18.53	27
31	Denise Mullins	W70	SARUM		1:06:52	26:37	19.10	25
32	Peter Riches	M75	TVOC		1:07:12	26:57	19.20	25
33	Howard Thomas	M80	BOK		1:07:20	27:05	19.24	24
34	LtCol Damien Pealin	M55	HQ RC		1:08:53	28:38	19.68	23
35	Tony Ludford	M80	BADO		1:08:55	28:40	19.69	23
36	Sue Parker	W65	BKO		1:10:49	30:34	20.23	21
37	Michele Funnell	W70	SO		1:12:23	32:08	20.68	19
38	Richard Fowler	M55	IND		1:13:55	33:40	21.12	18
39	Liz Stradling	W65	BKO		1:14:29	34:14	21.28	17
40	John Collyer	M80	GO		1:16:37	36:22	21.89	15
41	Gen Mullens	W18	BKO		1:18:41	38:26	22.48	13
42	Sue Gallagher	W70	SO		1:18:46	38:31	22.50	13
43	Mark Blackstone	M75	BOK		1:19:48	39:33	22.80	12
44	Clare Fletcher	W80	BOK		1:25:07	44:52	24.32	7
45	L/Wrn(Retd) Helen Wise	W70	SO		1:29:46	49:31	25.65	2
46	WO2(Retd) James Munday	M80	BKO		1:30:25	50:10	25.83	1
47	Antonia Holt	W65	NWO		1:39:00	58:45	28.29	0
48	Penny Parkes	W65	HH		1:55:35	1:15:20	33.02	0
49	Lt(Retd) Michael White	M85	MV		2:32:53	1:52:38	43.68	0
50	SACW(Retd) Beryl Pring	W75	SAX		11:25:52	10:45:37	195.96	0

### Lg Orange

Course: Lg Orange, 4.6 km, 50 m

1	9 Acen	M21	AACen		45:21		9.86	40
2	8 Acen	M21	AACen		50:33	5:12	10.99	40



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### Lg Orange

Course: Lg Orange, 4.6 km, 50 m

3	Maj(Retd) Devina Worsley	W65	BAOC		1:03:52	18:31	13.88	29
4	Sgt Julian Fissasegola	M35	ATU		1:08:22	23:01	14.86	25
5	Kelly Good	W45	IND		1:15:35	30:14	16.43	18
6	Liz Flavell	W65	NOTEAM		1:16:44	31:23	16.68	17
7	Elaine Evans	W70	IND		1:18:14	32:53	17.01	15
8	Gill Wilson	W60	SLOW		1:19:06	33:45	17.20	14
9	3 Aacen	M21	AAC Cen		1:24:43	39:22	18.42	10
10	7 Aacen	M21	AACen		1:27:10	41:49	18.95	10
11	Sgt Callum Macaulay	M35	HQ 101 OSB		1:29:13	43:52	19.39	10
12	LCpl Suraj Gurung	M21	HQ 101 OSB		1:29:14	43:53	19.40	10
13	6 Aacen	M21	AACen		1:32:53	47:32	20.19	10

### V Sh Green

Course: V Sh Green, 2.2 km, 30 m

1	Andy Macgregor	M85	BAOC		32:17		14.67	40
2	Chris Simpson	M80	SO		42:42	10:25	19.41	38
3	Spr(Retd) Patrick Maher	M90	SO		47:36	15:19	21.64	33
4	Capt(Retd) Ken Williams	M85	BAOC		49:42	17:25	22.59	31
5	Deborah Carpenter	W70	SN		1:02:51	30:34	28.57	18
6	Flt Lt(Retd) Liz Yeadon	W75	SARUM		1:06:34	34:17	30.26	14