



MLS Alice Holt



01 April 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, 8.4 km, 150 m

1	WO2 Des Dickinson	M40	MoD Abbey Wood		59:40		7.10	101
2	Lt Col Richard Mawer	M50	MoD Abbey Wood		1:01:35	1:55	7.33	99
3	Maj Richard Barrett	M55	HQ 101 OSB		1:01:46	2:06	7.35	99
4	Lt Col(Retd) Colin Metcalfe	M65	BAOC		1:04:17	4:37	7.65	97
5	Eoghan Wiles	M21	SOC		1:06:11	6:31	7.88	95
6	Keith Belsey	M55	SN		1:06:22	6:42	7.90	95
7	Sgt Alexis Massey-Ryan	M35	32 Regt RA		1:09:12	9:32	8.24	92
8	SSgt Shaun Jones	M35	32 Regt RA		1:10:40	11:00	8.41	90
9	Maj(Retd) Jeremy Wormington	M60	NOTEAM		1:12:20	12:40	8.61	89
10	Capt Adrian Kerr	M35	DSPG		1:13:01	13:21	8.69	88
11	Capt Alan Harris	M50	HQ RC		1:13:23	13:43	8.74	88
12	Simon Farrington	M40	BAOC		1:14:51	15:11	8.91	86
13	Maj Jamie Dullaghan	M35	Army HQ		1:15:04	15:24	8.94	86
14	Andrew Tindal	M55	BOK		1:15:41	16:01	9.01	85
15	Trish Monks	W50	BKO		1:17:02	17:22	9.17	84
16	Maj Sally Calland	W50	London Central Garrison		1:20:11	20:31	9.55	81
17	Edward Halsey	M50	SARUM		1:21:02	21:22	9.65	80
18	Ffion Jones	W21	SO		1:21:29	21:49	9.70	80
19	WO2 Vicky McCreddie	W40	3 Sig Regt		1:22:06	22:26	9.77	79
20	Barry Jones	M55	SO		1:22:08	22:28	9.78	79
21	Neil Studd	M35	SLOW		1:24:13	24:33	10.03	77
22	Maj Andy Southby	M60	War Gar		1:25:06	25:26	10.13	76
23	Jon Vaughan	M50	BKO		1:36:50	37:10	11.53	64
24	Jon Paton	M65	SN		1:54:45	55:05	13.66	46
DSQ	Major Jon Oxley	M55	London Central Garrison		57:11	Missed No 18 (103)		
DSQ	Mike Bennett	M70	HH		1:41:13	Missed No 5 (110)		

Blue

Course: Blue, 7.1 km, 140 m

1	Phil Slingsby	M55	DRONGO		54:47		7.72	75
2	Steve Jarvis	M60	SO		1:00:48	6:01	8.56	73
3	Peter Couldery	M65	GO		1:01:28	6:41	8.66	73
4	Mike Frizzell	M65	BADO		1:03:16	8:29	8.91	71
5	Christopher Pritchett	M65	WIGHTO		1:04:59	10:12	9.15	69
6	SSgt B Rai	M40	RMAS		1:05:00	10:13	9.15	69
7	Col James Rhodes	M50	Army HQ		1:07:10	12:23	9.46	67
8	Ian Ditchfield	M65	MV		1:07:20	12:33	9.48	67
9	Lt Col Woo Allen	W60	Army HQ		1:07:33	12:46	9.51	66
10	Maj(Retd) Colin Dickson	M70	BAOC		1:07:34	12:47	9.52	66
=11	Col(Retd) Paul Lane	M65	SARUM		1:07:54	13:07	9.56	66
=11	Alice Jacobsen	W21	SOC		1:07:54	13:07	9.56	66



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Blue

Course: Blue, 7.1 km, 140 m

13	Paul Fox	M60	SN		1:08:21	13:34	9.63	66
14	Mark Feltham	M60	MV		1:10:01	15:14	9.86	64
15	Mark Collins	M65	DFOK		1:10:29	15:42	9.93	64
16	Lt Cdr(Retd) Ashley Tilling	M65	MV		1:11:16	16:29	10.04	63
17	Sgt(Retd) Gerry Allan	M55	BAOC		1:11:41	16:54	10.10	62
18	SSgt Prakash Limbu	M45	11 Inf Bde		1:12:08	17:21	10.16	62
19	Dave Ryder	M60	SN		1:13:03	18:16	10.29	61
20	Carol Lovegrove	W50	SN		1:13:18	18:31	10.32	61
21	Chris Evans	M55	SLOW		1:14:00	19:13	10.42	60
22	Jo Halsey	W50	SARUM		1:14:43	19:56	10.52	59
23	Karen French	W55	WIM		1:15:09	20:22	10.58	59
24	Maj(Retd) Jon Steed	M60	BADO		1:15:54	21:07	10.69	58
25	Vincent Joyce	M70	SO		1:16:28	21:41	10.77	58
26	Capt Albert Hadcock	M21	HQ 101 OSB		1:16:49	22:02	10.82	57
27	Capt Diane Mitson	W50	ARRC Sp Bn		1:17:15	22:28	10.88	57
28	Robin Bishop	M55	TVOC		1:17:46	22:59	10.95	56
29	Lisa James	W55	SOC		1:18:02	23:15	10.99	56
30	Katie Clarke	W50	SN		1:18:54	24:07	11.11	55
31	Maj(Retd) Gabi Shanahan	W60	BAOC		1:19:00	24:13	11.13	55
32	WO2 Kierran Sumner	M35	1 Gren Gds		1:19:03	24:16	11.13	55
33	David Harrison	M55	SN		1:19:08	24:21	11.15	55
34	WO2 Dhan Magar	M55	11 Inf Bde		1:19:37	24:50	11.21	54
35	WO2(Retd) Ian Byford	M65	HH		1:19:42	24:55	11.23	54
36	April Devine	W21	BAOC		1:22:24	27:37	11.61	52
37	John Dalton	M60	TVOC		1:23:01	28:14	11.69	51
38	Jessica Stanfield	W60	SOC		1:23:05	28:18	11.70	51
39	Col(Retd) Paul Oldfield	M65	BAOC		1:23:12	28:25	11.72	51
40	WO1 Stuart Greening	M60	Upavon Stn		1:24:01	29:14	11.83	50
41	Mark Light	M55	SOC		1:24:32	29:45	11.91	49
42	Don McKerrow	M70	SLOW		1:25:27	30:40	12.04	49
43	Nigel Slack	M60	SN		1:25:44	30:57	12.08	48
44	John Harrison	M75	BADO		1:27:13	32:26	12.28	47
45	Trevor Ould	M60	WIGHTO		1:28:34	33:47	12.47	45
46	Nigel Clemens	M60	SLOW		1:29:13	34:26	12.57	45
47	SSgt Katy Hillman	W35	26 Regt RA		1:29:51	35:04	12.65	44
48	Andrew Hannaford	M70	SO		1:30:03	35:16	12.68	44
49	Tim Keogh	M60	MV		1:30:20	35:33	12.72	44
50	Maj Melanie Slade	W55	11 Inf Bde		1:31:00	36:13	12.82	43
51	Michael Merritt	M65	SO		1:31:52	37:05	12.94	42
52	Lt Col(Retd) Simon Worsley	M70	BAOC		1:31:54	37:07	12.94	42
53	Roger Wilson	M65	SLOW		1:32:13	37:26	12.99	42
54	Maj(Retd) Danny Skillman	M70	GO		1:34:28	39:41	13.31	40



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Blue

Course: Blue, 7.1 km, 140 m

55	Serena Ludford	W60	BADO		1:35:00	40:13	13.38	39
56	Mikhail Gryaznevich	M70	TVOC		1:35:17	40:30	13.42	39
57	Rob Mullens	M45	BKO		1:36:39	41:52	13.61	37
58	Colin Swallow	M65	SN		1:40:53	46:06	14.21	33
59	WO2 Scott Craig	M45	ATC Pirbright		1:44:54	50:07	14.77	29
60	Anne Tynegate	W60	BADO		1:49:39	54:52	15.44	24
DSQ	Captain Gary Harris-Deans	M55	103 Bn REME(V)		1:20:04	Missed No 11 (114)		

Lt Green

Course: Lt Green, 4.9 km, 90 m

1	Alan Rosen	M70	HH		45:19		9.25	60
2	LCpl Martin Simpson	M35	9 Regt RLC		45:27	0:08	9.28	60
3	Alan Jones	M55	BKO		47:00	1:41	9.59	59
4	Gill Tindal	W55	BOK		53:11	7:52	10.85	53
5	Clive Hawkes	M65	SO		54:00	8:41	11.02	52
6	Lt Matthew Baker	M21	32 Regt RA		55:47	10:28	11.38	50
7	Janet Rosen	W70	HH		56:16	10:57	11.48	50
8	Bohdan Rainczuk	M60	SARUM		56:55	11:36	11.62	49
9	WO1 Frankie Atkins	M35	HQ 101 OSB		57:29	12:10	11.73	48
10	Robin Smith	M70	SO		58:32	13:13	11.95	47
11	Lt Col RM(Retd) Joe House	M70	SO		1:00:00	14:41	12.24	46
12	Sgt Shane Thorne	M35	Worthy Down Stn		1:01:26	16:07	12.54	44
13	Chris Gill	M55	SN		1:01:51	16:32	12.62	44
14	Peter Dudman	M70	SO		1:03:32	18:13	12.97	42
15	Cpl Nabin Rana	M21	32 Regt RA		1:03:55	18:36	13.04	42
16	Kevin Beale	M65	NWO		1:04:29	19:10	13.16	41
17	Edward Forman	M75	SO		1:05:01	19:42	13.27	41
18	Christine Jepson	W65	SO		1:05:49	20:30	13.43	40
19	Peter Smith	M60	SN		1:06:26	21:07	13.56	39
20	Carol Taverner	W65	WIGHTO		1:06:45	21:26	13.62	39
21	Capt(Retd) Paul Byers	M65	MV		1:06:58	21:39	13.67	39
22	Mark Thompson	M70	TVOC		1:07:04	21:45	13.69	39
23	Neil Mitchell	M65	SLOW		1:11:08	25:49	14.52	35
24	Maj(Retd) Devina Worsley	W65	BAOC		1:12:07	26:48	14.72	34
25	Emese Svab	W50	HH		1:12:49	27:30	14.86	33
26	WO2(Retd) Chic Young	M65	SARUM		1:13:07	27:48	14.92	33
27	Flt/Lt Ray Sullivan	M65	RAFO		1:13:12	27:53	14.94	33
28	Philip Gristwood	M75	MV		1:13:49	28:30	15.06	32
29	Joanna Belsey	W60	SN		1:14:44	29:25	15.25	31
30	Major Tom Martin	M50	Army HQ		1:24:58	39:39	17.34	21
31	Plt Off(Retd) Mike Elliot	M70	MV		1:25:41	40:22	17.49	20
32	Liz Flavell	W65	NOTEAM		1:36:44	51:25	19.74	9



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Lt Green

Course: Lt Green, 4.9 km, 90 m

33	Ruth Rhodes	W80	SO		1:44:13	58:54	21.27	2
34	Sarah Coetzee	W50	WIGHTO		1:45:29	1:00:10	21.53	0
DNF	Col(Retd) Ian Prosser	M65	BAOC		41:57	Retd		
DNF	Paul Oates	M75	DFOK		1:16:28	Retd		

Sh Green

Course: Sh Green, 3.7 km, 80 m

1	Phil Conway	M60	GO		38:32		10.41	50
=2	Linda Pakuls	W65	WIM		42:56	4:24	11.60	49
=2	Julia Jarvis	W55	SO		42:56	4:24	11.60	49
4	Paul Nevett	M60	GO		44:57	6:25	12.15	47
5	Lucy Paton	W60	SN		45:18	6:46	12.24	46
6	Col(Retd) Nick Kearns	M70	BAOC		46:07	7:35	12.46	45
7	John Liley	M65	GO		47:14	8:42	12.77	44
8	Tom Edelsten	M80	GO		49:11	10:39	13.29	42
9	Lt Col(Retd) Carol Prosser	W60	BAOC		49:12	10:40	13.30	42
10	WO1(ASM)(Retd) Peter Hull	M75	BAOC		50:53	12:21	13.75	41
11	Jasmine Bennett	W70	SO		51:11	12:39	13.83	40
12	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		52:01	13:29	14.06	39
13	Roy Heselden	M75	BADO		52:46	14:14	14.26	39
14	WO1(Retd) Alun Roberts	M65	BAOC		53:37	15:05	14.49	38
15	Gill Sharp	W65	SN		53:49	15:17	14.55	38
16	Jim Prowting	M75	TVOC		55:46	17:14	15.07	36
17	Richard Steptoe	M75	TVOC		56:19	17:47	15.22	35
18	Paul Kilpin	M75	TVOC		56:35	18:03	15.29	35
19	Jutta Byers	W55	MV		56:50	18:18	15.36	35
20	WO Jason Ferguson	M50	78 Sqn Swanwick		58:23	19:51	15.78	33
21	Keiko Conway	W60	GO		58:58	20:26	15.94	32
22	Dvr(Retd) Roger Maher	M85	SO		59:21	20:49	16.04	32
23	Nigel Saker	M75	SLOW		1:00:01	21:29	16.22	31
24	Elisabeth Dickson	W65	BAOC		1:00:38	22:06	16.39	31
25	Kate Nevett	W60	GO		1:01:12	22:40	16.54	30
26	Lt(Retd) George Elkin	M75	BAOC		1:01:46	23:14	16.69	30
27	Hazel Grant	W55	DRONGO		1:02:29	23:57	16.89	29
28	Lt Col D Pealin	M55	HQ RC		1:03:35	25:03	17.18	28
29	Dawn Clifford	W50	MV		1:03:41	25:09	17.21	28
30	Deborah Sullivan	W65	MV		1:03:49	25:17	17.25	28
31	Sue Hands	W75	WIM		1:04:27	25:55	17.42	27
32	Mark Foxwell	M60	BKO		1:05:14	26:42	17.63	26
33	Elodie Claus	W20	MV		1:06:59	28:27	18.10	24
34	WO2(Retd) James Munday	M80	BKO		1:09:33	31:01	18.80	22



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Sh Green

Course: Sh Green, 3.7 km, 80 m

35	Peter Bartlett	M70	WIGHTO		1:10:13	31:41	18.98	21
36	Gen Mullens	W18	BKO		1:11:28	32:56	19.32	20
37	Richard Rae	M75	BKO		1:13:50	35:18	19.95	18
38	Chris Glew	W70	SLOW		1:15:37	37:05	20.44	16
39	Tony Ludford	M80	BADO		1:21:11	42:39	21.94	10
40	Sue Gallagher	W70	SO		1:25:21	46:49	23.07	6
41	Cpl(Retd) David Battison	M75	SARUM		1:27:50	49:18	23.74	4
42	Lt(Retd) Michael White	M85	MV		2:23:31	1:44:59	38.79	0
DSQ	Tony Painter	M75	GO		1:15:27	Missed No 3 (107)		

Lg Orange

Course: Lg Orange, 4.5 km, 70 m

1	Cpl Jack Borrow	M35	9 Regt RLC		56:07		12.47	40
=2	WO2 Krishna Kc	M45	HQ 101 OSB		1:03:53	7:46	14.20	37
=2	WO2 Kisha La Touche	W45	HQ 101 OSB		1:03:53	7:46	14.20	37
4	Roland Rutt	M50	IND		1:09:57	13:50	15.54	31
5	Marion Bond	W60	SARUM		1:24:03	27:56	18.68	17
6	Gill Wilson	W60	SLOW		1:35:01	38:54	21.11	10
7	Kelly Good	W45	IND		1:42:02	45:55	22.67	10

V S Green

Course: V S Green, 2.2 km, 40 m

1	Keith Henderson	M80	WIM		34:12		15.55	40
2	Spr(Retd) Patrick Maher	M90	SO		1:05:20	31:08	29.70	33
3	Christine Smith	W80	BADO		1:14:42	40:30	33.95	23
4	Flt Lt(Retd) Liz Yeadon	W75	SARUM		1:18:14	44:02	35.56	20