



MLS SS Larkhill

23 July 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, 8.9 km, 60 m

1	Maj Simon Phillips	M35	Defence Academy		44:58		5.05	105
2	Lt Col Richard Mawer	M50	MoD Abbey Wood		51:11	6:13	5.75	99
3	Major Jon Oxley	M55	London Central Garrison		53:08	8:10	5.97	97
4	Simon Farrington	M40	BAOC		54:19	9:21	6.10	95
5	Lt Col(Retd) Colin Metcalfe	M65	BAOC		58:08	13:10	6.53	92
6	Col Gary Sawyer	M45	Army HQ		1:00:34	15:36	6.81	89
7	Peter Jones	M65	SN		1:01:13	16:15	6.88	89
8	Keith Belsey	M55	SN		1:01:46	16:48	6.94	88
9	Maj James Tracey	M21	Army HQ		1:02:05	17:07	6.98	88
10	Oliver Heckford	M18	WSX		1:02:54	17:56	7.07	87
11	Lt Col Mark Nash	M60	War Gar		1:03:08	18:10	7.09	87
12	Nick Nourse	M60	NWO		1:03:32	18:34	7.14	86
13	Cameron Lamond	M55	SN		1:03:56	18:58	7.18	86
14	Col James Rhodes	M50	Army HQ		1:04:36	19:38	7.26	85
15	WO2 Vicky McCreddie	W40	3 Sig Regt		1:08:06	23:08	7.65	82
16	WO1(Retd) Stuart Greening	M60	BAOC		1:13:06	28:08	8.21	77
17	WO2(Retd) Neil Gordon	M60	BAOC		1:16:32	31:34	8.60	73
18	Flt Lt(Retd) Rob Hick	M65	WSX		1:46:00	1:01:02	11.91	44

Blue

Course: Blue, 6 km, 40 m

1	Mr Justin Aspland-Monger	M45	WIM		37:30		6.25	75
2	Paul Keeble	M55	SN		38:22	0:52	6.39	75
3	Maj Samuel Scott	M21	Army HQ		39:30	2:00	6.58	74
4	Mike Frizzell	M65	BADO		40:35	3:05	6.76	73
5	WO1(Retd) John Cook	M65	WSX		41:08	3:38	6.86	72
6	Capt Adrian Kerr	M35	DSPG		41:38	4:08	6.94	72
7	Maj(Retd) Colin Dickson	M70	BAOC		41:44	4:14	6.96	72
8	Col(Retd) Paul Lane	M65	SARUM		42:11	4:41	7.03	71
9	David Hunt	M65	BOK		42:55	5:25	7.15	71
10	Maj(Retd) Michael James	M65	BAOC		44:02	6:32	7.34	69
11	Sgt(Retd) Gerry Allan	M55	BAOC		45:40	8:10	7.61	68
12	Jonathan Lyle	M65	BOK		47:44	10:14	7.96	66
13	Capt(Retd) David Faulkner	M60	BOK		48:30	11:00	8.08	65
14	Col(Retd) Steve James	M65	BAOC		48:46	11:16	8.13	65
15	Jessica Stanfield	W60	SOC		49:13	11:43	8.20	64
16	Captain Gary Harris-Deans	M55	103 Bn REME(V)		50:36	13:06	8.43	63
17	Col (Retd) Paul Oldfield	M65	BAOC		54:39	17:09	9.11	59
18	Tim Keogh	M60	MV		56:26	18:56	9.41	57
19	Lt Col(Retd) Simon Worsley	M70	BAOC		57:11	19:41	9.53	56
20	Charlie Beck	M65	SN		57:25	19:55	9.57	56



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Blue

Course: Blue, 6 km, 40 m

21	John Harrison	M75	BADO		1:01:32	24:02	10.26	52
22	Maj(Retd) Garry Patey	M60	SN		1:02:55	25:25	10.49	51
23	Frederick Smith	M65	GO		1:05:22	27:52	10.89	48
24	Anne Tynegate	W60	BADO		1:09:34	32:04	11.59	44
25	Sig Harley Woodman	M18	11 Sig Regt		1:11:28	33:58	11.91	42

Green

Course: Green, 5.4 km

1	Lt Col David Macklin	M45	Army HQ		38:45		7.18	60
2	Alan Rosen	M70	HH		40:28	1:43	7.49	60
3	Mick Hunter	M70	NWO		42:55	4:10	7.95	58
4	Andrew Graham	M70	SARUM		43:33	4:48	8.06	57
5	Maj(Retd) Allan Farrington	M70	BAOC		43:57	5:12	8.14	57
6	Janet Rosen	W70	HH		44:58	6:13	8.33	56
7	Phil Conway	M60	GO		45:01	6:16	8.34	56
8	Col(Retd) Ian Tait	M70	SARUM		45:09	6:24	8.36	56
9	Bohdan Rainczuk	M60	SARUM		45:23	6:38	8.40	55
10	Neil Fraser	M60	NWO		45:32	6:47	8.43	55
11	Janos Istvan Dobo	M60	SO		45:55	7:10	8.50	55
12	Col(Retd) Nick Kearns	M75	BAOC		47:44	8:59	8.84	53
13	Linda Pakuls	W65	WIM		48:04	9:19	8.90	53
14	Christopher Branford	M75	WIM		48:08	9:23	8.91	53
15	Lt Col RM(Retd) Joe House	M70	SO		48:38	9:53	9.01	52
16	Cpl(Retd) Chris Ballard	M60	SOC		52:05	13:20	9.65	49
17	Chris Johnson	M70	BOK		53:07	14:22	9.84	48
18	Maj Amy Pack	W45	RMAS		54:22	15:37	10.07	46
19	Katherine Pike	W60	WIM		55:50	17:05	10.34	45
20	Cpl(Retd) David Mullins	M75	SARUM		57:24	18:39	10.63	43
21	Flt/Lt Ray Sullivan		RAFO		58:12	19:27	10.78	43
22	Lt Col Damien Pealin	M55	HQ RC		58:29	19:44	10.83	42
23	Tony Hext	M75	QO		1:00:01	21:16	11.11	41
24	Denise Mullins	W70	SARUM		1:01:20	22:35	11.36	39
25	Marissa Hughes	W55	TVOC		1:03:09	24:24	11.69	38
26	Russell McCreadie	M16	WIM		1:04:08	25:23	11.88	37
27	Maj(Retd) Devina Worsley	W65	BAOC		1:04:48	26:03	12.00	36
28	Richard Rae	M75	BKO		1:05:34	26:49	12.14	35
29	Christopher Moon	M75	BOK		1:06:16	27:31	12.27	34
30	Tim Hughes	M70	TVOC		1:06:44	27:59	12.36	34
31	Plt Off(Retd) Mike Elliot	M70	MV		1:09:30	30:45	12.87	31



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Sh Green

Course: Short Green, 2.5 km, 30 m

1	Sgt Ernast Kapusa	M40	1 CS Med Regt		25:12		10.08	50
2	Sgt Julian Fissasegola	M35	ATU		25:56	0:44	10.37	50
3	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		29:29	4:17	11.79	47
4	Neil Underwood	M70	SARUM		31:50	6:38	12.73	45
5	Keith Henderson	M80	WIM		32:09	6:57	12.86	45
6	Ted McDonald	M80	BOK		32:14	7:02	12.89	45
7	Andy Macgregor	M85	BAOC		32:23	7:11	12.95	44
8	Keiko Conway	W60	GO		32:30	7:18	13.00	44
9	Tony Ludford	M80	BADO		33:01	7:49	13.21	44
10	Lt Col(Retd) Paul Wallace-Stock	M80	SN		33:24	8:12	13.36	43
11	Elisabeth Dickson	W65	BAOC		34:06	8:54	13.64	43
12	Helen Wheelwright	W65	SOC		36:32	11:20	14.61	40
13	Antonia Holt	W65	NWO		36:49	11:37	14.73	40
14	WO2(Retd) John James Proctor	M75	BAOC		39:28	14:16	15.79	37
15	Jerry Newcombe	M70	BOF		39:55	14:43	15.97	37
16	Jon Wheatcroft	M70	TVOC		40:42	15:30	16.28	36
17	WO1(Retd) Stuart Ferguson	M70	IND		40:44	15:32	16.29	36
18	Deborah Sullivan	W65	MV		40:47	15:35	16.31	36
19	Lt Cdr(Retd) Roger Holehouse	M75	WIM		45:37	20:25	18.25	31

Long Orange

Course: Long Orange, 3.7 km

1	Lt Col Kerry Corkery	W45	Army HQ		40:23		10.91	40
2	Sig Alex Haylock	M21	11 Sig Regt		1:05:06	24:43	17.59	32
3	Sig Chris Rudman	M35	11 Sig Regt		1:05:07	24:44	17.60	32

Very Short Green

Course: Very Short Green, 2.9 km, 40 m

1	Marion Bond	W60	SARUM		35:06		12.10	40
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