



MLS Norris Hill

15 October 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, 8.2 km, 105 m

1	James Lyne	M35	SN		1:03:12		7.71	104
2	Michael Krajewski	M40	BAOC		1:07:40	4:28	8.25	99
3	WO1 Des Dickinson	M40	Artillery Centre		1:09:17	6:05	8.45	97
4	Peter Daplyn	M45	SN		1:11:37	8:25	8.73	95
5	Major Jon Oxley	M55	London Central Garrison		1:12:30	9:18	8.84	94
6	Lt Col Richard Mawer	M50	MoD Abbey Wood		1:13:21	10:09	8.95	93
7	Maj Richard Barrett	M55	HQ 101 OSB		1:13:27	10:15	8.96	93
8	Richard Lloyd	M55	LOK		1:19:52	16:40	9.74	87
9	Sgt (Retd) Paul Thwaites	M60	SOC		1:22:20	19:08	10.04	84
10	Lt Col C Metcalf	M65	BAOC		1:25:19	22:07	10.40	81
11	Maj (Retd) Jeremy Wormington	M60	NOTEAM		1:28:13	25:01	10.76	78
12	Col Mike Cooke	M50	RMAS		1:30:33	27:21	11.04	76
13	Lt Col Mark Nash	M60	War Gar		1:32:10	28:58	11.24	75
14	Barry Jones	M55	SO		1:33:17	30:05	11.38	73
15	Euan Marsh	M21	SO		1:34:52	31:40	11.57	72
16	Lt Col Kerry Corkery	W45	Army HQ		1:36:54	33:42	11.82	70
17	Maj Jamie Dullaghan	M35	Army HQ		1:37:13	34:01	11.86	69
18	Neville Baker	M70	TVOC		1:37:17	34:05	11.86	69
19	Paul Fox	M60	SN		1:38:01	34:49	11.95	69
20	Col James Rhodes	M50	Army HQ		1:38:53	35:41	12.06	68
21	Oliver Heckford	M18	WSX		1:39:10	35:58	12.09	68
22	Col Edward Willcox	M45	Army HQ		1:49:05	45:53	13.30	58
23	Mike Bennett	M70	HH		1:51:34	48:22	13.61	55
24	Christopher Ashenden	M60	SN		1:54:53	51:41	14.01	52
25	Col(Retd) Iain Brant	M65	BAOC		2:20:51	1:17:39	17.18	26
26	Richard Collyer	M50	GO		11:28:57	10:25:45	84.02	0
DSQ	Keith Belsey	M55	SN		1:20:44	Missed #11 (072)		
DSQ	Capt Adrian Kerr	M35	DSCC		1:40:34	Missed 22&23		
DSQ	SSgt S Kerung	M21	10 QOGLR		13:29:45	Missed several		

Blue

Course: Blue, 6.2 km, 75 m

1	Marc Balston	M50	SARUM		1:00:56		9.83	75
2	Maj (Retd) Colin Dickson	M70	BAOC		1:02:04	1:08	10.01	75
3	WO2 Thomas Steele	M35	ARRC Sp Bn		1:05:15	4:19	10.52	72
4	Capt Gareth Mansfield	M40	1 RHA		1:05:41	4:45	10.59	72
5	Sarah-Jane Barrable	W40	SLOW		1:06:48	5:52	10.77	71
6	Alison Simmons	W70	BOK		1:07:00	6:04	10.81	71
7	Richard Bostock	M60	DFOK		1:07:10	6:14	10.83	71
8	Dave Ryder	M60	SN		1:09:37	8:41	11.23	68
9	Chris Harrison	M65	NGOC		1:10:31	9:35	11.37	67



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Blue

Course: Blue, 6.2 km, 75 m

10	Sgt(Retd) Gerry Allan	M55	BAOC		1:11:25	10:29	11.52	66
11	Lt Col David Macklin	M45	Army HQ		1:11:46	10:50	11.58	66
12	Maj(Retd) Michael James	M65	BAOC		1:11:50	10:54	11.59	66
13	2Lt Oli Liston	M21	12 Regt RA		1:11:55	10:59	11.60	66
14	Ian Ditchfield	M65	MV		1:12:17	11:21	11.66	65
15	Tim Clark	M45	IND		1:13:12	12:16	11.81	65
16	Maj Jilly Tovey	W21	War Gar		1:14:11	13:15	11.97	64
17	SSgt B Rai	M40	RMAS		1:14:17	13:21	11.98	63
18	Maj MJ Slade	W55	11 Inf Bde		1:14:30	13:34	12.02	63
19	Ian Moran	M65	SOC		1:16:16	15:20	12.30	61
20	Charlotte Lovegrove	W16	SN		1:16:28	15:32	12.33	61
21	Vincent Joyce	M70	SO		1:16:57	16:01	12.41	61
22	Dave Kingham	M65	TVOC		1:17:12	16:16	12.45	61
23	Julian Hartwell	M70	SOC		1:17:47	16:51	12.55	60
24	Robin Bishop	M55	TVOC		1:18:28	17:32	12.66	59
25	Katie Clarke	W50	SN		1:18:29	17:33	12.66	59
26	WO1 (Retd) Les Hunt	M70	SN		1:19:49	18:53	12.87	58
27	Vince Roper	M55	SLOW		1:19:50	18:54	12.88	58
28	Chris Evans	M55	SLOW		1:20:09	19:13	12.93	58
29	Lcpl Ryan Taylor	M35	17 Regt RLC		1:20:40	19:44	13.01	57
30	Neil Studd	M35	SLOW		1:22:25	21:29	13.29	55
31	Marc Roberts	M60	MV		1:24:05	23:09	13.56	54
32	Peter Foster	M65	BOK		1:25:56	25:00	13.86	52
33	WO2 (Retd) Ian Byford	M65	HH		1:27:10	26:14	14.06	51
34	Trish Monks	W50	BKO		1:27:25	26:29	14.10	50
35	Col (Retd) Paul Oldfield	M65	BAOC		1:28:47	27:51	14.32	49
36	Carol Lovegrove	W50	SN		1:29:04	28:08	14.37	49
37	Capt J Fitt	M45	19 Regt RA		1:30:21	29:25	14.57	47
38	Colin Blanchard	M40	SN		1:30:22	29:26	14.58	47
39	WO2(Retd) Neil Gordon	M60	BAOC		1:32:17	31:21	14.88	45
40	Maj Andy Southby	M60	War Gar		1:33:23	32:27	15.06	44
41	Captain James Taylor	M40	Worthy Down Stn		1:34:26	33:30	15.23	43
42	SSgt Prakash Limbu	M45	HQ RC		1:35:27	34:31	15.40	42
43	Tim Hulley	M60	SO		1:35:48	34:52	15.45	42
44	Mikhail Gryaznevich	M70	TVOC		1:38:16	37:20	15.85	39
45	Andy Parker	M65	BADO		1:38:43	37:47	15.92	39
46	WO2 Dhan Magar	M55	11 Inf Bde		1:39:59	39:03	16.13	38
47	Jessica Stanfield	W60	SOC		1:40:02	39:06	16.13	38
=48	Michael Merritt	M65	SO		1:40:21	39:25	16.19	37
=48	Capt (Retd) Andrew Couch	M45	IND		1:40:21	39:25	16.19	37
50	John Harrison	M75	BADO		1:42:10	41:14	16.48	36
51	David Lane	M70	SN		1:43:12	42:16	16.65	35



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Blue

Course: Blue, 6.2 km, 75 m

52	Serena Ludford	W60	BADO		1:43:53	42:57	16.76	34
53	Delia Peppercorn	W60	BADO		1:44:09	43:13	16.80	34
54	Fiona Clough	W60	BKO		1:44:11	43:15	16.80	34
55	Sandy Burgon	M65	BOK		1:47:58	47:02	17.41	30
56	Charlie Beck	M65	SN		1:48:45	47:49	17.54	29
57	Nigel Slack	M60	SN		1:50:17	49:21	17.79	27
58	Luke Gosling	M45	SN		1:50:27	49:31	17.81	27
59	Frederick Smith	M65	GO		1:53:39	52:43	18.33	24
60	Maj (Retd) Danny Skillman	M70	GO		1:57:24	56:28	18.94	20
61	Janusz Holender	M65	TVOC		1:57:33	56:37	18.96	20
62	Anne Tynegate	W60	BADO		2:02:54	1:01:58	19.82	15
63	Neil Mitchell	M65	SLOW		2:04:19	1:03:23	20.05	13
64	WO1 (Retd) David Bell	M55	BAOC		2:07:01	1:06:05	20.49	11
DNF	Jon Vaughan	M50	BKO		1:02:58	Retd		
DSQ	Cameron Lamond	M55	SN		1:08:30	Missed 18 - 22		
DSQ	Jon Darley	M55	GO		1:12:24	Missed 16 - 21		
DSQ	Jackie Hallett	W65	BOK		1:19:11	Missed 17 - 22		
DSQ	Mick Hunter	M70	NWO		1:21:48	Missed 8 - 10		
DSQ	Mike Turner	M75	SO		1:38:22	Missed 11 & 12		
DSQ	Roger Wilson	M65	SLOW		1:57:25	Missed #11 (067)		

Lt Green

Course: Lt Green, 4.8 km, 45 m

1	Jon Paton	M65	SN		52:29		10.93	60
2	Capt Albert Hadcock	M21	HQ 101 OSB		53:08	0:39	11.07	60
3	Sue Bett	W55	SN		53:18	0:49	11.10	60
4	Andrew Graham	M70	SARUM		53:58	1:29	11.24	59
5	David Saunders	M65	HH		54:06	1:37	11.27	59
6	Capt (Retd) Paul Martin	M55	SN		54:11	1:42	11.29	59
7	Capt (Retd) Andrew Parkinson	M70	SO		57:10	4:41	11.91	56
8	Clive Hawkes	M65	SO		57:25	4:56	11.96	56
9	John Simmons	M70	BOK		57:39	5:10	12.01	55
10	David Palmer	M75	BOK		58:29	6:00	12.18	54
11	Lt Cdr(Retd) Ashley Tilling	M65	MV		59:05	6:36	12.31	54
12	Charlie Turner	M70	SLOW		59:10	6:41	12.33	54
13	Angela Darley	W50	GO		1:01:59	9:30	12.91	51
14	Alan Jones	M55	BKO		1:03:04	10:35	13.14	50
15	WO1 John Ferry	M40	77 Bde		1:04:29	12:00	13.43	48
=16	David Harrison	M55	SN		1:04:42	12:13	13.48	48
=16	Neil Fraser	M60	NWO		1:04:42	12:13	13.48	48
18	Christine Jepson	W65	SO		1:06:04	13:35	13.76	47
19	LCpl Robert Fanning	M21	ATU		1:06:27	13:58	13.84	47



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Lt Green

Course: Lt Green, 4.8 km, 45 m

20	Peter Dudman	M70	SO		1:07:09	14:40	13.99	46
21	Di Turner	W70	SO		1:07:11	14:42	14.00	46
22	Leianne Upton	W60	MV		1:08:04	15:35	14.18	45
23	WO1(Retd) Mark Yeadon	M60	SARUM		1:08:14	15:45	14.22	45
24	Paul Todd	M50	LOK		1:08:32	16:03	14.28	44
25	Sgt(Retd) Alan Brown	M70	NGOC		1:08:53	16:24	14.35	44
26	David Tookey	M70	HH		1:10:33	18:04	14.70	42
27	WO2 Daniel Hitchen	M35	DSEME		1:12:00	19:31	15.00	41
28	Janos Istvan Dobo	M60	SO		1:12:40	20:11	15.14	40
29	WO1(Retd) Stuart Greening	M60	BAOC		1:14:31	22:02	15.52	38
30	Roy Heselden	M75	BADO		1:15:56	23:27	15.82	37
31	SSgt Awashesh Gurung	M40	DSEME		1:16:11	23:42	15.87	37
32	Cpl(Retd) David Mullins	M75	SARUM		1:16:12	23:43	15.88	37
33	Fl Lt R Sullivan	M65	RAFO		1:17:44	25:15	16.19	35
34	Major Tom Martin	M50	Army HQ		1:18:21	25:52	16.32	35
35	Kieran Devine	M70	BAOC		1:18:58	26:29	16.45	34
36	Lcpl Jay Thoene	M21	ATU		1:19:38	27:09	16.59	33
37	Sgt Shane Thorne	M35	Worthy Down Stn		1:21:08	28:39	16.90	32
38	Mark Thompson	M70	TVOC		1:22:16	29:47	17.14	31
39	Cpl Nauraj Sunwar	M35	11 Inf Bde		1:23:02	30:33	17.30	30
40	Calvin Stanfield	M65	IND		1:26:50	34:21	18.09	26
41	Sue Hands	W75	WIM		1:27:16	34:47	18.18	26
42	WO2 (Retd) Chic Young	M65	SARUM		1:29:28	36:59	18.64	24
43	Paul Blagbrough	M75	MV		1:29:42	37:13	18.69	23
44	Plt Off(Retd) Mike Elliot	M70	MV		1:30:08	37:39	18.78	23
45	Chris Mcdonald	M80	MV		1:31:03	38:34	18.97	22
46	Sally Thomas	W80	BOK		1:38:01	45:32	20.42	15
47	Barry Breed	M75	HH		1:43:03	50:34	21.47	10
48	Linda Hulley	W65	SO		1:44:56	52:27	21.86	8
49	Richard Rae	M75	BKO		1:46:05	53:36	22.10	7
50	Peter Smith	M60	SN		1:46:13	53:44	22.13	7
51	Liz Flavell	W65	IND		1:58:45	1:06:16	24.74	0
DNF	LCpl Edward Remer	M21	ATU		1:03:01	Retd		
DNF	Cpt Martin Bartram	M35	77 Bde		1:06:04	Retd		
DSQ	Maj D Clarke	M50	HQ 16 AA		46:06	Missed several		
DSQ	Trevor Griffiths	M75	BOK		1:29:53	Missed 18 - 20		
DSQ	Ruth Rhodes	W80	SO		1:33:39	Missed 4		

Sh Green

Course: Sh Green, 3.5 km, 35 m

1	Phil Conway	M60	GO		34:47		9.94	50
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Sh Green

Course: Sh Green, 3.5 km, 35 m

2	Maj (Retd) Gill Prowse	W65	SN		36:50	2:03	10.52	50
3	Sarah Francis	W55	SN		38:33	3:46	11.01	48
4	Paul Street	M70	SLOW		39:35	4:48	11.31	47
5	Peter Jones	M65	SN		39:54	5:07	11.40	47
6	Linda Pakuls	W65	WIM		41:13	6:26	11.78	46
7	Inara Gipsle	W70	TVOC		41:42	6:55	11.91	45
8	Maj Adam Mackness	M40	War Gar		42:17	7:30	12.08	44
9	John Liley	M65	GO		42:56	8:09	12.27	44
10	Kevin Beale	M65	NWO		43:28	8:41	12.42	43
11	Jon Wheatcroft	M70	TVOC		45:12	10:25	12.91	42
12	Lt Col (Retd) Chris Barrington Brown	M65	BAOC		45:24	10:37	12.97	41
13	Lt Col RM (retd) Joe House	M70	SO		45:37	10:50	13.03	41
14	FS Andy Barker-Pilsworth	M55	RAFO		46:35	11:48	13.31	40
15	Col(Retd) Nick Kearns	M70	BAOC		46:57	12:10	13.41	40
16	Mr Tom Mills	M75	NGOC		47:10	12:23	13.48	40
17	Sarah Blundell	W60	DFOK		47:55	13:08	13.69	39
18	Allan Darwell	M70	BOK		48:07	13:20	13.75	39
19	Keiko Conway	W60	GO		48:58	14:11	13.99	38
20	Tim Hughes	M70	TVOC		48:59	14:12	14.00	38
21	Alison Saunders	W65	HH		49:50	15:03	14.24	37
22	Dvr(Retd) Roger Maher	M85	SO		49:59	15:12	14.28	37
23	Jim Prowting	M75	TVOC		50:14	15:27	14.35	36
24	Laurence Gossage	M75	BOK		50:40	15:53	14.48	36
25	Gill Sharp	W65	SN		51:43	16:56	14.78	35
26	Kim Liggett	W60	NGOC		51:58	17:11	14.85	35
27	Tom Edelsten	M80	GO		52:12	17:25	14.91	35
28	Tony Ludford	M80	BADO		53:30	18:43	15.29	33
29	Martin Wiles	M60	SN		54:15	19:28	15.50	32
30	WO1 (Retd) Alun Roberts	M65	BAOC		55:13	20:26	15.78	32
31	WO2 Krishna Kc	M45	HQ 101 OSB		55:26	20:39	15.84	31
32	Kirsty Staunton	W65	WIM		55:36	20:49	15.89	31
33	Terry Hunt	M60	BKO		55:50	21:03	15.95	31
34	Teresa Turner	W75	SLOW		55:54	21:07	15.97	31
35	Michele Funnell	W70	SO		56:22	21:35	16.10	30
36	Lt Col Damien Pealin	M55	HQ RC		56:31	21:44	16.15	30
37	Kevin Parkes	M65	HH		57:01	22:14	16.29	30
38	Mark Foxwell	M60	BKO		57:30	22:43	16.43	29
39	Andy Macgregor	M85	BAOC		58:15	23:28	16.64	28
40	Col(Retd) Ian Tait	M70	SARUM		58:57	24:10	16.84	28
41	Sally Place	W60	GO		59:33	24:46	17.01	27
42	Lt(Retd) George Elkin	M75	BAOC		1:01:32	26:45	17.58	25



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Sh Green

Course: Sh Green, 3.5 km, 35 m

43	Howard Thomas	M80	BOK		1:02:59	28:12	18.00	24
44	Sue Gallagher	W70	SO		1:03:51	29:04	18.24	23
45	Nigel Saker	M75	SLOW		1:04:13	29:26	18.35	23
46	Edward Forman	M75	SO		1:04:15	29:28	18.36	22
47	Deborah Sullivan	W65	MV		1:04:28	29:41	18.42	22
48	Jane Breed	W70	HH		1:05:32	30:45	18.72	21
49	Peter Entwistle	M75	BKO		1:07:41	32:54	19.34	19
50	Jerry Newcombe	M70	SARUM		1:08:18	33:31	19.51	18
51	Denise Mullins	W70	SARUM		1:08:29	33:42	19.57	18
52	Brian Sewell	M65	BKO		1:10:52	36:05	20.25	16
53	WO2 (Retd) James Munday	M80	BKO		1:12:32	37:45	20.72	14
54	Marion Shipman	W60	LOK		1:12:58	38:11	20.85	14
55	Jillian Ullersperger	W60	BKO		1:13:18	38:31	20.94	13
56	Mark Blackstone	M75	BOK		1:13:33	38:46	21.01	13
57	Peter Riches	M75	TVOC		1:16:20	41:33	21.81	10
58	George Engelhardt	M70	MV		1:17:21	42:34	22.10	9
59	Antonia Holt	W65	NWO		1:20:59	46:12	23.14	6
60	L/ Wren (Retd) Helen Wise	W70	SO		1:26:04	51:17	24.59	1
61	Susan Parker	W65	BKO		1:29:12	54:25	25.49	0
62	Clare Fletcher	W80	BOK		1:29:21	54:34	25.53	0
63	Marissa Hughes	W55	TVOC		1:35:41	1:00:54	27.34	0
64	Penny Parkes	W65	HH		1:39:53	1:05:06	28.54	0
DSQ	John Collyer	M80	GO		55:08	Missed 9 - 13		
DSQ	Denise Harper	W75	BKO		1:02:23	Missed #6 (071)		
DSQ	Sheila Miklausic	W75	NGOC		1:08:50	Missed 7 - 12		

Lg Orange

Course: Lg Orange, 4.4 km, 40 m

1	Oakley McNulty	M21	12 Regt RA		51:56		11.80	40
2	Sgt Julian Fissasegola	M35	ATU		1:09:49	17:53	15.87	34
3	Lt Col (Retd) Simon Worsley	M70	BAOC		1:09:59	18:03	15.91	34
4	Cpl Sophie Perry	W21	JHG(SE)		1:11:31	19:35	16.25	32
5	Cpl Emily Williams	W21	JHG(SE)		1:11:34	19:38	16.27	32
6	Maj (Retd) Devina Worsley	W65	BAOC		1:12:21	20:25	16.44	32
7	Lucy Haley	W40	IND		1:23:24	31:28	18.95	21
8	Jo Stead	W45	IND		1:26:40	34:44	19.70	17
9	Cfn Thomas Godwin	M21	DSEME		1:27:36	35:40	19.91	16
10	Cfn Antonio Kydd	M21	DSEME		1:27:39	35:43	19.92	16
11	Cpl Modou Badjie	M45	HQ 101 OSB		1:28:28	36:32	20.11	15
12	Cpl Oscar Alexander	M40	HQ 101 OSB		1:28:29	36:33	20.11	15
13	Gill Wilson	W60	SLOW		1:36:27	44:31	21.92	10
14	Sgt George Otieno	M40	HQ RC		1:45:29	53:33	23.97	10



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Lg Orange

Course: Lg Orange, 4.4 km, 40 m

DNF	Alfred Tawiah	M21	DSEME		2:04:13	Retd		
DNF	Kingsford Mensah	M21	DSEME		2:04:33	retd		
DSQ	Cfn Harry Wines	M18	DSEME		1:35:12	Missed several		
DSQ	Cfn Jalal Fuseini	M18	DSEME		1:35:16	Missed several		
DSQ	Cfn Augustine Ikenwa	M21	DSEME		1:35:17	Missed several		
DSQ	Paul Shipman	M65	LOK		2:09:40	Missed several		

V Sh Green

Course: V Sh Green, 2.4 km, 35 m

1	Sarah Brown	W70	SLOW		43:37		18.17	40
2	Chris Simpson	M80	SO		44:23	0:46	18.49	40
3	Roger Baker	M90	TVOC		57:28	13:51	23.94	31
4	Elaine Evans	W70	IND		1:00:14	16:37	25.10	28
5	JT(Retd) John Farren	M85	TVOC		1:02:33	18:56	26.06	26
6	Capt(Retd) Ken Williams	M85	BAOC		1:03:24	19:47	26.42	25
7	Eric Harper	M70	BKO		1:11:54	28:17	29.96	17
8	SSgt(Retd) John Thompson	M90	TVOC		1:15:33	31:56	31.48	13
9	Yvonne Hodson	W75	TVOC		1:27:14	43:37	36.35	1
DNF	Spr(Retd) Patrick Maher	M90	SO		43:05	Retd		