



MLS Longmoor (W)

08 January 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, 8.8 km, 170 m

1	James Lyne	M35	SN		1:00:19		6.85	101
2	Stanley Heap	M21	SO		1:01:06	0:47	6.94	100
3	Tommy Heap	M20	SO		1:02:49	2:30	7.14	99
4	Michael Krajewski	M40	BAOC		1:02:51	2:32	7.14	99
5	Lt Col Richard Mawer	M50	MoD Abbey Wood		1:03:26	3:07	7.21	98
6	Matthias Mahr	M45	SLOW		1:04:09	3:50	7.29	97
7	WO2 Des Dickinson	M40	MoD Abbey Wood		1:04:36	4:17	7.34	97
8	Paul Keeble	M55	SN		1:06:03	5:44	7.51	95
9	Abi Weeds	W45	SLOW		1:07:00	6:41	7.61	94
10	Nigel Bunn	M60	TVOC		1:10:06	9:47	7.97	91
11	Lt Col(Retd) Colin Metcalfe	M65	BAOC		1:15:26	15:07	8.57	86
=12	Richard Lloyd	M55	LOK		1:17:22	17:03	8.79	84
=12	Capt Alan Harris	M50	HQ RC		1:17:22	17:03	8.79	84
14	Maj Andrew Snell	M50	Army HQ		1:18:33	18:14	8.93	83
15	John Oakes	M50	WIM		1:19:15	18:56	9.01	82
16	Roger Thetford	M60	TVOC		1:20:52	20:33	9.19	81
17	Paul Fox	M60	SN		1:22:06	21:47	9.33	79
18	Keith Belsey	M55	SN		1:23:05	22:46	9.44	78
19	Cameron Lamond	M55	SN		1:24:22	24:03	9.59	77
20	Tim Clark	M45	IND		1:26:50	26:31	9.87	75
21	Simon Farrington	M40	BAOC		1:27:39	27:20	9.96	74
22	Lt Col Kerry Corkery	W45	SARUM		1:28:22	28:03	10.04	73
23	Maj (Retd) Jeremy Wormington	M60	NOTEAM		1:28:41	28:22	10.08	73
24	Capt Adrian Kerr	M35	DSPG		1:31:46	31:27	10.43	70
25	Col James Rhodes	M50	Army HQ		1:33:15	32:56	10.60	68
26	Oscar Sly	M45	TVOC		1:37:23	37:04	11.07	64
27	John Kelly	M40	SN		1:45:43	45:24	12.01	56
28	Damon De Boor	M40	GO		1:51:27	51:08	12.66	50
29	Mike Bennett	M70	HH		1:52:37	52:18	12.80	49
30	Neil Studd	M35	SLOW		1:53:00	52:41	12.84	48
31	Nick Care	M65	SO		2:02:53	1:02:34	13.96	39

Blue

Course: Blue, 7.2 km, 135 m

1	James Yule	M21	SO		56:35		7.86	75
2	Ian Ditchfield	M65	MV		1:05:10	8:35	9.05	73
3	Dave Ryder	M60	SN		1:06:45	10:10	9.27	71
4	WO1 (Retd) Les Hunt	M70	SN		1:07:06	10:31	9.32	71
5	Alan Rosen	M70	HH		1:08:53	12:18	9.57	69
6	Christopher Pritchett	M65	WIGHTO		1:08:54	12:19	9.57	69
7	Capt Albert Hadcock	M21	HQ 101 OSB		1:09:10	12:35	9.61	69



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Blue

Course: Blue, 7.2 km, 135 m

8	Sgt(Retd) Marc Ebanks	M55	SN		1:09:21	12:46	9.63	68
9	Julian Hartwell	M70	SOC		1:09:54	13:19	9.71	68
10	Vince Roper	M55	SLOW		1:10:03	13:28	9.73	68
11	Mike Frizzell	M65	BADO		1:10:18	13:43	9.76	68
12	Lt Col (Retd) Chris Kemp	M60	BAOC		1:10:36	14:01	9.81	67
13	Jon Paton	M65	SN		1:11:13	14:38	9.89	67
14	Richard Bostock	M60	DFOK		1:11:29	14:54	9.93	66
15	Maj (Retd) Melanie Slade	W55	SN		1:11:54	15:19	9.99	66
16	Captain James Taylor	M40	Worthy Down Stn		1:13:46	17:11	10.25	64
17	Charles Gook	M55	BADO		1:16:00	19:25	10.56	62
18	Benjamin Mills	M21	WIM		1:17:08	20:33	10.71	61
19	Capt Darren Nolan	M50	22 Engr Regt		1:17:18	20:43	10.74	61
20	Vincent Joyce	M70	SO		1:17:57	21:22	10.83	60
21	Mark Feltham	M60	MV		1:18:15	21:40	10.87	60
22	Chris Harrison	M65	NGOC		1:18:22	21:47	10.88	59
23	WO1 Frankie Atkins	M35	HQ 101 OSB		1:18:58	22:23	10.97	59
24	Ian Moran	M65	SOC		1:19:17	22:42	11.01	59
25	WO1 Stuart Greening	M60	Upavon Stn		1:19:58	23:23	11.11	58
26	Trish Monks	W50	BKO		1:19:59	23:24	11.11	58
27	Andrew Hannaford	M70	SO		1:20:23	23:48	11.16	57
28	Mike Turner	M75	SO		1:20:29	23:54	11.18	57
29	Col (Retd) Paul Oldfield	M65	BAOC		1:20:50	24:15	11.23	57
30	Phil Conway	M60	GO		1:20:58	24:23	11.25	57
31	Christopher Ashenden	M60	SN		1:21:19	24:44	11.29	57
32	Trevor Ould	M60	WIGHTO		1:23:11	26:36	11.55	55
33	WO2 Dhan Magar	M55	11 Inf Bde		1:25:19	28:44	11.85	53
34	Marcus White	M55	SOC		1:25:28	28:53	11.87	52
35	Dave Chapman	M70	SN		1:26:24	29:49	12.00	51
36	Stefan Stasiuk	M70	BKO		1:27:16	30:41	12.12	51
37	Capt Diane Mitson	W50	ARRC Sp Bn		1:27:24	30:49	12.14	50
38	Don McKerrow	M70	SLOW		1:27:28	30:53	12.15	50
39	Nigel Clemens	M60	SLOW		1:27:55	31:20	12.21	50
40	Robin Smith	M70	SO		1:28:01	31:26	12.22	50
41	Tim Keogh	M60	MV		1:33:23	36:48	12.97	44
42	Maj Miles Cuff	M40	HQ 101 OSB		1:33:34	36:59	13.00	44
43	Colin Swallow	M65	SN		1:34:46	38:11	13.16	43
44	G 7 Iain Brant	M65	Defence Academy		1:37:34	40:59	13.55	40
45	Maj (Retd) Danny Skillman	M70	GO		1:37:53	41:18	13.59	40
46	John Harrison	M75	BADO		1:41:22	44:47	14.08	36
47	Neil Mitchell	M65	SLOW		1:45:47	49:12	14.69	32
48	Maj M Butlin	M55	London UOTC		1:50:25	53:50	15.34	27
49	Cfn Hannah Brown	W21	3 Bn REME		1:52:27	55:52	15.62	25



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Blue

Course: Blue, 7.2 km, 135 m

50	WO2 Himal Gurung	M45	11 Inf Bde		1:57:23	1:00:48	16.30	20
51	Charlie Beck	M65	SN		2:04:01	1:07:26	17.22	14

Lt Green

Course: Lt Green, 4.6 km, 95 m

1	Maj (Retd) Colin Dickson	M70	BAOC		42:26		9.22	60
2	Maj(Retd) Jon Steed	M60	BADO		45:13	2:47	9.83	60
3	April Devine	W21	BAOC		49:03	6:37	10.66	57
4	WO1 Mark Robson	M40	Army HQ		50:54	8:28	11.07	55
5	WO2 Mark Ward	M40	14 Regt RA	GBR	52:47	10:21	11.47	53
6	Captain Gary Harris-Deans	M55	103 Bn REME(V)		53:21	10:55	11.60	52
7	Charlie Turner	M70	SLOW		53:50	11:24	11.70	52
8	Maj (Retd) Gill Prowse	W65	SN		54:54	12:28	11.93	51
9	Lt Col RM (retd) Joe House	M70	SO		56:09	13:43	12.21	49
10	Sub Lt Alex Kemp	M21	HMS Collingwood		57:20	14:54	12.46	48
11	Mark Thompson	M70	TVOC		59:32	17:06	12.94	46
12	Neil Fraser	M60	NWO		59:41	17:15	12.97	46
13	Roy Heselden	M75	BADO		59:58	17:32	13.04	46
14	WO2(Retd) Neil Gordon	M60	BAOC		1:00:23	17:57	13.13	45
15	Flt Lt Ray Sullivan	M65	Surrey Wing ATC		1:00:39	18:13	13.18	45
16	Serena Ludford	W60	BADO		1:01:03	18:37	13.27	45
17	Terry Smith	M75	SOC		1:01:40	19:14	13.41	44
18	Peter Dudman	M70	SO		1:02:46	20:20	13.64	43
19	Peter Smith	M60	SN		1:09:04	26:38	15.01	36
20	Chris Gill	M55	SN		1:09:55	27:29	15.20	36
21	Carol Taverner	W65	WIGHTO		1:12:23	29:57	15.74	33
22	Sgt Shane Thorne	M35	Worthy Down Stn		1:12:28	30:02	15.75	33
23	Sue Hands	W75	WIM		1:12:37	30:11	15.79	33
24	Plt Off(Retd) Mike Elliot	M70	MV		1:16:38	34:12	16.66	29
25	Norman Wilson	M70	SOC		1:21:20	38:54	17.68	24
26	Maj Garry Patey	M60	SN		1:21:24	38:58	17.70	24
27	Leianne Upton	W60	MV		1:22:19	39:53	17.89	23
28	Joanna Belsey	W60	SN		1:23:21	40:55	18.12	22
29	Maxine Dunn	W60	Individual		1:25:16	42:50	18.54	20
30	Paul Blagbrough	M75	MV		1:25:27	43:01	18.58	20
31	Peter Riches	M75	TVOC		1:32:51	50:25	20.18	13
32	Ruth Rhodes	W80	SO		1:33:16	50:50	20.28	12

Sh Green

Course: Sh Green, 3.2 km, 75 m

1	Ronan Cleary	M65	LOK		35:36		11.13	50
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Sh Green

Course: Sh Green, 3.2 km, 75 m

2	Andy Parker	M65	BADO		36:56	1:20	11.54	50
3	SSgt Prakash Limbu	M45	11 Inf Bde		38:43	3:07	12.10	48
4	Lucy Paton	W60	SN		41:05	5:29	12.84	46
5	WO1 (ASM) Retd Peter Hull	M75	BAOC		41:19	5:43	12.91	46
6	Janet Rosen	W70	HH		42:16	6:40	13.21	45
7	David Saunders	M65	HH		42:28	6:52	13.27	45
8	Col(Retd) Ian Tait	M70	SARUM		42:56	7:20	13.42	44
9	Elisabeth Dickson	W65	BAOC		44:03	8:27	13.77	43
10	Paul Nevett	M60	GO		44:55	9:19	14.04	42
11	Stephen Peacock	M70	SN		46:59	11:23	14.68	40
12	Lt Col (Retd) Carol Prosser	W60	BAOC		47:04	11:28	14.71	40
13	Lt Col Sarah Streete	W60	London Central Garrison		47:56	12:20	14.98	39
14	Maj Diana Worthington	W45	HQ RC		48:36	13:00	15.19	38
15	Jon Wheatcroft	M70	TVOC		49:07	13:31	15.35	38
16	Keiko Conway	W60	GO		49:15	13:39	15.39	38
17	Capt(Retd) Paul Byers	M65	MV		49:36	14:00	15.50	37
18	Peter Bartlett	M70	WIGHTO		50:27	14:51	15.77	37
19	Tom Edelsten	M80	GO		51:13	15:37	16.01	36
20	Richard Rae	M75	BKO		51:38	16:02	16.14	35
21	Cpl Nauraj Sunwar	M35	11 Inf Bde		52:21	16:45	16.36	35
22	Martin Wiles	M60	SN		52:34	16:58	16.43	35
23	Lt Col (Retd) Chris Barrington Brown	M65	BAOC		54:46	19:10	17.11	32
24	Nigel Saker	M75	SLOW		55:19	19:43	17.29	32
25	Alison Saunders	W65	HH		55:33	19:57	17.36	32
26	Brian Sewell	M65	BKO		55:43	20:07	17.41	31
27	Fiona Clough	W60	BKO		58:23	22:47	18.24	29
28	Susan Parker	W65	BKO		58:24	22:48	18.25	29
29	Jim Prowting	M75	TVOC		59:16	23:40	18.52	28
30	Sue Gallagher	W70	SO		1:01:32	25:56	19.23	26
31	Jutta Byers	W55	MV		1:01:59	26:23	19.37	25
32	Anne Tynegate	W60	BADO		1:02:23	26:47	19.49	25
33	Deborah Sullivan	W65	MV		1:05:51	30:15	20.58	21
34	Tony Ludford	M80	BADO		1:06:18	30:42	20.72	21
35	Richard Fowler	M55	IND		1:07:14	31:38	21.01	20
36	Teresa Turner	W75	SLOW		1:07:19	31:43	21.04	20
37	John Collyer	M80	GO		1:08:02	32:26	21.26	19
38	Sgt Bibek Gurung	M21	11 Inf Bde		1:11:17	35:41	22.28	16
39	L/Wrn (Retd) Helen Wise	W70	SO		1:14:08	38:32	23.17	13
40	Antonia Holt	W65	NWO		1:14:31	38:55	23.29	13
41	Gill Sharp	W65	SN		1:18:17	42:41	24.46	9
42	WO2 (Retd) James Munday	M80	BKO		1:18:25	42:49	24.51	9



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Sh Green

Course: Sh Green, 3.2 km, 75 m

43	Stephen Sutch	M60	SOC		1:18:53	43:17	24.65	8
44	Lieut (Retd) Michael White	M85	MV		2:17:29	1:41:53	42.96	0

Lg Orange

Course: Lg Orange, 4.2 km, 75 m

1	Sgt Julian Fissasegola	M35	ATU		1:07:01		15.96	40
2	WO2 Kc Krishna	M45	HQ 101 OSB		1:33:17	26:16	22.21	27

V Sh Green

Course: V Sh Green, 2.3 km, 30 m

1	Julie Cleary	W60	LOK		35:32		15.45	40
2	Andy Macgregor	M85	BAOC		37:15	1:43	16.20	40
3	Malcolm Scott	M70	SN		40:45	5:13	17.72	37