



# MLS SS RAF Benson



26 August 2026  
Results by Class

| Posn | Name | Age Group | Club / Team | Time | Behind | Pace min/km |
|------|------|-----------|-------------|------|--------|-------------|
|------|------|-----------|-------------|------|--------|-------------|

## Brown

Course: Brown, 8.5 km

|    |                        |     |                |         |       |       |
|----|------------------------|-----|----------------|---------|-------|-------|
| 1  | Maj Richard Barrett    | M55 | HQ 101 OSB     | 57:47   |       | 6.80  |
| 2  | Lt Col Richard Mawer   | M50 | MoD Abbey Wood | 58:11   | 0:24  | 6.85  |
| 3  | Maj Andrew Snell       | M50 | Army HQ        | 58:38   | 0:51  | 6.90  |
| 4  | Maj Jamie Dullaghan    | M35 | 35 Engr        | 1:03:28 | 5:41  | 7.47  |
| 5  | Simon Farrington       | M40 | BAOC           | 1:05:07 | 7:20  | 7.66  |
| 6  | Capt Adrian Kerr       | M40 | DSCC           | 1:06:27 | 8:40  | 7.82  |
| 7  | Peter Jones            | M70 | SN             | 1:09:18 | 11:31 | 8.15  |
| 8  | Lt Col Mark Nash       | M60 | War Gar        | 1:10:41 | 12:54 | 8.32  |
| 9  | WO2 Himat Gurung       | M45 | 11 Inf Bde     | 1:10:56 | 13:09 | 8.35  |
| 10 | Steve Jarvis           | M60 | SO             | 1:12:43 | 14:56 | 8.55  |
| 11 | Oscar Sly              | M45 | TVOC           | 1:14:40 | 16:53 | 8.78  |
| 12 | Mike Frizzell          | M65 | BADO           | 1:15:57 | 18:10 | 8.94  |
| 13 | WO2 D Magar            | M55 | 11 Inf Bde     | 1:18:53 | 21:06 | 9.28  |
| 14 | Morten Lennholm        | M65 | TVOC           | 1:22:31 | 24:44 | 9.71  |
| 15 | WO(Retd) Chris Poole   | M65 | TVOC           | 1:22:57 | 25:10 | 9.76  |
| 16 | Wg Cdr Geoff Ellis     | M50 | RAF Benson     | 1:29:10 | 31:23 | 10.49 |
| 17 | Flt Lt( Retd) Rob Hick | M65 | WSX            | 1:32:50 | 35:03 | 10.92 |
| 18 | Stephen Lee-Jones      | M55 | BOK            | 1:48:13 | 50:26 | 12.73 |

## Blue

Course: Blue, 6.4 km

|     |                              |     |       |         |       |      |
|-----|------------------------------|-----|-------|---------|-------|------|
| 1   | Paul Keeble                  | M55 | SN    | 47:41   |       | 7.45 |
| 2   | Alan Nesbit                  | M65 | BKO   | 49:16   | 1:35  | 7.70 |
| 3   | Roger Thetford               | M60 | TVOC  | 49:38   | 1:57  | 7.76 |
| 4   | Maj(Retd) Colin Dickson      | M70 | BAOC  | 49:49   | 2:08  | 7.78 |
| 5   | Nick Nourse                  | M60 | NWO   | 50:38   | 2:57  | 7.91 |
| 6   | Chris Evans                  | M55 | SLOW  | 50:47   | 3:06  | 7.93 |
| 7   | Colin Blanchard              | M45 | SN    | 50:50   | 3:09  | 7.94 |
| 8   | Ian Ditchfield               | M70 | MV    | 52:16   | 4:35  | 8.17 |
| 9   | Col (Retd) Paul Lane         | M65 | SARUM | 52:44   | 5:03  | 8.24 |
| =10 | WO1 (Retd) Les Hunt          | M70 | SN    | 56:38   | 8:57  | 8.85 |
| =10 | Lt Col (Retd) Rowena Naile   | W60 | BAOC  | 56:38   | 8:57  | 8.85 |
| 12  | Trish Monks                  | W50 | BKO   | 58:42   | 11:01 | 9.17 |
| 13  | Lt Col (retd) Bruce Snelling | M65 | SN    | 1:00:43 | 13:02 | 9.49 |



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## Blue

### Course: Blue, 6.4 km

|    |                              |     |         |         |       |       |
|----|------------------------------|-----|---------|---------|-------|-------|
| 14 | Tim Keogh                    | M60 | MV      | 1:00:44 | 13:03 | 9.49  |
| 15 | Roger Wilson                 | M65 | SLOW    | 1:00:52 | 13:11 | 9.51  |
| 16 | Capt (Retd) David Faulkner   | M60 | BOK     | 1:02:38 | 14:57 | 9.79  |
| 17 | Lt Col (Retd) Axel Blomquist | M70 | SN      | 1:03:54 | 16:13 | 9.98  |
| 18 | Lt Col Greg Ehlen            | M60 | Army HQ | 1:04:01 | 16:20 | 10.00 |
| 19 | WO1(Retd) Stuart Greening    | M60 | BAOC    | 1:04:24 | 16:43 | 10.06 |
| 20 | John Orton                   | M70 | NWO     | 1:05:45 | 18:04 | 10.27 |
| 21 | Julia Jarvis                 | W55 | SO      | 1:12:31 | 24:50 | 11.33 |
| 22 | Gwen Tanner                  | W65 | BOK     | 1:12:58 | 25:17 | 11.40 |
| 23 | Janusz Holender              | M65 | TVOC    | 1:14:14 | 26:33 | 11.60 |
| 24 | Stefan Stasiuk               | M75 | BKO     | 1:17:23 | 29:42 | 12.09 |
| 25 | Gen Mullens                  | W18 | BKO     | 1:19:59 | 32:18 | 12.50 |

## Green

### Course: Green, 4.3 km

|    |                            |     |      |         |       |       |
|----|----------------------------|-----|------|---------|-------|-------|
| 1  | Janet Rosen                | W70 | HH   | 27:31   |       | 6.40  |
| 2  | Alun Jones                 | M70 | TVOC | 33:17   | 5:46  | 7.74  |
| 3  | Lt Col(Retd) Carol Prosser | W65 | BAOC | 39:03   | 11:32 | 9.08  |
| 4  | Dave Ryder                 | M65 | SN   | 45:23   | 17:52 | 10.55 |
| 5  | Mark Foxwell               | M60 | BKO  | 46:07   | 18:36 | 10.72 |
| 6  | Debra Robinson             | W60 | SN   | 46:11   | 18:40 | 10.74 |
| 7  | Maj (Retd) Gill Prowse     | W65 | SN   | 46:38   | 19:07 | 10.84 |
| 8  | Col(Retd) Nick Kearns      | M75 | BAOC | 46:58   | 19:27 | 10.92 |
| 9  | Leianne Upton              | W65 | MV   | 47:41   | 20:10 | 11.09 |
| 10 | Kevin Beale                | M65 | NWO  | 51:55   | 24:24 | 12.07 |
| 11 | Mark Thompson              | M70 | TVOC | 53:09   | 25:38 | 12.36 |
| 12 | Jillian Ullersperger       | W60 | BKO  | 54:34   | 27:03 | 12.69 |
| 13 | John Turner                | M70 | TVOC | 54:53   | 27:22 | 12.76 |
| 14 | Steven Elliott             | M65 | SAX  | 58:20   | 30:49 | 13.57 |
| 15 | Richard Stanhope           | M65 | SLOW | 59:09   | 31:38 | 13.76 |
| 16 | John Harrison              | M75 | BADO | 1:00:29 | 32:58 | 14.07 |
| 17 | Gill Wilson                | W60 | SLOW | 1:02:21 | 34:50 | 14.50 |
| 18 | Anne Tynegate              | W65 | BADO | 1:02:38 | 35:07 | 14.57 |
| 19 | Peter Riches               | M75 | TVOC | 1:03:01 | 35:30 | 14.66 |



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## Green

Course: Green, 4.3 km

|    |                           |     |       |         |       |       |
|----|---------------------------|-----|-------|---------|-------|-------|
| 20 | Richard Woodhead          | M60 | IND   | 1:03:54 | 36:23 | 14.86 |
| 21 | Plt Off(Retd) Mike Elliot | M75 | MV    | 1:04:38 | 37:07 | 15.03 |
| 22 | Ruth Rhodes               | W80 | SO    | 1:07:57 | 40:26 | 15.80 |
| 23 | Jerry Newcombe            | M70 | SARUM | 1:11:15 | 43:44 | 16.57 |
| 24 | Cpl (Retd) Lee Mayne      | M60 | IND   | 1:11:19 | 43:48 | 16.59 |

## Loop C / S Green

Course: S Green (C), 2.9 km

|    |                                      |     |      |       |       |       |
|----|--------------------------------------|-----|------|-------|-------|-------|
| 1  | Timothy Green                        | M12 | TVOC | 26:17 |       | 9.06  |
| 2  | Lt Col (Retd) Chris Barrington Brown | M65 | BAOC | 29:46 | 3:29  | 10.26 |
| 3  | Paul Prudhoe                         | M70 | IND  | 29:55 | 3:38  | 10.32 |
| 4  | Lt Col RM (Retd) Joe House           | M70 | SO   | 30:11 | 3:54  | 10.41 |
| 5  | Neil Fraser                          | M65 | NWO  | 31:10 | 4:53  | 10.75 |
| 6  | Tim Hughes                           | M70 | TVOC | 32:03 | 5:46  | 11.05 |
| 7  | Elizabeth Dickson                    | W65 | BAOC | 32:06 | 5:49  | 11.07 |
| 8  | Lt Cdr (Retd) Stephen Jackson        | M70 | NWO  | 32:53 | 6:36  | 11.34 |
| 9  | Jon Wheatcroft                       | M70 | TVOC | 33:21 | 7:04  | 11.50 |
| 10 | Philip Gristwood                     | M75 | MV   | 34:18 | 8:01  | 11.83 |
| 11 | Susan Sewell                         | W65 | BKO  | 35:42 | 9:25  | 12.31 |
| 12 | Tony Ludford                         | M80 | BADO | 37:03 | 10:46 | 12.78 |
| 13 | Ldg Wren (Retd) Helen Wise           | W70 | SO   | 37:28 | 11:11 | 12.92 |
| 14 | Antonia Holt                         | W65 | NWO  | 37:47 | 11:30 | 13.03 |
| 15 | Sally Thomas                         | W80 | BOK  | 37:50 | 11:33 | 13.05 |
| 16 | Lt(Retd) George Elkin                | M75 | BAOC | 38:22 | 12:05 | 13.23 |
| 17 | Col (Retd) Ian Prosser               | M65 | BAOC | 39:01 | 12:44 | 13.45 |
| 18 | Roy Heselden                         | M75 | BADO | 39:22 | 13:05 | 13.57 |
| 19 | Rob Mullens                          | M45 | BKO  | 39:30 | 13:13 | 13.62 |
| 20 | Richard Rae                          | M80 | BKO  | 39:36 | 13:19 | 13.66 |
| 21 | Howard Thomas                        | M80 | BOK  | 40:22 | 14:05 | 13.92 |
| 22 | Brian Sewell                         | M65 | BKO  | 40:24 | 14:07 | 13.93 |
| 23 | Kathryn Turner                       | W70 | TVOC | 41:37 | 15:20 | 14.35 |
| 24 | Lt Col(retd) Paul Wallace-Stock      | M80 | SN   | 44:38 | 18:21 | 15.39 |
| 25 | Chf Tech (Retd) Ian Hudson           | M75 | BKO  | 47:06 | 20:49 | 16.24 |
| 26 | John Everett                         | M80 | SO   | 49:35 | 23:18 | 17.10 |



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## Loop C / S Green

Course: S Green (C), 2.9 km

|    |               |     |     |         |       |       |
|----|---------------|-----|-----|---------|-------|-------|
| 27 | Ted McDonald  | M80 | BOK | 50:29   | 24:12 | 17.41 |
| 28 | Penny Parkes  | W65 | HH  | 1:08:48 | 42:31 | 23.72 |
| 29 | Julia Prudhoe | W70 | IND | 1:11:05 | 44:48 | 24.51 |

## Loop B / VSG

Course: VSG (B), 2.1 km

|   |                                |     |       |       |       |       |
|---|--------------------------------|-----|-------|-------|-------|-------|
| 1 | Flt Lt (retd) Anthony Barrable | M80 | RAFO  | 23:41 |       | 11.28 |
| 2 | Andy Macgregor                 | M85 | BAOC  | 26:54 | 3:13  | 12.81 |
| 3 | Chris Simpson                  | M80 | SO    | 28:54 | 5:13  | 13.76 |
| 4 | Yvonne Hodson                  | W75 | TVOC  | 36:46 | 13:05 | 17.51 |
| 5 | Roger Baker                    | M90 | TVOC  | 39:36 | 15:55 | 18.86 |
| 6 | S/Sgt(Ret) John Thompson       | M90 | TVOC  | 41:04 | 17:23 | 19.56 |
| 7 | Flt Lt (Retd) Liz Yeadon       | W80 | SARUM | 41:53 | 18:12 | 19.94 |
| 8 | JT(rtd) John Farren            | M90 | TVOC  | 48:11 | 24:30 | 22.94 |
| 9 | Jane Ellis                     | W70 | SAX   | 50:47 | 27:06 | 24.18 |