



# MLS SS Hamble CP



05 August 2026  
Results by Class

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

## BLUE

Course: BLUE, 7.5 km, 140 m

|    |                             |     |            |         |       |       |
|----|-----------------------------|-----|------------|---------|-------|-------|
| 1  | Nick Nourse                 | M60 | NWO        | 1:15:16 |       | 10.04 |
| 2  | Keith Belsey                | M55 | SN         | 1:17:21 | 2:05  | 10.31 |
| 3  | Paul Fox                    | M60 | SN         | 1:17:22 | 2:06  | 10.32 |
| 4  | John Oakes                  | M50 | WIM        | 1:18:30 | 3:14  | 10.47 |
| 5  | Edward Halsey               | M50 | SARUM      | 1:19:13 | 3:57  | 10.56 |
| 6  | SSgt Prakash Limbu          | M45 | HQ RC      | 1:24:19 | 9:03  | 11.24 |
| 7  | Lt Col Mark Nash            | M60 | War Gar    | 1:25:39 | 10:23 | 11.42 |
| 8  | Lt Col(Retd) Colin Metcalfe | M65 | BAOC       | 1:26:09 | 10:53 | 11.49 |
| 9  | Mike Frizzell               | M65 | BADO       | 1:26:12 | 10:56 | 11.49 |
| 10 | Simon Farrington            | M40 | BAOC       | 1:27:02 | 11:46 | 11.60 |
| 11 | Jo Halsey                   | W50 | SARUM      | 1:27:17 | 12:01 | 11.64 |
| 12 | Vincent Joyce               | M70 | SO         | 1:27:43 | 12:27 | 11.70 |
| 13 | Maj Peter Ward              | M35 | Army HQ    | 1:33:03 | 17:47 | 12.41 |
| 14 | Barry Jones                 | M55 | SO         | 1:33:10 | 17:54 | 12.42 |
| 15 | WO2 Himel Gurung            | M45 | 11 Inf Bde | 1:33:53 | 18:37 | 12.52 |
| 16 | Matthew Chessum             | M40 | SOC        | 1:34:09 | 18:53 | 12.55 |
| 17 | Lt Col (Retd) Rowena Naile  | W60 | BAOC       | 1:36:28 | 21:12 | 12.86 |
| 18 | April Devine                | W35 | BAOC       | 1:38:17 | 23:01 | 13.10 |
| 19 | William Nash                | M35 | War Gar    | 1:41:41 | 26:25 | 13.56 |
| 20 | Andrew Hannaford            | M70 | SO         | 1:45:37 | 30:21 | 14.08 |
| 21 | Col(Retd) Iain Brant        | M65 | BAOC       | 1:47:48 | 32:32 | 14.37 |
| 22 | Jessica Stanfield           | W60 | SOC        | 1:49:51 | 34:35 | 14.65 |
| 23 | Ian Moran                   | M65 | SOC        | 1:50:09 | 34:53 | 14.69 |
| 24 | Maj Andy Southby            | M60 | War Gar    | 1:52:17 | 37:01 | 14.97 |

## GREEN

Course: GREEN, 5.3 km, 95 m

|   |                           |     |       |         |       |       |
|---|---------------------------|-----|-------|---------|-------|-------|
| 1 | Samantha Martin           | W21 | IND   | 55:25   |       | 10.46 |
| 2 | Robert Lines              | M60 | SO    | 57:05   | 1:40  | 10.77 |
| 3 | Alison Simmons            | W70 | BOK   | 57:44   | 2:19  | 10.89 |
| 4 | Trish Monks               | W50 | BKO   | 1:00:15 | 4:50  | 11.37 |
| 5 | Mick Hunter               | M70 | NWO   | 1:04:46 | 9:21  | 12.22 |
| 6 | Christine Jepson          | W65 | SO    | 1:09:38 | 14:13 | 13.14 |
| 7 | Lt Col(Retd) Alex Thomson | M70 | SARUM | 1:10:15 | 14:50 | 13.25 |



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## GREEN

Course: GREEN, 5.3 km, 95 m

|    |                       |     |      |         |       |       |
|----|-----------------------|-----|------|---------|-------|-------|
| 8  | David Harrison        | M60 | SN   | 1:11:36 | 16:11 | 13.51 |
| 9  | John Orton            | M70 | NWO  | 1:17:01 | 21:36 | 14.53 |
| 10 | Jon Vaughan           | M50 | BKO  | 1:17:41 | 22:16 | 14.66 |
| 11 | Daniel Barnes         | M18 | SOC  | 1:18:27 | 23:02 | 14.80 |
| 12 | Linda Pakuls          | W65 | WIM  | 1:19:12 | 23:47 | 14.94 |
| 13 | Michael Merritt       | M65 | SO   | 1:19:27 | 24:02 | 14.99 |
| 14 | Kevin Beale           | M65 | NWO  | 1:20:38 | 25:13 | 15.21 |
| 15 | Steve Pullen          | M70 | SOC  | 1:21:55 | 26:30 | 15.46 |
| 16 | WO2(Retd) Neil Gordon | M65 | BAOC | 1:22:36 | 27:11 | 15.58 |
| 17 | Eamon Staunton        | M70 | WIM  | 1:28:54 | 33:29 | 16.77 |
| 18 | Peter Dudman          | M75 | SO   | 1:35:44 | 40:19 | 18.06 |

## SH GREEN

Course: SH GREEN, 3.5 km, 55 m

|    |                                      |     |       |         |       |       |
|----|--------------------------------------|-----|-------|---------|-------|-------|
| 1  | Lisa James                           | W55 | SOC   | 41:41   |       | 11.91 |
| 2  | Col(Retd) Ian Tait                   | M75 | SARUM | 48:36   | 6:55  | 13.89 |
| 3  | Lt Col (Retd) Chris Barrington Brown | M65 | BAOC  | 49:06   | 7:25  | 14.03 |
| 4  | Julia Loring                         | W65 | SOC   | 52:55   | 11:14 | 15.12 |
| 5  | Martin Wiles                         | M60 | SN    | 1:00:05 | 18:24 | 17.17 |
| 6  | Jayne Chambers                       | W45 | IND   | 1:00:12 | 18:31 | 17.20 |
| 7  | Christopher Branford                 | M80 | WIM   | 1:00:27 | 18:46 | 17.27 |
| 8  | Lt(Retd) George Elkin                | M75 | BAOC  | 1:01:08 | 19:27 | 17.47 |
| 9  | Peter Smith                          | M60 | SN    | 1:01:14 | 19:33 | 17.50 |
| 10 | Terry Sankey                         | M75 | SOC   | 1:03:11 | 21:30 | 18.05 |
| 11 | Christopher Moon                     | M75 | BOK   | 1:03:17 | 21:36 | 18.08 |
| 12 | Richard Rae                          | M80 | BKO   | 1:07:05 | 25:24 | 19.17 |
| 13 | Sue Gallagher                        | W70 | SO    | 1:09:07 | 27:26 | 19.75 |
| 14 | Jillian Devine                       | W60 | SO    | 1:10:31 | 28:50 | 20.15 |
| 15 | Neil & Bracken Underwood             | M70 | SARUM | 1:10:47 | 29:06 | 20.22 |
| 16 | Gill Sharp                           | W65 | SN    | 1:11:03 | 29:22 | 20.30 |
| 17 | Ldg Wren (Retd) Helen Wise           | W70 | SO    | 1:12:08 | 30:27 | 20.61 |
| 18 | Thomas Martin                        | M21 | IND   | 1:12:09 | 30:28 | 20.61 |
| 19 | Peter Martin                         | M65 | MV    | 1:12:25 | 30:44 | 20.69 |
| 20 | John Marsh                           | M55 | SO    | 1:13:11 | 31:30 | 20.91 |



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Course: SH GREEN, 3.5 km, 55 m

|    |                 |     |      |         |       |       |
|----|-----------------|-----|------|---------|-------|-------|
| 21 | Michele Funnell | W70 | SO   | 1:15:08 | 33:27 | 21.47 |
| 22 | Tony Ludford    | M80 | BADO | 1:16:59 | 35:18 | 22.00 |
| 23 | Antonia Holt    | W65 | NWO  | 1:26:06 | 44:25 | 24.60 |

## VSG & Orange

Course: VSG & Orange, 2.5 km, 30 m

|    |                               |     |              |         |         |       |
|----|-------------------------------|-----|--------------|---------|---------|-------|
| 1  | WO1 Stuart Ferguson           | M70 | NOTEAM       | 30:49   |         | 12.33 |
| 2  | Rebekah(+Hudson+Ester) Massey | W35 | IND          | 34:35   | 3:46    | 13.83 |
| 3  | Kirsty Staunton               | W70 | WIM          | 40:29   | 9:40    | 16.19 |
| 4  | Chris Simpson                 | M80 | SO           | 42:20   | 11:31   | 16.93 |
| 5  | Thomas Davidson               | M12 | IND          | 50:11   | 19:22   | 20.07 |
| 6  | WO2(SQMS)Rtd Jim Munday       | M80 | BKO          | 1:04:10 | 33:21   | 25.67 |
| 7  | Pippa James                   | W10 | BAOC         | 1:09:26 | 38:37   | 27.77 |
| 8  | Alice James                   | W10 | BAOC         | 1:09:30 | 38:41   | 27.80 |
| 9  | Maj Jamie Dullaghan + Kids    | M35 | 35 ENGR Regt | 1:25:21 | 54:32   | 34.14 |
| 10 | Cpl Jake Harrington + kids    | M21 | 17 Regt RLC  | 1:33:26 | 1:02:37 | 37.37 |