



MLS Norris Hill

21 January 2026



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, 9.1 km, 105 m

1	James Lyne	M35	SN		1:00:45		6.68	102
2	Peter Daplyn	M45	SN		1:03:25	2:40	6.97	99
3	Michael Krajewski	M40	BAOC		1:04:28	3:43	7.08	98
4	WO1 Des Dickinson	M40	Artillery Centre		1:04:45	4:00	7.12	98
5	Nigel Bunn	M60	TVOC		1:08:27	7:42	7.52	94
6	Capt Gareth Mansfield	M40	1 RHA		1:08:38	7:53	7.54	94
7	Lt Col Richard Mawer	M50	MoD Abbey Wood		1:10:38	9:53	7.76	92
8	Nick Cooper	M50	SN		1:11:01	10:16	7.80	92
9	Lt Col(Retd) Colin Metcalfe	M65	BAOC		1:17:35	16:50	8.53	85
10	Sgt(Retd) Paul Thwaites	M60	SOC		1:17:46	17:01	8.55	85
11	Maj Simon Phillips	M35	ATC Pirbright		1:20:47	20:02	8.88	82
12	Capt Adrian Kerr	M40	DSCC		1:21:37	20:52	8.97	81
13	Kenny Leitch	M60	SO		1:24:36	23:51	9.30	78
14	John Hill-Venning	M50	SN		1:27:26	26:41	9.61	75
15	Maj(Retd) Jeremy Wormington	M65	NOTEAM		1:27:35	26:50	9.62	75
16	Col Edward Willcox	M45	Army HQ		1:29:19	28:34	9.82	74
17	Nick Nourse	M60	NWO		1:30:05	29:20	9.90	73
18	Paul Fox	M60	SN		1:31:24	30:39	10.04	71
19	Lt Col Kerry Corkery	W45	Army HQ		1:37:04	36:19	10.67	66
20	Philip Harvey	M50	WIM		1:37:09	36:24	10.68	66
21	Robin Mills	M60	WIM		1:37:52	37:07	10.75	65
22	SSgt Prakash Limbu	M45	HQ RC		1:39:12	38:27	10.90	64
23	Sgt(Retd) Graham Coath	M40	IND		1:43:11	42:26	11.34	60
24	Mike Bennett	M70	HH		1:50:40	49:55	12.16	52
25	Benjamin Mills	M21	WIM		2:00:00	59:15	13.19	43
DSQ	Col Michael Cooke	M50	RMAS		1:23:38	Missed No 13 (35)		

Blue

Course: Blue, 6.8 km, 75 m

1	Lt Col Jason Buchanan	M40	Minley Stn		55:27		8.15	75
2	Capt Dougie Mileham	M21	11 Inf Bde		1:03:39	8:12	9.36	73
3	Keith Belsey	M55	SN		1:07:19	11:52	9.90	70
4	Major Jon Oxley	M55	London Central Garrison		1:08:46	13:19	10.11	68
5	Col Brian Johnston	M50	APC Glasgow		1:09:18	13:51	10.19	68
6	Simon Moore	M65	BKO		1:11:32	16:05	10.52	66
7	Mike Frizzell	M65	BADO		1:12:39	17:12	10.68	64
8	Chris Evans	M55	SLOW		1:12:45	17:18	10.70	64
9	Col(Retd) Paul Lane	M65	SARUM		1:14:28	19:01	10.95	63
10	Maj(Retd) Michael James	M65	BAOC		1:14:42	19:15	10.99	62
11	Col (Retd) Ed Heal	M55	BAOC		1:15:52	20:25	11.16	61
12	WO1(Retd) Les Hunt	M70	SN		1:16:10	20:43	11.20	61



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Blue

Course: Blue, 6.8 km, 75 m

13	Michael Dunbar	M60	SN		1:16:30	21:03	11.25	61
14	Alison Simmons	W70	BOK		1:17:15	21:48	11.36	60
15	Christopher Pritchett	M65	WIGHTO		1:18:05	22:38	11.48	59
16	Dave Kingham	M70	TVOC		1:18:39	23:12	11.57	58
17	Mark Feltham	M60	MV		1:20:04	24:37	11.77	57
18	Charlotte Lovegrove	W18	SN		1:20:35	25:08	11.85	57
19	Sarah Howes	W65	SAX		1:20:37	25:10	11.86	57
20	Carol Lovegrove	W50	SN		1:20:50	25:23	11.89	56
21	Phil Slingsby	M55	DRONGO		1:21:05	25:38	11.92	56
22	Trish Monks	W50	BKO		1:22:29	27:02	12.13	55
23	Don McKerrow	M70	SLOW		1:24:55	29:28	12.49	52
24	Nigel Slack	M60	SN		1:25:12	29:45	12.53	52
25	John Dalton	M65	TVOC		1:25:55	30:28	12.63	51
26	Robin Bishop	M55	TVOC		1:26:12	30:45	12.68	51
27	Andrew Hannaford	M70	SO		1:27:10	31:43	12.82	50
28	Vincent Joyce	M70	SO		1:27:33	32:06	12.88	50
29	WO2 D Mitson	W50	ARRC Sp Bn		1:28:05	32:38	12.95	49
30	Marc Roberts	M60	MV		1:28:10	32:43	12.97	49
31	WO2 Scott Craig	M45	ATC Pirbright		1:28:48	33:21	13.06	48
32	Richard Tiley	M65	LOC		1:29:13	33:46	13.12	48
33	Sgt(Retd) Gerry Allan	M55	BAOC		1:31:01	35:34	13.38	46
34	WO2(Retd) Ian Byford	M65	HH		1:31:51	36:24	13.51	45
35	Col(Retd) Paul Oldfield	M70	BAOC		1:33:09	37:42	13.70	44
36	Dave Chapman	M70	SN		1:34:10	38:43	13.85	43
37	David Harrison	M60	SN		1:34:44	39:17	13.93	42
38	Mark Glaisher	M75	SAX		1:34:50	39:23	13.95	42
39	Lt Col Greg Ehlen	M60	Army HQ		1:36:10	40:43	14.14	41
40	Andy Parker	M65	BADO		1:42:47	47:20	15.12	34
41	Flt Lt(Retd) Rob Hick	M65	WSX		1:43:59	48:32	15.29	33
42	Richard Bostock	M60	DFOK		1:48:37	53:10	15.97	29
43	Maj(Retd) Danny Skillman	M70	GO		1:49:41	54:14	16.13	27
44	Michael Merritt	M65	SO		1:53:12	57:45	16.65	24
45	Roger Wilson	M65	SLOW		1:53:41	58:14	16.72	23
46	Colin Swallow	M65	SN		1:59:31	1:04:04	17.58	18
47	Charlie Beck	M65	SN		2:56:06	2:00:39	25.90	0
DNF	Alan Rosen	M70	HH		56:43	Retd		
DNF	Cpl Moses Onyuro	M35	ATC Pirbright		1:09:15	Retd		
DNF	Lt Col Mark Nash	M60	War Gar		1:25:00	Courses closed		
DNF	Serena Ludford	W60	BADO		1:28:07	Retd		
DSQ	Jonathan Magee	M60	SN		1:10:33	Missed a few		
DSQ	Janusz Holender	M65	TVOC		1:46:02	Missed No 9 (59)		



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Lt Green

Course: Lt Green, 5.1 km, 45 m

1	Lt Jack Lord	M21	7 AAC (V)		46:42		9.16	60
2	Maj(Retd) Jon Steed	M60	BADO		47:19	0:37	9.28	60
3	2Lt Niall McManus	M21	7 AAC (V)		47:43	1:01	9.36	60
4	April Devine	W35	BAOC		48:01	1:19	9.42	59
5	Capt (Retd) Andrew Parkinson	M70	SO		49:38	2:56	9.73	58
6	Charlie Turner	M70	SLOW		51:45	5:03	10.15	55
7	Cpl Samuel Warters	M21	AACen		54:38	7:56	10.71	53
8	Flt/Lt Ray Sullivan	M65	RAFO		59:00	12:18	11.57	48
9	WO1(Retd) Stuart Greening	M60	BAOC		1:00:13	13:31	11.81	47
10	David Saunders	M65	HH		1:00:38	13:56	11.89	47
11	Marion Payne-Bird	W65	GO		1:00:50	14:08	11.93	46
12	Mikhail Gryaznevich	M70	TVOC		1:01:26	14:44	12.05	46
13	Lt Col RM(Retd) Joe House	M70	SO		1:01:32	14:50	12.07	46
14	Maj(Retd) Robert Peet	M60	IND		1:01:33	14:51	12.07	46
15	Nigel Clemens	M60	SLOW		1:01:58	15:16	12.15	45
16	Christine Jepson	W65	SO		1:02:55	16:13	12.34	44
17	Neil Fraser	M65	NWO		1:04:31	17:49	12.65	43
18	Terry Hunt	M60	BKO		1:05:55	19:13	12.92	41
19	Neil Mitchell	M65	SLOW		1:06:56	20:14	13.12	40
20	Mark Thompson	M70	TVOC		1:07:27	20:45	13.23	40
21	Leianne Upton	W65	MV		1:08:10	21:28	13.37	39
22	Sgt(Retd) Alan Brown	M70	NGOC		1:12:08	25:26	14.14	35
23	Edward Forman	M75	SO		1:12:15	25:33	14.17	35
24	Peter Dudman	M75	SO		1:13:37	26:55	14.43	34
25	Kevin Beale	M65	NWO		1:13:40	26:58	14.44	34
26	Philip Gristwood	M75	MV		1:13:42	27:00	14.45	34
27	Kate Nevett	W60	GO		1:13:59	27:17	14.51	33
28	Kevin Parkes	M65	HH		1:19:36	32:54	15.61	28
29	Lt Col(Retd) Simon Worsley	M70	BAOC		1:19:56	33:14	15.67	27
30	Flt Lt (Retd) Mike Carter	M65	IND		1:21:03	34:21	15.89	26
31	Sue Hands	W75	WIM		1:22:08	35:26	16.10	25
32	Carol Taverner	W65	WIGHTO		1:22:47	36:05	16.23	24
33	Peter Smith	M60	SN		1:25:28	38:46	16.76	22
34	Cpl(Retd) David Mullins	M75	SARUM		1:26:25	39:43	16.94	21
35	Paul Blagbrough	M80	MV		1:29:34	42:52	17.56	18
36	Lcpl Jay Thoene	M21	KRH		1:30:27	43:45	17.74	17
37	Plt Off(Retd) Mike Elliot	M75	MV		1:32:55	46:13	18.22	14
38	Sesu Mpala	W35	BAOC		1:35:58	49:16	18.82	11
39	Cpl Amit Gurung	M35	HQ 101 OSB		1:50:00	1:03:18	21.57	0
40	Jillian Ullersperger	W60	BKO		1:53:13	1:06:31	22.20	0
41	Liz Flavell	W65	not listed		1:53:59	1:07:17	22.35	0



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Lt Green

Course: Lt Green, 5.1 km, 45 m

DNF	Chris Gill	M55	SN		1:23:59	Retd		
N/C	Maj(Retd) Colin Dickson	M70	BAOC		41:23.2	Non-Competitive		

Sh Green

Course: Sh Green, 3.4 km, 35 m

1	James Crawford	M70	GO		28:42		8.44	50
2	Lt Col(Retd) Woo Allen	W60	SN		30:14	1:32	8.89	50
3	Peter Jones	M70	SN		32:12	3:30	9.47	48
4	Mick Hunter	M70	NWO		32:40	3:58	9.61	48
5	Lucy Paton	W65	SN		36:33	7:51	10.75	44
6	Phil Conway	M60	GO		39:38	10:56	11.66	41
7	Linda Pakuls	W65	WIM		40:28	11:46	11.90	40
8	Paul Nevett	M60	GO		40:48	12:06	12.00	40
9	Sarah Francis	W55	SN		41:49	13:07	12.30	39
10	David Palmer	M80	BOK		42:11	13:29	12.41	38
11	Graham Thomas	M60	SAX		42:18	13:36	12.44	38
12	Lt Col(Retd) Carol Prosser	W65	BAOC		43:05	14:23	12.67	37
13	Dvr(Retd) Roger Maher	M85	SO		44:24	15:42	13.06	36
14	Col(Retd) Ian Prosser	M65	BAOC		44:27	15:45	13.07	36
15	Stefan Stasiuk	M75	BKO		44:50	16:08	13.19	36
16	Alison Saunders	W65	HH		45:15	16:33	13.31	35
17	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		45:17	16:35	13.32	35
18	Aya Luu	W50	IND		45:46	17:04	13.46	35
19	Col(Retd) Ian Tait	M75	SARUM		47:13	18:31	13.89	33
20	Trevor Griffiths	M75	BOK		49:47	21:05	14.64	31
21	SSgt Liberty Mukome	M50	7 Regt RLC		50:49	22:07	14.95	30
22	Martin Lock	M75	GO		51:25	22:43	15.12	29
23	John Orton	M70	NWO		51:44	23:02	15.22	29
24	Tom Edelsten	M80	GO		52:08	23:26	15.33	28
25	Kim Liggett	W60	NGOC		52:42	24:00	15.50	28
26	Malcolm Scott	M70	SN		53:13	24:31	15.65	27
27	Christopher Moon	M75	BOK		54:22	25:40	15.99	26
28	Helen Rivers	W70	GO		54:31	25:49	16.03	26
29	Keiko Conway	W60	GO		54:34	25:52	16.05	26
30	Maj(Retd) Gill Prowse	W65	SN		54:37	25:55	16.06	26
31	George Engelhardt	M75	MV		56:01	27:19	16.48	24
32	Fiona Clough	W60	BKO		56:20	27:38	16.57	24
33	Jon Wheatcroft	M70	TVOC		57:34	28:52	16.93	23
34	Laurence Gossage	M75	BOK		58:30	29:48	17.21	22
35	Lt(Retd) George Elkin	M75	BAOC		59:08	30:26	17.39	21
36	Richard Beadle	M60	NOC		59:13	30:31	17.42	21



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Sh Green

Course: Sh Green, 3.4 km, 35 m

37	Howard Thomas	M80	BOK		1:00:35	31:53	17.82	20
38	Elisabeth Dickson	W65	BAOC		1:01:07	32:25	17.98	19
39	Gill Sharp	W65	SN		1:01:11	32:29	18.00	19
40	Peter Bartlett	M70	WIGHTO		1:01:37	32:55	18.12	19
41	Mark Foxwell	M60	BKO		1:02:11	33:29	18.29	18
42	Tony Ludford	M80	BADO		1:02:28	33:46	18.37	18
43	Denise Mullins	W75	SARUM		1:02:49	34:07	18.48	18
44	Lisa Cooke	W50	SARUM		1:03:43	35:01	18.74	17
45	Hazel Grant	W60	DRONGO		1:03:59	35:17	18.82	16
46	Steve Taverner	M70	WIGHTO		1:05:37	36:55	19.30	15
47	Sally Thomas	W80	BOK		1:05:52	37:10	19.37	15
48	Deborah Sullivan	W65	MV		1:06:22	37:40	19.52	14
49	WO2(Retd) Jim Munday	M80	BKO		1:06:36	37:54	19.59	14
50	WO1(ASM) Retd Peter Hull	M75	BAOC		1:06:42	38:00	19.62	14
51	Lt Col Damien Pealin	M55	HQ RC		1:08:11	39:29	20.05	12
52	Brian Sewell	M65	BKO		1:09:01	40:19	20.30	11
53	Sheila Miklausic	W75	NGOC		1:10:51	42:09	20.84	10
54	Ldg Wren(Retd) Helen Wise	W70	SO		1:12:04	43:22	21.20	8
55	Jean Fitzgerald	W70	SAX		1:12:37	43:55	21.36	8
56	Jerry Newcombe	M70	SARUM		1:12:50	44:08	21.42	8
57	Peter Riches	M75	TVOC		1:13:01	44:19	21.48	7
58	Maj(Retd) Devina Worsley	W70	BAOC		1:14:49	46:07	22.00	6
59	Clare Fletcher	W80	BOK		1:18:04	49:22	22.96	2
60	Antonia Holt	W65	NWO		1:22:45	54:03	24.34	0
61	Marion Spence	W65	LOK		1:31:50	1:03:08	27.01	0
62	Iurii Shepelev	M65	IND		1:35:52	1:07:10	28.20	0
DNF	Penny Parkes	W65	HH		46:47	Retd		
DNF	Janet Rosen	W70	HH		49:16	Retd		
DNF	Susan Sewell	W65	BKO		54:12	Retd		
DSQ	Sam Alderdice	M55	IND		1:17:29	Missed No 6 (43)		

Lg Orange

Course: Lg Orange, 4.5 km, 40 m

1	Simon Russell	M65	IND		2:56:25		39.20	40
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V Sh Green

Course: V Sh Green, 2.3 km, 35 m

1	Chris Simpson	M80	SO		42:20		18.41	40
2	Heidi Dunster	W50	103 Bn REME(V)		54:42	12:22	23.78	36
3	Maj Tom Martin	M50	Army HQ		55:21	13:01	24.07	35
4	Capt(Retd) Ken Williams	M85	BAOC		1:08:01	25:41	29.57	23



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V Sh Green

Course: V Sh Green, 2.3 km, 35 m

5	Spr(Retd) Patrick Maher	M90	SO		1:12:52	30:32	31.68	18
6	Elaine Evans	W70	IND		1:26:34	44:14	37.64	4