



MLS Tweseldown



30 September 2026
Results by Class

Posn	Name	Age Group	Club / Team	Time	Behind	Pace min/km	Points
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Brown

Course: Brown, 8.3 km, 100 m

1	James Lyne	M35	SN	57:32		6.93	102
2	Jake Hilton	M16	SN	59:45	2:13	7.20	99
3	Michael Krajewski	M40	SN	1:00:28	2:56	7.29	99
4	WO1 Des Dickinson	M40	Artillery Centre	1:01:20	3:48	7.39	98
5	Lt Col Richard Mawer	M50	MoD Abbey Wood	1:05:31	7:59	7.89	94
6	Richard Lloyd	M55	LOK	1:12:34	15:02	8.74	87
7	Lt Col(Retd) Colin Metcalfe	M65	BAOC	1:13:20	15:48	8.84	86
8	Edward Halsey	M50	SARUM	1:16:45	19:13	9.25	82
9	Sgt (Retd) Paul Thwaites	M60	SOC	1:17:06	19:34	9.29	82
10	Maj (Retd) Colin Dickson	M70	BAOC	1:21:12	23:40	9.78	78
11	John Oakes	M50	WIM	1:22:27	24:55	9.93	77
12	Peter Daplyn	M45	SN	1:22:38	25:06	9.96	77
13	Nick Nourse	M60	NWO	1:23:28	25:56	10.06	76
14	Robin Mills	M60	WIM	1:24:08	26:36	10.14	75
15	Col Michael Cooke	M50	RMAS	1:24:25	26:53	10.17	75
16	Keith Belsey	M55	SN	1:25:09	27:37	10.26	74
17	SSgt B Rai	M40	RMAS	1:25:19	27:47	10.28	74
18	Paul Fox	M60	SN	1:25:27	27:55	10.30	74
19	John Hill-Venning	M50	SN	1:26:14	28:42	10.39	73
20	Andrew Tindal	M60	BOK	1:26:53	29:21	10.47	72
21	Lt Col Mark Nash	M60	War Gar	1:30:44	33:12	10.93	69
22	Maj Alan Harris	M50	ATC Pirbright	1:32:34	35:02	11.15	67
23	Col Gary Sawyer	M45	Army HQ	1:35:20	37:48	11.49	64
24	Colonel (Retd) Ed Heal	M55	BAOC	1:35:47	38:15	11.54	63
25	Maj (Retd) Jeremy Wormington	M65	NOTEAM	1:35:49	38:17	11.54	63
26	Mike Frizzell	M65	BADO	1:37:42	40:10	11.77	62
27	Chris Hooker	M65	SO	1:38:09	40:37	11.83	61
28	Lt Col (Retd) Steve Collinson	M55	HQ RC	1:38:49	41:17	11.91	60
29	Mike Bennett	M70	HH	1:40:01	42:29	12.05	59
30	Peter Huzan	M60	SLOW	1:41:14	43:42	12.20	58
31	SSgt Prakash Limbu	M45	HQ RC	1:43:43	46:11	12.50	56
32	Maj Dom Parker	M21	Army HQ	1:44:16	46:44	12.56	55
33	Andrew Heaney	M60	SN	1:45:33	48:01	12.72	54
34	WO2 David Brown	M45	RMAS	1:49:35	52:03	13.20	50



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Brown

Course: Brown, 8.3 km, 100 m

35	Col(Retd) Iain Brant	M65	BAOC	2:06:21	1:08:49	15.22	33
36	Mark Richardson	M60	SN	2:15:23	1:17:51	16.31	24
37	Stephen Lee-Jones	M55	BOK	2:21:00	1:23:28	16.99	18
DNF	WO2 Sanju Kerung	M35	HQ RC	1:53:09	Retd		
DSQ	Capt Adrian Kerr	M35	DSCC	1:24:08	Missed No 32 (181)		
DSQ	Steve Bailey	M65	SN	1:26:42	Missed No 24 (186)		

Blue

Course: Blue, 7.1 km, 80 m

1	WO2 T Steele	M35	HQ ARRC	1:06:25		9.35	75
2	Paul Keeble	M55	SN	1:07:41	1:16	9.53	75
3	Col (Retd) Paul Lane	M65	SARUM	1:09:02	2:37	9.72	74
4	Maj Andy Southby	M60	War Gar	1:09:52	3:27	9.84	73
5	Lt Col (Retd) Woo Allen	W60	SN	1:10:52	4:27	9.98	72
6	Katherine Bett	W21	SN	1:14:57	8:32	10.56	68
7	Joe Barrett	M60	SO	1:15:11	8:46	10.59	68
8	Dave Kingham	M70	TVOC	1:15:59	9:34	10.70	67
9	Richard Bostock	M60	DFOK	1:16:02	9:37	10.71	67
10	Vincent Joyce	M70	SO	1:16:16	9:51	10.74	66
11	Vince Roper	M55	SLOW	1:17:12	10:47	10.87	66
12	Michael Dunbar	M60	SN	1:19:27	13:02	11.19	63
13	Don McKerrow	M70	SLOW	1:19:49	13:24	11.24	63
14	Dave Ryder	M65	SN	1:21:13	14:48	11.44	61
15	Marc Roberts	M60	MV	1:23:16	16:51	11.73	59
16	Capt Zakariah Ajane	M21	ARRC Sp Bn	1:23:58	17:33	11.83	59
17	Lt Col (Retd) Axel Blomquist	M70	SN	1:24:45	18:20	11.94	58
18	Col(Retd) Steve James	M65	BAOC	1:26:45	20:20	12.22	56
19	Lt Col Greg Ehlen	M60	Army HQ	1:27:20	20:55	12.30	55
20	Maj Melanie Slade	W55	11 Inf Bde	1:27:29	21:04	12.32	55
21	April Devine	W35	BAOC	1:27:48	21:23	12.37	55
22	Col (Retd) Paul Oldfield	M70	BAOC	1:28:04	21:39	12.40	55
23	David Harrison	M60	SN	1:29:25	23:00	12.59	53
24	Julian Hartwell	M70	SOC	1:31:45	25:20	12.92	51
25	Nick Care	M65	SO	1:34:18	27:53	13.28	48



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Blue

Course: Blue, 7.1 km, 80 m

26	SSgt Dhan Magar	M55	HQ RC	1:34:57	28:32	13.37	48
27	Flt Lt(Retd) Rob Hick	M65	WSX	1:36:28	30:03	13.59	46
28	Ian Curtis	M55	SO	1:36:42	30:17	13.62	46
29	WO2 Jason Edwards	M55	HQ RC	1:38:51	32:26	13.92	44
30	Ian Ditchfield	M70	MV	1:39:18	32:53	13.99	43
31	Tim Keogh	M60	MV	1:39:41	33:16	14.04	43
32	Ian Johnson	M65	SO	1:40:32	34:07	14.16	42
33	Trish Monks	W50	BKO	1:43:38	37:13	14.60	39
34	Cpl Nauraj Sunwar	M35	11 Inf Bde	1:43:41	37:16	14.60	39
35	Mark Light	M55	SOC	1:43:45	37:20	14.61	39
36	Roger Wilson	M65	SLOW	1:44:00	37:35	14.65	39
37	Kevin Parkes	M65	HH	1:45:14	38:49	14.82	37
38	Neil Mitchell	M65	SLOW	1:49:47	43:22	15.46	33
39	Nigel Clemens	M60	SLOW	1:51:27	45:02	15.70	31
40	Andy Parker	M65	BADO	1:54:49	48:24	16.17	28
41	Cpl (Retd) Chris Ballard	M60	SOC	1:58:27	52:02	16.68	24
42	Janusz Holender	M65	TVOC	2:00:29	54:04	16.97	22
43	Rob Mullens	M45	BKO	2:02:40	56:15	17.28	20
44	WO1 (Retd) David Bell	M55	BAOC	2:06:56	1:00:31	17.88	16
45	SSgt Kanaiyalal Thapa	M45	HQ RC	2:27:21	1:20:56	20.75	0
DNF	WO1(Retd) Stuart Greening	M60	BAOC	55:46	Retd		
DNF	Maj(Retd) Michael James	M65	BAOC	1:05:34	Retd		
DNF	Christian Saxtoft	M60	BOK	1:20:22	Retd		
DNF	Flt Lt (Retd) Mike Carter	M65	SLOW	1:32:11	Retd		
DNF	Maj D Stanhope	M50	3 MI	1:42:07	Retd		
DNF	Lisa Cooke	W50	SARUM	1:54:30	Retd		
DNF	Capt Rohit Pun	M21	11 Inf Bde	2:08:17	Retd		
DSQ	Jonathan Magee	M60	SN	1:26:48	Missed No 28 (183)		
DSQ	Andrew Hannaford	M70	SO	1:28:34	Missed No 23 (175)		

Light Green

Course: Light Green, 4.9 km, 70 m

1	Charlie Turner	M70	SLOW	49:29		10.10	60
2	Gill Tindal	W60	BOK	52:45	3:16	10.77	60



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Light Green

Course: Light Green, 4.9 km, 70 m

3	Harriet Trefusis	W35	SLOW	57:46	8:17	11.79	56
4	Elisabeth Dickson	W65	BAOC	58:08	8:39	11.86	55
5	Linda Pakuls	W65	WIM	58:51	9:22	12.01	54
6	Terry Smith	M75	SOC	59:31	10:02	12.15	54
7	Peter Dudman	M75	SO	59:57	10:28	12.23	53
8	David Saunders	M65	HH	59:58	10:29	12.24	53
9	Lt Col RM (Retd) Joe House	M70	SO	1:00:31	11:02	12.35	53
10	LBdr Mackenzie Sproston	M20	26 Regt RA	1:03:24	13:55	12.94	50
11	Maj (Retd) Gill Prowse	W65	SN	1:03:55	14:26	13.04	49
12	SSgt Katy Hillman	W35	26 Regt RA	1:04:33	15:04	13.17	49
13	LBdr Hollie Keating	W21	26 Regt RA	1:04:35	15:06	13.18	49
14	Terry Hunt	M60	BKO	1:05:18	15:49	13.33	48
15	Mark Thompson	M70	TVOC	1:05:40	16:11	13.40	48
16	Kieran Devine	M70	BAOC	1:06:03	16:34	13.48	47
17	Flt/Lt Ray Sullivan	M65	RAFO	1:06:25	16:56	13.55	47
18	Gwen Tanner	W65	BOK	1:07:29	18:00	13.77	46
19	Mikhail Gryaznevich	M70	TVOC	1:08:14	18:45	13.93	45
20	Alan Jones	M55	BKO	1:08:54	19:25	14.06	44
21	WO2 (Retd) Chic Young	M65	SARUM	1:09:07	19:38	14.11	44
22	Serena Ludford	W60	BADO	1:09:22	19:53	14.16	44
23	Sue Hands	W75	WIM	1:09:46	20:17	14.24	44
24	Stefan Stasiuk	M70	BKO	1:10:11	20:42	14.32	43
25	Joanna Belsey	W60	SN	1:11:22	21:53	14.56	42
26	Paul Blagbrough	M80	MV	1:13:30	24:01	15.00	40
27	Plt Off(Retd) Mike Elliot	M75	MV	1:22:45	33:16	16.89	31
28	Jillian Ullersperger	W60	BKO	1:23:10	33:41	16.97	30
29	Maj Adam Champion	M40	War Gar	1:24:29	35:00	17.24	29
30	Peter Smith	M60	SN	1:33:02	43:33	18.99	20
31	Ruth Rhodes	W80	SO	1:48:09	58:40	22.07	5
32	Staff Comm(Retd) Vicki Barkaway	W70	SOC	2:12:30	1:23:01	27.04	0
DSQ	Capt (Retd) Andrew Parkinson	M70	SO	52:51	Missed No 17 (152)		
DSQ	LCpl Connor Allsop	M21	ARRC Sp Bn	1:14:40	Wrong Order		



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Short Green

Course: Short Green, 3.7 km, 50 m

1	Paul Nevett	M60	GO	42:04		11.37	50
2	Maj Graham Coulson	M40	Army HQ	42:49	0:45	11.57	50
3	Lucy Paton	W65	SN	44:06	2:02	11.92	49
4	Katie Clarke	W55	SN	44:16	2:12	11.96	49
5	Alan Rosen	M70	HH	45:26	3:22	12.28	48
6	Dorte Torpe Hansen	W60	SLOW	45:46	3:42	12.37	47
7	David Palmer	M80	BOK	46:38	4:34	12.60	46
8	Clive Hawkes	M65	SO	47:51	5:47	12.93	45
9	WO1 (Retd) Alun Roberts	M70	BAOC	48:07	6:03	13.00	45
10	Martin Wiles	M60	SN	49:13	7:09	13.30	44
11	Martin Lock	M75	GO	49:36	7:32	13.41	43
12	Neil Underwood	M70	SARUM	50:06	8:02	13.54	43
13	Col(Retd) Ian Tait	M75	SARUM	50:10	8:06	13.56	43
14	Col(Retd) Nick Kearns	M75	BAOC	50:45	8:41	13.72	42
15	Janet Rosen	W70	HH	50:49	8:45	13.73	42
16	Roger Powell	M75	SN	50:55	8:51	13.76	42
17	Keith Henderson	M80	WIM	51:46	9:42	13.99	41
18	Maj (Retd) Jon Stead		BADO	52:01	9:57	14.06	41
19	John Turner	M70	TVOC	52:16	10:12	14.13	41
20	Richard Stanhope	M65	SLOW	52:36	10:32	14.22	40
21	Laurence Gossage	M75	BOK	52:52	10:48	14.29	40
22	Stephen Peacock	M75	SN	53:05	11:01	14.35	40
23	Lt Cdr(Retd) Ashley Tilling	M70	MV	53:26	11:22	14.44	40
24	Tom Edelsten	M80	GO	53:29	11:25	14.45	40
25	Ted McDonald	M80	BOK	53:43	11:39	14.52	39
26	Mark Foxwell	M60	BKO	53:54	11:50	14.57	39
27	Kate Shaw	W65	SOC	54:06	12:02	14.62	39
28	Lt Col (Retd) Chris Barrington Brown	M65	BAOC	54:28	12:24	14.72	39
29	Aya Luu	W50	GO	54:29	12:25	14.73	39
30	Rosie Merry	W60	DFOK	54:41	12:37	14.78	38
31	WO1 (ASM) Retd Peter Hull	M75	BAOC	55:00	12:56	14.86	38
32	Richard Steptoe	M75	TVOC	55:01	12:57	14.87	38
33	Richard Beadle	M60	NOC	56:12	14:08	15.19	37
34	Susan Sewell	W65	BKO	56:13	14:09	15.19	37



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Short Green

Course: Short Green, 3.7 km, 50 m

35	Dave Kingdon	M75	HH	56:21	14:17	15.23	37
36	Peter Martin	M65	MV	57:24	15:20	15.51	36
37	Helen Rivers	W70	GO	58:12	16:08	15.73	35
38	Allan Darwell	M75	BOK	58:26	16:22	15.79	35
39	Trevor Griffiths	M75	BOK	59:26	17:22	16.06	34
40	Lt Col (Retd) Paul Wallace-Stock	M80	SN	59:38	17:34	16.12	33
41	Peter Entwistle	M75	BKO	1:00:07	18:03	16.25	33
42	Kate Nevett	W60	GO	1:00:47	18:43	16.43	32
43	Jon Wheatcroft	M70	TVOC	1:02:12	20:08	16.81	31
44	Sally Thomas	W80	BOK	1:03:33	21:29	17.18	29
45	Philip Gristwood	M75	MV	1:03:45	21:41	17.23	29
46	Ldg Wren (Retd) Helen Wise	W70	SO	1:04:28	22:24	17.42	29
47	Alison Saunders	W65	HH	1:06:15	24:11	17.91	27
48	Maj (Retd) Danny Skillman	M70	GO	1:07:04	25:00	18.13	26
49	Teresa Turner	W75	SLOW	1:07:53	25:49	18.35	25
50	Antonia Holt	W65	NWO	1:08:21	26:17	18.47	25
51	Deborah Sullivan	W65	MV	1:08:57	26:53	18.64	24
52	Howard Thomas	M80	BOK	1:09:47	27:43	18.86	23
53	Tony Ludford	M80	BADO	1:09:59	27:55	18.91	23
54	Sue Gallagher	W70	SO	1:11:44	29:40	19.39	21
55	Susanne Andersen	W60	BOK	1:12:37	30:33	19.63	20
56	Lt(Retd) George Elkin	M75	BAOC	1:12:47	30:43	19.67	20
57	Liz Flavell	W65	NOTEAM	1:13:17	31:13	19.81	20
58	Elaine Evans	W70	IND	1:13:33	31:29	19.88	19
59	Nigel Saker	M75	SLOW	1:14:45	32:41	20.20	18
60	Brian Sewell	M65	BKO	1:15:37	33:33	20.44	17
61	Kathryn Turner	W70	TVOC	1:16:32	34:28	20.68	16
62	Alison Richardson	W55	SN	1:18:06	36:02	21.11	15
63	Chf Tech (Retd) Ian Hudson	M75	BKO	1:18:28	36:24	21.21	15
64	Gill Sharp	W65	SN	1:21:15	39:11	21.96	12
65	Clare Fletcher	W80	BOK	1:23:27	41:23	22.55	10
66	Richard Rae	M80	BKO	1:32:35	50:31	25.02	0
67	Colin Merry	M70	DFOK	1:38:20	56:16	26.58	0
68	Penny Parkes	W65	HH	2:01:42	1:19:38	32.89	0



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Short Green

Course: Short Green, 3.7 km, 50 m

DNF	Jim Prowting	M80	TVOC	40:43	Retd		
DNF	Mark Blackstone	M80	BOK	1:19:47	Retd		
DSQ	Denise Harper	W75	BKO	1:14:37	Missed 7 & 8 (155/157)		

VS Green

Course: VS Green, 2.6 km, 30 m

1	Mick Hunter	M70	NWO	30:16		11.64	40
2	WO1 Stuart Ferguson	M70	NOTEAM	35:13	4:57	13.54	39
3	Chris Simpson	M80	SO	38:25	8:09	14.78	36
4	Keiko Conway	W60	GO	41:50	11:34	16.09	33
5	WO2(SQMS)Rtd Jim Munday	M80	BKO	44:41	14:25	17.19	30
6	Sue Hooper	W70	HH	45:51	15:35	17.63	29
7	Yvonne Hodson	W75	TVOC	46:04	15:48	17.72	29
8	Maxine Dunn	W60	IND	48:30	18:14	18.65	26
9	Peter Riches	M75	TVOC	51:05	20:49	19.65	24
10	Deborah Carpenter	W70	SN	56:06	25:50	21.58	19
11	Philip Chatterley	M70	IND	58:12	27:56	22.38	16
12	Roger Baker	M90	TVOC	59:35	29:19	22.92	15
13	Ushan Rai	W21	IND	59:58	29:42	23.06	15
14	Capt(Rtd) Ken Williams	M85	BAOC	1:00:25	30:09	23.24	14
15	Ben Rivers	M80	GO	1:02:33	32:17	24.06	12
16	John Collyer	M80	GO	1:03:03	32:47	24.25	12
17	Eric Harper	M75	BKO	1:04:21	34:05	24.75	10
18	Flt Lt (Retd) Liz Yeadon	W80	SARUM	1:06:19	36:03	25.51	8
19	S/Sgt(Rtd) John Thompson	M90	TVOC	1:30:24	1:00:08	34.77	0
DNF	Patricia Roberts	W60	IND	1:22:28	Retd		
DSQ	JT(rtd) John Farren	M90	TVOC	1:13:58	Missed No 7 (180)		

Orange

Course: Orange, 3.5 km, 40 m

1	Maj (Retd) Devina Worsley	W70	BAOC	1:18:58		22.56	40
2	Simon Russell	M65	GO	2:32:53	1:13:55	43.68	3