



# MLS Rushmoor

Aldershot

11 March 2026



## Results by class with League Points

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

### Brown

Course: Brown, 8.8 km, 35 m

1	Adam Conway	M21	SHUOC		00:51:15		5.82	103
2	Maj Simon Phillips	M35	ATC Pirbright		00:54:28	00:03:13	6.19	99
3	Peter Daplyn	M45	SN		00:55:48	00:04:33	6.34	98
4	Alan Velecky	M60	SO		00:55:57	00:04:42	6.36	98
5	James Lyne	M35	SN		00:56:24	00:05:09	6.41	97
6	Maj Andrew Snell	M50	Army HQ		00:57:58	00:06:43	6.59	96
7	Richard Lloyd	M55	LOK		00:58:28	00:07:13	6.64	95
8	John Hill-Venning	M50	SN		00:58:35	00:07:20	6.66	95
9	Lt Col Richard Mawer	M50	MoD Abbey Wood		00:58:45	00:07:30	6.68	95
10	Nigel Bunn	M60	TVOC		00:59:45	00:08:30	6.79	94
11	WO1 Des Dickinson	M40	Artillery Centre		01:00:44	00:09:29	6.90	93
12	SSgt Prakash Limbu	M45	HQ RC		01:04:36	00:13:21	7.34	89
13	Maj Jamie Dullaghan	M35	Army HQ		01:05:19	00:14:04	7.42	89
14	WO2 Himel Gurung	M45	11 Inf Bde		01:05:22	00:14:07	7.43	88
15	Steve Bailey	M65	SN		01:05:50	00:14:35	7.48	88
16	SSgt B Rai	M40	RMAS		01:07:05	00:15:50	7.62	87
17	Tommi Grover	M50	BOK		01:07:13	00:15:58	7.64	87
18	Andrew Tindal	M60	BOK		01:08:08	00:16:53	7.74	86
19	Sgt (Retd) Paul Thwaites	M60	SOC		01:08:24	00:17:09	7.77	85
20	Maj(Retd) Colin Dickson	M70	BAOC		01:09:31	00:18:16	7.90	84
21	Maj(Retd) Jeremy Wormington	M65	NOTEAM		01:09:49	00:18:34	7.93	84
22	Col Gary Sawyer	M45	Defence Academy		01:11:04	00:19:49	8.08	83
23	Peter Jones	M70	SN		01:11:12	00:19:57	8.09	83
24	Keith Belsey	M55	SN		01:11:22	00:20:07	8.11	82
25	Nick Care	M65	SO		01:12:06	00:20:51	8.19	82
26	Colin Metcalfe	M65	BAOC		01:12:42	00:21:27	8.26	81
27	Col Mike Cooke	M50	RMAS		01:14:02	00:22:47	8.41	80
28	Maj(Retd) Michael James	M65	BAOC		01:14:06	00:22:51	8.42	80
29	Christopher Ashenden	M60	SN		01:14:50	00:23:35	8.50	79
30	Justin Aspland-Monger	M45	11 Sig Regt		01:16:24	00:25:09	8.68	77
31	Robin Mills	M60	WIM		01:17:26	00:26:11	8.80	76
32	Peter Huzan	M60	SLOW		01:25:12	00:33:57	9.68	69
33	Cpl Bhesh Gurung	M45	London Central Garrison		01:25:38	00:34:23	9.73	68

### Blue

Course: Blue, 6.9 km, 30 m

1	Clive Hallett	M60	BOK		00:43:37		6.32	75
2	Maj Steven Burton	M35	3 Rangers	GBR	00:48:51	00:05:14	7.08	73
3	WO2 T Steele	M35	HQ ARRC		00:49:14	00:05:37	7.14	73
4	Nick Nourse	M60	NWO		00:51:54	00:08:17	7.52	70
5	Michael Dunbar	M60	SN		00:52:24	00:08:47	7.59	70



# MLS Rushmoor

Aldershot

11 March 2026



## Results by class with League Points

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

### Blue

Course: Blue, 6.9 km, 30 m

6	Nick Green	M60	GO		00:54:33	00:10:56	7.91	68
7	Mark Adams	M60	HH		00:54:34	00:10:57	7.91	68
8	Mike Frizzell	M65	BADO		00:54:47	00:11:10	7.94	67
9	Katherine Bett	W21	SN		00:55:34	00:11:57	8.05	67
10	Maj Andy Southby	M60	War Gar		00:55:37	00:12:00	8.06	67
11	Col(Retd) Ed Heal	M55	BAOC		00:55:58	00:12:21	8.11	66
12	Lt Col Kerry Corkery	W45	Army HQ		00:56:15	00:12:38	8.15	66
13	Alison Simmons	W70	BOK		00:56:30	00:12:53	8.19	66
14	Lt Col(Retd) Alan Honey	M65	BOK		00:56:49	00:13:12	8.23	65
15	Col(Retd) Lucy Giles	W55	Defence Academy		00:56:55	00:13:18	8.25	65
16	Lt Col Greg Ehlen	M60	Army HQ		00:57:07	00:13:30	8.28	65
17	Charlotte Lovegrove	W18	SN		00:57:32	00:13:55	8.34	65
18	John Simmons	M75	BOK		00:57:41	00:14:04	8.36	65
19	Capt Gary Harris-Deans	M55	103 Bn REME(V)		00:58:20	00:14:43	8.45	64
20	Roger Thetford	M60	TVOC		00:58:40	00:15:03	8.50	64
21	Mark Mccaughan	M55	SO		00:59:19	00:15:42	8.60	63
22	Lt Cdr(Retd) Ashley Tilling	M70	MV		00:59:52	00:16:15	8.68	62
23	Chris Evans	M55	SLOW		01:00:09	00:16:32	8.72	62
24	Maj Sally Calland	W50	London Central Garrison		01:00:24	00:16:47	8.75	62
25	Jonathan Magee	M60	SN		01:00:48	00:17:11	8.81	61
26	WO1 Jon Ferry	M40	77 Bde		01:01:35	00:17:58	8.93	61
27	Joe Barrett	M60	SO		01:02:41	00:19:04	9.08	60
28	Sgt(Retd) Gerry Allan	M55	BAOC		01:03:17	00:19:40	9.17	59
29	David Harrison	M60	SN		01:03:24	00:19:47	9.19	59
30	Lt Col(Retd) Bruce Snelling	M65	SN		01:03:37	00:20:00	9.22	59
31	Flt Lt(Retd) Rob Hick	M65	WSX		01:03:40	00:20:03	9.23	59
32	Ian Curtis	M55	SO		01:04:18	00:20:41	9.32	58
33	Vincent Joyce	M70	SO		01:04:22	00:20:45	9.33	58
34	Mike Bennett	M70	HH		01:04:24	00:20:47	9.33	58
35	WO2 Scott Craig	M45	ATC Pirbright		01:04:31	00:20:54	9.35	58
36	Gill Tindal	W60	BOK		01:04:33	00:20:56	9.36	58
37	Jessica Stanfield	W60	SOC		01:05:16	00:21:39	9.46	57
38	Lt Col(Retd) Axel Blomquist	M70	SN		01:05:19	00:21:42	9.47	57
39	Charles Daniel	M70	BOK		01:05:47	00:22:10	9.53	56
40	WO2 Dhan Magar	M55	HQ RC		01:06:19	00:22:42	9.61	56
41	Ian Johnson	M65	SO		01:06:23	00:22:46	9.62	56
42	Alice Bedwell	W65	BOK		01:08:30	00:24:53	9.93	54
43	WO(Retd) Chris Poole	M65	TVOC		01:08:33	00:24:56	9.93	54
44	Maj(Retd) Garry Patey	M60	SN		01:10:03	00:26:26	10.15	52
45	Janusz Holender	M65	TVOC		01:10:11	00:26:34	10.17	52
46	Jon Vaughan	M50	BKO		01:10:25	00:26:48	10.21	52



# MLS Rushmoor

Aldershot

11 March 2026



## Results by class with League Points

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

### Blue

Course: Blue, 6.9 km, 30 m

47	Lt Col(Retd) Rowena Naile	W60	BAOC		01:11:26	00:27:49	10.35	51
48	Cpl Nauraj Sunwar	M40	11 Inf Bde		01:11:38	00:28:01	10.38	51
=49	WO1(Retd) Stuart Greening	M60	BAOC		01:11:59	00:28:22	10.43	50
=49	John Dalton	M65	TVOC		01:11:59	00:28:22	10.43	50
51	Mark Richardson	M50	SN		01:12:26	00:28:49	10.50	50
52	Capt Attwood	W21	1 RSME Regt		01:13:47	00:30:10	10.69	48
53	Andy Parker	M65	BADO		01:14:40	00:31:03	10.82	48
54	Ronan Cleary	M65	LOK		01:16:58	00:33:21	11.15	45
55	Diane Leakey	W70	SLOW		01:18:43	00:35:06	11.41	44
56	Iurii Shepelev	M65	IND		01:21:20	00:37:43	11.79	41
57	Richard Bostock	M60	DFOK		01:21:44	00:38:07	11.85	40
58	Michael Merritt	M65	SO		01:22:08	00:38:31	11.90	40
59	Kevin Parkes	M65	HH		01:22:19	00:38:42	11.93	40
60	Cpl Sandesh Gurung	M40	RMAS		01:24:34	00:40:57	12.26	38
61	Cpl Yamkumar Gurung	M45	RMAS		01:24:48	00:41:11	12.29	37
62	Gwen Tanner	W65	BOK		01:25:00	00:41:23	12.32	37
63	Mikhail Gryaznevich	M70	TVOC		01:36:53	00:53:16	14.04	25

### Lt Green

Course: Lt Green, 5 km, 20 m

1	Mick Hunter	M70	NWO		00:43:53		8.78	60
2	Colin Blanchard	M45	SN		00:45:10	00:01:17	9.03	60
3	Major Jon Oxley	M55	London Central Garrison		00:48:40	00:04:47	9.73	57
4	Charlie Turner	M70	SLOW		00:50:19	00:06:26	10.06	56
5	Sue Bett	W55	SN		00:50:37	00:06:44	10.12	55
6	Capt(Retd) Andrew Parkinson	M70	SO		00:51:23	00:07:30	10.28	55
7	WO2 Jason Edwards	M55	HQ RC		00:51:27	00:07:34	10.29	54
8	Maj(Retd) Danny Skillman	M70	GO		00:56:35	00:12:42	11.32	49
9	Neil Mitchell	M65	SLOW		00:56:50	00:12:57	11.37	49
10	Jackie Hallett	W65	BOK		00:57:29	00:13:36	11.50	48
11	Richard Stanhope	M65	SLOW		00:58:37	00:14:44	11.72	47
12	Cpl Sudip Gurung	M21	RMAS		00:58:39	00:14:46	11.73	47
13	Peter Smith	M60	SN		00:58:44	00:14:51	11.75	47
14	Lt Col(Retd) Simon Worsley	M70	BAOC		00:59:43	00:15:50	11.94	46
15	Peter Dudman	M75	SO		01:00:22	00:16:29	12.07	46
16	Terry Smith	M75	SOC		01:01:29	00:17:36	12.30	44
17	Cpl(Retd) Chris Ballard	M60	SOC		01:01:36	00:17:43	12.32	44
18	Christine Jepson	W65	SO		01:01:47	00:17:54	12.36	44
19	Lt Col RM(Retd) Joe House	M70	SO		01:01:59	00:18:06	12.40	44
20	Cpl Tanchho Angdembe	M21	RMAS		01:04:37	00:20:44	12.92	41
21	Cpl(Retd) David Mullins	M75	SARUM		01:04:50	00:20:57	12.97	41



# MLS Rushmoor

Aldershot

11 March 2026



## Results by class with League Points

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

### Lt Green

Course: Lt Green, 5 km, 20 m

22	Philip Gristwood	M75	MV		01:05:52	00:21:59	13.17	40
23	Tim Keogh	M60	MV		01:05:56	00:22:03	13.19	40
24	Fit/Lt Ray Sullivan	M65	RAFO		01:07:19	00:23:26	13.46	39
25	Terry Hunt	M60	BKO		01:08:05	00:24:12	13.62	38
26	Kate Nevett	W60	GO		01:08:19	00:24:26	13.66	38
27	Nigel Clemens	M60	SLOW		01:08:57	00:25:04	13.79	37
28	Kevin Beale	M65	NWO		01:10:03	00:26:10	14.01	36
29	Gill Wilson	W60	SLOW		01:11:06	00:27:13	14.22	35
30	Laurence Gossage	M75	BOK		01:11:19	00:27:26	14.26	35
31	Richard Rae	M80	BKO		01:12:29	00:28:36	14.50	33
32	WO2(Retd) Chic Young	M65	SARUM		01:12:38	00:28:45	14.53	33
33	Christopher Moon	M75	BOK		01:17:52	00:33:59	15.57	28
34	Plt Off(Retd) Mike Elliot	M75	MV		01:21:30	00:37:37	16.30	24
35	Christopher Edge	M21	SN		01:22:43	00:38:50	16.54	23
36	Frank Edge	M65	SN		01:23:00	00:39:07	16.60	23
37	Michael Forrest	M70	BOK		01:23:39	00:39:46	16.73	22
38	Chris McDonald	M80	MV		01:23:52	00:39:59	16.77	22
39	Colin Merry	M70	DFOK		01:30:28	00:46:35	18.09	15
40	Ruth Rhodes	W80	SO		01:30:50	00:46:57	18.17	15

### Sh Green

Course: Sh Green, 3.1 km, 20 m

1	Aya Luu	W50	NOTEAM		00:28:34		9.22	50
2	Don McKerrow	M70	SLOW		00:31:15	00:02:41	10.08	49
3	David Palmer	M80	BOK		00:31:23	00:02:49	10.12	49
4	Linda Pakuls	W65	WIM		00:32:18	00:03:44	10.42	48
5	Col(Retd) Ian Prosser	M65	BAOC		00:33:24	00:04:50	10.77	47
6	Paul Nevett	M60	GO		00:33:27	00:04:53	10.79	47
7	Lisa Cooke	W45	SARUM		00:33:34	00:05:00	10.83	47
8	Lt Col(Retd) Carol Prosser	W65	BAOC		00:33:58	00:05:24	10.96	46
9	Maj(Retd) Gill Prowse	W65	SN		00:35:09	00:06:35	11.34	45
10	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		00:35:37	00:07:03	11.49	45
11	Graham Thomas	M60	SAX		00:35:40	00:07:06	11.51	45
12	Alan Rosen	M70	HH		00:36:31	00:07:57	11.78	44
13	Martin Lock	M75	GO		00:36:49	00:08:15	11.88	44
14	Keith Henderson	M80	WIM		00:37:41	00:09:07	12.16	43
15	WO2(Retd) Neil Gordon	M65	BAOC		00:38:06	00:09:32	12.29	42
16	Stephen Peacock	M75	SN		00:38:19	00:09:45	12.36	42
17	WO1 (ASM) (Retd) Peter Hull	M75	BAOC		00:38:27	00:09:53	12.40	42
18	Richard Beadle	M60	NOC		00:38:38	00:10:04	12.46	42
19	Mark Foxwell	M60	BKO		00:38:39	00:10:05	12.47	42



# MLS Rushmoor

Aldershot

11 March 2026



## Results by class with League Points

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

### Sh Green

Course: Sh Green, 3.1 km, 20 m

20	Keiko Conway	W60	GO		00:38:50	00:10:16	12.53	42
21	WO1(Retd) Alun Roberts	M70	BAOC		00:38:55	00:10:21	12.55	41
22	Edward Forman	M75	SO		00:38:56	00:10:22	12.56	41
23	Paul Kilpin	M75	TVOC		00:39:08	00:10:34	12.62	41
24	Roger Wilson	M65	SLOW		00:39:21	00:10:47	12.69	41
25	Trevor Griffiths	M75	BOK		00:40:12	00:11:38	12.97	40
26	Col(Retd) Nick Kearns	M75	BAOC		00:40:29	00:11:55	13.06	40
27	Nigel Jefferies	M60	BKO		00:40:48	00:12:14	13.16	40
28	John Liley	M65	GO		00:41:01	00:12:27	13.23	39
29	Lt Col Damien Pealin	M55	HQ RC		00:41:19	00:12:45	13.33	39
30	Tom Edelsten	M80	GO		00:42:02	00:13:28	13.56	38
31	Janet Rosen	W70	HH		00:42:11	00:13:37	13.61	38
32	Elisabeth Dickson	W65	BAOC		00:42:16	00:13:42	13.63	38
33	Barbara Lugton	W65	GO		00:42:42	00:14:08	13.77	38
34	John Turner	M70	TVOC		00:43:13	00:14:39	13.94	37
35	Dave Kingdon	M75	HH		00:43:55	00:15:21	14.17	36
36	Mr Tom Mills	M80	NGOC		00:43:59	00:15:25	14.19	36
37	Jim Prowting	M80	TVOC		00:44:07	00:15:33	14.23	36
38	George Engelhardt	M75	MV		00:44:34	00:16:00	14.38	36
39	Tim Hughes	M70	TVOC		00:44:40	00:16:06	14.41	36
40	Richard Steptoe	M75	TVOC		00:44:47	00:16:13	14.45	36
41	Rosie Merry	W60	DFOK		00:45:15	00:16:41	14.60	35
42	Marissa Hughes	W55	TVOC		00:45:37	00:17:03	14.72	35
43	Denise Mullins	W75	SARUM		00:46:01	00:17:27	14.84	34
44	Lt(Retd) George Elkin	M75	BAOC		00:46:13	00:17:39	14.91	34
45	Howard Thomas	M80	BOK		00:47:01	00:18:27	15.17	33
46	Teresa Turner	W75	SLOW		00:47:43	00:19:09	15.39	33
47	Barry Breed	M80	HH		00:48:49	00:20:15	15.75	32
48	Sgt Julian Fissasegola	M35	Armour Centre		00:49:24	00:20:50	15.94	31
49	Sue Gallagher	W70	SO		00:49:37	00:21:03	16.01	31
50	Michele Funnell	W70	SO		00:50:30	00:21:56	16.29	30
51	Ian Ditchfield	M65	MV		00:50:57	00:22:23	16.44	29
52	Antonia Holt	W65	NWO		00:51:24	00:22:50	16.58	29
53	Martin Wiles	M60	SN		00:51:34	00:23:00	16.63	29
54	Lucy Haley	W45	NOTEAM		00:51:49	00:23:15	16.72	29
55	Ldg Wren (Retd) Helen Wise	W70	SO		00:52:26	00:23:52	16.91	28
56	Jean Fitzgerald	W70	SAX		00:53:05	00:24:31	17.12	27
57	Kim Liggett	W60	NGOC		00:56:48	00:28:14	18.32	24
58	Peter Riches	M75	TVOC		00:57:02	00:28:28	18.40	23
=59	Mark Blackstone	M80	BOK		00:57:19	00:28:45	18.49	23
=59	Deborah Sullivan	W65	MV		00:57:19	00:28:45	18.49	23



# MLS Rushmoor

## Aldershot

11 March 2026



### Results by class with League Points

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

#### Sh Green

Course: Sh Green, 3.1 km, 20 m

61	Alsion Richardson	W50	SN		00:59:11	00:30:37	19.09	21
62	Brian Sewell	M65	BKO		01:01:44	00:33:10	19.91	19
63	Major Tom Martin	M50	Army HQ		01:04:37	00:36:03	20.84	16
64	Kathryn Turner	W70	TVOC		01:05:01	00:36:27	20.97	15
65	Chris Glew	W70	SLOW		01:08:46	00:40:12	22.18	12
66	WO2(SQMS)Rtd James (Jim) Munday	M80	BKO		01:23:22	00:54:48	26.89	0
67	Marion Spence	W60	LOK		01:31:09	01:02:35	29.40	0
68	Penny Parkes	W65	HH		01:36:41	01:08:07	31.19	0

#### Lg Orange

Course: Lg Orange, 4 km, 20 m

1	Sig Khadka	M21	30 Sig Regt		00:26:18		6.58	40
2	Sig Sherpa	M21	QG Sigs		00:28:39	00:02:21	7.16	40
3	Cpl Warters	M21	7 AAC		00:31:32	00:05:14	7.88	37
4	Carol Lovegrove	W50	SN		00:33:12	00:06:54	8.30	36
5	Sig Rai	M21	QG Sigs		00:35:06	00:08:48	8.78	34
6	Sgt Jordan	M35	10 Sig Regt		00:37:16	00:10:58	9.32	32
7	Cpl Forrester	M21	2 MI Bn		00:37:32	00:11:14	9.38	31
8	Capt Hannah Jones	W21	DPHC		00:37:54	00:11:36	9.48	31
9	SSgt Soremi	M35	RC Bulford	GBR	00:38:29	00:12:11	9.62	30
10	2Lt Matt Jarvis	M21	RMAS		00:38:55	00:12:37	9.73	30
11	Cpl Pobol	M21	2 MI Bn		00:39:49	00:13:31	9.95	29
12	Pte Shrestha	M21	JHG South East		00:39:51	00:13:33	9.96	29
13	Cpl Anita Gurung	W35	Spec Ops		00:40:29	00:14:11	10.12	28
14	LCpl Sunuwar	M21	JHG South East		00:43:31	00:17:13	10.88	25
15	Capt Cole	M35	38 Bde		00:45:07	00:18:49	11.28	24
16	Fiona Clough	W65	BKO		00:48:25	00:22:07	12.10	20
17	Mr Walter Sussex	M21	77 Bde		00:50:05	00:23:47	12.52	19
18	SSgt Kirsty Smith	W35	3 PARA		00:53:48	00:27:30	13.45	15
19	Cpl Candia	M21	Royal Signals		01:02:53	00:36:35	15.72	10
20	Liz Flavell	W65	NOTEAM		01:10:48	00:44:30	17.70	10
21	Simon Russell	M65	GO		01:24:17	00:57:59	21.07	10
22	Isabel Russell	W21	IND		01:24:29	00:58:11	21.12	10

#### V SH Green

Course: V SH Green, 2.1 km, 20 m

1	Maj(Retd) Devina Worsley	W70	BAOC		00:28:17		13.47	40
2	Chris Simpson	M80	SO		00:30:08	00:01:51	14.35	40
3	Maxine Dunn	W60	IND		00:30:47	00:02:30	14.66	39
4	Elaine Evans	W70	IND		00:31:14	00:02:57	14.87	38



# MLS Rushmoor

Aldershot

11 March 2026



## Results by class with League Points

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

### V SH Green

Course: V SH Green, 2.1 km, 20 m

5	Capt(Retd) Ken Williams	M85	BAOC		00:37:54	00:09:37	18.05	32
6	SSgt(Retd) John Thompson	M90	TVOC		00:39:10	00:10:53	18.65	31
7	JT(Retd) John Farren	M90	TVOC		00:40:21	00:12:04	19.21	29
8	Roger Baker	M90	TVOC		00:41:12	00:12:55	19.62	29
9	Yvonne Hodson	W75	TVOC		00:44:35	00:16:18	21.23	25
10	Flt Lt(Retd) Liz Yeadon	W80	SARUM		00:44:44	00:16:27	21.30	25
11	Spr(Retd) Patrick Maher	M90	SO		00:51:08	00:22:51	24.35	19