



MLS SS Perham Down



01 July 2026
Results by class

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

Blue

Course: Blue, 6 km, 155 m

1	Adam Conway	M21	SHUOC		37:14		6.21
2	Maj R Barrett	M55	HQ 101 OSB		45:32	8:18	7.59
3	Lt Col Rob Ashton	M40	6 Bn REME		45:48	8:34	7.63
4	WO1 Des Dickinson	M40	Artillery Centre		46:40	9:26	7.78
5	Lt Col Richard Mawer	M50	MoD Abbey Wood		46:57	9:43	7.83
6	Lt Col(Retd) Colin Metcalfe	M65	BAOC		47:56	10:42	7.99
7	Maj Andrew Snell	M50	Army HQ		48:47	11:33	8.13
8	Nick Nourse	M60	NWO		51:28	14:14	8.58
9	Maj Samuel Scott	M21	Army HQ		53:07	15:53	8.85
10	Simon Farrington	M40	BAOC		53:49	16:35	8.97
11	SSgt Prakash Limbu	M45	HQ RC		54:48	17:34	9.13
12	Maj (Retd) Colin Dickson	M70	BAOC		55:14	18:00	9.21
13	Marc Balston	M55	SARUM		56:26	19:12	9.41
14	Michael Dunbar	M60	SN		56:42	19:28	9.45
15	Capt Adrian Kerr	M40	DSCC		57:15	20:01	9.54
16	Col Edward Willcox	M45	Army HQ		58:10	20:56	9.69
17	Maj Jamie Dullaghan	M35	35 Engr Regt (EOD)		59:53	22:39	9.98
18	Amy Lee-Jones	W21	CUOC		1:00:26	23:12	10.07
19	David Harrison	M60	SN		1:01:30	24:16	10.25
20	Andrew Heaney	M60	SN		1:01:53	24:39	10.31
21	Col (Retd) Paul Lane	M65	SARUM		1:02:26	25:12	10.41
22	Capt Michelle Scott	W21	101 FS Bn REME		1:02:29	25:15	10.41
23	Lt Col Kerry Corkery	W45	Army HQ		1:04:19	27:05	10.72
24	WO2 Vicky McCreadie	W45	3 Sig Regt		1:04:26	27:12	10.74
25	Lt Col Greg Ehlen	M60	Army HQ		1:06:47	29:33	11.13
26	Polly Jacobs	W45	SARUM		1:12:12	34:58	12.03
27	Mark Richardson	M60	SN		1:13:17	36:03	12.21
28	Eamon Staunton	M70	WIM		1:14:09	36:55	12.36
29	WO1 Mark Robson	M40	Army HQ		1:16:58	39:44	12.83
30	Maj Peter Ward	M35	1 RRF		1:22:49	45:35	13.80
31	Jessica Stanfield	W60	SOC		1:23:25	46:11	13.90
32	Col (Retd) Paul Oldfield	M70	BAOC		1:24:00	46:46	14.00
33	Russell McCreadie	M18	WIM		1:27:33	50:19	14.59
34	WO2 D Magar	M55	HQ RC		1:28:15	51:01	14.71
35	WO2(Retd) Neil Gordon	M65	BAOC		1:31:27	54:13	15.24
36	Lt Col (Retd) Rowena Naile	W60	BAOC		1:39:03	1:01:49	16.51
37	Stephen Lee-Jones	M55	BOK		1:40:46	1:03:32	16.79
38	Charlie Beck	M65	SN		1:42:30	1:05:16	17.08
39	Maj James Tracey	M35	Army HQ		1:53:24	1:16:10	18.90



MLS SS Perham Down



01 July 2026
Results by class

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

Green

Course: Green, 4.7 km, 145 m

1	Lt Col (Retd) Woo Allen	W60	SN		53:07		11.30
2	Trish Monks	W50	BKO		1:01:04	7:57	12.99
3	Andrew Graham	M70	SARUM		1:03:48	10:41	13.57
4	Cpl Samuel Warters	M21	AACen		1:06:07	13:00	14.07
5	Cpl (Retd) Chris Ballard	M60	SOC		1:10:39	17:32	15.03
6	Sgt Ernast Kapusa	M45	1 AMR		1:13:19	20:12	15.60
7	Iurii Shepelev	M65	IND		1:17:55	24:48	16.58
8	Steve Beverley	M70	SARUM		1:18:33	25:26	16.71
9	Ted McDonald	M80	BOK		1:19:14	26:07	16.86
10	Peter Smith	M60	SN		1:20:43	27:36	17.17
11	Flt/Lt Ray Sullivan	M65	RAFO		1:21:33	28:26	17.35
12	Elisabeth Dickson	W65	BAOC		1:23:51	30:44	17.84
13	Terry Smith	M75	SOC		1:28:28	35:21	18.82
14	Calvin Stanfield	M65	IND		1:29:29	36:22	19.04
15	Kirsty Staunton	W70	WIM		1:31:20	38:13	19.43
16	Christopher Moon	M75	BOK		1:32:21	39:14	19.65
17	Cpl(Retd) David Mullins	M75	SARUM		1:32:26	39:19	19.67
18	Alison Richardson	W55	SN		1:35:26	42:19	20.30

Sh Green

Course: Sh Green, 3.2 km, 50 m

1	Col(Retd) Nick Kearns	M75	BAOC		38:44		12.10
2	Lt Col (Retd) Carol Prosser	W65	BAOC		38:56	0:12	12.17
3	Lcpl Jay Thoene	M21	KRH		39:06	0:22	12.22
4	Lt Col(Retd) Alex Thomson	M70	SARUM		39:34	0:50	12.36
5	Neil Mitchell	M65	SLOW		40:21	1:37	12.61
6	Lt Col (Retd) Chris Barrington Brown	M65	BAOC		40:54	2:10	12.78
7	Lt Col RM (Retd) Joe House	M70	SO		42:35	3:51	13.31
8	Col (Retd) Ian Prosser	M65	BAOC		43:39	4:55	13.64
9	Antonia Cox	W60	IND		47:28	8:44	14.83
10	Linda Pakuls	W65	WIM		47:50	9:06	14.95
11	REM (Retd) Tom Mills	M80	NGOC		48:07	9:23	15.04
12	Tom Edelsten	M80	GO		48:35	9:51	15.18
13	Lt Cdr (Retd) Stephen Jackson	M70	NWO		48:39	9:55	15.20
14	Keith Henderson	M80	WIM		49:32	10:48	15.48
15	Neil Underwood	M70	SARUM		50:25	11:41	15.76
16	WO1 (ASM) Retd Peter Hull	M75	BAOC		50:49	12:05	15.88
17	Kim Liggett	W60	NGOC		50:54	12:10	15.91
18	Jon Wheatcroft	M70	TVOC		52:17	13:33	16.34
19	Paul Blagbrough	M80	MV		54:17	15:33	16.96
20	Roy Heselden	M75	BADO		56:56	18:12	17.79



MLS SS Perham Down

01 July 2026
Results by class



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

Sh Green

Course: Sh Green, 3.2 km, 50 m

21	Christopher Branford	M80	WIM		57:07	18:23	17.85
22	Lt(Retd) George Elkin	M75	BAOC		59:08	20:24	18.48
23	Jerry Newcombe	M70	SARUM		1:00:19	21:35	18.85
24	Kate Shaw	W65	SOC		1:03:53	25:09	19.96
25	Tim Hughes	M70	TVOC		1:06:22	27:38	20.74
26	Antonia Holt	W65	NWO		1:06:43	27:59	20.85
27	Laura Barrett	W21	DEVON		1:09:23	30:39	21.68
28	Preston Shannon	M21	UPOC		1:09:27	30:43	21.70
29	Charlotte Thornton	W80	SARUM		1:10:26	31:42	22.01
30	Marissa Hughes	W55	TVOC		1:15:22	36:38	23.55
31	Plt Off(Retd) Mike Elliot	M75	MV		1:17:19	38:35	24.16

VS Green

Course: VS Green, 2.3 km, 45 m

1	WO1 Stuart Ferguson	M70	NOTEAM		25:56		11.28
2	Andy Macgregor	M85	BAOC		34:30	8:34	15.00
3	Chris Simpson	M80	SO		39:35	13:39	17.21
4	WO2(SQMS)Rtd James (Jim) Munday	M80	BKO		55:44	29:48	24.23
5	Yvonne Hodson	W75	TVOC		59:03	33:07	25.67
6	Flt Lt (Retd) Liz Yeadon	W80	SARUM		1:01:12	35:16	26.61
7	SSgt(Retd) John Thompson	M90	TVOC		1:03:10	37:14	27.46
8	Joan Hambleton	W80	SARUM		1:07:34	41:38	29.38