



MLS Ash South

28 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, 8.2 km, 210 m

1	William Gardner	M21	OD		00:55:54		6.82	104
2	Peter Daplyn	M45	SN		01:00:31	00:04:37	7.38	100
3	Alan Velecky	M60	SO		01:04:45	00:08:51	7.90	96
4	Maj Simon Phillips	M35	ATC Pirbright		01:05:45	00:09:51	8.02	95
5	Capt Gareth Mansfield	M40	1 RHA		01:07:18	00:11:24	8.21	93
6	Maj Richard Barrett	M55	HQ 101 OSB		01:08:27	00:12:33	8.35	92
7	Richard Lloyd	M55	LOK		01:08:44	00:12:50	8.38	92
8	Major Jon Oxley	M55	London Central Garrison		01:13:08	00:17:14	8.92	87
9	Tommi Grover	M50	BOK		01:14:55	00:19:01	9.14	85
10	Keith Belsey	M55	SN		01:15:12	00:19:18	9.17	85
11	Katherine Bett	W21	SN		01:16:00	00:20:06	9.27	84
12	SSgt B Rai	M40	RMAS		01:18:06	00:22:12	9.52	82
13	Col Michael Cooke	M50	RMAS		01:20:05	00:24:11	9.77	80
14	Maj Edmund Luke	M35	HQ RC		01:21:22	00:25:28	9.92	79
15	Maj(Retd) Jeremy Wormington	M65	NOTEAM		01:22:39	00:26:45	10.08	78
16	Euan Marsh	M21	SO		01:23:23	00:27:29	10.17	77
17	Capt Bertie Heath	M21	AACen		01:24:04	00:28:10	10.25	76
18	Andrew Tindal	M60	BOK		01:25:32	00:29:38	10.43	75
19	Robin Mills	M60	WIM		01:27:08	00:31:14	10.63	73
20	Sarah Scarbrough	W40	MV		01:27:31	00:31:37	10.67	73
21	SSgt Prakash Limbu	M45	HQ RC		01:29:47	00:33:53	10.95	71
22	Charlotte Lovegrove	W18	SN		01:30:06	00:34:12	10.99	70
23	Benjamin Mills	M21	WIM		01:47:12	00:51:18	13.07	53
24	Sgt(Retd) Alan Brown	M70	NGOC		02:02:27	01:06:33	14.93	38

Blue

Course: Blue, 6.9 km, 185 m

1	Neil Crickmore	M60	SO		00:54:16		7.86	75
2	Lt Col Jason Buchanan	M40	Minley Strn		01:00:07	00:05:51	8.71	74
3	Lt Jack Lord	M21	AACen		01:01:39	00:07:23	8.93	72
4	Paul Fox	M60	SN		01:02:27	00:08:11	9.05	71
5	Capt Dougie Mileham	M21	11 Inf Bde		01:03:02	00:08:46	9.14	71
6	Colonel Brian Johnston	M50	APC Glasgow		01:03:30	00:09:14	9.20	70
7	Peter Jones	M70	SN		01:04:37	00:10:21	9.36	69
8	Alice Bedwell	W65	BOK		01:05:39	00:11:23	9.51	68
9	Paul Todd	M50	LOK		01:05:41	00:11:25	9.52	68
10	Maj Melanie Slade	W55	11 Inf Bde		01:06:19	00:12:03	9.61	67
11	Carys Morgan	W50	SLOW		01:07:49	00:13:33	9.83	66
12	Lt Col Kerry Corkery	W45	Army HQ		01:08:06	00:13:50	9.87	66
13	Ian Ditchfield	M70	MV		01:08:40	00:14:24	9.95	65
14	Major Steven Burton	M35	2 Lancs/3 Ranger		01:08:54	00:14:38	9.99	65



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Blue

Course: Blue, 6.9 km, 185 m

15	Mark Feltham	M60	MV		01:09:15	00:14:59	10.04	64
16	Lt Col(Retd) Woo Allen	W60	SN		01:09:42	00:15:26	10.10	64
17	Carol Lovegrove	W50	SN		01:10:07	00:15:51	10.16	64
18	Lt Col(Retd) Alan Honey	M65	BOK		01:10:18	00:16:02	10.19	63
19	Christopher Ashenden	M60	SN		01:10:24	00:16:08	10.20	63
20	Col(Retd) Paul Lane	M65	SARUM		01:10:27	00:16:11	10.21	63
21	Iain Bell	M60	SN		01:11:22	00:17:06	10.34	62
22	Chris Evans	M55	SLOW		01:11:38	00:17:22	10.38	62
=23	WO1(Retd) Les Hunt	M70	SN		01:11:44	00:17:28	10.40	62
=23	Alison Simmons	W70	BOK		01:11:44	00:17:28	10.40	62
25	Colonel (Retd) Ed Heal	M55	BAOC		01:12:03	00:17:47	10.44	62
26	Simon Moore	M65	BKO		01:13:08	00:18:52	10.60	61
27	John Simmons	M75	BOK		01:13:27	00:19:11	10.64	60
28	Mark Saunders	M65	BOK		01:14:06	00:19:50	10.74	60
29	WO2 Scott Craig	M45	ATC Pirbright		01:15:35	00:21:19	10.95	58
30	David Harrison	M60	SN		01:15:41	00:21:25	10.97	58
31	Dave Kingham	M70	TVOC		01:16:07	00:21:51	11.03	58
32	Christopher Pritchett	M65	WIGHTO		01:16:26	00:22:10	11.08	57
33	Ian Moran	M65	SOC		01:16:40	00:22:24	11.11	57
34	Col (Retd) Paul Oldfield	M70	BAOC		01:16:49	00:22:33	11.13	57
35	Marc Roberts	M60	MV		01:17:11	00:22:55	11.19	56
36	Neil Studd	M40	SLOW		01:17:18	00:23:02	11.20	56
37	Joe Barrett	M60	SO		01:17:28	00:23:12	11.23	56
38	Chris Harrison	M65	NGOC		01:18:12	00:23:56	11.33	55
39	Vincent Joyce	M70	SO		01:19:47	00:25:31	11.56	54
=40	Sgt(Retd) Gerry Allan	M55	BAOC		01:20:36	00:26:20	11.68	53
=40	Maj(Retd) Jon Steed	M60	BADO		01:20:36	00:26:20	11.68	53
42	Gordon Parker	M60	SLOW		01:20:48	00:26:32	11.71	53
43	Lt Col Greg Ehlen	M60	Army HQ		01:21:11	00:26:55	11.77	52
44	Eamon Staunton	M70	WIM		01:21:27	00:27:11	11.80	52
45	2Lt Niall Mcmanus	M21	AACen		01:22:03	00:27:47	11.89	52
46	Gill Tindal	W60	BOK		01:22:23	00:28:07	11.94	51
47	Charles Daniel	M70	BOK		01:22:58	00:28:42	12.02	51
48	Lt Col Mark Nash	M60	War Gar		01:23:07	00:28:51	12.05	51
=49	Capt(Retd) Paul Byers	M65	MV		01:23:30	00:29:14	12.10	50
=49	WO2 Dhan Magar	M55	HQ RC		01:23:30	00:29:14	12.10	50
51	Robin Bishop	M55	TVOC		01:24:40	00:30:24	12.27	49
52	Andrew Hannaford	M70	SO		01:26:30	00:32:14	12.54	47
53	Andy Parker	M65	BADO		01:26:35	00:32:19	12.55	47
54	Trevor Ould	M60	WIGHTO		01:26:47	00:32:31	12.58	47
55	Nigel Slack	M60	SN		01:27:48	00:33:32	12.72	46



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Blue

Course: Blue, 6.9 km, 185 m

56	Serena Ludford	W60	BADO		01:29:44	00:35:28	13.00	44
57	Sandy Burgon	M70	BOK		01:31:27	00:37:11	13.25	42
58	Jane Lambert	W65	SO		01:32:31	00:38:15	13.41	41
59	Sig(Retd) Graham Denney	M55	SAX		01:32:34	00:38:18	13.42	41
60	Kirsty Staunton	W70	WIM		01:32:37	00:38:21	13.42	41
61	Trish Monks	W50	BKO		01:32:56	00:38:40	13.47	41
62	WO1(Retd) Alun Roberts	M70	BAOC		01:34:26	00:40:10	13.69	39
63	Neil Mitchell	M65	SLOW		01:35:18	00:41:02	13.81	38
64	Maj(Retd) Danny Skillman	M70	GO		01:36:12	00:41:56	13.94	37
65	Roger Wilson	M65	SLOW		01:36:32	00:42:16	13.99	37
66	Tim Keogh	M60	MV		01:40:04	00:45:48	14.50	34
67	Richard Bostock	M60	DFOK		01:40:53	00:46:37	14.62	33
68	Gwen Tanner	W65	BOK		01:48:22	00:54:06	15.71	25
69	Charlie Beck	M65	SN		01:48:37	00:54:21	15.74	25
70	Maj (Retd) Garry Patey	M60	SN		01:48:42	00:54:26	15.75	25
71	Colin Swallow	M65	SN		01:51:24	00:57:08	16.14	22
72	Ian Curtis	M55	SO		01:57:57	01:03:41	17.09	16
73	Rob Mullens	M45	BKO		01:57:58	01:03:42	17.10	16
74	Michael Merritt	M65	SO		02:05:39	01:11:23	18.21	8

Light Green

Course: Light Green, 4.6 km, 115 m

1	Maj(Retd) Colin Dickson	M70	BAOC		00:42:36		9.26	60
2	Col Edward Willcox	M45	Army HQ		00:45:50	00:03:14	9.96	59
3	Jon Paton	M65	SN		00:46:31	00:03:55	10.11	58
4	Alan Rosen	M70	HH		00:51:50	00:09:14	11.27	53
5	2Lt Harrison Doodes	M21	AACen		00:54:27	00:11:51	11.84	51
6	Capt (Retd) Andrew Parkinson	M70	SO		00:56:13	00:13:37	12.22	49
7	Neil Fraser	M65	NWO		00:59:55	00:17:19	13.03	45
8	WO1(Retd) Stuart Greening	M60	BAOC		01:00:02	00:17:26	13.05	45
9	Kevin Beale	M65	NWO		01:02:13	00:19:37	13.53	43
10	Ronan Cleary	M65	LOK		01:02:58	00:20:22	13.69	42
11	Lt Col RM(Retd) Joe House	M70	SO		01:03:22	00:20:46	13.78	42
12	Mikhail Gryaznevich	M70	TVOC		01:05:46	00:23:10	14.30	39
13	Laurence Gossage	M75	BOK		01:06:17	00:23:41	14.41	39
14	Marion Payne-Bird	W65	GO		01:06:28	00:23:52	14.45	39
15	Christine Jepson	W65	SO		01:06:45	00:24:09	14.51	38
16	Flt/Lt Ray Sullivan	M65	RAFO		01:07:12	00:24:36	14.61	38
17	Sally Place	W65	GO		01:08:01	00:25:25	14.79	37
18	Peter Dudman	M75	SO		01:08:54	00:26:18	14.98	36
19	Leianne Upton	W65	MV		01:09:39	00:27:03	15.14	35



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Light Green

Course: Light Green, 4.6 km, 115 m

20	Mark Thompson	M70	TVOC		01:10:09	00:27:33	15.25	35
21	WO2 Darren Thompson	M40	1 RHA		01:13:17	00:30:41	15.93	32
22	Sue Hands	W75	WIM		01:13:23	00:30:47	15.95	32
23	Cpl(Retd) Chris Ballard	M60	SOC		01:13:28	00:30:52	15.97	32
24	Kevin Parkes	M65	HH		01:17:36	00:35:00	16.87	27
25	Fiona Clough	W60	BKO		01:18:04	00:35:28	16.97	27
26	Trevor Griffiths	M75	BOK		01:19:36	00:37:00	17.30	25
27	Capt Jim Wright	M21	HQ 29 EOD&S Gp		01:19:54	00:37:18	17.37	25
28	Joanna Belsey	W60	SN		01:25:40	00:43:04	18.62	19
29	Kate Nevett	W60	GO		01:27:01	00:44:25	18.92	18
30	Plt Off(Retd) Mike Elliot	M75	MV		01:28:41	00:46:05	19.28	16
31	WO2(Retd) Chic Young	M65	SARUM		01:29:58	00:47:22	19.56	15
32	Lt Col(Retd) Simon Worsley	M70	BAOC		01:30:04	00:47:28	19.58	15
33	Jillian Ullersperger	W60	BKO		01:32:27	00:49:51	20.10	13
34	Penny Parker	W60	SO		01:32:36	00:50:00	20.13	12
35	Richard Fowler	M55	IND		01:32:45	00:50:09	20.16	12
36	Richard Rae	M80	BKO		01:37:16	00:54:40	21.14	8
37	Chris Gill	M55	SN		01:38:43	00:56:07	21.46	6
38	Ruth Rhodes	W80	SO		01:40:54	00:58:18	21.93	4
39	Carol Taverner	W65	WIGHTO		01:46:25	01:03:49	23.13	0
40	Gill Wilson	W60	SLOW		02:04:50	01:22:14	27.14	0

Sh Green

Course: Sh Green, 3.3 km, 110 m

1	David Saunders	M65	HH		00:38:58		11.81	50
2	Frank Edge	M65	SN		00:39:40	00:00:42	12.02	50
3	Phil Conway	M60	GO		00:40:23	00:01:25	12.24	49
4	Mick Hunter	M70	NWO		00:41:53	00:02:55	12.69	48
5	Sarah Howes	W65	SAX		00:43:27	00:04:29	13.17	46
6	Don McKerrow	M70	SLOW		00:44:02	00:05:04	13.34	46
7	Lt Cdr(Retd) Ashley Tilling	M70	MV		00:44:57	00:05:59	13.62	45
8	David Palmer	M80	BOK		00:46:57	00:07:59	14.23	43
9	Col(Retd) Ian Prosser	M65	BAOC		00:47:35	00:08:37	14.42	42
10	Sarah Francis	W55	SN		00:47:43	00:08:45	14.46	42
11	Lt Col(Retd) Carol Prosser	W65	BAOC		00:48:56	00:09:58	14.83	41
12	John Orton	M70	NWO		00:49:10	00:10:12	14.90	41
13	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		00:49:17	00:10:19	14.93	40
14	Paul Nevett	M60	GO		00:49:56	00:10:58	15.13	40
15	Dvr(Retd) Roger Maher	M85	SO		00:50:11	00:11:13	15.21	39
16	Mark Foxwell	M60	BKO		00:50:19	00:11:21	15.25	39
17	Lt Col Sarah Streete	W60	London Central Garrison		00:50:30	00:11:32	15.30	39



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Sh Green

Course: Sh Green, 3.3 km, 110 m

18	Martin Lock	M75	GO		00:51:27	00:12:29	15.59	38
19	Stephen Peacock	M75	SN		00:51:50	00:12:52	15.71	38
20	Gill Sharp	W65	SN		00:52:25	00:13:27	15.88	37
21	Paul Kilpin	M75	TVOC		00:53:13	00:14:15	16.13	36
22	Alison Saunders	W65	HH		00:53:55	00:14:57	16.34	36
23	Tom Edelsten	M80	GO		00:54:41	00:15:43	16.57	35
24	Dawn Clifford	W55	MV		00:57:09	00:18:11	17.32	33
=25	Elisabeth Dickson	W65	BAOC		00:57:13	00:18:15	17.34	32
=25	Richard Steptoe	M75	TVOC		00:57:13	00:18:15	17.34	32
27	Stefan Stasiuk	M75	BKO		00:57:20	00:18:22	17.37	32
28	Susan Crickmore	W60	SO		00:57:25	00:18:27	17.40	32
29	Graham Thomas	M60	SAX		00:57:41	00:18:43	17.48	32
30	Aya Luu	W50	NOTEAM		01:00:13	00:21:15	18.25	29
31	Lisa Cooke	W50	SARUM		01:00:14	00:21:16	18.25	29
32	Sarah Blundell	W60	DFOK		01:00:18	00:21:20	18.27	29
33	Paul Wallace-Stock	M80	SN		01:00:33	00:21:35	18.35	29
34	Iurii Shepelev	M65	IND		01:00:39	00:21:41	18.38	29
35	Keiko Conway	W60	GO		01:01:59	00:23:01	18.78	28
36	Gen Mullens	W18	BKO		01:03:40	00:24:42	19.29	26
37	Michele Funnell	W70	SO		01:03:47	00:24:49	19.33	26
38	Brian Sewell	M65	BKO		01:04:53	00:25:55	19.66	25
39	Steve Taverner	M70	WIGHTO		01:06:21	00:27:23	20.11	23
40	Malcolm Scott	M70	SN		01:06:44	00:27:46	20.22	23
41	Christopher Moon	M75	BOK		01:06:52	00:27:54	20.26	23
42	Helen Rivers	W70	GO		01:08:33	00:29:35	20.77	21
43	Edward Forman	M75	SO		01:10:02	00:31:04	21.22	20
44	Chris Glew	W70	SLOW		01:10:58	00:32:00	21.51	19
45	Paul Blagbrough	M80	MV		01:13:32	00:34:34	22.28	16
46	Deborah Sullivan	W65	MV		01:15:53	00:36:55	22.99	14
47	Tony Ludford	M80	BADO		01:16:13	00:37:15	23.10	13
48	Nigel Saker	M75	SLOW		01:20:04	00:41:06	24.26	10
49	Mark Blackstone	M80	BOK		01:24:02	00:45:04	25.46	6
50	Jean Fitzgerald	W70	SAX		01:25:23	00:46:25	25.87	4
51	Lt(Retd) George Elkin	M75	BAOC		01:25:25	00:46:27	25.88	4
52	Jerry Newcombe	M70	SARUM		01:26:17	00:47:19	26.15	3
53	Maj(Retd) Devina Worsley	W70	BAOC		01:26:53	00:47:55	26.33	3
54	Marion Spence	W65	LOK		01:27:15	00:48:17	26.44	2
55	Ldg Wren(Retd) Helen Wise	W70	SO		01:27:58	00:49:00	26.66	2
56	Sue Gallagher	W70	SO		01:32:33	00:53:35	28.05	0
57	Martin Wiles	M60	SN		01:32:53	00:53:55	28.15	0
58	George Engelhardt	M70	MV		01:38:03	00:59:05	29.71	0



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Sh Green

Course: Sh Green, 3.3 km, 110 m

59	Penny Parkes	W65	HH		02:28:37	01:49:39	45.04	0
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Long Orange

Course: Long Orange, 4.5 km, 120 m

1	LCPL Megan Griffiths	W21	HQ 101 OSB		01:07:26		14.99	40
2	LCpl Donal Ellison	M21	HQ 101 OSB		01:07:32	00:00:06	15.01	40
3	Sgt Julian Fissasegola	M35	AVSR CW		01:12:07	00:04:41	16.03	37
4	Heidi Dunster	W50	103 Bn REME(V)		01:14:05	00:06:39	16.46	35
5	Gnr Lucas Bratt	M20	1 RHA		01:15:44	00:08:18	16.83	33
6	Gnr Louise Patten	W21	1 RHA		01:17:40	00:10:14	17.26	31
7	Liz Flavell	W65	IND		01:36:39	00:29:13	21.48	12

V ShGreen

Course: V ShGreen, 2.4 km, 80 m

1	Janet Rosen	W70	HH		00:42:03		17.52	40
2	Elaine Evans	W70	IND		01:00:19	00:18:16	25.13	36
3	Major Tom Martin	M50	Army HQ		01:06:16	00:24:13	27.61	30
4	SSgt(Retd) John Thompson	M90	TVOC		01:06:23	00:24:20	27.66	30
5	Roger Baker	M90	TVOC		01:09:47	00:27:44	29.08	26
6	Yvonne Hodson	W75	TVOC		01:33:59	00:51:56	39.16	2