



MLS Frith  
Frith Hill  
27 May 2026  
Results by Class



Posn	Name	Age Group	Club	Time	Behind	Pace min/km
<b>Blue</b>						
<b>Course: Blue, 6.8 km, 145 m</b>						
1	Frank Townley	M21	EUOC	42:16		6.22
2	Richard Lloyd	M55	LOK	52:47	10:31	7.76
3	Maj Richard Barrett	M55	HQ 101 OSB	56:15	13:59	8.27
4	Lyra Medlock	W20	WSX	58:54	16:38	8.66
5	Capt Tamsin Moran	W21	ETS (South)	62:30	20:14	9.19
6	Simon Farrington	M40	BAOC	62:40	20:24	9.22
7	Neil Crickmore	M60	SO	65:07	22:51	9.58
8	Keith Belsey	M55	SN	67:02	24:46	9.86
9	Barry Jones	M55	SO	67:56	25:40	9.99
10	Paul Fox	M60	SN	68:46	26:30	10.11
11	Laurence Townley	M55	SN	69:33	27:17	10.23
12	SSgt B Rai	M40	RMAS	69:36	27:20	10.24
13	Mike Frizzell	M65	BADO	71:00	28:44	10.44
14	Steven Smithard	M45	SO	71:16	29:00	10.48
15	Col (Retd) Paul Lane	M65	SARUM	72:55	30:39	10.72
16	Lt Col(Retd) Colin Metcalfe	M65	BAOC	73:58	31:42	10.88
17	Col Edward Willcox	M45	Army HQ	74:38	32:22	10.98
18	Lt Col (Retd) Woo Allen	W60	SN	74:39	32:23	10.98
19	Nick Nourse	M60	NWO	75:54	33:38	11.16
20	Jonathan Magee	M60	SN	76:33	34:17	11.26
21	Joe Barrett	M60	SO	77:05	34:49	11.34
22	WO2 David Brown	M45	RMAS	77:25	35:09	11.38
23	Mike Bennett	M70	HH	79:03	36:47	11.63
24	Vincent Joyce	M70	SO	79:45	37:29	11.73
25	Captain Gary Harris-Deans	M55	103 Bn REME(V)	80:33	38:17	11.85
26	John Kelly	M40	SN	81:06	38:50	11.93
27	Nick Care	M65	SO	81:49	39:33	12.03
28	Martin Kensett	M60	SN	83:23	41:07	12.26
29	WO2 Vicky McCreddie	W45	3 Sig Regt	83:55	41:39	12.34
30	Robin Bishop	M55	TVOC	84:13	41:57	12.38
31	Lt Col (Retd) Axel Blomquist	M70	SN	86:13	43:57	12.68
32	Nigel Slack	M60	SN	88:14	45:58	12.98
33	Mark Richardson	M60	SN	89:15	46:59	13.13
34	David Palmer	M55	BKO	89:23	47:07	13.14
35	Andrew Hannaford	M70	SO	90:25	48:09	13.30
36	Neil Speers	M60	DFOK	90:52	48:36	13.36
37	Flt Lt (Retd) Mike Carter	M65	IND	92:44	50:28	13.64
38	Emma Jarrett	W50	WAOC	95:29	53:13	14.04
39	Colin Blanchard	M45	SN	96:44	54:28	14.23



MLS Frith  
Frith Hill  
27 May 2026  
Results by Class



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

## Blue

### Course: Blue, 6.8 km, 145 m

40	Col(Retd) Steve James	M65	BAOC	97:22	55:06	14.32
41	Maj Suzanne Talbot	W40	BAOC	99:20	57:04	14.61
42	Serena Ludford	W60	BADO	100:19	58:03	14.75
43	Jon Vaughan	M50	BKO	105:08	62:52	15.46
44	Janusz Holender	M65	TVOC	105:36	63:20	15.53
45	Lt Col (Retd) Rowena Naile	W60	BAOC	108:53	66:37	16.01
46	Charlie Beck	M65	SN	113:39	71:23	16.71
47	Maj (Retd) Garry Patey	M60	SN	120:38	78:22	17.74
48	WO1 (Retd) David Bell	M55	BAOC	121:29	79:13	17.87
49	Kevin Parkes	M65	HH	123:08	80:52	18.11
50	Stephen Lee-Jones	M55	BOK	131:13	88:57	19.30
	Col Michael Cooke	M50	RMAS	19:35	Retd	
	Dil Wetherill	M60	WAOC	95:27	Missed 4 controls	
	Tim Hulley	M65	SO	130:54	Missed No 10 (121)	

## Green

### Course: Green, 4.8 km, 105 m

1	Lt Col Richard Mawer	M50	MoD Abbey Wood	34:47		7.25
2	Maj(Retd) Colin Dickson	M70	BAOC	42:04	7:17	8.76
3	Elliot Vaughan	M16	BKO	50:09	15:22	10.45
4	Richard Bostock	M60	DFOK	50:20	15:33	10.49
5	David Harrison	M60	SN	52:26	17:39	10.92
6	Charlie Turner	M70	SLOW	52:33	17:46	10.95
7	Trish Monks	W50	BKO	53:36	18:49	11.17
8	FS Andy Barker-Pilsworth	M55	RAFO	54:39	19:52	11.39
9	Lucy Paton	W65	SN	55:16	20:29	11.51
10	Lt Col RM (retd) Joe House	M70	SO	56:05	21:18	11.68
11	David Saunders	M65	HH	56:06	21:19	11.69
12	Ronan Cleary	M65	LOK	56:19	21:32	11.73
13	Maj(Retd) Jon Steed	M60	BADO	56:44	21:57	11.82
14	Lt Col (Retd) Carol Prosser	W65	BAOC	57:02	22:15	11.88
15	Linda Pakuls	W65	WIM	58:24	23:37	12.17
16	Aya Luu	W50	GO	59:06	24:19	12.31
17	Mikhail Gryaznevich	M70	TVOC	60:00	25:13	12.50
18	Cpl (Retd) Chris Ballard	M60	SOC	61:08	26:21	12.74
19	Sgt(Retd) Gerry Allan	M55	BAOC	62:04	27:17	12.93
20	Stefan Stasiuk	M75	BKO	63:33	28:46	13.24
21	Kate Breed	W40	IND	64:10	29:23	13.37



MLS Frith  
Frith Hill  
27 May 2026  
Results by Class



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

## Green

Course: Green, 4.8 km, 105 m

22	John Harrison	M75	BADO	66:25	31:38	13.84
23	Diane Leahey	W70	SLOW	67:02	32:15	13.97
24	Sarah Francis	W55	SN	67:45	32:58	14.11
25	Roger Wilson	M65	SLOW	68:23	33:36	14.25
26	WO1(Retd) Stuart Greening	M60	BAOC	70:08	35:21	14.61
27	Richard Stanhope	M65	SLOW	72:29	37:42	15.10
28	Alan Jones	M55	BKO	73:29	38:42	15.31
29	Rob Mullens	M45	BKO	73:33	38:46	15.32
30	Russell McCreadie	M18	WIM	77:20	42:33	16.11
31	Fiona Clough	W60	BKO	77:35	42:48	16.16
32	Peter Smith	M60	SN	78:59	44:12	16.45
33	Andy Parker	M65	BADO	81:22	46:35	16.95
34	Lt Col (Retd) Chris Barrington Brown	M65	BAOC	81:47	47:00	17.04
35	Kate Nevett	W60	GO	82:10	47:23	17.12
36	Maj (Retd) Danny Skillman	M70	GO	82:48	48:01	17.25
37	Delia Peppercorn	W60	BADO	83:32	48:45	17.40
38	Mark Thompson	M70	TVOC	85:19	50:32	17.77
39	Anne Tynegate	W65	BADO	91:37	56:50	19.09
40	Alison Richardson	W55	SN	98:00	63:13	20.42
41	Col(Retd) Ian Tait	M75	SARUM	106:19	71:32	22.15
42	Jillian Ullersperger	W60	BKO	116:20	81:33	24.24
	Chris Mcdonald	M80	MV	17:39	Retd	
	Amanda Bailey	W60	SN	23:21	Retd	
	Peter Dudman	M75	SO	24:00	Retd	
	Mick Hunter	M70	NWO	56:29	Retd	
	Jillian Devine	W60	SO	61:53	Retd	
	Plt Off(Retd) Mike Elliot	M75	MV	63:19	Retd	
	Linda Hulley	W70	SO	66:24	Retd	
	Nigel Clemens	M60	SLOW	66:45	Retd	
	Steve Goodrum	M60	SN	116:24	Retd	
	Katie Clarke	W55	SN	61:25	DSQ Missed 121	
	Neil Mitchell	M65	SLOW	76:30	DSQ Missed 102	

## Sh Green

Course: Sh Green, 3.3 km, 60 m

1	Phil Conway	M60	GO	34:53		10.57
2	Alan Rosen	M70	HH	36:48	1:55	11.15
3	Dvr(Retd) Roger Maher	M85	SO	45:42	10:49	13.85
4	Terry Smith	M75	SOC	46:48	11:55	14.18



MLS Frith  
Frith Hill  
27 May 2026  
Results by Class



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

## Sh Green

Course: Sh Green, 3.3 km, 60 m

5	Keith Henderson	M80	WIM	47:02	12:09	14.25
6	David Watkins	M65	BADO	48:06	13:13	14.58
7	REM (Retd) Tom Mills	M80	NGOC	50:03	15:10	15.17
8	Iurii Shepelev	M65	IND	50:45	15:52	15.38
9	Julie Cleary	W60	LOK	51:32	16:39	15.62
10	Rosie Merry	W60	DFOK	52:59	18:06	16.06
11	Paul Kilpin	M75	TVOC	53:16	18:23	16.14
12	Keiko Conway	W60	GO	54:24	19:31	16.48
13	Janet Rosen	W70	HH	54:52	19:59	16.63
14	WO1 (Retd) Alun Roberts	M70	BAOC	55:01	20:08	16.67
15	Col(Retd) Nick Kearns	M75	BAOC	55:56	21:03	16.95
16	Richard Steptoe	M75	TVOC	55:57	21:04	16.95
17	Peter Martin	M65	MV	56:10	21:17	17.02
18	Tom Edelsten	M80	GO	57:50	22:57	17.53
19	Elisabeth Dickson	W65	BAOC	58:08	23:15	17.62
20	Neil Fraser	M65	NWO	58:12	23:19	17.64
21	Maxine Dunn	W60	IND	59:44	24:51	18.10
22	Sue Gallagher	W70	SO	59:49	24:56	18.13
23	Maj (Retd) Gill Prowse	W65	SN	60:10	25:17	18.23
24	Col (Retd) Ian Prosser	M65	BAOC	60:25	25:32	18.31
25	Alan Leakey	M70	SLOW	61:26	26:33	18.62
26	Paul Nevett	M60	GO	64:06	29:13	19.42
27	Michele Funnell	W70	SO	64:40	29:47	19.60
28	Alison Saunders	W65	HH	64:44	29:51	19.62
29	Liz Flavell	W65	NOTEAM	64:46	29:53	19.63
30	Gen Mullens	W18	BKO	65:25	30:32	19.82
31	Susan Crickmore	W60	SO	66:46	31:53	20.23
32	Lt(Retd) George Elkin	M75	BAOC	66:58	32:05	20.29
33	Nigel Saker	M75	SLOW	67:45	32:52	20.53
34	Norman Wilson	M75	SOC	68:00	33:07	20.61
35	Peter Entwistle	M75	BKO	68:14	33:21	20.68
36	Tony Ludford	M80	BADO	68:51	33:58	20.86
37	Chris Glew	W70	SLOW	69:25	34:32	21.04
38	Malcolm Scott	M70	SN	70:29	35:36	21.36
39	Kim Liggett	W60	NGOC	71:22	36:29	21.63
40	Gill Wilson	W60	SLOW	72:34	37:41	21.99
41	Susan Sewell	W65	BKO	72:53	38:00	22.09
42	Howard Thomas	M80	BOK	73:03	38:10	22.14
43	WO Adrian Moseley	M55	RAFO	73:26	38:33	22.25
44	Chf Tech (Retd) Ian Hudson	M75	BKO	74:47	39:54	22.66



MLS Frith  
Frith Hill  
27 May 2026  
Results by Class



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

## Sh Green

Course: Sh Green, 3.3 km, 60 m

45	Teresa Turner	W75	SLOW	77:02	42:09	23.34
46	Jane Breed	W70	HH	79:19	44:26	24.04
47	Paul Blagbrough	M80	MV	80:06	45:13	24.27
48	Brian Sewell	M65	BKO	82:00	47:07	24.85
49	Gill Sharp	W65	SN	83:31	48:38	25.31
50	Nick Grant	M50	IND	85:09	50:16	25.80
51	Maj (Retd) Devina Worsley	W70	BAOC	87:15	52:22	26.44
52	Colin Merry	M70	DFOK	103:59	69:06	31.51
53	Maj(Retd) Andrew Macfarlane	M70	SN	132:52	97:59	40.26
54	Anita Macfarlane	W65	IND	133:08	98:15	40.34
	Penny Parkes	W65	HH	95:39	Retd	
	Barry Breed	M80	HH	71:28	Wrong No 8 (128 for 103)	

## V Sh Green

Course: V Sh Green, 2.1 km, 45 m

1	Chris Simpson	M80	SO	46:36		22.19
2	Dillon Hull-Wallis	M12	IND	47:42	1:06	22.71
3	WO1 (ASM) Retd Peter Hull	M75	BAOC	47:51	1:15	22.79
4	WO2(SQMS)Rtd James (Jim) Munday	M80	BKO	66:06	19:30	31.48
5	Flt Lt (Retd) Liz Yeadon	W80	SARUM	73:17	26:41	34.90
6	Elaine Evans	W70	IND	79:31	32:55	37.87
	Capt(Retd) Ken Williams	M85	BAOC	49:53	Retd	
	Spr(Retd) Patrick Maher	M90	SO	73:37	Retd	
	WO1 Stuart Ferguson	M70	NOTEAM	29:52	Missed No 7 (112)	
	Denise Harper	W75	BKO	45:01	Missed No 2 (104)	