



MLS SS RMAS
Sandhurst
02 September 2026
Results by Course



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

Course: Brown, 9.3 km, 20 m

1	Adam Conway	M21	GO	62:50		6.76
2	Lt Col Richard Mawer	M50	MoD Abbey Wood	66:30	3:40	7.15
3	Peter Daplyn	M45	SN	66:54	4:04	7.19
4	Capt Gareth Mansfield	M40	1 RHA	70:42	7:52	7.60
5	Nicholas Jarvis	M21	SO	71:00	8:10	7.63
6	Alan Velecky	M60	SO	74:39	11:49	8.03
7	Capt Dougie Mileham		11 Inf Bde	75:26	12:36	8.11
8	Sgt (Retd) Paul Thwaites	M60	SOC	77:35	14:45	8.34
9	Simon Farrington	M40	BAOC	78:22	15:32	8.43
10	Keith Belsey	M55	SN	81:12	18:22	8.73
11	Lt Col(Retd) Colin Metcalfe	M65	BAOC	81:45	18:55	8.79
12	Nick Nourse	M60	NWO	81:46	18:56	8.79
13	Maj (Retd) Jeremy Wormington	M65	NOTEAM	85:40	22:50	9.21
14	Chris Harrison	M65	NGOC	89:13	26:23	9.59
15	SSgt Prakash Limbu	M45	HQ RC	89:29	26:39	9.62
16	Barry Jones	M55	SO	89:58	27:08	9.67
17	Oscar Sly	M45	TVOC	90:36	27:46	9.74
18	Steve Jarvis	M60	SO	91:12	28:22	9.81
19	Lt Col Mark Nash	M60	War Gar	92:00	29:10	9.89
20	SSgt Dhan Magar	M55	11 Inf Bde	94:41	31:51	10.18
21	Nick Care	M65	SO	102:48	39:58	11.05
22	WO(Retd) Chris Poole	M65	TVOC	106:17	43:27	11.43
23	Amy Lee-Jones	W21	BOK	110:32	47:42	11.89
24	Stephen Lee-Jones	M55	BOK	139:53	77:03	15.04
DNF	WO1 Des Dickinson	M40	Artillery Centre	:	Course closed	
DNF	Col Michael Cooke	M50	RMAS	52:24	Course closed	
DSQ	WO2 Himel Gurung	M45	11 Inf Bde	80:50	Went OOB 41 to 42	
DSQ	Maj Dom Parker	M21	Army HQ	89:13	Went OOB 41 to 42	
DSQ	Mike Bennett	M70	HH	105:10	Wrong No 1 (46 for 59)	

Blue

Course: Blue, 7.1 km, 15 m

1	Maj Richard Barrett	M55	HQ 101 OSB	51:38		7.27
2	Maj (Retd) Colin Dickson	M70	BAOC	63:11	11:33	8.90
3	Michael Dunbar	M60	SN	64:49	13:11	9.13



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Blue

Course: Blue, 7.1 km, 15 m

4	Mike Frizzell	M65	BADO	64:56	13:18	9.15
5	Stephen Mckinley	M60	SN	65:21	13:43	9.20
6	Lt Col (Retd) Charles Bromley Gardner	M65	BAOC	66:01	14:23	9.30
7	Alun Jones	M70	TVOC	66:28	14:50	9.36
8	Paul Fox	M60	SN	67:58	16:20	9.57
9=	Ian Ditchfield	M70	MV	68:09	16:31	9.60
9=	Chris Evans	M55	SLOW	68:09	16:31	9.60
11	Dave Kingham	M70	TVOC	68:42	17:04	9.68
12=	Mick Hunter	M70	NWO	71:04	19:26	10.01
12=	Neil Studd	M40	SLOW	71:04	19:26	10.01
14	Capt Gary Harris-Deans	M55	103 Bn REME(V)	73:23	21:45	10.34
15	Maj Andy Southby	M60	War Gar	76:17	24:39	10.74
16	Ian Curtis	M55	SO	76:18	24:40	10.75
17	Christopher Ashenden	M60	SN	76:29	24:51	10.77
18	Jon Vaughan	M50	BKO	76:35	24:57	10.79
19	Lt Col (Retd) Axel Blomquist	M70	SN	77:29	25:51	10.91
20	Trish Monks	W50	BKO	77:35	25:57	10.93
21	Holly Curtis	W21	SO	77:38	26:00	10.93
22	Tim Keogh	M60	MV	79:00	27:22	11.13
23	Marc Roberts	M60	MV	82:57	31:19	11.68
24	Lt Cdr(Retd) Ashley Tilling	M70	MV	83:01	31:23	11.69
25	WO2(Retd) Neil Gordon	M65	BAOC	83:53	32:15	11.81
26	Ian Johnson	M65	SO	84:53	33:15	11.96
27	Capt (Retd) David Faulkner	M60	BOK	84:55	33:17	11.96
28	Andrew Hannaford	M70	SO	87:25	35:47	12.31
29	Andy Parker	M65	BADO	87:47	36:09	12.36
30	Charlie Beck	M65	SN	89:04	37:26	12.54
31	Roger Wilson	M65	SLOW	89:37	37:59	12.62
32	Jon Crews	M55	IND	90:41	39:03	12.77
33	Serena Ludford	W60	BADO	92:00	40:22	12.96
34	Stefan Stasiuk	M75	BKO	92:41	41:03	13.05
35	Nigel Clemens	M60	SLOW	96:36	44:58	13.61
36	Neil Mitchell	M65	SLOW	98:41	47:03	13.90
37	Rob Mullens	M45	BKO	101:16	49:38	14.26



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Blue

Course: Blue, 7.1 km, 15 m

38	Michael Merritt	M65	SO	102:05	50:27	14.38
DNF	Lt Col Kerry Corkery	W45	Army HQ	49:32	Course closed	
DNF	WO1 (Retd) Les Hunt	M70	SN	53:59	Retd	
DNF	Lisa Cooke	W50	SARUM	86:57	Wrong Loop order	
DSQ	Paul Keeble	M55	SN	60:23	Missed No 29 (42)	
DSQ	David Hill	M60	IND	74:10	Missed several	
DSQ	John Orton	M70	NWO	78:10	Missed 18 to 20	
DSQ	Nigel Slack	M60	SN	78:45	Missed No 22 (38)	
DSQ	Maj (Retd) Garry Patey	M60	SN	80:23	Went OOB 41 to 42	
DSQ	Kevin Parkes	M65	HH	90:56	Missed No 33 (38)	
DSQ	Delia Peppercorn	W60	BADO	92:19	Missed No 22 (38)	
DSQ	Victoria Harvey	W60	NGOC	104:24	Missed No 33 (38)	

Green

Course: Green, 4.9 km, 15 m

1	David Harrison	M60	SN	51:27		10.50
2	Janos Istvan Dobo	M65	SO	54:51	3:24	11.19
3	Charlie Turner	M70	SLOW	57:10	5:43	11.67
4	Cpl Tanchho Angdembe	M21	RMAS	59:03	7:36	12.05
5	Diane Leakey	W70	SLOW	59:55	8:28	12.23
6	Linda Pakuls	W65	WIM	60:19	8:52	12.31
7	Cpl Nauraj Sunwar		11 Inf Bde	60:29	9:02	12.34
8	Lucy Paton	W65	SN	61:24	9:57	12.53
9	Phil Conway	M60	GO	61:51	10:24	12.62
10	Lt Col (Retd) Carol Prosser	W65	BAOC	62:16	10:49	12.71
11	Debra Robinson	W60	SN	64:41	13:14	13.20
12	Henny Dunn	W21	SO	64:58	13:31	13.26
13	Kevin Beale	M65	NWO	65:02	13:35	13.27
14	Ted McDonald	M80	BOK	65:58	14:31	13.46
15	Elisabeth Dickson	W65	BAOC	66:50	15:23	13.64
16	Kate Nevett	W60	GO	67:56	16:29	13.86
17	Paul Nevett	M60	GO	68:27	17:00	13.97
18	Helen Ashenden	W60	SN	68:30	17:03	13.98
19	Lt Col Damien Pealin	M55	HQ RC	69:05	17:38	14.10
20	Marion Payne-Bird	W65	GO	69:42	18:15	14.22



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Green

Course: Green, 4.9 km, 15 m

21	Harriet Trefusis	W35	SLOW	69:46	18:19	14.24
22	Col(Retd) Ian Tait	M75	SARUM	70:02	18:35	14.29
23	Alan Leakey	M70	SLOW	70:27	19:00	14.38
24	Mark Thompson	M70	TVOC	71:08	19:41	14.52
25	Jo Stead	W45	IND	71:31	20:04	14.60
26	Peter Dudman	M75	SO	72:31	21:04	14.80
27	Leianne Upton	W65	MV	74:25	22:58	15.19
28	Stephen Peacock	M75	SN	75:01	23:34	15.31
29	Barrie Pearson	M75	SO	75:13	23:46	15.35
30	Norman Wilson	M75	SOC	76:18	24:51	15.57
31	Richard Stanhope	M65	SLOW	77:44	26:17	15.86
32	Cpl(Retd) David Mullins	M75	SARUM	79:44	28:17	16.27
33	Plt Off(Retd) Mike Elliot	M75	MV	80:52	29:25	16.50
34	Jerry Newcombe	M70	SARUM	82:37	31:10	16.86
35	Ushan Rai	W21	IND	82:41	31:14	16.87
36	Jillian Ullersperger	W60	BKO	88:59	37:32	18.16
37	Flt/Lt Ray Sullivan	M65	RAFO	89:36	38:09	18.29
38	Joanna Belsey	W60	SN	90:33	39:06	18.48
39	Ruth Rhodes	W80	SO	94:05	42:38	19.20
40	Nigel Saker	M75	SLOW	95:13	43:46	19.43
DNF	Sarah Francis	W55	SN	47:32	Retd	
DSQ	Dvr(Retd) Roger Maher	M85	SO	61:06	Missed No 19 (41)	
DSQ	Lt Col David Stanhope	M50	BAOC	63:42	Missed 19 & 20 (41 & 42)	
DSQ	Dave Ryder	M65	SN	66:24	Wrong No 10 (59 for 46)	
DSQ	Chris Johnson	M70	BOK	70:14	Missed No 24 (38)	
DSQ	Rosie Merry	W60	DFOK	77:47	Missed 20 & 21 (42 & 43)	
DSQ	Philip Gristwood	M75	MV	78:05	Missed No 24 (38)	

Loop D/VSG

Course: Loop D/VSG, 2.3 km, 15 m

1	WO1 Stuart Ferguson	M70	NOTEAM	35:15		15.33
2	Jim Prowting	M80	TVOC	38:18	3:03	16.65
3	Flt Lt (ret'd) Anthony Barrable	M80	RAFO	39:11	3:56	17.04
4	Andy Macgregor	M85	BAOC	39:47	4:32	17.30
5	Chris Simpson	M80	SO	43:55	8:40	19.09



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Loop D/VSG

Course: Loop D/VSG, 2.3 km, 15 m

6	Sue Hooper	W70	HH	44:56	9:41	19.54
7	Andrew Trimble	M70	SLOW	50:01	14:46	21.75
8	Yvonne Hodson	W75	TVOC	53:21	18:06	23.20
9	S/Sgt(Ret) John Thompson	M90	TVOC	59:12	23:57	25.74
10	(Captain) Ken Williams	M85	BAOC	60:40	25:25	26.38
11	Roger Baker	M90	TVOC	65:03	29:48	28.28
12	Zara Worsley	W14	NWO	66:51	31:36	29.07
13	Deborah Sullivan	W65	MV	73:22	38:07	31.90
14	JT(Retd) John Farren	M90	TVOC	88:43	53:28	38.57
15	John Martin	M75	BAOC	110:59	75:44	48.25
DNF	WO1 (Retd) Colin Evans	M70	IND	28:34	Retd	

Short Green

Course: Short Green, 3.5 km, 30 m

1	Maj(Retd) Allan Farrington	M70	BAOC	34:52		9.96
2	David Saunders	M65	HH	38:36	3:44	11.03
3	Neil Fraser	M65	NWO	42:56	8:04	12.27
4	Col (Retd) Ian Prosser	M65	BAOC	44:09	9:17	12.61
5	Jenny Bray	W70	SN	47:21	12:29	13.53
6	Jon Wheatcroft	M70	TVOC	47:22	12:30	13.53
7	Louise Worsley	W50	NWO	48:33	13:41	13.87
8	Lt Col RM (Retd) Joe House	M70	SO	49:25	14:33	14.12
9=	Cpl Sophie Perry	W21	MDHU Frimley Park	50:24	15:32	14.40
9=	Cpl Emily Williams	W21	MDHU Frimley Park	50:24	15:32	14.40
11	Col(Retd) Nick Kearns	M75	BAOC	50:45	15:53	14.50
12	Roy Heselden	M75	BADO	51:46	16:54	14.79
13	Neil Watts	M65	SO	52:09	17:17	14.90
14	Roger Powell	M75	SN	52:30	17:38	15.00
15	Martin Lock	M75	GO	52:55	18:03	15.12
16	Gill Wilson	W60	SLOW	54:27	19:35	15.56
17	Keiko Conway	W60	GO	54:58	20:06	15.70
18	Alison Saunders	W65	HH	55:07	20:15	15.75
19	Denise Mullins	W75	SARUM	55:23	20:31	15.82
20	Susan Sewell	W65	BKO	55:42	20:50	15.91
21	Lt(Retd) George Elkin	M75	BAOC	55:57	21:05	15.99



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Short Green

Course: Short Green, 3.5 km, 30 m

22	Richard Rae	M80	BKO	56:33	21:41	16.16
23	Tom Edelsten	M80	GO	56:42	21:50	16.20
24	Gill Sharp	W65	SN	57:36	22:44	16.46
25	Howard Thomas	M80	BOK	59:04	24:12	16.88
26	Tony Ludford	M80	BADO	60:30	25:38	17.29
27	Brian Sewell	M65	BKO	64:52	30:00	18.53
28	Antonia Holt	W65	NWO	65:50	30:58	18.81
29	Chf Tech (Retd) Ian Hudson	M75	BKO	67:21	32:29	19.24
30	Sally Thomas	W80	BOK	67:33	32:41	19.30
31	Teresa Turner	W75	SLOW	68:38	33:46	19.61
32	Gen Mullens	W18	BKO	69:59	35:07	20.00
33	Marion Spence	W65	LOK	71:38	36:46	20.47
34	Liz Flavell	W65	NOTEAM	75:15	40:23	21.50
35	Sue Gallagher	W70	SO	75:32	40:40	21.58
36	Richard Alexander McDonald	M50	BOK	75:52	41:00	21.68
37	Sue Pearson	W75	SO	76:52	42:00	21.96
38	Major Tom Martin	M50	Army HQ	81:33	46:41	23.30
39	John Everett	M80	SO	86:26	51:34	24.70
40	Elaine Evans	W70	IND	88:17	53:25	25.22
41	Penny Parkes	W65	HH	89:35	54:43	25.60
42	Colin Merry	M70	DFOK	105:24	70:32	30.11
DSQ	Nick Grant	M50	IND	34:32	Went OOB 41 to 42	
DSQ	Lt Col (Retd) Chris Barrington Brown	M65	BAOC	41:51	Went OOB 41 to 42	
DSQ	Lt Col(retd) Paul Wallace-Stock	M80	SN	55:46	Missed No 17 (38)	