



# MLS Frith Hill

18 March 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, 7.6 km, 210 m

1	Peter Daplyn	M45	SN		00:53:58		7.10	101
2	James Lyne	M35	SN		00:54:32	00:00:34	7.18	100
3	Matthias Mahr	M50	SLOW		00:55:35	00:01:37	7.31	99
4	Lt Col Richard Mawer	M50	MoD Abbey Wood		00:57:44	00:03:46	7.60	97
5	Alan Velecky	M60	SO		00:59:33	00:05:35	7.84	95
6	Abi Weeds	W45	SLOW		01:03:09	00:09:11	8.31	92
7	Maj Andrew Snell	M50	Army HQ		01:03:25	00:09:27	8.34	91
8	Tommi Grover	M50	BOK		01:06:48	00:12:50	8.79	88
9	Maj(Retd) Colin Dickson	M70	BAOC		01:09:07	00:15:09	9.09	86
10	Lt Col(Retd) Colin Metcalfe	M65	BAOC		01:10:21	00:16:23	9.26	84
11	SSgt B Rai	M40	RMAS		01:10:44	00:16:46	9.31	84
12	Roger Thetford	M60	TVOC		01:11:13	00:17:15	9.37	83
13	Richard Lloyd	M55	LOK		01:12:09	00:18:11	9.49	83
14	Peter Jones	M70	SN		01:13:02	00:19:04	9.61	82
15	Paul Fox	M60	SN		01:13:52	00:19:54	9.72	81
16	Keith Belsey	M55	SN		01:14:31	00:20:33	9.80	80
17	Mike Frizzell	M65	BADO		01:14:35	00:20:37	9.81	80
18	Hedley Proctor	M45	BADO		01:14:45	00:20:47	9.84	80
19	SSgt Prakash Limbu	M45	HQ RC		01:14:48	00:20:50	9.84	80
20	Steve Bailey	M65	SN		01:16:45	00:22:47	10.10	78
21	Maj Simon Phillips	M35	ATC Pirbright		01:17:29	00:23:31	10.20	77
22	Euan Marsh	M21	SO		01:17:49	00:23:51	10.24	77
23	Maj Jamie Dullaghan	M35	Army HQ		01:18:19	00:24:21	10.30	76
24	Cpl Thomas Jarvis	M21	RAF Benson		01:18:32	00:24:34	10.33	76
25	Robin Mills	M60	WIM		01:18:38	00:24:40	10.35	76
26	Nick Nourse	M60	NWO		01:18:51	00:24:53	10.38	76
27	Maj(Retd) Jeremy Wormington	M65	NOTEAM		01:19:03	00:25:05	10.40	76
28	Col Edward Willcox	M45	Army HQ		01:19:44	00:25:46	10.49	75
29	Matthew Wilde	M45	IND		01:28:31	00:34:33	11.65	66
30	WO2 Himel Gurung	M45	11 Inf Bde		01:32:22	00:38:24	12.15	62
31	Barry Jones	M55	SO		01:32:44	00:38:46	12.20	62
32	Andrew Heaney	M60	SN		01:33:19	00:39:21	12.28	61
33	Nick Care	M65	SO		01:39:08	00:45:10	13.04	56
34	Benjamin Mills	M21	WIM		01:40:45	00:46:47	13.26	54

### Blue

Course: Blue, 6.3 km, 180 m

1	Clive Hallett	M60	BOK		00:48:10		7.65	75
2	Paul Keeble	M55	SN		00:49:59	00:01:49	7.93	75
3	Katherine Bett	W21	SN		00:55:35	00:07:25	8.82	71
4	Maj Melanie Slade	W55	11 Inf Bde		00:56:36	00:08:26	8.98	70



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### Blue

Course: Blue, 6.3 km, 180 m

5	Col James Rhodes	M50	Army HQ		00:58:30	00:10:20	9.29	68
6	Col(Retd) Ed Heal	M55	BAOC		00:59:14	00:11:04	9.40	67
7	Simon Farrington	M40	BAOC		00:59:51	00:11:41	9.50	66
8	Keith Masson	M65	MV		01:00:45	00:12:35	9.64	65
9	Lt Col(Retd) Woo Allen	W60	SN		01:02:59	00:14:49	10.00	63
10	Col(Retd) Paul Lane	M65	SARUM		01:04:28	00:16:18	10.23	62
11	Vincent Joyce	M70	SO		01:04:44	00:16:34	10.28	62
12	Jonathan Magee	M60	SN		01:05:34	00:17:24	10.41	61
13	WO1(Retd) Les Hunt	M70	SN		01:05:37	00:17:27	10.42	61
14	Michael Dunbar	M60	SN		01:05:44	00:17:34	10.43	61
15	Col Brian Johnston	M50	APC Glasgow		01:06:52	00:18:42	10.61	59
16	Joe Barrett	M60	SO		01:06:57	00:18:47	10.63	59
17	Lt Col(Retd) Bruce Snelling	M65	SN		01:07:08	00:18:58	10.66	59
18	Alice Bedwell	W65	BOK		01:07:25	00:19:15	10.70	59
19	Dave Kingham	M70	TVOC		01:08:09	00:19:59	10.82	58
20	Lt Col(Retd) Axel Blomquist	M70	SN		01:09:19	00:21:09	11.00	57
21	John Simmons	M75	BOK		01:09:26	00:21:16	11.02	57
22	David Harrison	M60	SN		01:10:00	00:21:50	11.11	56
23	Justin Farhall	M50	MV		01:10:29	00:22:19	11.19	56
24	Alison Simmons	W70	BOK		01:11:05	00:22:55	11.28	55
25	Cpl Nauraj Sunwar	M40	11 Inf Bde		01:11:34	00:23:24	11.36	55
26	Maj(Retd) Michael James	M65	BAOC		01:11:55	00:23:45	11.42	54
27	Capt Diane Mitson	W50	ARRC Sp Bn		01:12:35	00:24:25	11.52	54
28	Nigel Slack	M60	SN		01:13:35	00:25:25	11.68	53
29	Jon Vaughan	M50	BKO		01:13:38	00:25:28	11.69	53
30	Marc Roberts	M60	MV		01:14:15	00:26:05	11.79	52
31	Ian Curtis	M55	SO		01:14:35	00:26:25	11.84	52
32	Sgt(Retd) Gerry Allan	M55	BAOC		01:14:55	00:26:45	11.89	51
33	Col(Retd) Paul Oldfield	M70	BAOC		01:15:17	00:27:07	11.95	51
34	Frank Edge	M70	SN		01:16:16	00:28:06	12.11	50
35	Sarah Howes	W65	SAX		01:16:41	00:28:31	12.17	50
36	Capt Gary Harris-Deans	M55	103 Bn REME(V)		01:16:44	00:28:34	12.18	50
37	John Dalton	M65	TVOC		01:17:29	00:29:19	12.30	49
38	WO2 Scott Craig	M45	ATC Pirbright		01:19:28	00:31:18	12.61	47
39	Mike Bennett	M70	HH		01:20:01	00:31:51	12.70	46
40	WO2 Dhan Magar	M55	HQ RC		01:21:01	00:32:51	12.86	45
41	Mark Glaisher	M75	SAX		01:21:10	00:33:00	12.88	45
42	Charles Daniel	M70	BOK		01:22:54	00:34:44	13.16	43
43	Julian Hartwell	M70	SOC		01:24:47	00:36:37	13.46	41
44	Jackie Hallett	W65	BOK		01:25:27	00:37:17	13.56	41
45	Maj Andy Southby	M60	War Gar		01:25:38	00:37:28	13.59	41



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### Blue

Course: Blue, 6.3 km, 180 m

46	Antony Schofield	M65	MV		01:27:49	00:39:39	13.94	38
47	Serena Ludford	W60	BADO		01:29:13	00:41:03	14.16	37
48	Maj(Retd) Garry Patey	M60	SN		01:30:30	00:42:20	14.37	36
49	Jessica Stanfield	W60	SOC		01:30:34	00:42:24	14.38	36
50	Tim Keogh	M60	MV		01:31:06	00:42:56	14.46	35
51	Gill Tindal	W60	BOK		01:31:29	00:43:19	14.52	35
52	Ian Johnson	M65	SO		01:32:35	00:44:25	14.70	34
53	Frederick Smith	M65	GO		01:33:42	00:45:32	14.87	33
54	Andrew Hannaford	M70	SO		01:33:55	00:45:45	14.91	32
55	Michael Merritt	M65	SO		01:36:08	00:47:58	15.26	30
56	Kevin Parkes	M65	HH		01:36:50	00:48:40	15.37	29
57	Janusz Holender	M65	TVOC		01:37:03	00:48:53	15.40	29
58	Fiona Clough	W60	BKO		01:37:42	00:49:32	15.51	29
59	Andy Parker	M65	BADO		01:38:36	00:50:26	15.65	28
60	David Lane	M70	SN		01:38:55	00:50:45	15.70	27
61	Gwen Tanner	W65	BOK		01:40:33	00:52:23	15.96	26
62	Charlie Beck	M65	SN		01:42:29	00:54:19	16.27	24
63	Roger Wilson	M65	SLOW		01:42:45	00:54:35	16.31	23
64	Sandy Burgon	M70	BOK		01:42:47	00:54:37	16.31	23
65	Colin Swallow	M65	SN		01:42:51	00:54:41	16.33	23
66	Cpl Sandesh Gurung	M40	RMAS		01:51:12	01:03:02	17.65	15
67	Cpl Yamkumar Gurung	M45	RMAS		01:51:47	01:03:37	17.74	14
68	Lisa Cooke	W50	SARUM		01:53:42	01:05:32	18.05	13
69	Nigel Clemens	M60	SLOW		01:54:03	01:05:53	18.10	12
70	Stephen Lee-Jones	M55	BOK		02:08:45	01:20:35	20.44	0
71	Emese Svab	W50	HH		02:19:27	01:31:17	22.13	0

### Light Green

Course: Light Green, 4.6 km, 140 m

1	Lt Cdr(Retd) Ashley Tilling	M70	MV		00:49:10		10.69	60
2	WO2 Jason Edwards	M55	HQ RC		00:51:59	00:02:49	11.30	59
3	Sue Bett	W55	SN		00:53:16	00:04:06	11.58	58
4	Colin Blanchard	M45	SN		00:56:14	00:07:04	12.22	55
5	Jon Paton	M65	SN		00:56:53	00:07:43	12.37	55
6	Neil Mitchell	M65	SLOW		00:57:01	00:07:51	12.39	54
7	Lucy Paton	W65	SN		00:57:04	00:07:54	12.41	54
8	Lt Col RM(Retd) Joe House	M70	SO		00:57:14	00:08:04	12.44	54
9	David Saunders	M65	HH		00:57:15	00:08:05	12.45	54
10	Charlie Turner	M70	SLOW		00:57:17	00:08:07	12.45	54
11	Trish Monks	W50	BKO		01:03:35	00:14:25	13.82	48
12	Maj(Retd) Gill Prowse	W65	SN		01:05:12	00:16:02	14.17	46



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### Light Green

Course: Light Green, 4.6 km, 140 m

13	Chris Johnson	M70	BOK		01:05:39	00:16:29	14.27	46
=14	Araba McMillan	W60	JOK		01:07:19	00:18:09	14.63	44
=14	Mikhail Gryaznevich	M70	TVOC		01:07:19	00:18:09	14.63	44
16	Flt Lt(Retd) Mike Carter	M65	IND		01:07:39	00:18:29	14.71	44
17	Christine Jepson	W65	SO		01:08:21	00:19:11	14.86	43
18	Peter Smith	M60	SN		01:08:58	00:19:48	14.99	43
19	Daniel Barnes	M18	SOC		01:10:31	00:21:21	15.33	41
20	Kieran Devine	M70	BAOC		01:10:35	00:21:25	15.34	41
21	Terry Smith	M75	SOC		01:13:10	00:24:00	15.91	38
22	Joanna Belsey	W60	SN		01:16:57	00:27:47	16.73	35
23	Trevor Griffiths	M75	BOK		01:17:57	00:28:47	16.95	34
24	Cpl(Retd) Chris Ballard	M60	SOC		01:19:01	00:29:51	17.18	32
25	Calvin Stanfield	M65	IND		01:21:40	00:32:30	17.75	30
26	Kate Nevett	W60	GO		01:23:25	00:34:15	18.13	28
27	Marion Payne-Bird	W65	GO		01:23:50	00:34:40	18.22	28
28	Maj(Retd) Danny Skillman	M70	GO		01:23:52	00:34:42	18.23	28
29	Peter Dudman	M75	SO		01:29:04	00:39:54	19.36	22
30	Michael Forrest	M70	BOK		01:29:11	00:40:01	19.39	22
31	Richard Rae	M80	BKO		01:29:45	00:40:35	19.51	22
32	Plt Off(Retd) Mike Elliot	M75	MV		01:35:27	00:46:17	20.75	16
33	Richard Fowler	M55	IND		01:35:57	00:46:47	20.86	16
34	Nicky Masson	W60	MV		01:55:01	01:05:51	25.00	0
35	Cpl Amit Gurung	M35	HQ 101 OSB		02:12:08	01:22:58	28.72	0
36	Simon Russell	M65	GO		03:12:30	02:23:20	41.85	0

### Short Green

Course: Short Green, 3.3 km, 80 m

1	Lt Col Ben Moorhouse	M45	SJC		00:36:18		11.00	50
2	Maj(Retd) Jon Steed	M60	BADO		00:37:47	00:01:29	11.45	50
3	Richard Bostock	M60	DFOK		00:40:15	00:03:57	12.20	48
4	Phil Conway	M60	GO		00:42:38	00:06:20	12.92	45
5	Diane Leakey	W65	SLOW		00:44:37	00:08:19	13.52	43
6	Katie Clarke	W55	SN		00:44:40	00:08:22	13.54	43
7	Robin Bishop	M55	TVOC		00:44:44	00:08:26	13.56	43
8	Col(Retd) Ian Prosser	M65	BAOC		00:47:00	00:10:42	14.24	41
9	Sarah Francis	W55	SN		00:47:46	00:11:28	14.47	40
10	Aya Luu	W50	NOTEAM		00:49:17	00:12:59	14.93	39
11	Janos Istvan Dobo	M65	SO		00:49:51	00:13:33	15.11	38
12	Edward Forman	M75	SO		00:50:01	00:13:43	15.16	38
13	David Palmer	M80	BOK		00:50:19	00:14:01	15.25	38
14	John Orton	M70	NWO		00:50:38	00:14:20	15.34	37



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### Short Green

Course: Short Green, 3.3 km, 80 m

15	Stefan Stasiuk	M75	BKO		00:50:59	00:14:41	15.45	37
16	Ted McDonald	M80	BOK		00:52:24	00:16:06	15.88	36
17	Elisabeth Dickson	W65	SN		00:52:58	00:16:40	16.05	35
18	Lt Col(Retd) Carol Prosser	W65	BAOC		00:53:18	00:17:00	16.15	35
19	WO1(ASM Retd) Peter Hull	M75	BAOC		00:53:35	00:17:17	16.24	35
20	Keiko Conway	W60	GO		00:53:57	00:17:39	16.35	34
21	Col(Retd) Nick Kearns	M75	BAOC		00:54:11	00:17:53	16.42	34
22	Mick Hunter	M70	NWO		00:54:26	00:18:08	16.49	34
23	Iurii Shepelev	M65	IND		00:54:46	00:18:28	16.60	33
24	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		00:55:54	00:19:36	16.94	32
25	Tom Edelsten	M80	GO		00:56:05	00:19:47	16.99	32
26	Kevin Beale	M65	NWO		00:56:44	00:20:26	17.19	31
27	Mick Smith	M75	HH		00:57:02	00:20:44	17.28	31
28	Steve Pullen	M70	SOC		00:58:16	00:21:58	17.66	30
29	Malcolm Scott	M70	SN		00:58:26	00:22:08	17.71	30
30	Rosie Merry	W60	DFOK		00:58:59	00:22:41	17.87	29
31	REM (Retd) Tom Mills	M80	NGOC		00:59:46	00:23:28	18.11	28
32	David Hanstock	M70	BOK		01:00:08	00:23:50	18.22	28
33	Stephen Peacock	M75	SN		01:01:33	00:25:15	18.65	27
34	WO1(Retd) Alun Roberts	M65	BAOC		01:01:52	00:25:34	18.75	26
35	George Engelhardt	M75	MV		01:02:01	00:25:43	18.79	26
36	Gill Sharp	W65	SN		01:02:18	00:26:00	18.88	26
37	Susan Sewell	W65	BKO		01:02:45	00:26:27	19.02	25
38	Ldg Wren(Retd) Helen Wise	W70	SO		01:03:22	00:27:04	19.20	25
39	Nigel Saker	M75	SLOW		01:04:49	00:28:31	19.64	23
40	Martin Lock	M75	GO		01:07:10	00:30:52	20.35	21
41	Howard Thomas	M80	BOK		01:07:11	00:30:53	20.36	21
42	Lt Col(Retd) Paul Wallace-Stock	M80	SN		01:08:29	00:32:11	20.75	20
43	Clare Fletcher	W80	BOK		01:09:20	00:33:02	21.01	19
44	Barbara Lugton	W65	GO		01:10:07	00:33:49	21.25	18
45	Teresa Turner	W75	SLOW		01:10:21	00:34:03	21.32	18
46	Tony Ludford	M80	BADO		01:11:10	00:34:52	21.57	17
47	Kim Liggett	W60	NGOC		01:12:04	00:35:46	21.84	16
48	Michele Funnell	W70	SO		01:13:15	00:36:57	22.20	15
49	Alison Saunders	W65	HH		01:13:16	00:36:58	22.20	15
50	Sally Thomas	W80	BOK		01:13:21	00:37:03	22.23	15
51	Antonia Holt	W65	NWO		01:13:47	00:37:29	22.36	14
52	Christopher Moon	M75	BOK		01:13:48	00:37:30	22.36	14
53	Brian Sewell	M65	BKO		01:14:24	00:38:06	22.55	14
54	Fiona Hanstock	W70	BOK		01:16:22	00:40:04	23.14	12
55	Dave Kingdon	M75	HH		01:19:25	00:43:07	24.07	9



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### Short Green

Course: Short Green, 3.3 km, 80 m

56	Mark Blackstone	M80	BOK		01:20:29	00:44:11	24.39	8
57	WO2(SQMS)(Retd) Jim Munday	M80	BKO		01:23:12	00:46:54	25.21	5
58	Simon Carswell	M65	SLOW		01:23:16	00:46:58	25.23	5
59	Denise Harper	W75	BKO		01:25:47	00:49:29	25.99	2
60	Helen Wheelwright	W65	SOC		01:27:04	00:50:46	26.38	1
61	Peter Entwistle	M75	BKO		01:35:59	00:59:41	29.09	0
62	Sue Gallagher	W70	SO		01:36:44	01:00:26	29.31	0
63	Maj(Retd) Devina Worsley	W70	BAOC		01:39:49	01:03:31	30.25	0
64	Cliff Thorne	M70	BKO		01:48:45	01:12:27	32.95	0
65	Colin Merry	M70	DFOK		01:49:45	01:13:27	33.26	0
66	Marion Spence	W65	LOK		02:03:03	01:26:45	37.29	0
67	Penny Parkes	W65	HH		02:27:59	01:51:41	44.84	0

### Long Orange

Course: Long Orange, 4.7 km, 120 m

1	2Lt Michael Kealey	M21	HQ 101 OSB		01:02:12		13.23	40
2	LCpl Donal Ellison	M21	HQ 101 OSB		01:04:01	00:01:49	13.62	40
3	Liz Flavell	W65	IND		01:38:33	00:36:21	20.97	16

### V Sh Green

Course: V Sh Green, 2.3 km, 50 m

1	Andy Macgregor	M85	BAOC		00:42:13		18.36	40
2	Lt Col Damien Pealin	M55	HQ RC		00:45:35	00:03:22	19.82	39
3	Chris Simpson	M80	SO		00:45:38	00:03:25	19.84	39
4	SSgt(Retd) John Thompson	M90	TVOC		00:50:12	00:07:59	21.83	34
5	Elaine Evans	W70	IND		00:57:21	00:15:08	24.93	27
6	Yvonne Hodson	W75	TVOC		01:00:18	00:18:05	26.22	24
7	Roger Baker	M90	TVOC		01:07:59	00:25:46	29.56	16
8	JT(Retd) John Farren	M90	TVOC		01:10:56	00:28:43	30.84	14
9	Eric Harper	M75	BKO		01:21:46	00:39:33	35.55	3
10	Staff Comm(Retd) Vicki Barkaway	W70	SOC		01:22:53	00:40:40	36.04	2
11	Liz Yeadon	W75	SARUM		01:23:18	00:41:05	36.22	1