



MLS Congo & Mytchett



04 February 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, 9.3 km, 240 m

1	James Lyne	M35	SN		01:03:58		6.88	104
2	Matthias Mahr	M50	SLOW		01:09:38	00:05:40	7.49	98
3	Peter Daplyn	M45	SN		01:10:28	00:06:30	7.58	98
4	Lt Col Richard Mawer	M50	MoD Abbey Wood		01:12:47	00:08:49	7.83	95
5	WO1 Des Dickinson	M40	Artillery Centre		01:12:51	00:08:53	7.83	95
6	Richard Lloyd	M55	LOK		01:14:30	00:10:32	8.01	94
7	Nigel Bunn	M60	TVOC		01:16:07	00:12:09	8.18	92
8	Abi Weeds	W45	SLOW		01:19:15	00:15:17	8.52	89
9	Maj Richard Barrett	M55	HQ 101 OSB		01:19:54	00:15:56	8.59	88
10	Colin Metcalfe	M65	BAOC		01:20:04	00:16:06	8.61	88
11	Oliver Heckford	M20	WSX		01:25:55	00:21:57	9.24	82
12	Sgt(Retd) Paul Thwaites	M60	SOC		01:27:16	00:23:18	9.38	81
13	Tommi Grover	M50	BOK		01:27:31	00:23:33	9.41	81
14	Simon Farrington	M40	BAOC		01:27:47	00:23:49	9.44	80
15	Sgt(Retd) Graham Coath	M40	IND		01:28:54	00:24:56	9.56	79
16	Robin Mills	M60	WIM		01:31:37	00:27:39	9.85	76
17	Sophie Preston	W21	BOF		01:32:00	00:28:02	9.89	76
18	Keith Belsey	M55	SN		01:32:19	00:28:21	9.93	76
19	Paul Fox	M60	SN		01:35:52	00:31:54	10.31	72
20	Cameron Lamond	M55	SN		01:36:24	00:32:26	10.37	72
21	Christopher Ashenden	M60	SN		01:49:05	00:45:07	11.73	59
22	Steve Bailey	M65	SN		01:50:15	00:46:17	11.85	58
23	Maj(Retd) Jeremy Wormington	M65	NOTEAM		01:50:41	00:46:43	11.90	57
24	Neville Baker	M70	TVOC		01:50:42	00:46:44	11.90	57
25	Nick Care	M65	SO		01:51:31	00:47:33	11.99	57
26	Benjamin Mills	M21	WIM		02:01:46	00:57:48	13.09	46

Blue

Course: Blue, 6.9 km, 205 m

1	Neil Crickmore	M60	SO		01:04:10		9.30	75
2	Katherine Bett	W21	SN		01:04:34	00:00:24	9.36	75
3	Nick Nourse	M60	NWO		01:05:29	00:01:19	9.49	74
4	Mike Frizzell	M65	BADO		01:06:58	00:02:48	9.71	73
5	Col(Retd) Paul Lane	M65	SARUM		01:07:03	00:02:53	9.72	73
6	Ian Ditchfield	M70	MV		01:07:16	00:03:06	9.75	72
7	Col(Retd) Ed Heal	M55	BAOC		01:08:14	00:04:04	9.89	72
8	Michael Dunbar	M60	SN		01:08:37	00:04:27	9.94	71
9	Lt Col(Retd) Alan Honey	M65	BOK		01:09:06	00:04:56	10.01	71
10	Col James Rhodes	M50	Army HQ		01:09:49	00:05:39	10.12	70
11	Chris Evans	M55	SLOW		01:09:57	00:05:47	10.14	70
12	Lt Col Greg Ehlen	M60	Army HQ		01:10:00	00:05:50	10.14	70



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Blue

Course: Blue, 6.9 km, 205 m

=13	Christopher Pritchett	M65	WIGHTO		01:13:58	00:09:48	10.72	66
=13	Joe Barrett	M60	SO		01:13:58	00:09:48	10.72	66
15	Capt Albert Hadcock	M21	HQ 101 OSB		01:14:27	00:10:17	10.79	65
16	John Simmons	M75	BOK		01:14:31	00:10:21	10.80	65
17	Neil Studd	M40	SLOW		01:15:04	00:10:54	10.88	65
18	Dave Kingham	M70	TVOC		01:16:08	00:11:58	11.03	64
19	Chris Hooker	M65	SO		01:16:48	00:12:38	11.13	63
20	Mark Feltham	M60	MV		01:17:48	00:13:38	11.28	62
21	Marc Roberts	M60	MV		01:18:04	00:13:54	11.31	62
22	Mike Bennett	M70	HH		01:18:17	00:14:07	11.35	61
23	Mark Saunders	M65	BOK		01:18:27	00:14:17	11.37	61
24	Charles Daniel	M70	BOK		01:18:53	00:14:43	11.43	61
25	Trish Monks	W50	BKO		01:19:19	00:15:09	11.50	60
26	Simon Moore	M65	BKO		01:19:20	00:15:10	11.50	60
=27	Alice Bedwell	W65	BOK		01:20:31	00:16:21	11.67	59
=27	Sgt(Retd) Gerry Allan	M55	BAOC		01:20:31	00:16:21	11.67	59
29	Andrew Hannaford	M70	SO		01:20:36	00:16:26	11.68	59
30	Col(Retd) Paul Oldfield	M70	BAOC		01:21:42	00:17:32	11.84	58
31	Lisa James	W55	SOC		01:21:43	00:17:33	11.84	58
32	WO2 Scott Craig	M45	ATC Pirbright		01:21:49	00:17:39	11.86	58
33	Nigel Slack	M60	SN		01:22:22	00:18:12	11.94	57
34	David Harrison	M60	SN		01:22:41	00:18:31	11.98	57
35	Lt Col Mark Nash	M60	War Gar		01:22:56	00:18:46	12.02	57
36	Alex Dalton	M21	BOF		01:24:17	00:20:07	12.21	55
37	Jon Steed	M60	BADO		01:24:56	00:20:46	12.31	55
38	John Dalton	M65	TVOC		01:25:11	00:21:01	12.35	55
39	Gill Tindal	W60	BOK		01:26:59	00:22:49	12.61	53
40	Simon Bevan	M60	SOC		01:30:51	00:26:41	13.17	49
41	Sandy Burgon	M70	BOK		01:32:03	00:27:53	13.34	48
42	Charlie Beck	M65	SN		01:32:17	00:28:07	13.37	47
43	Capt(Retd) Paul Byers	M65	MV		01:34:52	00:30:42	13.75	45
44	Jessica Stanfield	W60	SOC		01:35:57	00:31:47	13.91	44
45	Ian Curtis	M55	SO		01:38:05	00:33:55	14.21	42
46	Chivonne Preston	W50	SAX		01:39:45	00:35:35	14.46	40
47	Michael Merritt	M65	SO		01:41:45	00:37:35	14.75	38
48	Colin Swallow	M65	SN		01:43:37	00:39:27	15.02	36
49	Rob Mullens	M45	BKO		01:47:50	00:43:40	15.63	32
50	Lurii Shepelev	M65	IND		01:48:56	00:44:46	15.79	31
51	Mark Richardson	M60	IND		01:50:00	00:45:50	15.94	30
52	Ian Johnson	M65	SO		01:50:21	00:46:11	15.99	29
53	Cpl Prabin Gurung	M21	HQ 101 OSB		01:52:25	00:48:15	16.29	27



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Blue

Course: Blue, 6.9 km, 205 m

54	Andy Parker	M65	BADO		01:59:18	00:55:08	17.29	20
55	Janusz Holender	M65	TVOC		02:00:48	00:56:38	17.51	19
56	Neil Mitchell	M65	SLOW		02:03:52	00:59:42	17.95	16

Lt Green

Course: Lt Green, 4.6 km, 160 m

1	Maj(Retd) Colin Dickson	M70	BAOC		00:45:50		9.96	60
2	Alan Rosen	M70	HH		00:48:19	00:02:29	10.50	59
3	Alison Simmons	W70	BOK		00:49:02	00:03:12	10.66	59
4	Lt Cdr(Retd) Ashley Tilling	M70	MV		00:51:08	00:05:18	11.12	57
5	Carol Lovegrove	W50	SN		00:54:30	00:08:40	11.85	53
6	Lt Col(Retd) Axel Blomquist	M70	SN		00:55:04	00:09:14	11.97	53
7	Frank Edge	M70	SN		00:55:27	00:09:37	12.05	52
8	Sqn Ldr John Wright	M35	RAFO		00:57:22	00:11:32	12.47	50
9	David Saunders	M65	HH		00:57:33	00:11:43	12.51	50
10	Capt(Retd) Andrew Parkinson	M70	SO		00:58:51	00:13:01	12.79	49
11	Sarah Francis	W55	SN		00:59:15	00:13:25	12.88	48
12	Neil Fraser	M65	NWO		01:03:23	00:17:33	13.78	44
13	Mikhail Gryaznevich	M70	TVOC		01:04:31	00:18:41	14.03	43
14	WO2 Krishna Kc	M45	HQ 101 OSB		01:05:13	00:19:23	14.18	43
15	Cpl Amit Gurung	M35	HQ 101 OSB		01:05:14	00:19:24	14.18	42
16	Flt/Lt Ray Sullivan	M65	RAFO		01:06:52	00:21:02	14.54	41
17	Maj(Retd) Gill Prowse	W65	SN		01:08:03	00:22:13	14.79	40
18	Terry Smith	M75	SOC		01:10:41	00:24:51	15.37	37
19	Peter Dudman	M75	SO		01:11:02	00:25:12	15.44	37
20	Kate Nevett	W60	GO		01:11:19	00:25:29	15.50	36
21	Serena Ludford	W60	BADO		01:11:52	00:26:02	15.62	36
22	Marion Payne-Bird	W65	GO		01:12:39	00:26:49	15.79	35
23	Trevor Griffiths	M75	BOK		01:13:01	00:27:11	15.87	35
24	Lt Col RM(Retd) Joe House	M70	SO		01:13:43	00:27:53	16.03	34
25	Mark Thompson	M70	TVOC		01:14:12	00:28:22	16.13	34
26	Leianne Upton	W65	MV		01:15:40	00:29:50	16.45	32
27	Lt Col(Retd) Simon Worsley	M70	BAOC		01:18:32	00:32:42	17.07	29
28	Fiona Clough	W65	BKO		01:19:03	00:33:13	17.18	29
29	WO1(Retd) Stuart Greening	M60	BAOC		01:19:08	00:33:18	17.20	29
30	Kevin Beale	M65	NWO		01:19:19	00:33:29	17.24	28
31	Edward Forman	M75	SO		01:20:00	00:34:10	17.39	28
32	Chris Johnson	M70	BOK		01:22:26	00:36:36	17.92	25
33	Sgt(Retd) Alan Brown	M70	NGOC		01:23:18	00:37:28	18.11	24
34	Laurence Gossage	M75	BOK		01:23:44	00:37:54	18.20	24
35	Flt Lt(Retd) Mike Carter	M65	IND		01:25:12	00:39:22	18.52	23



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Lt Green

Course: Lt Green, 4.6 km, 160 m

36	Cpl(Retd) David Mullins	M75	SARUM		01:25:55	00:40:05	18.68	22
37	Kevin Parkes	M65	HH		01:26:40	00:40:50	18.84	21
38	Richard Rae	M80	BKO		01:26:53	00:41:03	18.89	21
39	Sue Hands	W75	WIM		01:27:03	00:41:13	18.92	21
40	Gill Sharp	W65	SN		01:27:18	00:41:28	18.98	20
41	Chris Gill	M55	SN		01:28:08	00:42:18	19.16	20
42	Norman Wilson	M75	SOC		01:28:17	00:42:27	19.19	19
43	Tim Hulley	M65	SO		01:28:22	00:42:32	19.21	19
44	Philip Gristwood	M75	MV		01:28:24	00:42:34	19.22	19
45	Penny Parker	W60	SO		01:31:29	00:45:39	19.89	16
46	Maj(Retd) Danny Skillman	M70	GO		01:32:53	00:47:03	20.19	15
47	Joanna Belsey	W60	SN		01:32:56	00:47:06	20.20	15
48	Cpl(Retd) Chris Ballard	M60	SOC		01:33:19	00:47:29	20.29	14
49	Richard Fowler	M55	IND		01:34:16	00:48:26	20.49	13
50	Plt Off(Retd) Mike Elliot	M75	MV		01:34:22	00:48:32	20.51	13
51	WO2(Retd) Chic Young	M65	SARUM		01:35:24	00:49:34	20.74	12
52	Peter Smith	M60	SN		01:40:21	00:54:31	21.82	7
53	Carol Taverner	W65	WIGHTO		01:41:28	00:55:38	22.06	6
54	Paul Blagbrough	M80	MV		01:41:33	00:55:43	22.08	6
55	Maj(Retd) Devina Worsley	W70	BAOC		01:53:25	01:07:35	24.66	0
56	Linda Hulley	W70	SO		02:00:47	01:14:57	26.26	0
57	Ruth Rhodes	W80	SO		02:05:51	01:20:01	27.36	0
58	Jillian Ullersperger	W60	BKO		02:08:24	01:22:34	27.91	0

Sh Green

Course: Sh Green, 3.5 km, 85 m

1	Lt Col(Retd) Woo Allen	W60	SN		00:33:33		9.59	50
2	WO2(Retd) Steve Blount	M65	SO		00:37:01	00:03:28	10.58	49
3	Andrew Graham	M70	SARUM		00:38:31	00:04:58	11.00	48
4	Sue Bett	W55	SN		00:43:14	00:09:41	12.35	43
5	Linda Pakuls	W65	WIM		00:43:41	00:10:08	12.48	43
6	Maj(Retd) Allan Farrington	M70	BAOC		00:44:00	00:10:27	12.57	42
7	Phil Conway	M60	GO		00:44:15	00:10:42	12.64	42
8	Mark Glaisher	M75	SAX		00:45:09	00:11:36	12.90	41
9	Don McKerrow	M70	SLOW		00:45:43	00:12:10	13.06	41
10	Lucy Paton	W65	SN		00:46:34	00:13:01	13.30	40
11	Jill Blount	W65	SO		00:48:28	00:14:55	13.85	38
12	Aya Luu	W50	NOTEAM		00:49:54	00:16:21	14.26	36
13	Lt Col(Retd) Chris Barrington Brown	M65	BAOC		00:50:14	00:16:41	14.35	36
14	John Orton	M70	NWO		00:52:11	00:18:38	14.91	34
15	Graham Thomas	M60	SAX		00:52:21	00:18:48	14.96	34



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Sh Green

Course: Sh Green, 3.5 km, 85 m

16	Stephen Peacock	M75	SN		00:53:15	00:19:42	15.21	33
17	Diane Leahey	W70	SLOW		00:53:47	00:20:14	15.37	33
18	Debra Robinson	W60	SN		00:54:20	00:20:47	15.52	32
19	Dvr(Retd) Roger Maher	M85	SO		00:54:32	00:20:59	15.58	32
20	FS Andy Barker-Pilsworth	M55	RAFO		00:55:00	00:21:27	15.71	31
21	WO1(Retd) Alun Roberts	M70	BAOC		00:56:00	00:22:27	16.00	30
22	Tom Edelsten	M80	GO		00:56:52	00:23:19	16.25	29
23	Lt Col(Retd) Carol Prosser	W65	BAOC		00:57:17	00:23:44	16.37	29
24	Andy Gaches	M80	WIGHTO		00:57:42	00:24:09	16.49	29
25	Richard Steptoe	M75	TVOC		00:58:47	00:25:14	16.80	28
26	Keith Henderson	M80	WIM		00:58:56	00:25:23	16.84	27
27	John Liley	M65	GO		00:58:57	00:25:24	16.84	27
28	Col(Retd) Ian Tait	M75	SARUM		00:59:07	00:25:34	16.89	27
29	Peter Entwistle	M75	BKO		00:59:41	00:26:08	17.05	27
30	Paul Kilpin	M75	TVOC		01:01:10	00:27:37	17.48	25
31	Keiko Conway	W60	GO		01:01:22	00:27:49	17.53	25
32	Alison Saunders	W65	HH		01:03:04	00:29:31	18.02	23
33	Dave Kingdon	M75	HH		01:03:13	00:29:40	18.06	23
34	Sally Thomas	W80	BOK		01:04:24	00:30:51	18.40	22
35	Howard Thomas	M80	BOK		01:05:06	00:31:33	18.60	21
36	Roger Wilson	M65	SLOW		01:05:34	00:32:01	18.73	21
37	Jon Wheatcroft	M70	TVOC		01:05:53	00:32:20	18.82	20
38	Lt Col(Retd) Paul Wallace-Stock	M80	SN		01:06:00	00:32:27	18.86	20
39	Malcolm Scott	M70	SN		01:07:33	00:34:00	19.30	19
40	Steve Taverner	M70	WIGHTO		01:08:47	00:35:14	19.65	18
41	Janet Rosen	W70	HH		01:09:26	00:35:53	19.84	17
42	Mark Foxwell	M60	BKO		01:09:56	00:36:23	19.98	16
43	Denise Mullins	W75	SARUM		01:10:03	00:36:30	20.01	16
44	Elisabeth Dickson	W65	BAOC		01:10:58	00:37:25	20.28	15
45	Simon Carswell	M65	SLOW		01:12:00	00:38:27	20.57	14
46	Peter Riches	M75	TVOC		01:12:29	00:38:56	20.71	14
47	Barbara Lugton	W65	GO		01:14:31	00:40:58	21.29	12
48	Mark Blackstone	M80	BOK		01:15:49	00:42:16	21.66	11
49	Heidi Dunster	W50	IND		01:16:24	00:42:51	21.83	10
50	Brian Sewell	M65	BKO		01:18:20	00:44:47	22.38	8
51	Michele Funnell	W70	SO		01:22:27	00:48:54	23.56	4
52	Chris Glew	W70	SLOW		01:23:59	00:50:26	24.00	2
53	Marion Spence	W65	LOK		01:26:59	00:53:26	24.85	0
54	Susan Sewell	W65	BKO		01:27:56	00:54:23	25.12	0
55	Nigel Saker	M75	SLOW		01:28:10	00:54:37	25.19	0
56	Lt(Retd) George Elkin	M75	BAOC		01:30:27	00:56:54	25.84	0



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Sh Green

Course: Sh Green, 3.5 km, 85 m

57	Deborah Sullivan	W65	MV		01:30:54	00:57:21	25.97	0
58	Tony Ludford	M80	BADO		01:31:47	00:58:14	26.22	0
59	Ldg Wren(Retd) Helen Wise	W70	SO		01:35:22	01:01:49	27.25	0
60	Sue Gallagher	W70	SO		01:38:59	01:05:26	28.28	0
61	Paul Nevett	M60	GO		02:01:35	01:28:02	34.74	0
62	WO2(SQMS)Retd Jim Munday	M80	BKO		02:01:42	01:28:09	34.77	0
63	Simon Russell	M65	IND		02:02:40	01:29:07	35.05	0

Lg Orange

Course: Lg Orange, 5 km, 185 m

1	Liz Flavell	W65	NOTEAM		01:50:20		22.07	40
2	Alison Richardson	W55	IND		01:59:12	00:08:52	23.84	36

V Sh Green

Course: V Sh Green, 2.5 km, 45 m

1	Charlotte Lovegrove	W18	SN		00:43:51		17.54	40
2	Major Tom Martin	M50	Army HQ		01:13:39	00:29:48	29.46	31
3	Chris Simpson	M80	SO		01:16:20	00:32:29	30.53	28
4	Maxine Dunn	W60	IND		01:24:43	00:40:52	33.89	20
5	Elaine Evans	W70	IND		01:36:59	00:53:08	38.79	8
6	Yvonne Hodson	W75	TVOC		02:01:46	01:17:55	48.71	0