



MLS Frith

14 June 2023

Results by class with League Points

emit uk
when time counts

Posn	Name	Age Group	Club	Time	Behind	Pace min/km	Points
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Blue

Course: Blue, 6.8km, 155m

1	Eoghan Wiles	M21	SOC	58:37		8.62	103
2	Mark Adams	M60	HH	1:03:30	4:53	9.34	99
3	Keith Belsey	M55	SN	1:04:04	5:27	9.42	98
=4	Dave Ryder	M60	SN	1:08:08	9:31	10.02	94
=4	Nick Nourse	M60	NWO	1:08:08	9:31	10.02	94
6	Philip Harvey	M50	WIM	1:14:13	15:36	10.91	88
=7	Phil Conway	M60	GO	1:15:24	16:47	11.09	87
=7	MNE(Retd) Dave Cumins	M50	SO	1:15:24	16:47	11.09	87
9	Neville Baker	M70	TVOC	1:16:10	17:33	11.20	86
10	Lt Col (Retd) Axel Blomquist	M70	SN	1:18:41	20:04	11.57	83
11	Cpl David Williams	M21	12 Regt RA	1:23:20	24:43	12.25	79
12	Luke Gosling	M45	IND	1:25:40	27:03	12.60	76
13	Paul Gebbett	M50	BOK	1:25:44	27:07	12.61	76
14	Lt Col (retd) Bruce Snelling	M60	SN	1:27:34	28:57	12.88	74
15	WO2 Sean Venables	M45	CRHQ AGC	1:27:55	29:18	12.93	74
16	Mikhail Gryaznevich	M65	TVOC	1:28:19	29:42	12.99	74
17	Trish Monks	W45	BKO	1:30:05	31:28	13.25	72
18	Lt Cdr (Retd) Ashley Tilling	M65	MV	1:31:09	32:32	13.40	71
19	Paul Oates	M70	DFOK	1:35:10	36:33	14.00	67
20	Andy Parker	M65	BADO	1:36:07	37:30	14.13	66
21	Robin Smith	M70	SO	1:38:19	39:42	14.46	64
22	Michael Merritt	M65	SO	1:40:57	42:20	14.85	61
23	Jon Paton	M60	SN	1:42:07	43:30	15.02	60
24	Jon Vaughan	M45	BKO	1:43:18	44:41	15.19	59
25	WO Jason Ferguson	M50	78 Sqn Swanwick	1:44:38	46:01	15.39	57
26	Lt Col (Retd) Rowena Naile	W60	BAOC	1:45:48	47:11	15.56	56
27	Major Garry Patey	M60	103 Bn REME(V)	1:49:21	50:44	16.08	53
28	Col Scott Vardy	M50	Army HQ	1:53:35	54:58	16.70	48
29	Capt Gary Harris-Deans	M55	103 Bn REME(V)	2:07:00	1:08:23	18.68	35
30	Delia Peppercorn	W55	BADO	2:07:49	1:09:12	18.80	34
31	WO1 David Bell	M55	CRHQ AGC	2:11:19	1:12:42	19.31	31
DNF	Alex Dutton	M50	SLOW	47:14	Missed 10-13		
DNF	Major Michael James	M65	Army HQ	55:06	Missed 8-12		
DNF	Robin Mills	M55	WIM	1:01:18	Retd		
DNF	David Kingdon	M70	SAX	1:21:53	Retd		
DNF	David Tookey	M70	HH	1:30:21	Retd		
DNF	Charlie Beck	M65	SN	2:04:33	Retd		
DSQ	Andrew Hannaford	M65	SO	1:23:38	Missed No 6 (42)		

Green

Course: Green, 4.7km, 105m



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Green							
Course: Green, 4.7km, 105m							
1	Capt Jamie Pearson	M21	22 Engr Regt	49:22		10.50	70
2	Colonel (Retd) Ed Heal	M55	BAOC	50:15	0:53	10.69	70
3	SEO Cameron Lamond	M50	MoD London	57:28	8:06	12.23	65
4	Sarah Darley	W18	SN	57:57	8:35	12.33	64
5	Mark Glaisher	M70	SAX	58:58	9:36	12.55	63
6	Alan Rosen	M65	HH	1:01:29	12:07	13.08	61
7	Col (Retd) Ian Prosser	M65	BAOC	1:02:17	12:55	13.25	60
8	Carol Lovegrove	W50	SN	1:04:04	14:42	13.63	58
9	Jonathan Magee	M55	SN	1:04:59	15:37	13.83	57
10	Vincent Joyce	M65	SO	1:08:24	19:02	14.55	54
11	Alan Kersley	M65	BADO	1:08:26	19:04	14.56	54
12	Mike Garvin	M50	SLOW	1:09:04	19:42	14.70	53
13	Janet Rosen	W65	HH	1:09:09	19:47	14.71	53
14	Martin Lock	M75	GO	1:10:00	20:38	14.89	52
15	Serena Ludford	W55	BADO	1:10:46	21:24	15.06	52
16	Allan Darwell	M70	BOK	1:13:41	24:19	15.68	49
17	Lt Col (Retd) Carol Prosser	W60	BAOC	1:16:33	27:11	16.29	46
18	David Harrison	M55	SN	1:16:45	27:23	16.33	46
19	Lt Col(Retd) Chris Barrington Brown	M65	BAOC	1:17:07	27:45	16.41	45
20	Neil Fraser	M60	NWO	1:18:48	29:26	16.77	44
21	Mike Bolton	M70	MV	1:20:54	31:32	17.21	41
22	Peter Martin	M60	MV	1:21:26	32:04	17.33	41
23	Keiko Conway	W60	GO	1:21:51	32:29	17.41	41
24	Jim Prowting	M75	TVOC	1:22:18	32:56	17.51	40
25	Tom Edelsten	M80	GO	1:25:23	36:01	18.17	37
26	Nicola Harvey	W50	WIM	1:26:07	36:45	18.32	36
27	Richard Rae	M75	BKO	1:26:28	37:06	18.40	36
28	SSgt Daniel Hitchen	M35	1 Regt AAC	1:31:43	42:21	19.51	31
29	Christine Jepson	W65	SO	1:33:29	44:07	19.89	29
30	Capt Chris Noviss	M45	22 Engr Regt	1:33:37	44:15	19.92	29
31	Mark Thompson	M65	TVOC	1:34:56	45:34	20.20	27
32	Sue Hands	W75	WIM	1:38:10	48:48	20.89	24
33	Ted McDonald	M80	BOK	1:38:47	49:25	21.02	24
34	Reg Fowler	M55	SN	1:43:56	54:34	22.11	18
35	Chf Tech (Retd) Ian Hudson	M70	BKO	1:44:25	55:03	22.22	18
36	Sgt Prakash Nembang	M35	12 Regt RA	1:47:16	57:54	22.82	15
37	Ruth Rhodes	W80	SO	2:02:00	1:12:38	25.96	0
38	Neil Mitchell	M60	SLOW	2:05:16	1:15:54	26.65	0
DNF	Nigel Saker	M75	SLOW	58:11	Retd		
DNF	Lt Col RM (retd) Joe House	M65	SO	1:20:22	Missed No 17 & Finish		
DSQ	David Lane	M70	SN	1:17:08	Missed No 15 (40)		
DSQ	Aya Luu	W45	GO	1:18:09	Missed No 8 (54)		



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Green

Course: Green, 4.7km, 105m

DSQ	Mick Hunter	M65	BOF	1:23:46	Missed No 8 (54)		
DSQ	Barry Breed	M75	HH	1:23:50	DSQ250 for 043		
DSQ	Peter Dudman	M70	SO	1:59:10	Missed No 5 (41)		

Sh Green

Course: Sh Green, 3.6km, 85m

1	Peter Jones	M65	SN	34:48		9.67	50
2	Frank Edge	M65	SN	38:08	3:20	10.59	50
3	Ronan Cleary	M60	LOK	42:55	8:07	11.92	46
4	Sue Bett	W55	SN	47:50	13:02	13.29	41
5	David Saunders	M60	HH	47:53	13:05	13.30	41
6	Julie Cleary	W55	LOK	48:00	13:12	13.33	41
7	WO1 Stuart Ferguson	M65	IND	49:59	15:11	13.88	39
8	Philip Gristwood	M70	MV	56:02	21:14	15.56	33
9	Terry Smith	M70	SOC	57:11	22:23	15.88	31
10	David Rosen	M70	SROC	57:20	22:32	15.93	31
11	Alison Saunders	W60	HH	57:49	23:01	16.06	31
12	Fiona Clough	W60	BKO	59:55	25:07	16.64	29
13	Lt Col(Retd) Paul Wallace-Stock	M75	SN	1:00:04	25:16	16.69	29
14	Richard Steptoe	M75	TVOC	1:00:22	25:34	16.77	28
15	Mark Lyne	M65	IND	1:00:45	25:57	16.88	28
16	John Turner	M70	TVOC	1:00:52	26:04	16.91	28
17	WO1 (ASM) retd Peter Hull	M75	BAOC	1:02:23	27:35	17.33	26
18	Roy Heselden	M75	BADO	1:02:57	28:09	17.49	26
19	Jane Archer	W65	SN	1:03:38	28:50	17.68	25
20	CPL(RTD) David Battison	M75	SARUM	1:04:05	29:17	17.80	25
21	Alice Jacobsen	W21	SOC	1:05:06	30:18	18.08	24
22	Teresa Turner	W75	SLOW	1:06:32	31:44	18.48	22
23	Peter Smith	M60	SN	1:08:32	33:44	19.04	20
24	Col(Retd) Nick Kearns	M70	BAOC	1:08:42	33:54	19.08	20
25	Susan Parker	W60	BKO	1:10:43	35:55	19.64	18
26	Michele Funnell	W65	SO	1:12:34	37:46	20.16	16
27	George Engelhardt	M70	MV	1:12:51	38:03	20.24	16
28	Antonia Holt	W65	NWO	1:19:43	44:55	22.14	9
29	Lt Cdr (Retd) Stephen Jackson	M65	NWO	1:21:13	46:25	22.56	7
30	Jane Breed	W70	HH	1:22:28	47:40	22.91	6
31	Brian Sewell	M65	BKO	1:23:39	48:51	23.24	5
32	Rosie Merry	W60	DFOK	1:24:42	49:54	23.53	4
33	Colin Merry	M70	DFOK	1:25:24	50:36	23.72	3
34	Christopher Simpson	M75	SO	1:27:41	52:53	24.36	1
35	Sue Gallagher	W70	SO	1:30:33	55:45	25.15	0
36	Clare Fletcher	W80	BOK	1:33:19	58:31	25.92	0



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Sh Green

Course: Sh Green, 3.6km, 85m

37	Kathryn Turner	W65	TVOC	1:34:30	59:42	26.25	0
38	Tony Ludford	M75	BADO	1:35:30	1:00:42	26.53	0
39	Jean Fitzgerald	W70	SAX	1:39:00	1:04:12	27.50	0
40	Liz Stradling	W65	BKO	1:39:27	1:04:39	27.63	0
41	WO2 (Retd) James Munday	M80	BKO	1:59:07	1:24:19	33.09	0
42	Michael White	M85	MV	3:24:25	2:49:37	56.78	0
DNF	Alison Gosling	W40	IND	22:13	Retd		
DSQ	Miriam Rosen	W70	SROC	1:19:13	Missed No 10 (45)		