



MLS LVS

01 November 2023

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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, 8.8 km, 235 m

1	Graham Gristwood	M35	FVO		54:04		6.14	108
2	Michael Krajewski	M40	BAOC		1:02:20	8:16	7.08	100
3	Nick Cooper	M45	SN		1:10:54	16:50	8.06	92
4	Lt Col Richard Mawer	M50	HQ ARRC		1:14:34	20:30	8.47	88
5	Richard Lloyd	M55	LOK		1:16:33	22:29	8.70	86
=6	Simon Farrington	M40	BAOC		1:19:23	25:19	9.02	83
=6	Jocie Hilton	W18	SN		1:19:23	25:19	9.02	83
8	MAJ Richard Barrett	M50	HQ 101 OSB		1:19:53	25:49	9.08	83
9	Malcolm Fisher	M55	BOF		1:20:41	26:37	9.17	82
10	Lt Col(Retd) Colin Metcalfe	M60	BAOC		1:21:01	26:57	9.21	81
11	Capt Will Simpson	M21	HQ 101 OSB		1:21:16	27:12	9.23	81
12	Col Michael Cooke	M45	Army HQ		1:22:38	28:34	9.39	80
13	Peter Daplyn	M40	SN		1:22:53	28:49	9.42	80
14	WO1 Gareth Mansfield	M35	NCHQ		1:23:43	29:39	9.51	79
15	Peter Jones	M65	SN		1:24:16	30:12	9.58	78
16	Maj Andrew Snell	M45	Army HQ		1:24:58	30:54	9.66	77
17	Katherine Bett	W21	SN		1:25:21	31:17	9.70	77
18	Nick Nourse	M60	NWO		1:25:22	31:18	9.70	77
19	Capt Alan Harris	M45	Upavon Stn		1:27:44	33:40	9.97	75
20	Lt Col (Retd) Steve Collinson	M55	HQ RC		1:28:47	34:43	10.09	74
21	David Thomas	M21	SAX		1:30:37	36:33	10.30	72
22	Lt Col Mark Nash	M55	War Gar		1:30:45	36:41	10.31	72
23	Sarah Darley	W18	SN		1:31:02	36:58	10.34	71
24	Major Jon Oxley	M50	London Central Garrison		1:31:38	37:34	10.41	71
25	Paul Fox	M60	SN		1:31:42	37:38	10.42	71
26	Nick Care	M60	SO		1:34:17	40:13	10.71	68
27	Barry Jones	M55	SO		1:34:20	40:16	10.72	68
28	Robin Mills	M55	WIM		1:34:40	40:36	10.76	68
29	Sgt Sudip Kamal	M21	12 Regt RA		1:35:05	41:01	10.80	67
30	Maj Andy Southby	M55	War Gar		1:38:08	44:04	11.15	64
31	Robin Bishop	M55	TVOC		1:38:17	44:13	11.17	64
32	Major Steven Burton	M21	Army HQ		1:38:37	44:33	11.21	64
33	Capt Matt Garrard	M21	32 Regt RA		1:40:17	46:13	11.40	62
34	WO2 Jason Edwards	M50	Minley Stn		1:42:59	48:55	11.70	59
35	Julia Jarvis	W55	SO		1:45:43	51:39	12.01	57
36	Sgt Alexis Massey-Ryan	M35	32 Regt RA		1:47:34	53:30	12.22	55
37	Andrew Hannaford	M65	SO		1:51:52	57:48	12.71	51
38	Mike Bennett	M70	HH		1:53:17	59:13	12.87	49
39	Lt Col L Cradden	M50	Army HQ		1:53:41	59:37	12.92	49
40	Sgt Sarun Gurung	M45	HQ 101 OSB		1:56:37	1:02:33	13.25	46
41	Luke Gosling	M45	IND		1:56:53	1:02:49	13.28	46
42	WO1 Stuart Greening	M55	Upavon Stn		1:57:50	1:03:46	13.39	45



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Brown

Course: Brown, 8.8 km, 235 m

43	Lt Jonathan Hazelden	M21	1 RGR		1:58:58	1:04:54	13.52	43
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Blue

Course: Blue, 6.8 km, 185 m

1	Eoghan Wiles	M21	SOC		52:42		7.75	70
2	SEO Cameron Lamond	M50	MoD London		1:02:28	9:46	9.19	67
3	Mark Saunders	M60	BOK		1:04:11	11:29	9.44	66
4	Alan Rosen	M65	HH		1:05:28	12:46	9.63	64
5	Carys Morgan	W45	SLOW		1:06:40	13:58	9.80	63
6	Maj Paul Pickering	M35	HQ RC		1:07:17	14:35	9.89	62
7	Julian Hartwell	M65	SOC		1:07:51	15:09	9.98	62
8	Ian Ditchfield	M65	MV		1:08:43	16:01	10.11	61
9	Capt Darren Nolan	M45	22 Engr Regt		1:10:01	17:19	10.30	60
10	Col Gary Sawyer	M45	Army HQ		1:10:22	17:40	10.35	59
11	Chris Evans	M55	SLOW		1:10:27	17:45	10.36	59
12	Lt Cdr (Retd) Ashley Tilling	M65	MV		1:11:53	19:11	10.57	58
13	Richard Bostock	M55	DFOK		1:11:58	19:16	10.58	58
14	John Kelly	M35	SN		1:12:18	19:36	10.63	57
15	Phil Conway	M60	GO		1:12:28	19:46	10.66	57
16	Robin Smith	M70	SO		1:12:31	19:49	10.66	57
17	Capt Adrian Kerr	M35	DSPG		1:13:32	20:50	10.81	56
18	Alison Simmons	W65	BOK		1:13:43	21:01	10.84	56
19	Steve Jarvis	M60	SO		1:13:51	21:09	10.86	56
20	Alice Bedwell	W60	BOK		1:14:12	21:30	10.91	56
21	WO2 Sean Venables	M45	CRHQ AGC		1:14:19	21:37	10.93	55
22	Mike Frizzell	M65	BADO		1:14:36	21:54	10.97	55
23	Dorte Torpe Hansen	W55	SLOW		1:15:38	22:56	11.12	54
24	Laura Barrett	W18	SN		1:16:04	23:22	11.19	54
25	Lt Col (retd) Bruce Snelling	M60	SN		1:17:42	25:00	11.43	52
26	Jon Vaughan	M45	BKO		1:18:01	25:19	11.47	52
27	Maj Eddie Walsh	M55	HQ RC		1:18:22	25:40	11.52	51
28	WO1 Glyn Buckley	M60	HQ RC		1:21:18	28:36	11.96	48
29	Charles Daniel	M65	BOK		1:23:05	30:23	12.22	47
30	Christopher Ashenden	M55	SN		1:23:12	30:30	12.24	47
31	John Simmons	M70	BOK		1:23:54	31:12	12.34	46
32	Tim Keogh	M60	MV		1:25:18	32:36	12.54	44
33	WO1 Brian Saxton	M45	15 Sig Regt		1:25:58	33:16	12.64	44
34	Sarah Howes	W60	SAX		1:27:52	35:10	12.92	42
35	Benjamin Mills	M21	WIM		1:28:52	36:10	13.07	41
36	WO2 Dhan Magar	M55	HQ RC		1:29:41	36:59	13.19	40
37	Michael Merritt	M65	SO		1:30:54	38:12	13.37	39



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Blue

Course: Blue, 6.8 km, 185 m

38	SSgt Shiva Tamang	M50	101 Op Sust Bde		1:31:22	38:40	13.44	38
39	G 7 Iain Brant	M60	Defence Academy		1:31:52	39:10	13.51	38
40	Maj James Fitt	M45	HQ RC		1:35:04	42:22	13.98	35
41	WO1 (Retd) David Bell	M55	BAOC		1:35:37	42:55	14.06	34
42	Mikhail Gryaznevich	M65	TVOC		1:35:40	42:58	14.07	34
43	Angela Darley	W50	GO		1:36:09	43:27	14.14	34
44	Maj (Retd) Danny Skillman	M65	GO		1:36:58	44:16	14.26	33
45	David Harrison	M55	SN		1:37:02	44:20	14.27	33
46	Major Brett Green	M50	HQ RC		1:38:38	45:56	14.50	31
47	John Harrison	M75	BADO		1:39:21	46:39	14.61	30
48	Paul Oates	M70	DFOK		1:39:46	47:04	14.67	30
49	Neil Mitchell	M60	SLOW		1:39:51	47:09	14.68	30
50	Capt Gary Harris-Deans	M55	103 Bn REME(V)		1:41:13	48:31	14.88	29
51	David Kingdon	M70	SAX		1:43:18	50:36	15.19	26
52	Major Garry Patey	M60	103 Bn REME(V)		1:44:13	51:31	15.33	26
53	Lt(Retd) David Young	M70	SO		1:45:00	52:18	15.44	25
54	Fiona Clough	W60	BKO		1:48:06	55:24	15.90	22
55	Charlie Beck	M65	SN		2:01:05	1:08:23	17.81	9
56	Nigel Clemens	M60	SLOW		2:07:09	1:14:27	18.70	3
57	Matthew Knipe	M60	QO		2:28:42	1:36:00	21.87	0

Sh Green

Course: Sh Green, 3.5 km, 95 m

1	Wo1(retired) Stuart Ferguson	M65	NOTEAM		38:29		11.00	50
2	Nick Grant	M45	IND		39:31	1:02	11.29	50
3	Maj(Retd) Colin Dickson	M65	BAOC		40:01	1:32	11.43	49
4	Maj (Retd) Gill Prowse	W60	SN		44:38	6:09	12.75	45
5	Mike Murray	M75	SLOW		45:46	7:17	13.08	44
6	Kevin Pickering	M70	WIM		47:48	9:19	13.66	42
7	Col(Retd) Nick Kearns	M70	BAOC		49:34	11:05	14.16	40
8	Jim Prowting	M75	TVOC		50:17	11:48	14.37	39
9	Terry Smith	M70	SOC		50:33	12:04	14.44	39
10	Dvr(Retd) Roger Maher	M85	SO		51:01	12:32	14.58	38
11	Katie Clarke	W50	SN		51:08	12:39	14.61	38
12	Jasmine Bennett	W70	SO		53:14	14:45	15.21	36
13	Tom Edelsten	M80	GO		53:29	15:00	15.28	36
14	Lucy Paton	W60	SN		53:57	15:28	15.41	35
15	Richard Steptoe	M75	TVOC		54:53	16:24	15.68	34
16	Lt Cdr (Retd) Stephen Jackson	M65	NWO		56:08	17:39	16.04	33
17	Helen Rivers	W65	GO		57:13	18:44	16.35	32
18	Elisabeth Dickson	W65	BAOC		59:17	20:48	16.94	30
19	Christopher Moon	M70	BOK		59:18	20:49	16.94	30



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Sh Green

Course: Sh Green, 3.5 km, 95 m

20	Lisa Cooke	W45	SARUM		59:35	21:06	17.02	30
21	David Hanstock	M65	BOK		59:38	21:09	17.04	30
22	Tony Ludford	M75	BADO		1:01:01	22:32	17.43	28
23	Edward Forman	M70	SO		1:01:40	23:11	17.62	28
24	Denise Mullins	W70	SARUM		1:02:26	23:57	17.84	27
25	Susan Parker	W60	BKO		1:02:38	24:09	17.90	27
26	Michele Funnell	W65	SO		1:03:27	24:58	18.13	26
27	Brian Sewell	M65	BKO		1:03:56	25:27	18.27	25
28	Nigel Saker	M75	SLOW		1:04:17	25:48	18.37	25
29	Col(Retd) Ian Tait	M70	SARUM		1:05:16	26:47	18.65	24
30	Gill Sharp	W65	SN		1:05:40	27:11	18.76	24
31	Liz Stradling	W65	BKO		1:05:43	27:14	18.78	24
32	Alison Saunders	W60	HH		1:07:45	29:16	19.36	22
33	George Engelhardt	M70	MV		1:10:43	32:14	20.20	19
34	Fiona Hanstock	W65	BOK		1:11:36	33:07	20.46	18
35	Lt Col Damien Pealin	M55	HQ RC		1:11:47	33:18	20.51	18
36	Lt(Retd) George Elkin	M75	BAOC		1:12:34	34:05	20.73	17
=37	Deborah Sullivan	W60	MV		1:14:51	36:22	21.39	14
=37	Jerry Newcombe	M65	BOF		1:14:51	36:22	21.39	14
39	Jon Wheatcroft	M70	TVOC		1:14:58	36:29	21.42	14
40	Hilary Pickering	W65	WIM		1:15:31	37:02	21.58	14
41	Jane Breed	W70	HH		1:17:59	39:30	22.28	11
42	Peter Smith	M60	SN		1:18:40	40:11	22.48	11
43	Clare Fletcher	W80	BOK		1:18:54	40:25	22.54	10
44	S/Sgt(Ret) John Thompson	M85	TVOC		1:21:57	43:28	23.41	7
45	Chris Glew	W70	SLOW		1:25:08	46:39	24.32	4
46	WO2 (Retd) James Munday	M80	BKO		1:25:59	47:30	24.57	3
47	Jnr Tech(Retd) John Farren	M85	TVOC		1:33:29	55:00	26.71	0
48	Roger Baker	M90	TVOC		1:35:15	56:46	27.21	0
49	Amaryllis Campbell	W65	SO		1:51:03	1:12:34	31.73	0
50	Yvonne Hodson	W75	TVOC		1:58:58	1:20:29	33.99	0
51	Lieut (Retd) Michael White	M85	MV		2:09:25	1:30:56	36.98	0

Lt Green

Course: Lt Green, 4.8 km, 130 m

1	Carol Lovegrove	W50	SN		53:08		11.07	50
2	David Saunders	M60	HH		54:15	1:07	11.30	50
3	Charlie Turner	M70	SLOW		54:32	1:24	11.36	49
4	Neil Watts	M65	SO		56:10	3:02	11.70	48
5	Sarah Francis	W55	SN		1:00:39	7:31	12.64	43
6	Lt Col RM (retd) Joe House	M65	SO		1:01:58	8:50	12.91	42



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Lt Green

Course: Lt Green, 4.8 km, 130 m

7	Col (Retd) Ian Prosser	M65	BAOC		1:02:37	9:29	13.05	41
8	Andy Parker	M65	BADO		1:03:23	10:15	13.20	41
9	SSgt (Retd) Colin Holcombe	M65	BAOC		1:04:18	11:10	13.40	40
10	Kieran Devine	M70	BAOC		1:05:31	12:23	13.65	38
11	Delia Peppercorn	W55	BADO		1:05:49	12:41	13.71	38
12	Lt Col (Retd) Chris Barrington Brown	M65	BAOC		1:07:40	14:32	14.10	36
13	Janet Rosen	W65	HH		1:07:44	14:36	14.11	36
14	Serena Ludford	W55	BADO		1:08:42	15:34	14.31	35
15	Philip Gristwood	M70	MV		1:08:43	15:35	14.32	35
16	Mark Thompson	M65	TVOC		1:08:54	15:46	14.35	35
17	WO2(Retd) Ian Byford	M65	HH		1:09:50	16:42	14.55	34
18	Paul Kilpin	M70	TVOC		1:10:03	16:55	14.59	34
19	Fit/Lt Ray Sullivan	M60	RAFO		1:12:41	19:33	15.14	31
20	Lt Col (Retd) Carol Prosser	W60	BAOC		1:12:46	19:38	15.16	31
21	Cpl(Retd) David Mullins	M70	SARUM		1:13:08	20:00	15.24	31
22	Peter Dudman	M70	SO		1:17:14	24:06	16.09	27
23	Lt Col (Retd) Simon Worsley	M65	BAOC		1:18:59	25:51	16.45	25
24	Allan Darwell	M70	BOK		1:19:43	26:35	16.61	24
25	Malcolm Scott	M65	SN		1:20:41	27:33	16.81	23
26	Leianne Upton	W60	MV		1:20:46	27:38	16.83	23
27	Barry Breed	M75	HH		1:23:22	30:14	17.37	21
28	Roy Heselden	M75	BADO		1:28:11	35:03	18.37	16
29	Captain James Taylor	M40	Worthy Down Stn		1:28:49	35:41	18.50	15
30	Ted McDonald	M80	BOK		1:32:03	38:55	19.18	12
31	Peter Riches	M70	TVOC		1:33:53	40:45	19.56	10
32	Howard Thomas	M75	BOK		1:34:34	41:26	19.70	9
33	Plt Off(Retd) Mike Elliot	M70	MV		1:34:57	41:49	19.78	9
34	Sue Hands	W75	WIM		1:35:31	42:23	19.90	8
35	Capt Christopher Glass	M21	War Gar		1:39:53	46:45	20.81	4
36	Michael Forrest	M65	BOK		1:42:20	49:12	21.32	2
37	Chris Mcdonald	M80	MV		1:53:08	1:00:00	23.57	0
38	Ruth Rhodes	W80	SO		2:03:52	1:10:44	25.81	0

Lg Orange

Course: Lg Orange, 4.6 km, 100 m

1	Sgt Peter Milnes	M21	17 Regt RLC		47:15		10.27	40
2	SSgt Harry Pickering	M35	17 Regt RLC		56:54	9:39	12.37	39
3	SSgt Robert Doherty	M35	17 Regt RLC		1:02:30	15:15	13.59	33
4	LCpl Sureshman Limbu	M21	17 Regt RLC		1:03:31	16:16	13.81	32
5	WO2 Chakra Rai*	M35	HQ 101 OSB		1:07:34	20:19	14.69	28
6	Sgt Yogesh Limbu*	M21	HQ 101 OSB		1:10:35	23:20	15.34	25



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Lg Orange

Course: Lg Orange, 4.6 km, 100 m

7	Cpl Mark Maudsley*	M35	Worthy Down Stn		1:13:09	25:54	15.90	22
8	Cpl Mark Campbell	M21	17 Regt RLC		1:13:49	26:34	16.05	22
9	LCpl Joshua Dean	M21	1 Regt AAC		1:15:52	28:37	16.49	20
10	LCpl Ben Higgins	M21	1 Regt AAC		1:16:27	29:12	16.62	19
11	Pte Euan Stevenson	M21	17 Regt RLC		1:20:00	32:45	17.39	16
12	Cfn Scarlett Hopper	W21	17 Regt RLC		1:21:29	34:14	17.71	14
13	Cfn Feral Greer	M21	17 Regt RLC		1:23:20	36:05	18.12	12
14	Cfn Samuel Payne	M20	17 Regt RLC		1:23:24	36:09	18.13	12
15	SSgt Jessica Griffiths	W21	47 Regt RA		1:26:48	39:33	18.87	10
16	Sgt Katy Hillman	W21	32 Regt RA		1:31:17	44:02	19.84	10
17	Capt Hadders Hadcock	M21	HQ 101 OSB		1:32:28	45:13	20.10	10
=18	LCpl Lucy Gillbanks-Miller	W21	1 Regt AAC		1:33:27	46:12	20.32	10
=18	SSgt Daniel Hitchen	M35	1 Regt AAC		1:33:27	46:12	20.32	10
20	LCpl Alexander Bester	M21	1 Regt AAC		1:33:46	46:31	20.38	10
21	Richard Alexander McDonald	M45	BOK		1:40:26	53:11	21.83	10
22	Maj (Retd) Devina Worsley	W65	BAOC		1:42:27	55:12	22.27	10
23	Cfn Miles Holdsworth	M21	17 Regt RLC		1:54:22	1:07:07	24.86	10
24	LCpl John Parker	M35	17 Regt RLC		2:01:46	1:14:31	26.47	10