



MLS LV North

03 January 2024



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Brown

Course: Brown, 8.7 km, 80 m

1	Adam Conway	M21	SHUOC		53:37		6.16	104
2	Peter Daplyn	M40	SN		59:55	6:18	6.89	98
3	Stanley Heap	M21	SO		1:00:23	6:46	6.94	98
4	Nick Cooper	M45	SN		1:00:46	7:09	6.98	97
5	Michael Krajewski	M40	BAOC		1:01:14	7:37	7.04	97
6	James Lyne	M35	SN		1:02:03	8:26	7.13	96
7	Matthias Mahr	M45	SLOW		1:03:56	10:19	7.35	94
8	Tommy Heap	M20	SO		1:05:20	11:43	7.51	93
9	Richard Lloyd	M55	LOK		1:05:46	12:09	7.56	92
10	Maj Richard Barrett	M50	HQ 101 OSB	RLC	1:06:34	12:57	7.65	91
11	Capt Gareth Radcliffe	M40	3 Regt AAC	AAC	1:07:46	14:09	7.79	90
12	Major Jon Oxley	M55	London Central Garrison	RLC	1:08:28	14:51	7.87	90
13	Will Heap	M50	SO		1:08:41	15:04	7.89	89
14	WO1 Gareth Mansfield	M35	NCHQ	REME	1:09:39	16:02	8.01	88
15	Malcolm Fisher	M55	BOF		1:10:58	17:21	8.16	87
16	Maj Andrew Snell	M50	Army HQ	AGC	1:12:38	19:01	8.35	85
17	Colonel (Retd) Ed Heal	M55	BAOC	REME	1:14:36	20:59	8.57	83
18	Mark Saunders	M65	BOK		1:15:18	21:41	8.66	83
19	Lt Col (Retd) Chris Kemp	M60	BAOC	INF	1:15:54	22:17	8.72	82
20	Lt Col Richard Mawer	M50	HQ ARRC	AAC	1:16:26	22:49	8.79	82
21	Lt Col (Retd) Colin Metcalfe	M65	BAOC	REME	1:17:03	23:26	8.86	81
22	Sgt Paul Truss	M35	RAF Brize Norton		1:17:06	23:29	8.86	81
23	Nick Care	M65	SO		1:18:02	24:25	8.97	80
24	Nick Nourse	M60	NWO		1:18:17	24:40	9.00	80
25	Paul Fox	M60	SN		1:19:00	25:23	9.08	79
26	Capt (Retd) Paul Martin	M55	1 QLR	INF	1:19:30	25:53	9.14	78
27	Maj Dan Gallagher	M45	32 Regt RA	RA	1:20:32	26:55	9.26	77
28	Simon Farrington	M40	BAOC		1:21:45	28:08	9.40	76
29	Andrew Tindal	M55	BOK		1:23:20	29:43	9.58	75
30	Philip Harvey	M50	WIM		1:23:32	29:55	9.60	74
31	John Oakes	M50	WIM		1:25:45	32:08	9.86	72
32	WO2 J Edwards	M55	Minley Stn		1:26:19	32:42	9.92	72
33	Major Steven Burton	M35	Army HQ	INF	1:26:40	33:03	9.96	71
34	Julia Jarvis	W55	SO		1:28:09	34:32	10.13	70
35	Mike Frizzell	M65	BADO		1:29:51	36:14	10.33	68
36	Sarah Darley	W20	SN		1:31:14	37:37	10.49	67
37	Col Gary Sawyer	M45	Army HQ	INF	1:33:14	39:37	10.72	65
38	Sgt Sarun Gurung	M45	HQ 101 OSB	RLC	1:35:06	41:29	10.93	63
39	Capt Matt Garrard	M21	32 Regt RA	REME	1:35:40	42:03	11.00	62
40	Robin Bishop	M55	TVOC		1:40:27	46:50	11.55	58
41	WO2 Adam Cook	M35	32 Regt RA	RA	1:41:43	48:06	11.69	56
42	Lt Col (Retd) Steve Collinson	M55	HQ RC	RAPTC	1:42:06	48:29	11.74	56



MLS LV North

03 January 2024



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Brown

Course: Brown, 8.7 km, 80 m

43	Luke Gosling	M45	IND		1:46:23	52:46	12.23	52
44	James Breed	M35	IND		1:47:41	54:04	12.38	50
45	Andrew Hannaford	M65	SO		1:51:44	58:07	12.84	46
46	Ssgt Vicky McCreddie	W40	3 Sig Regt	RSIGS	1:54:13	1:00:36	13.13	44
47	Sarah Francis	W55	SN		2:31:43	1:38:06	17.44	6

Blue

Course: Blue, 6.9 km, 60 m

1	Kai Magee	M21	IND		53:55		7.81	70
2	Abi Weeds	W45	SLOW		1:02:09	8:14	9.01	67
3	Julian Hartwell	M65	SOC		1:02:38	8:43	9.08	67
4	Alan Rosen	M65	HH		1:03:35	9:40	9.21	66
5	Zlatko Peev	M50	SLOW		1:04:15	10:20	9.31	65
6	Phil Conway	M60	GO		1:06:02	12:07	9.57	64
7	Richard Bostock	M60	DFOK		1:06:54	12:59	9.70	63
8	John Simmons	M70	BOK		1:07:38	13:43	9.80	62
9	Martin Kensett	M55	SN		1:08:25	14:30	9.92	61
10	SSgt Sammy Gibbs	M35	3 Regt AAC	AAC	1:09:28	15:33	10.07	60
11	SEO Cameron Lamond	M50	MoD London		1:09:44	15:49	10.11	60
12	Mark Feltham	M60	MV		1:09:46	15:51	10.11	60
13	Mark Adams	M60	HH		1:11:57	18:02	10.43	58
14	Chris Evans	M55	SLOW		1:12:18	18:23	10.48	57
15	WO1 (Retd) Les Hunt	M70	SN	RE	1:12:21	18:26	10.49	57
16	Alice Bedwell	W60	BOK		1:12:22	18:27	10.49	57
17	Ian Ditchfield	M65	MV		1:12:23	18:28	10.49	57
18	Jon Vaughan	M45	BKO		1:12:44	18:49	10.54	57
19	Robin Smith	M70	SO		1:12:47	18:52	10.55	57
20	Carol Lovegrove	W50	SN		1:13:31	19:36	10.65	56
21	Lisa James	W55	SOC		1:14:19	20:24	10.77	55
22	Jackie Hallett	W65	BOK		1:14:26	20:31	10.79	55
23	Trish Monks	W45	BKO		1:15:10	21:15	10.89	54
24	Col (Retd) Paul Oldfield	M65	BAOC	RSIGS	1:15:24	21:29	10.93	54
25	Sandy Burgon	M65	BOK		1:15:42	21:47	10.97	54
26	Bo Oqvist	M50	BKO		1:15:54	21:59	11.00	54
27	Mike Turner	M70	SO		1:16:24	22:29	11.07	53
28	Don McKerrow	M70	SLOW		1:16:39	22:44	11.11	53
29	Barry Jones	M55	SO		1:17:26	23:31	11.22	52
30	Stephen Mckinley	M60	SN		1:18:43	24:48	11.41	51
31	David Harrison	M55	SN		1:20:06	26:11	11.61	49
32	Ann Roller	W50	GO		1:20:31	26:36	11.67	49
33	Captain Gary Harris-Deans	M55	103 Bn REME(V)	REME	1:20:36	26:41	11.68	49



MLS LV North

03 January 2024



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Blue

Course: Blue, 6.9 km, 60 m

34	Lt Col (retd) Bruce Snelling	M65	SN	RE	1:20:50	26:55	11.71	49
35	Lt Col Bernie Fowler	M50	AACen	AAC	1:21:43	27:48	11.84	48
36	Mick Hunter	M65	NWO		1:23:41	29:46	12.13	46
37	Lt Cdr(Retd) Ashley Tilling	M65	MV		1:24:48	30:53	12.29	45
38	Maj Suzanne Talbot	W40	1 DRS BCT	AMS	1:25:04	31:09	12.33	44
39	Major Michael James	M65	Army HQ	RE	1:25:35	31:40	12.40	44
40	Colin Swallow	M65	SN		1:25:43	31:48	12.42	44
41	Lucy Paton	W60	SN		1:26:29	32:34	12.53	43
42	Katie Clarke	W50	SN		1:26:37	32:42	12.55	43
43	Gill Tindal	W55	BOK		1:28:00	34:05	12.75	42
44	Nick Dennis	M60	BOK		1:28:15	34:20	12.79	41
45	Tim Keogh	M60	MV		1:29:14	35:19	12.93	40
46	John Harrison	M75	BADO		1:29:37	35:42	12.99	40
47	Christine Jepson	W65	SO		1:29:43	35:48	13.00	40
=48	Vincent Joyce	M70	SO		1:30:59	37:04	13.19	39
=48	Ted McDonald	M80	BOK		1:30:59	37:04	13.19	39
50	David Kingdon	M70	SAX		1:33:01	39:06	13.48	37
51	Kieran Devine	M70	BAOC		1:33:27	39:32	13.54	36
52	Maj (Retd) Garry Patey	M60	BAOC	REME	1:33:52	39:57	13.60	36
53	SSgt Kanaiyalal Thapa	M40	HQ 101 OSB	AGC	1:35:58	42:03	13.91	34
54	Rachel Dennis	W55	BOK		1:36:03	42:08	13.92	34
55	April Devine	W21	BAOC		1:36:05	42:10	13.93	33
56	Charles Daniel	M65	BOK		1:36:24	42:29	13.97	33
57	Trevor Griffiths	M75	BOK		1:38:37	44:42	14.29	31
58	Dave Ryder	M60	SN		1:38:45	44:50	14.31	31
59	Debra Robinson	W55	SN		1:39:56	46:01	14.48	30
60	Paul Hearn	M60	HH		1:41:29	47:34	14.71	28
61	David Lane	M70	SN		1:41:34	47:39	14.72	28
62	Anne Tynegate	W60	BADO		1:44:12	50:17	15.10	25
63	WO Jason Ferguson	M50	78 Sqn Swanwick		1:47:11	53:16	15.53	22
64	Kate Breed	W35	IND		1:47:25	53:30	15.57	22
65	Maj (Retd) Danny Skillman	M65	GO	RA	1:48:59	55:04	15.79	21
66	Michael Merritt	M65	SO		1:50:25	56:30	16.00	19
67	Neil Mitchell	M65	SLOW		1:55:21	1:01:26	16.72	14
68	Sue Hands	W75	WIM		1:57:34	1:03:39	17.04	12
69	Lt Col (Retd) Rowena Naile	W60	BAOC	AGC	1:58:30	1:04:35	17.17	11
70	Charlie Beck	M65	SN		2:13:07	1:19:12	19.29	0
71	SSgt Shaun Jones	M35	32 Regt RA	REME	2:16:56	1:23:01	19.85	0

Short Green

Course: Short Green, 3.7 km, 30 m

1	Sgt(Retd) Gerry Allan	M55	BAOC	AGC	38:26		10.39	50
---	-----------------------	-----	------	-----	-------	--	-------	----



MLS LV North

03 January 2024



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Short Green

Course: Short Green, 3.7 km, 30 m

2	Maj(Retd) Colin Dickson	M65	BAOC		42:53	4:27	11.59	49
3	Col (Retd) Ian Prosser	M65	BAOC		43:08	4:42	11.66	48
4	Lt Col RM (retd) Joe House	M70	SO		45:44	7:18	12.36	46
5	Martin Lock	M75	GO		46:32	8:06	12.58	45
6	Diane Leakey	W65	SLOW		49:00	10:34	13.24	42
7	Jamie Roller	M14	GO		49:07	10:41	13.27	42
8	Dvr(Retd) Roger Maher	M85	SO		49:45	11:19	13.45	42
9	Maj (Retd) Gabi Shanahan	W60	BAOC	AGC	50:55	12:29	13.76	41
10	Paul Kilpin	M75	TVOC		51:18	12:52	13.86	40
11	Jon Paton	M60	SN		52:27	14:01	14.18	39
12	Jim Prowting	M75	TVOC		52:37	14:11	14.22	39
13	Edward Forman	M70	SO		53:59	15:33	14.59	37
14	Lt Col (Retd) Carol Prosser	W60	BAOC		54:32	16:06	14.74	37
15	George Engelhardt	M70	MV		57:41	19:15	15.59	34
16	Col(Retd) Nick Kearns	M70	BAOC		57:45	19:19	15.61	34
17	Keith Henderson	M80	WIM		58:00	19:34	15.68	33
18	Geoff Wright	M75	GO		58:48	20:22	15.89	33
19	Jasmine Bennett	W70	SO		59:09	20:43	15.99	32
20	Jane King	W65	SO		59:10	20:44	15.99	32
21	Tony Ludford	M80	BADO		59:27	21:01	16.07	32
22	Stefan Stasiuk	M70	BKO		59:44	21:18	16.14	32
23	Capt Ben Worthington	M45	27 Regt RLC	RLC	1:00:54	22:28	16.46	31
24	LCpl Hannah Brown	W21	3 Bn REME	REME	1:01:07	22:41	16.52	30
25	WO1 (ASM) retd Peter Hull	M75	BAOC	REME	1:01:11	22:45	16.54	30
26	Eliza Hermann	W60	HH		1:01:32	23:06	16.63	30
27	Tom Edelsten	M80	GO		1:01:48	23:22	16.70	30
28	Capt Diana Worthington	W45	HQ RC	RLC	1:02:06	23:40	16.78	29
29	Christopher Moon	M70	BOK		1:02:11	23:45	16.81	29
30	Lt Col(Retd) Paul Wallace-Stock	M80	SN	RLC	1:02:34	24:08	16.91	29
31	Lt Col Damien Pealin	M55	BAOC	AMS	1:02:53	24:27	17.00	29
32	Liz Stradling	W65	BKO		1:03:11	24:45	17.08	28
33	Col(Retd) Ian Tait	M70	SARUM	RE	1:03:29	25:03	17.16	28
34	Brian Sewell	M65	BKO		1:03:46	25:20	17.23	28
35	Richard Steptoe	M75	TVOC		1:04:07	25:41	17.33	27
36	Helen Rivers	W70	GO		1:04:39	26:13	17.47	27
37	John Collyer	M75	GO		1:04:43	26:17	17.49	27
38	Peter Smith	M60	SN		1:07:42	29:16	18.30	24
39	Howard Thomas	M75	BOK		1:08:35	30:09	18.54	23
40	Jon Wheatcroft	M70	TVOC		1:09:41	31:15	18.83	22
41	Elizabeth Dickson	W60	BAOC		1:09:43	31:17	18.84	22
42	Rosie Merry	W60	DFOK		1:10:30	32:04	19.05	21
43	Michele Funnell	W70	SO		1:10:49	32:23	19.14	21



MLS LV North

03 January 2024



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Short Green

Course: Short Green, 3.7 km, 30 m

44	WO2 (Retd) James Munday	M80	BKO		1:10:58	32:32	19.18	21
45	Stephen Peacock	M70	SN		1:11:34	33:08	19.34	20
46	Deborah Sullivan	W60	MV		1:13:02	34:36	19.74	18
47	Denise Harper	W70	BKO		1:13:08	34:42	19.77	18
48	Richard Rae	M75	BKO		1:13:20	34:54	19.82	18
49	Jane Breed	W70	HH		1:17:46	39:20	21.02	14
50	MOD(Retd) Tony Painter	M75	SN		1:17:54	39:28	21.05	14
51	Sally Thomas	W75	BOK		1:19:01	40:35	21.36	12
52	Di Turner	W70	SO		1:21:02	42:36	21.90	10
53	Chris Simpson	M75	SO		1:21:31	43:05	22.03	10
54	Antonia Holt	W65	NWO		1:24:06	45:40	22.73	7
55	John Morris	M75	SO		1:24:55	46:29	22.95	7
56	Jerry Newcombe	M70	BOF		1:26:23	47:57	23.35	5
57	Sue Pearson	W70	SO		1:27:50	49:24	23.74	4
58	Ben Rivers	M80	GO		1:30:55	52:29	24.57	1
59	Helen Wise	W70	SO		1:34:42	56:16	25.59	0
60	Lt(Retd) Michael White	M85	MV		2:35:28	1:57:02	42.02	0

Light Green

Course: Light Green, 5 km, 40 m

1	Steve Jarvis	M60	SO		53:57		10.79	50
2	David Palmer	M75	BOK		57:00	3:03	11.40	50
3	Alan Leakey	M70	SLOW		59:58	6:01	11.99	47
4	Maj (Retd) Gill Prowse	W65	SN	REME	1:00:21	6:24	12.07	47
5	Boryana Peeva	W55	SLOW		1:00:48	6:51	12.16	46
6	Marion Payne-Bird	W65	GO		1:02:23	8:26	12.48	45
7	Alan Kersley	M65	BADO		1:02:39	8:42	12.53	44
8	Charlotte Lovegrove	W16	SN		1:03:10	9:13	12.63	44
9	Neil Fraser	M60	NWO		1:03:36	9:39	12.72	43
10	Peter Dudman	M70	SO		1:04:18	10:21	12.86	43
11	Kate Turner	W50	SO		1:06:44	12:47	13.35	40
12	Aaron Radcliffe	M14	SUFFOC		1:06:47	12:50	13.36	40
=13	Janet Rosen	W65	HH		1:06:48	12:51	13.36	40
=13	Chun Ho Andre Fu	M14	WAOB		1:06:48	12:51	13.36	40
15	Lt Col (Retd) Simon Worsley	M65	BAOC		1:08:59	15:02	13.80	38
16	Dave Cussens	M70	SO		1:09:39	15:42	13.93	37
17	WO2(Retd) Neil Gordon	M60	BAOC	RA	1:10:05	16:08	14.02	37
18	Ethan Radcliffe	M14	SUFFOC		1:11:44	17:47	14.35	35
19	Flt/Lt Ray Sullivan	M65	RAFO		1:12:59	19:02	14.60	34
20	Keiko Conway	W60	GO		1:13:33	19:36	14.71	33
21	Lt Col (Retd) Chris Barrington Brown	M65	BAOC	RA	1:16:00	22:03	15.20	31



MLS LV North

03 January 2024



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Light Green

Course: Light Green, 5 km, 40 m

22	Barry Breed	M75	HH		1:17:06	23:09	15.42	30
23	WO2 Francis Atkins	M35	HQ 101 OSB	RLC	1:17:17	23:20	15.46	30
24	Leianne Upton	W60	MV		1:18:35	24:38	15.72	28
25	SSgt Arkady Start	M35	32 Regt RA	REME	1:20:24	26:27	16.08	27
26	Sgt Katy Hillman	W35	32 Regt RA	RA	1:20:57	27:00	16.19	26
27	Cpl(Retd) David Mullins	M75	SARUM		1:22:34	28:37	16.51	24
28	Colin Merry	M70	DFOK		1:25:05	31:08	17.02	22
29	Philip Gristwood	M75	MV		1:27:02	33:05	17.41	20
30	Denise Mullins	W70	SARUM		1:28:52	34:55	17.77	18
31	Plt Off(Retd) Mike Elliot	M70	MV		1:28:56	34:59	17.79	18
32	Barrie Pearson	M70	SO		1:29:15	35:18	17.85	18
33	Sarah Blundell	W60	DFOK		1:30:01	36:04	18.00	17
34	Nicola Harvey	W50	WIM		1:32:13	38:16	18.44	15
35	Malcolm Scott	M65	SN		1:34:07	40:10	18.82	13
36	Michael Forrest	M70	BOK		1:49:22	55:25	21.87	0
37	Tom Nevett	M21	IND		1:51:30	57:33	22.30	0
38	Ruth Rhodes	W80	SO		1:51:43	57:46	22.34	0
39	Steve Goodrum	M60	SN		2:10:29	1:16:32	26.10	0

Long Orange

Course: Long Orange, 4.7 km, 10 m

1	WO1 Emmie Derbyshire*	W35	HQ 101 OSB	REME	55:12		11.74	40
2	LCpl Bradley Lucas*	M21	HQ 101 OSB	AGC	59:56	4:44	12.75	39
3	Sophie Keeble	W12	IND		1:00:59	5:47	12.98	38
4	LCpl Sagar Roka*	M21	1 QLR	REME	1:04:32	9:20	13.73	34
5	Rod Gibson	M65	IND		1:06:17	11:05	14.10	32
6	Capt Matthew Mercer*	M40	HQ 101 OSB	REME	1:10:38	15:26	15.03	28
7	WO2 Stephen Houghton	M35	101 Op Sust Bde		1:10:39	15:27	15.03	28
8	Maj (Retd) Devina Worsley	W65	BAOC		1:27:46	32:34	18.67	11
9	Danny Hearn	M60	Indeopendent		1:36:56	41:44	20.62	10
10	Holly Knowles	W12	IND		1:39:11	43:59	21.10	10
11	Paul Blagbrough	M75	MV		1:39:12	44:00	21.11	10
12	Kate Nevett	W60	IND		1:45:02	49:50	22.35	10
13	Paul Nevett	M60	IND		1:45:24	50:12	22.43	10
14	Heidi Venables	W10	IND		1:48:23	53:11	23.06	10