



MLS SS The Slab



17 July 2024
Results by class

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

Course: Blue, 7.6 km, 80 m

1	Mark Nixon	M40	FVO		47:23		6.23
2	Michael Krajewski	M40	BAOC		52:50	5:27	6.95
3	Lt Col Richard Mawer	M50	MoD Abbey Wood		53:49	6:26	7.08
4	WO2 T Dickinson	M40	MoD Abbey Wood		57:17	9:54	7.54
5	Toby Cazzolato	M20	EUOC		57:21	9:58	7.55
6	Paul Keeble	M55	SN		58:23	11:00	7.68
7	Capt Alex Freeman-Hall	M21	13 Regt RLC		1:01:46	14:23	8.13
8	Major Jon Oxley	M55	London Central Garrison		1:02:32	15:09	8.23
9	Lt Col(Retd) Colin Metcalfe	M65	BAOC		1:06:57	19:34	8.81
10	Marc Balston	M50	SARUM		1:08:05	20:42	8.96
11	Eoghan Wiles	M21	SOC		1:09:37	22:14	9.16
12	Col Gary Sawyer	M45	Army HQ		1:11:36	24:13	9.42
13	Colin Blanchard	M40	SN		1:12:02	24:39	9.48
14	Nick Care	M65	SO		1:13:13	25:50	9.63
15	Mike Frizzell	M65	BADO		1:13:36	26:13	9.68
16	Keith Belsey	M55	SN		1:13:37	26:14	9.69
17	Tim Clark	M45	IND		1:14:22	26:59	9.79
18	Peter Jones	M65	SN		1:14:34	27:11	9.81
19	Barry Jones	M55	SO		1:14:58	27:35	9.86
20	Steve Jarvis	M60	SO		1:15:20	27:57	9.91
21	Nick Nourse	M60	NWO		1:17:10	29:47	10.15
22	Capt Adrian Kerr	M35	DSPG		1:17:28	30:05	10.19
23	Ian Ditchfield	M65	MV		1:18:29	31:06	10.33
24	Lt Col M Nash	M55	War Gar		1:18:44	31:21	10.36
25	Neville Baker	M70	TVOC		1:19:57	32:34	10.52
26	Mark Feltham	M60	MV		1:20:23	33:00	10.58
27	Ian Moran	M65	SOC		1:22:11	34:48	10.81
28	Mick Hunter	M65	NWO		1:22:46	35:23	10.89
29	Dave Chapman	M70	SN		1:23:49	36:26	11.03
30	Robin Smith	M70	SO		1:25:50	38:27	11.29
31	Lt Col Kerry Corkery	W45	Army HQ		1:26:19	38:56	11.36
32	Col (Retd) Paul Oldfield	M65	BAOC		1:31:12	43:49	12.00
33	Andrew Tindal	M55	BOK		1:32:04	44:41	12.11
34	Sgt(Retd) Gerry Allan	M55	BAOC		1:34:17	46:54	12.41
35	Vincent Joyce	M70	SO		1:35:10	47:47	12.52
36	Maj (Retd) Garry Patey	M60	BAOC		1:36:34	49:11	12.71
37	Capt Gary Harris-Deans	M55	103 Bn REME(V)		1:39:13	51:50	13.05
38	Christine Jepson	W65	SO		1:39:57	52:34	13.15
39	Jonathan Magee	M60	SN		1:42:01	54:38	13.42
40	Alan Leakey	M70	SLOW		1:43:30	56:07	13.62
41	Flt Lt(Retd) Rob Hick	M60	WSX		1:43:43	56:20	13.65
42	Neil Mitchell	M65	SLOW		1:43:49	56:26	13.66



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Blue

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43	Issy Spooner	W20	IND		1:44:40	57:17	13.77
44	Emi Magee	W20	SN		1:44:43	57:20	13.78
45	Michael Merritt	M65	SO		1:45:02	57:39	13.82
46	Colin Swallow	M65	SN		1:45:48	58:25	13.92
47	WO2(Retd) Ian Byford	M65	HH		1:46:20	58:57	13.99
48	SSgt Shaun Jones	M35	32 Regt RA		1:50:55	1:03:32	14.59
49	Nigel Clemens	M60	SLOW		1:51:14	1:03:51	14.64
50	Marie-Anne Fischer	W60	TVOC		1:59:52	1:12:29	15.77
51	Maj (Retd) Danny Skillman	M65	GO		2:03:27	1:16:04	16.24
52	Peter Riches	M70	TVOC		2:31:15	1:43:52	19.90

Green

Course: Green, 5.1 km, 50 m

1	Alex Dutton	M50	SLOW		35:42		7.00
2	Marcus Cazzolato	M16	Tjuringa		39:36	3:54	7.76
3	Maj (Retd) Nicholas Shanahan	M50	BAOC		43:09	7:27	8.46
4	Phil Conway	M60	GO		47:50	12:08	9.38
5	Ronan Cleary	M60	LOK		49:52	14:10	9.78
6	April Devine	W21	BAOC		51:10	15:28	10.03
7	Lt Col RM (retd) Joe House	M70	SO		51:49	16:07	10.16
8	WO1(Retd) Glyn Buckley	M60	IND		53:37	17:55	10.51
9	Katie Clarke	W50	SN		55:04	19:22	10.80
10	Benjamin Cazzolato	M55	Tjuringa		55:36	19:54	10.90
11	Diane Leakey	W65	SLOW		59:24	23:42	11.65
12	Gill Tindal	W55	BOK		1:00:11	24:29	11.80
13	David Saunders	M65	HH		1:01:54	26:12	12.14
14	Elizabeth Balston	W16	SARUM		1:02:31	26:49	12.26
15	Lt Col David Alexander	M40	Army HQ		1:02:57	27:15	12.34
16	Maj (Retd) Gabi Shanahan	W60	BAOC		1:04:02	28:20	12.56
17	Lt Col (Retd) Simon Worsley	M65	BAOC		1:07:52	32:10	13.31
18	Keiko Conway	W60	GO		1:07:54	32:12	13.31
19	Carol Taverner	W65	WIGHTO		1:08:26	32:44	13.42
20	Fiona Clough	W60	BKO		1:09:17	33:35	13.58
21	Serena Ludford	W60	BADO		1:09:35	33:53	13.64
22	Sue Hands	W75	WIM		1:11:57	36:15	14.11
23	WO1 ASM (Retd) Peter Hull	M75	BAOC		1:13:40	37:58	14.44
24	Richard Stanhope	M65	SLOW		1:14:07	38:25	14.53
25	Lt Col Damien Pealin	M55	HQ RC		1:16:43	41:01	15.04
26	Richard Rae	M75	BKO		1:17:47	42:05	15.25
27	Tom Edelsten	M80	GO		1:18:25	42:43	15.38
28	Peter Smith	M60	SN		1:22:48	47:06	16.24



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Green

Course: Green, 5.1 km, 50 m

29	Peter Dudman	M70	SO		1:23:22	47:40	16.35
30	Malcolm Scott	M65	SN		1:24:21	48:39	16.54
31	Plt Off(Retd) Mike Elliot	M70	MV		1:30:18	54:36	17.71
32	Paul Blagbrough	M75	MV		1:36:59	1:01:17	19.02
33	Ruth Rhodes	W80	SO		1:54:45	1:19:03	22.50

Short Green

Course: Short Green, 3.5 km, 30 m

1	Julian Hartwell	M65	SOC		31:53		9.11
2	Julie Cleary	W60	LOK		42:15	10:22	12.07
3	Geoff Wright	M75	GO		45:19	13:26	12.95
4	Dvr(Retd) Roger Maher	M85	SO		48:38	16:45	13.90
5	Alice Jacobsen	W21	SOC		49:27	17:34	14.13
6	Lt Col(Retd) Paul Wallace-Stock	M80	SN		49:46	17:53	14.22
7	Helen Rivers	W70	GO		49:56	18:03	14.27
8	Elisabeth Dickson	W65	BAOC		51:06	19:13	14.60
9	Paul Kilpin	M75	TVOC		51:56	20:03	14.84
10	Robert Sawyer	M18	SARUM		54:08	22:15	15.47
11	Tony Ludford	M80	BADO		54:23	22:30	15.54
12	John Liley	M65	GO		54:50	22:57	15.67
13	Martin Wiles	M60	SN		56:47	24:54	16.22
14	Lt Col(Retd) Alex Thomson	M70	IND		57:12	25:19	16.34
15	Brian Bailey	M75	WIGHTO		57:52	25:59	16.53
16	Michele Funnell	W70	SO		59:03	27:10	16.87
17	Richard Steptoe	M75	TVOC		1:00:04	28:11	17.16
18	Liz Stradling	W65	BKO		1:01:20	29:27	17.52
19	WO2 (Retd) James Munday	M80	BKO		1:02:41	30:48	17.91
20	Mike Bolton	M70	MV		1:02:48	30:55	17.94
21	Roy Heselden	M75	BADO		1:04:42	32:49	18.49
22	Jerry Newcombe	M70	BOF		1:05:06	33:13	18.60
23	Sue Gallagher	W70	SO		1:07:04	35:11	19.16
24	Jasmine Bennett	W70	SO		1:08:24	36:31	19.54
25	George Engelhardt	M70	MV		1:11:55	40:02	20.55
26	Antonia Holt	W65	NWO		1:12:35	40:42	20.74
27	Maj (Retd) Devina Worsley	W65	BAOC		1:13:13	41:20	20.92
28	Alison Saunders	W65	HH		1:15:16	43:23	21.50
29	Nigel Saker	M75	SLOW		1:22:23	50:30	23.54
30	Lan Kelly	W55	Tjuringa		1:25:59	54:06	24.57
31	L/Wrn (Retd) Helen Wise	W70	SO		1:29:33	57:40	25.59
32	John Collyer	M75	GO		1:30:42	58:49	25.91
33	Roger Baker	M90	TVOC		1:33:38	1:01:45	26.75
34	Malcolm James	M65	SLOW		1:34:28	1:02:35	26.99



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Short Green

Course: Short Green, 3.5 km, 30 m

35	Yvonne Hodson	W75	TVOC		2:18:40	1:46:47	39.62
36	St.Comd(Retd) Vicki Barkaway	W70	SOC		2:19:44	1:47:51	39.92
37	Lieut (Retd) Michael White	M85	MV		2:22:06	1:50:13	40.60