



MLS Henley Gate

06 November 2024



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, 40 m

1	Nick Cooper	M45	SN		1:06:34		7.56	103
2	Maj R Barrett	M50	101 Op Sust Bde		1:09:46	3:12	7.93	99
3	WO2 Des Dickinson	M40	MoD Abbey Wood		1:10:53	4:19	8.05	98
4	Peter Daplyn	M40	SN		1:10:55	4:21	8.06	98
5	Lt Col Richard Mawer	M50	MoD Abbey Wood		1:18:32	11:58	8.92	91
6	Tommi Grover	M45	BOK		1:20:58	14:24	9.20	88
7	Maj Alan Finlay	M35	Army HQ		1:22:07	15:33	9.33	87
8	Robin Mills	M55	WIM		1:23:35	17:01	9.50	85
9	Maj Andrew Snell	M50	Army HQ		1:24:07	17:33	9.56	85
10	Peter Jones	M65	SN		1:25:40	19:06	9.73	83
11	Major Michael James	M65	Army HQ		1:27:05	20:31	9.90	82
12	SSgt Dan Cope	M40	Armour Centre		1:28:00	21:26	10.00	81
13	Sgt (retd) Paul Thwaites	M60	SOC		1:29:27	22:53	10.16	80
14	Lt Col(Retd) Colin Metcalfe	M65	BAOC		1:31:03	24:29	10.35	78
15	WO2 Luke Williamson	M35	AACen		1:32:13	25:39	10.48	77
16	Maj(Retd) Jeremy Wormington	M60	NOTEAM		1:32:29	25:55	10.51	77
17	Keith Belsey	M55	SN		1:33:26	26:52	10.62	76
18	Simon Farrington	M40	BAOC		1:39:25	32:51	11.30	70
19	Mark Feltham	M60	MV		1:41:28	34:54	11.53	68
20	Col Gary Sawyer	M45	Army HQ		1:41:34	35:00	11.54	68
21	Barry Jones	M55	SO		1:41:49	35:15	11.57	67
22	Chris Harrison	M65	NGOC		1:44:41	38:07	11.90	64
23	WO1 Stuart Greening	M55	Upavon Stn		1:45:23	38:49	11.98	64
24	SSgt Sammy Gibbs	M35	3 Regt AAC		1:46:05	39:31	12.05	63
25	Nick Care	M65	SO		1:48:32	41:58	12.33	61
26	Mne(Retd) Dave Cumins	M50	SO		1:50:02	43:28	12.50	59
27	Lt Col (Retd) Chris Kemp	M60	BAOC		1:50:14	43:40	12.53	59
28	Mark Collins	M60	DFOK		1:50:21	43:47	12.54	59
29	Luke Gosling	M45	SN		1:50:31	43:57	12.56	59
30	Sgt(Retd) Gerry Allan	M55	BAOC		1:54:03	47:29	12.96	55
31	Major Ed Luke	M35	HQ RC		1:56:00	49:26	13.18	53
32	Maj Aaron Whiting	M35	MoD Abbey Wood		1:58:47	52:13	13.50	50

Blue

Course: Blue, 6.7 km, 40 m

1	Lt Col Rob Ashton	M40	6 Bn REME		52:53		7.89	75
2	Major Jon Oxley	M55	London Central Garrison		53:21	0:28	7.96	75
3	Tim Must	M55	TVOC		1:00:41	7:48	9.06	70
4	Lt Col(retd) John Owens	M55	BAOC		1:01:26	8:33	9.17	69
5	David Lobley	M55	DFOK		1:06:50	13:57	9.98	64
6	Paul Fox	M60	SN		1:06:51	13:58	9.98	64



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Blue

Course: Blue, 6.7 km, 40 m

7	Ian Ditchfield	M65	MV		1:08:48	15:55	10.27	62
8	Major Steven Burton	M35	Army HQ		1:08:55	16:02	10.29	62
9	Carys Morgan	W45	SLOW		1:09:46	16:53	10.41	61
10	Mike Frizzell	M65	BADO		1:09:59	17:06	10.45	61
11	Dave Ryder	M60	SN		1:11:01	18:08	10.60	60
12	Alan Rosen	M65	HH		1:11:41	18:48	10.70	59
13	Richard Bostock	M60	DFOK		1:12:01	19:08	10.75	59
14	John Simmons	M70	BOK		1:14:39	21:46	11.14	56
15	WO1(Retd) Les Hunt	M70	SN		1:14:47	21:54	11.16	56
16	Lt Col (Retd) Bruce Snelling	M65	SN		1:17:32	24:39	11.57	53
17	Carol Lovegrove	W50	SN		1:17:39	24:46	11.59	53
=18	WO2 (Retd) Ian Byford	M65	HH		1:18:28	25:35	11.71	52
=18	Steve Jarvis	M60	SO		1:18:28	25:35	11.71	52
20	Col (Retd) Paul Oldfield	M65	BAOC		1:19:41	26:48	11.89	51
21	Neil Speers	M55	DFOK		1:20:25	27:32	12.00	50
22	Jonathan Magee	M60	SN		1:20:59	28:06	12.09	50
23	Jon Vaughan	M45	BKO		1:22:04	29:11	12.25	49
24	Alison Simmons	W65	BOK		1:22:05	29:12	12.25	49
25	CPO(Retd) Derick Mercer	M60	BKO		1:22:20	29:27	12.29	48
26	Jackie Hallett	W65	BOK		1:23:49	30:56	12.51	47
27	Neil Studd	M35	SLOW		1:24:16	31:23	12.58	46
28	Andrew Hannaford	M65	SO		1:24:18	31:25	12.58	46
29	Maj(Retd) Jon Steed	M60	BADO		1:24:22	31:29	12.59	46
30	Trish Monks	W45	BKO		1:25:31	32:38	12.76	45
31	Robin Bishop	M55	TVOC		1:26:00	33:07	12.84	45
32	Mike Garvin	M50	SLOW		1:26:46	33:53	12.95	44
33	Sarah Howes	W65	SAX		1:27:09	34:16	13.01	43
34	Col(Retd) Steve James	M60	BAOC		1:28:30	35:37	13.21	42
35	Roger Thetford	M60	TVOC		1:29:02	36:09	13.29	42
36	Captain Gary Harris-Deans	M55	103 Bn REME(V)		1:29:10	36:17	13.31	41
37	Dorte Torpe Hansen	W55	SLOW		1:29:54	37:01	13.42	41
38	Benjamin Mills	M21	WIM		1:30:14	37:21	13.47	40
39	Capt (Retd) David Faulkner	M60	BOK		1:31:28	38:35	13.65	39
40	Katie Clarke	W50	SN		1:31:38	38:45	13.68	39
41	Sgt Katy Hillman	W35	32 Regt RA		1:32:53	40:00	13.86	38
42	Colin Blanchard	M40	SN		1:32:54	40:01	13.87	38
43	WO2 Dhan Magar	M55	11 Inf Bde		1:33:48	40:55	14.00	37
44	Maj Sam Adcock	M35	11 Inf Bde		1:34:41	41:48	14.13	36
45	Charles Daniel	M65	BOK		1:35:03	42:10	14.19	36
46	David Harrison	M55	SN		1:35:21	42:28	14.23	35
47	SSgt Shaun Jones	M35	32 Regt RA		1:36:28	43:35	14.40	34
48	Mike Turner	M70	SO		1:37:16	44:23	14.52	33



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Blue

Course: Blue, 6.7 km, 40 m

49	John Harrison	M75	BADO		1:38:29	45:36	14.70	32
50	LCpl Bradley Lucas	M21	101 Op Sust Bde		1:39:12	46:19	14.81	31
51	Maj Jacob Rasbash	M35	HQ RC		1:39:51	46:58	14.90	31
52	Maj Garry Patey	M60	BAOC		1:42:18	49:25	15.27	28
53	James Thornton	M60	GO		1:42:42	49:49	15.33	28
54	Chris Johnson	M70	BOK		1:43:21	50:28	15.43	27
55	Maj(Retd) Danny Skillman	M65	GO		1:44:12	51:19	15.55	26
56	Anne Tynegate	W60	BADO		1:44:42	51:49	15.63	26
57	LCpl Harry Lee	M21	3 Regt AAC		1:52:05	59:12	16.73	19
58	Lt Col(Retd) Rowena Naile	W60	BAOC		1:52:41	59:48	16.82	18
59	Colin Swallow	M65	SN		1:54:41	1:01:48	17.12	16
60	Fiona Clough	W60	BKO		1:58:50	1:05:57	17.74	12
61	Charlie Beck	M65	SN		1:59:15	1:06:22	17.80	11
62	Frederick Smith	M60	GO		2:00:46	1:07:53	18.02	10
63	Rob Mullens	M45	BKO		2:01:47	1:08:54	18.18	9
64	Jessica Stanfield	W60	SOC		2:02:34	1:09:41	18.29	8
65	Michael Merritt	M65	SO		2:04:45	1:11:52	18.62	6
=66	Stuart Fisher	M45	NWO		2:06:13	1:13:20	18.84	4
=66	Tiberiu Comaneci	M40	IND		2:06:13	1:13:20	18.84	4
68	Lt Col(Retd) Simon Worsley	M65	BAOC		2:10:12	1:17:19	19.43	0

Lt Green

Course: Lt Green, 4.7 km, 25 m

1	Neil Fraser	M60	NWO		52:12		11.11	60
2	Clive Hawkes	M65	SO		53:26	1:14	11.37	60
3	Capt (Retd) Andrew Parkinson	M70	SO		53:27	1:15	11.37	60
4	Lt Cdr(Retd) Ashley Tilling	M65	MV		56:54	4:42	12.11	56
5	Peter Dudman	M70	SO		59:39	7:27	12.69	53
6	Serena Ludford	W60	BADO		1:00:35	8:23	12.89	52
7	Capt Albert Hadcock	M21	101 Op Sust Bde		1:00:49	8:37	12.94	52
8	SSgt Joshua Hames	M35	101 Op Sust Bde		1:00:52	8:40	12.95	52
9	Martin Lock	M75	GO		1:01:51	9:39	13.16	51
10	Paul Kilpin	M75	TVOC		1:03:25	11:13	13.49	50
11	Nigel Slack	M60	SN		1:03:28	11:16	13.50	50
12	Trevor Griffiths	M75	BOK		1:03:46	11:34	13.57	49
13	Mark Thompson	M65	TVOC		1:05:42	13:30	13.98	47
14	Flt/Lt Ray Sullivan	M65	RAFO		1:10:22	18:10	14.97	43
15	Leianne Upton	W60	MV		1:11:47	19:35	15.27	41
16	Allan Darwell	M70	BOK		1:12:43	20:31	15.47	40
17	WO2(Retd) Neil Gordon	M60	BAOC		1:13:39	21:27	15.67	39
18	Joanna Belsey	W60	SN		1:17:11	24:59	16.42	36
19	Sue Hands	W75	WIM		1:17:31	25:19	16.49	36



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Lt Green

Course: Lt Green, 4.7 km, 25 m

20	Plt Off(Retd) Mike Elliot	M70	MV		1:18:19	26:07	16.66	35
21	Michael Forrest	M70	BOK		1:19:56	27:44	17.01	33
22	Kevin Beale	M65	NWO		1:20:51	28:39	17.20	32
23	Peter Smith	M60	SN		1:22:15	30:03	17.50	31
24	Sgt Will Hasty	M35	AACen		1:25:25	33:13	18.17	28
25	Roy Heselden	M75	BADO		1:25:26	33:14	18.18	28
26	Paul Blagbrough	M75	MV		1:38:20	46:08	20.92	15
27	Sgt Shane Thorne	M35	Worthy Down Stn		1:40:58	48:46	21.48	12
28	Maj(Retd) Devina Worsley	W65	BAOC		1:46:02	53:50	22.56	7
29	Maxine Dunn	W60	SN		1:46:53	54:41	22.74	6
30	Jillian Ullersperger	W60	BKO		1:49:05	56:53	23.21	4
31	Roger Wilson	M60	SLOW		1:50:47	58:35	23.57	2
32	Gill Wilson	W60	SLOW		1:50:49	58:37	23.58	2
33	Linda Hulley	W65	SO		1:57:37	1:05:25	25.02	0
34	Ruth Rhodes	W80	SO		2:13:01	1:20:49	28.30	0
35	Sally Thomas	W75	BOK		12:00:53	11:08:41	153.38	0

Sh Green

Course: Sh Green, 3.4 km, 20 m

1	Phil Conway	M60	GO		34:21		10.10	50
2	Charlie Turner	M70	SLOW		34:35	0:14	10.17	50
=3	Mick Hunter	M65	NWO		35:33	1:12	10.46	49
=3	Julian Hartwell	M65	SOC		35:33	1:12	10.46	49
5	Maj(Retd) Colin Dickson	M65	BAOC		36:07	1:46	10.62	49
6	David Saunders	M65	HH		41:24	7:03	12.18	44
7	Elisabeth Dickson	W65	BAOC		41:51	7:30	12.31	43
8	Vincent Joyce	M70	SO		42:03	7:42	12.37	43
9	Lt Col RM(Retd) Joe House	M70	SO		42:40	8:19	12.55	42
10	Janet Rosen	W65	HH		42:46	8:25	12.58	42
11	Lt Col (Retd) Chris Barrington Brown	M65	BAOC		45:25	11:04	13.36	40
12	Lucy Paton	W60	SN		47:20	12:59	13.92	38
13	Robin Smith	M70	SO		48:24	14:03	14.24	37
14	Lt Col Paul Wallace-Stock	M80	SN		48:35	14:14	14.29	36
15	John Liley	M65	GO		48:36	14:15	14.29	36
16	Lt Col(Retd) Alex Thomson	M70	SARUM		50:14	15:53	14.77	35
17	Jon Wheatcroft	M70	TVOC		50:42	16:21	14.91	34
18	Dvr(Retd) Roger Maher	M85	SO		52:29	18:08	15.44	33
19	Teresa Turner	W75	SLOW		52:45	18:24	15.51	32
20	Paul Nevett	M60	GO		53:09	18:48	15.63	32
21	Col(Retd) Nick Kearns	M70	BAOC		53:41	19:20	15.79	31
22	Capt(Retd) Paul Byers	M60	MV		53:51	19:30	15.84	31



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Sh Green

Course: Sh Green, 3.4 km, 20 m

23	Jim Prowting	M75	TVOC		54:01	19:40	15.89	31
24	Di Turner	W70	SO		55:34	21:13	16.34	29
25	WO2 Aaron Crush	M35	32 Regt RA		55:36	21:15	16.35	29
26	Jasmine Bennett	W70	SO		56:23	22:02	16.58	29
27	Keith Henderson	M80	WIM		56:34	22:13	16.64	28
28	Richard Steptoe	M75	TVOC		57:59	23:38	17.05	27
29	Tom Edelsten	M80	GO		58:12	23:51	17.12	27
30	Col(Retd) Michael Ross	M60	BAOC		58:57	24:36	17.34	26
31	Nigel Saker	M75	SLOW		1:01:08	26:47	17.98	24
32	Richard Rae	M75	BKO		1:01:57	27:36	18.22	23
33	Stephen Peacock	M70	SN		1:02:17	27:56	18.32	23
34	Gill Sharp	W65	SN		1:03:03	28:42	18.54	22
35	Lt(Retd) George Elkin	M75	BAOC		1:03:23	29:02	18.64	22
36	Liz Stradling	W65	BKO		1:03:56	29:35	18.80	21
37	WO2(Retd) James Munday	M80	BKO		1:04:17	29:56	18.91	21
38	Rosie Merry	W60	DFOK		1:05:04	30:43	19.14	20
39	Christopher Moon	M70	BOK		1:05:21	31:00	19.22	20
40	Lt Col Damien Pealin	M55	HQ RC		1:05:45	31:24	19.34	19
41	Michele Funnell	W70	SO		1:08:19	33:58	20.09	17
42	Paul Oates	M75	DFOK		1:09:50	35:29	20.54	15
43	Sue Gallagher	W70	SO		1:11:19	36:58	20.98	14
44	Jerry Newcombe	M70	BOF		1:13:56	39:35	21.75	11
45	Deborah Sullivan	W60	MV		1:14:23	40:02	21.88	11
46	Alan Richards	M75	NGOC		1:15:19	40:58	22.15	10
47	Tony Ludford	M80	BADO		1:15:44	41:23	22.27	9
48	Julie Collins	W60	DFOK		1:17:57	43:36	22.93	7
49	Marion Shipman	W60	LOK		1:19:24	45:03	23.35	6
50	Clare Fletcher	W80	BOK		1:22:59	48:38	24.41	2
51	Sarah Lowe	W50	SO		1:24:19	49:58	24.80	1
52	Colin Merry	M70	DFOK		1:28:14	53:53	25.95	0
53	Lt (Retd) Michael White	M85	MV		2:12:39	1:38:18	39.01	0

Lg Orange

Course: Lg Orange, 4.7 km, 25 m

1	LCpl Prakash Gurung	M21	HQ 3 UK Div		1:10:14		14.94	40
2	LCpl Saugat Gurung	M21	HQ 3 UK Div		1:10:28	0:14	14.99	40

V S Green

Course: V S Green, 2 km, 5 m

1	Brian Sewell	M65	BKO		44:05		22.04	40
2	Junior technician (R John Farren	M85	TVOC		47:55	3:50	23.96	40



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V S Green

Course: V S Green, 2 km, 5 m

3	Roger Baker	M90	TVOC		50:35	6:30	25.29	37
4	Lbr (Retd) Paul & Kelly Smith	M55	IND		53:11	9:06	26.59	34
5	Spr(Retd) Patrick Maher	M85	SO		1:01:14	17:09	30.62	26
6	Yvonne Hodson	W75	TVOC		1:08:40	24:35	34.33	19