



MLS
LongMoor
March 21, 2018



Posn	Name	Age Group	Unit / Club	Time	Deficit	Pace, mins/km	Points
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Course: Brown Length: 8.2 km Climb: 160 m

1	Maj R Barrett	M45	Deepcut Station	53:24		6.51	101
2	Lt Col R Mawer	M45	MoD Abbey Wood	54:01	37	6.59	100
3	David Rollins	M50	BAOC	55:35	2:11	6.78	99
4	Nicholas Jarvis	M21	SO	57:50	4:26	7.05	96
5	Colin Dickson	M60	BAOC	59:49	6:25	7.29	95
6	Colin Metcalfe	M55	BAOC	1:01:02	7:38	7.44	93
7	Peter Jones	M60	SN	1:01:43	8:19	7.53	93
8	Lt Col C S Huthwaite	M50	Army HQ	1:02:15	8:51	7.59	92
9	Nick Nourse	M55	NWO	1:04:43	11:19	7.89	90
10	Mark Saunders	M55	BOK	1:04:57	11:33	7.92	89
11	Julian Hartwell	M60	SOC	1:06:25	13:01	8.10	88
12	Maj M P James	M60	Bristol UOTC	1:08:06	14:42	8.30	86
13	WO2 T S McComiskie	M40	1 RHA	1:08:43	15:19	8.38	86
14	Keith Belsey	M50	SN	1:08:57	15:33	8.41	85
15	WO2 S Craig	M40	11 Regt RLC	1:09:07	15:43	8.43	85
16	Capt AJ Snell	M40	Army HQ	1:10:55	17:31	8.65	83
17	OCdt J Grimsdale	M21	Southampton Univ OTC	1:11:48	18:24	8.76	83
18	Abi Weeds	W40	SLOW	1:12:14	18:50	8.81	82
19	WO1 S Ebbrell	M40	Deepcut Station	1:12:20	18:56	8.82	82
20	Mark Adams	M55	HH	1:12:32	19:08	8.85	82
21	Charles Daniel	M60	BOK	1:14:20	20:56	9.07	80
22	Cameron Lamond	M45	SN	1:14:45	21:21	9.12	80
23	Peter Huzan	M50	SLOW	1:15:45	22:21	9.24	79
24	Barry Jones	M50	SO	1:16:07	22:43	9.28	78
25	John Oakes	M45	WIM	1:16:08	22:44	9.28	78
26	Sgt R Morrison	M40	15 Sig Regt	1:16:14	22:50	9.30	78
27	Andy Robinson	M60	SLOW	1:16:50	23:26	9.37	77
28	Mike Frizzell	M60	BADO	1:17:02	23:38	9.39	77
29	Tom Frost	M50	SN	1:18:09	24:45	9.53	76
30	Lt Col A Hampshire	M45	MoD Abbey Wood	1:21:07	27:43	9.89	73
31	Don Mckerrow	M65	SLOW	1:22:24	29:00	10.05	72
32	Lt Col G Ehlen	M50	Army HQ	1:23:27	30:03	10.18	71
33	Eamon Staunton	M60	WIM	1:24:31	31:07	10.31	70
34	Maj S Richardson	M45	Army HQ	1:24:38	31:14	10.32	70
35	WO1 SD Greening	M50	Upavon Stn	1:25:48	32:24	10.46	69
36	Mike Bennett	M65	HH	1:27:59	34:35	10.73	66



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37	Sgt ST Powers	M40	RAF Benson	1:28:17	34:53	10.77	66
38	OCdt M Burns	M21	1 Rifles	1:30:06	36:42	10.99	64
39	Sgt L Williamson	M21	AACen	1:31:16	37:52	11.13	63
40	Roger Powell	M70	SN	1:31:59	38:35	11.22	62
41	Neil Gordon	M55	AACen	1:32:15	38:51	11.25	62
42	CSgt L Difford	M40	Southampton Univ OTC	1:33:49	40:25	11.44	61
43	Nick Care	M55	SO	1:35:16	41:52	11.62	59
44	Phil Marsland	M50	SLOW	1:36:54	43:30	11.82	57
45	Cdr DP Rawlings	M55	RN/RMOC	1:37:25	44:01	11.88	57
46	Sarah louise Francis	W50	SN	1:39:10	45:46	12.09	55

Course: Blue Length: 6.9 km Climb: 135 m

1	Mike Goldthorpe	M60	SOC	56:55		8.25	70
2	Chris Pritchett	M55	WIGHTO	57:11	16	8.29	70
3	Melanie Slade	W50	SN	1:00:30	3:35	8.77	70
4	Robin Smith	M65	SO	1:00:42	3:47	8.80	70
5	Leslie Hunt	M60	AOA	1:00:55	4:00	8.83	70
6	Jill Blount	W55	SO	1:01:48	4:53	8.96	70
7	Megan Bett	W20	SN	1:02:15	5:20	9.02	70
8	Kevin Bracher	M60	SOC	1:05:50	8:55	9.54	70
9	Dave Chapman	M65	SN	1:06:18	9:23	9.61	70
10	Paul Oldfield	M60	BAOC	1:07:06	10:11	9.72	70
11	Alan Leakey	M65	SLOW	1:07:58	11:03	9.85	70
12	Janos Pula	M40	SOC	1:09:47	12:52	10.11	70
13	Tom Edelsten	M75	CHIG	1:10:02	13:07	10.15	70
14	Steve Bailey	M55	SN	1:10:09	13:14	10.17	70
15	Stefan Stasiuk	M65	BKO	1:10:14	13:19	10.18	70
16	Graham Thomas	M55	SAX	1:10:32	13:37	10.22	70
17	Alan Kersley	M60	BADO	1:11:16	14:21	10.33	70
18	Sarah Brown	W65	SLOW	1:11:35	14:40	10.37	70
19	Jane Morgan	W55	SOC	1:13:14	16:19	10.61	69
20	SSgt J Taylor	M35	17 Regt RLC	1:13:31	16:36	10.65	69
21	Sandy Burgon	M60	BOK	1:13:33	16:38	10.66	69
22	Kirsty Staunton	W60	WIM	1:13:58	17:03	10.72	68
23	Sarah Howes	W55	SAX	1:14:21	17:26	10.78	68
24	John Tzanetis	M50	SN	1:15:36	18:41	10.96	67
25	Katie Clarke	W45	SN	1:15:41	18:46	10.97	67



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26	SSgt Thapa	M40	15 Sig Regt	1:16:14	19:19	11.05	66
27	Peter Hull	M70	BAOC	1:17:25	20:30	11.22	65
28	Sgt D Gurung	M21	17 Regt RLC	1:17:32	20:37	11.24	65
29	Ian Wells	M55	SOC	1:18:15	21:20	11.34	64
30	Sgt M Cattermole	M50	256 Fd Hosp	1:18:30	21:35	11.38	64
31	David Mullins	M65	SARUM	1:19:09	22:14	11.47	63
32	Diane Leakey	W60	SLOW	1:19:46	22:51	11.56	63
33	Roger Maher	M80	SO	1:20:39	23:44	11.69	62
34	Peter Dudman	M65	SO	1:22:25	25:30	11.94	60
35	Paul Wallace-Stock	M70	SN	1:22:29	25:34	11.95	60
36	Keith Henderson	M75	WIM	1:22:49	25:54	12.00	59
37	Lisa James	W50	SOC	1:22:59	26:04	12.03	59
38	Flt Lt R Sullivan	M55	Surrey Wing ATC	1:23:57	27:02	12.17	58
39	Elisabeth Dickson	W60	BAOC	1:24:15	27:20	12.21	58
40	Danny Skillman	M60	GO	1:25:02	28:07	12.32	57
41	Maj N Strachan	M60	3 MI	1:25:11	28:16	12.35	57
42	Phil Warry	M65	BOK	1:25:39	28:44	12.41	57
43	SSgt Harris	M40	15 Sig Regt	1:26:27	29:32	12.53	56
44	Iris Lueke	W40	SLOW	1:27:49	30:54	12.73	54
45	WO2 J Astin	M40	War Gar	1:27:52	30:57	12.73	54
46	Flt Lt R Smith	M50	Surrey Wing ATC	1:28:37	31:42	12.84	54
47	Sue Hands	W70	WIM	1:32:35	35:40	13.42	50
48	SSgt SA Crush	M21	Artillery Centre	1:32:41	35:46	13.43	50
49	Cpl M Purchase	M21	ATR Winchester	1:32:49	35:54	13.45	49
50	Lt Col D Pealin	M50	HQ RC	1:34:03	37:08	13.63	48
51	Philip Fawkner-Corbett	M65	BOK	1:34:28	37:33	13.69	48
52	Wo2 McCutcheon	M35	1 Rifles	1:39:36	42:41	14.43	43
53	Peter Riches	M65	TVOC	1:40:30	43:35	14.57	42
54	Richard Stanhope	M60	SLOW	1:42:12	45:17	14.81	40
55	Capt A Game	M45	DCBRNC	1:45:41	48:46	15.32	37
56	Maj R Sayer	M55	1 Rifles	1:51:26	54:31	16.15	31
57	Ian Watson	M55	SN	1:54:18	57:23	16.57	28
58	Ben Rivers	M70	GO	1:59:19	1:02:24	17.29	23
59	Roger Holehouse	M65	WIM	2:02:59	1:06:04	17.82	19

Course: Lt Green Length: 4.8 km Climb: 105 m

1	Peter Martin	M55	MV	44:19		9.23	50
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Posn	Name	Age Group	Unit / Club	Time	Deficit	Pace, mins/km	Points
2	Neil Watts	M60	SO	44:52	33	9.35	50
3	Joe House	M60	SO	45:00	41	9.38	50
4	LCpl S Uchai	M21	12 Armd Bde	45:11	52	9.41	50
5	Phil Conway	M55	GO	46:48	2:29	9.75	50
6	Ian Ditchfield	M60	MV	47:01	2:42	9.80	50
7	Mick Smith	M70	HH	47:05	2:46	9.81	50
8	Lt Col JL Kay	M55	256 Fd Hosp	47:33	3:14	9.91	50
9	Jim Prowting	M70	TVOC	48:23	4:04	10.08	49
10	Cpl S Kenyon	M35	15 Sig Regt	50:00	5:41	10.42	48
11	Tony Ludford	M70	BADO	51:27	7:08	10.72	46
12	Richard Steptoe	M70	TVOC	51:52	7:33	10.81	46
13	Brian Pilling	M70	AOA	52:00	7:41	10.83	46
14	Maj J Alger	M50	15 Sig Regt	52:20	8:01	10.90	45
=15	Christine Jepson	W60	SO	52:56	8:37	11.03	45
=15	Marion Payne-Bird	W60	GO	52:56	8:37	11.03	45
17	SSgt E O'Hara	W35	12 Armd Bde	52:57	8:38	11.03	45
18	Cpl SK Limbu	M21	27 Regt RLC	53:06	8:47	11.06	44
19	Cpl R Baptista	M35	Army HQ	53:27	9:08	11.14	44
20	Neil Fraser	M55	NWO	53:42	9:23	11.19	44
21	Andy Macgregor	M75	BADO	54:00	9:41	11.25	44
22	Lucy Paton	W55	SN	54:14	9:55	11.30	43
23	Martin Lock	M70	GO	54:20	10:01	11.32	43
24	Maj D Judd	M50	15 Sig Regt	54:26	10:07	11.34	43
25	Paul Kilpin	M65	TVOC	55:24	11:05	11.54	42
26	Mark Thompson	M60	TVOC	55:42	11:23	11.60	42
27	Roy Heselden	M70	BADO	56:01	11:42	11.67	42
28	Brian Hart	M70	SARUM	56:27	12:08	11.76	41
29	Neil Connelly	M70	BOK	58:06	13:47	12.10	39
30	Di Turner	W65	SO	58:23	14:04	12.16	39
31	Capt M Dean	M21	Deepcut Station	59:12	14:53	12.33	38
32	Martin Sheriff	M60	SO	1:00:14	15:55	12.55	37
33	Chris Simpson	M70	SO	1:00:31	16:12	12.61	37
34	WO2 M Coleman	M35	1 Rifles	1:00:34	16:15	12.62	37
35	Allan Darwell	M65	BOK	1:01:26	17:07	12.80	36
36	Kieran Devine	M65	AOA	1:01:55	17:36	12.90	36
37	Cpl D Gurung	M40	War Gar	1:02:17	17:58	12.98	35
38	Jenny Bray	W60	SN	1:02:22	18:03	12.99	35
39	Pte S Williams	M21	22 Fd Hosp RAMC	1:02:37	18:18	13.05	35



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Posn	Name	Age Group	Unit / Club	Time	Deficit	Pace, mins/km	Points
=40	David Lane	M65	SN	1:02:52	18:33	13.10	35
=40	Mark Blackstone	M70	BOK	1:02:52	18:33	13.10	35
42	WO2 K Styles	W40	Army HQ	1:03:02	18:43	13.13	35
43	Sgt L Mukome	M45	Upavon Stn	1:03:27	19:08	13.22	34
44	George Engelhardt	M65	MV	1:03:45	19:26	13.28	34
45	WO1 B Worthington	M40	Army HQ	1:04:24	20:05	13.42	33
=46	Richard Brightman	M75	WIM	1:05:17	20:58	13.60	32
=46	Mike Turner	M65	SO	1:05:17	20:58	13.60	32
48	Eric Harper	M65	BKO	1:05:21	21:02	13.61	32
49	George Elkin	M70	BAOC	1:06:17	21:58	13.81	31
50	Charlie Richardson	M75	SOC	1:06:28	22:09	13.85	31
51	Jean Fitzgerald	W65	SAX	1:06:38	22:19	13.88	31
52	Denise Harper	W65	BKO	1:07:15	22:56	14.01	30
53	Keiko Conway	W55	GO	1:08:14	23:55	14.22	29
54	Dave Urch	M70	BOK	1:08:36	24:17	14.29	29
55	Mike Elliot	M65	MV	1:09:03	24:44	14.39	29
56	Pte J Alexander	M21	22 Fd Hosp RAMC	1:09:26	25:07	14.47	28
57	Leslie Coles	M75	SO	1:09:37	25:18	14.50	28
58	Ian Hudson	M65	BKO	1:10:58	26:39	14.78	27
=59	Ralph Phillips	M70	SO	1:12:28	28:09	15.10	25
=59	Tony Noott	M80	BOK	1:12:28	28:09	15.10	25
61	Maj(Retd) Holbrook	M60	12 Armd Bde	1:12:47	28:28	15.16	25
62	Capt H Bennett	W21	Deepcut Station	1:13:02	28:43	15.22	25
63	Peter Brett	M70	DEVON	1:13:26	29:07	15.30	24
64	Clare Fletcher	W75	BOK	1:13:51	29:32	15.39	24
65	Malcolm Scott	M60	SN	1:14:23	30:04	15.50	23
66	Paul Smith	M50	BADO	1:16:31	32:12	15.94	21
67	Graham Harrison	M75	SOC	1:17:56	33:37	16.24	20
68	Denise Mullins	W65	SARUM	1:18:00	33:41	16.25	20
69	Richard Baldwin	M70	SN	1:22:40	38:21	17.22	15
70	Pte R Gould	W21	22 Fd Hosp RAMC	1:23:12	38:53	17.33	14
71	Ruth Rhodes	W75	SO	1:24:03	39:44	17.51	14
72	Pte L Oldham	W20	22 Fd Hosp RAMC	1:24:06	39:47	17.52	13
73	Tim Young	M35	GO	1:24:52	40:33	17.68	13
74	Robin Walker	M80	BOK	1:25:08	40:49	17.74	12
75	Helen Rivers	W60	GO	1:25:30	41:11	17.81	12
76	Capt S Talbot	W35	22 Fd Hosp RAMC	1:28:33	44:14	18.45	9
77	Patrick Maher	M80	SO	1:30:41	46:22	18.89	7



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78	Sylvia Coles	W70	SO	1:34:24	50:05	19.67	3
79	John Warren	M80	WIM	1:36:07	51:48	20.02	1
80	WO2 D Bell	M50	AGC	1:42:39	58:20	21.39	0
81	John Coleman	M80	NGOC	1:44:18	59:59	21.73	0
82	LT Cdr J Wood	M50	RN/RMOC	1:47:49	1:03:30	22.46	0
83	Pat Hart	W75	SARUM	1:52:37	1:08:18	23.46	0

Course: Red Length: 5.8 km Climb: 125 m

1	Cpl M Lee	M21	23 Engr Regt	45:01		7.76	25
2	Cpl D Coyne	M21	1 Lancs	47:56	2:55	8.26	25
3	LCpl O Hurley	M21	39 Engr Regt	50:14	5:13	8.66	25
4	LSgt D Walmsley	M21	Scots DG	51:06	6:05	8.81	25
5	Alec Hilton	M45	IND	53:50	8:49	9.28	23
6	LCpl R Rai	M21	36 Engr Regt	56:26	11:25	9.73	20
7	Sgt S Ngwenya	M21	1 R Anglian	57:29	12:28	9.91	19
8	Gnr C Hiscock	M21	32 Regt RA	59:45	14:44	10.30	17
9	Pte N Herridge	M21	Deepcut Station	1:00:10	15:09	10.37	17
10	CSgt S Tucker	M40	1 Rifles	1:00:24	15:23	10.41	16
11	Pte T White	M21	10 QOGLR	1:00:37	15:36	10.45	16
12	OCdt A Hill	M21	RMAS	1:03:39	18:38	10.97	13
13	OCdt W Fair	M21	RMAS	1:04:36	19:35	11.14	12
14	LCpl S Gurung	M21	36 Engr Regt	1:05:59	20:58	11.38	11
15	Cpl V Jain	M21	1 Regt AAC	1:06:27	21:26	11.46	10
16	Pte H Guiver	M21	151 Regt RLC	1:08:46	23:45	11.86	10
17	Pte J Chitedze	M21	Deepcut Station	1:09:39	24:38	12.01	10
18	Cpl S Lal	M35	Deepcut Station	1:12:13	27:12	12.45	10
19	Cpl S Baniya	M21	10 QOGLR	1:13:18	28:17	12.64	10
20	Cpl A Bryant	M21	15 Sig Regt	1:16:51	31:50	13.25	10
21	LCpl S Ale Magar	M21	10 QOGLR	1:20:57	35:56	13.96	10
22	WO2 L Ward	M40	9 Regt RLC	1:23:47	38:46	14.45	10
23	OCdt J Heal	M21	RMAS	1:24:35	39:34	14.58	10
24	Lt A Boyes	M21	15 Sig Regt	1:27:13	42:12	15.04	10
25	Pte R Vatuloka	M21	Deepcut Station	1:45:02	1:00:01	18.11	10
26	Pte R Wilkinson	W21	Deepcut Station	1:56:10	1:11:09	20.03	10
27	Sgt K McDermott	W21	Army HQ	2:05:50	1:20:49	21.70	10