



MLS Prizegiving Long Valley South

June 06, 2018



Posn	Name	Age Group	Unit / Club	Time	Deficit	Pace, mins/km	Points
Course: Blue Length: 6.66 km Climb: 145 m							
1	WO2 T S McComiskie	M40	101 Log Bde	1:06:53		10.04	108
2	Julian Hartwell	M60	SOC	1:07:32	39	10.14	107
3	Ian Ditchfield	M60	MV	1:09:03	2:10	10.37	106
4	Gordon Parker	M55	SLOW	1:11:17	4:24	10.70	103
5	Alan Leakey	M65	SLOW	1:11:24	4:31	10.72	103
6	Robin Smith	M65	SO	1:12:04	5:11	10.82	103
7	Sarah Scarbrough	W35	MV	1:12:05	5:12	10.82	103
8	Maj WAS Allen	W50	London Central Garrison	1:13:24	6:31	11.02	101
9	Alison Howe	W45	SAX	1:13:28	6:35	11.03	101
10	Charlie Turner	M65	SLOW	1:13:58	7:05	11.11	101
11	Keith Belsey	M50	SN	1:14:42	7:49	11.22	100
12	Mikhail Gryaznevich	M60	TVOC	1:15:32	8:39	11.34	99
13	Jon Paton	M55	SN	1:17:27	10:34	11.63	97
14	Paul Martin	M50	SN	1:22:45	15:52	12.42	92
15	CSgt L Difford	M40	Southampton Univ OTC	1:24:00	17:07	12.61	91
16	Tom Edelsten	M75	CHIG	1:24:47	17:54	12.73	90
17	Mark Glaiser	M65	SAX	1:25:06	18:13	12.78	90
18	Phil Marsland	M50	SLOW	1:26:11	19:18	12.94	89
19	Sue Carter	W50	SLOW	1:28:35	21:42	13.30	86
20	Diane Leakey	W60	SLOW	1:28:38	21:45	13.31	86
21	Joe House	M60	SO	1:28:58	22:05	13.36	86
22	Tim Keogh	M55	MV	1:29:29	22:36	13.44	85
23	Andy Parker	M60	BADO	1:30:03	23:10	13.52	85
24	Sarah Howes	W55	SAX	1:30:42	23:49	13.62	84
25	John Harrison	M70	BADO	1:30:54	24:01	13.65	84
26	Chris Evans	M50	SLOW	1:31:34	24:41	13.75	83
27	Ian Sayer	M65	WSX	1:36:47	29:54	14.53	78
28	David Watkins	M60	BADO	1:39:02	32:09	14.87	76
29	Cpl R Baptista	M35	Army HQ	1:40:47	33:54	15.13	74
30	Michael Merritt	M60	SO	1:40:54	34:01	15.15	74
31	Andy Gaches	M70	WIGHTO	1:43:09	36:16	15.49	72
32	Paul Wallace-Stock	M70	SN	1:44:47	37:54	15.73	70
33	Terry Smith	M65	SOC	1:44:54	38:01	15.75	70
34	Martin Lock	M70	GO	1:46:29	39:36	15.99	68
35	Peter Dudman	M65	SO	1:48:21	41:28	16.27	66



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36	Mike Turner	M65	SO	1:49:53	43:00	16.50	65
=37	Danny Skillman	M60	GO	1:51:35	44:42	16.75	63
=37	SSgt Harris	M40	15 Sig Regt	1:51:35	44:42	16.75	63
39	Mike Elliot	M65	MV	2:04:00	57:07	18.62	51
40	Julian Martin	M70	SN	2:14:39	1:07:46	20.22	40
41	Ruth Rhodes	W75	SO	2:26:37	1:19:44	22.01	28

Course: Green Length: 4.45 km Climb: 110 m

1	Phil Conway	M55	GO	54:05		12.15	70
2	Martin Wilson	M70	BKO	56:31	2:26	12.70	70
3	Carol Lovegrove	W45	SN	1:02:04	7:59	13.95	70
4	Lucy Paton	W55	SN	1:03:45	9:40	14.33	70
5	David Kingdon	M65	SAX	1:08:17	14:12	15.34	70
6	Katie Clarke	W45	SN	1:10:06	16:01	15.75	70
7	Nick Shanahan	M45	BAOC	1:14:12	20:07	16.67	70
8	Richard Steptoe	M70	TVOC	1:14:54	20:49	16.83	70
9	Lt Col JL Kay	M55	256 Fd Hosp	1:15:32	21:27	16.97	70
10	John Tzanetis	M50	SN	1:17:18	23:13	17.37	70
11	Karen Mills-Hicks	W40	GO	1:17:37	23:32	17.44	70
12	Richard Rae	M70	BKO	1:18:51	24:46	17.72	70
13	Alan Jones	M50	BKO	1:19:33	25:28	17.88	70
14	Ian Andrews	M60	CHIG	1:20:10	26:05	18.01	70
15	Brian Hart	M70	SARUM	1:22:25	28:20	18.52	70
16	Sue Hands	W70	WIM	1:22:37	28:32	18.57	70
17	Brian Bailey	M70	WIGHTO	1:23:42	29:37	18.81	70
18	Philip Gristwood	M65	MV	1:23:45	29:40	18.82	69
19	Peter Bartlett	M60	WIGHTO	1:24:47	30:42	19.05	68
20	Paul Kilpin	M65	TVOC	1:27:19	33:14	19.62	66
21	Ralph Phillips	M70	SO	1:28:46	34:41	19.95	64
22	Brian Pilling	M70	SN	1:30:07	36:02	20.25	63
23	Andy Macgregor	M75	BADO	1:30:20	36:15	20.30	63
24	John Morris	M70	SO	1:31:56	37:51	20.66	61
25	Edward Forman	M65	SO	1:32:46	38:41	20.85	60
26	Chris Rose	W65	BADO	1:32:48	38:43	20.85	60
27	Trish Monks	W40	BKO	1:36:37	42:32	21.71	57
28	WO2 L Williams	M40	War Gar	1:40:00	45:55	22.47	53
29	Lt D Ashton	W21	151 Regt RLC	1:41:30	47:25	22.81	52



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30	Kim Liggett	W55	NGOC	1:45:28	51:23	23.70	48
31	Maj T Gauci	M50	NRHQ RA	1:46:05	52:00	23.84	47
32	LCpl C Marr	M21	151 Regt RLC	1:46:28	52:23	23.93	47
33	Stephanie Evans	W21	IND	1:46:42	52:37	23.98	47
34	Jean Fitzgerald	W65	SAX	1:48:18	54:13	24.34	45
35	Carol Taverner	W55	WIGHTO	2:00:22	1:06:17	27.05	33
36	Ian Watson	M55	SN	2:01:14	1:07:09	27.24	32
37	Sheila Miklausic	W70	NGOC	2:18:26	1:24:21	31.11	15

Course: Sh Green Length: 3.12 km Climb: 55 m

1	Capt Stanford	M21	HQ 101 Log Bde	50:57		16.33	50
2	Nigel Britton	M65	JOK	1:09:17	18:20	22.21	50
3	Maj J Alger	M50	15 Sig Regt	1:10:52	19:55	22.71	50
4	Maj D Judd	M50	15 Sig Regt	1:12:30	21:33	23.24	50
5	LCpl A Tubb	M21	15 Sig Regt	1:12:57	22:00	23.38	49
6	Roger Pring	M70	SAX	1:13:19	22:22	23.50	49
7	John Farren	M80	TVOC	1:16:04	25:07	24.38	46
8	Keiko Conway	W55	GO	1:17:13	26:16	24.75	45
9	Beryl Pring	W70	SAX	1:25:12	34:15	27.31	37
10	John Coleman	M80	NGOC	1:32:30	41:33	29.65	30
11	Diana Smith	W65	SOC	1:37:56	46:59	31.39	24
12	Kay Sayer	W70	WSX	1:46:59	56:02	34.29	15
13	Patrick Maher	M80	SO	1:51:09	1:00:12	35.63	11
14	Marissa Hughes	W45	TVOC	2:02:06	1:11:09	39.13	0