

RMAS MLS + London Dist Champs Results - 11 March 2009

| Name/Club | Class | Time | Pts - Pen = Score | Collect-o-meter | 5 | > | > | 10 | > | > | 15 | > | > | 20 | > | > | 25 | > | > | 30 | F | | | | | |
|--|-------|---------|-------------------|-----------------|--------------------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 Col D Cook BFPO Millhill | M45 | 0:57:31 | 235 - 0= | 235 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 18 | 23 | 8 | 15 | 3 | 21 | 1 | 19 | 11 | 6 | 13 | 14 | 17 | 22 | F |
| | | | | | <i>Splits</i> | ⇒ | 01:39 | 02:37 | 02:31 | 02:33 | 02:39 | 03:00 | 02:12 | 02:59 | 02:08 | 05:25 | 04:40 | 02:43 | 03:07 | 02:37 | 02:11 | 02:43 | 03:34 | 02:18 | 02:58 | 02:57 |
| | | | | | <i>Run</i> | ⇒ | 0:01:39 | 0:04:16 | 0:06:47 | 0:09:20 | 0:11:59 | 0:14:59 | 0:17:11 | 0:20:10 | 0:22:18 | 0:27:43 | 0:32:23 | 0:35:06 | 0:38:13 | 0:40:50 | 0:43:01 | 0:45:44 | 0:49:18 | 0:51:36 | 0:54:34 | 0:57:31 |
| 2 WO2 LJ Hunt 135 Indep Geo Sqn RE (V) | M55 | 0:57:29 | 210 - 0= | 210 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 18 | 23 | 15 | 19 | 1 | 21 | 3 | 11 | 6 | 13 | 17 | 14 | F | | |
| | | | | | <i>Splits</i> | ⇒ | 01:52 | 03:13 | 03:41 | 02:41 | 02:31 | 03:05 | 01:45 | 05:03 | 04:48 | 02:48 | 02:45 | 03:21 | 04:53 | 02:25 | 03:06 | 04:48 | 01:54 | 02:50 | | |
| | | | | | <i>Run</i> | ⇒ | 0:01:52 | 0:05:05 | 0:08:46 | 0:11:27 | 0:13:58 | 0:17:03 | 0:18:48 | 0:23:51 | 0:28:39 | 0:31:27 | 0:34:12 | 0:37:33 | 0:42:26 | 0:44:51 | 0:47:57 | 0:52:45 | 0:54:39 | 0:57:29 | | |
| 3 Sgt A Harris Household Cavalry | M21 | 0:59:00 | 190 - 0= | 190 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 23 | 18 | 8 | 15 | 19 | 1 | 21 | 3 | 6 | 24 | 10 | F | | | |
| | | | | | <i>Splits</i> | ⇒ | 01:24 | 03:04 | 02:29 | 02:46 | 03:25 | 01:53 | 01:57 | 04:19 | 02:15 | 07:01 | 02:45 | 02:57 | 03:43 | 08:39 | 04:14 | 02:36 | 03:33 | | | |
| | | | | | <i>Run</i> | ⇒ | 0:01:24 | 0:04:28 | 0:06:57 | 0:09:43 | 0:13:08 | 0:15:01 | 0:16:58 | 0:21:17 | 0:23:32 | 0:30:33 | 0:33:18 | 0:36:15 | 0:39:58 | 0:48:37 | 0:52:51 | 0:55:27 | 0:59:00 | | | |
| 4 Lt Col ID Lonsdale CVHQ RA | M50 | 1:00:56 | 195 - 10= | 185 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 18 | 23 | 8 | 15 | 19 | 1 | 21 | 3 | 13 | 17 | F | | | | |
| | | | | | <i>Splits</i> | ⇒ | 02:09 | 04:41 | 03:00 | 03:05 | 03:10 | 03:07 | 02:20 | 02:54 | 02:37 | 05:33 | 03:36 | 02:59 | 03:41 | 10:34 | 04:20 | 03:10 | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:02:09 | 0:06:50 | 0:09:50 | 0:12:55 | 0:16:05 | 0:19:12 | 0:21:32 | 0:24:26 | 0:27:03 | 0:32:36 | 0:36:12 | 0:39:11 | 0:42:52 | 0:53:26 | 0:57:46 | 1:00:56 | | | | |
| 5 Capt MP James 42 Engr Regt (GEO) | M50 | 1:02:13 | 200 - 23= | 177 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 20 | 12 | 23 | 18 | 15 | 19 | 1 | 21 | 3 | 11 | 13 | 17 | 14 | F | | | |
| | | | | | <i>Splits</i> | ⇒ | 01:47 | 05:08 | 02:18 | 02:16 | 02:20 | 07:56 | 01:42 | 06:05 | 04:26 | 02:53 | 02:37 | 02:47 | 06:10 | 07:33 | 02:51 | 02:03 | 01:21 | | | |
| | | | | | <i>Run</i> | ⇒ | 0:01:47 | 0:06:55 | 0:09:13 | 0:11:29 | 0:13:49 | 0:21:45 | 0:23:27 | 0:29:32 | 0:33:58 | 0:36:51 | 0:39:28 | 0:42:15 | 0:48:25 | 0:55:58 | 0:58:49 | 1:00:52 | 1:02:13 | | | |
| 6 WO1 (RSM) Pollitt 71(Yeomanry) Sig Regt | M21 | 0:57:46 | 165 - 0= | 165 | <i>Route Taken</i> | ⇒ | 2 | 16 | 12 | 9 | 18 | 23 | 8 | 15 | 21 | 1 | 6 | 5 | 10 | F | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 04:10 | 03:54 | 02:45 | 03:18 | 03:19 | 01:57 | 03:07 | 02:37 | 10:31 | 03:19 | 10:43 | 04:10 | 02:26 | 01:30 | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:04:10 | 0:08:04 | 0:10:49 | 0:14:07 | 0:17:26 | 0:19:23 | 0:22:30 | 0:25:07 | 0:35:38 | 0:38:57 | 0:49:40 | 0:53:50 | 0:56:16 | 0:57:46 | | | | | | |
| 7 SSgt WW Gilsenan 3 MI | M50 | 0:59:34 | 155 - 0= | 155 | <i>Route Taken</i> | ⇒ | 16 | 12 | 9 | 23 | 8 | 15 | 21 | 1 | 19 | 11 | 6 | 5 | F | | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 04:43 | 03:50 | 03:02 | 02:34 | 03:57 | 02:36 | 10:33 | 04:15 | 08:31 | 03:49 | 02:42 | 03:41 | 05:21 | | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:04:43 | 0:08:33 | 0:11:35 | 0:14:09 | 0:18:06 | 0:20:42 | 0:31:15 | 0:35:30 | 0:44:01 | 0:47:50 | 0:50:32 | 0:54:13 | 0:59:34 | | | | | | | |
| 8 SSgt Mothershaw 135 Indep Geo Sqn RE (V) | M35 | 1:00:39 | 150 - 7= | 143 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 18 | 23 | 8 | 15 | 3 | 19 | 6 | 24 | 10 | F | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 01:48 | 06:07 | 02:39 | 03:14 | 03:18 | 09:12 | 02:49 | 02:38 | 02:01 | 06:49 | 03:01 | 09:09 | 04:49 | 01:52 | 01:13 | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:01:48 | 0:07:55 | 0:10:34 | 0:13:48 | 0:17:06 | 0:26:18 | 0:29:07 | 0:31:45 | 0:33:46 | 0:40:35 | 0:43:36 | 0:52:45 | 0:57:34 | 0:59:26 | 1:00:39 | | | | | |
| 9 Brian Pilling 20 Tpt Sqn | M60 | 0:59:38 | 140 - 0= | 140 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 18 | 23 | 8 | 15 | NK | 13 | 17 | 14 | F | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 01:41 | 03:33 | 03:52 | 03:04 | 03:22 | 08:53 | 02:45 | 03:44 | 02:50 | 11:57 | 04:45 | 04:58 | 02:35 | 01:39 | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:01:41 | 0:05:14 | 0:09:06 | 0:12:10 | 0:15:32 | 0:24:25 | 0:27:10 | 0:30:54 | 0:33:44 | 0:45:41 | 0:50:26 | 0:55:24 | 0:57:59 | 0:59:38 | | | | | | |
| 10 Lt Col D Skillman CVHQ RA | M50 | 1:02:22 | 150 - 24= | 126 | <i>Route Taken</i> | ⇒ | 2 | 16 | 12 | 9 | 23 | 18 | 15 | 3 | 21 | 1 | 13 | F | | | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 05:14 | 06:16 | 03:10 | 02:58 | 02:24 | 03:32 | 07:25 | 08:01 | 04:10 | 04:03 | 11:12 | 03:57 | | | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:05:14 | 0:11:30 | 0:14:40 | 0:17:38 | 0:20:02 | 0:23:34 | 0:30:59 | 0:39:00 | 0:43:10 | 0:47:13 | 0:58:25 | 1:02:22 | | | | | | | | |
| 11 Lt Col Allen 71(Yeomanry) Sig Regt | M21 | 0:56:28 | 125 - 0= | 125 | <i>Route Taken</i> | ⇒ | 2 | 16 | 12 | 9 | 23 | 8 | 15 | 19 | 24 | 5 | 10 | F | | | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 05:57 | 04:18 | 02:50 | 03:37 | 02:36 | 03:36 | 02:36 | 08:55 | 15:19 | 02:01 | 02:44 | 01:59 | | | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:05:57 | 0:10:15 | 0:13:05 | 0:16:42 | 0:19:18 | 0:22:54 | 0:25:30 | 0:34:25 | 0:49:44 | 0:51:45 | 0:54:29 | 0:56:28 | | | | | | | | |
| 12 SSgt Matthews 71(Yeomanry) Sig Regt | M21 | 0:58:51 | 125 - 0= | 125 | <i>Route Taken</i> | ⇒ | 7 | 2 | 16 | 12 | 9 | 23 | 8 | 15 | 3 | 11 | 6 | F | | | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 03:08 | 03:19 | 04:40 | 02:40 | 03:26 | 03:11 | 03:05 | 03:34 | 07:38 | 07:54 | 03:26 | 12:50 | | | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:03:08 | 0:06:27 | 0:11:07 | 0:13:47 | 0:17:13 | 0:20:24 | 0:23:29 | 0:27:03 | 0:34:41 | 0:42:35 | 0:46:01 | 0:58:51 | | | | | | | | |
| 13 WO1 (RSM) Eaton 151 (London) Tpt Regt (V) | M21 | 0:59:11 | 115 - 0= | 115 | <i>Route Taken</i> | ⇒ | 3 | 21 | 1 | 19 | 11 | 6 | 24 | 5 | 10 | 14 | F | | | | | | | | | |
| | | | | | <i>Splits</i> | ⇒ | 14:43 | 05:43 | 02:56 | 03:12 | 13:26 | 02:34 | 04:23 | 03:40 | 01:54 | 05:24 | 01:16 | | | | | | | | | |
| | | | | | <i>Run</i> | ⇒ | 0:14:43 | 0:20:26 | 0:23:22 | 0:26:34 | 0:40:00 | 0:42:34 | 0:46:57 | 0:50:37 | 0:52:31 | 0:57:55 | 0:59:11 | | | | | | | | | |

RMAS MLS + London Dist Champs Results - 11 March 2009

| Name/Club | Class | Time | Pts - Pen = Score | Collect-o-meter | 5 | > | > | 10 | > | > | 15 | > | > | 20 | > | > | 25 | > | > | 30 | F | |
|--|-------|---------|-------------------|-----------------|-------------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----|---|--|
| 14 Maj S Robinson 3 MI | M21 | 0:57:36 | 110 - 0= | 110 | Route Taken | ⇒ | 2 | 16 | 20 | 12 | 9 | 23 | 18 | 8 | 15 | F | | | | | | |
| | | | | | Splits | ⇒ | 05:58 | 02:47 | 03:55 | 03:55 | 03:40 | 02:44 | 01:58 | 07:55 | 03:22 | 21:22 | | | | | | |
| | | | | | Run | ⇒ | 0:05:58 | 0:08:45 | 0:12:40 | 0:16:35 | 0:20:15 | 0:22:59 | 0:24:57 | 0:32:52 | 0:36:14 | 0:57:36 | | | | | | |
| 15 Capt Taxis CVHQ RA | M21 | 1:00:17 | 110 - 3= | 107 | Route Taken | ⇒ | 15 | 19 | 1 | 21 | 3 | 11 | 6 | 24 | 5 | NK | F | | | | | |
| | | | | | Splits | ⇒ | 09:56 | 05:53 | 03:39 | 02:52 | 08:55 | 11:39 | 02:27 | 04:56 | 01:58 | 03:40 | 04:22 | | | | | |
| | | | | | Run | ⇒ | 0:09:56 | 0:15:49 | 0:19:28 | 0:22:20 | 0:31:15 | 0:42:54 | 0:45:21 | 0:50:17 | 0:52:15 | 0:55:55 | 1:00:17 | | | | | |
| 16 Pte Cartwright 20 Tpt Sqn | M21 | 0:59:39 | 105 - 0= | 105 | Route Taken | ⇒ | 7 | 2 | 16 | 20 | 12 | 9 | 18 | 23 | 8 | 24 | F | | | | | |
| | | | | | Splits | ⇒ | 02:29 | 04:08 | 05:29 | 03:38 | 04:20 | 05:54 | 07:33 | 03:17 | 04:03 | 11:50 | 06:58 | | | | | |
| | | | | | Run | ⇒ | 0:02:29 | 0:06:37 | 0:12:06 | 0:15:44 | 0:20:04 | 0:25:58 | 0:33:31 | 0:36:48 | 0:40:51 | 0:52:41 | 0:59:39 | | | | | |
| 17 Sgt Watkins 135 Indep Geo Sqn RE (V) | M21 | 0:57:24 | 100 - 0= | 100 | Route Taken | ⇒ | 2 | 16 | 19 | 11 | 13 | 5 | 24 | 10 | 14 | 22 | 4 | 10X | F | | | |
| | | | | | Splits | ⇒ | 05:23 | 04:09 | 12:46 | 05:05 | 06:07 | 03:27 | 05:17 | 02:06 | 03:26 | 02:48 | 02:49 | 02:49 | 01:12 | | | |
| | | | | | Run | ⇒ | 0:05:23 | 0:09:32 | 0:22:18 | 0:27:23 | 0:33:30 | 0:36:57 | 0:42:14 | 0:44:20 | 0:47:46 | 0:50:34 | 0:53:23 | 0:56:12 | 0:57:24 | | | |
| 18 WO2 Howlett 20 Tpt Sqn | M21 | 0:58:47 | 100 - 0= | 100 | Route Taken | ⇒ | 2 | NK | 12 | 9 | 18 | 23 | 8 | 15 | 5 | F | | | | | | |
| | | | | | Splits | ⇒ | 05:02 | 03:23 | 03:34 | 04:45 | 02:54 | 03:53 | 03:34 | 03:34 | 21:29 | 06:39 | | | | | | |
| | | | | | Run | ⇒ | 0:05:02 | 0:08:25 | 0:11:59 | 0:16:44 | 0:19:38 | 0:23:31 | 0:27:05 | 0:30:39 | 0:52:08 | 0:58:47 | | | | | | |
| 19 Cpl Nuggent 71(Yeomanry) Sig Regt | M21 | 0:54:45 | 95 - 0= | 95 | Route Taken | ⇒ | 24 | 19 | 11 | 6 | 13 | 17 | 22 | 4 | 14 | 10 | F | | | | | |
| | | | | | Splits | ⇒ | 05:52 | 10:27 | 02:36 | 02:43 | 05:22 | 05:12 | 04:26 | 04:05 | 02:46 | 10:17 | 00:59 | | | | | |
| | | | | | Run | ⇒ | 0:05:52 | 0:16:19 | 0:18:55 | 0:21:38 | 0:27:00 | 0:32:12 | 0:36:38 | 0:40:43 | 0:43:29 | 0:53:46 | 0:54:45 | | | | | |
| 20 Maj S Davison CVHQ RA | W45 | 0:56:13 | 95 - 0= | 95 | Route Taken | ⇒ | 24 | 19 | 11 | 6 | 13 | 17 | 22 | 4 | 14 | 10 | F | | | | | |
| | | | | | Splits | ⇒ | 05:14 | 11:24 | 03:42 | 03:29 | 04:04 | 05:17 | 05:09 | 05:05 | 03:26 | 07:27 | 01:56 | | | | | |
| | | | | | Run | ⇒ | 0:05:14 | 0:16:38 | 0:20:20 | 0:23:49 | 0:27:53 | 0:33:10 | 0:38:19 | 0:43:24 | 0:46:50 | 0:54:17 | 0:56:13 | | | | | |
| 21 Lt Col Duxbury BFPO Millhill | M40 | 0:58:04 | 85 - 0= | 85 | Route Taken | ⇒ | NK | 2 | 24 | 15 | 8 | 9 | 12 | 16 | F | | | | | | | |
| | | | | | Splits | ⇒ | 04:46 | 01:57 | 10:08 | 09:59 | 04:22 | 05:00 | 04:22 | 05:09 | 12:21 | | | | | | | |
| | | | | | Run | ⇒ | 0:04:46 | 0:06:43 | 0:16:51 | 0:26:50 | 0:31:12 | 0:36:12 | 0:40:34 | 0:45:43 | 0:58:04 | | | | | | | |
| 22 Sgt R Jopling 71(Yeomanry) Sig Regt | M40 | 0:56:28 | 80 - 0= | 80 | Route Taken | ⇒ | 14 | 17 | 13 | 5 | 24 | 6 | 11 | 13X | 22 | F | | | | | | |
| | | | | | Splits | ⇒ | 07:48 | 07:59 | 02:47 | 03:01 | 03:22 | 05:13 | 03:22 | 05:52 | 12:56 | 04:08 | | | | | | |
| | | | | | Run | ⇒ | 0:07:48 | 0:15:47 | 0:18:34 | 0:21:35 | 0:24:57 | 0:30:10 | 0:33:32 | 0:39:24 | 0:52:20 | 0:56:28 | | | | | | |
| 23 Tpr Broxham Household Cavalry | M21 | 0:56:37 | 80 - 0= | 80 | Route Taken | ⇒ | 7 | 16 | 24 | 5 | 13 | 17 | 14 | 4 | 10 | F | | | | | | |
| | | | | | Splits | ⇒ | 02:07 | 14:10 | 04:16 | 07:29 | 03:01 | 09:10 | 04:23 | 07:03 | 03:20 | 01:38 | | | | | | |
| | | | | | Run | ⇒ | 0:02:07 | 0:16:17 | 0:20:33 | 0:28:02 | 0:31:03 | 0:40:13 | 0:44:36 | 0:51:39 | 0:54:59 | 0:56:37 | | | | | | |
| 24 Sgt P Strickleton DMRC | M21 | 0:57:13 | 80 - 0= | 80 | Route Taken | ⇒ | NK | 12 | 9 | 18 | 8 | 20 | 22 | F | | | | | | | | |
| | | | | | Splits | ⇒ | 07:57 | 06:19 | 05:49 | 03:34 | 07:03 | 06:57 | 16:00 | 03:34 | | | | | | | | |
| | | | | | Run | ⇒ | 0:07:57 | 0:14:16 | 0:20:05 | 0:23:39 | 0:30:42 | 0:37:39 | 0:53:39 | 0:57:13 | | | | | | | | |
| 25 LCoH North Household Cavalry | M21 | 0:57:04 | 75 - 0= | 75 | Route Taken | ⇒ | 16 | 24 | 5 | 13 | 17 | 14 | 4 | 10 | F | | | | | | | |
| | | | | | Splits | ⇒ | 14:48 | 04:15 | 07:28 | 03:00 | 09:36 | 03:58 | 07:05 | 03:17 | 03:37 | | | | | | | |
| | | | | | Run | ⇒ | 0:14:48 | 0:19:03 | 0:26:31 | 0:29:31 | 0:39:07 | 0:43:05 | 0:50:10 | 0:53:27 | 0:57:04 | | | | | | | |
| 26 Sug Lt Gokhale DMRC | M21 | 0:59:01 | 75 - 0= | 75 | Route Taken | ⇒ | 7 | 2 | NK | 16 | 24 | 21 | 1 | 13 | F | | | | | | | |
| | | | | | Splits | ⇒ | 07:55 | 06:09 | 02:14 | 03:33 | 03:14 | 14:56 | 03:08 | 14:16 | 03:36 | | | | | | | |
| | | | | | Run | ⇒ | 0:07:55 | 0:14:04 | 0:16:18 | 0:19:51 | 0:23:05 | 0:38:01 | 0:41:09 | 0:55:25 | 0:59:01 | | | | | | | |
| 27 LCpl Hulatt Household Cavalry | M21 | 1:06:34 | 135 - 66= | 69 | Route Taken | ⇒ | 2 | 9 | 23 | 18 | 8 | 15 | 19 | 1 | 21 | 3 | F | | | | | |
| | | | | | Splits | ⇒ | 03:51 | 14:49 | 01:52 | 02:00 | 04:05 | 02:24 | 07:05 | 02:49 | 02:53 | 03:59 | 20:47 | | | | | |
| | | | | | Run | ⇒ | 0:03:51 | 0:18:40 | 0:20:32 | 0:22:32 | 0:26:37 | 0:29:01 | 0:36:06 | 0:38:55 | 0:41:48 | 0:45:47 | 1:06:34 | | | | | |

RMAS MLS + London Dist Champs Results - 11 March 2009

| Name/Club | Class | Time | Pts - Pen = Score | Collect-o-meter | 5 | > | > | 10 | > | > | 15 | > | > | 20 | > | > | 25 | > | > | 30 | F | |
|---|-------|---------|-------------------|-----------------|-------------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 28 Lt Col Kerce BFPO Millhill | M40 | 0:58:48 | 65 - 0= | 65 | Route Taken | ⇒ | 2 | 16 | 12 | 20 | 24 | 10 | F | | | | | | | | | |
| | | | | | Splits | ⇒ | 07:24 | 08:31 | 06:29 | 08:02 | 13:17 | 07:58 | 07:07 | | | | | | | | | |
| | | | | | Run | ⇒ | 0:07:24 | 0:15:55 | 0:22:24 | 0:30:26 | 0:43:43 | 0:51:41 | 0:58:48 | | | | | | | | | |
| 29 Maj K Morgan CVHQ RA | W50 | 0:59:12 | 60 - 0= | 60 | Route Taken | ⇒ | 7 | 2 | 16 | 20 | 11 | 6 | 5 | NK | F | | | | | | | |
| | | | | | Splits | ⇒ | 03:31 | 06:15 | 06:48 | 10:42 | 12:08 | 03:45 | 06:12 | 07:03 | 02:48 | | | | | | | |
| | | | | | Run | ⇒ | 0:03:31 | 0:09:46 | 0:16:34 | 0:27:16 | 0:39:24 | 0:43:09 | 0:49:21 | 0:56:24 | 0:59:12 | | | | | | | |
| 30 Capt Flach BFPO Millhill | M21 | 1:02:56 | 90 - 30= | 60 | Route Taken | ⇒ | 20 | 12 | 9 | 23 | 8 | 15 | 11 | F | | | | | | | | |
| | | | | | Splits | ⇒ | 20:52 | 04:56 | 06:56 | 02:17 | 03:32 | 02:53 | 11:49 | 09:41 | | | | | | | | |
| | | | | | Run | ⇒ | 0:20:52 | 0:25:48 | 0:32:44 | 0:35:01 | 0:38:33 | 0:41:26 | 0:53:15 | 1:02:56 | | | | | | | | |
| 31 Cpl T Dodson DMRC | W35 | 0:59:14 | 50 - 0= | 50 | Route Taken | ⇒ | 24 | 5 | 13 | 6 | 11 | 15 | F | | | | | | | | | |
| | | | | | Splits | ⇒ | 04:34 | 02:47 | 04:21 | 12:22 | 08:46 | 08:20 | 18:04 | | | | | | | | | |
| | | | | | Run | ⇒ | 0:04:34 | 0:07:21 | 0:11:42 | 0:24:04 | 0:32:50 | 0:41:10 | 0:59:14 | | | | | | | | | |
| 32 WO1 Ross BFPO Millhill | M21 | 1:02:12 | 70 - 22= | 48 | Route Taken | ⇒ | 2 | NK | 16 | 12 | 15 | 3 | F | | | | | | | | | |
| | | | | | Splits | ⇒ | 04:58 | 03:28 | 00:33 | 04:30 | 08:50 | 14:12 | 25:41 | | | | | | | | | |
| | | | | | Run | ⇒ | 0:04:58 | 0:08:26 | 0:08:59 | 0:13:29 | 0:22:19 | 0:36:31 | 1:02:12 | | | | | | | | | |
| 33 Maj J Payne CVHQ RA | W55 | 1:10:51 | 155 - 109= | 46 | Route Taken | ⇒ | 7 | 2 | 16 | 20 | 12 | 9 | 18 | 23 | 8 | 15 | 11 | 6 | 13 | 5 | 10 | F |
| | | | | | Splits | ⇒ | 03:16 | 05:46 | 04:57 | 03:58 | 04:11 | 04:25 | 05:16 | 03:09 | 05:04 | 03:37 | 09:27 | 03:55 | 04:58 | 03:37 | 03:21 | 01:54 |
| | | | | | Run | ⇒ | 0:03:16 | 0:09:02 | 0:13:59 | 0:17:57 | 0:22:08 | 0:26:33 | 0:31:49 | 0:34:58 | 0:40:02 | 0:43:39 | 0:53:06 | 0:57:01 | 1:01:59 | 1:05:36 | 1:08:57 | 1:10:51 |
| 34 Cpl Reeve BFPO Millhill | M21 | 0:57:05 | 45 - 0= | 45 | Route Taken | ⇒ | NK | 2 | 16 | 24 | 5 | 10 | F | | | | | | | | | |
| | | | | | Splits | ⇒ | 04:00 | 07:16 | 08:34 | 23:57 | 07:08 | 03:22 | 02:48 | | | | | | | | | |
| | | | | | Run | ⇒ | 0:04:00 | 0:11:16 | 0:19:50 | 0:43:47 | 0:50:55 | 0:54:17 | 0:57:05 | | | | | | | | | |
| 35 Capt T Hall 151 (London) Tpt Regt (V) | M55 | 1:05:35 | 95 - 56= | 39 | Route Taken | ⇒ | 7 | 2 | 16 | 20 | 15 | 3 | 1 | 19 | 11 | F | | | | | | |
| | | | | | Splits | ⇒ | 03:03 | 09:06 | 04:20 | 11:54 | 08:25 | 07:32 | 04:53 | 03:28 | 04:14 | 08:40 | | | | | | |
| | | | | | Run | ⇒ | 0:03:03 | 0:12:09 | 0:16:29 | 0:28:23 | 0:36:48 | 0:44:20 | 0:49:13 | 0:52:41 | 0:56:55 | 1:05:35 | | | | | | |
| 36 WO2 Proffitt-White 3 MI | M21 | 1:05:50 | 80 - 59= | 21 | Route Taken | ⇒ | 20 | 15 | 3 | 21 | 19 | F | | | | | | | | | | |
| | | | | | Splits | ⇒ | 08:44 | 05:24 | 08:44 | 14:48 | 07:56 | 20:14 | | | | | | | | | | |
| | | | | | Run | ⇒ | 0:08:44 | 0:14:08 | 0:22:52 | 0:37:40 | 0:45:36 | 1:05:50 | | | | | | | | | | |
| 37 LCpl Lewin 3 MI | M21 | 1:04:37 | 65 - 47= | 18 | Route Taken | ⇒ | 16 | 12 | 9 | 23 | 8 | F | | | | | | | | | | |
| | | | | | Splits | ⇒ | 06:11 | 03:34 | 03:17 | 02:21 | 03:14 | 46:00 | | | | | | | | | | |
| | | | | | Run | ⇒ | 0:06:11 | 0:09:45 | 0:13:02 | 0:15:23 | 0:18:37 | 1:04:37 | | | | | | | | | | |
| 38 SSgt Foster 151 (London) Tpt Regt (V) | M21 | 1:07:16 | 80 - 73= | 7 | Route Taken | ⇒ | 2 | 16 | 8 | 15 | 3 | 1 | 14 | F | | | | | | | | |
| | | | | | Splits | ⇒ | 04:50 | 06:07 | 09:29 | 04:30 | 08:46 | 13:27 | 17:54 | 02:13 | | | | | | | | |
| | | | | | Run | ⇒ | 0:04:50 | 0:10:57 | 0:20:26 | 0:24:56 | 0:33:42 | 0:47:09 | 1:05:03 | 1:07:16 | | | | | | | | |
| 39 LCpl Burns BFPO Millhill | W21 | 1:01:59 | 10 - 20= | -10 | Route Taken | ⇒ | 2 | F | | | | | | | | | | | | | | |
| | | | | | Splits | ⇒ | 50:49 | 11:10 | | | | | | | | | | | | | | |
| | | | | | Run | ⇒ | 0:50:49 | 1:01:59 | | | | | | | | | | | | | | |
| 40 Pte Limbu 20 Tpt Sq | M21 | 1:13:28 | 90 - 135= | -45 | Route Taken | ⇒ | 2 | 16 | 20 | 12 | 9 | 18 | 15 | F | | | | | | | | |
| | | | | | Splits | ⇒ | 08:00 | 06:31 | 03:31 | 04:19 | 06:48 | 06:48 | 14:56 | 22:35 | | | | | | | | |
| | | | | | Run | ⇒ | 0:08:00 | 0:14:31 | 0:18:02 | 0:22:21 | 0:29:09 | 0:35:57 | 0:50:53 | 1:13:28 | | | | | | | | |
| 41 WO2 Poole 151 (London) Tpt Regt (V) | M21 | 1:07:07 | 25 - 72= | -47 | Route Taken | ⇒ | 2 | 15 | F | | | | | | | | | | | | | |
| | | | | | Splits | ⇒ | 04:31 | 33:11 | 29:25 | | | | | | | | | | | | | |
| | | | | | Run | ⇒ | 0:04:31 | 0:37:42 | 1:07:07 | | | | | | | | | | | | | |

RMAS MLS + London Dist Champs Results - 11 March 2009

| Name/Club | Class | Time | Pts - Pen = Score | Collect-o-meter | 5 | > | > | 10 | > | > | 15 | > | > | 20 | > | > | 25 | > | > | 30 | F |
|---------------------------------|-------|---------|-------------------|-----------------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----|---|---|----|---|
| 42 Cpl D Hall 20 Tpt Sqn | M35 | 1:16:10 | 95 - 162 = -67 | Route Taken | ⇒ | 2 | 16 | 20 | 12 | 9 | 18 | 15 | 7 | F | | | | | | | |
| | | | | Splits | ⇒ | 06:55 | 06:20 | 03:40 | 04:20 | 06:46 | 07:00 | 14:48 | 21:00 | 05:21 | | | | | | | |
| | | | | Run | ⇒ | 0:06:55 | 0:13:15 | 0:16:55 | 0:21:15 | 0:28:01 | 0:35:01 | 0:49:49 | 1:10:49 | 1:16:10 | | | | | | | |
| 43 Sgt Suffield DMRC | M21 | 1:23:32 | 70 - 236 = -166 | Route Taken | ⇒ | 7 | 16 | 2 | 15 | 8 | 23 | 18 | F | | | | | | | | |
| | | | | Splits | ⇒ | 03:01 | 14:54 | 03:12 | 22:15 | 03:28 | 03:08 | 07:52 | 25:42 | | | | | | | | |
| | | | | Run | ⇒ | 0:03:01 | 0:17:55 | 0:21:07 | 0:43:22 | 0:46:50 | 0:49:58 | 0:57:50 | 1:23:32 | | | | | | | | |
| 44 Sgt Piccola BFPO Millhill | M21 | 1:39:24 | 55 - 394 = -339 | Route Taken | ⇒ | 2 | NK | 15 | 20 | NK | 12 | F | | | | | | | | | |
| | | | | Splits | ⇒ | 09:41 | 04:15 | 10:19 | 09:03 | 12:03 | 17:11 | 36:52 | | | | | | | | | |
| | | | | Run | ⇒ | 0:09:41 | 0:13:56 | 0:24:15 | 0:33:18 | 0:45:21 | 1:02:32 | 1:39:24 | | | | | | | | | |
| 45 Sgt Belam DMRC | M21 | 1:50:54 | 115 - 509 = -394 | Route Taken | ⇒ | 2 | 16 | 12 | 9 | 23 | 18 | 8 | 15 | 3 | NK | F | | | | | |
| | | | | Splits | ⇒ | 04:51 | 02:43 | 05:11 | 03:28 | 03:14 | 03:07 | 05:48 | 02:59 | 07:58 | 09:50 | 01:45 | | | | | |
| | | | | Run | ⇒ | 0:04:51 | 0:07:34 | 0:12:45 | 0:16:13 | 0:19:27 | 0:22:34 | 0:28:22 | 0:31:21 | 0:39:19 | 0:49:09 | 1:50:54 | | | | | |