

Glenmore 10-mile times 19 June 2018

	Date	19/6/18
Forename	Surname	mm:ss
Ben	Watson	23:23
Adam	Alexander	25:22
Brian	Fishpool	25:49
Alan	Myles	25:59
Paul	Parrish	26:21
Dave	Smith	26:34
Lindsey	Alexander	36:00

Overall results

	Date	19/6/18	Rank	
Forename	Surname	Points	Female	Male
Ben	Watson	25		1
Adam	Alexander	24		2
Brian	Fishpool	23		3
Alan	Myles	22		4
Paul	Parrish	21		5
Dave	Smith	20		6
Lindsey	Alexander	19	1	

Handicap times

	Date	19/6/18			
Forename	Surname	PB10	HC	Actual	HC Time
Paul	Parrish	27:21	05:21	26:21	21:00
Adam	Alexander	25:28	03:28	25:22	21:54
Alan	Myles	25:43	03:43	25:59	22:16
Lindsey	Alexander	35:04	13:04	36:00	22:56
Brian	Fishpool	24:34	02:34	25:49	23:15
Ben	Watson			23:23	23:23
Dave	Smith			26:34	26:34

Glenmore handicap results

	Date	19/6/18	Rank	
Forename	Surname	Points	Female	Male
Paul	Parrish	25		1
Adam	Alexander	24		2
Alan	Myles	23		3
Lindsey	Alexander	22	1	
Brian	Fishpool	21		4
Ben	Watson	20		5
Dave	Smith	19		6

Details of the scoring and the handicap system are on the website - <http://cairngormcc.co.uk/information/time-trial-scoring>