

**Glenmore 10-mile times 1 May 2018**

	Date	1/5/18
Forename	Surname	mm:ss
Adam	Alexander	26:45
Paul	Parrish	28:09
Gill	Irvine	32:25
Sarah	Wiseman	36:24

**Overall results**

Forename	Surname	1/5/18	Rank	
			Points	Female   Male
Adam	Alexander	25		1
Paul	Parrish	24		2
Gill	Irvine	23	1	
Sarah	Wiseman	22	2	

**Handicap times**

Forename	Surname	1/5/18			
		PB10	HC	Actual	HC Time
Adam	Alexander	27:03	05:03	26:45	21:42
Gill	Irvine	32:37	10:37	32:25	21:48
Paul	Parrish	28:15	06:15	28:09	21:54
Sarah	Wiseman			36:24	36:24

**Glenmore handicap results**

Forename	Surname	1/5/18	Rank	
			Points	Female   Male
Adam	Alexander	25		1
Gill	Irvine	24	1	
Paul	Parrish	23		2
Sarah	Wiseman	22	2	

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