

**Glenmore 10-mile times 3 July 2018**

	Date	3/7/18
Forename	Surname	mm:ss
Adam	Alexander	24:20
Paul	Parrish	25:19
Andy	Bateman	26:22
Howard	Pritchard	31:12
Alisdair	Morris	31:26
Lindsey	Alexander	34:06
Sarah	Wiseman	34:42
Sharon	Morris	35:01
Micah	Myles	38:43

**Overall results**

	Date	3/7/18	Rank	
Forename	Surname	Points	Female	Male
Adam	Alexander	25		1
Paul	Parrish	24		2
Andy	Bateman	23		3
Howard	Pritchard	22		4
Alisdair	Morris	21		5
Lindsey	Alexander	20	1	
Sarah	Wiseman	19	2	
Sharon	Morris	18	3	
Micah	Myles	17		6

**Handicap times**

	Date	3/7/18			
Forename	Surname	PB10	HC	Actual	HC Time
Sharon	Morris	36:19	14:19	35:01	20:42
Adam	Alexander	25:22	03:22	24:20	20:58
Paul	Parrish	26:21	04:21	25:19	20:58
Lindsey	Alexander	35:04	13:04	34:06	21:02
Alisdair	Morris	31:24	09:24	31:26	22:02
Sarah	Wiseman	33:19	11:19	34:42	23:23
Andy	Bateman			26:22	26:22
Howard	Pritchard			31:12	31:12
Micah	Myles			38:43	38:43

**Glenmore handicap results**

	Date	3/7/18	Rank	
Forename	Surname	Points	Female	Male
Sharon	Morris	25	1	
Adam	Alexander	23		1
Paul	Parrish	23		2
Lindsey	Alexander	22	2	
Alisdair	Morris	21		3
Sarah	Wiseman	20	3	
Andy	Bateman	19		4
Howard	Pritchard	18		5
Micah	Myles	17		6

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