

## Glenmore 10-mile times

Date	31/3/26	21/4/26	12/5/26	16/6/26	7/7/26	11/8/26
Forename	Surname	mm:ss	mm:ss	mm:ss	mm:ss	mm:ss
Lindsey	Alexander	33:55	36:22	00:00	00:00	00:00
Nicki	Diggins	33:55	00:00	00:00	00:00	00:00
Sam	Pyrah	00:00	35:43	00:00	00:00	00:00
Emma	Sinclair	36:44	36:21	00:00	00:00	00:00
Adam	Alexander	27:02	27:16	00:00	00:00	00:00
Duncan	Edwards	00:00	25:04	00:00	00:00	00:00
Jeremy	Hubbard	24:47	24:32	00:00	00:00	00:00
Craig	Little	30:56	00:00	00:00	00:00	00:00
Alasdair	Morris	30:51	00:00	00:00	00:00	00:00
Sandy	Orr	32:50	00:00	00:00	00:00	00:00
Jeff	Pyrah	31:17	32:06	00:00	00:00	00:00
Greg	Quin	26:07	25:46	00:00	00:00	00:00
Callum	Scott	00:00	30:42	00:00	00:00	00:00

## Combined results

Date	31/3/26	21/4/26	12/5/26	16/6/26	7/7/26	11/8/26	Best 4 results						
Forename	Surname	Points	Points	Points	Points	Points	Points	1	2	3	4	Total	Rank
Lindsey	Alexander	23	23					23	23			46	2
Nicki	Diggins	25						25				25	3
Sam	Pyrah		25					25				25	3
Emma	Sinclair	24	24					24	24			48	1
Adam	Alexander	23	22					23	22			45	3
Duncan	Edwards		24					24				24	5
Jeremy	Hubbard	25	25					25	25			50	1
Craig	Little	21						21				21	7
Alasdair	Morris	22						22				22	6
Sandy	Orr	19						19				19	9
Jeff	Pyrah	20	20					20	20			40	4
Greg	Quin	24	23					24	23			47	2
Callum	Scott		21					21				21	7

## Handicap times

Date	31/3/26				21/4/26				
Forename	Surname	Age	Std	Actual	HC Time	Age	Std	Actual	HC Time
Lindsey	Alexander	55	29:32	33:55	-04:23	55	29:32	36:22	-06:50
Nicki	Diggins	62	30:16	33:55	-03:39			00:00	
Sam	Pyrah			00:00		57	29:43	35:43	-06:00
Emma	Sinclair	50	29:06	36:44	-07:38	50	29:06	36:21	-07:15
Adam	Alexander	49	26:45	27:02	-00:17	49	26:45	27:16	-00:31
Duncan	Edwards			00:00		33	26:02	25:04	00:58
Jeremy	Hubbard	34	26:02	24:47	01:15	34	26:02	24:32	01:30
Craig	Little	45	26:27	30:56	-04:29			00:00	
Alasdair	Morris	49	26:45	30:51	-04:06			00:00	
Sandy	Orr	61	27:45	32:50	-05:05			00:00	
Jeff	Pyrah	53	27:03	31:17	-04:14	53	27:03	32:06	-05:03
Greg	Quin	61	27:45	26:07	01:38	61	27:45	25:46	01:59
Callum	Scott			00:00		69	28:48	30:42	-01:54

## Glenmore handicap results

Date	31/3/26	21/4/26	12/5/26	16/6/26	7/7/26	11/8/26	Best 4 results						
Forename	Surname	Points	Points	Points	Points	Points	Points	1	2	3	4	Total	Rank
Lindsey	Alexander	24	24					24	24			48	1
Nicki	Diggins	25						25				25	3
Sam	Pyrah		25					25				25	3
Emma	Sinclair	23	23					23	23			46	2
Adam	Alexander	23	22					23	22			45	3
Duncan	Edwards		23					23				23	5
Jeremy	Hubbard	24	24					24	24			48	2
Craig	Little	20						20				20	8
Alasdair	Morris	22						22				22	6
Sandy	Orr	19						19				19	9
Jeff	Pyrah	21	20					21	20			41	4
Greg	Quin	25	25					25	25			50	1
Callum	Scott		21					21				21	7