

**Glenmore 10-mile times 22 May 2018**

	Date	22/5/18
Forename	Surname	mm:ss
Patrick	Cutmore	24:34
Brian	Fishpool	25:11
Paul	Parrish	27:21
Hamish	Irvine	28:15
Ross	Johnston	29:06
Tom	Spencer	29:17
Jamie	Mackenzie	30:49
Gill	Irvine	31:56
Nikki	Diggins	32:02
Alisdair	Morris	32:26
Emma	Sinclair	33:18
Lindsey	Alexander	38:07

**Overall results**

	Date	22/5/18	Rank	
Forename	Surname	Points	Female	Male
Patrick	Cutmore	25		1
Brian	Fishpool	24		2
Paul	Parrish	23		3
Hamish	Irvine	22		4
Ross	Johnston	21		5
Tom	Spencer	20		6
Jamie	Mackenzie	19		7
Gill	Irvine	18	1	
Nikki	Diggins	17	2	
Alisdair	Morris	16		8
Emma	Sinclair	15	3	
Lindsey	Alexander	14	4	

**PTO for handicap results**

### Handicap times

Date		22/5/18			
Forename	Surname	PB10	HC	Actual	HC Time
Jamie	Mackenzie	32:05	10:05	30:49	20:44
Paul	Parrish	28:09	06:09	27:21	21:12
Brian	Fishpool	25:51	03:51	25:11	21:20
Gill	Irvine	32:25	10:25	31:56	21:31
Lindsey	Alexander	38:28	16:28	38:07	21:39
Emma	Sinclair	32:58	10:58	33:18	22:20
Hamish	Irvine	25:55	03:55	28:15	24:20
Patrick	Cutmore			24:34	24:34
Ross	Johnston			29:06	29:06
Tom	Spencer			29:17	29:17
Nikki	Diggins			32:02	32:02
Alisdair	Morris			32:26	32:26

### Glenmore handicap results

Date		22/5/18	Rank	
Forename	Surname	Points	Female	Male
Jamie	Mackenzie	25		1
Paul	Parrish	24		2
Brian	Fishpool	23		3
Gill	Irvine	22	1	
Lindsey	Alexander	21	2	
Emma	Sinclair	20	3	
Hamish	Irvine	19		4
Patrick	Cutmore	18		5
Ross	Johnston	17		6
Tom	Spencer	16		7
Nikki	Diggins	15	4	
Alisdair	Morris	14		8

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