

Glenmore 10-mile times 17 July 2018

	Date	17/7/18
Forename	Surname	mm:ss
Adam	Alexander	24:36
Brian	Fishpool	24:45
Paul	Parrish	25:33
Rob	Taylor	27:22
Martin	Walker	28:32

Combined results

	Date	17/7/18	Rank	
Forename	Surname	Points	Female	Male
Adam	Alexander	25		1
Brian	Fishpool	24		2
Paul	Parrish	23		3
Rob	Taylor	22		4
Martin	Walker	21		5

Handicap times

	Date	17/7/18			
Forename	Surname	PB10	HC	Actual	HC Time
Paul	Parrish	26:14	04:14	25:33	21:19
Adam	Alexander	25:03	03:03	24:36	21:33
Brian	Fishpool	24:34	02:34	24:45	22:11
Rob	Taylor			27:22	27:22
Martin	Walker			28:32	28:32

Glenmore handicap results

	Date	17/7/18	Rank	
Forename	Surname	Points	Female	Male
Paul	Parrish	25		1
Adam	Alexander	24		2
Brian	Fishpool	23		3
Rob	Taylor	22		4
Martin	Walker	21		5

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