

		Year	2023						
					M23-M33	Age		2023	2022
	M / W	Year	Age	Rating	Handicap	Factor	Gender	Handicap	Handicap
Adam Hecquet	M	1974	49	14	0:07:45	1.17	1.00	09:05	09:00
Adam Rowson	M	1975	48	6	0:05:45	1.16	1.00	06:41	
Adrian Butter	M	1974	49	6	0:05:45	1.17	1.00	06:45	06:23
Adrian Wise	M	1959	64	8	0:06:15	1.36	1.00	08:30	08:25
Aidan Hilton	M	2006	17	6	0:05:45	1.13	1.00	06:29	
Aimee Darley	W	2002	21	14	0:07:45	1.04	1.15	09:16	09:27
Alan Wallis	M	1956	67	9.8	0:06:42	1.40	1.00	09:24	09:22
Alex Bett	M	1995	28	7	0:06:00	1.00	1.00	06:00	
Alex Radford	M	1974	49	17	0:08:30	1.17	1.00	09:58	09:52
Alistair Lovegrove	M	1969	54	13	0:07:30	1.23	1.00	09:15	07:38
Amanda Bailey	W	1963	60	17	0:08:30	1.31	1.15	12:47	11:55
Axel Blomquist	M	1954	69	7	0:06:00	1.43	1.00	08:35	08:09
Ben Moorhouse	M	1980	43	8	0:06:15	1.10	1.00	06:54	
Cameron Lamond	M	1970	53	8	0:06:15	1.22	1.00	07:38	07:33
Carol Lovegrove	W	1969	54	6	0:05:45	1.23	1.15	08:09	08:04
Charlie Beck	M	1959	64	10	0:06:45	1.36	1.00	09:11	09:06
Charlotte Slade	W	2009	14	3	0:05:00	1.20	1.15	06:52	07:01
Charlotte Lovegrove	W	2010	13	6	0:05:45	1.22	1.15	08:04	08:13
Chris Bradshaw	M	1975	48	10	0:06:45	1.16	1.00	07:50	
Christopher Ashend	M	1964	59	10	0:06:45	1.30	1.00	08:45	10:16
Colin Swallow	M	1957	66	16	0:08:15	1.39	1.00	11:27	10:39
Craig Ogilvie	M	1970	53	11	0:07:00	1.22	1.00	08:32	08:09
Dave Ryder	M	1959	64	7	0:06:00	1.36	1.00	08:10	08:25
David Allan	M	1946	77	12	0:07:15	1.55	1.00	11:14	11:07
David Chapman	M	1956	67	7	0:06:00	1.40	1.00	08:25	08:20
David Harrison	M	1965	58	10	0:06:45	1.28	1.00	08:39	
David Lane	M	1952	71	10	0:06:45	1.46	1.00	09:51	09:45
David Roy	M	1984	39	10	0:06:45	1.06	1.00	07:10	07:06
Debra Robinson	W	1966	57	10	0:06:45	1.27	1.15	09:51	09:46
Diana Worthington	W	1979	44	8	0:06:15	1.12	1.15	08:01	07:56
Ethan Daplyn	M	2008	15	9	0:06:30	1.17	1.00	07:37	06:34
Frank Edge	M	1954	69	8	0:06:15	1.43	1.00	08:57	08:51
Gary Cooles	M	1959	64	16	0:08:15	1.36	1.00	11:14	11:07
Gemma Cooles	W	1989	34	16	0:08:15	1.01	1.15	09:35	09:29
Gill Prowse	W	1959	64	6	0:05:45	1.36	1.15	09:00	08:55
Gill Sharp	W	1958	65	18	0:08:45	1.37	1.15	13:50	12:31
Hamish Weir	M	2004	19	15	0:08:00	1.08	1.00	08:40	08:50
Hannah Gray	W	1976	47	15	0:08:00	1.15	1.15	10:35	10:28
Helen Ashenden	W	1964	59	12	0:07:15	1.30	1.15	10:48	
Helen Le Page	W	1976	47	12	0:07:15	1.15	1.15	09:35	09:29
Iain Bell	M	1965	58	9	0:06:30	1.28	1.00	08:20	08:53
Ian Watson	M	1962	61	13	0:07:30	1.32	1.00	09:55	09:49
Jake Hilton	M	2008	15	6	0:05:45	1.17	1.00	06:44	
James Lyne	M	1990	33	3	0:05:00	1.00	1.00	05:00	
Jane Archer	W	1954	69	14	0:07:45	1.43	1.15	12:45	11:00
Jen Daplyn	W	1979	44	17	0:08:30	1.12	1.15	10:54	08:34
Jenny Bray	W	1955	68	12	0:07:15	1.42	1.15	11:49	10:53

Jens Moller Butcher	M	1969	54	9	0:06:30	1.23	1.00	08:01	08:14
Jocie Hilton	W	2006	17	4	0:05:15	1.13	1.15	06:48	07:16
John Hill Venning	M	1975	48	4	0:05:15	1.16	1.00	06:06	
John Kelly	M	1984	39	16	0:08:15	1.06	1.00	08:45	
John Tzanetis	M	1967	56	13	0:07:30	1.26	1.00	09:26	09:01
Jon Darley	M	1965	58	13	0:07:30	1.28	1.00	09:37	09:31
Jon Magee	M	1964	59	9	0:06:30	1.30	1.00	08:25	08:20
Jon Paton	M	1960	63	7	0:06:00	1.35	1.00	08:05	08:40
Jonathan Johns	M	1957	66	14	0:07:45	1.39	1.00	10:46	10:39
Katherine Bett	W	1995	28	7	0:06:00	1.00	1.15	06:54	07:11
Katie Clarke	W	1971	52	11	0:07:00	1.21	1.15	09:44	09:38
Keith Belsey	M	1967	56	5	0:05:30	1.26	1.00	06:55	07:09
Laura Barrett	W	2005	18	4	0:05:15	1.10	1.15	06:40	06:48
Laurence Townley	M	1971	52	4	0:05:15	1.21	1.00	06:21	06:17
Lee Ludlow	M	1987	36	10	0:06:45	1.03	1.00	06:57	
Les Hunt	M	1954	69	6	0:05:45	1.43	1.00	08:14	08:09
Linda Cairns	W	1958	65	18	0:08:45	1.37	1.15	13:50	13:42
Linda Radford	W	1975	48	17	0:08:30	1.16	1.15	11:21	11:14
Louie Malatesta	M	1970	53	17	0:08:30	1.22	1.00	10:22	10:16
Lucy Paton	W	1963	60	8	0:06:15	1.31	1.15	09:24	08:56
Malcolm Scott	M	1955	68	16	0:08:15	1.42	1.00	11:41	11:34
Marc Ebanks	M	1969	54	8	0:06:15	1.23	1.00	07:42	08:14
Marcus Bateman	M	1965	58	15	0:08:00	1.28	1.00	10:16	10:09
Mark Howell	M	1965	58	14	0:07:45	1.28	1.00	09:56	09:31
Martha Paton	W	1991	32	8	0:06:15	1.00	1.15	07:11	07:11
Martin Kensett	M	1966	57	11	0:07:00	1.27	1.00	08:53	08:48
Matthew Grant	M	1973	50	8	0:06:15	1.18	1.00	07:24	07:20
Maxine Dunn	W	1962	61	13	0:07:30	1.32	1.15	11:24	
Megan Bett	W	1998	25	9	0:06:30	1.00	1.15	07:28	07:28
Mel Slade	W	1968	55	3	0:05:00	1.24	1.15	07:09	06:44
Michael Le Marie	M	1949	74	16	0:08:15	1.50	1.00	12:24	11:55
Michael Dunbar	M	1964	59	8	0:06:15	1.30	1.00	08:06	08:01
Mike Bray	M	1955	68	16	0:08:15	1.42	1.00	11:41	10:52
Mike Chittenden	M	1965	58	9	0:06:30	1.28	1.00	08:20	07:56
Nick Bennet	M	1995	28	9	0:06:30	1.00	1.00	06:30	06:30
Nick Cooper	M	1974	49	4	0:05:15	1.17	1.00	06:09	06:06
Ollie Smith	M	2002	21	9	0:06:30	1.04	1.00	06:46	06:54
Owen Le Page	M	2011	12	6	0:05:45	1.24	1.00	07:09	07:18
Paul Fox	M	1962	61	4	0:05:15	1.32	1.00	06:56	07:31
Paul Martin	M	1967	56	8	0:06:15	1.26	1.00	07:51	07:28
Paul Wallace Stock	M	1945	78	14	0:07:45	1.56	1.00	12:08	
Pete Jones	M	1956	67	3	0:05:00	1.40	1.00	07:01	06:57
Peter Daplyn	M	1980	43	4	0:05:15	1.10	1.00	05:48	06:17
Peter Smith	M	1962	61	16	0:08:15	1.32	1.00	10:54	10:48
Phil Slingsby	M	1990	33	8	0:06:15	1.00	1.00	06:15	06:15
Philip Young	M	1974	49	10	0:06:45	1.17	1.00	07:55	07:50
Rebecca Lovegrove	W	2008	15	14	0:07:45	1.17	1.15	10:27	08:35
Robert Leppard	M	1951	72	17	0:08:30	1.47	1.00	12:32	12:24
Ross Maclagan	M	1974	49	7	0:06:00	1.17	1.00	07:02	08:08
Sam Anderson	M	1992	31	10	0:06:45	1.00	1.00	06:45	06:45

Samuel Dixon	M	2004	19	6	0:05:45	1.08	1.00	06:13	
Sarah Francis	W	1968	55	11	0:07:00	1.24	1.15	10:01	09:55
Sarah Rollins	W	1974	49	1.5	0:04:38	1.17	1.15	06:14	06:21
Sarah Thomas	W	1962	61	15	0:08:00	1.32	1.15	12:09	11:17
Simon Dunkley	M	1965	58	10	0:06:45	1.28	1.00	08:39	08:34
Stephen Goodrum	M	1964	59	17	0:08:30	1.30	1.00	11:01	08:01
Stephen Gurd	M	1968	55	18	0:08:45	1.24	1.00	10:53	10:47
Stephen Peacock	M	1951	72	16	0:08:15	1.47	1.00	12:10	10:35
Steve Bailey	M	1959	64	7	0:06:00	1.36	1.00	08:10	07:45
Steve McKinley	M	1964	59	8	0:06:15	1.30	1.00	08:06	08:01
Sue Bett	W	1967	56	5	0:05:30	1.26	1.15	07:57	08:35
Sue Cooles	W	1959	64	15	0:08:00	1.36	1.15	12:31	12:24
Terina Notz	W	1958	65	20	0:09:15	1.37	1.15	14:38	13:42
Thomas Howell	M	2001	22	3	0:05:00	1.02	1.00	05:06	04:57
Tim Beale	M	1985	38	5	0:05:30	1.05	1.00	05:47	
Tom Frost	M	1967	56	6	0:05:45	1.26	1.00	07:14	07:09
Tommy Rollins	M	2006	17	2	0:04:45	1.13	1.00	05:21	05:27
Tony Painter	M	1947	76	18	0:08:45	1.53	1.00	13:25	13:17
Trish Wallis	W	1952	71	18	0:08:45	1.46	1.15	14:41	14:32
Vaughn Thomas	M	1961	62	11	0:07:00	1.33	1.00	09:20	09:15
Zsolt Podolyak	M	1968	55	14	0:07:45	1.24	1.00	09:39	09:33