

Forth Valley Orienteers  
Sprint Series 2023  
Long Course

Pos	Name	Age Class	Club	King's Park	Denny	Dunblane	Broomridge	Linthgow	Dollar	Grangemouth	Cambusbarron	King's Park	Denny	Dunblane	Broomridge	Linthgow	Dollar	Grangemouth	Cambusbarron	Max 1	Max 2	Max 3	Max 4	Max 5	No of Events	Total
	Patrick Low	M21	IND	27.12	31.37	25.16						76	75	77						77	76	75			3	228
	Heather Thomson	W45	FVO	29.30	30.30	28.21						70	77	69						77	70	69			3	216
	Alasdair McLeod	M21	FVO	20.55	PLAN							100	100							100	100				2	200
	Andrew Twigg	M18	FVO	29.17	33.02	34.22						70	71	57						71	70	57			3	198
	Jonathan Molloy	M55	FVO	27.34	36.24	36.03						75	64	54						75	64	54			3	193
	Will Hensman	M40	FVO		23.37	21.10							100	92						100	92				2	192
	Paul Hammond	M45	FVO	23.50		24.39						87		80						87	80				2	167
	Ross White	M21	STAG	28.06		22.41						73		87						87	73				2	160
	James Trott	M21	IND	27.55		23.58						75		82						82	75				2	157
	James Fathers	M21	FVO		29.33	26.51							80	73						80	73				2	153
	Peter Owen	M16	FVO		29.25	27.56							80	71						80	71				2	151
	Alison Campbell	W21	STAG	26.22		27.52						78		71						78	71				2	149
	John Heaton	M45	FVO	28.40	31.25							72	75							75	72				2	147
	Rachel Kirkland	W50	FVO		30.09	29.11							78	67						78	67				2	145
	Rob Truswell	M45	FVO	29.50	35.45							70	66							70	66				2	136
	Lucas Whitworth	M14	FVO	30.58		32.52						67		60						67	60				2	127
	Andy Johns	M50	FVO	32.10		31.56						64		62						64	62				2	126
	Rhys Stanwix	M55	FVO	31.46	39.18							65	60							65	60				2	125
	Jon Cross	M55	FVO	34.16		33.05						60		59						60	59				2	119
	James Edward	M12	FVO	58.48	55.40	49.24						35	42	40						42	40	35			3	117
	Robert Neil	M65	FVO		41.33	34.18							57	57						57	57				2	114
	Helen Chiswell	W45	DVO		43.13	35.25							54	55						55	54				2	109
	Vernon Gayle	M55	FVO	40.30	45.38	MP						51	51	0						51	51	0			3	102
	Nicola Melville	W50	FVO	MP	45.00	39.55						0	52	49						52	49	0			3	101
	Peter Molloy	M21	FVO			19.45								100						100					1	100
	Jamie Goddard	M20	FVO			PLAN								100						100					1	100
	James Hammond	M18	FVO	21.04								98								98					1	98
	Ted Finch	M70	FVO	40.58		41.32						50		47						50	47				2	97
	Dave Coustick	M75	FVO	43.23		42.47						48		46						48	46				2	94
	Alistair Black	M21	ESOC			26.38								74						74					1	74
	Bryony McLeod	W21	FVO	28.56								72								72					1	72
	Hazel Dean	W60	FVO	29.03								71								71					1	71
	Neil Conway	M55	AIRE	30.21								68								68					1	68
	Simon Hunt	M55	FVO	31.03								66								66					1	66
	Chris Kelly	M45	FVO			30.20								64						64					1	64
	Alison Cunningham	W60	FVO			30.42								64						64					1	64
	Alexander Hunt	M14	FVO			31.16								62						62					1	62
	Dan Graves	M21	CLYDE			32.27								60						60					1	60
	Cathy Tilbrook	W55	FVO	34.28								60								60					1	60

Josie Stansfield	W50	FVO		33.57				58		1	58
Louise Longhurst	W55	FVO	40.34				58			1	58
Jen Leonard	W50	FVO	42.24				55			1	55
Pascal Lardet	M55	FVO	44.40				53			1	53
Geoffrey Hensman	M75	FVO	41.40			50				1	50
Steve Ewens	M65	FVO	40.59			50				1	50
John Owen	M65	FVO	48.03				49			1	49
Clare Martin	W60	FVO		41.05				47		1	47
Maire Convery	W55	TAY		41.57				47		1	47
Paul Tamosaitis	M35	IND		43.01				45		1	45
Rory Percival	M55	TAY		49.28				39		1	39
Kirsty Ryman	W21	CLYDE		RTD				0		1	0



