

Forth Valley Orienteers  
Sprint Series 2023  
Long Course

Pos	Name	Age Class	Club															Max 1	Max 2	Max 3	Max 4	Max 5	No of Events	Total				
				King's Park	Denny	Dunblane	Broomridge	Linlithgow	Dollar	Grangemouth	Cambusbarron	King's Park	Denny	Dunblane	Broomridge	Linlithgow	Dollar								Grangemouth	Cambusbarron		
	Patrick Low	M21	IND	27.12	31.37	25.16	22.12							76	75	77	86					86	77	76	75	4	314	
	Will Hensman	M40	FVO		23.37	21.10	19.11								100	92	100						100	100	92		3	292
	Jonathan Molloy	M55	FVO	27.34	36.24	36.03	25.09							75	64	54	76					76	75	64	54	4	269	
	Ross White	M21	STAG	28.06		22.41	19.55							73		87	98					98	87	73		3	258	
	Paul Hammond	M45	FVO	23.50		24.39	22.30							87		80	86					87	86	80		3	253	
	Peter Owen	M16	FVO		29.25	27.56	24.55								80	71	78					80	78	71	78	3	229	
	Alison Campbell	W21	STAG	26.22		27.52	24.28							78		71	79					79	78	71		3	228	
	John Heaton	M45	FVO	28.40	31.25		24.18							72	75		79					79	75	72		3	226	
	Rachel Kirkland	W50	FVO		30.09	29.11	24.04								78	67	79					79	78	67		3	224	
	Heather Thomson	W45	FVO	29.30	30.30	28.21								70	77	69						77	70	69		3	216	
	Rob Truswell	M45	FVO	29.50	35.45		28.40							70	66		67					70	67	66		3	203	
	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	
	Rhys Stanwix	M55	FVO	31.46	39.18		29.24							65	60		65					65	65	60		3	190	
	Lucas Whitworth	M14	FVO	30.58		32.52	30.28							67		60	63					67	63	60		4	190	
	Robert Neil	M65	FVO		41.33	34.18	33.31								57	57	57					57	57	57		4	171	
	Helen Chiswell	W45	DVO		43.13	35.25	31.20								54	55	61					61	55	54		4	170	
	Vernon Gayle	M55	FVO	40.30	45.38	MP	34.24							51	51	0	56					56	51	51	0	5	158	
	James Trott	M21	IND	27.55		23.58								75		82						82	75			2	157	
	James Edward	M12	FVO	58.48	55.40	49.24	48.44							35	42	40	39					42	40	39	35	4	156	
	James Fathers	M21	FVO		29.33	26.51									80	73						80	73			2	153	
	Chris Kelly	M45	FVO			30.20	22.57									64	85					85	64			2	149	
	Cathy Tilbrook	W55	FVO	34.28			26.12							60			73					73	60			2	133	
	Alexander Hunt	M14	FVO			31.16	27.36									62	70					70	62			2	132	
	Andy Johns	M50	FVO	32.10		31.56								64		62						64	62			2	126	
	Josie Stansfield	W50	FVO			33.57	29.41									58	65					65	58			2	123	
	Jon Cross	M55	FVO	34.16		33.05								60		59						60	59			2	119	
	John Owen	M65	FVO		48.03		36.25								49		53					53	49			2	102	
	Nicola Melville	W50	FVO	MP	45.00	39.55								0	52	49						52	49	0		3	101	
	Jamie Goddard	M20	FVO			PLAN										100						100				1	100	
	Peter Molloy	M21	FVO			19.45										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	
	Mark Johnston	M50	FVO				20.34										94					94				1	94	
	Geoffrey Hensman	M75	FVO	41.40			43.01							50			44					50	44			2	94	
	Dave Coustick	M75	FVO	43.23		42.47								48		46						48	46			2	94	
	Ben Stansfield	M55	FVO				22.46										85					85				1	85	
	Lizzie Stansfield	W21	EUOC				23.35										82					82				1	82	
	Dominic Edward	M40	FVO				24.04										79					79				1	79	

Alistair Black  
Patrick Lang  
Bryony McLeod  
Hazel Dean  
Neil Conway  
Simon Hunt  
Alison Cunningham  
Dan Graves  
Louise Longhurst  
Jen Leonard  
Pascal Lardet  
Steve Ewens  
Clare Martin  
Maire Convery  
Paul Tamosaitis  
Rory Percival  
Kirsty Ryman

M21 ESOC  
M21 STUOC  
W21 FVO  
W60 FVO  
M55 AIRE  
M55 FVO  
W60 FVO  
M21 CLYDE  
W55 FVO  
W50 FVO  
M55 FVO  
M65 FVO  
W60 FVO  
W55 TAY  
M35 IND  
M55 TAY  
W21 CLYDE

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Forth Valley Orienteers  
Sprint Series 2023  
Short Course

Pos	Name	Age Class	Club																	Max 1	Max 2	Max 3	Max 4	Max 5	No of Events	Total			
				King's Park	Denny	Dunblane	Broomridge	Linlithgow	Dollar	Grangemouth	Cambusbarron	King's Park	Denny	Dunblane	Broomridge	Linlithgow	Dollar	Grangemouth	Cambusbarron										
	Scarlett Kelly	W16	FVO	16.47	19.13	17.57	15.42														100	99	87	86			4	372	
	Matthew Inman	M14	FVO	16.16	21.08	17.47	15.02															100	91	88	88			4	367
	Rebecca Hammond	W16	FVO	16.39	22.30	20.14	15.48															87	86	87	86			4	346
	Esme Kelly	W14	FVO	16.31	21.46	21.21	17.13															88	89	82	77			4	336
	Simon Finch	M40	FVO	21.29	25.51	22.52	PLAN															67	75	78	100			4	320
	Heather Low	W21	MAROC	20.41	25.44	25.38	19.54															70	75	69	68			4	282
	Lucas Baikie	M12	FVO	21.08	32.59	25.34	23.10															68	59	69	57			4	253
	Lucy Hensman	W18	FVO	PLAN	26.01	23.38																100	74	75				3	249
	Brad Connor	M50	FVO	18.58	25.00	18.50																77	76	94				3	247
	Eilidh Connor	W14	FVO	18.47	24.46		20.03															77	78		66			3	221
	Kirstin Maxwell	W21	RR	14.28			14.23															100			93			2	193
	Leslie Dalgleish	M70	ESOC		30.38	26.28	21.19																63	66	62			3	191
	Margaret Dalgleish	W70	ESOC		28.56	27.59	23.52																67	63	56			3	186
	Sue Burnes	W65	FVO	22.34	35.13	28.37																64	55	62			3	181	
	Caroline Clarke	W45	FVO	24.25		32.23	22.24															59		54	60			3	173
	Laura Hendrie	W21	FVO			19.44	16.16																	90	82			2	172
	Steve Scott	M55	FVO	33.03	45.39	42.22	34.48															43	42	41	38			4	164
	Val Finch	W70	FVO	32.48	45.26	44.39	36.54															44	42	39	36			4	161
	Kate Kilpatrick	W50	FVO	28.12		31.56	29.23															51		55	45			3	151
	Aalya Tijhuis	W12	FVO	29.13	55.23	29.29																49	34	60			3	143	
	Hanna Brindley	W14	FVO		29.35		17.50																65		76			2	141
	Dawn Goddard	W55	FVO		28.19		22.00																68		60			2	128
	Fiona Hendrie	W60	FVO			26.53	21.58																	66	61			2	127
	Emma Trott	W21	IND	23.01		29.00																62		60				2	122
	Sophie Edward	W10	FVO	43.16	52.37	37.14																33	37	47			3	117	
	Jamie Tijhuis	W10	FVO	37.12	47.03	55.00																38	41	31			3	110	
	Roger Goddard	M45	FVO				13.24																	100				1	100
	Katie Hensman	W16	FVO	PLAN																		100						1	100
	Kirsty Flint	W18	FVO	33.27			30.32															44		44				2	87
	Peter Owen	M16	FVO	16.48																		87						1	87
	Alexander Hunt	M14	FVO	17.27																		83						1	83
	Heather Fellbaum	W60	FVO			21.15																		83				1	83
	Robert Neil	M65	FVO	19.00																		75						1	75
	Lizzie Horsler	W20	STUOC				18.06																	73				1	73
	Vicky Thornton	W60	FVO			24.12																		72				1	72
	Charles Gunn-Russell	M21	ESOC				19.12																	69				1	69
	Jen Leonard	W50	FVO			27.51																		64				1	64
	Matthew Owen	M12	FVO		31.05																		62					1	62
	Sarah Weinberger	W21	IND			29.03																		60				1	60



