

Coasts & Islands 2023

Day 2 – Isle of Scalpay

Long – 6.4km, 250m

Josh Dudley	MAROC	M21	40:25:00
Ben Mitchell	SBOC	M21	40:45:00
Alex Wetherill	EUOC	M20	43:16:00
Andy Llewellyn	FVO	M35	45:42:00
James Hammond	FVO	M18	46:06:00
Joe Hudd	EUOC	M21	46:13:00
Tommy Rollins	SN	M16	47:33:00
Daniel Heppell	WCOC	M18	48:34:00
Oliver Williams	MDOC	M21	50:35:00
Ruben Razzetti	WCOC	M18	52:14:00
Samuel Drinkwater	MDOC	M21	55:20:00
Alastair Landels	AUCKLAND	M55	55:26:00
Andy Simpson	LEI	M50	55:35:00
Alistair Corey-Wright	PAP0	M55	58:30:00
Oscar Shepherd	INVOC	M20	58:38:00
Alison O'Neil	ESOC	W35	59:00:00
Sarah Rollins	SN	W45	61:49:00
Kim Baxter	SYO	W45	62:05:00
River Edis-Smith	MDOC	M21	62:35:00
Finlay Raynor	INVOC	M21	63:21:00
Martin Ward	SYO	M55	63:25:00
Jonty Goodwin	EUOC	M20	64:06:00
Joseph Goodwin	SHUOC	M21	64:23:00
Phil Scarf	EPOC	M60	64:38:00
Alex Rothman	SYO	M40	65:01:00
Jolyon Medlock	WSX	M45	65:24:00
Dan Parker	BL	M60	66:13:00
Brandon Howe	SAX	M50	66:13:00
Ali Robertson	MAROC	M45	66:19:00
Rachael Rothman	SYO	W40	66:53:00
Jon Cross	FVO	M55	67:15:00
Paul Hammond	FVO	M45	67:26:00
Quentin Harding	CLARO	M60	67:57:00
Jim Trueman	MDOC	M55	68:13:00
Jonathan Emberton	EPOC	M60	68:59:00
Lyra Medlock	WSX	W16	69:37:00
Neil Conway	AIRE	M55	72:57:00
Alastair Dunlop	CLYDE	M50	72:57:00
Jon Hateley	DEE	M60	73:14:00
Karen Parker	BL	W60	73:16:00
Brendan Bolland	WAROC	M55	73:19:00
Hazel Dean	FVO	W60	73:26:00
Arthur Brooke	WSX	M18	73:38:00
Juliette Soulard	AUCKLAND	W50	74:47:00
Chris Turner	WIM	M60	75:38:00
Hamish Mackie	BIG FOOT	M55	77:36:00
Jon Brooke	WSX	M55	79:36:00
Phil Slingsby	DRONGO	M50	79:51:00
Alastair Duguid	TAY	M45	80:52:00
Kerina Lake	SBOC	W45	81:56:00
Alison Howe	SAX	W50	83:48:00
Andy Reynolds	DEVON	M55	85:21:00
Daniel Hodson	HH	M21	85:36:00
David Todd	SYO	M55	86:50:00
Steven Breeze	WCOC	M50	87:08:00
Elanor McNamara	AYROC	W45	93:46:00
Noel Schorah	DEE	M60	94:18:00
Stefano Bettelini	UN. MAL.	M55	94:42:00
Peter Pallesen	OK SYD	M55	96:27:00
Robert Daly	GRAMP	M65	97:12:00
Austin Howe	SAX	M18	103:42:00
Richard Powell	WAOC	M45	104:00:00
Karen French	WIM	W55	114:02:00
Anna Drinkwater	MDOC	W21	118:06:00
Rob Minto	INDIANA X	M55	122:23:00
Martina Inderst	UN. MAL.	W50	123:30:00
Ulla Refshammer Pallesen	OK SYD	W55	137:32:00
Michael Termansen	OK SYD	M55	MP
Dil Wetherill	WAOC	M55	MP

Medium – 4.8km, 185m

Charlie Adams	SYO	M55	42:52:00
Regina Carlen	IFK Goteborg	W21	46:43:00
Mike Pedley	EPOC	M60	49:22:00
Alison Cunningham	FVO	W60	52:47:00
Kevin Harding	HH	M60	53:12:00
Kate McLuckie	MOR	W16	53:34:00
Manolo Gaggetta	UN. MAL.	M50	54:55:00
Rob Parkinson	MOR	M65	55:17:00
Hugh Nicholson	GRAMP	M55	55:34:00
Niall Reynolds	SBOC	M60	55:54:00
Richard Oxlade	ESOC	M65	56:59:00
Ruth Ker	CLARO	W55	57:25:00
Robert Hickling	BASOC	M65	57:52:00
Thomas Ross	INT	M18	58:22:00
Natalie Hawkrigg	BL	W50	58:23:00
Sam Todd	SYO	M18	59:03:00
Phil Smith	AYROC	M60	59:21:00
Nicholas Lightfoot	SYO	M60	59:28:00
Morag McLuckie	MOR	W50	59:31:00
Paul Caban	INT	M55	59:49:00
Mary Ross	INT	W50	60:09:00
Joanna Pickering	WIM	W21	60:30:00
Dave Ryder	SN	M60	61:29:00
Graham McIntyre	INT	M65	61:36:00
John Campbell	FVO	M65	61:41:00
Mark Collins	DFOK	M60	61:46:00
Phil Pickett	IND	M21	62:20:00
Sarah Crawford	ESOC	W21	65:01:00
Grace French	WIM	W16	65:08:00
Ian Ditchfield	MV	M65	65:33:00
Alasdair Raynor	INVOC	M21	65:43:00
Joyce Marshall	AIRE	W60	65:48:00
Margaret Reynolds	SBOC	W60	66:16:00
Phillip Jenkins	SBOC	M55	66:18:00
Rosie McNamara	AYROC	W16	66:52:00
Alison Harding	HH	W60	67:05:00
Jean Corey-Wright	PAP0	W65	67:18:00
Mikhail Gryaznevich	TVOC	M65	67:48:00
Helena Nolan	ESOC	W55	68:10:00
Alison Hardy	LEI	W55	68:23:00
Kate Robertson	MAROC	W40	69:39:00
Janet Adams	SYO	W60	70:00:00
Jasmine Radaelli	UN. MAL.	W45	70:36:00
Graeme Ross	INT	M50	71:01:00
Tim Palmer	DEE	M55	71:09:00
Richard Llewellyn	NOC	M65	71:31:00
Sean Cronin	SAX	M55	72:26:00
Stephen Gilmore	LVO	M60	72:53:00
Derek Allison	LOC	M65	73:15:00
David Saunders	HH	M65	73:20:00
Agnes Brooke	WSX	W20	74:04:00
Jerry Purkis	LOC	M65	74:10:00
Natasha Conway	AIRE	W50	75:14:00
Nicola Brooke	WSX	W55	75:38:00
Rebecca Medlock	WSX	W45	76:19:00
David Hodson	HH	M55	76:29:00
Judy Burge	LOC	W65	77:10:00
Robyn Stanton	SYO	W55	77:40:00
Alison Matheson	INVOC	W50	80:13:00
Karen Baker	DEVON	W50	83:04:00
Johanna Powell	WAOC	W45	83:47:00
Andrew French	WIM	M55	84:04:00
Angela Darley	GO	W50	85:40:00
Scott Elford	WSX	M21	86:00:00
Vernon Gayle	FVO	M55	86:07:00
Dave Coustick	FVO	M75	88:27:00
Mike Dallaway	LEI	M60	88:53:00
Deborah Goodwin	WCOC	W60	89:07:00
Elizabeth Rocke	LOC	W65	89:21:00
Chris Gunstone	ELO	M65	92:51:00
Chris Atkins	BOK	M45	93:58:00
Nigel Schofield	ELO	M60	94:43:00
Sarah Jenkins	SBOC	W60	99:22:00
Helle Termansen	OK SYD	W55	103:52:00
Helen Pedley	EPOC	W60	107:53:00
Keith Dawson	INT	M65	112:46:00
Maggie Hateley	DEE	W60	118:52:00
Alison Reynolds	DEVON	W55	127:14:00
Jackie Scarf	EPOC	W60	MP
Amanda Mackie	BIG FOOT	W55	MP
Karena Hanley	ESOC	W60	MP
Brenda Blackstock	INDIANA X	W55	MP
Marie Clare Shankland	FVO	W55	MP
Eddie Harwood	MOR	M70	MP
Ben Ross	INT	M18	MP

Short – 3.5km, 145m

Martin Bagness	WAROC	M65	34:11:00
Martin Dean	FVO	M65	37:44:00
Ronald Nolan	ESOC	M55	42:07:00
Rachel Hendrie	FVO	W21	43:33:00
Adrian Moir	SWOC	M60	49:20:00
Ewan Crawford	ESOC	M21	51:25:00
Alice French	WIM	W12	51:58:00
Laura Hendrie	FVO	W21	52:18:00
Ben Cronin	SAX	M18	54:18:00
Mike Smithard	DEE	M75	54:46:00
Charlotte Somers-Cocks	LOC	W60	55:26:00
Jon Darley	GO	M55	55:52:00
Steve Smithwaite	MOR	M60	56:19:00
Simon Cane	LOC	M75	57:56:00
Alison Saunders	HH	W65	57:57:00
Lesley Ward	SYO	W50	58:13:00
Fiona Hendrie	FVO	W60	58:27:00
Liz Potterton	CLARO	W65	58:53:00
Inara Gipsle	TVOC	W70	59:13:00
Rosslyn Nicholson	GRAMP	W55	60:19:00
Roger Smith	LOC	M75	60:23:00
Carol McNeil	LOC	W75	60:48:00
Caz Dudley	MAROC	W60	62:38:00
Oliver Robertson	MAROC	M14	65:27:00
Diana McClure	SBOC	W70	72:58:00
Sue Hands	WIM	W70	73:04:00
Kirsty Smith	AYROC	W21	74:21:00
Paul Bloch	DEVON	M60	77:12:00
Helen Neild	LOC	W75	78:02:00
Steve Burge	LOC	M80	79:58:00
Roger Maher	SO	M85	81:43:00
Rhona Fraser	ESOC	W65	82:33:00
Henri Shepherd	INVOC	W55	83:17:00
Julie Collins	DFOK	W60	85:57:00
Morag McIntyre	INT	W60	91:56:00
Alastair Harding	SAN DIEGO	M65	92:27:00
Laurie Parmenter	MOR	M60	96:00:00
Ali Parmenter	MOR	W55	96:02:00
Rowan Purkis	LOC	W65	98:06:00
Viv Hodson	HH	W55	100:25:00
Arun Sahni	SYO	M65	102:22:00
Martin Cross	WIM	M75	105:59:00
Gillian Cross	WIM	W75	109:25:00
Ruth Rhodes	SO	W80	110:10:00
Denise Harper	BKO	W70	114:23:00
Julie Astin	WSX	W70	116:01:00
Mike Atherton	LOC	M80	117:48:00
Clare Bense	WAOC	W60	123:46:00
Richard Goodwin	WCOC	M65	124:11:00
Joanna Emberton	EPOC	W60	129:50:00
Ann Smith	LOC	W75	148:04:00
Rosie Law	LOC	W70	MP
Dawn Williamson	DEVON	W65	MP
Jim Elder	SYO	M70	MP
Dave Neild	LOC	M75	MP
Mike Capper	WAOC	M65	MP

Orange – 2.3km, 60m

Carl Selmer Duguid	TAY	M12	26:32:00
Jack Harrison	AYROC	M21	33:08:00
Jenny Palmer	DEE	W50	33:47:00
Alys Powell	WAOC	W12	36:47:00
Jack Baxter	SYO	M12	44:37:00
Emily Robertson	MAROC	W12	46:39:00
Jude Smith	AYROC	W55	54:37:00
Betsan Powell	WAOC	W14	55:24:00
Hana Powell	WAOC	W10	58:06:00
Mattie Rothman	SYO	M10	60:21:00
Anne Hoy	ESOC	M60	60:26:00
Steve Gillion	IND	M65	62:58:00
Kate Maliphant	BOK	W60	68:43:00
Ian Hendrie	FVO	M70	69:01:00
Teresa Chereskin	SAN DIEGO	W65	70:32:00
Ali Rothman	SYO	M10	71:08:00
Yesim Sahni	SYO	W55	80:52:00
Holly Howe	SAX	W12	MP
Margaret Dearman	MOR	W70	MP