

Coasts & Islands 2023

Long

WOMEN

|                          |          |     | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Gleann Lingeadail | Lewis Castle | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Gleann Lingeadail | Lewis Castle | Best 4 scores |
|--------------------------|----------|-----|-----------------|-----------------|-----------------|---------------|-------------------|--------------|-----------------|-----------------|-----------------|---------------|-------------------|--------------|---------------|
| Sarah Rollins            | SN       | W45 | 78:16:00        | 61:49:00        | 66:36:00        | 25:51:00      | 69:12:00          | DSQ          | 98              | 99              | 100             | 100           | 99                | 0            | 398           |
| Kim Baxter               | SYO      | W45 | 82:28:00        | 62:05:00        | 67:12:00        | 28:05:00      | 66:43:00          | 26:55:00     | 97              | 98              | 99              | 98            | 100               | 98           | 395           |
| Rachael Rothman          | SYO      | W40 | n/r             | 66:53:00        | n/r             | 28:02:00      | 74:02:00          | 28:50:00     | 0               | 97              | 0               | 99            | 98                | 97           | 391           |
| Lyra Medlock             | WSX      | W16 | n/r             | 69:37:00        | 71:30:00        | 29:41:00      | n/r               | 26:37:00     | 0               | 96              | 97              | 97            | 0                 | 99           | 389           |
| Karen Parker             | BL       | W60 | 91:08:00        | 73:16:00        | 80:56:00        | 32:46:00      | MP                | 30:40:00     | 95              | 95              | 96              | 96            | 0                 | 95           | 382           |
| Juliette Soulard         | AUCKLAND | W50 | 99:18:00        | 74:47:00        | 85:41:00        | 39:20:00      | 77:29:00          | DSQ          | 94              | 93              | 94              | 93            | 96                | 0            | 377           |
| Kerina Lake              | SBOC     | W45 | 112:28:00       | 81:56:00        | 86:01:00        | 34:46:00      | 90:45:00          | 35:10:00     | 90              | 92              | 93              | 94            | 95                | 94           | 376           |
| Alison Howe              | SAX      | W50 | 101:29:00       | 83:48:00        | 95:43:00        | 33:24:00      | 91:49:00          | 35:11:00     | 93              | 91              | 91              | 95            | 94                | 93           | 375           |
| Hazel Dean               | FVO      | W60 | 87:48:00        | 73:26:00        | 85:03:00        | MP            | MP                | 41:41:00     | 96              | 94              | 95              | 0             | 0                 | 90           | 375           |
| Karen French             | WIM      | W55 | 106:37:00       | 114:02:00       | 107:29:00       | 42:44:00      | 114:23:00         | 40:33:00     | 92              | 89              | 90              | 92            | 93                | 92           | 369           |
| Eleanor McNamara         | AYROC    | W45 | 109:59:00       | 93:46:00        | 92:55:00        | 79:21:00      | 118:21:00         | 42:20:00     | 91              | 90              | 92              | 88            | 91                | 89           | 364           |
| Martina Inderst          | UN. MAL. | W50 | 193:07:00       | 123:30:00       | 132:11:00       | MP            | 118:03:00         | 44:33:00     | 84              | 87              | 89              | 0             | 92                | 87           | 355           |
| Anna Drinkwater          | MDOC     | W21 | 152:16:00       | 118:06:00       | MP              | 46:30:00      | 133:58:00         | DSQ          | 85              | 88              | 0               | 91            | 90                | 0            | 354           |
| Ulla Refshammer Pallesen | OK SYD   | W55 | 131:51:00       | 137:32:00       | n/r             | 67:40:00      | MP                | 43:03:00     | 88              | 86              | 0               | 89            | 0                 | 88           | 351           |
| Alison O'Neil            | ESOC     | W35 | 73:26:00        | 59:00:00        | 68:08:00        | n/r           | n/r               | MP           | 100             | 100             | 98              | 0             | 0                 | 0            | 298           |
| Helle Termansen          | OK SYD   | W55 | 197:40:00       | n/r             | n/r             | 53:43:00      | n/r               | 48:37:00     | 83              | 0               | 0               | 90            | 0                 | 86           | 259           |
| Megan Carter-Davies      | SBOC     | W21 | 74:40:00        | n/r             | n/r             | MP            | n/r               | 0.85625      | 99              | 0               | 0               | 0             | 0                 | 100          | 199           |
| Mairi Eades              | INT      | W21 | n/r             | n/r             | n/r             | n/r           | 77:13:00          | n/r          | 0               | 0               | 0               | 0             | 97                | 0            | 97            |
| Fanni Gyurko             | FVO      | W35 | n/r             | n/r             | n/r             | n/r           | n/r               | 29:50:00     | 0               | 0               | 0               | 0             | 0                 | 96           | 96            |
| Joanne Pickering         | WIM      | W21 | 128:12:00       | n/r             | n/r             | n/r           | n/r               | n/r          | 89              | 0               | 0               | 0             | 0                 | 0            | 89            |
| Agnes Brooke             | WSX      | W20 | 149:59:00       | n/r             | n/r             | n/r           | n/r               | n/r          | 87              | 0               | 0               | 0             | 0                 | 0            | 87            |
| Nicola Brooke            | WSX      | W55 | 150:02:00       | n/r             | n/r             | n/r           | n/r               | n/r          | 86              | 0               | 0               | 0             | 0                 | 0            | 86            |

Men

|                       |           |     |           |           |           |               |           |               |     |     |     |     |     |     |     |
|-----------------------|-----------|-----|-----------|-----------|-----------|---------------|-----------|---------------|-----|-----|-----|-----|-----|-----|-----|
| Josh Dudley           | MAROC     | M21 | 49:48:00  | 40:25:00  | 42:19:00  | MP            | 43:36:00  | 25:10:00      | 100 | 100 | 100 | 0   | 100 | 93  | 400 |
| Alex Wetherill        | EUOC      | M20 | MP        | 43:16:00  | 51:18:00  | 1.74930555556 | 53:31:00  | 1.86666666667 | 0   | 98  | 92  | 100 | 96  | 100 | 394 |
| Ben Mitchell          | SBOC      | M21 | 51:00:00  | 40:45:00  | 46:29:00  | 1.77291666667 | n/r       | DSQ           | 98  | 99  | 97  | 99  | 0   | 0   | 393 |
| Andy Llewellyn        | FVO       | M35 | 61:13:00  | 45:42:00  | 45:53:00  | 0.8625        | 52:28:00  | 0.89375       | 95  | 97  | 98  | 96  | 97  | 99  | 391 |
| Tommy Rollins         | SN        | M16 | n/r       | 47:33:00  | 48:12:00  | 1.85277777778 | 51:51:00  | 1.89444444444 | 0   | 94  | 95  | 97  | 99  | 98  | 389 |
| Ruben Razzetti        | WCOC      | M18 | 61:41:00  | 52:14:00  | 47:53:00  | DSQ           | 52:23:00  | 1.98819444444 | 94  | 91  | 96  | 0   | 98  | 96  | 384 |
| Joe Hudd              | EUOC      | M21 | 52:59:00  | 46:13:00  | 52:56:00  | 1.79930555556 | 55:05:00  | 36:41:00      | 96  | 95  | 91  | 98  | 95  | 65  | 384 |
| Oliver Williams       | MDOC      | M21 | 68:46:00  | 50:35:00  | 67:07:00  | 0.94861111111 | 58:07:00  | 0.91111111111 | 90  | 92  | 84  | 93  | 93  | 97  | 375 |
| Alastair Landels      | AUCKLAND  | M55 | 67:14:00  | 55:26:00  | 55:28:00  | 1.94027777778 | 59:52:00  | 1.99722222222 | 93  | 89  | 90  | 95  | 92  | 95  | 375 |
| Daniel Heppell        | WCOC      | M18 | 82:53:00  | 48:34:00  | 50:43:00  | 0.97986111111 | 57:03:00  | 25:06:00      | 83  | 93  | 93  | 92  | 94  | 94  | 374 |
| Andy Simpson          | LEI       | M50 | 67:59:00  | 55:35:00  | 63:44:00  | 1.94652777778 | 60:06:00  | 25:19:00      | 91  | 88  | 86  | 94  | 91  | 90  | 366 |
| Oscar Shepherd        | INVOC     | M20 | 67:36:00  | 58:38:00  | 63:29:00  | 25:22:00      | 70:58:00  | 25:10:00      | 92  | 86  | 87  | 89  | 86  | 93  | 361 |
| Samuel Drinkwater     | MDOC      | M21 | 78:24:00  | 55:20:00  | 61:59:00  | 1.98055555556 | MP        | DSQ           | 85  | 90  | 89  | 91  | 0   | 0   | 355 |
| Quentin Harding       | CLARO     | M60 | 72:34:00  | 60:34:00  | 63:19:00  | 26:12:00      | 65:01:00  | 25:28:00      | 89  | 85  | 88  | 87  | 89  | 89  | 355 |
| Finlay Raynor         | INVOC     | M20 | 73:29:00  | 63:21:00  | 78:16:00  | 24:36:00      | 64:58:00  | DSQ           | 88  | 83  | 70  | 90  | 90  | 0   | 351 |
| Martin Ward           | SYO       | M55 | 77:50:00  | 63:25:00  | 70:50:00  | 25:34:00      | 70:56:00  | 25:57:00      | 86  | 82  | 80  | 88  | 87  | 88  | 349 |
| Alex Rothman          | SYO       | M40 | n/r       | 65:01:00  | 68:58:00  | 27:01:00      | 65:54:00  | 25:13:00      | 0   | 78  | 82  | 85  | 88  | 91  | 346 |
| Joseph Goodwin        | SHUOC     | M21 | 76:55:00  | 64:23:00  | 66:26:00  | 29:44:00      | 77:14:00  | 29:21:00      | 87  | 80  | 85  | 76  | 79  | 84  | 336 |
| Alastair Corey-Wright | PAPO      | M55 | n/r       | 58:30:00  | 67:34:00  | 28:48:00      | 76:27:00  | MP            | 0   | 87  | 83  | 80  | 81  | 0   | 331 |
| River Edis-Smith      | MDOC      | M21 | 91:54:00  | 62:35:00  | 76:20:00  | 27:54:00      | 107:18:00 | 26:04:00      | 72  | 84  | 72  | 83  | 61  | 87  | 326 |
| Ali Robertson         | MAROC     | M45 | 85:27:00  | 66:19:00  | 73:23:00  | 28:14:00      | 73:06:00  | 29:47:00      | 79  | 74  | 78  | 81  | 85  | 81  | 326 |
| Richard Baxter        | SYO       | M55 | 88:33:00  | 67:57:00  | 74:33:00  | 26:48:00      | 74:02:00  | 30:47:00      | 73  | 71  | 76  | 86  | 83  | 76  | 321 |
| Phil Scarf            | EPOC      | M60 | 94:05:00  | 64:38:00  | 71:00:00  | 27:36:00      | MP        | DSQ           | 77  | 79  | 79  | 84  | 0   | 0   | 319 |
| Jim Trueman           | MDOC      | M55 | 81:49:00  | 68:13:00  | 74:05:00  | MP            | 89:40:00  | 29:03:00      | 84  | 70  | 77  | 0   | 69  | 85  | 316 |
| Jon Cross             | FVO       | M55 | 85:32:00  | 67:15:00  | 84:15:00  | 34:21:00      | 79:00:00  | 27:13:00      | 78  | 73  | 64  | 66  | 78  | 86  | 315 |
| Paul Hammond          | FVO       | M45 | 83:27:00  | 67:26:00  | 70:46:00  | 29:08:00      | 76:51:00  | n/r           | 82  | 72  | 81  | 79  | 80  | 0   | 314 |
| Jonathan Emberton     | EPOC      | M60 | 84:55:00  | 68:59:00  | 87:49:00  | 33:43:00      | 74:40:00  | 29:38:00      | 80  | 69  | 60  | 67  | 82  | 83  | 314 |
| Jolyon Medlock        | WSX       | M45 | n/r       | 65:24:00  | 75:40:00  | 29:13:00      | 73:17:00  | DSQ           | 0   | 77  | 74  | 78  | 84  | 0   | 313 |
| Neil Conway           | AIRE      | M55 | 86:48:00  | 72:57:00  | 75:18:00  | 30:33:00      | 81:55:00  | 30:21:00      | 75  | 68  | 75  | 71  | 76  | 80  | 306 |
| Dan Parker            | BL        | M60 | 84:09:00  | 66:13:00  | 76:21:00  | 34:34:00      | 79:28:00  | MP            | 81  | 76  | 71  | 65  | 77  | 0   | 305 |
| Jon Hateley           | DEE       | M60 | 86:48:00  | 73:14:00  | 82:45:00  | MP            | 83:38:00  | 30:23:00      | 76  | 66  | 66  | 0   | 75  | 79  | 296 |
| Jonty Goodwin         | EUOC      | M20 | 95:31:00  | 64:06:00  | 78:52:00  | 30:14:00      | 110:43:00 | 35:57:00      | 69  | 81  | 69  | 73  | 59  | 67  | 292 |
| Brandon Howe          | SAX       | M50 | 96:34:00  | 66:13:00  | 76:15:00  | 30:15:00      | MP        | DSQ           | 68  | 76  | 73  | 72  | 0   | 0   | 289 |
| James Hammond         | FVO       | M18 | 52:55:00  | 46:06:00  | 50:39:00  | MP            | n/r       | n/r           | 97  | 96  | 94  | 0   | 0   | 0   | 287 |
| Arthur Brooke         | WSX       | M18 | 97:47:00  | 73:38:00  | 84:27:00  | 29:18:00      | 88:11:00  | DSQ           | 65  | 64  | 63  | 77  | 71  | 0   | 277 |
| Dil Wetherill         | WAOC      | M55 | 99:50:00  | MP        | n/r       | 31:40:00      | 94:02:00  | 30:30:00      | 63  | 0   | 0   | 70  | 66  | 78  | 277 |
| Alastair Dunlop       | CLYDE     | M50 | 103:03:00 | 72:57:00  | 81:24:00  | 35:05:00      | 110:24:00 | 31:46:00      | 61  | 68  | 68  | 62  | 60  | 74  | 272 |
| Chris Turner          | WIM       | M60 | 92:23:00  | 75:38:00  | MP        | 34:57:00      | 84:39:00  | 37:25:00      | 70  | 63  | 0   | 63  | 73  | 64  | 270 |
| Alastair Duguid       | TAY       | M45 | 98:04:00  | 80:52:00  | 87:07:00  | 34:36:00      | 83:44:00  | 36:34:00      | 64  | 59  | 61  | 64  | 74  | 66  | 268 |
| Brendan Bolland       | WAROC     | M55 | 103:37:00 | 73:19:00  | 83:51:00  | 29:45:00      | MP        | MP            | 59  | 65  | 65  | 75  | 0   | 0   | 264 |
| Jon Brooke            | WSX       | M55 | 92:16:00  | 79:36:00  | 86:37:00  | 32:41:00      | MP        | DSQ           | 71  | 61  | 62  | 69  | 0   | 0   | 263 |
| Daniel Hodson         | HH        | M21 | 118:30:00 | 85:36:00  | 101:01:00 | 39:24:00      | 93:20:00  | 29:44:00      | 54  | 57  | 55  | 55  | 67  | 82  | 261 |
| Phil Slingsby         | DRONGO    | M50 | 103:27:00 | 79:51:00  | 82:08:00  | 42:35:00      | n/r       | 32:39:00      | 60  | 60  | 67  | 52  | 0   | 72  | 259 |
| Austin Howe           | SAX       | M18 | 134:13:00 | 103:42:00 | 113:43:00 | 29:45:00      | 85:53:00  | 38:08:00      | 49  | 50  | 51  | 74  | 72  | 62  | 259 |
| Robert Daly           | GRAMP     | M65 | 100:51:00 | 97:12:00  | 89:57:00  | 38:39:00      | 90:59:00  | 35:37:00      | 62  | 51  | 59  | 58  | 68  | 68  | 257 |
| David Todd            | SYO       | M55 | 108:10:00 | 86:50:00  | 94:23:00  | 36:41:00      | 94:50:00  | 35:36:00      | 57  | 56  | 58  | 61  | 65  | 69  | 253 |
| Steven Breeze         | WCOC      | M50 | 97:23:00  | 87:08:00  | MP        | 37:33:00      | 89:19:00  | n/r           | 66  | 55  | 0   | 59  | 70  | 0   | 250 |
| Stefano Bettelini     | UN. MAL.  | M55 | 123:28:00 | 94:42:00  | 94:46:00  | 38:48:00      | 103:07:00 | 35:03:00      | 53  | 53  | 57  | 56  | 62  | 70  | 245 |
| Hamish Mackie         | BIG FOOT  | M55 | 107:21:00 | 77:36:00  | 101:59:00 | 37:29:00      | 95:53:00  | n/r           | 58  | 62  | 53  | 60  | 64  | 0   | 244 |
| Peter Pallesen        | OK SYD    | M55 | 112:39:00 | 96:27:00  | 97:26:00  | 33:08:00      | 112:25:00 | 41:38:00      | 56  | 52  | 56  | 68  | 57  | 59  | 240 |
| Andy Reynolds         | DEVON     | M55 | 112:59:00 | 85:21:00  | 101:02:00 | 40:56:00      | 112:21:00 | 37:40:00      | 55  | 58  | 54  | 54  | 58  | 63  | 234 |
| Richard Powell        | WAOC      | M45 | 125:27:00 | 104:00:00 | 107:51:00 | 38:45:00      | 117:37:00 | 40:05:00      | 52  | 49  | 52  | 57  | 56  | 61  | 226 |
| Sam Todd              | SYO       | M18 | n/r       | n/r       | n/r       | 27:54:00      | 97:38:00  | 31:00:00      | 0   | 0   | 0   | 83  | 63  | 75  | 221 |
| Michael Termansen     | OK SYD    | M55 | 129:02:00 | MP        | 152:11:00 | 41:26:00      | 145:54:00 | 41:08:00      | 50  | 0   | 49  | 53  | 54  | 60  | 217 |
| Noel Schorah          | DEE       | M60 | 143:12:00 | 94:18:00  | 130:59:00 | 43:38:00      | 149:51:00 | 44:08:00      | 47  | 54  | 50  | 51  | 53  | 58  | 216 |
| Rob Minto             | INDIANA X | M55 | 127:48:00 | 122:23:00 | 170:53:00 | 59:33:00      | 130:04:00 | 45:10:00      | 51  | 48  | 48  | 50  | 55  | 57  | 213 |
| Graham Gristwood      | FVO       | M35 | 50:10:00  | n/r       | 44:57:00  | n/r           | n/r       | n/r           | 99  | 0   | 99  | 0   | 0   | 0   | 198 |
| Mike Pedley           | EPOC      | M60 | 88:26:00  | n/r       | n/r       | n/r           | n/r       | n/r           | 74  | 0   | 0   | 0   | 0   | 0   | 74  |
| Eddie Harwood         | MOR       | M70 | 96:35:00  | n/r       | n/r       | n/r           | n/r       | n/r           | 67  | 0   | 0   | 0   | 0   | 0   | 67  |
| Mark Collins          | DFOK      | M60 | 138:07:00 | n/r       | n/r       | n/r           | n/r       | n/r           | 48  | 0   | 0   | 0   | 0   | 0   | 48  |
| Hugh Nicholson        | GRAMP     | M55 | MP        | n/r       | n/r       | n/r           | n/r       | n/r           | 0   | 0   | 0   | 0   | 0   | 0   | 0   |

Coasts & Islands 2023

Medium

WOMEN

|                        |              |     | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Glenn Lingeadaill | Lewis Castle | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Glenn Lingeadaill | Lewis Castle | Best 4 Scores |
|------------------------|--------------|-----|-----------------|-----------------|-----------------|---------------|-------------------|--------------|-----------------|-----------------|-----------------|---------------|-------------------|--------------|---------------|
| Regina Carlen          | IFK Goteborg | W21 | 63:11:00        | 46:43:00        | 55:25:00        | 0.9673611111  | 59:56:00          | 1.8743055556 | 100             | 100             | 100             | 96            | 99                | 100          | 400           |
| Kate McLuckie          | MOR          | W16 | 65:44:00        | 53:34:00        | 59:17:00        | 1.8409722222  | 58:15:00          | 1.9277777778 | 99              | 98              | 99              | 100           | 100               | 99           | 398           |
| Alison Cunningham      | FVO          | W60 | 70:35:00        | 52:47:00        | 62:08:00        | 1.9604166667  | 62:21:00          | 24:20:00     | 98              | 99              | 98              | 98            | 98                | 96           | 393           |
| Ruth Ker               | CLARO        | W55 | 75:46:00        | 57:25:00        | 69:44:00        | 27:07:00      | 72:04:00          | 24:02:00     | 97              | 97              | 96              | 91            | 92                | 97           | 387           |
| Grace French           | WIM          | W16 | 106:46:00       | 65:08:00        | 75:53:00        | 1.9659722222  | 98:49:00          | 1.9638888889 | 80              | 91              | 91              | 97            | 79                | 98           | 377           |
| Mary Ross              | INT          | W50 | 80:45:00        | 60:09:00        | 73:28:00        | 26:15:00      | 72:43:00          | 25:10:00     | 95              | 94              | 93              | 93            | 90                | 95           | 377           |
| Natalie Hawkrigg       | BL           | W50 | 86:55:00        | 58:23:00        | 79:39:00        | 27:35:00      | 68:12:00          | 39:12:00     | 93              | 96              | 89              | 88            | 97                | 78           | 375           |
| Joanne Pickering       | WIM          | W21 | n/r             | 60:30:00        | 73:22:00        | 26:30:00      | 71:11:00          | DSQ          | 0               | 93              | 94              | 92            | 94                | 0            | 373           |
| Sarah Crawford         | ESOC         | W21 | 91:35:00        | 65:01:00        | 85:37:00        | 33:44:00      | 68:26:00          | 28:11:00     | 90              | 92              | 82              | 79            | 96                | 93           | 371           |
| Morag McLuckie         | MOR          | W50 | 88:05:00        | 59:31:00        | 84:19:00        | 27:27:00      | 71:52:00          | DSQ          | 92              | 95              | 83              | 89            | 93                | 0            | 369           |
| Margaret Reynolds      | SBOC         | W60 | 79:26:00        | 66:16:00        | 69:17:00        | 27:56:00      | 98:29:00          | DSQ          | 96              | 89              | 97              | 86            | 80                | 0            | 368           |
| Natasha Conway         | AIRE         | W50 | 84:58:00        | 75:14:00        | 74:10:00        | 35:04:00      | 70:37:00          | DSQ          | 94              | 79              | 92              | 77            | 95                | 0            | 360           |
| Jasmine Radaelli       | UN. MAL.     | W45 | 109:37:00       | 70:36:00        | 80:46:00        | 0.99375       | 90:39:00          | 27:47:00     | 79              | 81              | 87              | 94            | 83                | 94           | 358           |
| Jean Corey-Wright      | PAPO         | W65 | n/r             | 67:18:00        | 73:08:00        | 27:51:00      | n/r               | 31:27:00     | 0               | 86              | 95              | 87            | 0                 | 90           | 358           |
| Joyce Marshall         | AIRE         | W60 | n/r             | 65:48:00        | 78:27:00        | 33:18:00      | 86:58:00          | 32:26:00     | 0               | 90              | 90              | 81            | 87                | 88           | 355           |
| Rosie McNamara         | AYROC        | W16 | n/r             | 66:52:00        | 79:42:00        | 1.9715277778  | 111:58:00         | 34:05:00     | 0               | 88              | 88              | 95            | 74                | 84           | 355           |
| Alison Harding         | HH           | W60 | 100:53:00       | 67:05:00        | 92:18:00        | 38:57:00      | 86:19:00          | 29:59:00     | 85              | 87              | 80              | 72            | 88                | 92           | 352           |
| Jackie Scarf           | EPOC         | W60 | 92:06:00        | MP              | 81:53:00        | 27:57:00      | 90:08:00          | 32:03:00     | 89              | 0               | 86              | 85            | 85                | 89           | 349           |
| Kate Robertson         | MAROC        | W40 | 89:24:00        | 69:39:00        | MP              | 30:06:00      | 72:33:00          | 37:06:00     | 91              | 83              | 0               | 84            | 91                | 82           | 349           |
| Janet Adams            | SYO          | W60 | 100:11:00       | 70:00:00        | 100:00:00       | 32:38:00      | 88:43:00          | 33:18:00     | 87              | 82              | 75              | 82            | 86                | 86           | 341           |
| Alison Hardy           | LEI          | W55 | 118:53:00       | 68:23:00        | 115:30:00       | 27:17:00      | 136:38:00         | 30:29:00     | 75              | 84              | 66              | 90            | 67                | 91           | 340           |
| Judy Burge             | LOC          | W65 | 103:09:00       | 77:10:00        | 83:54:00        | 33:22:00      | 93:01:00          | 33:41:00     | 81              | 76              | 84              | 80            | 82                | 85           | 332           |
| Alison Matheson        | INVOC        | W50 | 102:40:00       | 80:13:00        | 88:28:00        | 32:06:00      | 90:28:00          | DSQ          | 82              | 74              | 81              | 83            | 84                | 0            | 330           |
| Robyn Stanton          | SYO          | W55 | 97:58:00        | 77:40:00        | 97:23:00        | 39:41:00      | 107:20:00         | 32:38:00     | 88              | 75              | 78              | 69            | 76                | 87           | 329           |
| Maggie Hateley         | DEE          | W60 | 109:37:00       | 118:52:00       | 82:26:00        | 37:07:00      | 79:18:00          | MP           | 79              | 65              | 85              | 75            | 89                | 0            | 328           |
| Helena Nolan           | ESOC         | W55 | 101:17:00       | 68:10:00        | 103:53:00       | 33:55:00      | n/r               | DSQ          | 84              | 85              | 71              | 78            | 0                 | 0            | 318           |
| Elizabeth Rocke        | LOC          | W65 | 115:19:00       | 89:21:00        | 98:51:00        | 47:05:00      | 123:51:00         | 37:49:00     | 77              | 69              | 77              | 64            | 72                | 79           | 305           |
| Nicola Brooke          | WSX          | W55 | n/r             | 75:38:00        | 102:17:00       | 38:50:00      | 101:27:00         | DSQ          | 0               | 78              | 73              | 73            | 78                | 0            | 302           |
| Rebecca Medlock        | WSX          | W45 | n/r             | 76:19:00        | 102:33:00       | 36:44:00      | 101:35:00         | DSQ          | 0               | 77              | 72              | 76            | 77                | 0            | 302           |
| Angela Darley          | GO           | W50 | 123:45:00       | 85:40:00        | 108:07:00       | 37:16:00      | 131:14:00         | 37:24:00     | 74              | 71              | 69              | 74            | 70                | 81           | 300           |
| Helen Pedley           | EPOC         | W60 | 101:59:00       | 107:53:00       | 113:20:00       | 40:47:00      | 127:57:00         | 43:54:00     | 83              | 66              | 68              | 68            | 71                | 76           | 298           |
| Amanda Mackie          | BIG FOOT     | W55 | 148:44:00       | MP              | 101:14:00       | 39:35:00      | 98:20:00          | n/r          | 71              | 0               | 74              | 71            | 81                | 0            | 297           |
| Deborah Goodwin        | WCOG         | W60 | 127:13:00       | 89:07:00        | 106:37:00       | 39:37:00      | 113:00:00         | 39:47:00     | 72              | 70              | 70              | 70            | 73                | 77           | 292           |
| Alison Reynolds        | DEVON        | W55 | 127:01:00       | 127:14:00       | 99:54:00        | 45:20:00      | 134:03:00         | 47:50:00     | 73              | 64              | 76              | 65            | 68                | 75           | 292           |
| Karen Baker            | DEVON        | W50 | 100:39:00       | 83:04:00        | 119:53:00       | 42:38:00      | n/r               | DSQ          | 86              | 73              | 65              | 66            | 0                 | 0            | 290           |
| Sarah Jenkins          | SBOC         | W60 | 149:40:00       | 99:22:00        | 115:10:00       | 42:19:00      | MP                | 37:04:00     | 70              | 68              | 67              | 67            | 0                 | 83           | 288           |
| Helle Termansen        | OK SYD       | W55 | n/r             | 103:52:00       | 121:13:00       | n/r           | 108:47:00         | n/r          | 0               | 67              | 63              | 0             | 75                | 0            | 205           |
| Johanna Powell         | WAOG         | W45 | MP              | 83:47:00        | n/r             | 47:24:00      | 133:27:00         | DSQ          | 0               | 72              | 0               | 63            | 69                | 0            | 204           |
| Agnes Brooke           | WSX          | W20 | n/r             | 74:04:00        | 93:53:00        | MP            | n/r               | n/r          | 0               | 80              | 79              | 0             | 0                 | 0            | 159           |
| Brenda Blackstock      | INDIANA X    | W55 | MP              | MP              | MP              | 54:49:00      | n/r               | 47:54:00     | 0               | 0               | 0               | 61            | 0                 | 74           | 135           |
| Karena Hanley          | ESOC         | W60 | 178:51:00       | MP              | n/r             | 51:29:00      | n/r               | n/r          | 69              | 0               | 0               | 62            | 0                 | 0            | 131           |
| Mairi Eades            | INT          | W21 | n/r             | n/r             | n/r             | 0.9423611111  | n/r               | n/r          | 0               | 0               | 0               | 99            | 0                 | 0            | 99            |
| Marie Clare Shankland  | FVO          | W55 | MP              | MP              | MP              | MP            | n/r               | 37:25:00     | 0               | 0               | 0               | 0             | 0                 | 80           | 80            |
| Charlotte Somers-Cocks | LOC          | W60 | 116:30:00       | n/r             | n/r             | n/r           | n/r               | n/r          | 76              | 0               | 0               | 0             | 0                 | 0            | 76            |
| Fanni Gyurko           | FVO          | W35 | n/r             | n/r             | n/r             | n/r           | MP                | n/r          | 0               | 0               | 0               | 0             | 0                 | 0            | 0             |
| Lyra Medlock           | WSX          | W16 | n/r             | n/r             | n/r             | n/r           | MP                | n/r          | 0               | 0               | 0               | 0             | 0                 | 0            | 0             |

Men

|                     |          |     |           |           |           |              |           |              |     |     |     |     |     |     |     |
|---------------------|----------|-----|-----------|-----------|-----------|--------------|-----------|--------------|-----|-----|-----|-----|-----|-----|-----|
| Charlie Adams       | SYO      | M55 | 54:48:00  | 42:52:00  | 52:10:00  | 0.8375       | MP        | MP           | 100 | 100 | 100 | 100 | 0   | 0   | 400 |
| Mike Pedley         | EPOC     | M60 | n/r       | 49:22:00  | 62:27:00  | 1.9520833333 | 71:44:00  | 1.9590277778 | 0   | 99  | 96  | 99  | 92  | 99  | 393 |
| Kevin Harding       | HH       | M60 | 70:11:00  | 53:12:00  | 69:38:00  | 26:35:00     | MP        | 24:17:00     | 98  | 98  | 89  | 94  | 0   | 98  | 388 |
| Dave Ryder          | SN       | M60 | 74:58:00  | 61:29:00  | 61:28:00  | 26:54:00     | MP        | 0.8736111111 | 96  | 86  | 99  | 91  | 0   | 100 | 386 |
| Rob Parkinson       | MOR      | M65 | 75:44:00  | 55:17:00  | 78:39:00  | 24:36:00     | 64:31:00  | n/r          | 94  | 96  | 83  | 96  | 98  | 0   | 384 |
| Robert Hickling     | BASOC    | M65 | 74:08:00  | 57:52:00  | 63:56:00  | 31:24:00     | 60:55:00  | 28:33:00     | 97  | 92  | 95  | 76  | 99  | 88  | 383 |
| Richard Oxlade      | ESOC     | M65 | 69:54:00  | 56:59:00  | 65:14:00  | 27:37:00     | 68:11:00  | 26:52:00     | 99  | 93  | 94  | 89  | 96  | 90  | 382 |
| Ian Ditchfield      | MV       | M65 | 84:01:00  | 65:33:00  | 69:30:00  | 1.9826388889 | 67:50:00  | DSQ          | 87  | 81  | 90  | 98  | 97  | 0   | 372 |
| Niall Reynolds      | SBOC     | M60 | 75:01:00  | 55:54:00  | 72:18:00  | 1.9881944444 | MP        | DSQ          | 95  | 94  | 85  | 97  | 0   | 0   | 371 |
| Manolo Gaggetta     | UN. MAL. | M50 | 97:21:00  | 54:55:00  | 67:55:00  | 28:19:00     | 80:44:00  | 25:34:00     | 80  | 97  | 91  | 87  | 86  | 95  | 370 |
| Nicholas Lightfoot  | SYO      | M60 | 76:09:00  | 59:28:00  | 65:28:00  | 29:23:00     | 68:58:00  | MP           | 93  | 88  | 93  | 82  | 95  | 0   | 369 |
| Paul Caban          | INT      | M55 | 90:44:00  | 59:49:00  | 80:45:00  | 25:14:00     | 84:29:00  | 24:43:00     | 84  | 87  | 80  | 95  | 84  | 96  | 362 |
| Phil Smith          | AYROC    | M60 | 81:28:00  | 59:21:00  | MP        | 28:47:00     | 69:42:00  | 28:10:00     | 90  | 89  | 0   | 84  | 94  | 89  | 362 |
| Graham McIntyre     | INT      | M65 | 79:21:00  | 61:36:00  | 75:15:00  | 29:54:00     | 75:26:00  | 26:20:00     | 91  | 85  | 84  | 79  | 89  | 93  | 358 |
| Graeme Ross         | INT      | M50 | 82:18:00  | 71:01:00  | 71:02:00  | 28:29:00     | 79:04:00  | 26:27:00     | 89  | 77  | 88  | 85  | 87  | 91  | 355 |
| Thomas Ross         | INT      | M18 | 96:21:00  | 58:22:00  | 84:59:00  | 26:45:00     | 73:41:00  | DSQ          | 82  | 91  | 78  | 92  | 90  | 0   | 355 |
| Eddie Harwood       | MOR      | M70 | n/r       | MP        | 62:26:00  | 26:54:00     | 87:45:00  | 29:50:00     | 0   | 0   | 97  | 91  | 81  | 85  | 354 |
| John Campbell       | FVO      | M65 | 89:21:00  | 61:41:00  | 89:22:00  | 27:27:00     | 105:51:00 | 26:21:00     | 85  | 84  | 73  | 89  | 70  | 92  | 350 |
| Derek Allison       | LOC      | M65 | 88:09:00  | 73:15:00  | 80:49:00  | 29:28:00     | 81:20:00  | 30:39:00     | 86  | 72  | 79  | 81  | 85  | 84  | 336 |
| David Hodson        | HH       | M55 | 82:21:00  | 76:29:00  | 87:20:00  | 32:07:00     | MP        | 24:25:00     | 88  | 69  | 75  | 73  | 0   | 97  | 333 |
| Tim Palmer          | DEE      | M55 | 96:50:00  | 71:09:00  | 85:00:00  | MP           | 77:55:00  | 29:04:00     | 81  | 76  | 76  | 0   | 88  | 87  | 332 |
| Stephen Gilmore     | LVO      | M60 | 97:27:00  | 72:53:00  | 79:32:00  | MP           | 92:20:00  | 25:46:00     | 79  | 73  | 81  | 0   | 77  | 94  | 331 |
| Hugh Nicholson      | GRAMP    | M55 | n/r       | 55:34:00  | 113:51:00 | 30:19:00     | 70:13:00  | MP           | 0   | 95  | 61  | 77  | 93  | 0   | 326 |
| Mark Collins        | DFOK     | M60 | n/r       | 61:46:00  | 87:46:00  | 26:42:00     | 110:32:00 | MP           | 0   | 83  | 74  | 93  | 68  | 0   | 318 |
| Sean Cronin         | SAX      | M55 | n/r       | 72:26:00  | 80:59:00  | 29:52:00     | 85:16:00  | n/r          | 0   | 74  | 78  | 80  | 83  | 0   | 315 |
| Philip Jenkins      | SBOC     | M55 | 112:12:00 | 66:18:00  | 91:45:00  | 32:36:00     | 86:21:00  | 33:08:00     | 70  | 79  | 71  | 71  | 82  | 81  | 313 |
| Mikhail Gyzaznevich | TVOC     | M65 | 93:02:00  | 67:48:00  | 91:56:00  | 31:31:00     | 95:40:00  | 37:54:00     | 83  | 78  | 69  | 75  | 75  | 76  | 312 |
| David Saunders      | HH       | M65 | n/r       | 73:20:00  | 91:45:00  | 29:15:00     | 105:39:00 | 31:31:00     | 0   | 71  | 71  | 83  | 71  | 83  | 308 |
| Andrew French       | WIM      | M55 | 102:45:00 | 84:04:00  | 79:29:00  | 30:00:00     | 105:03:00 | DSQ          | 76  | 68  | 82  | 78  | 72  | 0   | 308 |
| Jerry Purkis        | LOC      | M65 | 102:43:00 | 74:10:00  | 101:18:00 | 31:31:00     | MP        | 37:28:00     | 77  | 70  | 64  | 75  | 0   | 77  | 299 |
| Vernon Gayle        | FVO      | M55 | 106:05:00 | 86:07:00  | 92:38:00  | 32:09:00     | 89:39:00  | 39:54:00     | 74  | 66  | 68  | 72  | 79  | 74  | 299 |
| Richard Llewellyn   | NOC      | M65 | 119:21:00 | 71:31:00  | 96:41:00  | 40:20:00     | 99:40:00  | 37:09:00     | 69  | 75  | 65  | 65  | 74  | 79  | 297 |
| Dave Coustick       | FVO      | M75 | 102:00:00 | 88:27:00  | 148:16:00 | 34:23:00     | 109:25:00 | 37:22:00     | 78  | 65  | 59  | 69  | 69  | 78  | 294 |
| Chris Gunstone      | ELO      | M65 | 107:21:00 | 92:51:00  | 112:09:00 | 39:06:00     | 90:08:00  | 40:02:00     | 72  | 63  | 62  | 67  | 78  | 73  | 290 |
| Chris Atkins        | BOK      | M45 | MP        | 93:58:00  | 95:38:00  | MP           | 94:39:00  | 31:39:00     | 0   | 62  | 67  | 0   | 76  | 82  | 287 |
| Keith Dawson        | INT      | M65 | 106:54:00 | 112:46:00 | 91:42:00  | 40:26:00     | 116:06:00 | 38:29:00     | 73  | 60  | 72  | 64  | 67  | 75  | 284 |
| Nigel Schofield     | ELO      | M60 | 104:10:00 | 94:43:00  | 114:11:00 | 40:56:00     | MP        | 36:18:00     | 75  | 61  | 60  | 63  | 0   | 80  | 279 |
| Sam Todd            | SYO      | M18 | 77:36:00  | 59:03:00  | 66:20:00  | n/r          | n/r       | n/r          | 92  | 90  | 92  | 0   | 0   | 0   | 274 |
| Mike Dallaway       | LEI      | M60 | 129:38:00 | 88:53:00  | 107:37:00 | 40:05:00     | 100:12:00 | MP           | 68  | 64  | 63  | 66  | 73  | 0   | 271 |
| Scott Eilford       | WSX      | M21 | 156:14:00 | 86:00:00  | 96:37:00  | 34:51:00     | 120:29:00 | DSQ          | 67  | 67  | 66  | 68  | 66  | 0   | 268 |
| Ben Ross            | INT      | M18 | MP        | MP        | 62:19:00  | 32:41:00     | 73:11:00  | DSQ          | 0   | 0   | 98  | 70  | 91  | 0   | 259 |
| Alasdair Raynor     | INVOG    | M21 | n/r       | 65:43:00  | 71:19:00  | 28:19:00     | n/r       | n/r          | 0   | 80  | 87  | 87  | 0   | 0   | 254 |
| Phil Pickett        | IND      | M21 | 107:59:00 | 62:20:00  | 71:48:00  | n/r          | n/r       | n/r          | 71  | 82  | 86  | 0   | 0   | 0   | 239 |
| Hakan Eriksson      | TOLERUD  | M55 | n/r       | n/r       | n/r       | n/r          | 51:15:00  | n/r          | 0   | 0   | 0   | 0   | 100 | 0   | 100 |
| Ian Marshall        | IND      | n/r | n/r       | n/r       | n/r       | n/r          | n/r       | 29:15:00     | 0   | 0   | 0   | 0   | 0   | 86  | 86  |
| Henrik Eriksson     | CHALMERS | M55 | n/r       | n/r       | n/r       | n/r          | 88:11:00  | n/r          | 0   | 0   | 0   | 0   | 80  | 0   | 80  |
| Gavin Earons        |          | n/r | n/r       | n/r       | n/r       | n/r          | n/r       | 45:03:00     | 0   | 0   | 0   | 0   | 0   | 72  | 72  |
| Peter Maliphant     | BOK      | M65 | n/r       | n/r       | n/r       | n/r          | n/r       | 49:16:00     | 0   | 0   | 0   | 0   | 0   | 71  | 71  |
| Roger Maher         | SO       | M85 | DNF       | n/r       | n/r       | n/r          | n/r       | n/r          | 0   | 0   | 0   | 0   | 0   | 0   | 0   |

## Coasts &amp; Islands 2023

## Short

## WOMEN

|                        |           |     | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Gleann Lingeadail | Lewis Castle | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Gleann Lingeadail | Lewis Castle | Best 4 Scores |
|------------------------|-----------|-----|-----------------|-----------------|-----------------|---------------|-------------------|--------------|-----------------|-----------------|-----------------|---------------|-------------------|--------------|---------------|
| Laura Hendrie          | FVO       | W21 | 62:43:00        | 52:18:00        | 48:14:00        | 0.7736111111  | 57:44:00          | 1.5909722222 | 98              | 98              | 99              | 99            | 97                | 100          | 396           |
| Rachel Hendrie         | FVO       | W21 | 59:52:00        | 43:33:00        | 48:15:00        | 1.8097222222  | n/r               | n/r          | 100             | 100             | 98              | 98            | 0                 | 0            | 396           |
| Charlotte Somers-Cocks | LOC       | W60 | n/r             | 55:26:00        | 52:15:00        | 1.9180555556  | 54:03:00          | 1.8076388889 | 0               | 97              | 97              | 97            | 98                | 99           | 391           |
| Alice French           | WIM       | W12 | 64:59:00        | 51:58:00        | 60:31:00        | 0.71875       | 64:31:00          | 1.9833333333 | 96              | 99              | 94              | 100           | 89                | 89           | 389           |
| Fiona Hendrie          | FVO       | W60 | 82:16:00        | 58:27:00        | 59:27:00        | 1.9805555556  | 64:07:00          | 1.8729166667 | 90              | 94              | 96              | 94            | 90                | 98           | 382           |
| Lesley Ward            | SYO       | W50 | 67:54:00        | 58:13:00        | 75:40:00        | 24:00:00      | n/r               | 1.8916666667 | 94              | 95              | 89              | 92            | 0                 | 97           | 378           |
| Caz Dudley             | MAROC     | W60 | 74:41:00        | 62:38:00        | 60:27:00        | 1.9340277778  | 59:45:00          | 1.9145833333 | 92              | 89              | 95              | 96            | 94                | 93           | 378           |
| Inara Gipsie           | TVOC      | W70 | 63:26:00        | 59:13:00        | 62:33:00        | 26:53:00      | 51:39:00          | 0.9923611111 | 97              | 92              | 93              | 90            | 99                | 88           | 377           |
| Alison Saunders        | HH        | W65 | n/r             | 57:57:00        | 71:14:00        | 1.9645833333  | 59:08:00          | 25:35:00     | 0               | 96              | 91              | 95            | 95                | 84           | 377           |
| Liz Potterton          | CLARO     | W65 | 66:34:00        | 58:53:00        | 73:33:00        | n/r           | 58:00:00          | 1.9333333333 | 95              | 93              | 90              | 0             | 96                | 92           | 376           |
| Rosslyn Nicholson      | GRAMP     | W55 | 68:27:00        | 60:19:00        | 107:25:00       | 29:56:00      | 60:38:00          | 1.9055555556 | 93              | 91              | 80              | 85            | 92                | 95           | 371           |
| Sue Hands              | WIM       | W75 | 105:19:00       | 73:04:00        | 78:51:00        | 1.9951388889  | 59:53:00          | 30:25:00     | 84              | 87              | 87              | 93            | 93                | 78           | 360           |
| Diana McClure          | SBOC      | W70 | 98:09:00        | 72:58:00        | 112:20:00       | 28:11:00      | 65:38:00          | 1.9131944444 | 85              | 88              | 79              | 89            | 88                | 94           | 359           |
| Kirsty Smith           | AYROC     | W21 | 91:12:00        | 74:21:00        | 82:37:00        | 24:38:00      | 61:07:00          | 0.9486111111 | 87              | 86              | 85              | 91            | 91                | 90           | 359           |
| Carol McNeil           | LOC       | W75 | 80:02:00        | 60:48:00        | 70:36:00        | 31:12:00      | 69:03:00          | 26:46:00     | 91              | 90              | 92              | 82            | 85                | 82           | 358           |
| Dawn Williamson        | DEVON     | W65 | 90:54:00        | MP              | DNF             | 28:37:00      | 68:18:00          | 0.9375       | 88              | 0               | 0               | 88            | 87                | 91           | 354           |
| Morag McIntyre         | INT       | W60 | 117:59:00       | 91:56:00        | 79:34:00        | 29:22:00      | 99:19:00          | 1.9020833333 | 80              | 81              | 86              | 86            | 77                | 96           | 349           |
| Henri Shepherd         | INVOC     | W55 | 89:55:00        | 83:17:00        | 76:34:00        | 35:48:00      | n/r               | 30:16:00     | 89              | 83              | 88              | 79            | 0                 | 80           | 340           |
| Ali Parmenter          | MOR       | W55 | 106:25:00       | 96:02:00        | 116:45:00       | 28:53:00      | 76:22:00          | 25:08:00     | 83              | 80              | 77              | 87            | 84                | 85           | 339           |
| Julie Collins          | DFOK      | W60 | 94:37:00        | 85:57:00        | MP              | 39:03:00      | 89:13:00          | 24:39:00     | 86              | 82              | 0               | 74            | 80                | 86           | 334           |
| Helen Neild            | LOC       | W75 | 111:42:00       | 78:02:00        | 85:22:00        | 35:13:00      | 85:48:00          | 35:34:00     | 81              | 85              | 83              | 80            | 83                | 73           | 332           |
| Julia Astin            | WSX       | W70 | n/r             | 116:01:00       | 93:17:00        | 31:08:00      | 66:46:00          | 30:17:00     | 0               | 74              | 82              | 83            | 86                | 79           | 330           |
| Rhona Fraser           | ESOC      | W65 | 119:17:00       | 82:33:00        | 114:43:00       | 30:42:00      | DNF               | 31:23:00     | 79              | 84              | 78              | 84            | 0                 | 77           | 325           |
| Viv Hodson             | HH        | W55 | MP              | 100:25:00       | 178:51:00       | 38:43:00      | 139:15:00         | 24:27:00     | 0               | 78              | 75              | 76            | 74                | 87           | 316           |
| Denise Harper          | BKO       | W70 | 141:33:00       | 114:23:00       | MP              | 38:58:00      | 87:58:00          | 26:41:00     | 75              | 75              | 0               | 75            | 82                | 83           | 315           |
| Rowan Purkis           | LOC       | W65 | 126:16:00       | 98:06:00        | n/r             | 46:56:00      | 88:44:00          | 31:29:00     | 78              | 79              | 0               | 70            | 81                | 76           | 314           |
| Joanna Emberton        | EPOC      | W60 | 111:16:00       | 129:50:00       | 124:49:00       | 38:21:00      | 90:45:00          | 36:31:00     | 82              | 72              | 76              | 77            | 79                | 72           | 314           |
| Rosie Law              | LOC       | W70 | 136:28:00       | MP              | 82:43:00        | 39:51:00      | 92:52:00          | 41:25:00     | 76              | 0               | 84              | 73            | 78                | 71           | 311           |
| Ruth Rhodes            | SO        | W80 | 144:56:00       | 110:10:00       | DNF             | 34:39:00      | 101:10:00         | 34:49:00     | 74              | 76              | 0               | 81            | 76                | 74           | 307           |
| Judith Wetherill       | WAOE      | W55 | 128:53:00       | n/r             | n/r             | 43:13:00      | n/r               | 28:00:00     | 77              | 0               | 0               | 72            | 0                 | 81           | 230           |
| Ann Smith              | LOC       | W75 | MP              | 148:04:00       | 102:51:00       | 36:40:00      | MP                | 44:11:00     | 0               | 71              | 81              | 78            | 0                 | 0            | 230           |
| Clare Bense            | WAOE      | W60 | 155:02:00       | 123:46:00       | n/r             | 49:25:00      | n/r               | n/r          | 73              | 73              | 0               | 69            | 0                 | 0            | 215           |
| Gillian Cross          | WIM       | W75 | MP              | 109:25:00       | MP              | n/r           | MP                | 41:34:00     | 0               | 77              | 0               | 0             | 0                 | 70           | 147           |
| Heather Dudley         | INT       | n/r | n/r             | n/r             | 44:45:00        | n/r           | n/r               | 32:16:00     | 0               | 0               | 0               | 71            | 0                 | 75           | 146           |
| Jean Corey-Wright      | PAPO      | W65 | n/r             | n/r             | n/r             | n/r           | 46:35:00          | n/r          | 0               | 0               | 0               | 0             | 100               | 0            | 100           |
| Mairi Eades            | INT       | W21 | n/r             | n/r             | 33:24:00        | n/r           | n/r               | n/r          | 0               | 0               | 100             | 0             | 0                 | 0            | 100           |
| Rosie McNamara         | AYROC     | W16 | 61:29:00        | n/r             | n/r             | n/r           | n/r               | n/r          | 99              | 0               | 0               | 0             | 0                 | 0            | 99            |
| Brenda Blackstock      | INDIANA X | W55 | n/r             | n/r             | n/r             | n/r           | 104:29:00         | n/r          | 0               | 0               | 0               | 0             | 75                | 0            | 75            |
| Hazel Grant            | DRONGO    | n/r | n/r             | n/r             | n/r             | n/r           | MP                | MP           | 0               | 0               | 0               | 0             | 0                 | 0            | 0             |
| Marie Clare Shankland  | FVO       | W55 | n/r             | n/r             | n/r             | n/r           | MP                | n/r          | 0               | 0               | 0               | 0             | 0                 | 0            | 0             |
| Teresa Chereskin       | SAN DIEGO | W65 | MP              | n/r             | n/r             | n/r           | n/r               | n/r          | 0               | 0               | 0               | 0             | 0                 | 0            | 0             |

## Men

|                   |           |     |           |           |           |              |           |              |     |     |     |     |     |     |     |
|-------------------|-----------|-----|-----------|-----------|-----------|--------------|-----------|--------------|-----|-----|-----|-----|-----|-----|-----|
| Martin Dean       | FVO       | M65 | 49:56:00  | 37:44:00  | 37:37:00  | 0.68125      | 34:11:00  | 0.5861111111 | 100 | 99  | 100 | 100 | 100 | 100 | 400 |
| Adrian Moir       | SWOC      | M60 | 65:37:00  | 49:20:00  | 49:42:00  | 1.7951388889 | 43:50:00  | 1.7513888889 | 95  | 97  | 99  | 98  | 98  | 99  | 394 |
| Ronald Nolan      | ESOC      | M55 | 59:17:00  | 42:07:00  | 51:16:00  | 1.7652777778 | 43:01:00  | 0.7875       | 97  | 98  | 98  | 99  | 99  | 98  | 394 |
| Roger Smith       | LOC       | M75 | 58:20:00  | 60:23:00  | 68:55:00  | 1.8847222222 | 50:06:00  | 1.9180555556 | 99  | 90  | 91  | 97  | 97  | 95  | 388 |
| Mike Capper       | WAOE      | M65 | 69:25:00  | MP        | 61:39:00  | 31:23:00     | 57:19:00  | 1.8479166667 | 94  | 0   | 94  | 86  | 94  | 97  | 379 |
| Jon Darley        | GO        | M55 | 73:30:00  | 55:52:00  | 69:16:00  | 1.9166666667 | 57:02:00  | MP           | 92  | 93  | 90  | 96  | 95  | 0   | 376 |
| Simon Cane        | LOC       | M75 | 71:12:00  | 57:56:00  | MP        | 25:11:00     | 60:37:00  | 1.9166666667 | 93  | 91  | 0   | 92  | 91  | 96  | 372 |
| Jim Elder         | SYO       | M70 | 74:38:00  | MP        | 56:18:00  | 25:53:00     | 58:52:00  | 25:05:00     | 91  | 0   | 96  | 91  | 93  | 91  | 371 |
| Andy McNamara     | AYROC     | M50 | 95:25:00  | n/r       | 66:48:00  | 34:54:00     | 51:04:00  | 1.9659722222 | 87  | 0   | 93  | 85  | 96  | 93  | 369 |
| Oliver Robertson  | MAROC     | M14 | 126:06:00 | 65:27:00  | 82:10:00  | 25:03:00     | 66:16:00  | 0.93125      | 83  | 89  | 89  | 93  | 89  | 94  | 365 |
| Dave Neild        | LOC       | M75 | 79:37:00  | MP        | 68:24:00  | 1.9645833333 | 83:21:00  | MP           | 90  | 0   | 92  | 95  | 85  | 0   | 362 |
| Ewan Crawford     | ESOC      | M21 | MP        | 51:25:00  | 96:00:00  | n/r          | 93:20:00  | 1.9743055556 | 0   | 96  | 85  | 0   | 84  | 92  | 357 |
| Paul Bloch        | DEVON     | M60 | 91:46:00  | 77:12:00  | 90:33:00  | 26:05:00     | 64:49:00  | DSO          | 88  | 88  | 87  | 90  | 90  | 0   | 356 |
| Laurie Parmenter  | MOR       | M60 | 106:23:00 | 96:00:00  | 116:13:00 | 28:53:00     | 76:23:00  | 25:06:00     | 86  | 84  | 82  | 87  | 87  | 90  | 350 |
| Steve Burge       | LOC       | M80 | 119:03:00 | 79:58:00  | 106:20:00 | 28:14:00     | 78:58:00  | 37:34:00     | 84  | 87  | 83  | 88  | 86  | 88  | 349 |
| Alastair Harding  | SAN DIEGO | M65 | 115:34:00 | 92:27:00  | 96:01:00  | 27:22:00     | 73:33:00  | MP           | 85  | 85  | 84  | 89  | 88  | 0   | 347 |
| Roger Maher       | SO        | M85 | n/r       | 81:43:00  | 94:17:00  | 42:31:00     | 60:10:00  | MP           | 0   | 86  | 86  | 83  | 92  | 0   | 347 |
| Arun Sahni        | SYO       | M65 | n/r       | 102:22:00 | 116:19:00 | 35:24:00     | n/r       | 38:47:00     | 0   | 83  | 81  | 84  | 0   | 87  | 335 |
| Mike Atherton     | LOC       | M80 | 141:33:00 | 117:48:00 | 123:11:00 | n/r          | 106:48:00 | 51:44:00     | 82  | 81  | 80  | 0   | 82  | 85  | 330 |
| Richard Goodwin   | WCOC      | M65 | MP        | 124:11:00 | MP        | 53:02:00     | 131:00:00 | 42:01:00     | 0   | 80  | 0   | 82  | 81  | 86  | 329 |
| Steve Smirthwaite | MOR       | M60 | 64:32:00  | 56:19:00  | 52:50:00  | n/r          | n/r       | n/r          | 96  | 92  | 97  | 0   | 0   | 0   | 285 |
| Mike Smithard     | DEE       | M75 | 80:14:00  | 54:46:00  | 56:45:00  | n/r          | n/r       | n/r          | 89  | 94  | 95  | 0   | 0   | 0   | 278 |
| Martin Cross      | WIM       | M75 | MP        | 105:59:00 | DNF       | n/r          | 100:01:00 | 33:26:00     | 0   | 82  | 0   | 0   | 83  | 89  | 254 |
| Ben Cronin        | SAX       | M18 | n/r       | 54:18:00  | 82:58:00  | n/r          | n/r       | n/r          | 0   | 95  | 88  | 0   | 0   | 0   | 183 |
| Martin Bagness    | WAROC     | M65 | n/r       | 34:11:00  | n/r       | n/r          | n/r       | n/r          | 0   | 100 | 0   | 0   | 0   | 0   | 100 |
| Michael Doherty   | INT       | n/r | n/r       | n/r       | n/r       | 24:58:00     | n/r       | MP           | 0   | 0   | 0   | 94  | 0   | 0   | 94  |
| Jack Baxter       | SYO       | M12 | n/r       | n/r       | n/r       | n/r          | MP        | n/r          | 0   | 0   | 0   | 0   | 0   | 0   | 0   |

Coasts & Islands 2023

Orange

|                    |           |     |          | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Gleann Lingeaddail | Lewis Castle | Cnoc na Cloiche | Isle of Scalpay | Creag na Bunaig | Tarbert North | Gleann Lingeaddail | Lewis Castle | Best 4 Scores |
|--------------------|-----------|-----|----------|-----------------|-----------------|-----------------|---------------|--------------------|--------------|-----------------|-----------------|-----------------|---------------|--------------------|--------------|---------------|
| WOMEN              |           |     |          |                 |                 |                 |               |                    |              |                 |                 |                 |               |                    |              |               |
| Alys Powell        | WAOC      | W12 | 29:16:00 | 36:47:00        | 0.94375         | 1.6291666667    | 0.8770833333  | 0.5770833333       |              | 100             | 99              | 100             | 100           | 100                | 99           | 400           |
| Holly Howe         | SAX       | W12 | 32:41:00 | MP              | 1.9819444444    | 0.8736111111    | 1.9659722222  | 0.5395833333       |              | 98              | 0               | 99              | 98            | 99                 | 100          | 396           |
| Jenny Palmer       | DEE       | W50 | 46:50:00 | 33:47:00        | 24:24:00        | 1.9534722222    | 0.99375       | 1.6743055556       |              | 95              | 100             | 98              | 96            | 98                 | 98           | 394           |
| Emily Robertson    | MAROC     | W12 | 30:58:00 | 46:39:00        | 25:23:00        | 1.9451388889    | 24:28:00      | 1.7784722222       |              | 99              | 98              | 97              | 97            | 97                 | 95           | 391           |
| Betsan Powell      | WAOC      | W14 | 40:38:00 | 55:24:00        | 27:19:00        | 1.6868055556    | 30:30:00      | 0.7298611111       |              | 97              | 96              | 96              | 99            | 96                 | 97           | 389           |
| Jude Smith         | AYROC     | W55 | 57:15:00 | 54:37:00        | 36:30:00        | 27:36:00        | 46:31:00      | 1.7569444444       |              | 92              | 97              | 95              | 95            | 94                 | 96           | 383           |
| Anne Hoy           | ESOC      | M60 | 47:31:00 | 60:26:00        | 39:41:00        | n/r             | 43:59:00      | 1.8958333333       |              | 94              | 94              | 94              | 0             | 95                 | 94           | 377           |
| Hana Powell        | WAOC      | W10 | 46:10:00 | 58:06:00        | 43:40:00        | 38:41:00        | n/r           | 38:08:00           |              | 96              | 95              | 92              | 90            | 0                  | 91           | 374           |
| Teresa Chereskin   | SAN DIEGO | W65 | n/r      | 70:32:00        | 48:37:00        | 31:16:00        | 46:53:00      | 31:17:00           |              | 0               | 92              | 90              | 92            | 93                 | 92           | 369           |
| Margaret Dearman   | MOR       | W70 | 54:04:00 | MP              | 45:06:00        | 34:39:00        | n/r           | 24:50:00           |              | 93              | 0               | 91              | 91            | 0                  | 93           | 368           |
| Yesim Sahni        | SYO       | W55 | n/r      | 80:52:00        | 43:27:00        | DNF             | n/r           | 38:35:00           |              | 0               | 91              | 93              | 0             | 0                  | 90           | 274           |
| Kate Maliphant     | BOK       | W60 | n/r      | 68:43:00        | n/r             | 27:44:00        | n/r           | MP                 |              | 0               | 93              | 0               | 94            | 0                  | 0            | 187           |
| Hazel Grant        | DRONGO    |     | n/r      | n/r             | n/r             | 27:48:00        | n/r           | n/r                |              | 0               | 0               | 0               | 93            | 0                  | 0            | 93            |
| Jane Gillion       | IND       |     | n/r      | n/r             | n/r             | n/r             | n/r           | 38:55:00           |              | 0               | 0               | 0               | 0             | 0                  | 89           | 89            |
| Men                |           |     |          |                 |                 |                 |               |                    |              |                 |                 |                 |               |                    |              |               |
| Carl Selmer Duguid | TAY       | M12 | 19:42:00 | 26:32:00        | 1.7076388889    | 0.6881944444    | 35:29:00      | 0.4375             |              | 100             | 100             | 100             | 99            | 98                 | 100          | 400           |
| Jack Harrison      | AYROC     | M21 | 27:12:00 | 33:08:00        | 25:40:00        | 1.6083333333    | 0.8625        | 1.5055555556       |              | 99              | 99              | 99              | 100           | 100                | 99           | 398           |
| Mattie Rothman     | SYO       | M10 | n/r      | 60:21:00        | n/r             | 24:17:00        | 27:22:00      | 1.7680555556       |              | 0               | 97              | 0               | 97            | 99                 | 97           | 390           |
| Jack Baxter        | SYO       | M12 | 31:29:00 | 44:37:00        | 30:04:00        | MP              | n/r           | 18:52:00           |              | 98              | 98              | 98              | 0             | 0                  | 96           | 390           |
| Ian Hendrie        | FVO       | M70 | n/r      | 69:01:00        | 41:51:00        | 1.9895833333    | 39:45:00      | 0.9375             |              | 0               | 95              | 97              | 98            | 97                 | 95           | 387           |
| Ali Rothman        | SYO       | M10 | n/r      | 71:08:00        | n/r             | 34:48:00        | 44:59:00      | 1.7590277778       |              | 0               | 94              | 0               | 96            | 96                 | 98           | 384           |
| Eric Harper        | BKO       | M70 | 92:37:00 | n/r             | n/r             | n/r             | n/r           | n/r                |              | 97              | 0               | 0               | 0             | 0                  | 0            | 97            |
| Steve Gillion      | IND       | M65 | n/r      | 62:58:00        | n/r             | n/r             | n/r           | n/r                |              | 0               | 96              | 0               | 0             | 0                  | 0            | 96            |