

Race 13 7.7.24					Lordshill 10km			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
2	0:38:04	Erin Willmers	13	78.06%	0:33:22	Sarah Gurney	13	89.05%
5	0:39:09	Sarah Gurney	12	75.90%	0:35:44	Sarah Shedden	12	83.17%
9	0:39:32	Karla Borland	11	75.17%	0:35:49	Lorraine Hedworth	11	82.97%
13	0:40:03	Sarah Shedden	10	74.20%	0:36:51	Erin Willmers	10	80.65%
39	0:44:52	Sarah Witt	9	66.23%	0:37:38	Cathy Kinnear	9	78.96%
45	0:46:19	Cathy Kinnear	8	64.16%	0:38:13	Melissa Callister	8	77.75%
60	0:47:37	Melissa Callister	7	62.41%	0:38:28	Karla Borland	7	77.25%
82	0:50:05	Lynn McKeague	6	59.33%	0:39:35	Sarah Witt	6	75.08%
95	0:51:39	Lorraine Hedworth	5	57.53%	0:43:06	Gill Goodwin	5	68.94%
100	0:52:07	Sophie Black	4	57.02%	0:49:22	Lynn McKeague	4	60.20%
201	1:04:58	Gill Goodwin	3	45.74%	0:51:56	Sophie Black	3	57.23%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
7	0:34:45	Jamie Rendall	13	75.97%	0:31:36	Justin Corrie	13	83.55%
8	0:34:50	Richard Bidgood	12	75.79%	0:31:44	Richard Bidgood	12	83.18%
24	0:36:29	Justin Corrie	11	72.36%	0:32:26	Marius Kwint	11	81.40%
27	0:36:37	Nick Wood	10	72.10%	0:32:47	Matt Grote	10	80.54%
30	0:36:47	Harry Stow	9	71.77%	0:32:49	Nick Wood	9	80.46%
42	0:37:12	Matt Grote	8	70.97%	0:34:02	Alan Tulip	8	77.56%
81	0:39:30	Marius Kwint	7	66.84%	0:34:26	Jamie Rendall	7	76.67%
100	0:41:02	Pete Curtis	6	64.34%	0:34:32	Paul Horler	6	76.43%
105	0:41:15	William Hadley	5	64.00%	0:34:43	Steve Goodwin	5	76.04%
117	0:42:04	Paul Horler	4	62.76%	0:35:29	Tim Anderson	4	74.41%
162	0:45:10	Alan Tulip	3	58.45%	0:36:09	Pete Curtis	3	73.02%
169	0:45:43	Tim Anderson	2	57.75%	0:36:40	Harry Stow	2	72.01%
174	0:45:59	Ric Pike	1	57.41%	0:36:54	John Mills	1	71.53%
180	0:46:25	Saul Duck	1	56.88%	0:37:16	William Hadley	1	70.83%
181	0:46:32	Steve Goodwin	1	56.73%	0:38:06	Ric Pike	1	69.29%
187	0:47:06	John Mills	1	56.05%	0:39:51	Saul Duck	1	66.24%
221	0:49:35	Dave Walker	1	53.24%	0:40:45	Adrian Field	1	64.79%
233	0:50:33	Adrian Field	1	52.23%	0:41:27	Dave Walker	1	63.68%

Race 12 16.6.24					Alresford 10k			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
3	0:40:31	Sarah Gurney	13	73.34%	0:34:32	Sarah Gurney	13	86.04%
4	0:40:44	Sarah Shedden	12	72.95%	0:36:20	Sarah Shedden	12	81.78%
7	0:41:19	Vanessa Monteleone	11	71.92%	0:38:51	Cathy Kinnear	11	76.48%
14	0:44:09	Caroline Carr	10	67.31%	0:39:23	Caroline Carr	10	75.45%
18	0:45:11	Sarah Witt	9	65.77%	0:39:52	Sarah Witt	9	74.55%
28	0:47:49	Cathy Kinnear	8	62.15%	0:40:44	Vanessa Monteleone	8	72.97%
29	0:48:11	Liz Marshall	7	61.67%	0:42:30	Liz Marshall	7	69.91%
75	1:00:15	Carrie Oliver	6	49.32%	0:45:58	Carrie Oliver	6	64.65%
122	1:12:31	Gill Goodwin	5	40.98%	0:48:07	Gill Goodwin	5	61.76%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
4	0:35:28	Richard Bidgood	13	74.44%	0:32:19	Richard Bidgood	13	81.70%
10	0:36:59	Nick Wood	12	71.38%	0:32:58	Paul Boyd-Leslie	12	80.09%
15	0:37:44	Paul Boyd-Leslie	11	69.96%	0:33:08	Nick Wood	11	79.66%
17	0:37:55	John Reed	10	69.63%	0:33:53	Andy Parkinson	10	77.90%
32	0:39:15	Tom Stephenson	9	67.26%	0:34:37	Rob Carter	9	76.27%
37	0:39:49	Andy Parkinson	8	66.30%	0:34:39	Paul Horler	8	76.19%
40	0:39:58	Rob Carter	7	66.06%	0:35:38	Steve Oliver	7	74.10%
57	0:42:12	Paul Horler	6	62.56%	0:36:10	Bruce Ayling	6	72.99%
59	0:42:30	Bruce Ayling	5	62.12%	0:36:26	Steve Goodwin	5	72.46%
62	0:42:52	William Hadley	4	61.59%	0:36:57	Tim Anderson	4	71.46%
80	0:44:39	Stephen Lowy	3	59.13%	0:37:47	John Mills	3	69.87%
82	0:45:02	Steve Oliver	2	58.62%	0:37:55	John Reed	2	69.63%
102	0:47:36	Tim Anderson	1	55.46%	0:38:40	Stephen Lowy	1	68.27%
105	0:48:06	Saul Duck	1	54.89%	0:38:44	William Hadley	1	68.16%
106	0:48:13	John Mills	1	54.75%	0:39:01	Tom Stephenson	1	67.65%
111	0:48:33	Ric Pike	1	54.38%	0:40:36	Ric Pike	1	65.04%
114	0:48:50	Steve Goodwin	1	54.06%	0:41:18	Saul Duck	1	63.92%
121	0:49:33	Dave Walker	1	53.28%	0:41:48	Dave Walker	1	63.16%

Race 11 19.5.24					Netley 10k			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
1	0:37:06	Alex Lane	13	80.10%	0:34:25	Sarah Gurney	13	86.36%
4	0:40:22	Sarah Gurney	12	73.62%	0:36:53	Sarah Shedden	12	80.58%
6	0:40:54	Sarah Shedden	11	72.66%	0:37:04	Alex Lane	11	80.17%
12	0:44:03	Caroline Carr	10	67.46%	0:38:10	Lorraine Hedworth	10	77.87%
17	0:46:18	Aimee Lister	9	64.18%	0:38:10	Cathy Kinnear	9	77.86%
23	0:46:58	Cathy Kinnear	8	63.27%	0:39:18	Caroline Carr	8	75.62%
31	0:47:51	Liz Marshall	7	62.10%	0:42:13	Liz Marshall	7	70.40%
33	0:48:08	Lynn McKeague	6	61.74%	0:44:39	Carrie Oliver	6	66.55%
60	0:53:32	Sophie Black	5	55.51%	0:46:18	Aimee Lister	5	64.18%
74	0:55:02	Lorraine Hedworth	4	54.00%	0:47:27	Lynn McKeague	4	62.63%
109	0:58:32	Carrie Oliver	3	50.77%	0:47:58	Gill Goodwin	3	61.95%
171	1:12:18	Gill Goodwin	2	41.10%	0:53:20	Sophie Black	2	55.71%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
18	0:36:44	John Reed	13	71.87%	0:33:31	Matt Grote	13	78.78%
25	0:37:31	Harry Stow	12	70.37%	0:33:37	Martyn West	12	78.53%
30	0:38:02	Matt Grote	11	69.41%	0:34:14	Paul Horler	11	77.13%
69	0:41:08	Pete Curtis	10	64.18%	0:34:56	Steve Goodwin	10	75.58%
76	0:41:41	Paul Horler	9	63.33%	0:35:07	Steve Oliver	9	75.19%
111	0:44:23	Steve Oliver	8	59.48%	0:36:15	Pete Curtis	8	72.84%
129	0:46:00	Martyn West	7	57.39%	0:36:44	John Reed	7	71.87%
135	0:46:49	Steve Goodwin	6	56.39%	0:37:17	Tim Anderson	6	70.82%
143	0:47:03	Saul Duck	5	56.11%	0:37:24	Harry Stow	5	70.60%
150	0:48:02	Tim Anderson	4	54.96%	0:37:32	Clive Agate	4	70.34%
153	0:48:13	Ric Pike	3	54.75%	0:38:01	John Mills	3	69.44%
156	0:48:31	John Mills	2	54.41%	0:40:19	Ric Pike	2	65.49%
158	0:48:56	Dave Walker	1	53.95%	0:40:24	Saul Duck	1	65.35%
181	0:52:38	Clive Agate	1	50.16%	0:41:17	Dave Walker	1	63.95%
192	0:53:41	Stephen Clow	1	49.18%	0:43:41	Stephen Clow	1	60.44%

Race 10 12.5.24					Alton 10ml			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
1	1:04:16	Tamsin Anderson	13	76.24%	0:58:49	Sarah Gurney	13	83.30%
3	1:09:01	Sarah Gurney	12	71.00%	0:59:48	Tamsin Anderson	12	81.95%
4	1:09:53	Sarah Shedden	11	70.12%	1:03:08	Sarah Shedden	11	77.62%
7	1:11:48	Vanessa Monteleone	10	68.25%	1:06:36	Sam Parkinson	10	73.57%
12	1:15:38	Caroline Carr	9	64.79%	1:07:33	Caroline Carr	9	72.53%
16	1:17:13	Sam Parkinson	8	63.46%	1:07:49	Cathy Kinnear	8	72.25%
28	1:23:36	Cathy Kinnear	7	58.61%	1:11:00	Vanessa Monteleone	7	69.02%
58	1:34:29	Sophie Black	6	51.86%	1:34:19	Sophie Black	6	51.95%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
5	1:00:29	Richard Bidgood	13	72.33%	0:55:17	Richard Bidgood	13	79.15%
8	1:02:16	John Reed	12	70.26%	0:57:40	Justin Corrie	12	75.87%
22	1:05:52	Justin Corrie	11	66.42%	1:00:38	Andy Parkinson	11	72.15%
50	1:11:08	Andy Parkinson	10	61.50%	1:00:43	Steve Oliver	10	72.05%
51	1:11:48	Dean Rawlins	9	60.93%	1:01:34	Steve Goodwin	9	71.05%
68	1:15:53	Pete Curtis	8	57.65%	1:02:16	John Reed	8	70.26%
70	1:16:09	Paul Horler	7	57.45%	1:02:35	Paul Horler	7	69.91%
72	1:16:46	Steve Oliver	6	56.99%	1:04:03	Tim Anderson	6	68.31%
77	1:18:48	Stephen Lowy	5	55.52%	1:06:10	Dean Rawlins	5	66.12%
102	1:22:34	Tim Anderson	4	52.99%	1:07:01	Pete Curtis	4	65.28%
103	1:22:39	Steve Goodwin	3	52.93%	1:08:23	Stephen Lowy	3	63.98%
109	1:24:27	Saul Duck	2	51.81%	1:12:39	Saul Duck	2	60.23%
121	1:26:53	Dave Walker	1	50.35%	1:13:24	Dave Walker	1	59.61%

Race 9 17.3.24					Salisbury 10ml			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
2	1:01:12	Tamsin Anderson	13	80.07%	0:55:38	Sarah Gurney	13	88.06%
3	1:02:26	Erin Willmers	12	78.48%	0:56:56	Tamsin Anderson	12	86.05%

6	1:05:17	Sarah Gurney	11	75.06%
9	1:06:21	Sarah Shedden	10	73.85%
15	1:09:05	Vanessa Monteleone	9	70.93%
20	1:10:40	Caroline Carr	8	69.34%
37	1:15:02	Sarah Witt	7	65.30%
57	1:18:29	Melissa Callister	6	62.43%
103	1:27:45	Sophie Black	5	55.84%
104	1:27:50	Lorraine Hedworth	4	55.79%
Men's MAIN Grand Prix				
19	1:00:00	Nick Wood	13	72.92%
22	1:00:24	John Reed	12	72.43%
57	1:05:52	Rob Carter	11	66.42%
76	1:08:36	Pete Curtis	10	63.78%
123	1:13:45	Rick Munro	9	59.32%
160	1:17:53	Martyn West	8	56.17%
170	1:18:58	Steve Goodwin	7	55.40%
189	1:20:56	Tim Anderson	6	54.06%
199	1:22:30	Dave Walker	5	53.03%
203	1:23:22	Jonny Herron	4	52.48%
262	1:40:23	Saul Duck	3	43.58%

0:59:56	Sarah Shedden	11	81.76%
1:00:28	Lorraine Hedworth	10	81.03%
1:00:39	Erin Willmers	9	80.79%
1:02:52	Melissa Callister	8	77.93%
1:03:07	Caroline Carr	7	77.63%
1:07:01	Sarah Witt	6	73.11%
1:08:19	Vanessa Monteleone	5	71.73%
1:27:36	Sophie Black	4	55.94%
Men's AGE - ADJUSTED Grand Prix			
0:54:22	Nick Wood	13	80.46%
0:56:48	Martyn West	12	77.02%
0:57:10	Rob Carter	11	76.54%
0:58:50	Steve Goodwin	10	74.37%
1:00:24	John Reed	9	72.43%
1:01:07	Pete Curtis	8	71.59%
1:02:18	Rick Munro	7	70.22%
1:02:47	Tim Anderson	6	69.69%
1:09:42	Dave Walker	5	62.77%
1:23:22	Jonny Herron	4	52.48%
1:27:07	Saul Duck	3	50.22%

Race 8 4.2.24					Ryde 10ml			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
2	1:08:18	Sarah Gurney	13	71.74%	0:58:13	Sarah Gurney	13	84.17%
8	1:12:03	Sam Parkinson	12	68.01%	1:02:53	Sam Parkinson	12	77.93%
17	1:16:36	Caroline Carr	11	63.97%	1:08:25	Caroline Carr	11	71.62%
48	1:28:35	Sophie Black	10	55.32%	1:19:45	Jackie Ducker	10	61.44%
87	1:37:04	Jackie Ducker	9	50.48%	1:28:25	Sophie Black	9	55.41%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
14	1:02:23	John Reed	13	70.13%	1:01:51	Steve Oliver	13	70.73%
23	1:05:32	Alex Whiting	12	66.76%	1:02:22	Steve Goodwin	12	70.15%
64	1:11:40	Pete Curtis	11	61.05%	1:02:23	John Reed	11	70.13%
100	1:18:12	Steve Oliver	10	55.95%	1:03:51	Pete Curtis	10	68.52%
119	1:20:53	Saul Duck	9	54.09%	1:05:32	Alex Whiting	9	66.76%
135	1:23:43	Steve Goodwin	8	52.26%	1:07:14	Tim Anderson	8	65.08%
143	1:24:08	Dave Walker	7	52.00%	1:10:11	Saul Duck	7	62.33%
156	1:26:40	Tim Anderson	6	50.48%	1:11:05	Dave Walker	6	61.55%

Race 7 7.1.24					Stubbington 10km			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
6	0:38:05	Erin Willmers	13	78.03%	0:33:39	Sarah Gurney	13	88.33%
12	0:39:01	Sarah Gurney	12	76.16%	0:35:29	Sarah Shedden	12	83.75%
15	0:39:21	Sarah Shedden	11	75.52%	0:36:52	Erin Willmers	11	80.62%
30	0:43:19	Caroline Carr	10	68.60%	0:38:34	Cathy Kinnear	10	77.04%
68	0:47:15	Sarah Witt	9	62.89%	0:38:39	Caroline Carr	9	76.90%
74	0:47:28	Cathy Kinnear	8	62.61%	0:39:26	Melissa Callister	8	75.35%
92	0:48:56	Laura Whiting	7	60.73%	0:42:09	Sarah Witt	7	70.50%
97	0:49:08	Melissa Callister	6	60.48%	0:44:17	Carrie Oliver	6	67.10%
145	0:53:19	Sophie Black	5	55.74%	0:46:16	Jackie Ducker	5	64.22%
200	0:56:15	Jackie Ducker	4	52.83%	0:48:55	Laura Whiting	4	60.74%
227	0:58:03	Carrie Oliver	3	51.19%	0:53:07	Sophie Black	3	55.94%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
15	0:33:45	George Belfield	13	78.22%	0:31:25	Paul Boyd-Leslie	13	84.02%
33	0:35:06	Jack England	12	75.21%	0:32:41	Nick Wood	12	80.78%
36	0:35:16	Dave Gaskell	11	74.86%	0:32:56	Paul Horler	11	80.15%
50	0:35:58	Paul Boyd-Leslie	10	73.40%	0:33:32	Dan Hoare	10	78.74%
53	0:36:10	Nick Wood	9	73.00%	0:33:42	George Belfield	9	78.34%
66	0:36:49	Andy Costello	8	71.71%	0:33:59	Dave Gaskell	8	77.69%
68	0:36:54	James Moore	7	71.54%	0:34:06	Andy Costello	7	77.43%
71	0:37:10	Nick Davies	6	71.03%	0:34:53	Alan Tulip	6	75.68%
76	0:37:25	Dan Hoare	5	70.56%	0:35:03	Jack England	5	75.33%
86	0:37:42	Alex Whiting	4	70.03%	0:35:03	Pete Curtis	4	75.31%
90	0:37:55	John Reed	3	69.63%	0:35:15	Steve Oliver	3	74.91%
92	0:38:05	Bracken Dawson	2	69.32%	0:35:24	Steve Goodwin	2	74.57%

116	0:39:05	Harry Stow	1	67.55%
122	0:39:17	Jack Hallybone	1	67.20%
130	0:39:27	Pete Curtis	1	66.92%
140	0:39:45	Paul Horler	1	66.42%
144	0:39:54	Caspian James	1	66.17%
156	0:40:29	William Hadley	1	65.21%
192	0:41:47	Dean Rawlins	1	63.18%
262	0:44:33	Steve Oliver	1	59.26%
289	0:45:50	Alan Tulip	1	57.60%
310	0:46:33	Kevin Frisby	1	56.71%
310	0:46:33	John Mills	1	56.71%
325	0:47:22	Jonny Herron	1	55.74%
327	0:47:27	Steve Goodwin	1	55.64%
343	0:48:03	Stephen Clow	1	54.94%
362	0:49:00	Tim Anderson	1	53.88%
397	0:50:24	Dave Walker	1	52.38%
414	0:51:29	Adrian Field	1	51.28%
464	0:55:19	Saul Duck	1	47.73%
474	0:55:59	Matt Lavers	1	47.16%

0:35:32	Nick Davies	1	74.29%
0:36:35	William Hadley	1	72.17%
0:36:50	John Mills	1	71.69%
0:36:53	James Moore	1	71.57%
0:37:35	Bracken Dawson	1	70.24%
0:37:42	Alex Whiting	1	70.03%
0:37:55	John Reed	1	69.63%
0:38:13	Kevin Frisby	1	69.07%
0:38:23	Dean Rawlins	1	68.78%
0:38:24	Tim Anderson	1	68.76%
0:38:57	Harry Stow	1	67.77%
0:38:58	Caspian James	1	67.74%
0:39:06	Stephen Clow	1	67.53%
0:39:17	Jack Hallybone	1	67.20%
0:41:53	Adrian Field	1	63.03%
0:42:31	Dave Walker	1	62.09%
0:47:22	Jonny Herron	1	55.74%
0:47:55	Saul Duck	1	55.10%
0:48:54	Matt Lavers	1	53.98%

Race 6 3.12.23 Victory 5ml

Ladies' MAIN Grand Prix				
RACE Pos	Gun Time	Name	Points	Perf %
4	0:30:50	Sarah Gurney	13	77.30%
8	0:31:48	Sarah Shedden	12	74.95%
23	0:35:00	Caroline Carr	11	68.10%
141	0:49:31	Fiona Bolton	10	48.13%
148	0:51:01	Gill Goodwin	9	46.72%
Men's MAIN Grand Prix				
15	0:27:14	George Belfield	13	77.36%
23	0:27:28	Richard Bidgood	12	76.70%
51	0:29:55	Alex Whiting	11	70.42%
55	0:30:11	Nick Davies	10	69.80%
56	0:30:14	John Reed	9	69.68%
74	0:31:21	Rob Carter	8	67.20%
80	0:31:43	Pete Curtis	7	66.42%
94	0:32:29	Paul Horler	6	64.85%
114	0:33:25	Colin McManus	5	63.04%
143	0:34:58	Alan Tulip	4	60.25%
168	0:36:17	Saul Duck	3	58.06%
179	0:37:17	Jonathan Herron	2	56.50%
188	0:37:57	John Mills	1	55.51%
192	0:38:09	Steve Goodwin	1	55.22%
208	0:39:16	Dave Walker	1	53.65%

Ladies' AGE - ADJUSTED Grand Prix			
Age-adj. Gun Time	Name	Points	Age-Perf %
0:26:42	Sarah Gurney	13	89.25%
0:28:48	Sarah Shedden	12	82.78%
0:31:21	Caroline Carr	11	76.02%
0:34:37	Gill Goodwin	10	68.84%
0:42:24	Fiona Bolton	9	56.22%
Men's AGE - ADJUSTED Grand Prix			
0:25:08	Richard Bidgood	13	83.83%
0:26:36	Alan Tulip	12	79.20%
0:26:51	Paul Horler	11	78.44%
0:27:04	Rob Carter	10	77.82%
0:27:11	George Belfield	9	77.50%
0:28:05	Pete Curtis	8	75.01%
0:28:28	Steve Goodwin	7	74.02%
0:28:43	Nick Davies	6	73.35%
0:29:55	Alex Whiting	5	70.42%
0:29:59	John Mills	4	70.26%
0:30:14	John Reed	3	69.68%
0:31:04	Colin McManus	2	67.82%
0:31:20	Saul Duck	1	67.24%
0:33:03	Dave Walker	1	63.76%
0:37:17	Jonathan Herron	1	56.50%

Race 5 19.11.23 Gosport Half Marathon

Ladies' MAIN Grand Prix				
RACE Pos	Gun Time	Name	Points	Perf %
6	1:29:15	Sarah Gurney	13	72.29%
12	1:31:57	Sarah Shedden	12	70.17%
123	1:56:50	Laura Whiting	11	55.22%
283	2:16:17	Carrie Oliver	10	47.34%
Men's MAIN Grand Prix				
75	1:23:56	Justin Corrie	13	69.12%
76	1:23:57	Dave Gaskell	12	69.11%
79	1:24:04	Alex Whiting	11	69.01%
118	1:27:21	Nick Davies	10	66.42%
119	1:27:25	John Reed	9	66.37%
128	1:28:11	Dan Hoare	8	65.79%
167	1:30:53	William Hadley	7	63.84%
206	1:33:44	Pete Curtis	6	61.89%
233	1:36:02	Colin McManus	5	60.42%
293	1:40:06	Rick Munro	4	57.96%
326	1:41:40	Steve Oliver	3	57.07%
373	1:44:30	Saul Duck	2	55.52%
449	1:49:02	Dave Walker	1	53.21%

Ladies' AGE - ADJUSTED Grand Prix			
Age-adj. Gun Time	Name	Points	Age-Perf %
1:17:00	Sarah Gurney	13	83.80%
1:23:08	Sarah Shedden	12	77.60%
1:43:24	Carrie Oliver	11	62.40%
1:56:50	Laura Whiting	10	55.22%
Men's AGE - ADJUSTED Grand Prix			
1:13:35	Justin Corrie	13	78.84%
1:19:22	Dan Hoare	12	73.10%
1:20:26	Steve Oliver	11	72.13%
1:21:24	Dave Gaskell	10	71.28%
1:22:30	William Hadley	9	70.32%
1:23:38	Pete Curtis	8	69.37%
1:24:03	Nick Davies	7	69.02%
1:24:04	Alex Whiting	6	69.01%
1:24:39	Rick Munro	5	68.54%
1:27:25	John Reed	4	66.37%
1:30:10	Colin McManus	3	64.35%
1:30:48	Saul Duck	2	63.90%
1:31:55	Stephen Clow	1	63.12%

506	1:52:51	Stephen Clow	1	51.41%
653	2:04:49	Adrian Field	1	46.48%

1:32:12	Dave Walker	1	62.92%
1:41:39	Adrian Field	1	57.08%

Race 4 5.11.23					Hayling 10ml			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
2	1:06:31	Sarah Gurney	13	73.67%	0:57:22	Sarah Gurney	13	85.41%
3	1:06:37	Sarah Shedden	12	73.56%	1:00:10	Sarah Shedden	12	81.43%
66	1:33:24	Jackie Ducker	11	52.46%	1:16:31	Gill Goodwin	11	64.05%
115	1:54:31	Gill Goodwin	10	42.79%	1:16:44	Jackie Ducker	10	63.85%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
7	1:00:09	Justin Corrie	13	72.73%	0:52:40	Justin Corrie	13	83.08%
15	1:02:21	John Reed	12	70.17%	0:56:35	Alan Tulip	12	77.31%
48	1:07:36	William Hadley	11	64.72%	1:01:16	William Hadley	11	71.42%
62	1:09:51	Pete Curtis	10	62.63%	1:01:49	Steve Goodwin	10	70.78%
97	1:14:13	Rick Munro	9	58.95%	1:02:14	Pete Curtis	9	70.30%
99	1:14:26	Alan Tulip	8	58.78%	1:02:21	John Reed	8	70.17%
137	1:20:02	Saul Duck	7	54.66%	1:02:42	Rick Munro	7	69.78%
139	1:20:14	John Mills	6	54.53%	1:03:28	John Mills	6	68.94%
144	1:21:52	Dave Walker	5	53.44%	1:09:10	Dave Walker	5	63.26%
146	1:22:07	Steve Goodwin	4	53.28%	1:09:27	Saul Duck	4	62.99%

Race 3 29.10.23					New Forest 10ml			
RACE WAS CANCELLED								

Race 2 1.10.23					Solent Half Marathon			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
4	1:32:07	Sarah Gurney	13	70.04%	1:19:28	Sarah Gurney	13	81.18%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
4	1:16:25	George Belfield	13	75.92%	1:11:52	Justin Corrie	13	80.74%
11	1:21:58	Justin Corrie	12	70.78%	1:16:25	George Belfield	12	75.92%
21	1:26:08	John Reed	11	67.36%	1:24:25	Steve Goodwin	11	68.73%
51	1:34:47	Matt Grote	10	61.21%	1:24:34	Matt Grote	10	68.61%
89	1:42:54	Rick Munro	9	56.38%	1:26:08	John Reed	9	67.36%
114	1:50:07	Saul Duck	8	52.69%	1:27:01	Rick Munro	8	66.68%
118	1:50:43	Dave Walker	7	52.40%	1:33:37	Dave Walker	7	61.97%
126	1:52:13	Steve Goodwin	6	51.70%	1:35:41	Saul Duck	6	60.64%

Race 1 3.9.23					Overton 5ml			
Ladies' MAIN Grand Prix					Ladies' AGE - ADJUSTED Grand Prix			
HRRL Pos	Gun Time	Name	Points	Perf %	Age-adj. Gun Time	Name	Points	Age-Perf %
5	0:32:29	Sarah Gurney	13	73.37%	0:28:08	Sarah Gurney	13	84.71%
14	0:36:01	Vanessa Monteleone	12	66.17%	0:32:08	Melissa Callister	12	74.15%
22	0:37:14	Sarah Witt	11	64.01%	0:33:21	Sarah Witt	11	71.46%
23	0:37:25	Caroline Carr	10	63.70%	0:33:31	Caroline Carr	10	71.11%
37	0:39:50	Melissa Callister	9	59.83%	0:35:42	Vanessa Monteleone	9	66.75%
148	0:59:06	Gill Goodwin	8	40.33%	0:40:06	Gill Goodwin	8	59.43%
Men's MAIN Grand Prix					Men's AGE - ADJUSTED Grand Prix			
8	0:27:26	George Belfield	13	76.79%	0:26:22	Nick Wood	13	79.92%
20	0:29:17	Nick Wood	12	71.94%	0:27:25	George Belfield	12	76.83%
21	0:29:38	Dave Gaskell	11	71.09%	0:27:41	Martyn West	11	76.08%
26	0:30:11	John Reed	10	69.80%	0:28:25	Dave Gaskell	10	74.13%
48	0:31:52	Alex Whiting	9	66.11%	0:28:41	Alan Tulip	9	73.46%
84	0:34:30	Pete Curtis	8	61.06%	0:29:29	Steve Goodwin	8	71.45%
95	0:35:14	Andy Parkinson	7	59.79%	0:30:10	Andy Parkinson	7	69.83%
124	0:37:30	Martyn West	6	56.18%	0:30:11	John Reed	6	69.80%
132	0:37:42	Alan Tulip	5	55.88%	0:30:33	Pete Curtis	5	68.96%
139	0:38:17	Ric Pike	4	55.03%	0:31:52	Alex Whiting	4	66.11%
143	0:38:47	Saul Duck	3	54.32%	0:31:56	Ric Pike	3	65.97%
148	0:39:08	Steve Goodwin	2	53.83%	0:32:21	John Mills	2	65.11%
162	0:40:00	Dave Walker	1	52.67%	0:33:29	Saul Duck	1	62.91%
169	0:40:57	John Mills	1	51.44%	0:33:40	Dave Walker	1	62.59%