

Forth Valley Orienteers  
Sprint Series 2023  
Long Course

Pos	Name	Age Class	Club	King's Park	Denny	Dunblane	Broomridge	Linthgow	Dollar	Grangemouth	Cambusbarron	King's Park	Denny	Dunblane	Broomridge	Linthgow	Dollar	Grangemouth	Cambusbarron	Max 1	Max 2	Max 3	Max 4	Max 5	No of Events	Total	
	Will Hensman	M40	FVO		23.37	21.10	19.11	17.44					100	92	100	100					100	100	100	92		4	392
	Patrick Low	M21	IND	27.12	31.37	25.16	22.12	22.06				76	75	77	86	78					86	78	77	76	75	5	392
	Ross White	M21	STAG	28.06		22.41	19.55	18.44				73		87	98	93				98	93	87	73		4	351	
	Jonathan Molloy	M55	FVO	27.34	36.24	36.03	25.09	22.50				75	64	54	76	76				76	76	75	64	54	5	345	
	Alison Campbell	W21	STAG	26.22		27.52	24.28	21.58				78		71	79	79				79	79	78	71		4	307	
	Rachel Kirkland	W50	FVO		30.09	29.11	24.04	25.06					78	67	79	68				79	78	68	67		4	292	
	John Heaton	M45	FVO	28.40	31.25		24.18	26.05				72	75		79	66				79	75	72	66		4	292	
	Heather Thomson	W45	FVO	29.30	30.30	28.21		26.21				70	77	69		65				77	70	69	65		4	281	
	Rob Truswell	M45	FVO	29.50	35.45		28.40	25.42				70	66		67	67				70	67	67	66		4	270	
	Lucas Whitworth	M14	FVO	30.58		32.52	30.28	25.05				67		60	63	68				68	67	63	60		5	258	
	Paul Hammond	M45	FVO	23.50		24.39	22.30					87		80	86					87	86	80			3	253	
	Rhys Stanwix	M55	FVO	31.46	39.18		29.24	29.33				65	60		65	58				65	65	60	58		4	248	
	Peter Owen	M16	FVO		29.25	27.56	24.55						80	71	78					80	78	71			3	229	
	Vernon Gayle	M55	FVO	40.30	45.38	MP	34.24	28.39				51	51	0	56	60				60	56	51	51	0	5	218	
	James Edward	M12	FVO	58.48	55.40	49.24	48.44	34.47				35	42	40	39	50				50	42	40	39	35	5	206	
	Alexander Hunt	M14	FVO			31.16	27.36	24.26						62	70	71				71	70	62			3	203	
	Alasdair McLeod	M21	FVO	20.55	PLAN							100	100							100	100				2	200	
	James Hammond	M18	FVO	21.04				PLAN				98				100				100	98				2	198	
	Andrew Twigg	M18	FVO	29.17	33.02	34.22						70	71	57						71	70	57			3	198	
	Mark Johnston	M50	FVO				20.34	19.03							94	90				94	90				2	184	
	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	
	Dominic Edward	M40	FVO				24.04	21.27							79	81				81	79				2	160	
	James Trott	M21	IND	27.55		23.58						75		82						82	75				2	157	
	Ben Stansfield	M55	FVO				22.46	24.24							85	71				85	71				2	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	
	Ted Finch	M70	FVO	40.58		41.32		34.24				50		47		50				50	50	47			3	147	
	Neil Conway	M55	AIRE	30.21				26.17				68				65				68	65				2	133	
	Cathy Tilbrook	W55	FVO	34.28			26.12					60			73					73	60				2	133	
	Andy Johns	M50	FVO	32.10		31.56						64		62						64	62				2	126	
	Josie Stansfield	W50	FVO			33.57	29.41	MP						58	65	0				65	58	0			3	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	
	Dave Coustick	M75	FVO	43.23		42.47						48		46						48	46				2	94	
	Geoffrey Hensman	M75	FVO	41.40			43.01					50			44					50	44				2	94	

Dan Weaver	M21	UBOC			19.45
Lizzie Stansfield	W21	EUOC		23.35	
Alistair Black	M21	ESOC	26.38		
Patrick Lang	M21	STUOC		26.10	
Bryony McLeod	W21	FVO	28.56		
Hazel Dean	W60	FVO	29.03		
Simon Hunt	M55	FVO	31.03		
Alison Cunningham	W60	FVO		30.42	
Dan Graves	M21	CLYDE		32.27	
Louise Longhurst	W55	FVO	40.34		
Jen Leonard	W50	FVO	42.24		
Pascal Lardet	M55	FVO	44.40		
Steve Ewens	M65	FVO	40.59		
Kate Boshier	W21	UBOC			35.06
Clare Martin	W60	FVO		41.05	
Maire Convery	W55	TAY		41.57	
Paul Tamosaitis	M35	IND		43.01	
Rory Percival	M55	TAY		49.28	
Kirsty Ryman	W21	CLYDE		RTD	

					88
				82	
			74		
				73	
72					
71					
66					
			64		
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			58		
			55		
			53		
50					
					49
			47		
			47		
			45		
			39		
			0		

88	1	88
82	1	82
74	1	74
73	1	73
72	1	72
71	1	71
66	1	66
64	1	64
60	1	60
58	1	58
55	1	55
53	1	53
50	1	50
49	1	49
47	1	47
47	1	47
45	1	45
39	1	39
0	1	0
		0

Forth Valley Orienteers  
Sprint Series 2023  
Short Course

Pos	Name	Age Class	Club	2023								2022								Max 1	Max 2	Max 3	Max 4	Max 5	No of Events	Total									
				King's Park	Denny	Dunblane	Broomridge	Lilnithgow	Dollar	Grangemouth	Cambusbarron	King's Park	Denny	Dunblane	Broomridge	Lilnithgow	Dollar	Grangemouth	Cambusbarron																
	Matthew Inman	M14	FVO	16.16	21.08	17.47	15.02	15.13										88	91	100	88	93						100	93	91	88	88	5	372	
	Scarlett Kelly	W16	FVO	16.47	19.13	17.57	15.42	16.29										87	100	99	86	86							100	99	87	86	86	5	372
	Rebecca Hammond	W16	FVO	16.39	22.30	20.14	15.48	16.45										87	86	87	86	85							87	87	86	86	85	5	346
	Esme Kelly	W14	FVO	16.31	21.46	21.21	17.13	17.34										88	89	82	77	81							89	88	82	81	77	5	340
	Simon Finch	M40	FVO	21.29	25.51	22.52	PLAN	20.32										67	75	78	100	69						100	78	75	69	67	5	322	
	Kirstin Maxwell	W21	RR	14.28			14.23	15.22										100			93	92						100	93	92			3	285	
	Heather Low	W21	MAROC	20.41	25.44	25.38	19.54	21.40										70	75	69	68	66						75	70	69	68	66	5	282	
	Eilidh Connor	W14	FVO	18.47	24.46		20.03	24.03										77	78		66	58						78	77	66	58		4	279	
	Laura Hendrie	W21	FVO			19.44	16.16	17.18												90	82	82						90	82	82			3	254	
	Lucas Baikie	M12	FVO	21.08	32.59	25.34	23.10	24.15										68	59	69	57	58						69	68	59	58	57	5	254	
	Leslie Dalgleish	M70	ESOC		30.38	26.28	21.19	23.21											63	66	62	60						66	63	62	60		4	251	
	Lucy Hensman	W18	FVO	PLAN	26.01	23.38												100	74	75								100	75	74			3	249	
	Brad Connor	M50	FVO	18.58	25.00	18.50												77	76	94								94	77	76			3	247	
	Margaret Dalgleish	W70	ESOC		28.56	27.59	23.52	25.58											67	63	56	55						67	63	56	55		4	241	
	Caroline Clarke	W45	FVO	24.25		32.23	22.24	27.19										59		54	60	52						59	60	54	52		4	225	
	Hanna Brindley	W14	FVO		29.35		17.50	18.19											65		76	77						77	76	65			3	218	
	Kate Kilpatrick	W50	FVO	28.12		31.56	29.23	31.39										51		55	45	45						55	51	45	45		4	196	
	Roger Goddard	M45	FVO				13.24	15.40													100	91						100	91				2	191	
	Fiona Hendrie	W60	FVO			26.53	21.58	22.15												66	61	63						66	63	61			3	190	
	Dawn Goddard	W55	FVO		28.19		22.00	22.55											68		60	62						68	62	60			3	190	
	Sue Burnes	W65	FVO	22.34	35.13	28.37												64	55	62							64	62	55			3	181		
	Steve Scott	M55	FVO	33.03	45.39	42.22	34.48	30.19										43	42	41	38	46					46	43	42	41	38	5	172		
	Val Finch	W70	FVO	32.48	45.26	44.39	36.54	36.43										44	42	39	36	39					44	42	39	39	36	5	164		
	Aalya Tijhuis	W12	FVO	29.13	55.23	29.29												49	34	60							60	49	34			3	143		
	Charles Gunn-Russell	M21	ESOC				19.12	23.43													69	60						69	60				2	129	
	Emma Trott	W21	IND	23.01		29.00												62		60							62	60				2	122		
	Sophie Edward	W10	FVO	43.16	52.37	37.14												33	37	47							47	37	33			3	117		
	Jamie Tijhuis	W10	FVO	37.12	47.03	55.00												38	41	31							41	38	31			3	110		
	Ross McLennan	M45	FVO					14.03													100							100					1	100	
	Katie Hensman	W16	FVO	PLAN														100										100					1	100	
	Kenny Gunn-Russell	M65	ESOC				28.15	28.23													47	50					50	47				2	97		
	Kirsty Flint	W18	FVO	33.27			30.32											43			44						44	43				2	87		
	Peter Owen	M16	FVO	16.48														87									87					1	87		
	Alexander Hunt	M14	FVO	17.27														83									83					1	83		
	Heather Fellbaum	W60	FVO			21.15														83							83					1	83		
	Robert Neil	M65	FVO	19.00														75									75					1	75		
	Lizzie Horsler	W20	STUOC				18.06														73						73					1	73		
	Vicky Thornton	W60	FVO			24.12														72							72					1	72		
	Marcella McLennan	W75	TINTO				36.04	45.14													37	31					37	31			2	68			
	Jen Leonard	W50	FVO			27.51														64							64					1	64		



