

## LONGWOOD HARRIERS - CASTLE HILL AND POINT-TO-POINT RACES 2023

Under 11's Race (Appx. 1 mile)		<i>Course record: 7.28 (Megan Hughes 2016)</i>	
Position	Name	Actual time	Run as a straight race without handicaps
1	Emily Hardcastle	9:01	
2	Elsie Timmins	9:09	
3	Beatrix Duggan	9:11	
Under 16's Race (Appx. 2 miles)		<i>Course record: 12.12 (Luke White 2014)</i>	
Position	Name	Actual time	Run as a straight race without handicaps
1	Gracie Timmins	17:02	
2	Olivia Miller	18:16	

### Trophies and Medals (u16 race)

Boys		Girls	
1 <sup>st</sup>	None	1 <sup>st</sup>	Gracie (Trophy winner)**
2 <sup>nd</sup>		2 <sup>nd</sup>	Olivia Miller
3 <sup>rd</sup>		3 <sup>rd</sup>	--
Boys fastest time	None	**Girls fastest time	Gracie Timmins 17:02

*(Seniors next page)*

Spartan numbers and for the first time ever that we can remember, we had no boys in the u16s race. We ran the races without handicaps as all were going to win something. Those who took part ran well and all went home with medals or a trophy.

## LONGWOOD HARRIERS - CASTLE HILL AND POINT-TO-POINT RACES 2023

SENIOR RACE – Men (Appx. 6 miles) (includes 16-17 yrs with parental consent)		<i>Course Records:</i> Male – 23:38 David Topham 1981 Female – 34:16 Lyndsey Roberts 2018		
Position	Name	Handicap Time	Handicap	Actual Time
1	Simon Parkinson	42.44	7.00	35.44*
2	Rob Unwin	41.55	4.30	37.25
3	Alex Whitehead	45.46	7.15	38.31
4	Owen Whitehead	46.15	5.00	41.15
5	Adam Taylor	46.53	4.00	42.53
6	Lyndsey Roberts	48.37	2.00	46.37
7	Ian Mitchell	50.15	0.00	50.15
*Fastest Time				
Conditions: Drizzle, wet underfoot. Rain in last mile				