

TVXC League: Detailed Results 'Handy Cross 2023/24' - 21st January 2024.

Results in bold contribute towards the team score.

Category: M = Male, F = Female, S = Senior, V = Vet, K = No Club Kit, G = Guest.

[For up to date results please check the TVXC website](#)

| Pos | Time | Club | Runner | Cat | M Score | F Score |
|------------|-----------------|------------|-----------------------|-----------|-----------|----------|
| 5 | 00:35:02 | MAC | Adam Bennett | MS | 4 | - |
| 9 | 00:36:09 | MAC | Craig West | MV | 8 | - |
| 11 | 00:36:16 | MAC | Tom O'Beirne | MS | 10 | - |
| 12 | 00:36:18 | MAC | Steve Francis | MV | 11 | - |
| 17 | 00:36:58 | MAC | Laurence Miles | MV | 16 | - |
| 22 | 00:38:10 | MAC | Alex Miller | MV | 21 | - |
| 24 | 00:38:28 | MAC | Abbie Jones | FS | - | 1 |
| 25 | 00:38:48 | MAC | John-Paul Murphy | MV | 23 | - |
| 27 | 00:39:06 | MAC | Elliot Jones | MS | 25 | - |
| 42 | 00:40:29 | MAC | Steph James | FV | - | 3 |
| 44 | 00:40:57 | MAC | Frances Sille | FV | - | 4 |
| 75 | 00:43:52 | MAC | Greg Marsh | MV | 66 | - |
| 83 | 00:44:37 | MAC | Mark Smith | MV | 74 | - |
| 87 | 00:44:50 | MAC | Nick Sille | MV | 78 | - |
| 91 | 00:45:20 | MAC | Josh Pope | MS | 82 | - |
| 92 | 00:45:26 | MAC | Richard Davies | MV | 83 | - |
| 98 | 00:45:56 | MAC | Anthony Hall | MV | 87 | - |
| 100 | 00:46:01 | MAC | Sarah Simms | FV | - | 9 |
| 104 | 00:46:20 | MAC | Ed Dimmock | MV | 92 | - |
| 119 | 00:47:29 | MAC | Jonathan Oliver | MV | 103 | - |
| 128 | 00:48:21 | MAC | Graham Matthews | MV | 109 | - |
| 130 | 00:48:27 | MAC | Dennis Murphy | MV | 111 | - |
| 134 | 00:48:43 | MAC | Heather Smith | FV | - | 16 |
| 138 | 00:48:54 | MAC | Chris Ellis | MV | 116 | - |
| 140 | 00:48:58 | MAC | Cian Shaffrey | MV | 117 | - |
| 148 | 00:49:24 | MAC | Kate Wheeler | FV | - | 21 |
| 149 | 00:49:26 | MAC | Beryl Nyerere | FV | - | 22 |
| 152 | 00:49:57 | MAC | Paul Thomas | MV | 125 | - |
| 157 | 00:50:04 | MAC | Jonny Inglis | MS | 129 | - |
| 158 | 00:50:10 | MAC | Amanda Keen | FS | - | 24 |
| 160 | 00:50:31 | MAC | Rob Hawkins | MV | 131 | - |
| 161 | 00:50:33 | MAC | Caroline Shrimpton | FV | - | 25 |
| 171 | 00:51:38 | MAC | Clare Rowles | FV | - | 29 |
| 187 | 00:52:48 | MAC | Colin Broadbent | MV | 148 | - |
| 189 | 00:53:04 | MAC | Sam Warren | FV | - | 36 |
| 195 | 00:53:18 | MAC | Nicola Davies | FV | - | 40 |
| 198 | 00:53:28 | MAC | Sayeed Islam | MV | 153 | - |
| 208 | 00:54:28 | MAC | Chris Lewington | MV | 159 | - |
| 209 | 00:54:29 | MAC | Derek Philip-Xu | MV | 160 | - |
| 214 | 00:54:47 | MAC | Sarah Brown | FV | - | 45 |
| 226 | 00:57:12 | MAC | David Fitzgerald | MV | 171 | - |
| 231 | 00:57:51 | MAC | Peter Oldham | MV | 174 | - |
| 232 | 00:57:52 | MAC | Laura Frewin | FV | - | 52 |
| 281 | 01:04:52 | MAC | Marika Karavan | FV | - | 77 |
| 293 | 01:10:22 | MAC | Rosie Ellis | FV | - | 86 |