

os.	Name	Time	1(159) 14(158)	2(161) F	3(162)	4(163)	5(164)	6(165)	7(167)	8(168)	9(169)	10(171)	11(172)	12(173)	13(174)
<b>Long (13)</b>															
			<b>4.6 km 280 m</b>			<b>14 C</b>			<b>Long</b>						
<b>1</b>	<b>Drew Tivendale</b> <b>MAROC</b>	<b>58:20</b>	4:21 4:21 <b>56:05</b> <b>1:32</b>	12:46 8:25 <b>58:20</b> 2:15	22:35 9:49	25:42 <b>3:07</b>	29:57 4:15	35:31 5:34	<b>40:42</b> <b>5:11</b>	<b>43:08</b> <b>2:26</b>	<b>44:26</b> <b>1:18</b>	<b>46:27</b> <b>2:01</b>	<b>48:57</b> <b>2:30</b>	51:22 2:25	54:33 3:11
<b>2</b>	<b>Jennifer Ricketts</b> <b>MAROC</b>	<b>65:18</b>	5:37 5:37 63:03 2:12	13:16 7:39 65:18 2:15	22:07 8:51	25:47 3:40	29:38 <b>3:51</b>	33:37 3:59	43:23 9:46	48:58 5:35	50:18 1:20	52:35 2:17	55:29 2:54	57:49 <b>2:20</b>	60:51 <b>3:02</b>
<b>3</b>	<b>Robert Hickling</b> <b>GRAMP</b>	<b>69:00</b>	7:15 7:15 66:39 2:20	11:41 4:26 69:00 2:21	23:01 11:20	27:29 4:28	32:55 5:26	37:57 5:02	43:34 5:37	46:48 3:14	48:41 1:53	53:07 4:26	57:07 4:00	60:20 3:13	64:19 3:59
<b>4</b>	<b>Donald Kerridge</b> <b>MAROC</b>	<b>69:48</b>	13:25 13:25 67:45 2:35	17:16 3:51 69:48 <b>2:03</b>	26:52 9:36	30:56 4:04	35:17 4:21	39:09 <b>3:52</b>	46:49 7:40	50:23 3:34	52:11 1:48	54:47 2:36	58:24 3:37	61:00 2:36	65:10 4:10
<b>5</b>	<b>Gareth Yardley</b> <b>GRAMP</b>	<b>72:04</b>	8:20 8:20 69:16 2:41	13:08 4:48 72:04 2:48	24:36 11:28	28:29 3:53	33:32 5:03	38:22 4:50	47:32 9:10	51:11 3:39	53:19 2:08	55:53 2:34	59:45 3:52	62:22 2:37	66:35 4:13
<b>6</b>	<b>Ian Hamilton</b> <b>GRAMP</b>	<b>74:21</b>	6:33 6:33 71:10 2:38	11:02 4:29 74:21 3:11	27:51 16:49	31:14 3:23	36:57 5:43	43:00 6:03	48:38 5:38	52:21 3:43	54:17 1:56	57:31 3:14	60:53 3:22	63:50 2:57	68:32 4:42
<b>7</b>	<b>Martin Young</b>	<b>75:09</b>	6:18 6:18 72:35 2:37	10:47 4:29 75:09 2:34	20:11 9:24	26:36 6:25	31:29 4:53	38:36 7:07	44:24 5:48	48:18 3:54	54:44 6:26	58:15 3:31	61:23 3:08	65:26 4:03	69:58 4:32
<b>8</b>	<b>David Hirst</b> <b>MAROC</b>	<b>79:12</b>	7:19 7:19 76:25 2:17	13:16 5:57 79:12 2:47	28:32 15:16	32:55 4:23	38:04 5:09	43:50 5:46	55:42 11:52	59:54 4:12	61:37 1:43	64:24 2:47	67:45 3:21	70:36 2:51	74:08 3:32
<b>9</b>	<b>Evgueni Chepelin</b> <b>GRAMP</b>	<b>86:56</b>	8:19 8:19 83:31 3:32	13:49 5:30 86:56 3:25	24:17 10:28	29:04 4:47 4:43 *160	38:14 9:10	43:28 5:14	53:51 10:23	57:51 4:00	59:46 1:55	63:59 4:13	68:43 4:44	72:19 3:36	79:59 7:40
	<b>Jonathan Musgrav</b> <b>MAROC</b>	<b>mp</b>	----- 46:01 1:56	6:30 48:31 2:30	14:28 7:58	16:59 2:31 3:11 *160	20:31 3:32	23:36 3:05	27:31 3:55	29:43 2:12	30:51 1:08	32:47 1:56	37:36 4:49	40:03 2:27	44:05 4:02
	<b>Ross McMurtrie</b> <b>MAROC</b>	<b>mp</b>	<b>3:51</b> <b>3:51</b> 54:25 2:06	<b>7:34</b> <b>3:43</b> 56:27 2:02	<b>15:41</b> <b>8:07</b> 32:19 *166	<b>21:58</b> 6:17	<b>27:00</b> 5:02	----- 10:38	37:38 3:35	41:13 3:35	42:51 1:38	45:13 2:22	47:32 2:19	49:34 2:02	52:19 2:45
	<b>Sarah Dunn</b> <b>MAROC</b>	<b>mp</b>	----- 66:59 1:59	11:46 69:37 2:38	23:04 11:18	27:05 4:01 3:22 *160	32:18 5:13	36:52 4:34	46:47 9:55	51:05 4:18	52:24 1:19	54:59 2:35	58:44 3:45	61:33 2:49	65:00 3:27
	<b>John Mason</b> <b>MAROC</b>	<b>mp</b>	----- 77:20 2:37	9:05 80:05 2:45	20:14 11:09	26:49 6:35 5:14 *160	32:01 5:12	38:54 6:53	47:32 8:38	52:03 4:31	53:54 1:51	60:14 6:20	66:57 6:43	70:22 3:25	74:43 4:21
<b>Short (25)</b>															
			<b>3.3 km 220 m</b>			<b>9 C</b>			<b>Short</b>						
<b>1</b>	<b>Trevor Ricketts</b> <b>MAROC</b>	<b>45:40</b>	3:14 3:14	17:36 14:22	22:03 4:27	23:11 1:08	<b>28:38</b> 5:27	<b>32:34</b> 3:56	<b>34:32</b> <b>1:58</b>	<b>39:03</b> 4:31	<b>43:02</b> 3:59	<b>45:40</b> 2:38			
<b>2</b>	<b>Andy Tivendale</b> <b>MAROC</b>	<b>46:46</b>	<b>3:11</b> <b>3:11</b>	18:33 15:22	24:20 5:47	25:00 0:40	29:43 4:43	33:57 4:14	36:04 2:07	40:21 4:17	43:25 3:04	46:46 3:21			
<b>3</b>	<b>Abigail Mason</b> <b>MAROC</b>	<b>48:44</b>	4:53 4:53	19:10 14:17	23:20 4:10	23:59 <b>0:39</b>	32:47 8:48	36:45 3:58	38:55 2:10	43:22 4:27	45:54 2:32	48:44 2:50			

os.	Name	Time	1(160)	2(162)	3(165)	4(166)	5(167)	6(168)	7(170)	8(174)	9(158)	F
<b>Short (25)</b>												
			<b>3.3 km 220 m 9 C Short</b>									
<b>4</b>	<b>Chris Low</b>	<b>50:34</b>	3:35	24:04	27:41	28:38	35:29	38:35	40:36	45:24	47:48	50:34
	MAROC		3:35	20:29	<b>3:37</b>	0:57	6:51	<b>3:06</b>	2:01	4:48	2:24	2:46
<b>5</b>	<b>Hazel Wright</b>	<b>51:16</b>	4:11	21:10	25:37	26:22	33:49	38:22	41:21	46:13	48:16	51:16
	MAROC		4:11	16:59	4:27	0:45	7:27	4:33	2:59	4:52	<b>2:03</b>	3:00
<b>6</b>	<b>Keith Roberts</b>	<b>53:13</b>	5:00	22:48	28:00	28:47	34:32	39:20	41:36	47:24	49:56	53:13
	MAROC		5:00	17:48	5:12	0:47	5:45	4:48	2:16	5:48	2:32	3:17
<b>7</b>	<b>Daniel Skinner</b>	<b>54:51</b>	5:44	23:28	29:20	30:26	36:23	40:21	43:10	48:17	51:49	54:51
	MAROC		5:44	17:44	5:52	1:06	5:57	3:58	2:49	5:07	3:32	3:02
<b>8</b>	<b>Joe Wright</b>	<b>55:20</b>	8:21	24:36	30:29	32:20	36:28	39:37	45:48	49:43	52:52	55:20
	MAROC		8:21	16:15	5:53	1:51	<b>4:08</b>	3:09	6:11	<b>3:55</b>	3:09	<b>2:28</b>
<b>9</b>	<b>Jake Chapman</b>	<b>58:47</b>	3:30	<b>15:39</b>	<b>19:42</b>	<b>20:37</b>	32:20	37:40	42:35	49:49	53:54	58:47
	MAROC		3:30	<b>12:09</b>	4:03	0:55	11:43	5:20	4:55	7:14	4:05	4:53
<b>10</b>	<b>Lesley Gomersall</b>	<b>58:55</b>	5:33	22:18	28:38	29:42	39:09	43:10	46:07	52:24	55:28	58:55
	GRAMP		5:33	16:45	6:20	1:04	9:27	4:01	2:57	6:17	3:04	3:27
<b>11</b>	<b>Alistair Chapman</b>	<b>59:26</b>	6:42	22:08	28:55	29:55	40:28	45:44	49:01	53:37	56:07	59:26
	MAROC		6:42	15:26	6:47	1:00	10:33	5:16	3:17	4:36	2:30	3:19
<b>12</b>	<b>Peter Craig</b>	<b>60:10</b>	6:57	24:11	29:43	31:11	38:36	44:02	46:05	52:46	56:03	60:10
	MAROC		6:57	17:14	5:32	1:28	7:25	5:26	2:03	6:41	3:17	4:07
<b>13</b>	<b>Neil Mclean</b>	<b>61:32</b>	4:08	21:45	27:27	28:31	42:46	47:08	49:20	54:27	57:45	61:32
	GRAMP		4:08	17:37	5:42	1:04	14:15	4:22	2:12	5:07	3:18	3:47
<b>14</b>	<b>Evelyn Mason</b>	<b>66:07</b>	4:14	23:23	30:04	31:15	41:04	46:35	49:45	55:35	61:31	66:07
	MAROC		4:14	19:09	6:41	1:11	9:49	5:31	3:10	5:50	5:56	4:36
<b>15</b>	<b>Neil O'Gorman</b>	<b>73:15</b>	10:27	30:44	38:49	40:32	50:25	56:40	60:23	66:30	69:54	73:15
	TAY		10:27	20:17	8:05	1:43	9:53	6:15	3:43	6:07	3:24	3:21
<b>16</b>	<b>Nicholas Green</b>	<b>75:32</b>	5:24	27:10	32:50	33:52	44:24	51:44	55:35	67:26	71:52	75:32
	INVOC		5:24	21:46	5:40	1:02	10:32	7:20	3:51	11:51	4:26	3:40
<b>17</b>	<b>Rachel Scott</b>	<b>75:56</b>	7:28	26:25	36:27	40:42	50:31	56:59	60:22	67:20	71:49	75:56
	GRAMP		7:28	18:57	10:02	4:15	9:49	6:28	3:23	6:58	4:29	4:07
<b>18</b>	<b>Iain Mcleod</b>	<b>77:52</b>	6:53	24:52	42:27	43:27	52:14	59:38	62:38	70:06	73:54	77:52
	GRAMP		6:53	17:59	17:35	1:00	8:47	7:24	3:00	7:28	3:48	3:58
<b>19</b>	<b>Carolyn Mcleod</b>	<b>77:59</b>	6:56	24:56	42:20	43:21	52:08	59:38	62:41	70:15	73:58	77:59
	GRAMP		6:56	18:00	17:24	1:01	8:47	7:30	3:03	7:34	3:43	4:01
<b>20</b>	<b>David Esson</b>	<b>78:56</b>	4:45	27:16	40:01	41:44	52:17	59:01	62:12	69:45	74:28	78:56
	GRAMP		4:45	22:31	12:45	1:43	10:33	6:44	3:11	7:33	4:43	4:28
<b>21</b>	<b>Phil Campbell</b>	<b>92:31</b>	10:38	32:18	41:29	43:05	51:56	62:43	68:44	76:36	89:10	92:31
	GRAMP		10:38	21:40	9:11	1:36	8:51	10:47	6:01	7:52	12:34	3:21
	<b>John Lang</b>	<b>mp</b>	4:10	17:24	25:21	26:43	-----	34:46	37:29	42:37	45:41	48:31
	GRAMP		4:10	13:14	7:57	1:22	-----	8:03	2:43	5:08	3:04	2:50
	<b>Iain Barraclough</b>	<b>mp</b>	5:37	22:02	28:09	29:12	37:08	41:33	-----	48:49	52:05	54:40
	GRAMP		5:37	16:25	6:07	1:03	7:56	4:25	-----	7:16	3:16	2:35
	<b>Luke Graham</b>	<b>mp</b>	11:42	31:42	37:28	38:54	47:17	53:47	-----	64:50	67:11	70:42
	MAROC		11:42	20:00	5:46	1:26	8:23	6:30	-----	11:03	2:21	3:31
	<b>David Bryant</b>	<b>dnf</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	MAROC											

48:31  
\*169

43:22  
\*169  
57:55  
\*169