Long (15) — 5.1 km 0 m 25 C Long

os.	Name	Time	1(138)	2(139)	3(140)	4(154)	5(155)	6(156)	7(157)	8(158)	9(159)	10(160)	11(161)	12(162)	13(163)
			14(164)	15(165)	16(166)	17(167)	18(168)	19(169)	20(170)	21(171)	22(172)	23(173)	24(174)	25(175)	F
1	**Josh Dudley**	**47:14**	1:05	**3:37**	**4:56**	10:55	12:43	**13:49**	**15:15**	19:05	20:29	21:56	23:20	25:01	**25:27**
	MAROC		1:05	***2:32***	***1:19***	5:59	***1:48***	1:06	***1:26***	3:50	1:24	***1:27***	1:24	1:41	***0:26***
			28:43	**29:49**	**31:21**	**33:21**	**34:55**	**38:45**	39:39	**41:25**	**42:41**	**43:41**	**44:36**	**45:57**	**47:14**
			3:16	***1:06***	***1:32***	***2:00***	***1:34***	3:50	0:54	1:46	***1:16***	1:00	***0:55***	***1:21***	1:17
2	**Sasha Chepelin**	**48:33**	**0:57**	3:38	4:57	11:20	13:13	14:17	16:07	18:47	**20:10**	**21:44**	**23:12**	**24:38**	25:29
	GRAMP		***0:57***	2:41	***1:19***	6:23	1:53	***1:04***	1:50	2:40	1:23	1:34	1:28	***1:26***	0:51
			28:44	30:17	31:58	34:19	36:28	38:47	**39:37**	41:37	43:26	44:25	45:27	47:03	48:33
			3:15	1:33	1:41	2:21	2:09	***2:19***	***0:50***	2:00	1:49	0:59	1:02	1:36	1:30
3	**Jonathan Musgrav**	**49:21**	1:08	4:05	5:33	11:38	13:48	15:00	16:32	19:00	20:20	22:26	23:37	25:29	26:00
	MAROC		1:08	2:57	1:28	6:05	2:10	1:12	1:32	2:28	***1:20***	2:06	1:11	1:52	0:31
			29:20	30:30	32:36	35:10	37:08	40:09	41:19	43:22	44:48	45:40	46:40	48:05	49:21
			3:20	1:10	2:06	2:34	1:58	3:01	1:10	2:03	1:26	***0:52***	1:00	1:25	***1:16***
4	**Sarah Dunn**	**1:01:39**	1:16	4:45	7:12	**9:45**	**12:21**	13:57	16:06	**18:31**	20:48	22:51	24:38	27:05	28:00
	MAROC		1:16	3:29	2:27	***2:33***	2:36	1:36	2:09	2:25	2:17	2:03	1:47	2:27	0:55
			33:13	35:03	38:45	41:36	45:23	49:01	50:47	53:15	55:10	56:34	58:10	1:00:02	1:01:39
			5:13	1:50	3:42	2:51	3:47	3:38	1:46	2:28	1:55	1:24	1:36	1:52	1:37
5	**Sam Gomersall**	**1:08:41**	1:20	4:33	7:57	14:31	16:55	18:35	20:31	22:45	25:12	27:24	29:02	30:59	31:44
	GRAMP		1:20	3:13	3:24	6:34	2:24	1:40	1:56	2:14	2:27	2:12	1:38	1:57	0:45
			35:11	37:49	40:12	44:26	52:17	55:38	57:20	59:54	1:01:45	1:02:59	1:04:46	1:06:44	1:08:41
			3:27	2:38	2:23	4:14	7:51	3:21	1:42	2:34	1:51	1:14	1:47	1:58	1:57
6	**Robert Hickling**	**1:13:55**	2:17	6:22	8:42	16:46	19:38	24:21	26:15	28:32	30:52	32:52	34:32	36:45	37:24
	GRAMP		2:17	4:05	2:20	8:04	2:52	4:43	1:54	2:17	2:20	2:00	1:40	2:13	0:39
			40:57	42:51	49:55	54:03	57:35	1:01:01	1:02:59	1:05:40	1:07:24	1:08:29	1:09:54	1:12:00	1:13:55
			3:33	1:54	7:04	4:08	3:32	3:26	1:58	2:41	1:44	1:05	1:25	2:06	1:55
7	**Rhona Mcmillan**	**1:14:21**	1:15	5:55	7:49	26:46	29:11	30:45	34:45	36:56	39:01	40:45	43:09	45:38	46:45
	MAROC		1:15	4:40	1:54	18:57	2:25	1:34	4:00	***2:11***	2:05	1:44	2:24	2:29	1:07
			49:59	51:48	54:55	57:49	1:00:17	1:03:06	1:04:18	1:06:27	1:08:11	1:09:35	1:10:50	1:12:37	1:14:21
			3:14	1:49	3:07	2:54	2:28	2:49	1:12	2:09	1:44	1:24	1:15	1:47	1:44
8	**Simonas Aruna**	**1:17:41**	1:05	3:48	5:34	30:39	32:32	33:56	36:22	39:25	41:47	43:50	45:36	47:36	48:26
	GRAMP		1:05	2:43	1:46	25:05	1:53	1:24	2:26	3:03	2:22	2:03	1:46	2:00	0:50
			51:43	55:04	56:51	1:00:45	1:03:00	1:05:49	1:06:48	1:09:34	1:11:20	1:12:32	1:14:02	1:16:03	1:17:41
			3:17	3:21	1:47	3:54	2:15	2:49	0:59	2:46	1:46	1:12	1:30	2:01	1:38
9	**Bill + Paul Caffyn**	**1:18:18**	1:29	5:43	8:37	15:56	19:10	21:35	23:40	26:54	28:52	31:22	35:44	38:01	38:38
	GRAMP		1:29	4:14	2:54	7:19	3:14	2:25	2:05	3:14	1:58	2:30	4:22	2:17	0:37
			43:42	45:03	49:24	53:37	56:29	1:01:08	1:02:32	1:05:00	1:11:37	1:13:06	1:14:43	1:16:29	1:18:18
			5:04	1:21	4:21	4:13	2:52	4:39	1:24	2:28	6:37	1:29	1:37	1:46	1:49
10	**Ian Hamilton**	**1:21:29**	1:06	4:18	6:19	17:08	21:16	22:59	26:20	29:15	31:15	33:21	35:05	37:08	37:51
	GRAMP		1:06	3:12	2:01	10:49	4:08	1:43	3:21	2:55	2:00	2:06	1:44	2:03	0:43
			41:32	43:14	49:22	59:09	1:01:35	1:06:21	1:07:31	1:10:55	1:12:52	1:14:10	1:16:27	1:19:26	1:21:29
			3:41	1:42	6:08	9:47	2:26	4:46	1:10	3:24	1:57	1:18	2:17	2:59	2:03
11	**Roger Coombs**	**1:34:11**	1:17	14:32	16:49	26:36	33:11	35:11	40:18	43:28	45:47	48:10	50:15	53:49	54:52
	MAROC		1:17	13:15	2:17	9:47	6:35	2:00	5:07	3:10	2:19	2:23	2:05	3:34	1:03
			1:03:13	1:05:54	1:08:35	1:11:50	1:15:14	1:19:38	1:21:21	1:24:00	1:26:03	1:27:36	1:29:12	1:31:34	1:34:11
			8:21	2:41	2:41	3:15	3:24	4:24	1:43	2:39	2:03	1:33	1:36	2:22	2:37
	Ali Robertson	**mp**	1:01	3:51	5:30	-----	18:21	19:51	21:44	23:46	25:21	27:20	28:54	30:54	31:22
	GRAMP		1:01	2:50	1:39		12:51	1:30	1:53	2:02	1:35	1:59	1:34	2:00	0:28
			34:54	36:18	38:11	40:12	42:53	45:58	47:05	49:35	51:15	52:16	53:17	54:57	56:38
			3:32	1:24	1:53	2:01	2:41	3:05	1:07	2:30	1:40	1:01	1:01	1:40	1:41
	Drew Tivendale	**mp**	1:08	4:11	6:22	12:58	15:30	16:43	19:10	22:55	26:23	28:10	29:14	30:53	31:36
	MAROC		1:08	3:03	2:11	6:36	2:32	1:13	2:27	3:45	3:28	1:47	***1:04***	1:39	0:43
			34:34	36:02	37:34	41:54	44:18	48:25	49:28	51:08	-----	53:48	54:47	56:12	57:26
			2:58	1:28	***1:32***	4:20	2:24	4:07	1:03	***1:40***		2:40	0:59	1:25	1:14
				24:35											
				**96*											
	Hazel Wright	**dnf**	1:41	5:14	8:33	19:02	21:44	23:20	25:23	28:06	31:17	33:06	35:03	37:28	38:14
	MAROC		1:41	3:33	3:19	10:29	2:42	1:36	2:03	2:43	3:11	1:49	1:57	2:25	0:46
			44:39	46:56	48:59	52:38	55:00	59:10	1:01:05	1:11:04	-----	-----	-----	-----	
			6:25	2:17	2:03	3:39	2:22	4:10	1:55	9:59					
				30:00											
				**96*											

os. Name Time

Long (15) — *5.1 km 0 m 25 C Long*

			1(138)	2(139)	3(140)	4(154)	5(155)	6(156)	7(157)	8(158)	9(159)	10(160)	11(161)	12(162)	13(163)
			14(164)	15(165)	16(166)	17(167)	18(168)	19(169)	20(170)	21(171)	22(172)	23(173)	24(174)	25(175)	F
	Martin Young	**dnf**	1:10	8:14	9:51	20:01	22:28	24:24	26:49	29:36	31:21	35:04	37:27	39:39	40:09
	MAROC		1:10	7:04	1:37	10:10	2:27	1:56	2:25	2:47	1:45	3:43	2:23	2:12	0:30
			45:18	48:05	50:11	53:48	57:03	1:00:12	1:02:15	1:12:05	-----	-----	-----	-----	
			5:09	2:47	2:06	3:37	3:15	3:09	2:03	9:50					

Short (24) — 3.0 km 0 m 16 C Short

			1(138)	2(139)	3(140)	4(155)	5(156)	6(157)	7(158)	8(159)	9(160)	10(161)	11(162)	12(163)	13(172)
			14(173)	15(174)	16(175)	F									
1	**Jake Chapman**	**28:23**	1:11	4:38	**6:09**	**7:04**	**8:24**	**10:00**	**12:02**	**14:18**	**16:04**	**17:42**	**19:45**	**20:25**	**22:16**
	MAROC		1:11	3:27	***1:31***	0:55	***1:20***	1:36	***2:02***	2:16	1:46	1:38	2:03	0:40	1:51
			23:54	**25:06**	**26:54**	**28:23**									
			1:38	***1:12***	1:48	1:29									
2	**Joe Wright**	**30:37**	1:11	5:13	6:46	8:17	10:39	12:04	14:22	16:46	18:18	20:02	21:58	22:39	24:29
	MAROC		1:11	4:02	1:33	1:31	2:22	***1:25***	2:18	2:24	***1:32***	1:44	1:56	0:41	1:50
			25:56	27:22	29:10	30:37									
			1:27	1:26	1:48	***1:27***									
3	**Murray Anderson**	**32:36**	1:01	**4:11**	7:15	8:22	11:16	13:51	16:02	18:12	20:06	22:18	24:25	24:54	26:36
	GRAMP		1:01	***3:10***	3:04	1:07	2:54	2:35	2:11	2:10	1:54	2:12	2:07	***0:29***	***1:42***
			27:56	29:24	30:55	32:36									
			1:20	1:28	***1:31***	1:41									
4	**Abigail Mason**	**34:10**	1:20	6:07	7:39	8:48	11:20	13:08	16:36	18:23	20:14	23:11	25:10	26:09	28:08
	MAROC		1:20	4:47	1:32	1:09	2:32	1:48	3:28	***1:47***	1:51	2:57	1:59	0:59	1:59
			29:15	30:38	32:21	34:10									
			1:07	1:23	1:43	1:49									
5	**David Kirk**	**35:28**	1:25	4:38	6:40	9:28	11:11	13:25	17:55	19:47	21:51	23:42	25:34	26:23	28:17
	GRAMP		1:25	3:13	2:02	2:48	1:43	2:14	4:30	1:52	2:04	1:51	1:52	0:49	1:54
			29:33	31:26	33:30	35:28									
			1:16	1:53	2:04	1:58									
6	**Evgueni Chepelin**	**36:40**	1:09	4:57	7:16	8:31	11:15	15:03	18:21	20:14	22:17	24:32	26:56	27:41	29:49
	GRAMP		1:09	3:48	2:19	1:15	2:44	3:48	3:18	1:53	2:03	2:15	2:24	0:45	2:08
			30:58	33:20	35:05	36:40									
			1:09	2:22	1:45	1:35									
7	**Sean O'Sullivan**	**37:12**	1:15	4:25	9:18	11:10	12:48	15:42	19:47	21:37	23:35	25:11	27:01	27:48	29:42
	GRAMP		1:15	***3:10***	4:53	1:52	1:38	2:54	4:05	1:50	1:58	***1:36***	1:50	0:47	1:54
			31:31	33:16	35:15	37:12									
			1:49	1:45	1:59	1:57									
8	**John Lang**	**38:12**	1:17	4:53	9:20	10:49	12:49	15:12	19:42	21:30	23:54	26:59	28:46	29:28	31:20
	GRAMP		1:17	3:36	4:27	1:29	2:00	2:23	4:30	1:48	2:24	3:05	***1:47***	0:42	1:52
			32:32	34:16	36:37	38:12									
			1:12	1:44	2:21	1:35									
9	**Richard Oxlade**	**38:29**	1:26	4:44	7:37	9:09	11:49	13:45	17:56	19:43	21:47	24:38	26:29	27:19	29:02
	GRAMP		1:26	3:18	2:53	1:32	2:40	1:56	4:11	***1:47***	2:04	2:51	1:51	0:50	1:43
			30:37	34:04	36:44	38:29									
			1:35	3:27	2:40	1:45									
10	**Iain Barraclough**	**39:23**	1:28	5:23	8:45	11:05	13:07	18:08	21:13	23:01	25:19	27:22	29:37	30:42	32:42
	GRAMP		1:28	3:55	3:22	2:20	2:02	5:01	3:05	1:48	2:18	2:03	2:15	1:05	2:00
			34:08	35:57	37:48	39:23									
			1:26	1:49	1:51	1:35									
11	**Lesley Gomersall**	**41:04**	1:31	5:44	7:53	10:48	13:11	15:41	18:37	21:04	23:28	26:01	28:47	29:46	32:10
	GRAMP		1:31	4:13	2:09	2:55	2:23	2:30	2:56	2:27	2:24	2:33	2:46	0:59	2:24
			34:01	36:14	39:06	41:04									
			1:51	2:13	2:52	1:58									
12	**Andy Tivendale**	**43:37**	2:43	6:07	8:04	9:16	11:23	13:16	16:10	18:27	26:10	30:50	33:08	34:04	36:14
	MAROC		2:43	3:24	1:57	1:12	2:07	1:53	2:54	2:17	7:43	4:40	2:18	0:56	2:10
			37:38	39:42	41:44	43:37									
			1:24	2:04	2:02	1:53									
13	**Alistair Chapman**	**46:11**	1:16	4:30	7:52	8:43	10:23	15:54	18:13	20:25	22:32	24:34	26:34	27:23	29:12
	MAROC		1:16	3:14	3:22	***0:51***	1:40	5:31	2:19	2:12	2:07	2:02	2:00	0:49	1:49
			33:27	38:13	44:26	46:11									
			4:15	4:46	6:13	1:45									

Short (24) — *3.0 km 0 m 16 C Short*

os.	Name	Time	1(138)	2(139)	3(140)	4(155)	5(156)	6(157)	7(158)	8(159)	9(160)	10(161)	11(162)	12(163)	13(172)
			14(173)	15(174)	16(175)	F									
14	**John Mason**	**46:21**	1:51	8:27	11:42	13:21	15:29	19:57	22:40	25:55	28:26	30:40	33:01	33:37	37:24
	MAROC		1:51	6:36	3:15	1:39	2:08	4:28	2:43	3:15	2:31	2:14	2:21	0:36	3:47
			38:56	40:45	44:00	46:21									
			1:32	1:49	3:15	2:21									
15	**Frances Getliff**	**49:33**	1:38	8:08	11:45	13:46	16:54	19:32	25:29	29:05	32:12	34:41	37:49	38:51	41:16
	MAROC		1:38	6:30	3:37	2:01	3:08	2:38	5:57	3:36	3:07	2:29	3:08	1:02	2:25
			42:57	44:29	47:06	49:33									
			1:41	1:32	2:37	2:27									
16	**Helen Rowlands**	**49:46**	1:48	7:41	12:55	14:17	16:00	20:39	23:39	25:47	29:44	32:38	35:32	36:55	39:40
	GRAMP		1:48	5:53	5:14	1:22	1:43	4:39	3:00	2:08	3:57	2:54	2:54	1:23	2:45
			41:57	44:38	47:31	49:46									
			2:17	2:41	2:53	2:15									
17	**Rosie Getliff**	**49:49**	1:45	7:09	12:39	14:02	16:53	20:27	26:21	30:01	33:17	35:50	38:46	39:41	42:15
	MAROC		1:45	5:24	5:30	1:23	2:51	3:34	5:54	3:40	3:16	2:33	2:56	0:55	2:34
			43:54	45:27	47:59	49:49									
			1:39	1:33	2:32	1:50									
18	**David Esson**	**52:26**	3:21	7:57	10:37	12:21	14:52	19:11	23:42	26:44	30:09	33:24	36:33	38:33	41:21
	GRAMP		3:21	4:36	2:40	1:44	2:31	4:19	4:31	3:02	3:25	3:15	3:09	2:00	2:48
			43:45	46:41	49:41	52:26									
			2:24	2:56	3:00	2:45									
19	**Rachel Scott**	**53:09**	2:14	9:01	12:22	15:16	18:01	21:39	26:05	29:15	32:08	34:41	37:56	39:18	43:20
	GRAMP		2:14	6:47	3:21	2:54	2:45	3:38	4:26	3:10	2:53	2:33	3:15	1:22	4:02
			44:52	47:32	50:09	53:09									
			1:32	2:40	2:37	3:00									
20	**Nicholas Green**	**58:40**	**0:57**	6:32	9:51	12:12	14:08	18:47	23:12	25:41	28:47	31:26	33:37	34:17	37:21
	INVOC		***0:57***	5:35	3:19	2:21	1:56	4:39	4:25	2:29	3:06	2:39	2:11	0:40	3:04
			38:57	43:40	56:30	58:40									
			1:36	4:43	12:50	2:10									
21	**Phil Campbell**	**1:42:31**	1:30	17:12	25:20	28:07	56:11	59:57	1:06:10	1:11:23	1:17:27	1:21:49	1:25:06	1:26:37	1:30:05
	GRAMP		1:30	15:42	8:08	2:47	28:04	3:46	6:13	5:13	6:04	4:22	3:17	1:31	3:28
			1:32:45	1:35:20	1:38:18	1:42:31									
			2:40	2:35	2:58	4:13									
	Paul Duley	**mp**	1:38	6:38	9:54	11:59	14:37	17:38	20:51	24:51	28:17	31:40	35:06	36:04	-----
	GRAMP		1:38	5:00	3:16	2:05	2:38	3:01	3:13	4:00	3:26	3:23	3:26	0:58	
			40:27	47:15	50:34										
			4:23	6:48	3:19										
	Margaret Mcmillan	**dnf**	3:36	19:56	-----	-----	-----	22:59	28:47	32:59	-----	-----	-----	-----	-----
	MAROC		3:36	16:20				3:03	5:48	4:12					
			-----	-----	-----			*10:26*	*13:20*						
								**155*	**140*						
	David Bryant	**dnf**	2:24	14:51	34:32	37:20	41:12	44:09	49:49	53:50	-----	-----	-----	-----	-----
	MAROC		2:24	12:27	19:41	2:48	3:52	2:57	5:40	4:01					
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