

Pos	Name	Class	Time														
Long (7)				4.9 km			18 C										
				1(163)	2(161)	3(160)	4(162)	5(159)	6(169)	7(140)	8(156)	9(155)	10(154)	11(168)	12(165)	13(157)	
				14(156)	15(158)	16(170)	17(166)	18(167)	Finish								
1	Jon Musgrave	Long	45:43	2:37	4:22	7:02	9:20	11:40	14:38	18:19	22:35	23:59	25:24	28:19	29:35	32:20	
				2:37	1:45	2:40	2:18	2:20	2:58	3:41	4:16	1:24	1:25	2:55	1:16	2:45	
				35:31	38:14	40:39	42:01	43:52	45:43								
				3:11	2:43	2:25	1:22	1:51	1:51								
2	Jake Chapman	Long	55:44	1:50	3:58	6:39	9:22	12:05	15:42	19:34	29:28	32:23	33:57	36:33	37:53	39:48	
				1:50	2:08	2:41	2:43	2:43	3:37	3:52	9:54	2:55	1:34	2:36	1:20	1:55	
				43:10	45:53	48:59	50:43	53:08	55:44								
				3:22	2:43	3:06	1:44	2:25	2:36								
3	Sarah Dunn	Long	1:00:44	2:34	4:48	7:39	19:38	22:12	25:46	29:51	34:08	35:22	38:15	41:04	42:27	43:56	
				2:34	2:14	2:51	11:59	2:34	3:34	4:05	4:17	1:14	2:53	2:49	1:23	1:29	
				47:48	51:39	53:58	55:29	57:53	1:00:44								
				3:52	3:51	2:19	1:31	2:24	2:51								
4	Roger Coombs	Long	1:01:39	2:33	8:16	12:19	16:30	20:20	23:28	27:12	31:03	32:36	34:12	38:35	40:11	42:00	
				2:33	5:43	4:03	4:11	3:50	3:08	3:44	3:51	1:33	1:36	4:23	1:36	1:49	
				46:11	49:59	52:46	55:13	58:12	1:01:39								
				4:11	3:48	2:47	2:27	2:59	3:27								
5	Andrew McMurtrie	Long	1:06:21	3:41	6:12	11:51	16:14	18:43	21:49	25:12	29:51	31:39	33:53	36:47	38:12	39:41	
				3:41	2:31	5:39	4:23	2:29	3:06	3:23	4:39	1:48	2:14	2:54	1:25	1:29	
				44:57	48:12	59:34	1:01:23	1:04:10	1:06:21								
				5:16	3:15	11:22	1:49	2:47	2:11								
6	Abi Mason	Long	1:17:11	3:44	6:40	9:52	19:38	21:57	26:18	31:02	39:39	42:01	43:52	47:04	48:28	50:07	
				3:44	2:56	3:12	9:46	2:19	4:21	4:44	8:37	2:22	1:51	3:12	1:24	1:39	
				59:51	1:03:35	1:09:12	1:11:01	1:14:17	1:17:11								
				9:44	3:44	5:37	1:49	3:16	2:54								
7	John Mason	Long	1:25:13	3:41	6:39	10:06	15:07	18:30	23:30	33:46	39:52	41:34	47:26	58:21	59:58	1:01:57	
				3:41	2:58	3:27	5:01	3:23	5:00	10:16	6:06	1:42	5:52	10:55	1:37	1:59	
				1:06:52	1:11:35	1:14:53	1:16:47	1:22:08	1:25:13								
				4:55	4:43	3:18	1:54	5:21	3:05								
Short (21)				3.2 km			12 C										
				1(159)	2(169)	3(140)	4(156)	5(155)	6(154)	7(165)	8(157)	9(140)	10(170)	11(166)	12(167)	Finish	
1	Alistair Chapman	Short	36:25	1:35	4:57	8:35	17:14	18:42	20:41	22:13	24:07	28:59	30:06	31:30	34:22	36:25	
				1:35	3:22	3:38	8:39	1:28	1:59	1:32	1:54	4:52	1:07	1:24	2:52	2:03	
2	David Kirk	Short	37:58	1:35	4:50	9:31	14:59	16:48	20:01	21:54	24:33	29:31	30:54	32:51	35:17	37:58	
				1:35	3:15	4:41	5:28	1:49	3:13	1:53	2:39	4:58	1:23	1:57	2:26	2:41	
3	Lachlan Kirk	Short	41:18	3:19	6:35	11:14	16:54	18:28	20:20	22:16	26:22	31:17	32:08	33:56	38:49	41:18	
				3:19	3:16	4:39	5:40	1:34	1:52	1:56	4:06	4:55	0:51	1:48	4:53	2:29	
4	Neil MacLean	Short	43:29	1:55	6:37	10:18	15:34	17:22	20:55	24:02	26:31	33:05	34:38	36:34	39:55	43:29	
				1:55	4:42	3:41	5:16	1:48	3:33	3:07	2:29	6:34	1:33	1:56	3:21	3:34	
5	Richard Oxlade	Short	43:44	2:05	5:34	9:25	15:19	16:56	19:30	22:48	27:31	33:54	35:16	36:56	40:41	43:44	
				2:05	3:29	3:51	5:54	1:37	2:34	3:18	4:43	6:23	1:22	1:40	3:45	3:03	
6	Andy Tivendale	Short	44:41	1:38	5:09	9:37	14:52	17:37	19:38	21:54	24:24	32:04	33:26	35:23	41:50	44:41	
				1:38	3:31	4:28	5:15	2:45	2:01	2:16	2:30	7:40	1:22	1:57	6:27	2:51	
7	Helen Rowlands	Short	47:27	3:40	8:01	12:31	18:35	21:42	24:45	27:46	30:34	36:20	37:53	40:05	44:21	47:27	
				3:40	4:21	4:30	6:04	3:07	3:03	3:01	2:48	5:46	1:33	2:12	4:16	3:06	
8	Ian McIntyre	Short	47:40	1:56	6:04	11:47	18:09	19:43	22:15	24:46	27:09	35:37	37:20	39:40	44:35	47:40	
				1:56	4:08	5:43	6:22	1:34	2:32	2:31	2:23	8:28	1:43	2:20	4:55	3:05	
9	Dennis McDonald	Short	50:09	4:05	8:19	12:34	16:57	20:50	22:42	25:10	27:44	33:26	34:38	36:53	48:08	50:09	
				4:05	4:14	4:15	4:23	3:53	1:52	2:28	2:34	5:42	1:12	2:15	11:15	2:01	
10	David Esson	Short	50:45	2:20	7:06	11:40	18:41	20:58	23:43	26:34	29:15	37:29	39:56	42:57	47:18	50:45	
				2:20	4:46	4:34	7:01	2:17	2:45	2:51	2:41	8:14	2:27	3:01	4:21	3:27	
11	Iain McLeod	Short	52:32	3:58	9:03	16:44	24:02	26:06	28:50	32:08	34:34	41:27	43:10	45:34	49:27	52:32	
				3:58	5:05	7:41	7:18	2:04	2:44	3:18	2:26	6:53	1:43	2:24	3:53	3:05	
12	Rachel Scott	Short	55:17	3:33	9:32	15:57	24:09	28:50	30:55	34:55	36:55	44:48	46:23	48:34	52:02	55:17	
				3:33	5:59	6:25	8:12	4:41	2:05	4:00	2:00	7:53	1:35	2:11	3:28	3:15	
13	Adrian Will	Short	57:48	2:41	6:59	12:55	17:29	19:04	21:05	23:45	25:50	48:15	49:17	50:58	54:39	57:48	
				2:41	4:18	5:56	4:34	1:35	2:01	2:40	2:05	22:25	1:02	1:41	3:41	3:09	
14	Nick Green	Short	1:02:07	1:48	5:53	23:18	27:47	31:52	33:51	35:54	42:53	50:08	51:49	54:09	58:57	1:02:07	
				1:48	4:05	17:25	4:29	4:05	1:59	2:03	6:59	7:15	1:41	2:20	4:48	3:10	
15	Iain Barraclough	Short	1:08:16	4:08	12:15	17:56	32:15	34:16	40:04	44:31	46:10	52:21	53:48	57:26	1:05:24	1:08:16	
				4:08	8:07	5:41	14:19	2:01	5:48	4:27	1:39	6:11	1:27	3:38	7:58	2:52	
16	Phil Campbell	Short	1:08:44	3:13	8:18	14:08	21:06	24:52	32:16	37:07	40:31	49:57	52:09	55:30	1:04:02	1:08:44	
				3:13	5:05	5:50	6:58	3:46	7:24	4:51	3:24	9:26	2:12	3:21	8:32	4:42	
17	Peter Craig	Short	1:21:10	8:44	13:11	29:56	40:42	42:37	45:32	49:11	52:01	1:02:29	1:04:29	1:07:15	1:17:37	1:21:10	
				8:44	4:27	16:45	10:46	1:55	2:55	3:39	2:50	10:28	2:00	2:46	10:22	3:33	
	Fran Getliff	Short	mp	17:33	34:39	40:07	----	----	----	----	----	----	----	----	42:39	43:51	
				17:33	17:06	5:28									2:32	1:12	
					1:43	3:03	3:51	4:19	4:54	5:44	7:22	8:43	10:10	12:54	14:56	15:28	
					*166	*43	*168	*157	*170	*173	*96	*162	*156	*96	*160	*165	
				21:49	22:51	23:51	25:21	26:32	27:21	29:34	30:34	32:05	33:53	36:30	37:42	40:48	
					*96	*103	*158	*174	*96	*171	*154	*163	*43	*138	*161	*43	*106
	Rosie Getliff	Short	dnf	3:15	7:27	18:55	27:02	----	----	----	----	----	32:49	34:47	38:22	40:43	
				3:15	4:12	11:28	8:07						5:47	1:58	3:35	2:21	
	Alex Campbell	Short	dnf	13:40	20:10	32:28	----	----	----	----	----	----	35:47	38:07	49:43	53:02	
				13:40	6:30	12:18							3:19	2:20	11:36	3:19	
	Kirsty Campbell	Short	dnf	14:02	20:06	32:27	----	----	----	----	----	----	35:44	38:04	49:43	53:10	
				14:02	6:04	12:21							3:17	2:20	11:39	3:27	