long (15) — 5.0 km 215 m — 9 C

Pl	Name	Age Clas	Time	1(106)	2(139)	3(163)	4(153)	5(162)	6(103)	7(96)	8(129)	9(138)	Finish
1	**Tim Gomersall**	M21	**40:25**	2:18	**5:42**	**13:20**	**15:08**	**24:08**	**35:07**	**36:05**	**38:46**	**39:45**	**40:25**
	Gramp			2:18	***3:24***	***7:38***	***1:48***	9:00	***10:59***	***0:58***	2:41	***0:59***	0:40
2	**Jake Chapman**	M18	**54:25**	11:22	17:50	25:53	27:43	36:32	49:25	50:32	52:39	53:47	54:25
	Maroc			11:22	6:28	8:03	1:50	***8:49***	12:53	1:07	***2:07***	1:08	***0:38***
3	**Ali Robertson**	M35	**54:51**	2:59	7:57	16:24	18:35	28:55	48:36	49:58	52:57	54:11	54:51
	Gramp			2:59	4:58	8:27	2:11	10:20	19:41	1:22	2:59	1:14	0:40
4	**Roger Coombs**	M55	**55:43**	3:05	8:13	18:00	20:37	33:00	49:03	50:43	53:44	54:57	55:43
	Maroc			3:05	5:08	9:47	2:37	12:23	16:03	1:40	3:01	1:13	0:46
5	**Drew Tivendale**	M40	**56:30**	**2:06**	6:10	16:06	20:41	32:34	50:15	51:28	54:12	55:46	56:30
	Maroc			***2:06***	4:04	9:56	4:35	11:53	17:41	1:13	2:44	1:34	0:44
6	**Joe Wright**	M16	**57:57**	2:13	7:45	17:02	19:15	28:40	52:04	53:02	55:41	57:18	57:57
	Maroc			2:13	5:32	9:17	2:13	9:25	23:24	***0:58***	2:39	1:37	0:39
7	**Hazel Wright**	W21	**1:01:29**	3:04	10:27	21:46	24:02	36:39	55:19	56:35	59:31	1:00:46	1:01:29
	Maroc			3:04	7:23	11:19	2:16	12:37	18:40	1:16	2:56	1:15	0:43
8	**Ewan McMillan**	M16	**1:01:43**	5:59	9:42	21:08	24:41	34:55	56:02	57:06	59:54	1:01:01	1:01:43
	Maroc			5:59	3:43	11:26	3:33	10:14	21:07	1:04	2:48	1:07	0:42
9	**Sean O'Sullivan**	M35	**1:10:22**	3:47	10:15	22:50	25:32	41:14	1:03:30	1:04:50	1:08:02	1:09:42	1:10:22
	Maroc			3:47	6:28	12:35	2:42	15:42	22:16	1:20	3:12	1:40	0:40
10	**Ian Hamilton**	M55	**1:11:42**	3:49	11:25	24:42	27:42	42:28	1:04:00	1:05:58	1:09:09	1:10:48	1:11:42
	Gramp			3:49	7:36	13:17	3:00	14:46	21:32	1:58	3:11	1:39	0:54
11	**Donald Kerridge**	M45	**1:13:17**	3:31	8:57	18:41	21:05	34:26	1:04:12	1:05:35	1:09:12	1:11:26	1:13:17
				3:31	5:26	9:44	2:24	13:21	29:46	1:23	3:37	2:14	1:51
12	**John Mason**	M50	**1:13:56**	3:49	14:23	26:26	29:18	44:03	1:02:28	1:04:04	1:07:35	1:12:56	1:13:56
	Maroc			3:49	10:34	12:03	2:52	14:45	18:25	1:36	3:31	5:21	1:00
13	**Alistair Chapman**	M14	**1:18:19**	3:43	15:13	28:10	30:34	42:45	1:12:19	1:13:28	1:16:33	1:17:39	1:18:19
	Maroc			3:43	11:30	12:57	2:24	12:11	29:34	1:09	3:05	1:06	0:40
14	**Abi Mason**	W16	**1:23:39**	9:06	14:17	30:41	33:08	48:21	1:15:42	1:17:00	1:20:25	1:22:38	1:23:39
	Maroc			9:06	5:11	16:24	2:27	15:13	27:21	1:18	3:25	2:13	1:01
15	**Andrew McMurtrie**	M45	**1:32:22**	3:50	25:09	40:37	43:24	58:44	1:22:37	1:24:02	1:28:07	1:31:34	1:32:22
	Maroc			3:50	21:19	15:28	2:47	15:20	23:53	1:25	4:05	3:27	0:48

short (23) — 3.1 km 155 m — 7 C

Pl	Name	Age Clas	Time	1(106)	2(139)	3(152)	4(140)	5(96)	6(129)	7(138)	Finish
1	**Matthew Gooch**	M14	**37:23**	3:19	**8:14**	**12:08**	**28:50**	**31:48**	**35:06**	**36:42**	**37:23**
	Maroc			3:19	***4:55***	***3:54***	16:42	2:58	3:18	1:36	***0:41***
2	**Craig Chapman**	M40	**40:52**	4:16	11:25	16:53	31:38	34:49	38:26	39:59	40:52
	Maroc			4:16	7:09	5:28	14:45	3:11	3:37	1:33	0:53
3	**Richard Oxlade**	M55	**43:40**	3:52	11:29	16:15	34:27	37:24	40:55	42:41	43:40
	Gramp			3:52	7:37	4:46	18:12	2:57	3:31	1:46	0:59
4	**Dennis McDonald**	M50	**45:12**	3:24	10:26	22:56	37:43	39:59	42:55	44:13	45:12
				3:24	7:02	12:30	14:47	2:16	2:56	***1:18***	0:59
5	**Neil McLean**	M70	**45:25**	4:53	11:50	17:22	33:50	37:45	42:14	44:15	45:25
	Maroc			4:53	6:57	5:32	16:28	3:55	4:29	2:01	1:10
6	**Helen Rowlands**	W45	**47:01**	4:41	12:42	18:57	36:47	40:45	44:16	46:10	47:01
	Gramp			4:41	8:01	6:15	17:50	3:58	3:31	1:54	0:51
7	**Rob Skinner**	M50	**49:42**	**3:00**	10:07	28:33	42:36	44:48	47:32	48:56	49:42
	Maroc			***3:00***	7:07	18:26	***14:03***	***2:12***	***2:44***	1:24	0:46
8	**Andy Tivendale**	M65	**50:08**	3:10	14:17	23:31	40:55	44:07	47:14	49:09	50:08
	Maroc			3:10	11:07	9:14	17:24	3:12	3:07	1:55	0:59
9	**Gordon Urquhart**	M35	**50:33**	4:33	11:05	21:18	38:23	43:35	47:19	49:42	50:33
	Gramp			4:33	6:32	10:13	17:05	5:12	3:44	2:23	0:51
10	**Denise Wright**	W50	**53:47**	4:11	10:15	16:00	41:57	45:52	50:22	52:41	53:47
	Maroc			4:11	6:04	5:45	25:57	3:55	4:30	2:19	1:06
11	**Lesley Gomersall**	W50	**56:50**	4:51	13:52	25:12	45:10	48:48	53:20	55:36	56:50
	Gramp			4:51	9:01	11:20	19:58	3:38	4:32	2:16	1:14
12	**Luke Graham**	M14	**57:07**	5:29	16:26	22:10	45:41	49:58	53:18	56:07	57:07
	Maroc			5:29	10:57	5:44	23:31	4:17	3:20	2:49	1:00
13	**Chris Low**	M55	**1:01:24**	9:36	23:43	34:19	51:42	54:24	57:54	59:25	1:01:24
	Maroc			9:36	14:07	10:36	17:23	2:42	3:30	1:31	1:59
14	**Donald Barrie**	M40	**1:02:56**	10:22	19:25	26:11	48:20	53:13	57:47	1:01:15	1:02:56
				10:22	9:03	6:46	22:09	4:53	4:34	3:28	1:41
15	**Ondrej Masek**		**1:09:59**	5:38	17:33	42:02	59:43	1:03:51	1:07:29	1:09:10	1:09:59
				5:38	11:55	24:29	17:41	4:08	3:38	1:41	0:49
16	**Keith Roberts**	M55	**1:12:38**	12:06	25:00	40:15	1:01:09	1:04:48	1:09:05	1:11:27	1:12:38
	Maroc			12:06	12:54	15:15	20:54	3:39	4:17	2:22	1:11
17	**Josie Gomersall**	W14	**1:21:06**	24:41	37:38	42:48	1:07:35	1:11:27	1:15:11	1:20:07	1:21:06
	Gramp			24:41	12:57	5:10	24:47	3:52	3:44	4:56	0:59
18	**Ian McIntyre**	M50	**1:21:40**	7:53	25:10	39:41	1:00:46	1:06:24	1:13:55	1:19:51	1:21:40
				7:53	17:17	14:31	21:05	5:38	7:31	5:56	1:49
19	**Bob Sheridan**	M45	**1:31:49**	36:52	48:29	53:32	1:18:55	1:22:53	1:27:02	1:30:43	1:31:49
	Gramp			36:52	11:37	5:03	25:23	3:58	4:09	3:41	1:06
20	**John and Fran Wilk**		**1:38:37**	9:45	30:38	44:46	1:14:26	1:21:24	1:30:19	1:36:05	1:38:37
	Gramp			9:45	20:53	14:08	29:40	6:58	8:55	5:46	2:32
	Rob Hickling	M60	**dnf**	3:44	9:50	15:29	29:37	-----	-----	-----	47:37
	Gramp			3:44	6:06	5:39	14:08				18:00
	Amber and Pat Grah		**dnf**	-----	-----	-----	-----	-----	-----	-----	
	Maroc										
	Iain Barraclough	M45	**dnf**	4:08	41:50	-----	-----	-----	-----	-----	
	Gramp			4:08	37:42						