

Pl	Name	Age Clas	Time												
Long (16)				5.0 km 0 m					19 C						
				1(223)	2(246)	3(132)	4(154)	5(131)	6(103)	7(242)	8(106)	9(247)	10(155)	11(221)	12(134)
				13(245)	14(248)	15(228)	16(225)	17(230)	18(243)	19(244)	Finish				
1	Jonathan Musgrave MAROC	M50	45:27	1:15	6:02	7:41	8:57	11:37	13:10	14:50	15:50	19:01	21:21	24:14	26:04
				1:15	4:47	1:39	1:16	2:40	1:33	1:40	1:00	3:11	2:20	2:53	1:50
				28:36	30:40	33:19	35:03	40:58	43:24	44:36	45:27				
				2:32	2:04	2:39	1:44	5:55	2:26	1:12	0:51				
2	Joseph Wright MAROC	M16	45:55	1:32	5:12	6:28	12:27	14:54	16:30	21:17	22:03	24:51	26:42	29:15	31:07
				1:32	3:40	1:16	5:59	2:27	1:36	4:47	0:46	2:48	1:51	2:33	1:52
				33:44	35:22	37:37	38:57	42:44	44:14	45:05	45:55				
				2:37	1:38	2:15	1:20	3:47	1:30	0:51	0:50				
3	Sarah Dunn MAROC	W45	46:32	1:24	6:35	8:24	10:11	12:55	14:17	15:45	17:15	20:40	22:52	26:24	28:31
				1:24	5:11	1:49	1:47	2:44	1:22	1:28	1:30	3:25	2:12	3:32	2:07
				30:51	33:05	36:02	37:43	41:58	44:00	45:24	46:32				
				2:20	2:14	2:57	1:41	4:15	2:02	1:24	1:08				
4	Matthew Gooch MAROC	M14	47:15	1:06	7:12	8:40	12:10	14:51	16:09	17:32	18:32	21:30	23:33	26:47	29:05
				1:06	6:06	1:28	3:30	2:41	1:18	1:23	1:00	2:58	2:03	3:14	2:18
				31:41	33:29	36:31	38:06	42:37	44:41	46:20	47:15				
				2:36	1:48	3:02	1:35	4:31	2:04	1:39	0:55				
5	Luke Graham MAROC	M16	47:57	1:29	6:36	8:08	13:23	15:57	17:06	18:20	19:18	22:09	24:23	27:28	29:28
				1:29	5:07	1:32	5:15	2:34	1:09	1:14	0:58	2:51	2:14	3:05	2:00
				33:33	35:18	38:03	39:33	44:13	46:06	47:22	47:57				
				4:05	1:45	2:45	1:30	4:40	1:53	1:16	0:35				
6	Alistair Chapman MAROC	M16	49:12	3:46	9:24	11:27	12:51	15:15	16:37	19:46	20:50	24:30	26:18	29:16	31:42
				3:46	5:38	2:03	1:24	2:24	1:22	3:09	1:04	3:40	1:48	2:58	2:26
				34:11	36:34	39:08	40:38	44:57	47:02	48:18	49:12				
				2:29	2:23	2:34	1:30	4:19	2:05	1:16	0:54				
7	Calum McLeod EUOC	M21	49:18	1:29	8:45	10:21	11:55	14:36	16:02	17:36	18:45	22:47	25:13	29:26	31:47
				1:29	7:16	1:36	1:34	2:41	1:26	1:34	1:09	4:02	2:26	4:13	2:21
				34:22	36:22	39:09	40:50	45:15	47:21	48:38	49:18				
				2:35	2:00	2:47	1:41	4:25	2:06	1:17	0:40				
8	Hazel Wright MAROC	W21	49:54	2:01	6:56	8:47	11:00	14:08	16:02	18:24	19:44	23:25	25:38	28:50	31:01
				2:01	4:55	1:51	2:13	3:08	1:54	2:22	1:20	3:41	2:13	3:12	2:11
				33:48	35:54	39:15	41:32	46:03	47:55	49:07	49:54				
				2:47	2:06	3:21	2:17	4:31	1:52	1:12	0:47				
9	Andrew McMurtrie MAROC	M45	58:47	1:57	7:11	8:39	10:12	20:21	22:58	24:36	25:51	32:05	34:53	38:28	40:33
				1:57	5:14	1:28	1:33	10:09	2:37	1:38	1:15	6:14	2:48	3:35	2:05
				42:58	45:06	48:04	49:39	54:14	56:19	57:52	58:47				
				2:25	2:08	2:58	1:35	4:35	2:05	1:33	0:55				
10	Drew Tivendale MAROC	M40	1:01:32	1:02	6:26	7:46	8:56	13:47	15:51	18:48	19:55	24:24	27:41	30:25	33:40
				1:02	5:24	1:20	1:10	4:51	2:04	2:57	1:07	4:29	3:17	2:44	3:15
				39:58	41:48	47:43	49:12	55:20	58:42	1:00:01	1:01:32				
				6:18	1:50	5:55	1:29	6:08	3:22	1:19	1:31				
11	William Nicolson INVOC	M40	1:02:17	1:39	9:36	11:43	14:01	18:21	24:40	29:49	30:50	33:54	36:34	40:11	43:01
				1:39	7:57	2:07	2:18	4:20	6:19	5:09	1:01	3:04	2:40	3:37	2:50
				46:16	48:18	51:49	53:15	57:52	1:00:10	1:01:23	1:02:17				
				3:15	2:02	3:31	1:26	4:37	2:18	1:13	0:54				
12	Roger Coombs MAROC	M55	1:06:57	2:03	8:40	10:32	15:29	21:44	23:06	24:43	25:52	29:36	32:38	36:24	38:47
				2:03	6:37	1:52	4:57	6:15	1:22	1:37	1:09	3:44	3:02	3:46	2:23
				41:46	43:47	46:50	48:33	53:40	56:22	1:05:59	1:06:57				
				2:59	2:01	3:03	1:43	5:07	2:42	9:37	0:58				
13	Sean O'Sullivan MAROC	M35	1:07:50	1:31	7:16	9:09	10:31	14:52	16:53	20:21	24:25	29:07	32:08	35:54	38:29
				1:31	5:45	1:53	1:22	4:21	2:01	3:28	4:04	4:42	3:01	3:46	2:35
				47:27	49:54	53:09	54:48	1:01:09	1:03:56	1:06:48	1:07:50				
				8:58	2:27	3:15	1:39	6:21	2:47	2:52	1:02				
14	Ian Hamilton GRAMP	M55	1:13:05	1:27	7:52	10:24	12:18	20:11	22:08	30:01	31:50	36:04	39:10	42:54	46:37
				1:27	6:25	2:32	1:54	7:53	1:57	7:53	1:49	4:14	3:06	3:44	3:43
				52:22	54:43	58:55	1:01:01	1:07:19	1:09:54	1:11:46	1:13:05				
				5:45	2:21	4:12	2:06	6:18	2:35	1:52	1:19				
15	Matthew Parkes GRAMP	M40	1:13:18	1:49	9:26	12:37	14:38	18:01	20:27	22:45	24:25	29:45	34:01	38:19	41:17
				1:49	7:37	3:11	2:01	3:23	2:26	2:18	1:40	5:20	4:16	4:18	2:58
				45:37	48:15	52:40	54:51	1:01:35	1:09:55	1:11:59	1:13:18				
				4:20	2:38	4:25	2:11	6:44	8:20	2:04	1:19				
	Dennis McDonald GRAMP	M50	mp	-----	10:14	13:37	16:24	20:10	24:21	26:56	29:48	34:56	38:03	44:22	47:50
					10:14	3:23	2:47	3:46	4:11	2:35	2:52	5:08	3:07	6:19	3:28
				52:21	54:39	1:00:19	1:02:21	1:10:05	-----	1:16:24	1:17:25				
				4:31	2:18	5:40	2:02	7:44		6:19	1:01				
Medium (23)				3.1 km 0 m				12 C							
				1(246)	2(132)	3(103)	4(236)	5(106)	6(247)	7(155)	8(221)	9(230)	10(134)	11(243)	12(244)
				Finish											
1	Craig Chapman MAROC	M40	32:42	5:26	7:43	11:23	13:06	14:13	17:31	20:28	23:57	26:20	28:26	30:23	31:42
				5:26	2:17	3:40	1:43	1:07	3:18	2:57	3:29	2:23	2:06	1:57	1:19
				32:42											
				1:00											
2	Eilidh Campbell MAROC	W16	34:04	5:15	7:01	9:48	11:16	13:40	16:51	19:02	22:33	24:19	26:10	28:07	33:05
				5:15	1:46	2:47	1:28	2:24	3:11	2:11	3:31	1:46	1:51	1:57	4:58
				34:04											
				0:59											

Pl	Name	Age Clas	Time												
Medium (23)				3.1 km 0 m			12 C			<i>(cont.)</i>					
				1(246) Finish	2(132)	3(103)	4(236)	5(106)	6(247)	7(155)	8(221)	9(230)	10(134)	11(243)	12(244)
3	Murray Anderson GRAMP	M50	35:07	5:16 5:16 35:07 0:55	10:09 4:53	13:45 3:36	15:26 1:41	16:59 1:33	20:44 3:45	23:27 2:43	26:57 3:30	28:57 2:00	30:27 1:30	32:48 2:21	34:12 1:24
4	David Kirk GRAMP	M45	37:59	4:54 4:54 37:59 1:08	6:47 1:53	9:39 2:52	12:28 2:49	14:01 1:33	20:28 6:27	23:37 3:09	27:48 4:11	30:01 2:13	31:34 1:33	34:44 3:10	36:51 2:07
5	John Getliff MAROC	M16	39:27	6:39 6:39 39:27 0:41	9:37 2:58	12:49 3:12	14:43 1:54	16:55 2:12	20:56 4:01	24:36 3:40	27:26 2:50	31:10 3:44	35:19 4:09	37:13 1:54	38:46 1:33
6	Gordon Urquhart GRAMP	M35	44:26	7:51 7:51 44:26 1:00	10:04 2:13	12:18 2:14	17:09 4:51	18:13 1:04	21:58 3:45	24:39 2:41	29:06 4:27	31:25 2:19	39:09 7:44	41:59 2:50	43:26 1:27
7	Andy Tivendale MAROC	M70	45:07	5:16 5:16 45:07 0:58	7:30 2:14	11:39 4:09	14:07 2:28	16:03 1:56	20:52 4:49	31:07 10:15	35:42 4:35	38:11 2:29	40:00 1:49	42:40 2:40	44:09 1:29
8	Helen Rowlands GRAMP	W50	47:58	6:46 6:46 47:58 3:06	9:33 2:47	14:13 4:40	17:59 3:46	20:02 2:03	25:01 4:59	29:11 4:10	34:03 4:52	37:37 3:34	40:03 2:26	42:45 2:42	44:52 2:07
9	John Lang GRAMP	M50	49:50	5:48 5:48 49:50 0:59	8:09 2:21	13:29 5:20	22:43 9:14	28:09 5:26	33:37 5:28	36:25 2:48	41:13 4:48	43:38 2:25	44:55 1:17	47:00 2:05	48:51 1:51
10	Ian McIntyre INT	M50	50:01	7:07 7:07 50:01 1:19	9:50 2:43	15:29 5:39	18:50 3:21	21:43 2:53	27:53 6:10	31:25 3:32	37:46 6:21	40:45 2:59	43:28 2:43	46:18 2:50	48:42 2:24
11	Keith Roberts MAROC	M55	50:39	6:43 6:43 50:39 1:26	9:23 2:40	15:10 5:47	17:23 2:13	19:53 2:30	25:46 5:53	29:41 3:55	34:49 5:08	37:41 2:52	40:23 2:42	47:23 7:00	49:13 1:50
12	Ewan Musgrave MAROC	M12	50:49	5:55 5:55 50:49 1:32	13:16 7:21	15:55 2:39	17:15 1:20	24:15 7:00	29:33 5:18	32:30 2:57	35:16 2:46	38:08 2:52	45:06 6:58	47:16 2:10	49:17 2:01
13	Sam Gomersall GRAMP	M55	53:33	10:56 10:56 53:33 1:18	13:49 2:53	16:37 2:48	20:07 3:30	24:40 4:33	29:36 4:56	34:14 4:38	38:58 4:44	41:51 2:53	46:48 4:57	49:24 2:36	52:15 2:51
14	Iain McLeod GRAMP	M55	56:43	6:53 6:53 56:43 1:22	13:26 6:33	23:49 10:23	25:51 2:02	27:54 2:03	33:22 5:28	36:43 3:21	42:05 5:22	45:26 3:21	47:13 1:47	53:24 6:11	55:21 1:57
15	Nick Green INVOC	M50	59:22	9:13 9:13 59:22 2:10	13:18 4:05	17:27 4:09	20:07 2:40	21:20 1:13	26:51 5:31	32:26 5:35	40:49 8:23	44:01 3:12	47:39 3:38	54:58 7:19	57:12 2:14
16	Denise Wright MAROC	W50	1:03:38	11:22 11:22 1:03:38 1:04	14:29 3:07	17:08 2:39	18:56 1:48	21:56 3:00	26:52 4:56	30:44 3:52	35:56 5:12	43:20 7:24	45:50 2:30	1:00:29 14:39	1:02:34 2:05
17	Joel Gooch MAROC	M12	1:06:53	7:42 7:42 1:06:53 1:07	9:19 1:37	12:10 2:51	18:06 5:56	19:00 0:54	24:57 5:57	30:56 5:59	34:18 3:22	37:49 3:31	54:50 17:01	58:52 4:02	1:05:46 6:54
18	Peter Craig MAROC	M70	1:10:23	15:51 15:51 1:10:23 2:08	18:24 2:33	25:02 6:38	28:16 3:14	30:23 2:07	38:23 8:00	43:42 5:19	51:20 7:38	56:34 5:14	59:19 2:45	1:02:50 3:31	1:08:15 5:25
19	Fran Getliff MAROC	W50	1:15:03	13:38 13:38 1:15:03 1:16	18:00 4:22	29:09 11:09	39:31 10:22	41:58 2:27	47:28 5:30	52:36 5:08	59:28 6:52	1:02:35 3:07	1:05:10 2:35	1:10:46 5:36	1:13:47 3:01
20	Rachel Scott GRAMP	W50	1:19:48	30:44 30:44 1:19:48 2:27	33:28 2:44	39:04 5:36	44:07 5:03	46:51 2:44	53:16 6:25	57:55 4:39	1:03:08 5:13	1:07:08 4:00	1:12:05 4:57	1:14:48 2:43	1:17:21 2:33
21	Kevin Hyland GRAMP	M35	1:32:41	27:36 27:36 1:32:41 2:29	29:38 2:02	33:33 3:55	37:02 3:29	39:47 2:45	53:44 13:57	59:41 5:57	1:07:37 7:56	1:19:59 12:22	1:22:44 2:45	1:27:12 4:28	1:30:12 3:00

