Short (33) — **2.9 km 50 m 9 C**

Pl	Name	Time	1(230)	2(240)	3(231)	4(133)	5(244)	6(235)	7(231)	8(232)	9(132)	Finish	
1	**John Getliff**	**23:56**	**3:17**	**5:14**	8:30	9:40	11:49	14:13	17:20	**20:42**	**22:40**	**23:56**	
	MAROC		***3:17***	1:57	3:16	***1:10***	2:09	2:24	3:07	***3:22***	***1:58***	1:16	
2	**Ewan Musgrave**	**26:13**	3:55	5:59	8:40	10:12	11:47	**14:02**	**16:43**	22:29	25:04	26:13	
	MAROC		3:55	2:04	2:41	1:32	1:35	2:15	***2:41***	5:46	2:35	1:09	
3	**Robert Hickling**	**26:55**	4:35	7:12	9:01	10:32	12:11	14:45	17:32	21:16	24:43	26:55	
	GRAMP		4:35	2:37	***1:49***	1:31	1:39	2:34	2:47	3:44	3:27	2:12	
4	**Eilidh Campbell**	**27:29**	3:56	5:42	**7:38**	**9:04**	**10:52**	14:04	18:32	23:42	26:06	27:29	
	MAROC		3:56	***1:46***	1:56	1:26	1:48	3:12	4:28	5:10	2:24	1:23	
5	**Dan Gooch**	**27:50**	4:36	6:32	8:22	12:37	14:18	16:43	20:08	23:59	26:28	27:50	
	MAROC		4:36	1:56	1:50	4:15	1:41	2:25	3:25	3:51	2:29	1:22	
6	**Gordon Urquhart**	**28:44**	5:26	7:46	10:56	13:01	14:38	17:17	20:05	23:51	27:15	28:44	
	GRAMP		5:26	2:20	3:10	2:05	1:37	2:39	2:48	3:46	3:24	1:29	
7	**Pete Lawrence**	**30:54**	5:08	7:52	10:23	12:10	14:05	17:10	21:11	26:37	29:34	30:54	
	GRAMP		5:08	2:44	2:31	1:47	1:55	3:05	4:01	5:26	2:57	1:20	
8	**Abigail Mason**	**31:06**	4:02	6:04	7:58	9:34	11:21	15:59	20:51	26:22	29:41	31:06	
	MAROC		4:02	2:02	1:54	1:36	1:47	4:38	4:52	5:31	3:19	1:25	
9	**Joel Gooch**	**32:14**	4:09	6:52	9:00	10:35	12:27	15:17	21:14	26:57	30:25	32:14	
	MAROC		4:09	2:43	2:08	1:35	1:52	2:50	5:57	5:43	3:28	1:49	
10	**John Lang**	**32:17**	5:14	8:14	11:05	13:20	15:29	18:45	22:51	28:07	31:01	32:17	
	GRAMP		5:14	3:00	2:51	2:15	2:09	3:16	4:06	5:16	2:54	1:16	
11	**Andy Tivendale**	**33:50**	5:28	8:16	10:39	12:37	14:49	17:49	24:15	29:15	32:20	33:50	
	MAROC		5:28	2:48	2:23	1:58	2:12	3:00	6:26	5:00	3:05	1:30	
12	**Chris Low**	**34:20**	4:40	8:54	13:14	15:00	16:59	22:03	25:31	29:57	33:02	34:20	
	MAROC		4:40	4:14	4:20	1:46	1:59	5:04	3:28	4:26	3:05	1:18	
13	**Rob Skinner**	**36:11**	5:16	7:57	10:48	12:35	14:16	17:05	21:39	31:55	34:32	36:11	
	MAROC		5:16	2:41	2:51	1:47	1:41	2:49	4:34	10:16	2:37	1:39	
14	**Ian McIntyre**	**37:39**	5:48	8:52	12:24	14:32	17:07	21:00	25:59	32:03	35:51	37:39	
	INT		5:48	3:04	3:32	2:08	2:35	3:53	4:59	6:04	3:48	1:48	
15	**Amber Graham**	**37:54**	6:22	10:04	14:32	16:51	19:27	23:09	27:39	32:20	36:52	37:54	
	MAROC		6:22	3:42	4:28	2:19	2:36	3:42	4:30	4:41	4:32	***1:02***	
16	**John Mason**	**38:02**	6:31	8:51	15:22	17:45	19:47	25:03	28:54	33:44	36:47	38:02	
	MAROC		6:31	2:20	6:31	2:23	2:02	5:16	3:51	4:50	3:03	1:15	
17	**Lachlan Kirk**	**39:04**	6:13	8:27	10:37	12:42	14:15	18:46	21:59	33:03	36:31	39:04	
	GRAMP		6:13	2:14	2:10	2:05	1:33	4:31	3:13	11:04	3:28	2:33	
18	**David Kirk**	**40:22**	5:31	9:56	12:30	14:25	16:17	20:40	24:01	29:08	36:39	40:22	
	GRAMP		5:31	4:25	2:34	1:55	1:52	4:23	3:21	5:07	7:31	3:43	
19	**Helen Rowlands**	**41:04**	8:04	10:48	13:25	15:36	18:04	25:06	28:28	34:14	39:12	41:04	
	GRAMP		8:04	2:44	2:37	2:11	2:28	7:02	3:22	5:46	4:58	1:52	
20	**Murray Anderson**	**41:16**	5:08	7:37	10:30	12:47	15:15	28:42	32:09	37:13	40:03	41:16	
	GRAMP		5:08	2:29	2:53	2:17	2:28	13:27	3:27	5:04	2:50	1:13	
21	**Dennis McDonald**	**41:56**	4:44	7:16	16:28	18:28	20:27	24:43	28:29	35:36	39:55	41:56	
	GRAMP		4:44	2:32	9:12	2:00	1:59	4:16	3:46	7:07	4:19	2:01	
22	**Denise Wright**	**43:08**	7:02	10:16	13:28	16:08	18:56	22:52	27:03	35:59	40:51	43:08	
	MAROC		7:02	3:14	3:12	2:40	2:48	3:56	4:11	8:56	4:52	2:17	
23	**Alan Bennett**	**43:41**	6:28	11:37	15:24	17:19	19:18	23:40	28:54	37:12	41:08	43:41	
	MAROC		6:28	5:09	3:47	1:55	1:59	4:22	5:14	8:18	3:56	2:33	
24	**Nick Green**	**45:29**	4:46	8:19	11:15	13:32	15:52	19:32	35:29	40:31	44:11	45:29	
	GO		4:46	3:33	2:56	2:17	2:20	3:40	15:57	5:02	3:40	1:18	
25	**Frances Getliff**	**45:59**	9:09	12:14	17:14	20:40	23:09	26:55	31:41	40:24	44:06	45:59	
	MAROC		9:09	3:05	5:00	3:26	2:29	3:46	4:46	8:43	3:42	1:53	
26	**Felix Wilson**	**49:09**	14:13	17:44	19:57	26:52	28:21	30:20	33:14	37:15	48:03	49:09	*22:50*
	GRAMP		14:13	3:31	2:13	6:55	***1:29***	***1:59***	2:54	4:01	10:48	1:06	**235*
			24:55										
			**244*										
27	**Paul Duley**	**51:35**	7:35	13:54	17:05	20:18	22:42	28:04	33:37	45:40	49:57	51:35	
	GRAMP		7:35	6:19	3:11	3:13	2:24	5:22	5:33	12:03	4:17	1:38	
28	**Peter Craig**	**55:21**	6:16	11:44	17:07	27:39	30:59	36:35	41:27	48:09	53:00	55:21	
	MAROC		6:16	5:28	5:23	10:32	3:20	5:36	4:52	6:42	4:51	2:21	
29	**Rachel Scott**	**56:05**	7:49	11:47	18:02	21:17	25:25	30:58	37:05	44:21	54:05	56:05	
	GRAMP		7:49	3:58	6:15	3:15	4:08	5:33	6:07	7:16	9:44	2:00	
30	**Karen Thompson**	**1:05:55**	10:28	15:23	23:09	27:32	30:37	38:46	45:03	58:29	1:04:08	1:05:55	
	GRAMP		10:28	4:55	7:46	4:23	3:05	8:09	6:17	13:26	5:39	1:47	
31	**Sarah Wallace**	**1:06:01**	10:26	15:23	23:09	27:39	30:38	38:45	45:10	58:29	1:04:15	1:06:01	
	GRAMP		10:26	4:57	7:46	4:30	2:59	8:07	6:25	13:19	5:46	1:46	
	Sam Gomersall	**mp**	4:41	7:20	9:30	17:30	-----	-----	19:30	24:06	27:25	29:00	*12:47*
	GRAMP		4:41	2:39	2:10	8:00			2:00	4:36	3:19	1:35	**235*
			15:32										
			**244*										
	Patricia Graham	**dnf**	8:54	13:49	19:00	-----	-----	-----	-----	30:13	40:52	42:50	
	MAROC		8:54	4:55	5:11					11:13	10:39	1:58	

Long (13) Voided legs: 131-231, 139-131 — **5.0 km 100 m 15 C**

Pl	Name	Time	1(230)	2(240)	3(231)	4(130)	5(134)	6(139)	7(131)	8(231)	9(244)	10(239)	11(235)	12(244)
			13(133)	14(232)	15(132)	Finish								
1	**Matthew Gooch**	**32:15**	3:41	5:16	7:01	9:28	11:10	12:53	21:40	23:42	25:24	30:21	33:38	35:46
	MAROC		3:41	***1:35***	1:45	2:27	***1:42***	1:43	~~*8:47*~~	~~*2:02*~~	***1:42***	4:57	3:17	2:08
			37:09	39:42	42:03	43:04								
			1:23	***2:33***	2:21	1:01								

Long (13) Voided legs: 131-231, 139-131 ***5.0 km 100 m*** ***15 C*** *(cont.)*

Pl	Name	Time	1(230) 13(133)	2(240) 14(232)	3(231) 15(132)	4(130) Finish	5(134)	6(139)	7(131)	8(231)	9(244)	10(239)	11(235)	12(244)
2	**Joseph Wright**	**33:59**	**3:07**	**4:56**	**6:29**	**8:36**	**10:56**	**12:28**	17:35	20:10	22:04	26:54	30:06	32:15
	MAROC		***3:07***	1:49	***1:33***	***2:07***	2:20	***1:32***	~~5:07~~	~~2:35~~	1:54	***4:50***	***3:12***	2:09
			34:17	38:52	40:46	41:41								
			2:02	4:35	***1:54***	***0:55***								
3	**Alistair Chapman**	**35:14**	3:26	5:23	7:25	9:36	12:08	14:04	17:43	20:18	22:29	28:06	31:56	33:45
	MAROC		3:26	1:57	2:02	2:11	2:32	1:56	~~3:39~~	~~2:35~~	2:11	5:37	3:50	1:49
			35:32	**38:10**	**40:22**	**41:28**								
			1:47	2:38	2:12	1:06								
4	**Calum McLeod**	**36:26**	3:19	5:03	6:42	9:14	11:41	13:33	**16:59**	**19:08**	**21:05**	**26:16**	**29:54**	**31:40**
	EUOC		3:19	1:44	1:39	2:32	2:27	1:52	***~~3:26~~***	~~2:09~~	1:57	5:11	3:38	***1:46***
			33:21	38:48	41:00	42:01								
			1:41	5:27	2:12	1:01								
5	**Jake Chapman**	**38:16**	4:04	6:00	7:59	12:42	14:46	16:30	20:53	23:10	24:59	30:38	34:38	36:48
	MAROC		4:04	1:56	1:59	4:43	2:04	1:44	~~4:23~~	~~2:17~~	1:49	5:39	4:00	2:10
			38:26	41:08	43:43	44:56								
			1:38	2:42	2:35	1:13								
6	**Jonathan Musgrave**	**39:37**	3:55	5:48	7:28	9:57	11:59	13:57	19:47	22:49	24:55	30:19	38:40	40:49
	MAROC		3:55	1:53	1:40	2:29	2:02	1:58	~~5:50~~	~~3:02~~	2:06	5:24	8:21	2:09
			42:19	44:58	47:23	48:29								
			1:30	2:39	2:25	1:06								
7	**Hazel Wright**	**40:23**	4:29	6:22	8:27	10:55	12:58	15:12	21:16	23:56	26:07	33:03	37:19	40:00
	MAROC		4:29	1:53	2:05	2:28	2:03	2:14	~~6:04~~	~~2:40~~	2:11	6:56	4:16	2:41
			41:52	45:04	47:48	49:07								
			1:52	3:12	2:44	1:19								
8	**Roger Coombs**	**42:02**	4:35	8:04	10:17	13:07	15:17	17:36	24:11	27:06	29:21	35:05	39:30	42:03
	MAROC		4:35	3:29	2:13	2:50	2:10	2:19	~~6:35~~	~~2:55~~	2:15	5:44	4:25	2:33
			43:40	47:08	50:15	51:32								
			1:37	3:28	3:07	1:17								
9	**Luke Graham**	**42:50**	3:56	5:45	7:19	9:45	11:45	13:30	20:03	22:08	24:19	36:17	40:51	43:19
	MAROC		3:56	1:49	1:34	2:26	2:00	1:45	~~6:33~~	~~2:05~~	2:11	11:58	4:34	2:28
			45:03	47:55	50:19	51:28								
			1:44	2:52	2:24	1:09								
10	**Craig Chapman**	**43:57**	4:54	6:59	9:00	11:49	14:07	16:18	24:36	27:24	29:59	35:38	40:34	43:19
	MAROC		4:54	2:05	2:01	2:49	2:18	2:11	~~8:18~~	~~2:48~~	2:35	5:39	4:56	2:45
			45:13	50:25	53:17	55:03								
			1:54	5:12	2:52	1:46								
11	**Donald Kerridge**	**44:03**	6:17	8:43	10:49	13:25	16:22	18:47	27:56	34:08	36:21	41:51	46:40	49:08
	MAROC		6:17	2:26	2:06	2:36	2:57	2:25	~~9:09~~	~~6:12~~	2:13	5:30	4:49	2:28
			51:09	56:00	58:17	59:24								
			2:01	4:51	2:17	1:07								
12	**Ian Hamilton**	**45:33**	4:44	7:08	9:15	12:07	14:37	17:09	23:01	27:11	30:21	36:32	41:44	44:26
	GRAMP		4:44	2:24	2:07	2:52	2:30	2:32	~~5:52~~	~~4:10~~	3:10	6:11	5:12	2:42
			46:21	50:46	54:12	55:35								
			1:55	4:25	3:26	1:23								
13	**Drew Tivendale**	**46:14**	3:14	15:15	16:54	19:31	21:26	24:07	27:47	29:41	31:49	36:56	40:50	43:00
	MAROC		3:14	12:01	1:39	2:37	1:55	2:41	~~3:40~~	***~~1:54~~***	2:08	5:07	3:54	2:10
			44:33	48:02	50:33	51:48								
			1:33	3:29	2:31	1:15								