

Pl	Name	Time	4.7 km				18 C								
			1(135) 13(136)	2(138) 14(132)	3(231) 15(130)	4(232) 16(131)	5(233) 17(133)	6(234) 18(134)	7(235) Finish	8(236)	9(140)	10(139)	11(230)	12(137)	
1	Joe Wright MAROC	45:25	2:54 2:54 29:42 4:38	5:07 2:13 35:48 6:06	8:23 3:16 38:13 2:25	9:57 1:34 41:47 3:34	11:32 1:35 43:27 1:40	12:58 1:26 44:35 1:08	14:23 1:25 45:25 0:50	17:38 3:15	21:09 3:31	22:15 1:06	23:14 0:59	25:04 1:50	
2	Calum McLeod GRAMP	51:00	4:25 4:25 33:11 3:20	7:01 2:36 39:32 6:21	10:21 3:20 42:41 3:09	13:17 2:56 46:09 3:28	15:01 1:44 48:40 2:31	16:09 1:08 50:01 1:21	17:47 1:38 51:00 0:59	20:21 2:34	24:22 4:01	26:30 2:08	27:39 1:09	29:51 2:12	
3	Jonathan Musgrave MAROC	53:07	3:44 3:44 35:22 4:31	7:10 3:26 40:51 5:29	10:17 3:07 44:04 3:13	12:53 2:36 47:30 3:26	14:44 1:51 50:22 2:52	16:59 2:15 52:01 1:39	18:42 1:43 53:07 1:06	21:34 2:52	25:22 3:48	26:58 1:36	28:27 1:29	30:51 2:24	
4	Ali Robertson GRAMP	57:39	3:21 38:39 3:39	5:53 45:27 6:48	13:42 48:54 3:27	16:38 52:39 3:45	19:09 54:46 2:07	20:45 56:39 1:53	22:25 57:39 1:00	25:25 3:00	28:58 3:33	31:04 2:06	32:28 1:24	35:00 2:32	
5	Drew Tivendale MAROC	62:01	2:44 44:36 3:50	5:21 49:59 5:23	11:12 53:07 3:08	15:16 56:45 3:38	17:06 59:25 2:40	18:21 60:57 1:32	19:37 62:01 1:04	22:52 3:15	35:58 13:06	37:30 1:32	38:41 1:11	40:46 2:05	
6	Felix Wilson BOF	64:51	4:43 4:43 40:15 3:07	7:23 2:40 51:26 11:11	10:20 2:57 55:18 3:52	12:15 1:55 58:39 3:21	15:59 3:44 62:13 3:34	17:27 1:28 64:00 1:47	18:54 1:27 64:51 0:51	21:34 2:40	24:37 3:03	33:38 9:01	35:16 1:38	37:08 1:52	
7	Sarah Dunn MAROC	64:53	4:01 4:01 43:10 4:21	7:41 3:40 49:41 6:31	11:28 3:47 54:23 4:42	14:03 2:35 59:21 4:58	16:29 2:26 61:53 2:32	17:51 1:22 63:32 1:39	19:45 1:54 64:53 1:21	22:53 3:08	27:02 4:09	33:56 6:54	35:36 1:40	38:49 3:13	
8	Sean O'Sullivan MAROC	69:25	4:03 4:03 50:12 10:28	7:05 3:02 56:29 6:17	11:24 4:19 60:27 3:58	13:38 2:14 64:21 3:54	18:05 4:27 66:37 2:16	19:41 1:36 68:18 1:41	21:34 1:53 69:25 1:07	24:49 3:15	29:00 4:11	35:30 6:30	36:54 1:24	39:44 2:50	
Short (26)					3.0 km		11 C								
			1(136)	2(138)	3(140)	4(139)	5(230)	6(137)	7(132)	8(130)	9(131)	10(133)	11(134)	Finish	
1	Luke Graham MAROC	33:02	4:37 4:37	8:11 3:34	10:04 1:53	11:38 1:34	12:59 1:21	15:27 2:28	20:54 5:27	23:35 2:41	27:22 3:47	29:59 2:37	31:47 1:48	33:02 1:15	
2	Murray Anderson GRAMP	36:50	4:52 4:52	9:19 4:27	11:44 2:25	13:50 2:06	15:18 1:28	18:21 3:03	24:31 6:10	27:39 3:08	31:34 3:55	33:52 2:18	35:38 1:46	36:50 1:12	
3	Ewan Musgrave MAROC	37:29	6:02 6:02	10:02 4:00	12:05 2:03	13:59 1:54	15:26 1:27	17:40 2:14	23:52 6:12	28:53 5:01	32:05 3:12	34:34 2:29	36:25 1:51	37:29 1:04	
4	Pete Lawrence GRAMP	39:15	4:13 4:13	8:48 4:35	11:20 2:32	13:50 2:30	15:29 1:39	18:07 2:38	24:15 6:08	29:07 4:52	33:23 4:16	36:00 2:37	38:02 2:02	39:15 1:13	
5	Eilidh Campbell MAROC	39:49	5:04 5:04	8:58 3:54	11:41 2:43	13:35 1:54	15:01 1:26	17:40 2:39	24:45 7:05	28:09 3:24	31:50 3:41	36:04 4:14	38:02 1:58	39:49 1:47	
6	Amber Graham MAROC	42:06	4:14 4:14	9:37 5:23	12:22 2:45	15:09 2:47	16:44 1:35	20:36 3:52	27:23 6:47	31:16 3:53	36:05 4:49	38:47 2:42	41:11 2:24	42:06 0:55	
7	Nick Green	42:50	7:50 7:50	12:34 4:44	15:05 2:31	17:43 2:38	19:21 1:38	22:22 3:01	29:31 7:09	33:09 3:38	37:08 3:59	39:42 2:34	41:38 1:56	42:50 1:12	
8	John Lang GRAMP	46:01	10:17 10:17	15:01 4:44	17:14 2:13	19:50 2:36	21:30 1:40	24:09 2:39	31:12 7:03	35:22 4:10	40:10 4:48	42:57 2:47	44:49 1:52	46:01 1:12	
9	David Kirk GRAMP	46:34	4:19 4:19	9:07 4:48	11:57 2:50	14:27 2:30	16:39 2:12	20:25 3:46	30:57 10:32	35:03 4:06	39:21 4:18	42:50 3:29	45:12 2:22	46:34 1:22	
10	Chris Low MAROC	48:46	4:48 4:48	9:14 4:26	12:04 2:50	14:32 2:28	16:21 1:49	20:01 3:40	29:42 9:41	34:16 4:34	38:45 4:29	42:03 3:18	47:27 5:24	48:46 1:19	
11	Andy Tivendale MAROC	51:36	4:57 4:57	10:00 5:03	12:53 2:53	16:03 3:10	18:07 2:04	20:58 2:51	27:55 6:57	39:20 11:25	44:05 4:45	48:09 4:04	50:21 2:12	51:36 1:15	
12	Iain McLeod GRAMP	51:53	5:28 5:28	11:16 5:48	14:10 2:54	16:45 2:35	18:46 2:01	22:50 4:04	33:37 10:47	38:06 4:29	43:17 5:11	47:42 4:25	50:17 2:35	51:53 1:36	
13	Robin Skinner MAROC	59:57	5:34 5:34	10:05 4:31	12:32 2:27	20:13 7:41	21:41 1:28	24:24 2:43	41:00 16:36	45:23 4:23	52:43 7:20	55:53 3:10	57:48 1:55	59:57 2:09	
14	Lachlan Kirk GRAMP	65:29	8:16 8:16	14:28 6:12	16:34 2:06	26:38 10:04	29:00 2:22	34:04 5:04	43:23 9:19	48:38 5:15	53:18 4:40	60:10 6:52	64:22 4:12	65:29 1:07	
15	Ian McIntyre INT	66:03	13:04 13:04	19:33 6:29	22:55 3:22	32:43 9:48	34:54 2:11	38:27 3:33	47:33 9:06	52:11 4:38	57:54 5:43	61:30 3:36	64:02 2:32	66:03 2:01	
16	Bob Sheridan GRAMP	70:11	5:40 5:40	12:38 6:58	15:32 2:54	30:32 15:00	32:07 1:35	35:01 2:54	50:52 15:51	55:47 4:55	61:58 6:11	66:07 4:09	68:04 1:57	70:11 2:07	
17	Rachel Scott GRAMP	70:42	10:23 10:23	17:01 6:38	20:48 3:47	27:03 6:15	31:33 4:30	36:09 4:36	48:58 12:49	54:32 5:34	61:18 6:46	65:54 4:36	68:36 2:42	70:42 2:06	
18	Helen Rowlands GRAMP	71:49	6:39 6:39	13:04 6:25	16:47 3:43	24:32 7:45	26:49 2:17	30:51 4:02	42:35 11:44	50:07 7:32	63:25 13:18	67:07 3:42	69:55 2:48	71:49 1:54	
19	Robert Daly GRAMP	74:31	7:19 7:19	17:49 10:30	21:03 3:14	23:45 2:42	42:51 19:06	46:26 3:35	54:42 8:16	61:33 6:51	66:39 5:06	70:18 3:39	72:51 2:33	74:31 1:40	
20	Peter Craig MAROC	76:11	6:21 6:21	13:24 7:03	17:09 3:45	27:07 9:58	33:14 6:07	37:40 4:26	50:43 13:03	55:56 5:13	62:04 6:08	71:26 9:22	74:16 2:50	76:11 1:55	
21	Sam Pickett GRAMP	76:30	6:34 6:34	13:06 6:32	18:49 5:43	27:35 8:46	29:18 1:43	33:37 4:19	45:12 11:35	55:09 9:57	63:10 8:01	72:08 8:58	74:50 2:42	76:30 1:40	
22	Paul Duley	85:41	9:36	20:34	23:53	28:17	30:40	34:19	54:39	65:15	77:10	81:03	84:06	85:41	

