

Pl	Name	Time											
Long (14)				4.5 km	97 m	13 C							
		1(241)	2(237)	3(239)	4(234)	5(231)	6(230)	7(232)	8(236)	9(235)	10(240)	11(243)	12(244)
		13(245)	Finish										
1	Alistair Chapman MAROC	39:27	2:53 2:53 37:51 1:45	4:53 2:00 39:27 1:36	9:12 4:19 10:54 1:42	14:37 3:43 10:54 3:43	16:22 1:45 10:54 4:30	20:52 4:30 10:54 4:30	24:13 3:21 10:54 3:21	26:37 2:24 10:54 2:24	28:22 1:45 10:54 1:45	33:29 5:07 10:54 5:07	36:06 2:37 10:54 2:37
2	Matthew Gooch MAROC	42:22	3:10 3:10 40:40 2:40	5:24 2:14 42:22 1:42	9:41 4:17 11:40 1:59	15:02 3:22 11:40 3:22	16:54 1:52 11:40 1:52	22:53 5:59 11:40 5:59	26:31 3:38 11:40 3:38	29:11 2:40 11:40 2:40	31:26 2:15 11:40 2:15	35:03 3:37 11:40 3:37	38:00 2:57 11:40 2:57
3	Joe Wright MAROC	43:00	2:45 2:45 41:32 2:28	4:25 1:40 43:00 1:28	8:28 4:03 10:07 1:39	12:59 2:52 10:07 2:52	15:41 2:42 10:07 2:42	25:50 10:09 10:09 10:09	29:01 3:11 10:09 3:11	31:20 2:19 10:09 2:19	33:00 1:40 10:09 1:40	36:15 3:15 10:09 3:15	39:04 2:49 10:09 2:49
4	Calum McLeod GRAMP	43:16	2:43 2:43 41:51 2:07	4:55 2:12 43:16 1:25	8:53 3:58 10:44 1:51	14:32 3:48 10:44 3:48	16:44 2:12 10:44 2:12	24:21 7:37 10:44 7:37	27:47 3:26 10:44 3:26	30:17 2:30 10:44 2:30	32:18 2:01 10:44 2:01	36:50 4:32 10:44 4:32	39:44 2:54 10:44 2:54
5	Felix Wilson BOF	48:59	3:15 3:15 47:31 1:44	6:13 2:58 48:59 1:28	10:50 4:37 13:42 2:52	20:29 6:47 13:42 6:47	22:45 2:16 13:42 2:16	30:38 7:53 13:42 7:53	34:01 3:23 13:42 3:23	36:18 2:17 13:42 2:17	38:14 1:56 13:42 1:56	42:50 4:36 13:42 4:36	45:47 2:57 13:42 2:57
6	Hazel Wright MAROC	51:17	3:11 3:11 49:19 2:27	6:23 3:12 51:17 1:58	10:56 4:33 13:01 2:05	16:51 3:50 13:01 3:50	20:41 3:50 13:01 3:50	26:12 5:31 13:01 5:31	32:16 6:04 13:01 6:04	35:12 2:56 13:01 2:56	37:33 2:21 13:01 2:21	41:46 4:13 13:01 4:13	46:52 5:06 13:01 5:06
7	Martin Young MAROC	53:20	4:30 4:30 51:24 2:06	10:17 5:47 53:20 1:56	14:24 4:07 16:15 1:51	22:08 5:53 16:15 5:53	24:50 2:42 16:15 2:42	32:59 8:09 16:15 8:09	37:56 4:57 16:15 4:57	40:16 2:20 16:15 2:20	42:23 2:07 16:15 2:07	45:45 3:22 16:15 3:22	49:18 3:33 16:15 3:33
8	Drew Tivendale MAROC	53:55	2:35 2:35 51:43 2:20	4:37 2:02 53:55 2:12	13:07 8:30 15:10 2:03	20:51 5:41 15:10 5:41	23:25 2:34 15:10 2:34	29:53 6:28 15:10 6:28	36:16 6:23 15:10 6:23	39:26 3:10 15:10 3:10	41:41 2:15 15:10 2:15	46:08 4:27 15:10 4:27	49:23 3:15 15:10 3:15
9	Jake Chapman MAROC	55:57	3:00 3:00 53:56 2:24	5:03 2:03 55:57 2:01	8:52 3:49 11:08 2:16	17:49 6:41 11:08 6:41	20:35 2:46 11:08 2:46	34:15 13:40 11:08 13:40	38:59 4:44 11:08 4:44	41:57 2:58 11:08 2:58	44:17 2:20 11:08 2:20	48:29 4:12 11:08 4:12	51:32 3:03 11:08 3:03
10	Sean O'Sullivan MAROC	64:16	6:21 6:21 62:22 2:50	9:07 2:46 64:16 1:54	16:07 7:00 19:50 3:43	25:07 5:17 19:50 5:17	29:46 4:39 19:50 4:39	39:01 9:15 19:50 9:15	42:56 3:55 19:50 3:55	46:09 3:13 19:50 3:13	48:39 2:30 19:50 2:30	55:28 6:49 19:50 6:49	59:32 4:04 19:50 4:04
11	Donald Kerridge MAROC	76:23	3:16 3:16 74:27 2:47	7:21 4:05 76:23 1:56	12:17 4:56 14:34 2:17	18:22 3:48 14:34 3:48	24:39 6:17 14:34 6:17	45:29 20:50 14:34 20:50	50:49 5:20 14:34 5:20	54:19 3:30 14:34 3:30	56:49 2:30 14:34 2:30	62:48 5:59 14:34 5:59	71:40 8:52 14:34 8:52
12	William Nicolson INVOC	82:03	11:23 11:23 80:22 2:25	14:16 2:53 82:03 1:41	20:41 6:25 23:14 2:33	29:12 5:58 23:14 5:58	32:05 2:53 23:14 2:53	39:17 7:12 23:14 7:12	44:08 4:51 23:14 4:51	54:15 10:07 23:14 10:07	58:06 3:51 23:14 3:51	66:06 8:00 23:14 8:00	77:57 11:51 23:14 11:51
13	Andrew McMurtrie MAROC	83:23	3:45 3:45 81:08 2:50	6:26 2:41 83:23 2:15	16:40 10:14 19:06 2:26	23:33 4:27 19:06 4:27	25:44 2:11 19:06 2:11	54:06 28:22 19:06 28:22	60:24 6:18 19:06 6:18	64:00 3:36 19:06 3:36	67:09 3:09 19:06 3:09	72:14 5:05 19:06 5:05	78:18 6:04 19:06 6:04
14	Dennis McDonald GRAMP	89:48	4:27 4:27 87:35 2:38	9:05 4:38 89:48 2:13	17:43 8:38 20:52 3:09	25:30 4:38 20:52 4:38	30:20 4:50 20:52 4:50	57:26 27:06 20:52 27:06	62:17 4:51 20:52 4:51	68:39 6:22 20:52 6:22	72:12 3:33 20:52 3:33	77:27 5:15 20:52 5:15	84:57 7:30 20:52 7:30
Short (21)				3.1 km	62 m	9 C							
		1(242)	2(238)	3(237)	4(239)	5(234)	6(233)	7(240)	8(243)	9(245)	Finish		
1	Luke Graham MAROC	28:05	2:14 2:14 1:40	4:20 2:06 3:59	6:01 1:41 3:37	9:38 3:37 1:49	16:47 5:20 3:34	20:21 3:34 3:29	23:50 3:29 2:19	26:09 2:19 1:56	28:05 1:56		
2	Abigail Mason MAROC	29:42	1:40 1:40 2:19	3:59 2:19 2:17	6:16 2:17 4:41	10:57 4:41 2:25	13:22 2:12 4:43	20:17 4:43 4:42	24:59 4:42 2:45	27:44 2:45 1:58	29:42 1:58		
3	Robert Hickling GRAMP	32:55	2:09 2:09 2:53	4:57 2:48 3:48	7:23 2:26 4:53	12:16 4:53 2:36	14:52 2:36 3:10	18:02 3:10 4:52	22:54 4:52 4:41	27:35 3:10 3:32	31:07 3:32 1:48	32:55 1:48	
4	Roger Coombs MAROC	34:32	2:53 2:53 3:48	6:41 3:48 2:44	9:25 2:44 4:43	14:08 4:43 2:27	16:35 2:27 2:20	18:55 2:20 5:05	24:00 5:05 5:52	29:52 5:52 2:39	32:31 2:39 2:01	34:32 2:01	
5	Eilidh Campbell MAROC	34:56	2:56 2:56 5:51	8:47 5:51 1:47	10:34 1:47 5:31	16:05 5:31 1:54	17:59 1:54 3:31	21:30 3:31 4:45	26:15 4:45 4:07	30:22 4:07 2:55	33:17 2:55 1:39	34:56 1:39	
6	Frances Wright LUUOC	37:13	2:47 2:47 2:56	5:43 2:56 2:53	8:36 2:53 6:47	15:23 2:53 6:47	18:16 2:52 5:05	21:08 2:52 5:05	26:13 5:05 5:15	31:28 5:15 3:36	35:04 3:36 2:09	37:13 2:09	
7	Pete Lawrence GRAMP	37:32	2:33 2:33 3:08	5:41 3:08 2:54	8:35 2:54 6:41	15:16 6:41 2:22	17:38 2:22 2:33	20:11 2:33 5:38	25:49 5:38 6:20	32:09 6:20 3:03	35:12 3:03 2:20	37:32 2:20	
8	Richard Oxlade GRAMP	41:17	2:21 2:21 3:33	5:54 3:33 4:13	10:07 4:13 6:34	16:41 6:34 2:52	19:33 2:52 3:09	22:42 3:09 5:59	28:41 5:59 6:41	35:22 6:41 3:29	38:51 3:29 2:26	41:17 2:26	
9	Andy Tivendale MAROC	42:02	2:37 2:37 5:31	5:31 2:54 4:51	10:22 4:51 7:55	18:17 7:55 3:06	21:23 3:06 2:39	24:02 2:39 6:14	30:16 6:14 5:33	35:49 5:33 3:28	39:17 3:28 2:45	42:02 2:45	
10	Nick Green	44:38	3:12 3:12 4:21	7:33 4:21 3:25	10:58 3:25 7:45	18:43 7:45 3:17	22:00 3:17 3:20	25:20 3:20 6:20	31:40 6:20 5:26	37:06 5:26 5:23	42:29 5:23 2:09	44:38 2:09	

Pl	Name	Time										
			3.1 km 62 m			9 C			<i>(cont.)</i>			
			1(242)	2(238)	3(237)	4(239)	5(234)	6(233)	7(240)	8(243)	9(245)	Finish
11	Helen Rowlands	45:24	2:43	6:11	9:16	16:10	21:25	25:22	32:55	38:56	42:50	45:24
	GRAMP		2:43	3:28	3:05	6:54	5:15	3:57	7:33	6:01	3:54	2:34
12	Chris Low	47:06	2:15	5:10	8:51	14:56	18:15	24:30	37:12	41:44	45:04	47:06
	MAROC		2:15	2:55	3:41	6:05	3:19	6:15	12:42	4:32	3:20	2:02
13	Denise Wright	50:48	3:54	7:33	10:54	20:09	23:33	27:01	34:51	42:13	48:13	50:48
	MAROC		3:54	3:39	3:21	9:15	3:24	3:28	7:50	7:22	6:00	2:35
14	Bob Sheridan	53:27	3:11	9:37	12:43	21:42	24:45	28:30	35:24	42:10	50:40	53:27
	GRAMP		3:11	6:26	3:06	8:59	3:03	3:45	6:54	6:46	8:30	2:47
15	Neil McLean	54:11	2:41	6:52	10:37	18:58	22:51	26:36	33:58	41:27	50:32	54:11
	GRAMP		2:41	4:11	3:45	8:21	3:53	3:45	7:22	7:29	9:05	3:39
15	Iain McLeod	54:11	4:18	8:36	12:07	22:33	25:58	29:22	35:58	44:12	51:25	54:11
	GRAMP		4:18	4:18	3:31	10:26	3:25	3:24	6:36	8:14	7:13	2:46
17	Rachel Scott	63:14	4:44	11:36	17:26	27:32	31:39	36:22	44:37	52:06	60:00	63:14
	GRAMP		4:44	6:52	5:50	10:06	4:07	4:43	8:15	7:29	7:54	3:14
	Alan Dick	mp	4:29	21:38	25:31	38:07	42:30	47:37	62:32	74:01	-----	85:58
			4:29	17:09	3:53	12:36	4:23	5:07	14:55	11:29	-----	11:57
	Sarah Wallace	mp	9:53	23:17	30:37	48:30	58:52	68:21	79:11	89:32	-----	
	GRAMP		9:53	13:24	7:20	17:53	10:22	9:29	10:50	10:21	-----	
	Joel Gooch	dnf	6:56	-----	-----	-----	-----	-----	-----	-----	-----	18:09
	MAROC		6:56	-----	-----	-----	-----	-----	-----	-----	-----	11:13
	Bruce Graham	dnf	4:54	13:24	18:52	31:54	-----	54:22	-----	-----	-----	
	MAROC		4:54	8:30	5:28	13:02	-----	22:28	-----	-----	-----	

80:11
*244