

Pos	Name	Clas	Time	5.2 km											Finish	
				1(241)	2(230)	3(232)	4(234)	5(236)	6(237)	7(238)	8(239)	9(242)	10(243)	11(244)		12(245)
<b>Long (17)</b>																
1	Joe Wright	Long	42:17	1:58	12:45	15:32	16:46	20:20	25:01	27:03	30:21	35:28	37:59	40:21	41:38	42:17
	MAROC			1:58	10:47	2:47	1:14	3:34	4:41	2:02	3:18	5:07	2:31	2:22	1:17	0:39
2	Matthew Gooch	Long	49:05	6:14	15:47	19:24	21:20	24:17	29:29	31:57	34:48	40:36	43:42	46:43	48:22	49:05
	MAROC			6:14	9:33	3:37	1:56	2:57	5:12	2:28	2:51	5:48	3:06	3:01	1:39	0:43
3	Dan Gooch	Long	51:04	4:12	16:10	19:48	21:02	23:18	29:48	31:54	34:49	40:23	45:03	48:25	50:17	51:04
	MAROC			4:12	11:58	3:38	1:14	2:16	6:30	2:06	2:55	5:34	4:40	3:22	1:52	0:47
4	Martin Young	Long	54:43	2:59	13:51	16:55	18:42	21:23	27:25	29:15	35:24	44:45	48:31	51:49	53:48	54:43
	MAROC			2:59	10:52	3:04	1:47	2:41	6:02	1:50	6:09	9:21	3:46	3:18	1:59	0:55
5	Jon Musgrave	Long	55:51	3:01	14:00	18:18	23:16	26:19	31:02	33:08	38:56	47:05	50:03	53:16	55:08	55:51
	MAROC			3:01	10:59	4:18	4:58	3:03	4:43	2:06	5:48	8:09	2:58	3:13	1:52	0:43
6	Hazel Wright	Long	57:34	2:42	14:40	18:30	20:15	23:09	34:33	36:47	40:35	47:49	51:32	54:46	56:48	57:34
	MAROC			2:42	11:58	3:50	1:45	2:54	11:24	2:14	3:48	7:14	3:43	3:14	2:02	0:46
7	Jack Gomersall	Long	61:41	5:18	17:45	21:41	23:12	26:09	31:37	35:35	40:23	52:37	55:50	59:01	60:52	61:41
	GRAMP			5:18	12:27	3:56	1:31	2:57	5:28	3:58	4:48	12:14	3:13	3:11	1:51	0:49
8	Rob Hickling	Long	63:19	3:54	15:08	20:47	22:25	25:46	33:21	35:44	44:48	52:10	56:02	59:34	62:10	63:19
	GRAMP			3:54	11:14	5:39	1:38	3:21	7:35	2:23	9:04	7:22	3:52	3:32	2:36	1:09
9	Felix Wilson	Long	67:49	2:01	29:38	32:43	34:46	39:37	45:23	47:17	50:07	55:47	59:53	62:43	67:00	67:49
	MAROC			2:01	27:37	3:05	2:03	4:51	5:46	1:54	2:50	5:40	4:06	2:50	4:17	0:49
10	Sarah Dunn	Long	68:11	9:31	22:11	26:25	28:36	31:43	38:26	41:36	48:51	56:00	59:58	63:21	67:07	68:11
	MAROC			9:31	12:40	4:14	2:11	3:07	6:43	3:10	7:15	7:09	3:58	3:23	3:46	1:04
11	Katrina McLeod	Long	68:52	4:16	18:26	24:38	26:58	35:40	41:53	44:30	49:28	57:22	61:16	65:16	67:51	68:52
	LUUOC			4:16	14:10	6:12	2:20	8:42	6:13	2:37	4:58	7:54	3:54	4:00	2:35	1:01
12	Andrew McMurtrie	Long	69:16	3:29	18:17	23:31	25:35	30:42	41:08	43:35	51:34	59:38	63:06	66:33	68:32	69:16
	GRAMP			3:29	14:48	5:14	2:04	5:07	10:26	2:27	7:59	8:04	3:28	3:27	1:59	0:44
13	Drew Tivendale	Long	72:07	4:32	16:43	21:34	22:53	30:18	41:23	44:53	49:52	62:05	65:35	69:14	71:16	72:07
	MAROC			4:32	12:11	4:51	1:19	7:25	11:05	3:30	4:59	12:13	3:30	3:39	2:02	0:51
14	Will Nicolson	Long	84:39	7:21	22:29	28:17	37:51	40:53	53:28	56:25	65:26	72:30	77:43	81:44	83:51	84:39
	INVOC			7:21	15:08	5:48	9:34	3:02	12:35	2:57	9:01	7:04	5:13	4:01	2:07	0:48
15	Ian Hamilton	Long	94:32	10:21	24:01	29:54	32:21	57:00	64:39	67:31	72:21	81:57	86:06	90:17	93:32	94:32
	GRAMP			10:21	13:40	5:53	2:27	24:39	7:39	2:52	4:50	9:36	4:09	4:11	3:15	1:00
16	Dominykas Kardokas	Long	97:40	7:26	22:53	30:53	34:21	46:17	56:04	60:13	65:23	80:53	87:30	91:19	96:27	97:40
	GRAMP			7:26	15:27	8:00	3:28	11:56	9:47	4:09	5:10	15:30	6:37	3:49	5:08	1:13
	Gareth Yardley	Long	dnf	8:04	22:11	26:49	28:26	39:00	46:29	50:28	-----	-----	-----	-----	-----	-----
	GRAMP			8:04	14:07	4:38	1:37	10:34	7:29	3:59						

Pos	Name	Clas	Time	3.4 km							Finish
				1(240)	2(236)	3(231)	4(237)	5(238)	6(239)	7(241)	
<b>Medium (29)</b>											
1	Ewan Musgrave	Mediu	34:22	3:50	8:28	11:18	15:29	21:06	28:00	32:06	34:22
	MAROC			3:50	4:38	2:50	4:11	5:37	6:54	4:06	2:16
2	John Lang	Mediu	36:10	4:24	10:05	13:42	18:25	21:13	27:25	33:29	36:10
	GRAMP			4:24	5:41	3:37	4:43	2:48	6:12	6:04	2:41
3	Paul Mather	Mediu	36:26	4:43	13:08	17:10	23:00	25:56	29:55	34:11	36:26
	GRAMP			4:43	8:25	4:02	5:50	2:56	3:59	4:16	2:15
4	Sam Gomersall	Mediu	39:23	3:59	9:32	13:21	21:05	23:48	30:24	36:31	39:23
	GRAMP			3:59	5:33	3:49	7:44	2:43	6:36	6:07	2:52
5	Pete Lawrence	Mediu	40:18	4:20	16:50	20:55	25:26	27:48	32:09	37:35	40:18
	GRAMP			4:20	12:30	4:05	4:31	2:22	4:21	5:26	2:43
6	Murray Anderson	Mediu	40:59	4:18	10:23	15:07	20:38	22:56	28:22	38:15	40:59
	GRAMP			4:18	6:05	4:44	5:31	2:18	5:26	9:53	2:44
7	Rob Skinner	Mediu	42:26	4:08	10:03	13:32	22:12	25:02	32:38	39:59	42:26
	MAROC			4:08	5:55	3:29	8:40	2:50	7:36	7:21	2:27
8	Nick Hale	Mediu	44:17	-----	-----	-----	-----	-----	-----	-----	44:17
	MAROC										44:17
9	Lesley Gomersall	Mediu	44:28	4:31	11:16	15:32	20:56	26:47	35:01	41:45	44:28
	GRAMP			4:31	6:45	4:16	5:24	5:51	8:14	6:44	2:43
10	Amber Graham	Mediu	44:55	4:51	20:24	24:04	31:46	34:29	38:40	42:42	44:55
	MAROC			4:51	15:33	3:40	7:42	2:43	4:11	4:02	2:13
11	Chris Low	Mediu	45:44	7:08	15:53	19:36	27:43	31:12	35:36	42:57	45:44
	MAROC			7:08	8:45	3:43	8:07	3:29	4:24	7:21	2:47
12	Iain McLeod	Mediu	46:07	4:42	11:23	15:51	21:01	23:59	32:16	42:32	46:07
	GRAMP			4:42	6:41	4:28	5:10	2:58	8:17	10:16	3:35
13	Kirsty Campbell	Mediu	46:16	5:25	21:36	25:04	33:16	35:43	39:37	43:59	46:16
	MAROC			5:25	16:11	3:28	8:12	2:27	3:54	4:22	2:17
14	Gordon Urquhart	Mediu	47:10	5:11	16:03	19:04	24:58	28:36	33:13	44:56	47:10
	GRAMP			5:11	10:52	3:01	5:54	3:38	4:37	11:43	2:14
15	Ian McIntyre	Mediu	51:08	5:30	15:23	20:32	27:30	31:24	37:53	47:29	51:08
	INT			5:30	9:53	5:09	6:58	3:54	6:29	9:36	3:39
16	Bob Sheridan	Mediu	51:59	4:31	17:28	27:05	33:27	36:00	39:32	48:14	51:59
	GRAMP			4:31	12:57	9:37	6:22	2:33	3:32	8:42	3:45
17	Phil Campbell	Mediu	52:11	5:47	13:46	25:17	30:53	34:47	41:32	48:57	52:11
	GRAMP			5:47	7:59	11:31	5:36	3:54	6:45	7:25	3:14
18	Nick Green	Mediu	52:47	6:55	13:28	17:25	23:10	25:19	30:19	50:12	52:47
	GRAMP			6:55	6:33	3:57	5:45	2:09	5:00	19:53	2:35
19	Helen Rowlands	Mediu	58:16	5:19	21:07	26:17	32:47	36:27	41:38	52:55	58:16
	GRAMP			5:19	15:48	5:10	6:30	3:40	5:11	11:17	5:21
20	Sarah Wallace	Mediu	61:49	6:57	15:28	22:53	33:48	41:50	51:21	58:21	61:49
	GRAMP			6:57	8:31	7:25	10:55	8:02	9:31	7:00	3:28
21	Michael Bolt	Mediu	66:51	5:49	32:22	37:45	44:01	47:56	52:18	63:31	66:51
	GRAMP			5:49	26:33	5:23	6:16	3:55	4:22	11:13	3:20

