

Pos	Name	Age	Time															
Long (16)				5.3 km 0 m	15 C													
				1(130) 14(232)	2(131) 15(233)	3(132) Finish	4(137)	5(136)	6(135)	7(134)	8(138)	9(230)	10(140)	11(139)	12(234)	13(231)		
1	Joe Wright MAROC	M18	36:16	2:36 2:36 33:29 2:52	4:53 2:17 35:03 1:34	7:30 2:37 36:16 1:13	10:43 3:13	12:22 1:39	13:17 0:55	14:12 0:55	17:59 3:47	21:55 3:56	23:34 1:39	25:26 1:52	27:44 2:18	30:37 2:53		
2	Felix Wilson MAROC	M18	40:20	3:08 3:08 37:23 3:07	4:29 1:21 39:02 1:39	7:55 3:26 40:20 1:18	11:21 3:26	13:52 2:31	14:51 0:59	16:07 1:16	19:57 3:50	24:11 4:14	26:11 2:00	28:15 2:04	30:34 2:19	34:16 3:42		
3	Matthew Gooch MAROC	M16	41:00	2:56 2:56 37:35 2:38	4:16 1:20 39:17 1:42	6:52 2:36 41:00 1:43	11:11 4:19	13:36 2:25	14:46 1:10	16:07 1:21	20:26 4:19	24:35 4:09	26:31 1:56	28:38 2:07	31:13 2:35	34:57 3:44		
4	Alistair Chapman MAROC	M16	45:33	2:42 2:42 41:44 3:00	4:00 1:18 43:57 2:13	6:28 2:28 45:33 1:36	12:24 5:56	16:30 4:06	17:26 0:56	19:41 2:15	24:03 4:22	28:21 4:18	30:14 1:53	32:20 2:06	35:05 2:45	38:44 3:39		
5	Hazel Wright MAROC	W21	46:22	3:24 3:24 42:50 3:32	4:50 1:26 44:43 1:53	7:42 2:52 46:22 1:39	12:35 4:53	15:49 3:14	17:09 1:20	18:21 1:12	23:19 4:58	28:10 4:51	30:04 1:54	32:38 2:34	35:32 2:54	39:18 3:46		
6	Luke Graham MAROC	M16	53:41	3:18 3:18 49:54 3:06	10:24 7:06 52:08 2:14	13:31 3:07 53:41 1:33	18:16 4:45	22:02 3:46	23:16 1:14	24:30 1:14	30:27 5:57	35:30 5:03	37:29 1:59	39:56 2:27	42:59 3:03	46:48 3:49		
7	Martin Young MAROC	M21	55:09	3:48 3:48 51:35 4:45	5:11 1:23 53:33 1:58	10:09 4:58 55:09 1:36	15:59 5:50	17:58 1:59	20:09 2:11	21:38 1:29	29:41 8:03	35:26 5:45	37:26 2:00	39:54 2:28	42:37 2:43	46:50 4:13		
8	Sarah Dunn MAROC	W45	57:30	4:17 4:17 53:26 3:52	5:49 1:32 55:34 2:08	9:45 3:56 57:30 1:56	15:03 5:18	19:01 3:58	20:25 1:24	21:50 1:25	31:06 9:16	36:16 5:10	38:36 2:20	41:05 2:29	44:09 3:04	49:34 5:25		
9	Drew Tivendale MAROC	M40	58:14	4:19 4:19 54:40 5:52	9:59 5:40 56:30 1:50	12:44 2:45 58:14 1:44	16:40 3:56	26:04 9:24	27:14 1:10	28:33 1:19	33:04 4:31	37:18 4:14	39:06 1:48	42:04 2:58	44:48 2:44	48:48 4:00		
10	Rob Hickling GRAMP	M60	59:59	5:14 5:14 55:40 3:52	6:51 1:37 57:49 2:09	10:38 3:47 59:59 2:10	16:19 5:41	20:46 4:27	22:18 1:32	23:47 1:29	29:06 5:19	35:42 6:36	39:52 4:10	42:27 2:35	45:59 3:32	51:48 5:49		
11	Donald Kerridge		1:01:05	3:22 3:22 56:39 3:51	5:13 1:51 59:09 2:30	10:22 5:09 1:01:05 1:56	15:53 5:31	21:18 5:25	23:40 2:22	25:23 1:43	31:57 6:34	38:27 6:30	41:03 2:36	43:49 2:46	47:14 3:25	52:48 5:34		
12	Katrina McLeod LUUOC	W21	1:01:13	4:30 4:30 57:06 4:11	8:14 3:44 59:13 2:07	13:35 5:21 1:01:13 2:00	20:20 6:45	23:02 2:42	25:30 2:28	26:55 1:25	32:17 5:22	37:53 5:36	41:00 3:07	45:01 4:01	48:22 3:21	52:55 4:33		
13	Ian Hamilton GRAMP	M55	1:01:32	3:52 3:52 56:56 4:38	6:28 2:36 59:23 2:27	11:20 4:52 1:01:32 2:09	16:46 5:26	20:10 3:24	22:00 1:50	24:13 2:13	31:36 7:23	38:00 6:24	40:49 2:49	43:50 3:01	47:24 3:34	52:18 4:54		
14	Dominykas Kardokas		1:01:58	6:31 6:31 55:51 5:07	8:26 1:55 57:42 1:51	12:37 4:11 1:01:58 4:16	17:42 5:05	20:40 2:58	21:52 1:12	23:15 1:23	28:44 5:29	35:38 6:54	37:37 1:59	43:15 5:38	45:57 2:42	50:44 4:47		
15	Gareth Yardley GRAMP	M50	1:02:34	3:59 3:59 58:10 4:14	5:44 1:45 1:00:27 2:17	8:42 2:58 1:02:34 2:07	14:07 5:25	17:04 2:57	18:40 1:36	20:58 2:18	30:45 9:47	37:22 6:37	40:59 3:37	43:53 2:54	47:48 3:55	53:56 6:08		
16	Dennis McDonald GRAMP	M50	1:14:23	4:34 4:34 1:09:02 5:39	8:52 4:18 1:11:59 2:57	19:43 10:51 1:14:23 2:24	26:11 6:28	29:38 3:27	31:24 1:46	33:18 1:54	38:58 5:40	45:48 6:50	48:25 2:37	52:04 3:39	55:36 3:32	1:03:23 7:47		
Short (37)				3.3 km 0 m	7 C													
				1(133)	2(137)	3(136)	4(139)	5(230)	6(140)	7(234)	Finish							
1	Ewan Musgrave MAROC	M14	23:11	2:19 2:19 3:06	5:25 3:06 7:31	12:05 2:06	12:05 4:34	14:50 2:45	16:49 1:59	21:27 4:38	23:11 1:44							
2	Nick Hale SN	M55	24:46	2:30 2:30 3:42	6:12 3:42 8:52	8:31 2:19 10:51	13:24 4:53	15:48 2:24	17:48 2:00	23:09 5:21	24:46 1:37							
3	Joel Gooch MAROC	M14	26:06	2:07 2:07	5:04 2:57	8:52 3:48	13:24 4:32	17:01 3:37	19:30 2:29	24:38 5:08	26:06 1:28							
4	Pete Lawrence GRAMP	M50	28:17	2:47 2:47	6:36 3:49	8:50 2:14	14:18 5:28	18:23 4:05	20:47 2:24	26:25 5:38	28:17 1:52							
4	Dougal MacEwan BAOC	M21	28:17	2:21 2:21	6:12 3:51	10:10 3:58	14:44 4:34	18:52 4:08	21:32 2:40	26:58 5:26	28:17 1:19							
6	John Lang GRAMP	M50	30:23	2:54 2:54	6:41 3:47	10:18 3:37	15:34 5:16	19:43 4:09	22:41 2:58	28:41 6:00	30:23 1:42							

