

Pos	Name	Age	Time														
Long (12)				4.9 km 0 m			16 C										
				1(242)	2(230)	3(232)	4(231)	5(238)	6(234)	7(237)	8(235)	9(244)	10(239)	11(233)	12(230)	13(243)	
				14(241)	15(236)	16(245)	Finish										
1	Matthew Gooch MAROC	M16	34:34	2:07	4:37	6:25	7:30	10:14	12:32	14:55	16:25	17:50	19:59	21:26	23:25	24:43	
				2:07	2:30	1:48	1:05	2:44	2:18	2:23	1:30	1:25	2:09	1:27	1:59	1:18	
				28:58	31:28	33:16	34:34										
				4:15	2:30	1:48	1:18										
2	Felix Wilson MAROC	M18	36:27	1:57	4:08	5:49	7:17	10:13	12:02	15:03	16:27	17:40	19:56	22:14	23:58	25:00	
				1:57	2:11	1:41	1:28	2:56	1:49	3:01	1:24	1:13	2:16	2:18	1:44	1:02	
				30:05	32:27	34:59	36:27										
				5:05	2:22	2:32	1:28										
3	Joe Wright MAROC	M18	39:25	4:08	6:53	11:07	12:01	14:29	16:28	19:06	20:24	21:36	23:57	25:45	27:33	29:51	
				4:08	2:45	4:14	0:54	2:28	1:59	2:38	1:18	1:12	2:21	1:48	1:48	2:18	
				34:14	36:31	38:20	39:25										
				4:23	2:17	1:49	1:05										
4	Hazel Wright MAROC	W21	41:29	2:04	6:13	8:00	9:09	12:20	14:57	18:21	20:00	21:32	24:06	25:34	27:47	29:32	
				2:04	4:09	1:47	1:09	3:11	2:37	3:24	1:39	1:32	2:34	1:28	2:13	1:45	
				34:46	37:58	40:14	41:29										
				5:14	3:12	2:16	1:15										
5	Sarah Dunn MAROC	W50	46:14	2:37	6:03	8:18	9:46	13:16	16:36	19:44	21:45	23:42	26:34	29:00	32:20	34:14	
				2:37	3:26	2:15	1:28	3:30	3:20	3:08	2:01	1:57	2:52	2:26	3:20	1:54	
				39:56	42:55	44:49	46:14										
				5:42	2:59	1:54	1:25										
6	Robert Hickling GRAMP	M60	47:05	2:05	5:44	7:53	10:40	14:04	17:13	21:20	23:19	25:23	28:42	30:38	33:09	35:18	
				2:05	3:39	2:09	2:47	3:24	3:09	4:07	1:59	2:04	3:19	1:56	2:31	2:09	
				40:10	43:55	45:46	47:05										
				4:52	3:45	1:51	1:19										
7	Drew Tivendale MAROC	M45	47:47	3:08	6:19	8:22	9:42	12:20	15:01	20:29	22:18	23:56	26:28	28:16	30:42	32:10	
				3:08	3:11	2:03	1:20	2:38	2:41	5:28	1:49	1:38	2:32	1:48	2:26	1:28	
				38:03	43:33	46:13	47:47										
				5:53	5:30	2:40	1:34										
8	Jonathan Musgrave MAROC	M55	50:12	2:45	6:27	10:29	11:49	15:28	18:33	21:36	23:38	25:30	29:36	31:55	34:32	36:15	
				2:45	3:42	4:02	1:20	3:39	3:05	3:03	2:02	1:52	4:06	2:19	2:37	1:43	
				42:38	45:25	48:35	50:12										
				6:23	2:47	3:10	1:37										
9	Gareth Yardley GRAMP	M50	51:58	4:03	7:53	10:32	12:19	15:56	18:48	22:43	25:02	27:22	31:34	33:33	35:39	37:27	
				4:03	3:50	2:39	1:47	3:37	2:52	3:55	2:19	2:20	4:12	1:59	2:06	1:48	
				43:27	46:32	50:24	51:58										
				6:00	3:05	3:52	1:34										
10	Dennis McDonald GRAMP	M50	53:22	3:58	7:46	11:57	13:35	17:19	20:10	25:32	27:22	29:13	31:45	33:46	36:19	39:40	
				3:58	3:48	4:11	1:38	3:44	2:51	5:22	1:50	1:51	2:32	2:01	2:33	3:21	
				45:50	49:02	51:45	53:22										
				6:10	3:12	2:43	1:37										
11	Dominykas Kardokas		59:20	2:27	8:19	12:55	14:23	18:28	21:57	27:02	29:13	30:54	37:41	40:05	42:32	44:38	
				2:27	5:52	4:36	1:28	4:05	3:29	5:05	2:11	1:41	6:47	2:24	2:27	2:06	
				50:41	54:41	57:08	59:20										
				6:03	4:00	2:27	2:12										
12	Katrina McLeod GRAMP	W21	66:43	3:20	9:49	12:33	14:16	19:40	23:40	27:52	30:16	38:37	42:05	45:05	48:29	50:10	
				3:20	6:29	2:44	1:43	5:24	4:00	4:12	2:24	8:21	3:28	3:00	3:24	1:41	
				57:04	60:14	64:12	66:43										
				6:54	3:10	3:58	2:31										

Pos	Name	Age	Time											
Short (24)			3.6 km 0 m		10 C									
			1(240)	2(231)	3(244)	4(234)	5(238)	6(239)	7(233)	8(230)	9(242)	10(241)	Finish	
1	Ewan Musgrave MAROC	M14	26:16	2:45	5:19	9:33	12:30	14:59	16:41	18:10	20:01	22:32	25:06	26:16
2	Joel Gooch MAROC	M14	32:27	2:50	5:36	10:55	13:53	16:00	17:59	20:11	23:13	27:45	31:05	32:27
3	Murray Anderson GRAMP	M50	37:01	4:12	7:39	12:53	16:06	18:51	20:42	26:31	28:57	32:48	35:39	37:01
4	Richard Oxlade GRAMP	M60	37:06	3:55	7:08	11:53	16:40	19:40	21:53	24:36	27:39	31:50	35:13	37:06
5	Nick Hale MAROC	M60	38:52	3:25	6:56	11:12	14:27	16:48	19:10	24:28	26:44	32:52	36:45	38:52
6	Iain McLeod GRAMP	M55	39:19	4:06	7:41	13:09	17:38	20:37	22:27	24:45	28:59	33:12	36:58	39:19
7	David Kirk GRAMP	M50	42:00	3:23	8:08	15:27	21:13	24:19	26:34	28:57	32:17	36:12	40:02	42:00
8	Rob Skinner MAROC	M55	42:06	3:25	7:53	12:12	16:22	18:47	21:01	26:13	29:16	34:50	39:59	42:06
9	Roger Coombs MAROC	M60	42:43	3:37	7:41	16:48	22:30	25:27	27:36	29:54	33:00	37:31	40:50	42:43
10	Denise Wright MAROC	W50	43:35	4:19	7:58	13:16	17:58	21:45	24:57	29:56	33:12	37:42	41:44	43:35
11	Lesley Gomersall GRAMP	W55	46:32	3:45	7:25	13:35	19:24	23:50	26:09	29:53	33:30	37:22	44:40	46:32
12	Andy Tivendale MAROC	M70	47:28	4:13	7:54	13:40	17:25	20:38	23:17	27:29	30:40	34:20	45:15	47:28
13	Scott Liebenitz		48:26	3:54	7:10	13:26	21:26	26:12	27:56	30:23	33:00	41:48	46:40	48:26
14	Eilidh Campbell MAROC	W18	49:26	5:16	10:42	17:39	22:07	26:13	29:23	32:07	36:20	42:16	46:54	49:26
15	Ian McIntyre INT	M55	49:54	4:12	8:47	15:50	21:50	26:52	30:55	34:17	37:59	43:22	47:48	49:54
16	Estera Zak	W21	52:54	4:48	8:34	16:56	22:33	27:01	29:33	31:41	34:21	41:36	51:01	52:54
17	Rachel Scott GRAMP	W50	53:01	7:47	12:51	19:37	25:00	29:09	32:38	35:45	39:06	44:41	50:27	53:01
18	Nick Green		53:05	4:52	8:28	14:45	19:00	22:54	25:44	30:26	41:14	45:49	51:14	53:05
19	Helen Rowlands GRAMP	W50	54:02	4:33	9:21	17:31	23:22	27:05	30:50	37:19	41:22	47:11	52:15	54:02
20	David Esson GRAMP	M35	55:29	5:14	11:22	20:32	26:05	30:48	33:54	39:27	43:36	48:30	53:14	55:29
21	Phil Campbell GRAMP	M21	56:12	3:49	5:34	6:55	4:28	9:03	4:39	4:02	3:03	6:03	4:43	3:53
22	Sarah Wallace GRAMP	W21	63:01	6:54	12:34	22:47	30:10	35:47	38:38	40:57	45:32	55:43	60:58	63:01
23	Michael Bott GRAMP	M21	64:05	6:19	12:03	18:47	23:35	26:52	30:44	35:04	38:34	48:49	62:11	64:05
	Kirsty Campbell MAROC	W18	mp	5:13	-----	16:55	21:51	26:18	29:16	32:05	36:12	42:09	46:51	48:33
				5:13		11:42	4:56	4:27	2:58	2:49	4:07	5:57	4:42	1:42