Pl	Name	Time													
Brown (19)					**7.4 km**	**315 m**	**20 C**								
			1(166)	2(242)	3(232)	4(241)	5(138)	6(132)	7(153)	8(164)	9(135)	10(233)	11(151)	12(173)	13(245)
			14(226)	15(154)	16(228)	17(169)	18(221)	19(229)	20(170)	Finish					
1	**Godfree, David**	**54:50**	1:46	4:13	7:02	8:33	11:33	15:06	16:14	21:16	23:32	26:26	**31:22**	32:43	**37:35**
	FVO		1:46	2:27	2:49	1:31	3:00	3:33	1:08	***5:02***	2:16	***2:54***	4:56	1:21	***4:52***
			41:26	**42:47**	**45:02**	**49:13**	**52:28**	**53:58**	**54:25**	**54:50**					
			3:51	1:21	***2:15***	4:11	***3:15***	1:30	0:27	0:25					
2	**Wright, Joseph**	**55:23**	1:52	**3:56**	**5:46**	**7:03**	**9:58**	**13:18**	**14:14**	**20:06**	**22:20**	**25:35**	31:31	**32:34**	37:49
	MAROC		1:52	***2:04***	***1:50***	***1:17***	***2:55***	***3:20***	***0:56***	5:52	***2:14***	3:15	5:56	***1:03***	5:15
			41:30	42:58	45:24	49:15	52:58	54:19	54:56	55:23					
			3:41	1:28	2:26	***3:51***	3:43	1:21	0:37	0:27					
3	**Griffin, Tim**	**61:22**	2:11	4:57	7:35	9:24	13:17	17:22	18:52	24:18	27:10	30:35	35:54	37:03	42:43
	GRAMP		2:11	2:46	2:38	1:49	3:53	4:05	1:30	5:26	2:52	3:25	5:19	1:09	5:40
			46:55	47:49	50:55	55:14	58:49	60:19	60:58	61:22					
			4:12	***0:54***	3:06	4:19	3:35	1:30	0:39	0:24					
4	**Gooch, Daniel**	**65:52**	2:11	4:45	7:03	10:01	13:41	17:33	18:48	24:20	26:34	29:37	34:12	35:41	41:04
	MAROC		2:11	2:34	2:18	2:58	3:40	3:52	1:15	5:32	***2:14***	3:03	***4:35***	1:29	5:23
			44:50	51:50	54:10	58:42	61:58	64:54	65:24	65:52		*63:22*			
			3:46	7:00	2:20	4:32	3:16	2:56	0:30	0:28		**172*			
5	**Stockton, Mark**	**67:38**	2:01	4:47	7:30	9:24	13:14	18:15	19:31	25:53	28:38	32:12	37:41	39:50	45:54
	GRAMP		2:01	2:46	2:43	1:54	3:50	5:01	1:16	6:22	2:45	3:34	5:29	2:09	6:04
			50:50	52:10	54:58	60:15	64:34	66:42	67:15	67:38		*65:37*			
			4:56	1:20	2:48	5:17	4:19	2:08	0:33	***0:23***		**172*			
6	**Graham, Luke**	**67:53**	1:46	4:21	7:27	9:05	12:50	16:34	17:49	24:32	29:10	32:40	38:11	39:33	45:24
	MAROC		1:46	2:35	3:06	1:38	3:45	3:44	1:15	6:43	4:38	3:30	5:31	1:22	5:51
			49:51	50:54	55:48	61:19	65:26	66:49	67:24	67:53					
			4:27	1:03	4:54	5:31	4:07	1:23	0:35	0:29					
7	**Getliff, John**	**68:12**	1:49	4:16	7:06	8:40	12:18	19:18	20:31	26:40	29:40	33:14	39:11	41:44	47:42
	MAROC		1:49	2:27	2:50	1:34	3:38	7:00	1:13	6:09	3:00	3:34	5:57	2:33	5:58
			52:31	53:36	56:13	61:19	65:21	67:28	67:49	68:12					
			4:49	1:05	2:37	5:06	4:02	2:07	***0:21***	***0:23***					
8	**Hale, Nick**	**69:02**	1:52	4:52	7:48	9:38	13:53	17:43	19:04	25:36	28:27	32:07	38:14	40:19	46:47
	MAROC		1:52	3:00	2:56	1:50	4:15	3:50	1:21	6:32	2:51	3:40	6:07	2:05	6:28
			51:28	53:57	56:37	62:30	66:30	68:00	68:36	69:02					
			4:41	2:29	2:40	5:53	4:00	1:30	0:36	0:26					
9	**Tivendale, Drew**	**71:07**	1:47	6:41	9:24	11:08	15:04	19:05	20:19	27:00	30:18	34:06	40:28	43:40	50:19
	MAROC		1:47	4:54	2:43	1:44	3:56	4:01	1:14	6:41	3:18	3:48	6:22	3:12	6:39
			54:50	55:54	58:47	63:43	68:18	70:05	70:40	71:07					
			4:31	1:04	2:53	4:56	4:35	1:47	0:35	0:27					
10	**Robertson, Ali**	**73:17**	2:01	5:03	7:40	9:41	14:23	18:48	20:14	27:29	31:16	35:38	42:29	43:40	50:41
	GRAMP		2:01	3:02	2:37	2:01	4:42	4:25	1:26	7:15	3:47	4:22	6:51	1:11	7:01
			55:28	56:28	59:30	65:20	70:16	72:18	72:50	73:17					
			4:47	1:00	3:02	5:50	4:56	2:02	0:32	0:27					
11	**Chapman, Alistair**	**74:01**	1:46	4:15	6:24	8:11	12:22	17:26	18:45	25:27	28:31	31:40	38:41	40:14	47:12
	MAROC		1:46	2:29	2:09	1:47	4:11	5:04	1:19	6:42	3:04	3:09	7:01	1:33	6:58
			55:01	56:50	59:34	65:21	69:07	73:02	73:32	74:01					
			7:49	1:49	2:44	5:47	3:46	3:55	0:30	0:29					
12	**Atis, Kalejs**	**75:47**	2:11	4:50	7:37	9:22	13:26	17:45	19:19	26:39	29:44	34:08	40:31	43:01	51:27
	GRAMP		2:11	2:39	2:47	1:45	4:04	4:19	1:34	7:20	3:05	4:24	6:23	2:30	8:26
			56:57	59:28	62:25	68:03	73:04	74:45	75:21	75:47					
			5:30	2:31	2:57	5:38	5:01	1:41	0:36	0:26					
13	**Karatay, Gemma**	**77:23**	2:04	5:57	9:02	10:56	14:34	18:41	20:08	29:27	33:28	37:20	43:11	45:04	55:02
	BASOC		2:04	3:53	3:05	1:54	3:38	4:07	1:27	9:19	4:01	3:52	5:51	1:53	9:58
			59:44	60:59	64:06	70:28	74:35	76:26	76:57	77:23					
			4:42	1:15	3:07	6:22	4:07	1:51	0:31	0:26					
14	**Nash, Tim**	**79:16**	**1:45**	4:23	7:16	8:59	12:31	19:00	20:21	27:31	30:58	34:48	49:54	51:22	57:26
			1:45	2:38	2:53	1:43	3:32	6:29	1:21	7:10	3:27	3:50	15:06	1:28	6:04
			61:57	63:09	66:14	72:03	75:58	78:07	78:48	79:16					
			4:31	1:12	3:05	5:49	3:55	2:09	0:41	0:28					
15	**Campbell, Andrew**	**95:27**	2:06	14:08	16:49	18:49	23:38	28:02	29:07	35:22	39:31	43:14	54:20	60:04	67:11
	MOR		2:06	12:02	2:41	2:00	4:49	4:24	1:05	6:15	4:09	3:43	11:06	5:44	7:07
			73:37	77:09	80:34	87:32	92:13	94:15	94:56	95:27					
			6:26	3:32	3:25	6:58	4:41	2:02	0:41	0:31					
16	**Roberts, Keith**	**115:00**	3:36	11:19	14:57	17:26	23:13	29:06	30:46	39:22	44:02	48:52	58:10	75:16	84:56
	MAROC		3:36	7:43	3:38	2:29	5:47	5:53	1:40	8:36	4:40	4:50	9:18	17:06	9:40
			90:58	92:45	96:31	104:40	111:09	113:40	114:25	115:00					
			6:02	1:47	3:46	8:09	6:29	2:31	0:45	0:35					
17	**McLuckie, Peter**	**118:14**	2:22	19:25	23:13	25:13	39:23	46:12	47:54	56:56	62:16	66:09	79:41	87:35	94:20
	MOR		2:22	17:03	3:48	2:00	14:10	6:49	1:42	9:02	5:20	3:53	13:32	7:54	6:45
			99:27	100:38	103:56	110:16	115:05	117:04	117:42	118:14					
			5:07	1:11	3:18	6:20	4:49	1:59	0:38	0:32					
	McDonald, Dennis	**mp**	2:27	5:22	8:26	12:18	18:05	23:13	24:54	32:30	37:36	41:12	-----	49:22	55:51
	GRAMP		2:27	2:55	3:04	3:52	5:47	5:08	1:41	7:36	5:06	3:36		8:10	6:29
			60:51	64:03	68:28	75:25	80:34	82:08	82:50	83:27					
			5:00	3:12	4:25	6:57	5:09	1:34	0:42	0:37					
nc	**Hensman, Will**	**59:36**	1:49	4:21	7:25	8:58	12:38	16:15	17:35	23:14	26:17	29:41	35:24	36:38	42:09
	FVO		1:49	2:32	3:04	1:33	3:40	3:37	1:20	5:39	3:03	3:24	5:43	1:14	5:31
			46:14	47:55	50:15	54:13	57:29	58:47	59:13	59:36					
			4:05	1:41	2:20	3:58	3:16	***1:18***	0:26	***0:23***					

Pl	Name	Time													
Blue (31)					**5.4 km**	**140 m**	**17 C**								
			1(242)	2(243)	3(241)	4(138)	5(245)	6(132)	7(153)	8(168)	9(137)	10(226)	11(154)	12(134)	13(232)
			14(169)	15(171)	16(221)	17(170)	Finish								
1	**Wilson, Felix**	**39:26**	3:35	4:32	**6:33**	**9:36**	**11:48**	**14:02**	**15:19**	**17:27**	**18:53**	**23:21**	**24:49**	**28:57**	**32:24**
	MAROC		3:35	***0:57***	***2:01***	***3:03***	***2:12***	***2:14***	1:17	***2:08***	***1:26***	***4:28***	1:28	4:08	***3:27***
			33:32	**35:24**	**37:36**	**39:02**	**39:26**								
			1:08	***1:52***	***2:12***	***1:26***	0:24								
2	**Dean, Martin**	**46:14**	2:41	3:59	6:48	10:51	14:06	17:09	18:20	21:03	22:54	28:45	30:33	34:24	38:04
	FVO		2:41	1:18	2:49	4:03	3:15	3:03	***1:11***	2:43	1:51	5:51	1:48	3:51	3:40
			39:38	41:39	43:56	45:45	46:14								
			1:34	2:01	2:17	1:49	0:29								
3	**Hudd, Joe**	**49:35**	**2:07**	**3:11**	9:11	12:40	15:29	18:24	19:38	22:09	23:46	28:49	30:55	35:19	40:02
	WCOC		***2:07***	1:04	6:00	3:29	2:49	2:55	1:14	2:31	1:37	5:03	2:06	4:24	4:43
			41:48	45:08	47:31	49:09	49:35								
			1:46	3:20	2:23	1:38	0:26								
4	**Gomersall, Sam**	**51:04**	3:11	4:37	7:23	11:48	14:55	20:17	21:46	25:03	27:04	32:49	34:00	38:00	42:28
	GRAMP		3:11	1:26	2:46	4:25	3:07	5:22	1:29	3:17	2:01	5:45	***1:11***	4:00	4:28
			43:56	46:02	48:41	50:32	51:04								
			1:28	2:06	2:39	1:51	0:32								
5	**Tivendale, Andy**	**53:20**	3:47	5:25	8:10	12:41	15:56	19:25	20:59	24:04	26:12	32:35	33:52	39:17	43:16
	MAROC		3:47	1:38	2:45	4:31	3:15	3:29	1:34	3:05	2:08	6:23	1:17	5:25	3:59
			44:47	47:39	50:50	52:49	53:20								
			1:31	2:52	3:11	1:59	0:31								
6	**Anderson, Murray**	**53:22**	4:29	5:59	9:28	13:43	17:05	20:30	21:57	24:51	26:39	32:19	34:44	39:08	43:21
	GRAMP		4:29	1:30	3:29	4:15	3:22	3:25	1:27	2:54	1:48	5:40	2:25	4:24	4:13
			45:09	47:56	50:49	52:55	53:22								
			1:48	2:47	2:53	2:06	0:27								
7	**Barrie, Donald**	**55:55**	4:07	5:31	8:16	14:27	20:39	23:57	25:23	28:28	30:13	35:53	37:59	42:17	46:38
	MAROC		4:07	1:24	2:45	6:11	6:12	3:18	1:26	3:05	1:45	5:40	2:06	4:18	4:21
			48:28	50:47	53:23	55:31	55:55								
			1:50	2:19	2:36	2:08	0:24								
8	**Chepelin, Evgueni**	**57:16**	3:16	4:41	7:40	16:17	20:09	25:12	26:34	29:10	31:08	38:16	40:04	43:52	47:52
	GRAMP		3:16	1:25	2:59	8:37	3:52	5:03	1:22	2:36	1:58	7:08	1:48	***3:48***	4:00
			49:23	52:30	54:53	56:42	57:16								
			1:31	3:07	2:23	1:49	0:34								
9	**Johnson, Brian**	**57:46**	3:17	4:45	7:53	12:33	16:24	20:24	22:07	25:39	27:47	34:54	37:29	42:12	47:05
	WIM		3:17	1:28	3:08	4:40	3:51	4:00	1:43	3:32	2:08	7:07	2:35	4:43	4:53
			48:59	51:46	54:59	57:10	57:46								
			1:54	2:47	3:13	2:11	0:36								
10	**Chapman, Paul**	**59:19**	4:12	5:43	9:10	14:53	19:03	23:31	25:14	29:18	31:29	38:21	39:45	44:24	49:38
	MAROC		4:12	1:31	3:27	5:43	4:10	4:28	1:43	4:04	2:11	6:52	1:24	4:39	5:14
			51:48	54:16	56:55	58:51	59:19								
			2:10	2:28	2:39	1:56	0:28								
11	**Scott, Callum**	**59:23**	2:52	4:12	7:07	11:49	15:42	19:31	21:07	24:43	27:04	35:47	37:55	42:54	49:27
	BASOC		2:52	1:20	2:55	4:42	3:53	3:49	1:36	3:36	2:21	8:43	2:08	4:59	6:33
			51:05	53:37	56:49	58:52	59:23								
			1:38	2:32	3:12	2:03	0:31								
12	**McLeod, Iain**	**60:46**	3:24	5:05	8:01	13:37	17:30	21:36	23:43	27:15	29:40	36:59	39:09	44:07	49:19
	GRAMP		3:24	1:41	2:56	5:36	3:53	4:06	2:07	3:32	2:25	7:19	2:10	4:58	5:12
			50:59	54:29	57:45	60:12	60:46								
			1:40	3:30	3:16	2:27	0:34								
13	**Smithard, Phil**	**63:18**	3:44	5:45	9:29	17:29	21:56	26:09	28:08	31:30	33:53	40:17	43:20	47:51	52:55
	KFO		3:44	2:01	3:44	8:00	4:27	4:13	1:59	3:22	2:23	6:24	3:03	4:31	5:04
			54:55	57:25	60:21	62:46	63:18								
			2:00	2:30	2:56	2:25	0:32								
14	**Gomersall, Lesley**	**65:41**	4:05	6:00	10:48	16:43	20:46	24:49	26:42	30:21	33:24	40:19	42:19	46:49	54:46
	GRAMP		4:05	1:55	4:48	5:55	4:03	4:03	1:53	3:39	3:03	6:55	2:00	4:30	7:57
			56:37	59:33	62:50	65:06	65:41								
			1:51	2:56	3:17	2:16	0:35								
15	**Ricketts, Trevor**	**66:39**	6:07	7:21	10:34	24:06	28:11	32:33	34:06	37:03	38:55	45:17	46:37	52:29	56:39
	MAROC		6:07	1:14	3:13	13:32	4:05	4:22	1:33	2:57	1:52	6:22	1:20	5:52	4:10
			58:17	61:19	64:09	66:05	66:39								
			1:38	3:02	2:50	1:56	0:34								
16	**Nicholson, Hugh**	**67:13**	4:39	6:41	14:31	20:35	24:15	28:14	29:58	33:08	37:35	44:31	46:25	51:39	56:53
	GRAMP		4:39	2:02	7:50	6:04	3:40	3:59	1:44	3:10	4:27	6:56	1:54	5:14	5:14
			59:22	61:51	64:43	66:50	67:13								
			2:29	2:29	2:52	2:07	***0:23***								
17	**Wood, Mark**	**67:26**	3:30	7:50	10:59	20:04	24:01	28:43	30:39	34:09	36:41	44:24	45:44	50:40	56:18
	ESOC		3:30	4:20	3:09	9:05	3:57	4:42	1:56	3:30	2:32	7:43	1:20	4:56	5:38
			58:16	61:02	64:24	66:52	67:26								
			1:58	2:46	3:22	2:28	0:34								
18	**Kirkland, Rachel**	**69:03**	4:06	6:08	11:29	17:17	22:07	27:38	29:49	34:28	36:41	43:40	45:19	51:29	57:12
	INT		4:06	2:02	5:21	5:48	4:50	5:31	2:11	4:39	2:13	6:59	1:39	6:10	5:43
			59:22	62:10	66:06	68:27	69:03								
			2:10	2:48	3:56	2:21	0:36								
19	**Scott, Rachel**	**69:21**	4:36	6:27	11:11	17:33	22:35	26:30	28:15	32:20	35:11	42:35	45:30	52:12	57:09
	GRAMP		4:36	1:51	4:44	6:22	5:02	3:55	1:45	4:05	2:51	7:24	2:55	6:42	4:57
			59:18	62:29	65:59	68:38	69:21								
			2:09	3:11	3:30	2:39	0:43								
20	**Frame, Davie**	**69:22**	3:39	5:23	9:11	14:33	19:21	23:07	25:08	28:23	30:39	38:00	40:04	52:25	59:08
	TAY		3:39	1:44	3:48	5:22	4:48	3:46	2:01	3:15	2:16	7:21	2:04	12:21	6:43
			61:22	63:58	67:02	68:55	69:22								
			2:14	2:36	3:04	1:53	0:27								

Pl	Name	Time												
Blue (31)					***5.4 km***	***140 m***	***17 C***	*(cont.)*						
			1(242)	2(243)	3(241)	4(138)	5(245)	6(132)	7(153)	8(168)	9(137)	10(226)	11(154)	12(134)	13(232)
			14(169)	15(171)	16(221)	17(170)	Finish								
21	**Gillies, Elaine**	**80:51**	9:20	11:29	15:17	21:08	26:10	31:57	34:38	38:32	41:04	48:56	52:02	60:49	70:48
	TAY		9:20	2:09	3:48	5:51	5:02	5:47	2:41	3:54	2:32	7:52	3:06	8:47	9:59
			73:01	75:32	78:03	80:23	80:51								
			2:13	2:31	2:31	2:20	0:28								
22	**McLuckie, Morag**	**81:24**	5:33	7:23	11:20	16:45	29:56	34:24	36:18	39:52	42:37	49:57	53:27	63:12	68:29
	MOR		5:33	1:50	3:57	5:25	13:11	4:28	1:54	3:34	2:45	7:20	3:30	9:45	5:17
			70:59	74:07	77:35	80:56	81:24								
			2:30	3:08	3:28	3:21	0:28								
23	**Nash, Rebecca**	**83:23**	5:09	9:26	16:17	29:17	34:12	38:07	40:07	45:47	48:20	56:18	57:49	64:44	70:56
			5:09	4:17	6:51	13:00	4:55	3:55	2:00	5:40	2:33	7:58	1:31	6:55	6:12
			73:06	76:37	80:07	82:48	83:23								
			2:10	3:31	3:30	2:41	0:35								
24	**Campbell, Alexander**	**91:38**	7:03	9:03	12:57	19:31	27:21	33:35	37:13	41:05	44:13	52:41	55:13	66:33	76:13
	MAROC		7:03	2:00	3:54	6:34	7:50	6:14	3:38	3:52	3:08	8:28	2:32	11:20	9:40
			78:44	81:31	85:35	91:14	91:38		*25:31*						
			2:31	2:47	4:04	5:39	0:24		**224*						
25	**Hutchinson, Leonne**	**97:00**	11:52	14:09	18:44	25:11	35:02	44:04	46:45	51:43	54:52	64:13	66:00	74:15	81:07
	ESOC		11:52	2:17	4:35	6:27	9:51	9:02	2:41	4:58	3:09	9:21	1:47	8:15	6:52
			84:58	89:38	93:15	96:08	97:00								
			3:51	4:40	3:37	2:53	0:52								
26	**Kassyk, Mark**	**99:10**	6:44	9:13	15:13	22:23	31:53	38:27	43:57	49:29	53:51	64:50	67:04	75:14	83:31
	ESOC		6:44	2:29	6:00	7:10	9:30	6:34	5:30	5:32	4:22	10:59	2:14	8:10	8:17
			86:44	90:41	95:10	98:18	99:10								
			3:13	3:57	4:29	3:08	0:52								
27	**Reynolds, Scott**	**101:26**	4:33	7:25	12:39	20:11	24:50	32:59	40:54	45:26	47:59	59:03	64:13	76:54	86:31
	MAROC		4:33	2:52	5:14	7:32	4:39	8:09	7:55	4:32	2:33	11:04	5:10	12:41	9:37
			89:42	93:14	97:04	100:41	101:26								
			3:11	3:32	3:50	3:37	0:45								
	Duley, Paul	**mp**	2:55	4:44	8:11	12:48	16:16	20:21	22:02	26:31	28:36	34:28	35:46	39:55	-----
	GRAMP		2:55	1:49	3:27	4:37	3:28	4:05	1:41	4:29	2:05	5:52	1:18	4:09	
			47:04	49:11	51:34	53:32	54:02								
			7:09	2:07	2:23	1:58	0:30								
	Daly, Robert	**mp**	2:35	-----	7:38	12:16	16:16	20:36	22:15	25:24	27:23	34:00	37:25	41:46	46:05
	GRAMP		2:35		5:03	4:38	4:00	4:20	1:39	3:09	1:59	6:37	3:25	4:21	4:19
			49:53	53:02	56:00	58:09	58:43		*0:12*	*0:22*	*0:37*	*0:49*	*1:00*	*1:08*	*1:17*
			3:48	3:09	2:58	2:09	0:34		**76*	**35*	**118*	**61*	**77*	**59*	**64*
			1:27	*1:36*	*1:47*	*3:58*									
			**48*	**45*	**75*	**136*									
	Hamilton, Ian	**mp**	5:08	8:11	13:15	18:41	22:24	26:43	28:50	32:27	34:39	41:18	44:22	49:06	54:46
	GRAMP		5:08	3:03	5:04	5:26	3:43	4:19	2:07	3:37	2:12	6:39	3:04	4:44	5:40
			57:03	59:38	63:07	-----	65:49								
			2:17	2:35	3:29		2:42								
	Campbell, Kirsty	**dnf**	3:18	4:48	8:16	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	MAROC		3:18	1:30	3:28										
			-----	23:13	26:52	29:39	30:20								
				14:57	3:39	2:47	0:41								

Green (34)					**3.9 km**	**80 m**	**10 C**						
			1(247)	2(138)	3(132)	4(174)	5(226)	6(228)	7(232)	8(235)	9(229)	10(170)	Finish
1	**Mather, Paul**	**35:33**	2:27	8:48	**13:21**	**14:26**	**20:44**	**23:30**	**28:55**	**31:57**	**34:29**	**35:07**	**35:33**
	MAROC		2:27	6:21	***4:33***	***1:05***	***6:18***	***2:46***	***5:25***	***3:02***	***2:32***	0:38	0:26
2	**Reynard, Kevin**	**41:26**	2:24	9:52	15:59	17:19	24:59	27:58	33:44	37:38	40:16	40:54	41:26
	GRAMP		2:24	7:28	6:07	1:20	7:40	2:59	5:46	3:54	2:38	0:38	0:32
3	**Caffyn, Bill**	**43:11**	2:49	**8:26**	13:54	15:01	22:25	25:20	35:14	39:25	42:09	42:49	43:11
	GRAMP		2:49	***5:37***	5:28	1:07	7:24	2:55	9:54	4:11	2:44	0:40	***0:22***
4	**Campbell, Phil**	**46:41**	**2:15**	8:40	16:07	17:21	24:11	28:56	35:57	40:33	45:31	46:08	46:41
	GRAMP		***2:15***	6:25	7:27	1:14	6:50	4:45	7:01	4:36	4:58	0:37	0:33
5	**Hudd, Peter**	**47:32**	2:41	8:40	13:56	17:42	25:41	32:06	38:43	42:25	46:17	46:58	47:32
	WCOC		2:41	5:59	5:16	3:46	7:59	6:25	6:37	3:42	3:52	0:41	0:34
6	**Barraclough, Iain**	**48:39**	4:21	12:18	19:28	21:19	28:54	32:19	38:58	43:13	47:29	48:05	48:39
	MAROC		4:21	7:57	7:10	1:51	7:35	3:25	6:39	4:15	4:16	0:36	0:34
7	**McLean, Neil**	**49:37**	3:32	11:22	17:28	18:57	28:38	32:13	39:47	44:45	48:09	48:57	49:37
	GRAMP		3:32	7:50	6:06	1:29	9:41	3:35	7:34	4:58	3:24	0:48	0:40
8	**Ilze, Puzule**	**56:15**	2:46	10:46	18:41	20:24	31:26	34:55	42:30	51:06	54:49	55:32	56:15
	GRAMP		2:46	8:00	7:55	1:43	11:02	3:29	7:35	8:36	3:43	0:43	0:43
9	**Whitehead, Dan**	**58:22**	3:37	12:01	20:44	23:25	30:40	34:44	50:29	54:47	57:23	57:54	58:22
	MAROC		3:37	8:24	8:43	2:41	7:15	4:04	15:45	4:18	2:36	***0:31***	0:28
10	**Craig, Peter**	**60:53**	4:01	15:23	23:55	25:33	35:49	40:35	49:36	55:13	59:20	60:17	60:53
	MAROC		4:01	11:22	8:32	1:38	10:16	4:46	9:01	5:37	4:07	0:57	0:36
11	**Barraclough, Laura**	**63:50**	5:34	19:08	25:40	27:03	38:13	41:46	54:05	59:21	62:24	63:19	63:50
	GRAMP		5:34	13:34	6:32	1:23	11:10	3:33	12:19	5:16	3:03	0:55	0:31
12	**Noble, Joan**	**67:51**	3:56	14:02	22:03	23:52	34:55	41:02	51:43	60:16	66:00	67:01	67:51
	INVOC		3:56	10:06	8:01	1:49	11:03	6:07	10:41	8:33	5:44	1:01	0:50
13	**Springett, Valerie**	**69:08**	4:33	16:57	27:14	30:08	41:36	46:22	56:18	63:19	67:19	68:23	69:08
	INVOC		4:33	12:24	10:17	2:54	11:28	4:46	9:56	7:01	4:00	1:04	0:45
14	**Lewis, John**	**69:25**	3:47	14:54	23:51	25:53	38:39	43:18	53:17	61:27	67:15	68:24	69:25
	TAY		3:47	11:07	8:57	2:02	12:46	4:39	9:59	8:10	5:48	1:09	1:01

Pl	Name	Time													
Green (34)					***3.9 km***	***80 m***	***10 C***	*(cont.)*							
			1(247)	2(138)	3(132)	4(174)	5(226)	6(228)	7(232)	8(235)	9(229)	10(170)	Finish		
15	**Pearson, Michael**	**69:47**	3:26	11:28	29:54	34:07	43:03	49:01	56:31	60:43	68:30	69:08	69:47		
	TAY		3:26	8:02	18:26	4:13	8:56	5:58	7:30	4:12	7:47	0:38	0:39		
16	**Newey, Scott**	**69:48**	4:37	16:14	25:06	27:01	37:18	42:45	55:38	61:11	68:07	69:15	69:48		
	MAROC		4:37	11:37	8:52	1:55	10:17	5:27	12:53	5:33	6:56	1:08	0:33		
17	**Coman, Eddy**	**69:56**	6:09	13:35	25:51	27:48	35:46	40:49	60:07	65:22	68:53	69:27	69:56		
	GRAMP		6:09	7:26	12:16	1:57	7:58	5:03	19:18	5:15	3:31	0:34	0:29		
17	**Campbell, Elizabeth**	**69:56**	4:35	17:08	27:56	29:34	40:31	45:26	56:26	63:50	68:06	69:14	69:56		
	MOR		4:35	12:33	10:48	1:38	10:57	4:55	11:00	7:24	4:16	1:08	0:42		
19	**Getliff, Frances**	**71:12**	17:20	28:09	35:41	37:08	46:22	50:35	60:09	66:19	69:46	70:33	71:12		
	MAROC		17:20	10:49	7:32	1:27	9:14	4:13	9:34	6:10	3:27	0:47	0:39		
20	**MacCormick, Marion**	**74:08**	4:01	22:33	30:41	32:33	42:58	51:30	61:20	68:09	72:28	73:28	74:08		
	BASOC		4:01	18:32	8:08	1:52	10:25	8:32	9:50	6:49	4:19	1:00	0:40		
21	**Conroy, Angela**	**76:12**	4:27	16:40	33:54	35:36	46:11	51:00	60:51	67:19	74:27	75:31	76:12		
	GRAMP		4:27	12:13	17:14	1:42	10:35	4:49	9:51	6:28	7:08	1:04	0:41		
22	**Dudley, Caz**	**77:34**	25:57	38:03	46:01	47:26	55:32	59:48	67:29	73:09	76:15	77:00	77:34		
	MAROC		25:57	12:06	7:58	1:25	8:06	4:16	7:41	5:40	3:06	0:45	0:34		
23	**Liley, Norman**	**81:03**	4:36	12:56	21:49	24:16	45:15	51:49	66:26	75:33	79:15	80:33	81:03		
	GRAMP		4:36	8:20	8:53	2:27	20:59	6:34	14:37	9:07	3:42	1:18	0:30		
24	**Anderson, Helen**	**83:39**	4:33	19:03	40:34	42:16	53:23	57:34	70:50	77:36	82:02	83:03	83:39		
	GRAMP		4:33	14:30	21:31	1:42	11:07	4:11	13:16	6:46	4:26	1:01	0:36		
25	**Neumann, Katja**	**86:39**	13:04	24:27	40:56	42:36	54:12	64:42	75:53	81:51	85:17	86:05	86:39		
	MAROC		13:04	11:23	16:29	1:40	11:36	10:30	11:11	5:58	3:26	0:48	0:34		
26	**Lang, Marianne**	**87:09**	4:37	15:40	31:28	33:07	64:09	67:30	76:38	82:12	85:35	86:27	87:09		
	GRAMP		4:37	11:03	15:48	1:39	31:02	3:21	9:08	5:34	3:23	0:52	0:42		
27	**Mather, Rachel**	**88:32**	18:11	29:45	44:29	46:22	59:02	64:34	75:33	82:20	87:06	87:58	88:32		
	MAROC		18:11	11:34	14:44	1:53	12:40	5:32	10:59	6:47	4:46	0:52	0:34		
28	**Lawlor, Joseph**	**97:33**	10:00	25:29	41:54	45:02	58:19	65:10	79:49	86:50	94:19	94:54	97:33		
	ESOC		10:00	15:29	16:25	3:08	13:17	6:51	14:39	7:01	7:29	0:35	2:39		
29	**Lawlor, Paul**	**97:37**	-----	25:35	42:00	45:04	58:00	65:08	79:45	87:05	94:25	95:18	97:37		*0.00*
	ESOC			25:35	16:25	3:04	12:56	7:08	14:37	7:20	7:20	0:53	2:19		**160*
			0.00	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*2:47*	*13:58*	*18:59*	*21:52*	
			**96*	**222*	**129*	**154*	**130*	**131*	**161*	**225*	**132*	**165*	**152*	**227*	
30	**Bryant, David**	**100:43**	5:04	21:08	35:45	44:51	62:14	70:25	85:46	93:43	98:04	99:43	100:43		
	MAROC		5:04	16:04	14:37	9:06	17:23	8:11	15:21	7:57	4:21	1:39	1:00		
	Barrie, Sue	**mp**	-----	90:58	102:36	105:34	113:34	117:00	129:47	134:55	139:00	139:40	140:15		*2:59*
	MAROC			90:58	11:38	2:58	8:00	3:26	12:47	5:08	4:05	0:40	0:35		**241*
			5:57	*40:13*	*47:22*	*58:37*	*63:21*	*83:19*	*87:32*	*93:53*					
			**236*	**239*	**165*	**243*	**244*	**139*	**231*	**228*					
	Graham, Patricia	**mp**	18:47	31:34	40:13	42:24	-----	-----	73:58	-----	-----	-----			
	MAROC		18:47	12:47	8:39	2:11			31:34						
	Chapman, Jacqui	**dnf**	8:30	40:23	61:16	-----	-----	-----	-----	-----	-----	-----			
	MAROC		8:30	31:53	20:53										
	Nicholson, Ros	**dnf**	3:33	24:12	-----	-----	-----	-----	-----	-----	-----	-----			
	GRAMP		3:33	20:39											

Light Green (16)					**3.5 km**	**80 m**	**9 C**					
			1(243)	2(234)	3(224)	4(226)	5(134)	6(241)	7(221)	8(172)	9(170)	Finish
1	**Ricketts, Jennifer**	**35:05**	**3:22**	**9:07**	**11:52**	**16:27**	**21:06**	**26:12**	**32:11**	**33:16**	**34:27**	**35:05**
	EUOC		***3:22***	***5:45***	***2:45***	***4:35***	***4:39***	***5:06***	***5:59***	1:05	1:11	0:38
2	**Chapman, Catriona**	**46:16**	5:48	14:45	18:22	24:42	30:20	35:35	43:04	44:32	45:43	46:16
	MAROC		5:48	8:57	3:37	6:20	5:38	5:15	7:29	1:28	1:11	0:33
3	**Anderson, Ailsa**	**48:13**	4:13	13:54	18:40	23:39	31:08	38:17	45:44	46:47	47:48	48:13
	GRAMP		4:13	9:41	4:46	4:59	7:29	7:09	7:27	1:03	1:01	***0:25***
4	**Whitehead, Ranolph**	**54:09**	4:39	16:25	23:32	28:38	33:37	42:00	48:44	52:32	53:38	54:09
	MAROC		4:39	11:46	7:07	5:06	4:59	8:23	6:44	3:48	1:06	0:31
5	**Anderson, Judith**	**61:10**	7:13	18:47	23:52	30:00	36:36	46:33	56:55	58:47	60:37	61:10
	GRAMP		7:13	11:34	5:05	6:08	6:36	9:57	10:22	1:52	1:50	0:33
6	**McLuckie, Kate**	**70:01**	6:30	26:00	29:12	35:02	52:29	59:39	67:22	68:24	69:30	70:01
	MOR		6:30	19:30	3:12	5:50	17:27	7:10	7:43	***1:02***	1:06	0:31
7	**Newey, Jonas**	**70:17**	16:04	27:54	32:38	38:28	49:13	55:09	65:12	68:18	69:48	70:17
	MAROC		16:04	11:50	4:44	5:50	10:45	5:56	10:03	3:06	1:30	0:29
8	**Barrie, Eliza**	**70:24**	8:11	23:39	32:36	39:26	46:10	54:20	65:12	68:26	69:56	70:24
	MAROC		8:11	15:28	8:57	6:50	6:44	8:10	10:52	3:14	1:30	0:28
9	**Pearson, Anne**	**70:59**	10:21	22:55	29:18	38:01	45:42	55:07	65:41	67:52	69:58	70:59
	TAY		10:21	12:34	6:23	8:43	7:41	9:25	10:34	2:11	2:06	1:01
10	**Garrett, Eilidh**	**73:22**	16:34	29:30	32:34	37:58	51:04	63:05	70:42	71:44	72:50	73:22
	MAROC		16:34	12:56	3:04	5:24	13:06	12:01	7:37	***1:02***	1:06	0:32
11	**Farquharson, Kirsty**	**73:39**	6:01	24:55	31:34	38:03	49:56	57:28	67:11	71:35	73:05	73:39
	GRAMP		6:01	18:54	6:39	6:29	11:53	7:32	9:43	4:24	1:30	0:34
12	**Hensman, Lucy**	**75:16**	7:00	20:17	27:50	35:47	49:14	60:32	70:50	73:30	74:45	75:16
	FVO		7:00	13:17	7:33	7:57	13:27	11:18	10:18	2:40	1:15	0:31
13	**Forsyth, Michael**	**77:56**	5:45	18:22	24:27	32:13	43:52	58:29	71:53	75:32	77:13	77:56
	GRAMP		5:45	12:37	6:05	7:46	11:39	14:37	13:24	3:39	1:41	0:43
14	**Coman, Olivia**	**92:24**	21:04	41:48	48:01	54:10	68:28	74:53	85:24	90:58	91:56	92:24
	GRAMP		21:04	20:44	6:13	6:09	14:18	6:25	10:31	5:34	***0:58***	0:28
	Farquharson, Morven	**dnf**	10:15	-----	30:54	-----	-----	-----	-----	-----	-----	
	GRAMP		10:15		20:39							

Pl	Name	Time												
Light Green (16)					***3.5 km***	***80 m***	***9 C***	*(cont.)*						
			1(243)	2(234)	3(224)	4(226)	5(134)	6(241)	7(221)	8(172)	9(170)	Finish		
	Arthur, Emily	**dnf**	34:15	-----	-----	-----	-----	-----	-----	-----	-----			
	MAROC		34:15											
Orange (14)					**2.8 km**	**55 m**	**11 C**							
			1(96)	2(136)	3(161)	4(223)	5(159)	6(230)	7(155)	8(167)	9(163)	10(165)	11(170)	Finish
1	**McLuckie, Finlay**	**21:48**	**1:25**	**3:01**	**4:24**	**5:56**	**8:08**	**10:41**	**13:35**	**15:37**	**17:24**	**18:38**	**21:25**	**21:48**
	MOR		***1:25***	***1:36***	***1:23***	***1:32***	***2:12***	***2:33***	***2:54***	***2:02***	***1:47***	***1:14***	***2:47***	0:23
2	**Garrett, Blair**	**32:03**	2:40	6:09	8:08	10:34	13:15	16:27	19:40	22:20	24:33	27:13	31:22	32:03
	MAROC		2:40	3:29	1:59	2:26	2:41	3:12	3:13	2:40	2:13	2:40	4:09	0:41
3	**Will, Duncan**	**33:19**	2:30	5:03	6:34	9:49	12:34	16:42	22:20	25:22	27:36	29:13	32:57	33:19
	GRAMP		2:30	2:33	1:31	3:15	2:45	4:08	5:38	3:02	2:14	1:37	3:44	***0:22***
4	**Newey, Yann**	**35:27**	1:58	4:14	12:17	14:28	17:45	21:22	24:30	26:41	28:32	30:41	34:58	35:27
	MAROC		1:58	2:16	8:03	2:11	3:17	3:37	3:08	2:11	1:51	2:09	4:17	0:29
5	**Gooch, Ruth**	**35:28**	1:56	7:26	9:55	12:47	16:02	19:30	22:59	26:50	29:17	31:35	35:01	35:28
	MAROC		1:56	5:30	2:29	2:52	3:15	3:28	3:29	3:51	2:27	2:18	3:26	0:27
6	**Cormack, Mette**	**38:41**	5:11	8:08	12:25	15:25	19:00	22:48	26:50	29:59	32:28	34:29	38:01	38:41
	MAROC		5:11	2:57	4:17	3:00	3:35	3:48	4:02	3:09	2:29	2:01	3:32	0:40
7	**jackson, Carol**	**39:43**	3:23	7:26	9:57	12:52	15:35	20:24	25:37	29:10	32:35	34:57	39:04	39:43
	GRAMP		3:23	4:03	2:31	2:55	2:43	4:49	5:13	3:33	3:25	2:22	4:07	0:39
8	**Prince, Robert**	**41:24**	3:14	6:29	8:57	12:09	16:41	21:08	26:15	30:03	32:52	36:11	40:51	41:24
	GRAMP		3:14	3:15	2:28	3:12	4:32	4:27	5:07	3:48	2:49	3:19	4:40	0:33
9	**MacGregor, Jayne**	**54:58**	4:44	15:14	18:32	23:04	27:27	32:28	38:00	42:05	45:44	49:00	54:01	54:58
	GRAMP		4:44	10:30	3:18	4:32	4:23	5:01	5:32	4:05	3:39	3:16	5:01	0:57
10	**Smith, Lewis**	**55:26**	4:09	8:38	12:18	17:13	21:52	31:18	37:56	42:26	46:16	49:09	54:22	55:26
	GRAMP		4:09	4:29	3:40	4:55	4:39	9:26	6:38	4:30	3:50	2:53	5:13	1:04
11	**Esson, George**	**55:31**	3:25	6:46	11:00	15:32	19:32	27:13	35:21	40:45	45:12	48:26	54:18	55:31
	GRAMP		3:25	3:21	4:14	4:32	4:00	7:41	8:08	5:24	4:27	3:14	5:52	1:13
12	**Aitken, Angus**	**56:00**	8:26	12:19	16:17	20:57	25:41	31:14	37:11	42:09	46:30	49:38	54:49	56:00
	GRAMP		8:26	3:53	3:58	4:40	4:44	5:33	5:57	4:58	4:21	3:08	5:11	1:11
13	**Hensman, Katie**	**56:22**	3:23	8:01	13:13	18:57	25:05	31:24	37:36	42:17	46:39	49:50	55:51	56:22
	FVO		3:23	4:38	5:12	5:44	6:08	6:19	6:12	4:41	4:22	3:11	6:01	0:31
14	**Wilson Hay, Audrey**	**71:15**	15:04	26:26	31:09	35:43	40:10	45:26	51:13	55:31	59:36	62:50	69:57	71:15
	GRAMP		15:04	11:22	4:43	4:34	4:27	5:16	5:47	4:18	4:05	3:14	7:07	1:18
Yellow (11)					**2.2 km**	**25 m**	**8 C**							
			1(96)	2(136)	3(230)	4(157)	5(163)	6(222)	7(140)	8(170)	Finish			
1	**Griffin, Noah**	**26:32**	**2:39**	**5:55**	**10:17**	**12:36**	**16:36**	**20:00**	**24:30**	**26:00**	**26:32**			
	GRAMP		***2:39***	3:16	***4:22***	***2:19***	4:00	3:24	4:30	***1:30***	***0:32***			
2	**Cormack, Findlay**	**29:26**	5:45	8:45	13:58	16:46	20:49	23:32	26:51	28:47	29:26			
	MAROC		5:45	***3:00***	5:13	2:48	4:03	2:43	3:19	1:56	0:39			
3	**Greenwood, Helen**	**36:12**	3:08	7:16	13:06	18:10	23:21	26:57	31:38	34:56	36:12			
	GRAMP		3:08	4:08	5:50	5:04	5:11	3:36	4:41	3:18	1:16			
4	**Pearson, Chris**	**36:25**	4:07	8:47	16:01	19:55	23:39	27:01	32:19	35:30	36:25			
	TAY		4:07	4:40	7:14	3:54	3:44	3:22	5:18	3:11	0:55			
5	**Pain, Fraser**	**40:49**	-----	10:00	16:31	20:58	25:58	31:08	36:44	39:50	40:49			
	GRAMP			10:00	6:31	4:27	5:00	5:10	5:36	3:06	0:59			
6	**Family, Stuart Prince**	**43:33**	8:18	15:04	21:04	27:02	31:03	34:50	38:54	42:42	43:33		*54:36*	
			8:18	6:46	6:00	5:58	4:01	3:47	4:04	3:48	0:51		**156*	
7	**Esson, Lindsey**	**48:13**	4:50	10:12	18:45	25:01	31:31	36:05	41:58	46:32	48:13			
	GRAMP		4:50	5:22	8:33	6:16	6:30	4:34	5:53	4:34	1:41			
8	**Chapman, Jamie**	**51:52**	-----	8:24	16:43	25:44	32:54	38:43	45:38	50:11	51:52		*0.00*	*0.00*	*0.00*
	MAROC			8:24	8:19	9:01	7:10	5:49	6:55	4:33	1:41		**242*	**240*	**238*
			0.00	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*	*0.00*			
			**241*	**230*	**235*	**237*	**232*	**233*	**231*	**236*	**239*	**234*			
9	**Lawlor, Rowan**	**55:52**	27:14	32:33	38:50	43:40	46:18	48:19	50:42	55:16	55:52		*1:08*	*2:12*	*3:24*
	ESOC		27:14	5:19	6:17	4:50	***2:38***	***2:01***	***2:23***	4:34	0:36		**133*	**240*	**221*
			5:27	*7:05*	*8:47*	*11:42*	*12:45*	*17:14*	*19:01*	*21:39*					
			**134*	**228*	**140*	**157*	**235*	**153*	**233*	**137*					
10	**Mather, Dougal**	**60:32**	3:31	9:08	19:24	26:02	37:51	44:51	53:10	58:23	60:32			
	MAROC		3:31	5:37	10:16	6:38	11:49	7:00	8:19	5:13	2:09			
11	**Cormack, Cameron**	**66:38**	17:39	21:10	40:02	47:14	52:12	56:39	61:39	65:52	66:38			
	MAROC		17:39	3:31	18:52	7:12	4:58	4:27	5:00	4:13	0:46			
White (3)					**1.5 km**	**15 m**	**6 C**							
			1(130)	2(155)	3(163)	4(222)	5(140)	6(170)	Finish					
1	**Tivendale, Dara**	**25:14**	3:03	**8:06**	**11:47**	**16:09**	**21:29**	**24:28**	**25:14**					
	MAROC		3:03	5:03	***3:41***	***4:22***	***5:20***	***2:59***	***0:46***					
2	**Whitehead, Beau**	**29:56**	**2:59**	9:04	13:12	18:03	23:28	28:01	29:56					
	MAROC		***2:59***	6:05	4:08	4:51	5:25	4:33	1:55					
3	**Pain, Jack**	**37:51**	4:47	9:27	16:10	21:17	28:00	33:58	37:51		*0.00*	*0.00*	*0.00*	*0.00*	*0.00*
	GRAMP		4:47	***4:40***	6:43	5:07	6:43	5:58	3:53		**133*	**232*	**241*	**138*	**139*
			0.00	*0.00*	*2:36*	*363:27*									
			**233*	**243*	**244*	**240*									