

Pos	Name	Age	Time	Urban sprint (42) Voided leg													
				3.3 km 0 m 21 C													
				1(130) 14(241)	2(140) 15(242)	3(230) 16(243)	4(231) 17(244)	5(232) 18(245)	6(233) 19(246)	7(234) 20(247)	8(235) 21(248)	9(236) Finish	10(237)	11(238)	12(239)	13(240)	
1	Griffin, Sam GRAMP	M14	13:38	0:21 11:02 0:54	0:35 11:46 0:44	0:25 12:29 0:43	1:56 13:45 1:16	2:24 14:50 1:05	3:04 15:41 0:51	3:36 16:09 0:28	4:26 18:09 2:00	0:50 17:05	4:51 0:25	5:16 0:25	8:43 3:27	9:21 0:38	10:08 0:47
2	Urquhart, Gordon GRAMP	M40	13:58	0:20 9:48 1:07	0:33 10:34 0:46	0:24 11:21 0:47	0:33 12:40 1:19	0:24 13:48 1:08	0:32 14:39 0:51	0:31 15:07 0:28	0:37 16:07 1:00	0:50 0:25	4:32 0:25	4:58 0:26	7:07 2:09	7:45 0:38	8:41 0:56
3	Nicolson, Will INVOC	M40	13:59	0:18 0:18	0:49 0:31	1:14 0:25	1:48 0:34	2:13 0:25	2:54 0:41	3:27 0:33	4:19 0:52	4:44 0:25	5:10 0:26	6:01 0:54	6:37 0:36	7:21 0:44	
4	Stockton, Mark GRAMP	M35	14:45	0:23 8:57 1:00	0:36 9:46 0:49	0:26 10:32 0:46	0:36 11:58 1:26	0:28 13:12 1:14	0:31 14:09 0:57	0:38 14:38 0:29	0:53 15:07 0:29	0:28 15:39	0:31 15:39	5:30 0:31	6:24 0:54	7:05 0:41	7:57 0:52
5	Roberts, Callum MAROC	M21	15:43	0:25 9:54 1:03	1:02 10:46 0:52	1:30 11:35 0:49	2:08 13:13 1:38	2:37 14:31 1:18	3:12 15:31 1:00	3:48 16:03 0:32	4:44 17:03 1:00	5:11 17:18	5:42 0:31	7:17 4:36	8:00 0:43	8:51 0:51	
6	McLeod, Calum EUOC	M21	15:45	0:25 9:16 1:07	1:00 10:09 0:53	1:24 10:58 0:49	1:58 12:29 1:31	2:25 14:25 1:56	2:57 15:27 1:02	3:32 15:59 0:32	4:23 16:30 0:31	4:50 17:08	5:19 0:29	6:42 4:23	7:20 0:38	8:09 0:49	
7	Chepelin, Evgueni GRAMP	M55	15:46	0:26 9:23 1:07	1:04 10:14 0:51	1:33 11:02 0:48	2:12 12:32 1:30	2:40 13:45 1:13	3:15 14:49 1:04	3:54 15:19 0:30	4:54 15:48 0:31	5:22 16:25	5:55 0:33	6:34 0:39	7:21 0:47	8:16 0:55	
8	McDonald, Dennis GRAMP	M50	16:13	0:24 9:37 1:06	1:02 10:32 0:55	1:30 11:39 1:07	2:10 13:13 1:34	2:44 14:26 1:13	3:22 15:26 1:00	4:04 15:58 0:32	5:00 16:58 1:00	5:29 17:04	6:01 0:32	6:52 0:54	7:36 0:44	8:31 0:55	
9	Kardokas, Dominyka GRAMP	M21	16:43	0:30 12:45 1:19	1:12 13:38 0:53	1:43 14:28 0:50	2:24 16:01 1:33	2:53 17:22 1:21	3:33 18:23 1:01	4:12 18:55 0:32	5:11 19:30 0:35	5:38 20:08	6:12 0:34	9:37 3:26	10:25 0:48	11:26 1:01	
10	Lang, Patrick GRAMP	M14	17:35	0:25 10:29 1:17	1:06 11:37 1:08	1:47 12:26 0:49	2:28 14:07 1:41	3:07 15:20 1:13	3:59 16:21 1:01	4:36 17:01 0:40	5:34 18:01 1:00	6:05 18:18	6:40 0:35	7:23 0:43	8:06 0:43	9:12 1:06	
11	Boyd, Andrew GRAMP	M45?	17:39	0:28 12:50 1:12	1:14 13:53 1:03	1:44 14:45 0:52	2:29 16:26 1:41	3:03 17:52 1:26	3:52 18:52 1:00	4:38 19:27 0:35	5:49 20:27 1:00	6:18 20:38	6:53 0:35	9:52 2:59	10:37 0:45	11:38 1:01	
12	Lang, Marianne GRAMP	W50	18:05	0:34 11:45 1:16	1:20 12:44 0:59	1:53 13:37 0:53	2:34 15:19 1:42	3:07 16:42 1:23	4:07 17:45 1:03	4:51 18:21 0:36	5:55 18:55 0:34	6:27 19:36	7:02 0:35	8:33 4:34	9:23 0:50	10:29 1:06	
13	Roberts, Keith MAROC	M55	18:40	0:25 12:28 1:24	1:11 13:28 1:00	1:44 14:22 0:54	2:30 16:07 1:45	3:25 17:32 1:25	4:11 18:44 1:12	4:54 19:19 0:35	6:01 20:19 1:00	6:34 20:38	7:12 0:38	9:10 4:58	10:00 0:50	11:04 1:04	
14	Gomersall, Sam GRAMP	M55	19:07	0:29 11:38 1:24	1:17 12:39 1:01	1:53 13:41 1:02	2:42 15:31 1:50	3:14 16:56 1:25	4:04 17:59 1:03	4:55 18:38 0:39	6:01 19:38 1:00	6:34 20:02	7:11 0:37	8:06 0:55	8:58 0:52	10:14 1:16	
15	Kolistanikova, Micha AUOC	W21	19:23	0:25 11:12 1:21	1:12 12:17 1:05	1:44 13:17 1:00	2:29 15:12 1:55	3:04 17:03 1:51	3:48 18:20 1:17	4:34 18:59 0:39	5:40 19:38 0:39	6:13 20:18	6:51 0:38	7:46 0:55	8:38 0:52	9:51 1:13	
16	Huthwaite, Jeremy GRAMP	M50	19:29	0:30 11:35 1:22	1:17 12:41 1:06	1:51 13:41 1:00	2:38 15:32 1:51	3:12 17:06 1:51	4:06 18:19 1:17	4:54 18:57 0:48	6:01 19:34 1:07	6:34 20:12	7:18 0:44	8:01 0:43	9:02 1:01	10:13 1:11	
17	Gomersall, Lesley GRAMP	W55	19:36	0:28 11:44 1:22	1:18 12:48 1:04	1:56 13:49 1:01	2:44 15:45 1:56	3:23 17:15 1:30	4:12 18:28 1:13	4:58 19:07 0:49	6:10 20:07 1:12	6:46 20:30	7:24 0:38	8:18 0:54	9:12 0:54	10:22 1:10	
18	Will, Adrian GRAMP	M40	19:55	0:34 11:47 1:22	1:24 12:52 1:05	1:58 13:54 1:02	2:44 15:47 1:53	3:19 17:24 1:37	4:21 18:34 1:10	5:02 19:13 0:39	6:19 19:51 0:38	6:52 20:38	7:33 0:41	8:16 0:43	9:13 0:57	10:25 1:12	
19	Gomersall, Josie GRAMP	W18	19:56	0:33 11:56 1:20	1:21 12:59 1:03	1:56 13:58 0:59	2:43 16:02 2:04	3:18 17:33 1:31	4:23 18:44 1:11	5:13 19:23 0:39	6:24 21:23 2:00	6:59 20:47	7:38 0:39	8:29 0:54	9:26 0:57	10:36 1:10	
20	Coman, Eddie GRAMP	M50	20:08	0:38 12:02 1:24	1:29 14:01 1:59	2:05 14:55 0:54	2:51 16:40 1:45	3:29 18:04 1:24	4:27 19:11 1:07	5:07 19:45 0:34	6:15 21:45 2:00	6:55 21:28	7:29 0:34	8:49 4:20	9:36 0:47	10:38 1:02	

Pos	Name	Age	Time													
Urban sprint (42) Voided leg				3.3 km 0 m	21 C	<i>(cont.)</i>										
				1(130) 14(241)	2(140) 15(242)	3(230) 16(243)	4(231) 17(244)	5(232) 18(245)	6(233) 19(246)	7(234) 20(247)	8(235) 21(248)	9(236) Finish	10(237)	11(238)	12(239)	13(240)
21	McLeod, Iain GRAMP	M55	21:00	0:29 0:29 13:49	1:19 0:50 14:59	2:00 0:41 16:00	2:53 0:53 18:12	3:32 0:39 19:50	4:18 0:46 21:01	5:09 0:51 21:46	6:26 1:17 22:29	7:06 0:40 23:18	7:47 0:41	10:05 2:18	10:57 0:52	12:16 1:19
22	Reid, Daniel IND		21:23	1:33 0:32 13:35	1:10 1:18 14:35	1:01 1:54 15:35	2:12 2:39 17:42	1:38 3:28 19:10	1:11 4:27 20:22	0:45 5:15 20:57	0:43 6:26 21:45	0:49 7:34 22:38	8:45 1:11	10:00 1:15	10:48 0:48	12:02 1:14
23	Anderson, Ailsa GRAMP	W18	21:39	1:33 0:39 14:41	1:00 1:34 15:47	1:00 2:08 16:49	2:07 3:03 18:54	1:28 3:52 20:34	1:12 4:42 21:52	0:35 5:35 22:36	0:48 7:00 23:13	0:53 7:35 23:58	8:25 0:50	10:44 2:19	11:37 0:53	13:07 1:30
24	Lang, John GRAMP	M50	21:50	1:34 0:33 13:24	1:06 1:29 14:35	1:02 2:07 15:42	2:05 2:52 17:47	1:40 3:28 19:36	1:18 4:12 20:55	1:18 5:00 21:38	0:44 6:15 22:38	0:37 6:52 23:16	0:45 7:33	8:59 1:26	9:59 1:00	11:13 1:14
25	Coman, Olivia GRAMP	W16	21:59	2:11 0:29 13:45	1:11 1:24 15:00	1:07 2:03 16:04	2:05 2:52 18:19	1:49 3:29 20:06	1:19 4:30 21:25	0:43 5:22 22:13	0:43 6:41 24:13	1:00 7:21 23:48	0:38 8:03	9:52 1:49	10:46 0:54	12:03 1:17
26	Scott, Rachel GRAMP	W50	23:13	1:42 0:34 13:12	1:15 1:27 14:24	1:04 2:06 15:33	2:15 2:59 17:57	1:47 3:36 20:31	1:19 4:28 21:50	0:48 5:24 22:35	2:00 6:38 23:35	2:00 7:17 24:33	0:44 8:01	9:21 1:20	10:22 1:01	11:41 1:19
27	McBride, Barrie IND	M21?	23:42	1:31 0:42 13:53	1:12 1:31 15:06	1:09 2:11 16:14	2:24 3:03 18:48	2:34 3:51 20:28	1:19 4:42 21:51	0:45 5:36 22:36	1:00 7:04 23:36	0:58 7:50 24:17	8:39 0:49	9:14 0:35	10:30 1:16	12:04 1:34
28	Halliday, Rory GRAMP	M14	23:49	1:49 0:28 15:11	1:13 0:56 16:59	1:08 0:48 18:11	2:34 0:51 21:07	1:40 0:40 23:05	1:23 0:59 24:37	0:45 0:58 25:22	1:00 7:05 27:22	0:41 7:43 26:53	8:21 0:38	11:25 3:04	12:27 1:02	13:47 1:20
29	Hamplova, Lucie AUOC	W21	24:29	1:24 0:35 16:24	1:48 1:38 17:43	1:12 2:23 18:54	2:56 3:26 21:10	1:58 4:17 23:05	1:32 5:12 24:33	0:45 6:11 25:18	2:00 7:56 26:04	0:46 8:40 26:54	9:26 0:46	11:51 2:25	13:05 1:14	14:33 1:28
30	Anderson, Kate GRAMP	W50	26:44	1:51 0:44 15:28	1:19 2:28 16:40	1:11 3:10 17:52	2:16 4:16 20:14	1:55 5:01 22:10	1:28 5:57 24:05	0:45 6:50 24:56	0:46 8:17 25:56	0:50 9:03 27:37	9:51 0:48	10:44 0:53	11:49 1:05	13:18 1:29
31	Mitkov, Martin AUOC	M21?	27:39	2:10 0:30 16:57	1:12 1:39 18:18	1:12 2:20 19:35	2:22 3:14 22:17	1:56 4:09 25:05	1:55 6:05 26:43	0:51 7:08 27:28	1:00 8:53 28:17	1:41 9:46 29:25	10:33 0:47	12:19 1:46	13:33 1:14	15:10 1:37
32	McDonald, Sam GRAMP	W8?	27:51	1:47 0:49 20:04	1:21 2:13 21:16	1:17 3:59 22:18	2:42 5:19 24:25	2:48 6:37 25:56	1:38 8:09 27:17	0:45 9:28 27:58	0:49 11:25 28:35	1:08 13:15 29:40	14:15 1:00	16:04 1:49	16:58 0:54	18:27 1:29
33	Esson, David GRAMP	M35	28:37	1:37 0:36 17:33	1:12 1:48 19:19	1:02 2:42 20:40	2:07 4:01 23:40	1:31 4:51 25:49	1:21 5:46 27:36	0:41 7:04 28:36	0:37 8:43 29:26	1:05 9:29 30:29	10:23 0:54	12:15 1:52	13:38 1:23	15:22 1:44
34	Jackson, Carol GRAMP	W50?	29:06	2:11 0:35 17:11	1:46 1:38 18:48	1:21 2:32 20:11	3:00 3:32 22:58	2:09 4:32 25:00	1:47 5:49 26:49	1:00 7:17 27:41	0:50 8:55 29:41	1:03 9:49 30:04	10:56 1:07	11:54 0:58	13:12 1:18	15:06 1:54
35	Gall, Lois IND	?	31:14	2:05 0:35 18:06	1:37 1:36 19:52	1:23 2:43 21:21	2:47 3:54 24:11	2:02 4:40 26:21	1:49 6:38 28:00	0:52 7:44 29:01	2:00 9:36 30:01	0:23 10:23 31:58	11:19 0:56	12:03 0:44	13:25 1:22	15:31 2:06
36	Boyd, James GRAMP	M14?	31:42	2:35 0:37 16:27	1:46 1:34 17:39	1:29 2:15 19:50	2:50 3:21 24:31	2:10 4:03 28:25	1:39 4:57 29:54	1:01 6:08 30:46	1:00 7:25 32:46	1:57 8:11 32:24	9:12 1:01	9:54 0:42	10:51 0:57	12:28 1:37
37	Esson, George GRAMP	M70	37:12	3:59 0:47 21:32	1:12 2:14 23:37	2:11 3:17 25:40	4:41 4:39 29:23	3:54 5:44 32:18	1:29 7:15 34:39	0:52 8:45 35:50	2:00 11:12 36:50	1:44 12:14 38:34	13:26 1:12	14:48 1:22	16:32 1:44	18:53 2:21
38	Arthur, Emily IND	?	50:16	2:39 1:05 30:13	2:05 3:44 32:48	2:03 5:46 35:02	3:43 7:51 39:14	2:55 9:16 43:19	2:21 10:52 46:05	1:11 13:17 47:30	1:00 16:37 49:30	1:44 17:58 52:29	19:29 1:31	21:42 2:13	23:47 2:05	26:37 2:50
	Silver, Jon IND	M18?	mp	0:32 0:32 15:05	1:35 1:03 16:14	2:51 1:16 17:25	3:55 1:04 19:54	4:27 0:32 21:40	5:08 0:41 22:54	----- 7:21 23:40	7:55 2:13 24:21	8:44 0:34 25:07	8:44 0:49	10:19 1:35	11:08 0:49	12:20 1:12
				2:45	1:09	1:11	2:29	1:46	1:14	0:46	0:41	0:46				

