

Pos	Name	Age	Time	5.1 km		15 C											
Long (11)				1(230)	2(231)	3(232)	4(233)	5(234)	6(235)	7(236)	8(237)	9(238)	10(239)	11(240)	12(241)	13(140)	
				14(243)	15(244)	Finish											
1	<b>Matthew Gooch</b> MAROC	M16	<b>33:05</b>	<b>2:16</b>	4:34	9:26	11:20	<b>13:35</b>	<b>16:08</b>	<b>18:02</b>	<b>20:31</b>	<b>21:58</b>	<b>23:34</b>	<b>25:03</b>	<b>27:01</b>	<b>28:34</b>	
				<b>30:34</b>	<b>31:43</b>	<b>33:05</b>											
				2:00	1:09	1:22											
2	<b>Drew Tivendale</b> MAROC	M45	<b>34:07</b>	2:19	5:08	<b>8:17</b>	10:34	14:02	16:24	18:30	21:32	23:13	24:39	26:12	28:01	29:30	
				2:19	2:49	<b>3:09</b>	2:17	3:28	2:22	2:06	3:02	1:41	1:26	1:33	1:49	<b>1:29</b>	
				31:30	32:53	34:07											
				2:00	1:23	1:14											
3	<b>Joel Gooch</b> MAROC	M14	<b>35:28</b>	2:26	<b>4:31</b>	8:36	<b>10:22</b>	14:57	17:39	20:04	23:35	25:13	26:28	27:42	29:12	30:42	
				2:26	<b>2:05</b>	4:05	<b>1:46</b>	4:35	2:42	2:25	3:31	1:38	<b>1:15</b>	<b>1:14</b>	<b>1:30</b>	1:30	
				32:42	34:02	35:28											
				2:00	1:20	1:26											
4	<b>Dan Gooch</b> MAROC	M45	<b>36:39</b>	2:45	5:26	10:00	11:49	15:48	18:23	20:37	24:02	25:48	27:07	28:31	30:08	31:43	
				2:45	2:41	4:34	1:49	3:59	2:35	2:14	3:25	1:46	1:19	1:24	1:37	1:35	
				33:36	34:58	36:39											
				<b>1:53</b>	1:22	1:41											
5	<b>Willie Nicolson</b>	M40	<b>39:44</b>	2:46	5:48	9:33	11:55	15:31	17:45	19:46	23:59	26:06	28:02	29:37	32:38	34:53	
				2:46	3:02	3:45	2:22	3:36	<b>2:14</b>	2:01	4:13	2:07	1:56	1:35	3:01	2:15	
				37:14	38:17	39:44											
				2:21	1:03	1:27											
6	<b>Luke Graham</b> MAROC	M18	<b>40:33</b>	2:35	5:15	11:04	13:10	16:00	18:42	20:49	27:14	29:55	31:16	32:50	34:34	36:48	
				2:35	2:40	5:49	2:06	2:50	2:42	2:07	6:25	2:41	1:21	1:34	1:44	2:14	
				38:57	39:45	40:33											
				2:09	0:48	<b>0:48</b>											
7	<b>John Getliff</b> MAROC	M18	<b>42:12</b>	2:24	5:05	9:14	14:04	17:38	20:14	22:36	28:37	31:17	32:43	34:11	36:14	38:08	
				2:24	2:41	4:09	4:50	3:34	2:36	2:22	6:01	2:40	1:26	1:28	2:03	1:54	
				40:38	41:16	42:12											
				2:30	<b>0:38</b>	0:56											
8	<b>Eilidh Campbell</b> MAROC	W18	<b>42:38</b>	2:51	5:37	9:52	14:27	17:56	20:40	23:03	27:22	29:08	30:44	32:34	34:14	36:13	
				2:51	2:46	4:15	4:35	3:29	2:44	2:23	4:19	1:46	1:36	1:50	1:40	1:59	
				38:24	41:33	42:38											
				2:11	3:09	1:05											
9	<b>Dominykas Kardokas</b> GRAMP	M21	<b>49:11</b>	2:49	6:30	10:08	12:32	16:07	22:59	25:27	32:46	35:26	37:28	39:32	41:47	43:37	
				2:49	3:41	3:38	2:24	3:35	6:52	2:28	7:19	2:40	2:02	2:04	2:15	1:50	
				46:12	47:13	49:11											
				2:35	1:01	1:58											
10	<b>Ian Hamilton</b> GRAMP	M55	<b>53:03</b>	3:07	7:28	14:49	17:39	21:55	25:41	28:27	34:08	37:29	39:38	42:01	44:34	47:08	
				3:07	4:21	7:21	2:50	4:16	3:46	2:46	5:41	3:21	2:09	2:23	2:33	2:34	
				50:30	51:43	53:03											
				3:22	1:13	1:20											
11	<b>Phil Campbell</b> GRAMP	M21	<b>1:03:05</b>	2:56	7:47	17:42	20:40	28:48	32:12	35:52	40:52	44:13	47:29	50:39	52:58	56:40	
				2:56	4:51	9:55	2:58	8:08	3:24	3:40	5:00	3:21	3:16	3:10	2:19	3:42	
				59:55	1:00:56	1:03:05											
				3:15	1:01	2:09											

Pos	Name	Age	Time													
<b>Short (19)</b>				<b>3.1 km</b>	<b>10 C</b>											
				1(245)	2(240)	3(236)	4(246)	5(238)	6(239)	7(241)	8(140)	9(243)	10(247)	Finish		
1	<b>Sam Gomersall</b>	M55	<b>22:18</b>	2:32	4:38	7:53	9:41	<b>12:00</b>	<b>13:42</b>	<b>15:44</b>	<b>17:30</b>	<b>20:00</b>	<b>20:55</b>	<b>22:18</b>		
	GRAMP			2:32	2:06	3:15	<b>1:48</b>	2:19	<b>1:42</b>	2:02	<b>1:46</b>	2:30	<b>0:55</b>	<b>1:23</b>		
2	<b>Nick Hale</b>	M60	<b>23:09</b>	2:13	4:23	7:50	9:48	12:05	14:03	15:54	17:45	20:23	21:25	23:09		
	MAROC			2:13	2:10	3:27	1:58	2:17	1:58	<b>1:51</b>	1:51	2:38	1:02	1:44		
3	<b>Gordon Urquhart</b>	M40	<b>24:40</b>	<b>1:59</b>	<b>3:56</b>	<b>7:01</b>	<b>9:09</b>	12:20	14:12	16:04	18:13	20:32	22:37	24:40		
	GRAMP			<b>1:59</b>	<b>1:57</b>	<b>3:05</b>	2:08	3:11	1:52	2:09	<b>2:19</b>	2:05	2:03			
4	<b>Kirsty Campbell</b>	W18	<b>26:06</b>	2:28	5:05	8:29	10:26	12:36	14:19	16:30	19:41	22:08	24:08	26:06		
	MAROC			2:28	2:37	3:24	1:57	<b>2:10</b>	1:43	2:11	3:11	2:27	2:00	1:58		
5	<b>Lesley Gomersall</b>	W55	<b>29:56</b>	2:42	5:24	9:42	12:59	16:25	18:29	21:12	23:59	26:49	28:00	29:56		
	GRAMP			2:42	2:42	4:18	3:17	3:26	2:04	2:43	2:47	2:50	1:11	1:56		
6	<b>Murray Anderson</b>	M50	<b>30:34</b>	2:35	5:05	11:08	13:09	15:41	17:45	19:49	24:47	27:43	28:43	30:34		
	GRAMP			2:35	2:30	6:03	2:01	2:32	2:04	2:04	4:58	2:56	1:00	1:51		
7	<b>Matthew Parkes</b>	M40	<b>30:43</b>	2:56	5:29	9:21	11:38	14:46	16:43	19:21	22:20	26:35	28:16	30:43		
	GRAMP			2:56	2:33	3:52	2:17	3:08	1:57	2:38	2:59	4:15	1:41	2:27		
8	<b>David Kirk</b>	M50	<b>31:51</b>	2:32	5:20	11:58	14:12	17:15	19:13	21:22	25:10	28:31	29:37	31:51		
	GRAMP			2:32	2:48	6:38	2:14	3:03	1:58	2:09	3:48	3:21	1:06	2:14		
9	<b>Josie Gomersall</b>	W18	<b>32:16</b>	2:58	5:34	9:24	11:30	14:16	17:15	19:45	22:47	28:17	30:15	32:16	29:22	
	GRAMP			2:58	2:36	3:50	2:06	2:46	2:59	2:30	3:02	5:30	1:58	2:01	*244	
10	<b>Helen Rowlands</b>	W50	<b>33:07</b>	3:25	6:26	10:52	13:59	17:20	19:48	22:19	26:21	29:43	31:11	33:07		
	GRAMP			3:25	3:01	4:26	3:07	3:21	2:28	2:31	4:02	3:22	1:28	1:56		
11	<b>David Esson</b>	M35	<b>33:22</b>	3:30	6:49	11:45	14:29	18:11	20:44	23:36	26:20	29:51	31:09	33:22		
	GRAMP			3:30	3:19	4:56	2:44	3:42	2:33	2:52	2:44	3:31	1:18	2:13		
12	<b>Jeremy Huthwaite</b>	M50	<b>33:51</b>	2:46	5:01	9:36	12:04	14:55	17:20	19:31	22:20	30:36	31:49	33:51		
	GRAMP			2:46	2:15	4:35	2:28	2:51	2:25	2:11	2:49	8:16	1:13	2:02		
13	<b>Rachel Scott</b>	W50	<b>38:07</b>	3:12	6:07	12:13	15:52	19:51	22:40	25:58	29:19	33:24	34:48	38:07		
	GRAMP			3:12	2:55	6:06	3:39	3:59	2:49	3:18	3:21	4:05	1:24	3:19		
14	<b>Frances Getliff</b>	W55	<b>38:09</b>	3:13	6:10	11:22	15:02	19:00	21:11	25:07	28:36	32:41	35:00	38:09		
	MAROC			3:13	2:57	5:12	3:40	3:58	2:11	3:56	3:29	4:05	2:19	3:09		
15	<b>Ian Barraclough</b>	M50	<b>38:46</b>	3:14	6:08	10:48	13:57	22:54	25:33	27:56	31:28	34:59	36:17	38:46		
	.			3:14	2:54	4:40	3:09	8:57	2:39	2:23	3:32	3:31	1:18	2:29		
16	<b>Peter Craig</b>	M70	<b>42:12</b>	4:11	7:19	12:30	15:31	23:19	26:28	29:35	33:22	37:14	38:43	42:12		
	MAROC			4:11	3:08	5:11	3:01	7:48	3:09	3:07	3:47	3:52	1:29	3:29		
17	<b>Chris Low</b>	M55	<b>42:17</b>	2:43	7:30	19:02	21:03	25:12	26:56	29:10	31:09	34:12	39:35	42:17		
	MAROC			2:43	4:47	11:32	2:01	4:09	1:44	2:14	1:59	3:03	5:23	2:42		
18	<b>Louise Provan</b>		<b>1:06:59</b>	3:24	6:38	22:56	28:24	35:21	40:03	44:43	56:28	1:02:10	1:04:02	1:06:59		
	.			3:24	3:14	16:18	5:28	6:57	4:42	4:40	11:45	5:42	1:52	2:57		
	<b>Daniel Reid</b>	M21	<b>mp</b>	2:58	7:33	21:39	28:04	36:29	40:32	-----	-----	-----	-----		3:17	
	.			2:58	4:35	14:06	6:25	8:25	4:03						*99	