

Pl	Name	Club	Age Clas	Time	Comment
<b>Long (12)</b>			<b>5.3 km 0 m</b>	<b>16 C</b>	
1	Matthew Gooch	MAROC	M16	39:09	
2	Daniel Gooch	MAROC	M45	47:21	
3	Jonathan Musgrave	MAROC	M55	48:15	
4	Joel Gooch	MAROC	M14	50:27	
5	Alistair Chapman	MAROC	M18	59:40	
6	Drew Tivendale	MAROC	M45	1:00:29	
7	Eilidh Campbell	MAROC	W18	1:01:55	
8	Sarah Dunn	MAROC	W50	1:02:15	
9	Ewan Musgrave	MAROC	M14	1:03:54	
10	Dennis McDonald	GRAMP	M50	1:11:31	
11	Ian Hamilton	GRAMP	M55	1:15:47	
	Luke Graham	MAROC	M18	mp	
<b>Medium (8)</b>			<b>3.1 km 0 m</b>	<b>11 C</b>	
1	Craig Chapman	MAROC		38:49	
2	Nick Hale	MAROC	M60	42:47	
3	David Kirk	GRAMP	M50	43:20	
4	Andy Tivendale	MAROC	M70	45:15	
5	David Esson	GRAMP	M35	45:40	
6	Andrew McMurtrie	MAROC	M50	46:22	
7	Rachel Scott	GRAMP	W50	1:33:41	
	Kirsty Campbell	MAROC	W18	dnf	