Pos	Name	Age	Time													
Long	**(11)**		**4.9 km**	**270 m**	**13 C**											
				1(234)	2(230)	3(243)	4(138)	5(237)	6(241)	7(245)	8(137)	9(239)	10(139)	11(235)	12(233)	13(238)
				Finish												
1	**Alistair Chapman**	M18	**46:59**	***2:42***	**5:10**	**7:21**	**11:37**	**13:17**	**14:28**	**16:17**	**25:42**	**28:35**	**32:22**	**35:48**	**40:41**	**46:00**
	MAROC			***2:42***	***2:28***	2:11	4:16	1:40	***1:11***	1:49	9:25	***2:53***	***3:47***	***3:26***	4:53	***5:19***
				46:59												
				0:59												
2	**Matthew Gooch**	M16	**49:14**	3:21	5:52	7:59	11:53	13:35	15:07	16:23	25:50	30:04	34:30	38:08	42:48	48:09
	MAROC			3:21	2:31	***2:07***	***3:54***	1:42	1:32	***1:16***	9:27	4:14	4:26	3:38	***4:40***	5:21
				49:14												
				1:05												
3	**Dan Gooch**	M45	**59:31**	3:04	6:26	8:44	13:48	16:24	17:50	19:17	33:37	38:34	43:05	46:42	51:27	58:32
	MAROC			3:04	3:22	2:18	5:04	2:36	1:26	1:27	14:20	4:57	4:31	3:37	4:45	7:05
				59:31												
				0:59												
4	**Joel Gooch**	M14	**1:00:33**	4:08	9:22	12:04	16:43	18:39	20:33	23:03	33:08	37:30	42:12	46:49	52:49	59:21
	MAROC			4:08	5:14	2:42	4:39	1:56	1:54	2:30	10:05	4:22	4:42	4:37	6:00	6:32
				1:00:33												
				1:12												
5	**Drew Tivendale**	M45	**1:02:49**	2:48	5:40	8:19	13:40	15:15	18:59	21:38	30:29	36:14	43:05	49:14	56:06	1:01:56
	MAROC			2:48	2:52	2:39	5:21	1:35	3:44	2:39	***8:51***	5:45	6:51	6:09	6:52	5:50
				1:02:49												
				0:53												
6	**Dennis McDonald**	M50	**1:08:46**	3:27	7:21	10:00	16:20	18:26	20:38	23:00	36:06	44:55	50:18	54:55	1:00:34	1:07:24
	GRAMP			3:27	3:54	2:39	6:20	2:06	2:12	2:22	13:06	8:49	5:23	4:37	5:39	6:50
				1:08:46												
				1:22												
7	**Dominykas Kardokas**	M21	**1:11:35**	3:57	8:32	14:20	19:45	21:46	23:28	27:23	37:56	42:25	47:55	56:39	1:02:53	1:10:22
	GRAMP			3:57	4:35	5:48	5:25	2:01	1:42	3:55	10:33	4:29	5:30	8:44	6:14	7:29
				1:11:35												
				1:13												
8	**Sean O'Sullivan**	M35	**1:12:52**	3:38	7:31	11:11	16:59	20:13	22:31	25:42	40:27	46:47	52:26	57:22	1:03:42	1:10:58
	MAROC			3:38	3:53	3:40	5:48	3:14	2:18	3:11	14:45	6:20	5:39	4:56	6:20	7:16
				1:12:52												
				1:54												
9	**Ian Hamilton**	M55	**1:13:58**	3:52	7:33	12:35	18:16	20:50	23:20	27:03	39:49	46:39	52:50	58:15	1:04:59	1:12:06
	GRAMP			3:52	3:41	5:02	5:41	2:34	2:30	3:43	12:46	6:50	6:11	5:25	6:44	7:07
				1:13:58												
				1:52												
	Willie Nicolson	M40	**mp**	3:03	7:57	15:06	19:23	20:57	-----	25:26	38:15	41:37	45:36	49:05	53:58	1:00:17
	INVOC			3:03	4:54	7:09	4:17	***1:34***		4:29	12:49	3:22	3:59	3:29	4:53	6:19
				1:01:11												
				0:54												
	Edwyn Oliver-Evans	M21	**dnf**	4:00	21:26	25:08	35:53	38:19	42:03	50:02	-----	-----	-----	-----	-----	59:17
	CLARO			4:00	17:26	3:42	10:45	2:26	3:44	7:59						9:15
				1:01:21												
				2:04												

Pos	Name	Age	Time										
Short	**(26)**		**3.1 km**	**160 m**	**9 C**								
				1(234)	2(230)	3(243)	4(237)	5(241)	6(245)	7(137)	8(233)	9(238)	Finish
1	**Murray Anderson**	M50	**42:16**	3:57	7:30	**10:42**	**15:37**	**17:34**	**19:16**	**30:26**	**33:28**	**41:12**	**42:16**
	GRAMP			3:57	3:33	3:12	4:55	1:57	***1:42***	11:10	***3:02***	7:44	***1:04***
2	**Sam Gomersall**	M55	**47:06**	4:02	11:22	14:59	19:50	21:59	24:19	33:46	37:25	45:50	47:06
	GRAMP			4:02	7:20	3:37	***4:51***	2:09	2:20	***9:27***	3:39	8:25	1:16
3	**John Lang**	M50	**54:20**	3:56	7:49	10:43	18:50	21:07	26:06	40:16	43:50	52:59	54:20
	GRAMP			3:56	3:53	***2:54***	8:07	2:17	4:59	14:10	3:34	9:09	1:21
4	**Josie Gomersall**	W18	**58:26**	3:56	11:20	15:49	21:40	26:43	29:10	44:10	48:10	57:04	58:26
	GRAMP			3:56	7:24	4:29	5:51	5:03	2:27	15:00	4:00	8:54	1:22
5	**Lesley Gomersall**	W55	**59:47**	4:03	21:24	25:00	30:09	32:48	35:17	46:52	51:09	58:29	59:47
	GRAMP			4:03	17:21	3:36	5:09	2:39	2:29	11:35	4:17	7:20	1:18
6	**Iain McLeod**	M55	**1:00:40**	3:57	12:14	25:52	31:17	33:14	35:19	48:08	51:48	59:05	1:00:40
	GRAMP			3:57	8:17	13:38	5:25	1:57	2:05	12:49	3:40	***7:17***	1:35
7	**Catriona Chapman**	W14	**1:03:21**	4:23	8:54	14:54	20:52	23:08	25:28	44:13	49:39	1:01:27	1:03:21
	MAROC			4:23	4:31	6:00	5:58	2:16	2:20	18:45	5:26	11:48	1:54
8	**David Esson**	M35	**1:03:44**	5:42	12:42	16:35	24:21	26:57	29:37	46:03	51:17	1:01:59	1:03:44
	GRAMP			5:42	7:00	3:53	7:46	2:36	2:40	16:26	5:14	10:42	1:45
9	**Ian McIntyre**	M55	**1:03:50**	4:33	9:33	13:23	20:35	22:58	28:07	47:22	52:29	1:02:07	1:03:50
	INT			4:33	5:00	3:50	7:12	2:23	5:09	19:15	5:07	9:38	1:43
10	**Andy Tivendale**	M70	**1:07:16**	4:05	**7:24**	10:53	18:30	20:33	27:40	44:44	48:39	1:05:39	1:07:16
	MAROC			4:05	***3:19***	3:29	7:37	2:03	7:07	17:04	3:55	17:00	1:37
11	**Matthew Parkes**	M40	**1:07:35**	4:28	8:25	13:51	18:42	21:11	30:48	45:54	51:25	1:04:36	1:07:35
	GRAMP			4:28	3:57	5:26	***4:51***	2:29	9:37	15:06	5:31	13:11	2:59
12	**Jeremy Huthwaite**	M50	**1:09:44**	5:48	23:44	27:01	35:45	38:15	40:36	56:05	1:01:06	1:08:29	1:09:44
	GRAMP			5:48	17:56	3:17	8:44	2:30	2:21	15:29	5:01	7:23	1:15
13	**Chris Low**	M55	**1:12:15**	4:00	8:50	14:51	21:26	27:09	29:47	55:58	1:00:36	1:09:20	1:12:15
	MAROC			4:00	4:50	6:01	6:35	5:43	2:38	26:11	4:38	8:44	2:55
14	**Paul Duley**	M60	**1:19:40**	5:00	12:58	16:55	23:15	33:14	35:27	1:00:49	1:09:22	1:17:50	1:19:40
	GRAMP			5:00	7:58	3:57	6:20	9:59	2:13	25:22	8:33	8:28	1:50
15	**Nick Collins**	M50	**1:21:58**	5:04	26:39	30:05	35:21	38:37	55:17	1:09:03	1:12:46	1:20:34	1:21:58
	MAROC			5:04	21:35	3:26	5:16	3:16	16:40	13:46	3:43	7:48	1:24
16	**Alan Bennett**	M50	**1:26:22**	**3:41**	30:17	36:19	46:52	48:54	58:16	1:12:50	1:16:47	1:25:08	1:26:22
	MAROC			***3:41***	26:36	6:02	10:33	2:02	9:22	14:34	3:57	8:21	1:14
17	**Ewan Bennett**	M14	**1:26:32**	3:46	30:23	36:35	47:07	49:05	58:24	1:12:50	1:16:53	1:25:17	1:26:32
	MAROC			3:46	26:37	6:12	10:32	1:58	9:19	14:26	4:03	8:24	1:15
18	**Peter Craig**	M70	**1:41:30**	5:49	32:01	36:10	45:06	48:44	57:38	1:18:52	1:27:04	1:38:52	1:41:30
	MAROC			5:49	26:12	4:09	8:56	3:38	8:54	21:14	8:12	11:48	2:38
19	**Frances Getliff**	W55	**1:45:22**	6:13	16:57	30:21	46:33	49:19	53:43	1:21:51	1:28:14	1:42:05	1:45:22
	MAROC			6:13	10:44	13:24	16:12	2:46	4:24	28:08	6:23	13:51	3:17
	Charlotte Reynolds	W14	**mp**	3:54	13:56	17:51	25:21	27:35	29:23	-----	54:31	1:02:56	1:04:21
	MAROC			3:54	10:02	3:55	7:30	2:14	1:48		25:08	8:25	1:25
	Jacqui Chapman	W45	**mp**	8:38	32:23	45:49	58:33	1:04:57	1:14:30	-----	-----	1:20:52	1:23:52
	MAROC			8:38	23:45	13:26	12:44	6:24	9:33			6:22	3:00
	Gemma Collins	W14	**mp**	16:16	24:53	30:51	40:07	43:21	58:08	-----	-----	1:21:47	1:24:45
	MAROC			16:16	8:37	5:58	9:16	3:14	14:47			23:39	2:58
	Gordon Urquhart	M40	**mp**	5:27	46:59	50:11	55:19	57:15	-----	-----	-----	-----	
	GRAMP			5:27	41:32	3:12	5:08	***1:56***					
	Daniel Reid	M21	**mp**	9:07	18:02	22:37	28:10	54:27	-----	-----	-----	-----	
	.			9:07	8:55	4:35	5:33	26:17					
	David Kirk	M50	**mp**	4:35	-----	-----	45:59	50:14	54:42	-----	-----	-----	
	GRAMP			4:35			41:24	4:15	4:28				
	Jake Chapman	M18	**dnf**	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	MAROC												