

Pl	Name	Time													
<b>Long (14)</b>			<b>5.3 km</b>		<b>0 m</b>	<b>16 C</b>									
			1(131)	2(230)	3(137)	4(134)	5(133)	6(234)	7(136)	8(231)	9(235)	10(139)	11(132)	12(135)	13(138)
			14(232)	15(233)	16(140)	Finish									
1	Tim Gomersall GRAMP	35:57	1:13	4:04	6:49	11:36	12:48	16:48	18:00	19:31	20:51	22:39	24:03	24:53	29:08
			1:13	2:51	2:45	4:47	1:12	4:00	1:12	1:31	1:20	1:48	1:24	0:50	4:15
			30:46	32:44	34:38	35:57									
			1:38	1:58	1:54	1:19									
2	Matthew Gooch MAROC	39:41	1:11	4:11	7:09	13:03	14:24	18:23	19:31	21:29	22:45	25:10	27:07	28:13	32:34
			1:11	3:00	2:58	5:54	1:21	3:59	1:08	1:58	1:16	2:25	1:57	1:06	4:21
			34:39	36:50	38:08	39:41									
			2:05	2:11	1:18	1:33									
3	Joel Gooch MAROC	41:24	1:07	4:23	7:41	13:00	14:01	17:44	19:20	21:36	23:26	25:43	27:40	28:31	32:49
			1:07	3:16	3:18	5:19	1:01	3:43	1:36	2:16	1:50	2:17	1:57	0:51	4:18
			36:09	38:21	40:20	41:24									
			3:20	2:12	1:59	1:04									
4	Ewan Musgrave MAROC	42:37	1:17	5:06	8:31	13:52	15:20	20:06	21:30	23:30	25:01	27:14	30:00	31:02	35:39
			1:17	3:49	3:25	5:21	1:28	4:46	1:24	2:00	1:31	2:13	2:46	1:02	4:37
			37:35	39:51	41:16	42:37									
			1:56	2:16	1:25	1:21									
5	Jonathan Musgrave MAROC	42:45	1:27	5:05	9:23	15:32	16:46	21:18	22:40	24:54	26:11	28:17	30:18	31:38	36:02
			1:27	3:38	4:18	6:09	1:14	4:32	1:22	2:14	1:17	2:06	2:01	1:20	4:24
			38:10	40:08	41:24	42:45									
			2:08	1:58	1:16	1:21									
6	Luke Graham MAROC	45:45	1:22	5:10	9:56	15:13	16:35	21:26	23:11	25:27	26:44	28:58	31:25	34:06	39:00
			1:22	3:48	4:46	5:17	1:22	4:51	1:45	2:16	1:17	2:14	2:27	2:41	4:54
			41:16	43:07	44:30	45:45									
			2:16	1:51	1:23	1:15									
7	Eilidh Campbell MAROC	48:57	1:39	5:25	8:44	14:51	16:10	21:14	22:48	25:53	27:23	30:38	34:52	36:06	41:48
			1:39	3:46	3:19	6:07	1:19	5:04	1:34	3:05	1:30	3:15	4:14	1:14	5:42
			43:43	45:56	47:34	48:57									
			1:55	2:13	1:38	1:23									
8	Sarah Dunn MAROC	50:30	1:40	5:59	9:55	16:16	17:44	23:47	25:43	28:13	29:45	32:25	35:11	36:28	42:02
			1:40	4:19	3:56	6:21	1:28	6:03	1:56	2:30	1:32	2:40	2:46	1:17	5:34
			44:30	47:04	48:37	50:30									
			2:28	2:34	1:33	1:53									
9	Drew Tivendale MAROC	52:41	1:13	4:27	10:14	16:39	17:52	22:11	23:35	27:04	28:47	31:24	39:08	39:58	45:16
			1:13	3:14	5:47	6:25	1:13	4:19	1:24	3:29	1:43	2:37	7:44	0:50	5:18
			47:27	49:55	51:12	52:41									
			2:11	2:28	1:17	1:29									
10	Gareth Yardley GRAMP	56:06	1:41	5:47	11:01	17:39	19:33	27:05	28:55	31:41	33:32	37:06	40:05	41:17	46:50
			1:41	4:06	5:14	6:38	1:54	7:32	1:50	2:46	1:51	3:34	2:59	1:12	5:33
			49:48	52:41	54:24	56:06									
			2:58	2:53	1:43	1:42									
11	Denise Wright MAROC	1:14:00	2:07	7:46	15:01	26:45	29:27	36:15	38:44	42:07	44:13	50:00	53:54	55:21	1:02:26
			2:07	5:39	7:15	11:44	2:42	6:48	2:29	3:23	2:06	5:47	3:54	1:27	7:05
			1:05:33	1:09:17	1:11:27	1:14:00									
			3:07	3:44	2:10	2:33									
12	David Kirk GRAMP	1:36:10	2:08	7:33	16:19	27:51	31:52	38:29	40:55	44:46	46:45	50:47	54:37	56:05	1:06:31
			2:08	5:25	8:46	11:32	4:01	6:37	2:26	3:51	1:59	4:02	3:50	1:28	10:26
			1:10:11	1:31:34	1:34:12	1:36:10									
			3:40	21:23	2:38	1:58									
	Ian Hamilton GRAMP	mp	2:03	6:15	10:40	19:01	21:16	27:16	29:12	32:27	34:18	39:22	43:54	46:37	----
			2:03	4:12	4:25	8:21	2:15	6:00	1:56	3:15	1:51	5:04	4:32	2:43	
			54:40	57:48	59:43	1:01:37									
			8:03	3:08	1:55	1:54									
	Alistair Chapman MAROC	dnf	1:35	5:02	8:05	14:31	15:48	20:53	22:53	27:43	30:41	----	----	----	----
			1:35	3:27	3:03	6:26	1:17	5:05	2:00	4:50	2:58				
			----	37:17	39:58	42:55									
				6:36	2:41	2:57									
<b>Short (39)</b>			<b>3.1 km</b>		<b>0 m</b>	<b>11 C</b>									
			1(131)	2(130)	3(132)	4(135)	5(139)	6(138)	7(232)	8(136)	9(234)	10(230)	11(140)	Finish	
1	Sam Gomersall GRAMP	31:17	1:35	3:56	6:28	7:37	10:19	14:47	17:09	23:33	25:01	27:43	29:34	31:17	
			1:35	2:21	2:32	1:09	2:42	4:28	2:22	6:24	1:28	2:42	1:51	1:43	
2	Adam Barrie MAROC	32:35	1:17	2:51	4:29	7:28	9:33	13:22	15:36	22:32	24:05	28:44	30:51	32:35	
			1:17	1:34	1:38	2:59	2:05	3:49	2:14	6:56	1:33	4:39	2:07	1:44	
3	Pete Lawrence GRAMP	35:00	1:40	3:45	9:00	10:07	14:36	19:15	22:08	27:16	28:43	31:25	33:18	35:00	
			1:40	2:05	5:15	1:07	4:29	4:39	2:53	5:08	1:27	2:42	1:53	1:42	
4	Craig Chapman MAROC	35:05	1:36	3:49	6:50	8:11	11:08	16:58	19:51	26:13	27:52	31:11	33:13	35:05	
			1:36	2:13	3:01	1:21	2:57	5:50	2:53	6:22	1:39	3:19	2:02	1:52	
5	Gordon Urquhart GRAMP	35:29	1:35	4:02	6:40	7:44	11:49	16:46	19:26	24:58	26:29	30:25	33:54	35:29	
			1:35	2:27	2:38	1:04	4:05	4:57	2:40	5:32	1:31	3:56	3:29	1:35	
6	Sean O'Sullivan MAROC	35:35	1:45	6:17	9:12	10:50	14:20	19:32	22:01	26:45	28:39	31:24	33:55	35:35	
			1:45	4:32	2:55	1:38	3:30	5:12	2:29	4:44	1:54	2:45	2:31	1:40	
7	Amber Graham MAROC	36:11	1:50	3:44	10:03	11:41	15:09	20:35	23:13	28:51	30:09	32:21	34:41	36:11	
			1:50	1:54	6:19	1:38	3:28	5:26	2:38	5:38	1:18	2:12	2:20	1:30	
8	Paul Mather MAROC	36:53	1:28	3:27	8:25	11:22	13:56	19:00	21:38	29:13	30:56	33:04	35:22	36:53	
			1:28	1:59	4:58	2:57	2:34	5:04	2:38	7:35	1:43	2:08	2:18	1:31	
9	Andrew McMurtrie MAROC	37:42	1:37	3:39	9:15	11:45	14:42	20:07	23:45	29:01	30:55	33:57	35:55	37:42	
			1:37	2:02	5:36	2:30	2:57	5:25	3:38	5:16	1:54	3:02	1:58	1:47	

Pl	Name	Time												
<b>Short (39)</b>			<b>3.1 km 0 m</b>				<b>11 C (cont.)</b>							
			1(131)	2(130)	3(132)	4(135)	5(139)	6(138)	7(232)	8(136)	9(234)	10(230)	11(140)	Finish
10	David Esson GRAMP	39:04	2:00 2:00	4:32 2:32	7:28 2:56	9:06 1:38	12:11 3:05	18:25 6:14	21:37 3:12	29:16 7:39	30:58 1:42	34:03 3:05	36:45 2:42	39:04 2:19
11	Andy Tivendale MAROC	39:52	1:34 1:34	3:45 2:11	9:28 5:43	11:05 1:37	14:24 3:19	20:14 5:50	23:46 3:32	30:31 6:45	32:10 1:39	35:34 3:24	37:58 2:24	39:52 1:54
12	Catriona Chapman MAROC	39:54	3:00 3:00	5:32 2:32	8:02 2:30	9:39 1:37	12:44 3:05	18:32 5:48	21:34 3:02	30:10 8:36	32:12 2:02	35:32 3:20	38:06 2:34	39:54 1:48
13	Iain McLeod GRAMP	40:30	1:55 1:55	7:03 5:08	9:21 2:18	10:57 1:36	14:18 3:21	20:06 5:48	23:29 3:23	30:58 7:29	32:40 1:42	35:59 3:19	38:30 2:31	40:30 2:00
14	Lesley Gomersall GRAMP	41:04	1:46 1:46	4:08 2:22	6:57 2:49	9:16 2:19	11:49 2:33	16:57 5:08	24:58 8:01	31:37 6:39	33:51 2:14	36:49 2:58	39:12 2:23	41:04 1:52
15	Kirsty Campbell MAROC	41:31	1:30 1:30	6:18 4:48	12:50 6:32	14:19 1:29	17:10 2:51	21:45 4:35	24:02 2:17	29:00 4:58	30:15 1:15	37:24 7:09	39:41 2:17	41:31 1:50
16	Charlotte Reynolds MAROC	41:37	1:34 1:34	4:09 2:35	6:32 2:23	8:23 1:51	12:50 4:27	21:14 8:24	24:50 3:36	30:59 6:09	32:15 1:16	37:53 5:38	40:12 2:19	41:37 1:25
17	Trevor Ricketts MAROC	43:22	2:33 2:33	4:29 1:56	6:35 2:06	8:55 2:20	11:24 2:29	16:28 5:04	27:10 10:42	33:12 6:02	34:42 1:30	38:55 4:13	41:27 2:32	43:22 1:55
18	Murray Anderson GRAMP	43:50	2:01 2:01	4:10 2:09	6:41 2:31	10:14 3:33	13:17 3:03	19:10 5:53	28:01 8:51	33:43 5:42	35:38 1:55	38:56 3:18	41:47 2:51	43:50 2:03
19	Ian McIntyre INT	44:06	2:05 2:05	4:59 2:54	8:07 3:08	10:02 1:55	14:15 4:13	21:00 6:45	24:30 3:30	32:17 7:47	34:25 2:08	38:34 4:09	41:28 2:54	44:06 2:38
20	Chris Low MAROC	44:22	1:48 1:48	4:14 2:26	8:49 4:35	11:56 3:07	14:35 2:39	21:26 6:51	29:19 7:53	35:42 6:23	37:16 1:34	39:38 2:22	42:35 2:57	44:22 1:47
21	Paul Chapman MAROC	45:04	1:38 1:38	4:17 2:39	7:23 3:06	9:55 2:32	14:02 4:07	20:10 6:08	23:50 3:40	32:51 9:01	34:54 2:03	39:03 4:09	43:17 4:14	45:04 1:47
22	Jeremy Huthwaite GRAMP	45:05	1:57 1:57	4:45 2:48	7:21 2:36	9:05 1:44	14:15 5:10	21:57 7:42	25:08 3:11	33:50 8:42	36:27 2:37	40:36 4:09	43:16 2:40	45:05 1:49
23	Donald Barrie MAROC	45:21	1:47 1:47	3:54 2:07	11:00 7:06	13:00 2:00	16:43 3:43	24:01 7:18	26:55 2:54	33:16 6:21	35:23 2:07	39:06 3:43	43:27 4:21	45:21 1:54
24	Helen Rowlands GRAMP	46:50	2:16 2:16	5:11 2:55	8:06 2:55	9:39 1:33	12:54 3:15	20:25 7:31	23:39 3:14	32:03 8:24	37:22 5:19	41:26 4:04	44:34 3:08	46:50 2:16
25	Jonas Newey MAROC	47:56	2:00 2:00	5:17 3:17	8:33 3:16	11:08 2:35	16:22 5:14	22:45 6:23	25:48 3:03	38:06 12:18	39:43 1:37	43:44 4:01	46:07 2:23	47:56 1:49
26	Aileen Salway MAROC	48:07	1:57 1:57	4:42 2:45	8:38 3:56	10:54 2:16	14:50 3:56	20:34 5:44	24:43 4:09	34:37 9:54	36:47 2:10	39:58 3:11	46:05 6:07	48:07 2:02
27	Rachel Scott GRAMP	48:13	2:15 2:15	5:17 3:02	12:31 7:14	14:01 1:30	18:39 4:38	25:23 6:44	29:18 3:55	36:33 7:15	39:04 2:31	42:26 3:22	45:47 3:21	48:13 2:26
28	Neil McLean GRAMP	48:22	2:09 2:09	5:01 2:52	7:59 2:58	10:25 2:26	13:43 3:18	25:02 11:19	28:48 3:46	35:09 6:21	36:56 1:47	40:53 3:57	45:48 4:55	48:22 2:34
29	John Lang GRAMP	49:56	4:01 4:01	6:30 2:29	9:49 3:19	11:22 1:33	14:47 3:25	20:25 5:38	24:29 4:04	32:34 8:05	34:47 2:13	45:03 10:16	48:04 3:01	49:56 1:52
30	Eliza Barrie MAROC	50:41	3:45 3:45	7:50 4:05	10:22 2:32	12:28 2:06	20:35 8:07	27:30 6:55	29:52 2:22	38:55 9:03	40:57 2:02	44:46 3:49	48:50 4:04	50:41 1:51
31	Ewan Bennett MAROC	54:14	1:30 1:30	4:08 2:38	6:53 2:45	8:43 1:50	11:31 2:48	29:50 18:19	32:18 2:28	43:22 11:04	44:53 1:31	49:01 4:08	51:23 2:22	54:14 2:51
32	Michael Bott GRAMP	54:15	2:29 2:29	6:39 4:10	11:18 4:39	13:11 1:53	16:46 3:35	26:33 9:47	29:45 3:12	38:12 8:27	41:09 2:57	46:07 4:58	51:53 5:46	54:15 2:22
33	Scott Reynolds MAROC	1:03:08	5:03 5:03	7:46 2:43	12:43 4:57	16:57 4:14	26:20 9:23	34:47 8:27	39:01 4:14	48:03 9:02	51:26 3:23	55:37 4:11	1:00:36 4:59	1:03:08 2:32
34	Patricia Graham MAROC	1:05:58	2:19 2:19	6:26 4:07	10:43 4:17	14:21 3:38	24:05 9:44	32:30 8:25	38:09 5:39	51:04 12:55	55:39 4:35	59:29 3:50	1:02:40 3:11	1:05:58 3:18
35	Katja Neumann MAROC	1:06:45	3:17 3:17	6:50 3:33	14:43 7:53	17:55 3:12	25:36 7:41	32:57 7:21	37:47 4:50	51:15 13:28	56:28 5:13	1:01:17 4:49	1:04:23 3:06	1:06:45 2:22
36	Alexander Campbell MAROC	1:07:12	2:22 2:22	5:57 3:35	9:27 3:30	11:13 1:46	16:09 4:56	28:31 12:22	32:49 4:18	48:23 15:34	53:38 5:15	58:19 4:41	1:03:49 5:30	1:07:12 3:23
37	Peter Craig MAROC	1:17:15	2:09 2:09	5:17 3:08	11:14 5:57	13:24 2:10	18:39 5:15	27:55 9:16	45:28 17:33	55:37 10:09	58:43 3:06	1:03:02 4:19	1:13:44 10:42	1:17:15 3:31
38	Scott Newey MAROC	1:18:03	2:13 2:13	5:19 3:06	11:08 5:49	18:12 7:04	23:11 4:59	32:14 9:03	37:59 5:45	52:54 14:55	1:02:56 10:02	1:09:05 6:09	1:14:34 5:29	1:18:03 3:29
	Sue Barrie MAROC	dnf	3:58 3:58	7:57 3:59	-----	-----	-----	-----	-----	-----	23:31 15:34	28:19 4:48	31:19 3:00	34:21 3:02