

Pl	Name	Time											Finish	
			1(129)	2(131)	3(135)	4(134)	5(140)	6(133)	7(132)	8(136)	9(137)	10(138)		11(139)
<b>Long (14)</b>														
				<b>4.8 km</b>	<b>0 m</b>	<b>11 C</b>								
			1(129)	2(131)	3(135)	4(134)	5(140)	6(133)	7(132)	8(136)	9(137)	10(138)	11(139)	Finish
1	Ewan Musgrave	37:39	1:50	6:51	9:35	12:00	14:16	16:58	19:21	27:12	29:18	34:28	36:50	37:39
	MAROC		1:50	5:01	2:44	2:25	2:16	2:42	2:23	7:51	2:06	5:10	2:22	0:49
2	Matthew Gooch	37:52	1:53	5:09	7:32	12:50	15:05	17:48	20:17	27:35	29:47	34:19	36:53	37:52
	MAROC		1:53	3:16	2:23	5:18	2:15	2:43	2:29	7:18	2:12	4:32	2:34	0:59
3	Joel Gooch	39:15	1:51	6:45	9:25	11:51	14:19	18:29	22:01	29:23	31:09	35:58	38:19	39:15
	MAROC		1:51	4:54	2:40	2:26	2:28	4:10	3:32	7:22	1:46	4:49	2:21	0:56
4	Eilidh Campbell	40:04	1:50	7:02	10:39	13:11	15:19	18:10	19:57	29:07	31:12	36:33	38:59	40:04
	MAROC		1:50	5:12	3:37	2:32	2:08	2:51	1:47	9:10	2:05	5:21	2:26	1:05
5	Jonathan Musgrave	40:06	1:48	7:35	10:38	14:10	16:27	19:22	21:11	29:22	31:54	36:49	39:13	40:06
	MAROC		1:48	5:47	3:03	3:32	2:17	2:55	1:49	8:11	2:32	4:55	2:24	0:53
6	Tim Gomersall	40:16	1:44	5:11	8:01	10:23	13:06	15:48	17:49	25:51	27:48	36:50	39:17	40:16
	GRAMP		1:44	3:27	2:50	2:22	2:43	2:42	2:01	8:02	1:57	9:02	2:27	0:59
7	Alistair Chapman	41:44	1:48	5:58	9:04	13:31	15:42	18:07	19:54	28:02	30:19	38:29	40:56	41:44
	MAROC		1:48	4:10	3:06	4:27	2:11	2:25	1:47	8:08	2:17	8:10	2:27	0:48
8	Drew Tivendale	43:28	3:14	7:48	10:55	13:20	15:50	18:39	20:55	32:55	35:18	40:21	42:33	43:28
	MAROC		3:14	4:34	3:07	2:25	2:30	2:49	2:16	12:00	2:23	5:03	2:12	0:55
9	Ali Robertson	43:43	2:05	7:10	10:43	13:33	16:45	20:29	22:36	31:55	34:20	39:59	42:45	43:43
	GRAMP		2:05	5:05	3:33	2:50	3:12	3:44	2:07	9:19	2:25	5:39	2:46	0:58
10	Paul Mather	50:17	2:19	7:03	10:45	14:06	19:26	22:50	25:18	36:23	38:55	45:57	49:13	50:17
	MAROC		2:19	4:44	3:42	3:21	5:20	3:24	2:28	11:05	2:32	7:02	3:16	1:04
11	Sarah Dunn	53:36	2:38	7:34	12:36	21:09	24:20	27:55	30:12	40:43	42:59	49:14	52:24	53:36
	MAROC		2:38	4:56	5:02	8:33	3:11	3:35	2:17	10:31	2:16	6:15	3:10	1:12
12	Ian Hamilton	54:15	2:20	7:30	11:31	14:55	18:22	22:24	25:35	36:57	40:37	48:22	52:48	54:15
	GRAMP		2:20	5:10	4:01	3:24	3:27	4:02	3:11	11:22	3:40	7:45	4:26	1:27
13	Gareth Yardley	54:21	2:01	9:45	13:36	16:54	20:24	24:32	27:39	39:06	42:45	49:27	53:00	54:21
	GRAMP		2:01	7:44	3:51	3:18	3:30	4:08	3:07	11:27	3:39	6:42	3:33	1:21
14	Denise Wright	1:10:55	2:46	9:46	15:18	19:24	25:25	30:39	33:50	48:28	51:30	1:01:32	1:09:08	1:10:55
	MAROC		2:46	7:00	5:32	4:06	6:01	5:14	3:11	14:38	3:02	10:02	7:36	1:47
<b>Shorter (27)</b>														
			1(130)	2(131)	3(132)	4(133)	5(134)	6(135)	7(136)	8(137)	9(129)	10(139)	Finish	
1	Adam Barrie	32:37	3:58	6:21	9:53	12:18	15:34	18:49	23:06	25:08	29:05	31:27	32:37	
	MAROC		3:58	2:23	3:32	2:25	3:16	3:15	4:17	2:02	3:57	2:22	1:10	
2	Kirsty Campbell	37:25	4:04	6:44	8:47	15:24	18:14	21:13	25:46	28:05	33:51	36:21	37:25	
	MAROC		4:04	2:40	2:03	6:37	2:50	2:59	4:33	2:19	5:46	2:30	1:04	
3	Andrew McMurtrie	40:04	3:57	7:31	9:43	12:01	15:32	23:29	28:53	30:56	36:37	38:59	40:04	
	MAROC		3:57	3:34	2:12	2:18	3:31	7:57	5:24	2:03	5:41	2:22	1:05	
4	Trevor Ricketts	40:49	5:07	8:35	11:57	14:42	19:22	22:55	27:35	30:28	35:21	39:32	40:49	
	MAROC		5:07	3:28	3:22	2:45	4:40	3:33	4:40	2:53	4:53	4:11	1:17	
5	Amber Graham	41:02	3:24	5:51	7:38	13:10	16:16	19:33	27:12	30:00	37:02	39:42	41:02	
	MAROC		3:24	2:27	1:47	5:32	3:06	3:17	7:39	2:48	7:02	2:40	1:20	
6	Sean O'Sullivan	41:26	4:27	9:41	11:46	14:00	17:29	21:16	26:46	33:08	37:33	40:18	41:26	
	MAROC		4:27	5:14	2:05	2:14	3:29	3:47	5:30	6:22	4:25	2:45	1:08	
7	Gordon Urquhart	42:56	4:02	7:00	9:46	12:07	18:27	24:30	28:53	31:20	38:43	41:50	42:56	
	GRAMP		4:02	2:58	2:46	2:21	6:20	6:03	4:23	2:27	7:23	3:07	1:06	
8	Lesley Gomersall	43:20	4:40	8:07	10:58	14:04	17:57	23:36	29:43	32:40	38:30	42:02	43:20	
	GRAMP		4:40	3:27	2:51	3:06	3:53	5:39	6:07	2:57	5:50	3:32	1:18	
9	Nick Hale	44:14	5:14	8:21	10:24	12:35	18:41	21:49	27:17	31:11	38:20	43:06	44:14	
	MAROC		5:14	3:07	2:03	2:11	6:06	3:08	5:28	3:54	7:09	4:46	1:08	
10	Andy Tivendale	46:34	4:50	10:10	12:48	19:03	22:30	26:51	32:55	35:47	42:01	45:14	46:34	
	MAROC		4:50	5:20	2:38	6:15	3:27	4:21	6:04	2:52	6:14	3:13	1:20	
11	Donald Barrie	46:57	5:05	9:58	12:18	14:56	18:01	22:20	28:56	36:00	42:21	45:39	46:57	
	MAROC		5:05	4:53	2:20	2:38	3:05	4:19	6:36	7:04	6:21	3:18	1:18	
12	Iain McLeod	47:27	5:00	11:27	13:34	16:27	20:35	24:11	30:34	36:58	42:07	45:48	47:27	
	GRAMP		5:00	6:27	2:07	2:53	4:08	3:36	6:23	6:24	5:09	3:41	1:39	
13	Alan Bennett	48:40	6:19	9:38	12:05	14:43	18:46	23:28	31:41	36:50	44:20	47:15	48:40	
	MAROC		6:19	3:19	2:27	2:38	4:03	4:42	8:13	5:09	7:30	2:55	1:25	
14	Chris Low	49:46	4:47	12:41	14:51	21:16	24:31	27:56	36:33	39:26	45:15	48:19	49:46	
	MAROC		4:47	7:54	2:10	6:25	3:15	3:25	8:37	2:53	5:49	3:04	1:27	
15	David Esson	49:54	5:37	9:05	16:07	19:51	24:18	28:29	35:40	38:49	45:06	48:12	49:54	
	GRAMP		5:37	3:28	7:02	3:44	4:27	4:11	7:11	3:09	6:17	3:06	1:42	
16	Ian McIntyre	52:12	6:20	11:05	14:03	17:43	22:33	29:02	36:27	39:46	47:21	50:39	52:12	
	INT		6:20	4:45	2:58	3:40	4:50	6:29	7:25	3:19	7:35	3:18	1:33	
17	Jonas Newey	55:11	5:40	9:23	12:16	15:14	21:52	27:02	35:15	41:25	49:33	54:16	55:11	
	MAROC		5:40	3:43	2:53	2:58	6:38	5:10	8:13	6:10	8:08	4:43	0:55	
18	Scott Newey	56:33	7:02	10:48	13:38	16:37	23:16	28:26	36:33	42:50	50:57	55:33	56:33	
	MAROC		7:02	3:46	2:50	2:59	6:39	5:10	8:07	6:17	8:07	4:36	1:00	
19	Rachel Scott	56:55	6:09	10:09	13:38	18:38	23:41	30:27	38:54	42:39	50:25	55:24	56:55	
	GRAMP		6:09	4:00	3:29	5:00	5:03	6:46	8:27	3:45	7:46	4:59	1:31	
20	Jeremy Huthwaite	59:43	6:04	13:54	16:52	20:28	25:35	32:07	38:25	44:34	55:38	58:40	59:43	
	GRAMP		6:04	7:50	2:58	3:36	5:07	6:32	6:18	6:09	11:04	3:02	1:03	
21	Helen Rowlands	1:04:15	5:28	9:26	12:43	24:32	29:33	36:18	45:03	51:15	58:25	1:02:50	1:04:15	
	GRAMP		5:28	3:58	3:17	11:49	5:01	6:45	8:45	6:12	7:10	4:25	1:25	
22	Michael Bott	1:05:04	5:48	13:30	17:29	21:29	27:47	37:59	45:55	52:11	59:57	1:03:16	1:05:04	
	GRAMP		5:48	7:42	3:59	4:00	6:18	10:12	7:56	6:16	7:46	3:19	1:48	
23	Patricia Graham	1:14:47	6:45	15:17	19:15	24:30	32:11	40:50	49:45	53:44	1:08:32	1:12:45	1:14:47	
	MAROC		6:45	8:32	3:58	5:15	7:41	8:39	8:55	3:59	14:48	4:13	2:02	
24	Ranolph Whitehead	1:17:21	7:17	11:35	27:16	34:42	40:49	49:20	57:23	1:03:13	1:11:41	1:15:56	1:17:21	
	MAROC		7:17	4:18	15:41	7:26	6:07	8:31	8:03	5:50	8:28	4:15	1:25	

Pl	Name	Time											
<b>Shorter (27)</b>			<b>3.5 km 0 m</b>		<b>10 C</b>		<i>(cont.)</i>						
			1(130)	2(131)	3(132)	4(133)	5(134)	6(135)	7(136)	8(137)	9(129)	10(139)	Finish
<b>25</b>	<b>Peter Craig</b>	<b>1:28:26</b>	9:04	14:34	17:53	22:34	27:48	42:25	49:49	53:23	1:18:49	1:26:32	1:28:26
	<b>MAROC</b>		9:04	5:30	3:19	4:41	5:14	14:37	7:24	3:34	25:26	7:43	1:54
	<b>Pete Lawrence</b>	<b>mp</b>	4:08	7:00	8:54	-----	22:16	25:32	32:17	38:58	45:05	48:23	49:56
	<b>GRAMP</b>		4:08	2:52	1:54		13:22	3:16	6:45	6:41	6:07	3:18	1:33
	<b>Aileen Salway</b>	<b>mp</b>	6:18	-----	-----	23:16	27:55	32:46	40:36	46:46	-----	56:16	58:16
	<b>MAROC</b>		6:18			16:58	4:39	4:51	7:50	6:10		9:30	2:00