

Pl	Name	Time													
Sprint (47)			3.0 km		10 m	17 C									
			1(165)	2(248)	3(166)	4(247)	5(167)	6(246)	7(169)	8(244)	9(170)	10(243)	11(171)	12(242)	13(172)
			14(241)	15(224)	16(242)	17(172)	Finish								
1	Will Nicolson INVOC	14:23	0:44	1:16	2:03	2:59	3:48	5:05	5:57	6:53	7:13	8:22	10:40	11:26	12:00
			0:44	0:32	0:47	0:56	0:49	1:17	0:52	0:56	0:20	1:09	2:18	0:46	0:34
			12:32	12:57	13:33	13:59	14:23								
			0:32	0:25	0:36	0:26	0:24								
2	Tim Griffin GRAMP	15:02	0:54	1:30	2:18	3:26	4:14	5:44	6:37	7:24	7:42	8:56	11:24	11:58	12:26
			0:54	0:36	0:48	1:08	0:48	1:30	0:53	0:47	0:18	1:14	2:28	0:34	0:28
			12:59	13:28	14:07	14:35	15:02								
			0:33	0:29	0:39	0:28	0:27								
3	Eilidh Campbell MAROC	15:19	0:52	1:29	2:23	3:25	4:13	5:56	6:50	7:40	7:58	9:17	11:35	12:07	12:40
			0:52	0:37	0:54	1:02	0:48	1:43	0:54	0:50	0:18	1:19	2:18	0:32	0:33
			13:14	13:43	14:25	14:53	15:19								
			0:34	0:29	0:42	0:28	0:26								
4	Dominykas Kardokas GRAMP	15:47	0:56	1:35	2:29	3:32	4:21	5:52	6:48	7:39	8:06	9:20	11:47	12:30	13:06
			0:56	0:39	0:54	1:03	0:49	1:31	0:56	0:51	0:27	1:14	2:27	0:43	0:36
			13:42	14:12	14:52	15:19	15:47								
			0:36	0:30	0:40	0:27	0:28								
5	Ed Stronach GRAMP	16:10	0:54	1:37	2:37	3:37	4:25	6:12	7:15	7:58	8:16	9:33	11:58	12:47	13:24
			0:54	0:43	1:00	1:00	0:48	1:47	1:03	0:43	0:18	1:17	2:25	0:49	0:37
			13:56	14:26	15:10	15:41	16:10								
			0:32	0:30	0:44	0:31	0:29								
6	Kirsty Campbell MAROC	16:38	0:58	1:39	2:33	3:38	4:29	6:19	7:26	8:17	8:37	10:07	12:40	13:17	13:51
			0:58	0:41	0:54	1:05	0:51	1:50	1:07	0:51	0:20	1:30	2:33	0:37	0:34
			14:29	15:00	15:39	16:09	16:38								
			0:38	0:31	0:39	0:30	0:29								
7	Evgueni Chepelin GRAMP	16:58	0:57	1:32	2:23	3:37	4:26	6:30	7:29	8:42	9:00	10:21	13:07	13:43	14:24
			0:57	0:35	0:51	1:14	0:49	2:04	0:59	1:13	0:18	1:21	2:46	0:36	0:41
			14:57	15:24	16:04	16:31	16:58								
			0:33	0:27	0:40	0:27	0:27								
8	Sam Gomersall GRAMP	17:29	0:56	1:39	2:51	3:57	4:51	6:33	7:37	8:32	8:53	10:21	13:03	13:44	14:18
			0:56	0:43	1:12	1:06	0:54	1:42	1:04	0:55	0:21	1:28	2:42	0:41	0:34
			14:59	15:34	16:17	16:53	17:29								
			0:41	0:35	0:43	0:36	0:36								
9	Josie Gomersall GRAMP	17:56	1:03	1:46	2:44	3:54	4:53	6:45	7:57	8:50	9:11	10:40	13:40	14:23	14:58
			1:03	0:43	0:58	1:10	0:59	1:52	1:12	0:53	0:21	1:29	3:00	0:43	0:35
			15:37	16:10	16:53	17:25	17:56								
			0:39	0:33	0:43	0:32	0:31								
10	Amber Graham MAROC	18:17	0:55	1:39	2:48	3:57	4:52	6:57	7:58	8:53	9:14	11:02	13:50	14:29	15:04
			0:55	0:44	1:09	1:09	0:55	2:05	1:01	0:55	0:21	1:48	2:48	0:39	0:35
			15:45	16:23	17:10	17:43	18:17								
			0:41	0:38	0:47	0:33	0:34								
11	Gareth Yardley GRAMP	18:26	1:03	1:48	2:48	4:12	5:09	7:03	8:19	9:16	9:38	11:10	14:04	14:51	15:29
			1:03	0:45	1:00	1:24	0:57	1:54	1:16	0:57	0:22	1:32	2:54	0:47	0:38
			16:07	16:40	17:25	17:55	18:26								
			0:38	0:33	0:45	0:30	0:31								
11	Phil Campbell GRAMP	18:26	0:52	1:32	2:30	3:47	4:42	6:25	7:30	8:24	8:44	10:12	13:23	14:04	14:45
			0:52	0:40	0:58	1:17	0:55	1:43	1:05	0:54	0:20	1:28	3:11	0:41	0:41
			15:20	16:09	17:07	17:53	18:26								
			0:35	0:49	0:58	0:46	0:33								
13	Bob Sheridan MAROC	18:42	0:54	1:30	2:18	3:26	4:12	5:40	6:46	7:33	8:08	9:22	11:37	12:15	15:56
			0:54	0:36	0:48	1:08	0:46	1:28	1:06	0:47	0:35	1:14	2:15	0:38	3:41
			16:34	17:06	17:44	18:15	18:42								
			0:38	0:32	0:38	0:31	0:27								
14	Paul Chapman MAROC	19:07	0:59	1:45	2:51	4:16	5:14	7:17	8:27	9:27	9:51	11:22	14:23	15:02	15:41
			0:59	0:46	1:06	1:25	0:58	2:03	1:10	1:00	0:24	1:31	3:01	0:39	0:39
			16:25	17:04	17:53	18:33	19:07								
			0:44	0:39	0:49	0:40	0:34								
15	Catriona Chapman MAROC	19:10	1:00	1:45	2:46	3:59	4:59	6:55	8:04	9:03	9:30	11:25	14:24	15:14	15:54
			1:00	0:45	1:01	1:13	1:00	1:56	1:09	0:59	0:27	1:55	2:59	0:50	0:40
			16:37	17:14	18:02	18:38	19:10								
			0:43	0:37	0:48	0:36	0:32								
16	Adrian Will GRAMP	19:31	1:04	1:47	2:49	4:16	5:19	7:11	8:28	9:27	9:50	11:45	14:49	15:36	16:22
			1:04	0:43	1:02	1:27	1:03	1:52	1:17	0:59	0:23	1:55	3:04	0:47	0:46
			17:01	17:34	18:22	18:58	19:31								
			0:39	0:33	0:48	0:36	0:33								
17	Louise Provan GRAMP	19:34	1:07	1:52	2:58	4:20	5:19	7:08	8:19	9:18	9:41	11:07	14:02	14:58	15:40
			1:07	0:45	1:06	1:22	0:59	1:49	1:11	0:59	0:23	1:26	2:55	0:56	0:42
			16:29	17:05	18:06	18:56	19:34								
			0:49	0:36	1:01	0:50	0:38								
18	Eddy Coman GRAMP	21:00	1:10	1:55	3:04	4:31	5:23	7:30	9:05	10:11	10:35	12:09	15:33	16:27	17:25
			1:10	0:45	1:09	1:27	0:52	2:07	1:35	1:06	0:24	1:34	3:24	0:54	0:58
			18:05	18:43	19:53	20:23	21:00								
			0:40	0:38	1:10	0:30	0:37								
19	Jeremy Huthwaite GRAMP	21:04	1:08	1:55	3:00	4:17	5:20	7:29	8:45	9:49	10:14	12:06	15:01	15:39	16:17
			1:08	0:47	1:05	1:17	1:03	2:09	1:16	1:04	0:25	1:52	2:55	0:38	0:38
			18:38	19:12	20:01	20:34	21:04								
			2:21	0:34	0:49	0:33	0:30								
20	Dennis McDonald GRAMP	21:40	1:07	1:53	3:19	5:02	6:09	8:30	9:36	10:38	11:03	12:49	16:16	16:55	17:35
			1:07	0:46	1:26	1:43	1:07	2:21	1:06	1:02	0:25	1:46	3:27	0:39	0:40
			18:54	19:33	20:21	21:00	21:40								
			1:19	0:39	0:48	0:39	0:40								

Pl	Name	Time													
Sprint (47)			3.0 km			10 m		17 C	<i>(cont.)</i>						
			1(165) 14(241)	2(248) 15(224)	3(166) 16(242)	4(247) 17(172)	5(167) Finish	6(246)	7(169)	8(244)	9(170)	10(243)	11(171)	12(242)	13(172)
21	Barrie McBride	22:40	0:55 0:55 19:28 0:47	1:37 0:42 20:20 0:52	2:44 1:07 21:32 0:54	4:09 1:25 22:08 0:36	5:03 0:54 22:40 0:32	7:49 2:46	9:05 1:16	10:23 1:18	10:54 0:31	12:30 1:36	17:13 4:43	18:01 0:48	18:41 0:40
22	Rachel Scott GRAMP	22:44	1:19 1:19 19:34 0:50	2:15 0:56 20:18 0:44	3:32 1:17 21:12 0:54	4:57 1:25 21:59 0:47	6:27 1:30 22:44 0:45	8:38 2:11	9:57 1:19	11:09 1:12	11:34 0:25	13:33 1:59	17:08 3:35	17:59 0:51	18:44 0:45
23	Rory Halliday GRAMP	23:11	1:09 1:09 20:35 0:43	2:10 1:01 21:13 0:38	3:32 1:22 22:09 0:56	5:08 1:36 22:44 0:35	6:15 1:07 23:11 0:27	9:20 3:05	11:08 1:48	12:42 1:34	13:06 0:24	14:49 1:43	17:48 2:59	18:30 0:42	19:52 1:22
24	Helen Rowlands GRAMP	23:23	1:19 1:19 20:09 0:51	2:13 0:54 20:55 0:46	3:25 1:12 21:54 0:59	5:18 1:53 22:41 0:47	6:29 1:11 23:23 0:42	9:06 2:37	10:20 1:14	11:26 1:06	11:52 0:26	14:02 2:10	17:40 3:38	18:28 0:48	19:18 0:50
25	Daniel Reid GRAMP	24:14	0:59 0:59 21:21 0:46	1:42 0:43 22:06 0:45	2:44 1:02 23:07 1:01	7:47 5:03 23:41 0:34	8:38 0:51 24:14 0:33	11:03 2:25	12:22 1:19	13:36 1:14	14:00 0:24	15:49 1:49	18:38 2:49	19:20 0:42	20:35 1:15
26	Norman Liley GRAMP	24:16	1:00 1:00 20:39 0:52	1:55 0:55 21:39 1:00	3:16 1:21 22:33 0:54	4:57 1:41 23:40 1:07	6:04 1:07 24:16 0:36	8:35 2:31	9:52 1:17	11:52 2:00	12:44 0:52	14:46 2:02	18:12 3:26	19:08 0:56	19:47 0:39
27	Aileen Salway MAROC	24:22	1:05 1:05 21:18 0:55	1:59 0:54 22:01 0:43	3:09 1:10 22:55 0:54	4:44 1:35 23:47 0:52	5:51 1:07 24:22 0:35	9:55 4:04	11:09 1:14	12:21 1:12	12:58 0:37	14:58 2:00	18:45 3:47	19:38 0:53	20:23 0:45
28	Isobel Anderson GRAMP	24:39	1:00 1:00 21:05 1:18	1:45 0:45 22:05 1:00	3:17 1:32 23:28 1:23	5:00 1:43 24:04 0:36	6:10 1:10 24:39 0:35	8:41 2:31	10:34 1:53	11:58 1:24	12:29 0:31	14:02 1:33	18:02 4:00	19:00 0:58	19:47 0:47
29	Kyle Mcgovern	25:25	0:53 0:53 22:35 0:50	1:30 0:37 23:15 0:40	2:26 0:56 24:07 0:52	4:05 1:39 24:41 0:34	10:10 6:05 25:25 0:44	12:54 2:44	14:10 1:16	15:17 1:07	15:42 0:25	17:16 1:34	20:00 2:44	20:51 0:51	21:45 0:54
30	Alexander Campbell MAROC	25:33	1:05 1:05 21:58 0:53	1:57 0:52 22:51 0:53	3:10 1:13 23:59 1:08	5:28 2:18 24:47 0:48	6:37 1:09 25:33 0:46	9:12 2:35	11:18 2:06	12:24 1:06	13:00 0:36	15:05 2:05	19:05 4:00	20:11 1:06	21:05 0:54
31	Nigel Robinson GRAMP	25:56	1:07 1:07 21:09 0:51	1:59 0:52 22:34 1:25	3:21 1:22 24:38 2:04	5:23 2:02 25:17 0:39	6:35 1:12 25:56 0:39	9:26 2:51	10:57 1:31	12:09 1:12	12:39 0:30	14:41 2:02	18:26 3:45	19:32 1:06	20:18 0:46
32	Richard Lang	26:43	1:13 1:13 23:17 0:48	2:06 0:53 23:57 0:40	3:28 1:22 25:02 1:05	5:54 2:26 25:45 0:43	7:05 1:11 26:43 0:58	10:12 3:07	11:46 1:34	13:16 1:30	13:54 0:38	15:32 1:38	19:09 3:37	21:15 2:06	22:29 1:14
33	Allan Cummings	26:58	1:10 1:10 23:15 0:48	2:04 0:54 23:58 0:43	3:26 1:22 25:04 1:06	5:54 2:28 25:46 0:42	7:03 1:09 26:58 1:12	10:03 3:00	11:46 1:43	13:21 1:35	13:53 0:32	15:33 1:40	19:10 3:37	21:28 2:18	22:27 0:59
34	Olivia Coman GRAMP	27:05	1:07 1:07 24:25 1:31	2:02 0:55 25:00 0:35	3:11 1:09 26:03 1:03	4:57 1:46 26:38 0:35	6:04 1:07 27:05 0:27	10:54 4:50	13:41 2:47	14:44 1:03	15:13 0:29	16:58 1:45	20:21 3:23	21:26 1:05	22:54 1:28
35	Carol Jackson GRAMP	27:28	1:12 1:12 23:37 1:03	2:17 1:05 24:38 1:01	3:32 1:15 25:54 1:16	5:34 2:02 26:50 0:56	6:53 1:19 27:28 0:38	10:08 3:15	11:54 1:46	13:19 1:25	13:57 0:38	16:23 2:26	20:22 3:59	21:28 1:06	22:34 1:06
36	Louise McPhail	27:30	1:11 1:11 22:18 1:00	2:09 0:58 23:56 1:38	3:15 1:06 26:02 2:06	4:49 1:34 26:49 0:47	5:58 1:09 27:30 0:41	8:17 2:19	9:40 1:23	11:22 1:42	11:56 0:34	13:52 1:56	18:56 5:04	20:23 1:27	21:18 0:55
37	Pat Graham MAROC	28:11	1:14 1:14 24:25 1:13	2:25 1:11 25:37 1:12	3:48 1:23 26:42 1:05	5:29 1:41 27:36 0:54	6:49 1:20 28:11 0:35	10:17 3:28	12:03 1:46	13:52 1:49	14:23 0:31	17:01 2:38	20:59 3:58	22:06 1:07	23:12 1:06
38	Rachel Salway MAROC	30:05	1:21 1:21 25:33 1:09	2:29 1:08 27:09 1:36	4:08 1:39 28:10 1:01	5:44 1:36 29:04 0:54	7:18 1:34 30:05 1:01	10:29 3:11	12:28 1:59	13:50 1:22	14:21 0:31	16:36 2:15	21:46 5:10	23:29 1:43	24:24 0:55
39	Kate Anderson GRAMP	30:19	1:11 1:11 26:24 1:04	2:07 0:56 27:19 0:55	3:17 1:10 28:59 1:40	5:48 2:31 29:41 0:42	6:57 1:09 30:19 0:38	9:08 2:11	10:43 1:35	13:37 2:54	15:02 1:25	17:10 2:08	21:23 4:13	23:08 1:45	25:20 2:12

Pl	Name	Time													
Sprint (47)			3.0 km			10 m	17 C	<i>(cont.)</i>							
			1(165)	2(248)	3(166)	4(247)	5(167)	6(246)	7(169)	8(244)	9(170)	10(243)	11(171)	12(242)	13(172)
			14(241)	15(224)	16(242)	17(172)	Finish								
40	Jacqui Chapman	30:22	1:35	2:33	3:56	6:00	7:19	10:56	12:37	14:15	14:43	17:32	21:51	23:08	24:03
	MAROC		1:35	0:58	1:23	2:04	1:19	3:37	1:41	1:38	0:28	2:49	4:19	1:17	0:55
			25:26	26:37	28:16	29:30	30:22								
			1:23	1:11	1:39	1:14	0:52								
41	Anna Wells	30:37	1:58	3:11	4:31	6:14	7:47	10:40	12:59	14:49	15:27	18:00	22:39	24:09	25:14
			1:58	1:13	1:20	1:43	1:33	2:53	2:19	1:50	0:38	2:33	4:39	1:30	1:05
			26:37	27:34	28:48	29:49	30:37								
			1:23	0:57	1:14	1:01	0:48								
42	Cameron Cummings	34:41	0:52	1:39	2:34	4:01	5:14	17:06	18:58	19:59	20:23	22:14	27:07	28:36	29:11
			0:52	0:47	0:55	1:27	1:13	11:52	1:52	1:01	0:24	1:51	4:53	1:29	0:35
			30:24	32:10	33:51	34:18	34:41		32:54						
			1:13	1:46	1:41	0:27	0:23		*172						
43	Joe Stilwell	34:50	1:07	1:50	2:50	4:08	5:21	17:16	18:58	20:01	20:29	22:20	27:14	28:44	29:21
			1:07	0:43	1:00	1:18	1:13	11:55	1:42	1:03	0:28	1:51	4:54	1:30	0:37
			30:30	32:17	33:57	34:24	34:50		32:54						
			1:09	1:47	1:40	0:27	0:26		*172						
44	Jamie Lang	34:57	1:01	1:42	2:43	4:04	5:27	17:09	18:57	20:11	20:32	22:25	27:19	28:50	29:26
			1:01	0:41	1:01	1:21	1:23	11:42	1:48	1:14	0:21	1:53	4:54	1:31	0:36
			30:39	32:28	34:01	34:29	34:57		4:33	25:59					
			1:13	1:49	1:33	0:28	0:28		*171	*167					
45	George Esson	39:00	2:04	3:26	5:15	7:34	9:22	12:51	15:40	17:39	19:42	22:45	28:19	29:58	31:30
	GRAMP		2:04	1:22	1:49	2:19	1:48	3:29	2:49	1:59	2:03	3:03	5:34	1:39	1:32
			32:59	34:10	35:58	37:41	39:00								
			1:29	1:11	1:48	1:43	1:19								
	Euan Wallace	mp	1:02	1:52	2:52	4:12	5:53	17:34	19:03	20:10	20:34	22:26	27:20	28:52	29:44
			1:02	0:50	1:00	1:20	1:41	11:41	1:29	1:07	0:24	1:52	4:54	1:32	0:52
			30:42	32:22	34:01	----	34:55		4:45	25:59	33:07				
			0:58	1:40	1:39		0:54		*171	*167	*172				
	Colin Campbell	mp	1:08	1:52	2:50	4:17	5:41	17:37	19:06	20:13	20:39	22:31	27:29	29:04	29:54
			1:08	0:44	0:58	1:27	1:24	11:56	1:29	1:07	0:26	1:52	4:58	1:35	0:50
			30:47	32:28	34:07	----	34:59		4:42	26:15	33:18				
			0:53	1:41	1:39		0:52		*171	*167	*172				