

Pl	Name	Time			5.0 km		75 m	17 C							
Long (10)			1(132)	2(243)	3(131)	4(235)	5(133)	6(134)	7(135)	8(136)	9(232)	10(233)	11(234)	12(137)	13(138)
			14(139)	15(140)	16(241)	17(242)	Finish								
1	Matthew Gooch MAROC	28:04	1:29	2:47	3:42	5:19	6:40	8:40	9:57	12:19	13:42	15:59	17:51	19:08	21:22
			1:29	1:18	0:55	1:37	1:21	2:00	1:17	2:22	1:23	2:17	1:52	1:17	2:14
			23:04	24:53	26:17	27:17	28:04								
			1:42	1:49	1:24	1:00	0:47								
2	Drew Tivendale MAROC	35:28	1:31	3:07	4:13	6:10	7:42	10:20	11:54	14:26	16:15	20:47	22:36	23:57	26:35
			1:31	1:36	1:06	1:57	1:32	2:38	1:34	2:32	1:49	4:32	1:49	1:21	2:38
			28:36	31:10	33:22	34:28	35:28								
			2:01	2:34	2:12	1:06	1:00								
3	Ewan Musgrave MAROC	37:29	1:36	2:53	3:54	5:36	7:05	9:54	11:36	15:01	17:02	19:52	22:12	24:07	27:08
			1:36	1:17	1:01	1:42	1:29	2:49	1:42	3:25	2:01	2:50	2:20	1:55	3:01
			29:23	33:36	35:21	36:33	37:29								
			2:15	4:13	1:45	1:12	0:56								
4	Sarah Dunn MAROC	41:55	1:56	3:30	4:34	6:35	8:25	11:25	13:05	16:48	18:57	24:31	26:37	28:45	31:22
			1:56	1:34	1:04	2:01	1:50	3:00	1:40	3:43	2:09	5:34	2:06	2:08	2:37
			34:43	37:30	39:14	40:45	41:55								
			3:21	2:47	1:44	1:31	1:10								
5	Sam Gomersall GRAMP	44:30	1:50	3:42	8:16	10:33	13:09	16:01	17:58	20:57	23:27	28:07	30:14	32:12	35:04
			1:50	1:52	4:34	2:17	2:36	2:52	1:57	2:59	2:30	4:40	2:07	1:58	2:52
			36:59	40:23	42:12	43:24	44:30								
			1:55	3:24	1:49	1:12	1:06								
6	William Nicolson INVOC	45:36	3:05	5:14	6:35	8:47	10:17	12:50	14:22	19:35	23:06	25:28	29:10	30:42	34:09
			3:05	2:09	1:21	2:12	1:30	2:33	1:32	5:13	3:31	2:22	3:42	1:32	3:27
			36:37	40:15	43:07	44:20	45:36								
			2:28	3:38	2:52	1:13	1:16								
7	Dominykas Kardokas GRAMP	46:47	1:50	4:50	7:15	9:19	11:25	15:40	17:25	20:35	22:26	25:25	29:57	31:54	34:51
			1:50	3:00	2:25	2:04	2:06	4:15	1:45	3:10	1:51	2:59	4:32	1:57	2:57
			36:56	42:45	44:35	45:41	46:47								
			2:05	5:49	1:50	1:06	1:06								
8	Lesley Gomersall GRAMP	46:56	2:45	6:26	8:10	10:53	13:09	16:27	18:37	22:05	24:09	28:01	30:10	32:11	35:39
			2:45	3:41	1:44	2:43	2:16	3:18	2:10	3:28	2:04	3:52	2:09	2:01	3:28
			38:03	41:51	44:16	45:40	46:56								
			2:24	3:48	2:25	1:24	1:16								
9	Dennis McDonald GRAMP	53:04	2:36	5:13	7:48	10:19	13:09	15:56	17:50	20:49	23:04	29:28	32:00	34:15	38:12
			2:36	2:37	2:35	2:31	2:50	2:47	1:54	2:59	2:15	6:24	2:32	2:15	3:57
			42:07	47:01	50:26	51:54	53:04								
			3:55	4:54	3:25	1:28	1:10								
10	David Kirk GRAMP	1:00:03	2:21	4:21	5:48	8:14	10:26	13:25	15:44	19:45	22:56	29:09	32:08	34:48	38:54
			2:21	2:00	1:27	2:26	2:12	2:59	2:19	4:01	3:11	6:13	2:59	2:40	4:06
			43:11	50:28	53:54	56:01	1:00:03								
			4:17	7:17	3:26	2:07	4:02								
Short (16)			1(131)	2(132)	3(243)	4(235)	5(133)	6(136)	7(137)	8(236)	9(139)	10(140)	11(241)	12(242)	Finish
1	Alan Bennett MAROC	28:03	0:58	2:16	3:56	6:58	9:38	11:08	14:23	16:44	19:38	23:38	25:28	27:08	28:03
			0:58	1:18	1:40	3:02	2:40	1:30	3:15	2:21	2:54	4:00	1:50	1:40	0:55
2	Pete Lawrence GRAMP	28:31	0:54	2:18	4:19	7:43	9:17	10:38	12:58	15:24	17:37	21:24	25:34	27:17	28:31
			0:54	1:24	2:01	3:24	1:34	1:21	2:20	2:26	2:13	3:47	4:10	1:43	1:14
3	Nick Hale MAROC	30:05	1:04	2:24	5:38	8:44	10:54	12:10	14:48	17:19	19:56	25:23	27:38	29:04	30:05
			1:04	1:20	3:14	3:06	2:10	1:16	2:38	2:31	2:37	5:27	2:15	1:26	1:01
4	Katrina McLeod GRAMP	32:59	0:52	2:33	4:07	7:06	8:56	10:18	15:14	17:59	20:10	28:12	30:27	31:52	32:59
			0:52	1:41	1:34	2:59	1:50	1:22	4:56	2:45	2:11	8:02	2:15	1:25	1:07
5	Catriona Chapman MAROC	33:37	0:50	2:28	4:15	7:21	9:15	10:42	13:21	16:18	18:41	27:30	30:59	32:32	33:37
			0:50	1:38	1:47	3:06	1:54	1:27	2:39	2:57	2:23	8:49	3:29	1:33	1:05
6	David Esson GRAMP	34:46	1:08	2:53	5:24	9:12	12:03	13:40	17:14	20:52	24:17	28:13	31:02	33:04	34:46
			1:08	1:45	2:31	3:48	2:51	1:37	3:34	3:38	3:25	3:56	2:49	2:02	1:42
7	John Lang GRAMP	36:05	1:07	2:57	6:08	10:16	12:36	14:08	17:57	21:17	26:03	29:40	33:03	34:39	36:05
			1:07	1:50	3:11	4:08	2:20	1:32	3:49	3:20	4:46	3:37	3:23	1:36	1:26
8	Phil Campbell GRAMP	36:53	0:57	2:42	4:55	8:47	11:25	14:07	17:59	22:41	25:36	28:53	32:20	35:29	36:53
			0:57	1:45	2:13	3:52	2:38	2:42	3:52	4:42	2:55	3:17	3:27	3:09	1:24
9	Ian McIntyre INT	37:38	0:54	2:24	5:48	9:28	11:58	13:32	16:58	20:08	25:22	31:03	34:10	36:04	37:38
			0:54	1:30	3:24	3:40	2:30	1:34	3:26	3:10	5:14	5:41	3:07	1:54	1:34
10	Jeremy Huthwaite GRAMP	38:29	1:06	3:14	5:35	10:48	13:44	16:15	19:22	25:33	28:32	32:08	35:38	37:11	38:29
			1:06	2:08	2:21	5:13	2:56	2:31	3:07	6:11	2:59	3:36	3:30	1:33	1:18
11	Helen Rowlands GRAMP	38:46	1:26	3:16	5:50	9:57	12:54	14:42	18:07	22:16	25:35	30:40	34:42	37:01	38:46
			1:26	1:50	2:34	4:07	2:57	1:48	3:25	4:09	3:19	5:05	4:02	2:19	1:45
12	Rachel Scott GRAMP	43:27	1:02	3:46	6:25	11:25	13:48	15:17	19:58	24:53	30:15	35:08	39:55	41:56	43:27
			1:02	2:44	2:39	5:00	2:23	1:29	4:41	4:55	5:22	4:53	4:47	2:01	1:31
13	Denise Wright MAROC	49:55	1:13	3:19	6:00	10:07	14:19	16:08	21:44	27:20	30:32	37:33	45:39	47:27	49:55
			1:13	2:06	2:41	4:07	4:12	1:49	5:36	5:36	3:12	7:01	8:06	1:48	2:28
			41:40	*138											
14	Julian Robinson GRAMP	51:12	1:06	3:15	6:34	20:07	22:53	24:52	29:33	33:52	36:17	42:44	47:27	49:34	51:12
			1:06	2:09	13:19	3:33	2:46	1:59	4:41	4:19	2:25	6:27	4:43	2:07	1:38
15	Chris Low MAROC	1:02:35	2:51	5:48	9:44	14:31	20:33	24:34	29:03	37:06	40:42	56:32	59:01	1:01:09	1:02:35
			2:51	2:57	3:56	4:47	6:02	4:01	4:29	8:03	3:36	15:50	2:29	2:08	1:26
16	Jacqui Chapman MAROC	1:03:59	1:24	4:12	8:21	15:26	20:40	24:51	33:47	40:18	45:55	52:37	59:01	1:01:52	1:03:59
			1:24	2:48	4:09	7:05	5:14	4:11	8:56	6:31	5:37	6:42	6:24	2:51	2:07