

Pl	Name	Time													
Long (10)					5.4 km	0 m	16 C								
			1(245)	2(134)	3(135)	4(230)	5(130)	6(131)	7(241)	8(137)	9(232)	10(242)	11(136)	12(233)	13(234)
			14(136)	15(247)	16(140)	Finish									
1	Matthew Gooch MAROC	42:27	3:01	4:49	9:14	10:27	17:53	20:27	22:29	25:05	26:49	29:58	31:16	32:42	34:29
			3:01	1:48	4:25	1:13	7:26	2:34	2:02	2:36	1:44	3:09	1:18	1:26	1:47
			35:59	38:55	41:12	42:27									
			1:30	2:56	2:17	1:15									
2	Ewan Musgrave MAROC	42:45	4:48	6:45	11:48	13:04	19:36	22:08	23:55	25:22	26:52	29:44	30:43	32:17	34:08
			4:48	1:57	5:03	1:16	6:32	2:32	1:47	1:27	1:30	2:52	0:59	1:34	1:51
			36:06	39:11	41:25	42:45		4:03							
			1:58	3:05	2:14	1:20		*235							
3	Jonathan Musgrave MAROC	45:42	2:58	5:08	10:11	11:33	18:23	21:42	24:16	25:51	27:44	30:55	32:00	33:40	35:53
			2:58	2:10	5:03	1:22	6:50	3:19	2:34	1:35	1:53	3:11	1:05	1:40	2:13
			38:03	41:56	44:18	45:42									
			2:10	3:53	2:22	1:24									
4	Sarah Dunn MAROC	57:12	3:27	6:04	13:31	15:31	25:11	28:50	31:34	33:19	35:31	39:56	41:18	43:16	46:11
			3:27	2:37	7:27	2:00	9:40	3:39	2:44	1:45	2:12	4:25	1:22	1:58	2:55
			48:09	52:06	55:20	57:12									
			1:58	3:57	3:14	1:52									
5	Sam Gomersall GRAMP	1:02:29	3:38	6:05	15:44	17:36	27:03	30:42	33:43	36:15	38:32	44:54	46:23	49:05	51:40
			3:38	2:27	9:39	1:52	9:27	3:39	3:01	2:32	2:17	6:22	1:29	2:42	2:35
			53:52	57:35	1:00:35	1:02:29									
			2:12	3:43	3:00	1:54									
6	Ian Hamilton GRAMP	1:04:25	4:21	6:43	14:21	16:23	25:49	30:25	34:34	37:05	41:27	46:06	47:39	49:26	52:07
			4:21	2:22	7:38	2:02	9:26	4:36	4:09	2:31	4:22	4:39	1:33	1:47	2:41
			54:16	58:25	1:01:59	1:04:25									
			2:09	4:09	3:34	2:26									
7	Briony Kincaid	1:12:24	3:53	7:18	17:23	19:02	29:41	34:01	37:10	39:42	42:20	52:14	54:08	56:29	59:21
			3:53	3:25	10:05	1:39	10:39	4:20	3:09	2:32	2:38	9:54	1:54	2:21	2:52
			1:01:22	1:06:01	1:09:26	1:12:24									
			2:01	4:39	3:25	2:58									
8	Lesley Gomersall GRAMP	1:13:12	4:31	7:17	15:33	17:30	28:48	33:26	39:08	42:31	45:13	50:46	52:33	55:48	59:05
			4:31	2:46	8:16	1:57	11:18	4:38	5:42	3:23	2:42	5:33	1:47	3:15	3:17
			1:01:26	1:06:40	1:10:42	1:13:12									
			2:21	5:14	4:02	2:30									
9	Dennis McDonald GRAMP	1:31:52	4:12	7:00	14:47	16:31	27:26	31:39	39:36	41:56	50:18	56:21	58:08	1:01:03	1:04:03
			4:12	2:48	7:47	1:44	10:55	4:13	7:57	2:20	8:22	6:03	1:47	2:55	3:00
			1:06:29	1:20:50	1:28:16	1:31:52									
			2:26	14:21	7:26	3:36									
nc	David Kirk GRAMP	1:00:43	3:44	6:22	13:43	15:32	23:38	27:35	31:06	33:10	36:00	41:20	43:41	45:58	48:41
			3:44	2:38	7:21	1:49	8:06	3:57	3:31	2:04	2:50	5:20	2:21	2:17	2:43
			50:52	54:54	58:35	1:00:43									
			2:11	4:02	3:41	2:08									
Short (20)					3.2 km	0 m	9 C								
			1(235)	2(233)	3(131)	4(234)	5(242)	6(136)	7(247)	8(139)	9(140)	Finish			
1	Nick Hale MAROC	28:40	3:39	13:11	15:33	17:06	18:32	19:53	23:13	24:24	26:43	28:40			
			3:39	9:32	2:22	1:33	1:26	1:21	3:20	1:11	2:19	1:57			
2	Pete Lawrence GRAMP	31:26	3:15	13:29	16:22	18:04	19:36	21:12	25:40	26:55	29:15	31:26			
			3:15	10:14	2:53	1:42	1:32	1:36	4:28	1:15	2:20	2:11			
3	Paul Mather MAROC	33:33	4:18	14:04	16:55	18:50	20:33	22:19	26:46	28:08	30:58	33:33			
			4:18	9:46	2:51	1:55	1:43	1:46	4:27	1:22	2:50	2:35			
4	Ewan Bennett MAROC	34:52	8:18	17:40	20:56	23:44	25:10	26:19	29:39	30:44	33:31	34:52			
			8:18	9:22	3:16	2:48	1:26	1:09	3:20	1:05	2:47	1:21			
5	Phil Campbell GRAMP	40:18	4:43	16:32	20:06	22:39	24:35	26:47	32:29	34:06	38:07	40:18			
			4:43	11:49	3:34	2:33	1:56	2:12	5:42	1:37	4:01	2:11			
6	Julian Robinson GRAMP	40:53	4:26	15:03	20:09	22:57	26:24	28:38	33:46	35:04	37:53	40:53			
			4:26	10:37	5:06	2:48	3:27	2:14	5:08	1:18	2:49	3:00			
7	Dan Whitehead MAROC	41:06	3:40	18:57	23:05	24:41	26:46	29:55	35:41	36:54	39:35	41:06			
			3:40	15:17	4:08	1:36	2:05	3:09	5:46	1:13	2:41	1:31			
8	Ranolph Whitehead MAROC	41:29	4:05	19:25	23:21	25:27	27:14	29:39	35:05	36:59	39:41	41:29			
			4:05	15:20	3:56	2:06	1:47	2:25	5:26	1:54	2:42	1:48			
9	Andy Tivendale MAROC	42:05	3:55	21:33	24:36	27:27	29:30	31:20	36:22	37:37	40:20	42:05			
			3:55	17:38	3:03	2:51	2:03	1:50	5:02	1:15	2:43	1:45			
10	Ian McIntyre INT	42:20	5:05	18:22	22:13	24:41	26:41	29:32	35:01	36:41	40:06	42:20			
			5:05	13:17	3:51	2:28	2:00	2:51	5:29	1:40	3:25	2:14			
11	David Esson GRAMP	42:44	7:17	19:40	23:03	25:22	27:50	29:51	35:04	36:50	39:56	42:44			
			7:17	12:23	3:23	2:19	2:28	2:01	5:13	1:46	3:06	2:48			
12	Helen Rowlands GRAMP	42:48	5:41	18:25	22:16	24:49	27:09	28:58	34:33	36:13	39:26	42:48			
			5:41	12:44	3:51	2:33	2:20	1:49	5:35	1:40	3:13	3:22			
13	Alan Bennett MAROC	43:36	10:49	23:13	25:59	28:00	29:41	34:12	38:11	39:23	42:03	43:36			
			10:49	12:24	2:46	2:01	1:41	4:31	3:59	1:12	2:40	1:33			
14	Alexander Campbell MAROC	44:04	5:11	19:25	23:09	25:35	27:45	29:59	35:42	37:10	40:22	44:04			
			5:11	14:14	3:44	2:26	2:10	2:14	5:43	1:28	3:12	3:42			
15	Rachel Scott GRAMP	47:48	4:58	19:08	23:14	25:40	28:11	30:30	36:21	38:17	42:06	47:48			
			4:58	14:10	4:06	2:26	2:31	2:19	5:51	1:56	3:49	5:42			
16	Chris Low MAROC	48:57	7:08	20:18	24:08	26:20	28:14	36:37	41:22	43:10	46:56	48:57			
			7:08	13:10	3:50	2:12	1:54	8:23	4:45	1:48	3:46	2:01			
17	Hugh Nicholson GRAMP	49:48	5:20	26:23	30:31	32:47	35:44	38:24	44:12	45:27	48:24	49:48			
			5:20	21:03	4:08	2:16	2:57	2:40	5:48	1:15	2:57	1:24			

Pl	Name	Time										
Short (20)		3.2 km 0 m				9 C	<i>(cont.)</i>					
		1(235)	2(233)	3(131)	4(234)	5(242)	6(136)	7(247)	8(139)	9(140)	Finish	
18	Ros Nicholson	50:11	6:00	24:37	28:57	31:14	33:22	35:58	41:59	43:27	47:03	50:11
	GRAMP		6:00	18:37	4:20	2:17	2:08	2:36	6:01	1:28	3:36	3:08
19	Sue Barrie	50:30	6:23	22:39	26:44	29:18	31:57	34:12	40:35	42:44	47:11	50:30
	MAROC		6:23	16:16	4:05	2:34	2:39	2:15	6:23	2:09	4:27	3:19
20	Peter Craig	1:01:19	6:47	23:24	32:56	38:41	41:12	43:46	51:24	53:52	58:04	1:01:19
	MAROC		6:47	16:37	9:32	5:45	2:31	2:34	7:38	2:28	4:12	3:15