

Place	Name	Club	AgeClass	Course	Time
<b>short (28)</b>				<b>3.4 km 100 m</b>	<b>8 C</b>
1	Gooch, Joel	MAROC	M14	Short	40:18
2	Anderson, Murray	GRAMP	M50	Short	44:05
3	Musgrave, Ewan	MAROC	M14	Short	44:09
4	Coombs, Roger	MAROC	M60	Short	46:03
5	Lang, John	GRAMP	M50	Short	46:25
6	Gomersall, Sam	GRAMP	M55	Short	49:57
7	Kirk, David	GRAMP	M50	Short	50:34
8	Low, Chris	MAROC	M55	Short	52:31
9	Skinner, Robin	MAROC	M55	Short	53:30
10	Green, Nick	NATO	M40	Short	53:34
11	Yardley, Gareth	GRAMP	M50	Short	54:47
12	Sheridan, Bob	GRAMP	M50	Short	54:51
13	Hale, Nick	SN	M55	Short	57:10
14	Mather, Paul	MAROC	M40	Short	57:44
15	McIntyre, Ian	INT	M50	Short	1:04:05
16	Esson, David	GRAMP	M35	Short	1:05:28
17	Wright, Denise	MAROC	W50	Short	1:05:43
18	Rowlands, Helen	GRAMP	W50	Short	1:17:17
19	Chapman, Catriona	MAROC	W12	Short	1:22:20
20	Chapman, Paul	MAROC	M45	Short	1:22:26
21	Reynolds, Scott	MAROC	M45	Short	1:31:48
22	Reynolds, Charlotte	MAROC	W12	Short	1:31:56
23	Chapman, Phil	GRAMP	M21	Short	1:36:11
24	Bennett, Alan & Ewan	MAROC	M50	Short	1:37:15
25	Graham, Amber	MAROC	W14	Short	1:50:24
26	Morrison, Gary	GRAMP		Short	2:04:22
	McLeod, Iain	GRAMP	M55	Short	mp
	Graham, Patricia	MAROC	W50	Short	mp
<b>long (14)</b>				<b>5.0 km 175 m</b>	<b>13 C</b>
1	Gooch, Matthew	MAROC	M16	Long	49:33
2	Wright, Joseph	MAROC	M18	Long	53:43
3	Wright, Hazel	MAROC	W21	Long	59:38
4	Musgrave, Jonathan	MAROC	M55	Long	1:00:47
5	Chapman, Alistair	MAROC	M16	Long	1:01:07
6	Robertson, Ali	GRAMP	M40	Long	1:01:15
7	Wilson, Felix	MAROC	M18	Long	1:05:00
8	Dunn, Sarah	MAROC	W45	Long	1:10:37
9	Tivendale, Drew	MAROC	M40	Long	1:22:12
10	Kerridge, Donald	MAROC	M	Long	1:29:35
11	Hamilton, Ian	GRAMP	M55	Long	1:36:33
12	O'Sullivan, Sean	MAROC	M35	Long	1:51:20
13	McDonald, Dennis	GRAMP	M50	Long	2:01:45
	Young, Martin	MAROC	M21	Long	mp