

PI	tno	Name	Time	3.4 km 100 m			8 C			Finish		
				1(209)	2(206)	3(211)	4(210)	5(205)	6(203)		7(207)	8(212)
1	10	Gooch, Joel	40:18	4:42	10:53	16:56	22:02	26:40	31:12	34:22	39:27	40:18
		MAROC		4:42	6:11	6:03	5:06	4:38	4:32	3:10	5:05	0:51
2	40	Anderson, Murray	44:05	6:36	13:34	16:24	21:12	26:18	32:20	35:53	42:55	44:05
		GRAMP		6:36	6:58	2:50	4:48	5:06	6:02	3:33	7:02	1:10
3	22	Musgrave, Ewan	44:09	4:54	12:46	16:06	22:22	28:03	32:20	38:42	43:07	44:09
		MAROC		4:54	7:52	3:20	6:16	5:41	4:17	6:22	4:25	1:02
4	5	Coombs, Roger	46:03	10:30	18:26	22:29	27:02	32:15	38:02	41:33	44:59	46:03
		MAROC		10:30	7:56	4:03	4:33	5:13	5:47	3:31	3:26	1:04
5	16	Lang, John	46:25	5:09	12:38	16:03	20:31	30:23	37:13	41:23	44:59	46:25
		GRAMP		5:09	7:29	3:25	4:28	9:52	6:50	4:10	3:36	1:26
6	9	Gomersall, Sam	49:57	5:39	13:55	18:05	23:55	30:34	36:18	44:33	48:30	49:57
		GRAMP		5:39	8:16	4:10	5:50	6:39	5:44	8:15	3:57	1:27
7	43	Kirk, David	50:34	6:55	17:03	21:18	25:06	33:59	41:19	45:05	49:16	50:34
		GRAMP		6:55	10:08	4:15	3:48	8:53	7:20	3:46	4:11	1:18
8	44	Low, Chris	52:31	6:55	14:59	18:25	21:10	28:13	36:47	47:31	51:08	52:31
		MAROC		6:55	8:04	3:26	2:45	7:03	8:34	10:44	3:37	1:23
9	26	Skinner, Robin	53:30	4:55	12:05	15:01	24:11	34:52	42:36	48:45	52:35	53:30
		MAROC		4:55	7:10	2:56	9:10	10:41	7:44	6:09	3:50	0:55
10	12	Green, Nick	53:34	6:39	14:38	17:49	20:33	26:30	37:08	41:07	52:09	53:34
		NATO		6:39	7:59	3:11	2:44	5:57	10:38	3:59	11:02	1:25
11	31	Yardley, Gareth	54:47	11:26	20:44	24:02	27:06	32:57	38:53	45:45	53:22	54:47
		GRAMP		11:26	9:18	3:18	3:04	5:51	5:56	6:52	7:37	1:25
12	48	Sheridan, Bob	54:51	8:25	18:00	25:50	29:14	38:27	45:34	49:26	53:27	54:51
		GRAMP		8:25	9:35	7:50	3:24	9:13	7:07	3:52	4:01	1:24
13	13	Hale, Nick	57:10	17:16	24:26	28:05	33:08	41:40	47:02	51:57	56:06	57:10
		SN		17:16	7:10	3:39	5:03	8:32	5:22	4:55	4:09	1:04
14	18	Mather, Paul	57:44	7:28	16:32	25:19	32:02	37:26	48:45	52:04	56:44	57:44
		MAROC		7:28	9:04	8:47	6:43	5:24	11:19	3:19	4:40	1:00
15	20	McIntyre, Ian	1:04:05	6:06	17:12	21:41	25:53	35:11	44:01	56:33	1:02:19	1:04:05
		INT		6:06	11:06	4:29	4:12	9:18	8:50	12:32	5:46	1:46
16	38	Esson, David	1:05:28	6:53	18:41	23:47	27:14	38:44	50:15	55:31	1:03:52	1:05:28
		GRAMP		6:53	11:48	5:06	3:27	11:30	11:31	5:16	8:21	1:36
17	28	Wright, Denise	1:05:43	7:40	19:41	24:38	32:55	42:20	54:08	59:39	1:03:59	1:05:43
		MAROC		7:40	12:01	4:57	8:17	9:25	11:48	5:31	4:20	1:44
18	24	Rowlands, Helen	1:17:17	10:12	27:47	34:14	38:10	52:58	1:01:22	1:08:11	1:15:06	1:17:17
		GRAMP		10:12	17:35	6:27	3:56	14:48	8:24	6:49	6:55	2:11
19	33	Chapman, Catriona	1:22:20	11:24	25:10	32:34	36:54	47:21	59:07	1:09:57	1:19:50	1:22:20
		MAROC		11:24	13:46	7:24	4:20	10:27	11:46	10:50	9:53	2:30
20	34	Chapman, Paul	1:22:26	11:20	25:18	32:33	37:01	47:18	59:13	1:10:04	1:19:54	1:22:26
		MAROC		11:20	13:58	7:15	4:28	10:17	11:55	10:51	9:50	2:32
21	46	Reynolds, Scott	1:31:48	17:10	30:08	42:10	47:51	57:26	1:08:13	1:21:10	1:30:23	1:31:48
		MAROC		17:10	12:58	12:02	5:41	9:35	10:47	12:57	9:13	1:25
22	2	Reynolds, Charlotte	1:31:56	17:09	31:00	42:29	48:01	57:37	1:08:12	1:21:16	1:30:39	1:31:56
		MAROC		17:09	13:51	11:29	5:32	9:36	10:35	13:04	9:23	1:17
23	36	Chapman, Phil	1:36:11	14:50	25:13	29:47	54:35	1:02:24	1:14:23	1:27:32	1:34:20	1:36:11
		GRAMP		14:50	10:23	4:34	24:48	7:49	11:59	13:09	6:48	1:51
24	39	Bennett, Alan & Ewa	1:37:15	28:51	43:13	52:04	56:36	1:07:34	1:23:31	1:30:46	1:35:31	1:37:15
		MAROC		28:51	14:22	8:51	4:32	10:58	15:57	7:15	4:45	1:44
25	41	Graham, Amber	1:50:24	5:14	14:03	18:18	22:49	29:02	1:29:30	1:44:04	1:49:28	1:50:24
		MAROC		5:14	8:49	4:15	4:31	6:13	1:00:28	14:34	5:24	0:56
26	45	Morrison, Gary	2:04:22	9:15	20:25	46:34	58:38	1:07:34	1:41:15	1:57:42	2:03:08	2:04:22
		GRAMP		9:15	11:10	26:09	12:04	8:56	33:41	16:27	5:26	1:14

22:02  
\*208

24:29  
\*208

PI	tno	Name	Time	3.4 km 100 m		8 C		(cont.)									
				1(209)	2(206)	3(211)	4(210)	5(205)	6(203)	7(207)	8(212)	Finish					
<b>short (28)</b>																	
	21	McLeod, Iain GRAMP	mp	5:48	15:26	23:03	25:58	32:08	-----	51:23	57:49	59:40					
				5:48	9:38	7:37	2:55	6:10		19:15	6:26	1:51					
	42	Graham, Patricia MAROC	mp	19:41	32:37	38:07	44:50	59:30	-----	1:30:07	1:36:23	1:40:38					
				19:41	12:56	5:30	6:43	14:40		30:37	6:16	4:15					
<b>long (14)</b>																	
				5.0 km 175 m			13 C										
				1(207)	2(206)	3(214)	4(213)	5(208)	6(205)	7(200)	8(201)	9(204)	10(202)	11(203)	12(209)	13(212)	Finish
1	11	Gooch, Matthew MAROC	49:33	2:19	9:42	13:51	16:24	20:21	23:36	28:29	29:56	32:52	37:20	40:33	46:09	48:22	49:33
				2:19	7:23	4:09	2:33	3:57	3:15	4:53	1:27	2:56	4:28	3:13	5:36	2:13	1:11
2	30	Wright, Joseph MAROC	53:43	5:17	11:21	14:39	18:10	23:00	25:16	31:24	32:56	35:00	40:23	43:30	50:53	52:43	53:43
				5:17	6:04	3:18	3:31	4:50	2:16	6:08	1:32	2:04	5:23	3:07	7:23	1:50	1:00
3	29	Wright, Hazel MAROC	59:38	2:33	11:09	15:34	18:23	25:24	28:55	35:32	36:51	40:15	45:48	49:17	56:06	58:40	59:38
				2:33	8:36	4:25	2:49	7:01	3:31	6:37	1:19	3:24	5:33	3:29	6:49	2:34	0:58
4	23	Musgrave, Jonathan MAROC	1:00:47	3:21	11:18	15:43	18:33	26:15	29:37	34:39	37:12	41:21	48:12	51:31	57:03	59:40	1:00:47
				3:21	7:57	4:25	2:50	7:42	3:22	5:02	2:33	4:09	6:51	3:19	5:32	2:37	1:07
5	35	Chapman, Alistair MAROC	1:01:07	2:01	9:25	14:00	16:21	23:44	27:32	33:48	35:43	38:02	48:23	53:15	57:37	1:00:06	1:01:07
				2:01	7:24	4:35	2:21	7:23	3:48	6:16	1:55	2:19	10:21	4:52	4:22	2:29	1:01
6	47	Robertson, Ali GRAMP	1:01:15	3:54	13:45	18:43	21:25	28:18	32:34	38:21	39:40	42:02	47:19	51:58	57:20	1:00:06	1:01:15
				3:54	9:51	4:58	2:42	6:53	4:16	5:47	1:19	2:22	5:17	4:39	5:22	2:46	1:09
7	27	Wilson, Felix MAROC	1:05:00	5:17	19:55	23:42	26:07	29:12	31:58	36:52	38:14	40:19	48:41	52:17	1:01:57	1:04:10	1:05:00
				5:17	14:38	3:47	2:25	3:05	2:46	4:54	1:22	2:05	8:22	3:36	9:40	2:13	0:50
8	7	Dunn, Sarah MAROC	1:10:37	3:02	12:21	17:38	20:29	30:31	34:37	42:32	44:18	47:53	54:37	58:27	1:06:44	1:09:26	1:10:37
				3:02	9:19	5:17	2:51	10:02	4:06	7:55	1:46	3:35	6:44	3:50	8:17	2:42	1:11
9	1	Tivendale, Drew MAROC	1:22:12	8:48	17:03	27:07	31:31	36:02	39:05	46:57	50:25	56:17	1:01:39	1:11:32	1:17:54	1:20:43	1:22:12
				8:48	8:15	10:04	4:24	4:31	3:03	7:52	3:28	5:52	5:22	9:53	6:22	2:49	1:29
10	15	Kerridge, Donald MAROC	1:29:35	3:01	12:38	20:15	23:33	41:51	46:09	53:32	1:03:29	1:06:27	1:12:55	1:16:50	1:24:59	1:28:15	1:29:35
				3:01	9:37	7:37	3:18	18:18	4:18	7:23	9:57	2:58	6:28	3:55	8:09	3:16	1:20
11	14	Hamilton, Ian GRAMP	1:36:33	3:47	19:16	28:00	33:40	39:57	47:16	54:55	1:00:29	1:10:30	1:18:21	1:23:38	1:31:15	1:34:46	1:36:33
				3:47	15:29	8:44	5:40	6:17	7:19	7:39	5:34	10:01	7:51	5:17	7:37	3:31	1:47
12	37	O'Sullivan, Sean MAROC	1:51:20	3:23	12:57	27:14	30:20	45:35	49:30	58:20	1:08:09	1:11:25	1:18:52	1:38:08	1:46:47	1:49:57	1:51:20
				3:23	9:34	14:17	3:06	15:15	3:55	8:50	9:49	3:16	7:27	19:16	8:39	3:10	1:23
					17:01												
					*211												
13	19	McDonald, Dennis GRAMP	2:01:45	9:27	19:43	36:10	43:08	58:05	1:04:08	1:14:23	1:29:50	1:35:54	1:42:50	1:51:14	1:57:26	2:00:21	2:01:45
				9:27	10:16	16:27	6:58	14:57	6:03	10:15	15:27	6:04	6:56	8:24	6:12	2:55	1:24
	32	Young, Martin MAROC	mp	-----	10:58	15:37	18:15	25:29	28:44	35:32	36:54	40:14	45:48	49:20	56:08	58:40	59:41
					10:58	4:39	2:38	7:14	3:15	6:48	1:22	3:20	5:34	3:32	6:48	2:32	1:01