

Pl	tno	Name	Time	4.8 km 240 m 12 C													
				1(112)	2(119)	3(122)	4(127)	5(117)	6(115)	7(118)	8(116)	9(111)	10(121)	11(110)	12(126)	Finish	
1	2	Dudley, Joshua	44:51	1:31	6:21	8:35	12:19	15:16	19:29	21:21	24:02	31:31	36:49	41:51	44:13	44:51	
		MAROC		1:31	4:50	2:14	3:44	2:57	4:13	1:52	2:41	7:29	5:18	5:02	2:22	0:38	
2	33	Wright, Joseph	50:35	1:32	6:49	8:13	11:14	14:29	18:47	20:30	23:43	33:34	42:34	46:23	49:42	50:35	
		MAROC		1:32	5:17	1:24	3:01	3:15	4:18	1:43	3:13	9:51	9:00	3:49	3:19	0:53	
3	9	Chapman, Alistair	53:56	1:51	7:01	8:58	13:03	17:14	22:55	27:18	33:05	41:02	47:14	50:31	53:09	53:56	
		MAROC		1:51	5:10	1:57	4:05	4:11	5:41	4:23	5:47	7:57	6:12	3:17	2:38	0:47	
4	34	Wright, Hazel	54:24	3:45	10:11	12:07	16:16	20:17	25:48	29:02	32:33	40:31	46:21	50:22	53:23	54:24	
		MAROC		3:45	6:26	1:56	4:09	4:01	5:31	3:14	3:31	7:58	5:50	4:01	3:01	1:01	
5	35	Tivendale, Drew	54:34	1:53	7:29	9:27	15:58	20:04	25:32	30:05	33:42	42:11	47:38	51:09	53:49	54:34	
		MAROC		1:53	5:36	1:58	6:31	4:06	5:28	4:33	3:37	8:29	5:27	3:31	2:40	0:45	
6	3	Wilson, Felix	54:38	1:20	5:37	7:56	11:02	14:35	19:44	25:39	29:35	38:12	48:02	51:37	53:56	54:38	
		MAROC		1:20	4:17	2:19	3:06	3:33	5:09	5:55	3:56	8:37	9:50	3:35	2:19	0:42	
7	7	McMurtrie, Andrew	59:16	2:39	8:44	11:21	19:38	23:45	30:51	33:55	38:02	46:01	51:16	55:18	58:25	59:16	
		MAROC		2:39	6:05	2:37	8:17	4:07	7:06	3:04	4:07	7:59	5:15	4:02	3:07	0:51	
8	26	Yardley, Gareth	1:13:23	2:39	10:24	13:43	19:25	25:11	31:52	35:20	40:21	50:11	1:02:53	1:08:50	1:12:11	1:13:23	
		GRAMP		2:39	7:45	3:19	5:42	5:46	6:41	3:28	5:01	9:50	12:42	5:57	3:21	1:12	
9	4	Hamilton, Ian	1:15:51	2:37	13:37	16:15	24:27	29:51	37:50	42:16	47:29	58:18	1:04:47	1:11:04	1:14:45	1:15:51	
		GRAMP		2:37	11:00	2:38	8:12	5:24	7:59	4:26	5:13	10:49	6:29	6:17	3:41	1:06	
10	22	Kerridge, Donald	1:16:24	2:45	11:02	14:55	26:12	30:46	38:04	41:23	45:54	59:58	1:06:23	1:12:11	1:15:26	1:16:24	
		MAROC		2:45	8:17	3:53	11:17	4:34	7:18	3:19	4:31	14:04	6:25	5:48	3:15	0:58	
11	5	Hamilton-Jones, Ma	1:17:00	3:20	11:17	13:58	19:41	25:02	36:03	40:50	45:44	57:41	1:03:58	1:12:07	1:15:54	1:17:00	
		GRAMP		3:20	7:57	2:41	5:43	5:21	11:01	4:47	4:54	11:57	6:17	8:09	3:47	1:06	
MEDIUM (23)				3.0 km 130 m 9 C													
				1(125)	2(119)	3(122)	4(127)	5(128)	6(114)	7(113)	8(110)	9(126)	Finish				
1	16	Hale, Nick	32:37	3:12	5:24	7:52	13:14	16:50	20:00	24:41	28:23	31:37	32:37				
		SN		3:12	2:12	2:28	5:22	3:36	3:10	4:41	3:42	3:14	1:00				
2	10	Chapman, Jake	40:20	3:42	5:48	7:49	11:43	14:43	24:51	31:31	35:04	39:29	40:20				
		MAROC		3:42	2:06	2:01	3:54	3:00	10:08	6:40	3:33	4:25	0:51				
3	1	Gomersall, Sam	40:48	3:51	6:21	8:59	17:07	21:08	25:08	31:37	35:53	39:45	40:48				
		GRAMP		3:51	2:30	2:38	8:08	4:01	4:00	6:29	4:16	3:52	1:03				
4	21	Anderson, Murray	44:20	3:16	5:40	13:29	19:50	26:04	29:09	36:22	39:47	43:12	44:20				
		GRAMP		3:16	2:24	7:49	6:21	6:14	3:05	7:13	3:25	3:25	1:08				
5	25	Yardley, Keith	46:04	3:49	7:32	10:48	16:39	22:05	26:14	36:30	41:22	45:05	46:04				
		GRAMP		3:49	3:43	3:16	5:51	5:26	4:09	10:16	4:52	3:43	0:59				
6	20	Kirk, Lachlan	46:25	3:48	6:39	12:07	17:30	25:34	30:54	38:14	42:18	45:29	46:25				
		GRAMP		3:48	2:51	5:28	5:23	8:04	5:20	7:20	4:04	3:11	0:56				
7	31	Wright, Frances	47:38	4:29	9:27	12:51	19:14	24:43	28:17	36:40	41:04	45:59	47:38				
		MAROC		4:29	4:58	3:24	6:23	5:29	3:34	8:23	4:24	4:55	1:39				
8	32	Wright, Denise	47:45	4:41	9:31	12:52	19:26	24:40	28:31	36:49	41:20	46:12	47:45				
		MAROC		4:41	4:50	3:21	6:34	5:14	3:51	8:18	4:31	4:52	1:33				
9	14	Esson, David	50:30	4:50	8:45	12:17	19:25	24:35	29:09	39:20	44:28	49:03	50:30				
		GRAMP		4:50	3:55	3:32	7:08	5:10	4:34	10:11	5:08	4:35	1:27				
10	15	Coombs, Roger	51:46	3:49	7:03	9:57	14:53	33:38	36:22	43:36	47:17	50:42	51:46				
		MAROC		3:49	3:14	2:54	4:56	18:45	2:44	7:14	3:41	3:25	1:04				
11	18	Chapman, Catriona	52:35	4:54	9:13	12:37	19:55	25:29	29:42	40:25	46:30	51:11	52:35				
		MAROC		4:54	4:19	3:24	7:18	5:34	4:13	10:43	6:05	4:41	1:24				
12	17	Chapman, Paul	52:39	4:58	9:18	12:41	19:59	25:34	29:47	40:31	46:34	51:15	52:39				
		MAROC		4:58	4:20	3:23	7:18	5:35	4:13	10:44	6:03	4:41	1:24				
13	19	Kirk, David	52:46	7:53	11:10	13:58	19:41	27:57	32:19	40:05	44:05	49:19	52:46				
		GRAMP		7:53	3:17	2:48	5:43	8:16	4:22	7:46	4:00	5:14	3:27				
14	13	Ricketts, Megan	55:41	3:47	8:23	11:07	16:08	36:17	39:06	47:21	50:46	54:25	55:41				
		MAROC		3:47	4:36	2:44	5:01	20:09	2:49	8:15	3:25	3:39	1:16				

PI	tno	Name	Time										
MEDIUM (23)				3.0 km 130 m			9 C			<i>(cont.)</i>			
				1(125)	2(119)	3(122)	4(127)	5(128)	6(114)	7(113)	8(110)	9(126)	Finish
15	29	Bennett, Alan MAROC	56:16	3:22	6:42	12:05	18:24	22:45	26:39	46:05	50:52	54:45	56:16
				3:22	3:20	5:23	6:19	4:21	3:54	19:26	4:47	3:53	1:31
16	30	Bennett, Ewan MAROC	56:18	4:17	7:42	12:21	18:59	23:05	26:40	46:25	51:08	55:08	56:18
				4:17	3:25	4:39	6:38	4:06	3:35	19:45	4:43	4:00	1:10
17	12	Ricketts, Trevor MAROC	57:21	4:07	10:18	13:16	19:34	38:20	41:29	49:10	52:42	56:18	57:21
				4:07	6:11	2:58	6:18	18:46	3:09	7:41	3:32	3:36	1:03
18	24	Rowlands, Helen GRAMP	1:01:15	6:08	11:02	15:04	22:55	29:14	35:03	46:32	53:05	59:18	1:01:15
				6:08	4:54	4:02	7:51	6:19	5:49	11:29	6:33	6:13	1:57
19	23	Salway, Aileen MAROC	1:03:08	5:32	10:18	14:10	23:05	31:24	37:49	49:23	56:00	1:00:51	1:03:08
				5:32	4:46	3:52	8:55	8:19	6:25	11:34	6:37	4:51	2:17
20	8	Low, Patrick MAROC	1:14:35	12:34	15:12	17:45	22:41	55:18	59:07	1:06:14	1:09:48	1:13:31	1:14:35
				12:34	2:38	2:33	4:56	32:37	3:49	7:07	3:34	3:43	1:04
27		Campbell, Eilidh MAROC	mp	4:37	10:34	14:00	28:13	33:51	-----	-----	-----	-----	59:04
				4:37	5:57	3:26	14:13	5:38					25:13
28		Campbell, Alexande MAROC	mp	5:03	10:29	14:16	28:28	34:25	-----	-----	-----	-----	59:04
				5:03	5:26	3:47	14:12	5:57					24:39
11		Jones, Genevieve GRAMP	mp	7:44	14:33	19:46	35:31	52:21	-----	-----	-----	-----	1:39:58
				7:44	6:49	5:13	15:45	16:50					47:37