

Place	Name	Club	AgeClass	Course	Time
<b>medium (29)</b>				<b>3.0 km 100 m</b>	<b>9 C</b>
1	Musgrave, Ewan	MAROC	M14	Medium	32:22
2	Gooch, Joel	MAROC	M14	Medium	34:39
3	Gomersall, Sam	GRAMP	M55	Medium	44:17
4	Tivendale, Andy	MAROC	M70	Medium	44:50
5	Campbell, Eilidh	MAROC	W18	Medium	44:56
6	Lang, John	GRAMP	M50	Medium	45:16
7	Ricketts, Jennifer	EUOC	W21	Medium	45:39
8	Mather, Paul	MAROC	M40	Medium	47:44
9	McIntyre, Ian	INT	M55	Medium	48:59
10	Low, Chris	MAROC	M55	Medium	51:04
11	Ricketts, Trevor	MAROC	M55	Medium	51:28
12	Hale, Nick	MAROC	M60	Medium	51:46
13	Bennett, Ewan	MAROC	M14	Medium	53:39
14	Bennett, Alan	MAROC	M50	Medium	53:40
15	Anderson, Murray	GRAMP	M50	Medium	54:10
16	Chapman, Catriona	MAROC	W14	Medium	57:28
17	Chapman, Paul	MAROC	M45	Medium	57:38
18	Wright, Denise	MAROC	W50	Medium	57:54
19	Sheridan, Bob	MAROC	M50	Medium	59:05
20	Rowlands, Helen	GRAMP	W50	Medium	59:36
21	Reynolds, Charlotte	MAROC	W14	Medium	1:01:51
22	Esson, David	GRAMP	M35	Medium	1:06:16
23	Barrie, Adam	MAROC	M14	Medium	1:15:25
24	campbell, Phill	GRAMP		Medium	1:18:24
25	Bott, Michael	GRAMP	M21	Medium	1:18:26
26	Morrison, Gary	GRAMP	M50	Medium	1:43:12
	Liebnitz, Scott	MAROC		Medium	dnf
	Mather, Rachel	MAROC	W40	Medium	dnf
	Zak, Estera	MAROC		Medium	dnf
<b>long (11)</b>				<b>5.0 km 200 m</b>	<b>11 C</b>
1	Wright, Joseph	MAROC	M18	Long	43:15
2	Gooch, Matthew	MAROC	M16	Long	44:40
3	Wilson, Felix	MAROC	M18	Long	51:21
4	Chapman, Alistair	MAROC	M18	Long	54:51
5	Musgrave, Jonathan	MAROC	M55	Long	55:27
6	Wright, Hazel	MAROC	W21	Long	57:45
7	McMurtrie, Andrew	MAROC	M50	Long	1:04:01
8	Hickling, Robert	GRAMP	M60	Long	1:06:50
9	Dunn, Sarah	MAROC	W50	Long	1:07:07
10	Tivendale, Drew	MAROC	M45	Long	1:10:01
11	Kardokas, Dominykas	INT		Long	1:21:24