

Pl	tno	Name	Time	3.0 km 80 m 11 C												
				1(110)	2(112)	3(113)	4(114)	5(116)	6(118)	7(117)	8(115)	9(112)	10(111)	11(107)	Finish	
1	20	Musgrave, Ewan MAROC	33:56	1:28	5:54	9:35	11:26	14:22	17:01	18:08	20:41	24:06	28:25	31:46	33:56	
2	26	Skinner, Rob MAROC	35:21	1:09	6:56	10:49	13:25	16:16	19:13	21:25	23:42	27:10	30:07	33:22	35:21	
3	25	Hale, Nick MAROC	36:40	1:17	6:02	10:05	12:13	14:32	18:01	20:08	24:34	29:41	31:31	34:35	36:40	
4	14	Gomersall, Sam GRAMP	38:27	1:46	6:55	11:44	14:18	17:32	20:40	22:05	25:58	30:13	32:57	36:24	38:27	
5	29	Mather, Paul MAROC	40:06	1:37	7:09	10:42	15:41	18:09	21:15	24:55	27:16	30:50	35:05	38:21	40:06	
6	23	Coombs, Roger MAROC	42:24	1:34	6:29	13:50	16:24	20:09	26:05	27:21	31:01	34:45	36:45	39:55	42:24	
7	34	Campbell, Kirsty MAROC	44:13	1:39	7:42	12:38	15:49	20:58	24:49	26:13	29:35	33:54	36:14	41:39	44:13	
8	21	Campbell, Eilidh MAROC	45:42	1:39	6:03	4:56	3:11	5:09	3:51	1:24	3:22	4:19	2:20	5:25	2:34	
9	15	Sheridan, Bob MAROC	47:42	2:18	8:48	13:37	16:41	22:03	25:43	27:23	30:34	35:06	38:14	42:49	45:42	
10	41	Graham, Luke MAROC	48:38	3:04	9:05	16:56	19:47	23:38	29:27	30:44	34:29	39:08	41:55	45:51	47:42	
11	39	Lawrence, Pete GRAMP	48:42	3:04	6:01	7:51	2:51	3:51	5:49	1:17	3:45	4:39	2:47	3:56	1:51	
12	36	Anderson, Murray GRAMP	49:11	0:56	5:16	10:09	20:40	31:51	36:01	38:17	39:45	42:55	44:46	47:07	48:38	
13	13	Graham, Amber MAROC	49:18	0:56	4:20	4:53	10:31	11:11	4:10	2:16	1:28	3:10	1:51	2:21	1:31	
14	4	Tivendale, Andy MAROC	50:26	1:36	7:10	22:42	25:10	28:16	31:48	33:06	36:01	39:51	42:26	46:46	48:42	
15	18	Esson, David GRAMP	52:32	1:36	5:34	15:32	2:28	3:06	3:32	1:18	2:55	3:50	2:35	4:20	1:56	
16	32	Rowlands, Helen GRAMP	55:58	2:23	8:05	12:51	15:19	18:29	22:01	23:23	27:55	32:19	43:31	47:18	49:11	
17	24	Hamilton, Ian GRAMP	56:23	2:23	5:42	4:46	2:28	3:10	3:32	1:22	4:32	4:24	11:12	3:47	1:53	
18	38	Chapman, Paul MAROC	57:51	1:39	8:09	20:54	24:11	26:48	29:52	31:06	37:34	42:03	43:59	47:06	49:18	
19	12	Barrie, Adam MAROC	57:56	1:39	6:30	12:45	3:17	2:37	3:04	1:14	6:28	4:29	1:56	3:07	2:12	
20	28	Craig, Peter MAROC	58:34	4:04	11:50	17:28	20:10	23:45	30:53	32:43	37:23	41:53	44:45	48:28	50:26	35:21
21	30	Chapman, Catriona MAROC	59:01	4:04	7:46	5:38	2:42	3:35	7:08	1:50	4:40	4:30	2:52	3:43	1:58	*116
22	16	Reynolds, Charlotte MAROC	1:00:08	2:03	8:53	14:31	18:22	22:26	28:55	30:59	35:51	41:26	44:44	49:44	52:32	
23	33	McIntyre, Ian INT	1:06:22	2:03	6:50	5:38	3:51	4:04	6:29	2:04	4:52	5:35	3:18	5:00	2:48	
24	27	Campbell, Phill GRAMP	1:11:59	4:07	12:04	18:29	21:43	27:46	32:12	34:09	37:26	43:45	47:03	52:32	55:58	
25	40	Scott, Rachel GRAMP	1:18:52	2:16	12:06	23:32	26:32	30:51	35:51	37:58	41:58	46:37	49:52	53:56	56:23	
26	22	Zak + 1, Estera GRAMP	1:26:13	2:16	9:50	11:26	3:00	4:19	5:00	2:07	4:00	4:39	3:15	4:04	2:27	
				2:28	9:14	16:33	21:53	26:56	31:36	33:54	39:18	46:35	49:35	54:13	57:51	
				2:28	6:46	7:19	5:20	5:03	4:40	2:18	5:24	7:17	3:00	4:38	3:38	
				1:54	8:37	13:11	16:09	23:25	38:49	40:53	44:01	47:46	51:21	54:45	57:56	
				1:54	6:43	4:34	2:58	7:16	15:24	2:04	3:08	3:45	3:35	3:24	3:11	
				3:57	11:36	18:18	22:08	26:38	31:31	33:28	37:38	44:24	49:31	55:43	58:34	
				3:57	7:39	6:42	3:50	4:30	4:53	1:57	4:10	6:46	5:07	6:12	2:51	
				3:10	11:52	19:26	23:52	28:47	33:35	35:45	41:17	47:54	50:59	55:11	59:01	
				3:10	8:42	7:34	4:26	4:55	4:48	2:10	5:32	6:37	3:05	4:12	3:50	
				2:48	10:14	18:46	24:15	28:11	36:40	38:43	43:18	49:05	52:57	57:42	1:00:08	
				2:48	7:26	8:32	5:29	3:56	8:29	2:03	4:35	5:47	3:52	4:45	2:26	
				5:05	11:11	25:50	28:54	34:06	37:56	39:47	45:35	51:29	54:36	1:02:03	1:06:22	
				5:05	6:06	14:39	3:04	5:12	3:50	1:51	5:48	5:54	3:07	7:27	4:19	
				5:06	14:22	32:06	36:13	41:07	46:33	48:31	52:25	59:08	1:04:04	1:09:45	1:11:59	
				5:06	9:16	17:44	4:07	4:54	5:26	1:58	3:54	6:43	4:56	5:41	2:14	
				2:15	10:38	30:58	34:48	39:28	44:37	46:47	51:51	1:03:54	1:07:49	1:14:18	1:18:52	
				2:15	8:23	20:20	3:50	4:40	5:09	2:10	5:04	12:03	3:55	6:29	4:34	
				2:36	10:38	17:45	21:21	25:10	29:15	40:18	43:37	50:36	1:16:24	1:23:49	1:26:13	
				2:36	8:02	7:07	3:36	3:49	4:05	11:03	3:19	6:59	25:48	7:25	2:24	

Pl	tno	Name	Time													
<i>Medium (33)</i>				3.0 km 80 m			11 C		<i>(cont.)</i>							
				1(110)	2(112)	3(113)	4(114)	5(116)	6(118)	7(117)	8(115)	9(112)	10(111)	11(107)	Finish	
27	31	Bennett, Ewan MAROC	1:26:59	12:30 12:30	23:38 11:08	38:00 14:22	48:49 10:49	53:09 4:20	1:04:57 11:48	1:07:29 2:32	1:10:51 3:22	1:16:04 5:13	1:18:43 2:39	1:22:43 4:00	1:26:59 4:16	
	35	Graham, Patricia MAROC	mp	3:50 3:50	12:00 8:10	20:24 8:24	25:08 4:44	----- -----	----- -----	28:01 2:53	32:30 4:29	42:35 10:05	47:51 5:16	53:37 5:46	58:01 4:24	
	19	Wright, Denise MAROC	mp	2:10 2:10	10:17 8:07	19:33 9:16	23:01 3:28	27:23 4:22	31:46 4:23	37:26 5:40	40:50 3:24	46:41 5:51	----- -----	55:24 8:43	58:46 3:22	
	43	Drewe-Martin, Domi MAROC	mp	2:35 2:35	23:59 21:24	----- 32:56	56:55 -----	----- -----	----- -----	1:07:11 10:16	----- -----	1:20:37 13:26	----- -----	----- -----	1:33:10 12:33	
	44	Liebnitz, Scott GRAMP	dnf	----- 46:58 *115	50:20 50:20	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	53:06 2:46	58:39 5:33	1:07:57 9:18	38:16 *114
	42	Barrie, Sue MAROC	dnf	5:13 5:13	36:51 31:38	47:17 10:26	----- -----	----- -----	----- -----	----- -----	----- -----	----- 14:49	1:02:06 9:49	1:11:55 9:49	1:16:05 4:10	
	37	Green, Nick GRAMP	dnf	2:45 2:45	11:51 9:06	21:38 9:47	25:52 4:14	36:21 10:29	42:38 6:17	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
<i>Long (11)</i>				5.2 km 210 m			11 C									
				1(111)	2(112)	3(115)	4(116)	5(118)	6(119)	7(120)	8(121)	9(122)	10(113)	11(107)	Finish	
1	8	Wright, Joseph MAROC	44:34	3:06 3:06	5:43 2:37	8:15 2:32	8:50 0:35	11:56 3:06	20:17 8:21	21:59 1:42	22:51 0:52	26:09 3:18	38:02 11:53	42:55 4:53	44:34 1:39	
2	3	Wilson, Felix MAROC	55:29	3:41 3:41	5:45 2:04	8:26 2:41	9:32 1:06	17:08 7:36	26:31 9:23	28:48 2:17	29:37 0:49	33:31 3:54	47:50 14:19	53:16 5:26	55:29 2:13	
3	7	Musgrave, Jonathan MAROC	55:37	3:54 3:54	7:07 3:13	10:25 3:18	11:39 1:14	16:00 4:21	26:14 10:14	28:35 2:21	29:27 0:52	32:52 3:25	47:01 14:09	53:55 6:54	55:37 1:42	
4	1	Chapman, Alistair MAROC	1:01:06	4:34 4:34	6:56 2:22	10:22 3:26	11:31 1:09	17:11 5:40	27:45 10:34	30:37 2:52	31:19 0:42	35:20 4:01	52:01 16:41	59:37 7:36	1:01:06 1:29	
5	6	McMurtrie, Andrew MAROC	1:01:54	4:36 4:36	7:08 2:32	10:40 3:32	13:21 2:41	15:58 2:37	26:31 10:33	29:17 2:46	30:22 1:05	34:00 3:38	51:07 17:07	59:57 8:50	1:01:54 1:57	
6	9	Gooch, Matthew MAROC	1:03:56	3:12 3:12	5:17 2:05	8:03 2:46	9:07 1:04	11:43 2:36	20:56 9:13	23:13 2:17	24:00 0:47	30:30 6:30	51:44 21:14	1:01:52 10:08	1:03:56 2:04	
7	11	Dunn, Sarah MAROC	1:07:03	4:19 4:19	5:59 1:40	9:29 3:30	10:40 1:11	13:47 3:07	24:32 10:45	24:32 4:29	29:01 0:55	33:45 3:49	57:19 23:34	1:04:40 7:21	1:07:03 2:23	
8	10	Hickling, Robert GRAMP	1:11:18	5:59 5:59	8:54 2:55	13:15 4:21	16:40 3:25	22:22 5:42	34:01 11:39	37:17 3:16	38:12 0:55	43:07 4:55	1:01:26 18:19	1:09:01 7:35	1:11:18 2:17	
9	17	Kerridge, Donald MAROC	1:14:41	4:34 4:34	7:25 2:51	11:17 3:52	12:19 1:02	21:38 9:19	33:34 11:56	36:37 3:03	37:38 1:01	45:43 8:05	1:04:20 18:37	1:12:38 8:18	1:14:41 2:03	
10	5	Yardley, Gareth GRAMP	1:17:18	4:46 4:46	6:50 2:04	10:20 3:30	11:38 1:18	14:41 3:03	26:03 11:22	30:19 4:16	31:54 1:35	40:48 8:54	1:03:37 22:49	1:15:11 11:34	1:17:18 2:07	
11	2	McDonald, Dennis GRAMP	1:33:09	26:53 26:53	29:04 2:11	32:48 3:44	33:53 1:05	36:59 3:06	48:01 11:02	50:50 2:49	51:38 0:48	55:03 3:25	1:20:38 25:35	1:30:22 9:44	1:33:09 2:47	