

Pl	tno	Name	Time	3.5 km 100 m 7 C							Finish
				1(206)	2(213)	3(207)	4(215)	5(214)	6(204)	7(202)	
1	6	Hale Nick MAROC	37:37,0	2:50,0	7:11,0	13:13,0	16:54,0	21:46,0	28:37,0	32:37,0	37:37,0
1	11	McMurtrie Andrew MAROC	37:37,0	2:50,0	4:21,0	6:02,0	3:41,0	4:52,0	6:51,0	4:00,0	5:00,0
3	38	Chapman Jake MAROC	38:19,0	2:42,0	6:21,0	13:59,0	17:49,0	22:23,0	28:37,0	32:37,0	37:37,0
4	34	Campbell Kirsty MAROC	38:26,0	2:42,0	3:39,0	7:38,0	3:50,0	4:34,0	6:14,0	4:00,0	5:00,0
5	13	Tivendale Andy MAROC	40:26,0	2:11,0	5:29,0	12:20,0	17:07,0	21:07,0	29:19,0	33:19,0	38:19,0
6	19	Graham Amber MAROC	41:42,0	2:46,0	6:11,0	12:04,0	18:11,0	24:13,0	29:26,0	33:26,0	38:26,0
7	43	Anderson Murray GRAMP	43:20,0	2:46,0	3:25,0	5:53,0	6:07,0	6:02,0	5:13,0	4:00,0	5:00,0
8	14	Barrie Adam MAROC	43:21,0	3:08,0	7:51,0	15:40,0	20:19,0	25:33,0	31:26,0	35:26,0	40:26,0
8	15	Barrie Donald MAROC	43:21,0	3:08,0	4:43,0	7:49,0	4:39,0	5:14,0	5:53,0	4:00,0	5:00,0
10	42	Lang John GRAMP	43:42,0	2:59,0	6:34,0	13:21,0	20:30,0	26:26,0	32:42,0	36:42,0	41:42,0
11	2	Bennett Alan MAROC	44:30,0	2:59,0	3:35,0	6:47,0	7:09,0	5:56,0	6:16,0	4:00,0	5:00,0
12	36	Chapman Catriona MAROC	44:43,0	2:46,0	10:08,0	17:16,0	21:00,0	29:01,0	34:20,0	38:20,0	43:20,0
13	1	Esson David GRAMP	46:02,0	2:46,0	7:22,0	7:08,0	3:44,0	8:01,0	5:19,0	4:00,0	5:00,0
14	22	Clare Martin MAROC	46:59,0	3:05,0	6:51,0	14:45,0	19:12,0	28:50,0	34:21,0	38:21,0	43:21,0
15	16	Barrie Eliza MAROC	47:34,0	3:05,0	3:46,0	7:54,0	4:27,0	9:38,0	5:31,0	4:00,0	5:00,0
16	24	Newey Jonas MAROC	48:09,0	2:29,0	10:36,0	17:12,0	20:58,0	26:14,0	34:21,0	38:21,0	43:21,0
17	5	Mcdonald Dennis GRAMP	50:18,0	2:29,0	8:07,0	6:36,0	3:46,0	5:16,0	8:07,0	4:00,0	5:00,0
18	10	Low Chris MAROC	50:50,0	3:24,0	8:06,0	15:27,0	19:26,0	25:46,0	34:42,0	38:42,0	43:42,0
19	40	Coombs Trish MAROC	53:21,0	3:24,0	4:42,0	7:21,0	3:59,0	6:20,0	8:56,0	4:00,0	5:00,0
20	17	Barrie Sue MAROC	54:46,0	3:11,0	8:54,0	16:27,0	21:12,0	29:17,0	35:30,0	39:30,0	44:30,0
21	3	Bennett Ewan MAROC	54:56,0	3:12,0	5:43,0	7:33,0	4:45,0	8:05,0	6:13,0	4:00,0	5:00,0
22	30	Rowlands Helen GRAMP	56:19,0	3:12,0	8:29,0	17:12,0	22:22,0	28:19,0	35:43,0	39:43,0	44:43,0
23	23	McIntyre Ian INT	56:31,0	3:36,0	5:17,0	8:43,0	5:10,0	5:57,0	7:24,0	4:00,0	5:00,0
24	26	Reynolds Charlotte MAROC	57:08,0	3:36,0	8:32,0	16:58,0	21:58,0	29:25,0	37:02,0	41:02,0	46:02,0
25	18	Salway Aileen MAROC	58:19,0	3:36,0	4:56,0	8:26,0	5:00,0	7:27,0	7:37,0	4:00,0	5:00,0
26	4	Craig Peter MAROC	60:33,0	4:59,0	5:12,0	8:39,0	4:46,0	6:25,0	7:58,0	4:00,0	5:00,0
27	12	Neumann Katja MAROC	61:10,0	4:05,0	9:10,0	18:29,0	23:11,0	30:49,0	38:34,0	42:34,0	47:34,0
28	32	Campbell Alexander MAROC	63:44,0	4:05,0	5:05,0	9:19,0	4:42,0	7:38,0	7:45,0	4:00,0	5:00,0
29	21	Graham Patricia MAROC	66:54,0	4:14,0	9:08,0	18:10,0	22:53,0	30:11,0	39:09,0	43:09,0	48:09,0
30	27	Reynolds Scott MAROC	71:17,0	4:14,0	4:54,0	9:02,0	4:43,0	7:18,0	8:58,0	4:00,0	5:00,0
39	Coombs Roger MAROC	mp	7:19,0	18:31,0	34:25,0	45:04,0	62:04,0	-----	-----	83:52,0	21:48,0
37	Chapman Jacqui MAROC	mp	7:19,0	11:12,0	15:54,0	10:39,0	17:00,0	-----	-----	-----	-----

Pl	tno	Name	Time	5.0 km 225 m 11 C							Finish				
				1(206)	2(201)	3(213)	4(217)	5(203)	6(212)	7(215)		8(190)	9(214)	10(202)	11(204)
1	31	Chepelin Oleg INT	45:37,0	2:00,0	5:43,0	6:54,0	9:17,0	11:03,0	17:21,0	24:12,0	30:43,0	35:11,0	37:36,0	41:03,0	45:37,0
2	8	Musgrave Jonathan MAROC	51:44,0	2:00,0	3:43,0	1:11,0	2:23,0	1:46,0	6:18,0	6:51,0	6:31,0	4:28,0	2:25,0	3:27,0	4:34,0
3	35	Chapman Alistair MAROC	53:10,0	2:01,0	6:37,0	7:48,0	10:48,0	13:05,0	20:46,0	29:07,0	34:05,0	38:36,0	41:40,0	46:58,0	51:44,0
4	33	Campbell Eilidh MAROC	57:00,0	2:01,0	4:36,0	1:11,0	3:00,0	2:17,0	7:41,0	8:21,0	4:58,0	4:31,0	3:04,0	5:18,0	4:46,0
5	20	Graham Luke MAROC	58:20,0	2:26,0	6:50,0	8:14,0	12:36,0	15:14,0	22:53,0	32:12,0	36:46,0	41:41,0	44:50,0	48:42,0	53:10,0
6	7	Musgrave Ewan MAROC	60:09,0	2:26,0	4:24,0	1:24,0	4:22,0	2:38,0	7:39,0	9:19,0	4:34,0	4:55,0	3:09,0	3:52,0	4:28,0
				2:44,0	7:09,0	8:25,0	11:44,0	14:12,0	22:43,0	32:19,0	37:52,0	44:17,0	47:46,0	52:30,0	57:00,0
				2:07,0	6:22,0	1:20,0	3:03,0	2:24,0	8:09,0	10:10,0	5:08,0	5:08,0	2:20,0	4:40,0	7:29,0
				2:52,0	6:55,0	13:53,0	19:20,0	24:40,0	31:19,0	38:58,0	-----	-----	-----	-----	-----
				2:52,0	4:03,0	6:58,0	5:27,0	5:20,0	6:39,0	7:39,0	-----	-----	-----	-----	-----

PI	tno	Name	Time												
Long (11)				5.0 km 225 m			11 C		<i>(cont.)</i>						
				1(206)	2(201)	3(213)	4(217)	5(203)	6(212)	7(215)	8(190)	9(214)	10(202)	11(204)	Finish
7	28	Yardley Gareth GRAMP	68:43,0	3:22,0	8:53,0	10:58,0	14:15,0	16:53,0	25:11,0	35:29,0	45:39,0	53:06,0	57:03,0	62:20,0	68:43,0
8	9	Hamilton Ian GRAMP	72:30,0	3:22,0	5:31,0	2:05,0	3:17,0	2:38,0	8:18,0	10:18,0	10:10,0	7:27,0	3:57,0	5:17,0	6:23,0
				3:21,0	9:21,0	12:26,0	16:30,0	19:32,0	28:58,0	40:19,0	47:29,0	55:33,0	60:26,0	66:15,0	72:30,0
9	29	Wright Fran MAROC	76:16,0	2:28,0	8:19,0	10:42,0	14:22,0	17:01,0	29:30,0	41:11,0	50:33,0	59:46,0	63:40,0	70:15,0	76:16,0
				2:28,0	5:51,0	2:23,0	3:40,0	2:39,0	12:29,0	11:41,0	9:22,0	9:13,0	3:54,0	6:35,0	6:01,0
10	41	Dunn Sarah MAROC	80:24,0	2:46,0	8:58,0	10:48,0	15:16,0	18:08,0	35:03,0	47:02,0	57:45,0	62:48,0	66:53,0	72:40,0	80:24,0
				2:46,0	6:12,0	1:50,0	4:28,0	2:52,0	16:55,0	11:59,0	10:43,0	5:03,0	4:05,0	5:47,0	7:44,0
11	25	Wright Denise MAROC	95:58,0	3:53,0	11:32,0	13:42,0	19:14,0	22:52,0	35:45,0	52:15,0	62:20,0	74:04,0	79:15,0	86:55,0	95:58,0
				3:53,0	7:39,0	2:10,0	5:32,0	3:38,0	12:53,0	16:30,0	10:05,0	11:44,0	5:11,0	7:40,0	9:03,0