

Pl	tno	Name	Time													
Long (12)				5.0 km 200 m			11 C									
				1(190)	2(202)	3(204)	4(193)	5(207)	6(217)	7(214)	8(203)	9(195)	10(212)	11(197)	Finish	
1	33	Gooch Matthew	45:44,0	2:50,0	6:14,0	13:55,0	16:53,0	23:16,0	27:28,0	28:47,0	31:19,0	32:54,0	39:46,0	44:26,0	45:44,0	
		MAROC		2:50,0	3:24,0	7:41,0	2:58,0	6:23,0	4:12,0	1:19,0	2:32,0	1:35,0	6:52,0	4:40,0	1:18,0	
2	18	Musgrave Ewan	46:57,0	3:04,0	6:43,0	14:38,0	18:03,0	25:11,0	29:30,0	30:49,0	33:44,0	35:25,0	41:52,0	45:52,0	46:57,0	
		MAROC		3:04,0	3:39,0	7:55,0	3:25,0	7:08,0	4:19,0	1:19,0	2:55,0	1:41,0	6:27,0	4:00,0	1:05,0	
3	7	Musgrave Jonathan	50:45,0	3:26,0	7:16,0	16:03,0	19:29,0	27:48,0	32:35,0	33:58,0	36:31,0	38:18,0	45:27,0	49:46,0	50:45,0	
		MAROC		3:26,0	3:50,0	8:47,0	3:26,0	8:19,0	4:47,0	1:23,0	2:33,0	1:47,0	7:09,0	4:19,0	0:59,0	
4	22	Chapman Alastair	54:41,0	3:07,0	8:25,0	16:45,0	20:37,0	29:23,0	34:11,0	35:36,0	38:38,0	41:11,0	48:56,0	53:27,0	54:41,0	
		MAROC		3:07,0	5:18,0	8:20,0	3:52,0	8:46,0	4:48,0	1:25,0	3:02,0	2:33,0	7:45,0	4:31,0	1:14,0	
5	31	Campbell Eilidh	56:45,0	3:18,0	7:01,0	17:30,0	22:52,0	30:09,0	36:31,0	38:06,0	40:56,0	42:29,0	50:17,0	54:57,0	56:45,0	
		MAROC		3:18,0	3:43,0	10:29,0	5:22,0	7:17,0	6:22,0	1:35,0	2:50,0	1:33,0	7:48,0	4:40,0	1:48,0	
6	17	Dunn Sarah	69:52,0	3:44,0	9:19,0	19:32,0	24:48,0	40:08,0	45:02,0	46:34,0	49:45,0	51:41,0	62:58,0	68:22,0	69:52,0	
		MAROC		3:44,0	5:35,0	10:13,0	5:16,0	15:20,0	4:54,0	1:32,0	3:11,0	1:56,0	11:17,0	5:24,0	1:30,0	
7	32	Tivendale Drew	75:31,0	2:46,0	10:10,0	18:17,0	21:56,0	29:05,0	45:58,0	47:39,0	50:47,0	52:28,0	66:57,0	73:56,0	75:31,0	
		MAROC		2:46,0	7:24,0	8:07,0	3:39,0	7:09,0	16:53,0	1:41,0	3:08,0	1:41,0	14:29,0	6:59,0	1:35,0	
8	37	Mather Paul	77:02,0	4:14,0	12:14,0	23:56,0	29:12,0	39:48,0	46:11,0	48:10,0	52:23,0	54:41,0	69:28,0	75:37,0	77:02,0	
		MAROC		4:14,0	8:00,0	11:42,0	5:16,0	10:36,0	6:23,0	1:59,0	4:13,0	2:18,0	14:47,0	6:09,0	1:25,0	
9	14	Hamilton Ian	80:26,0	4:37,0	11:53,0	23:54,0	29:46,0	42:34,0	50:01,0	53:34,0	58:19,0	60:41,0	73:29,0	78:45,0	80:26,0	
		GRAMP		4:37,0	7:16,0	12:01,0	5:52,0	12:48,0	7:27,0	3:33,0	4:45,0	2:22,0	12:48,0	5:16,0	1:41,0	
10	39	Yardley Gareth	83:51,0	3:54,0	8:20,0	19:32,0	25:11,0	34:54,0	40:38,0	46:21,0	54:49,0	57:03,0	77:40,0	82:26,0	83:51,0	
		GRAMP		3:54,0	4:26,0	11:12,0	5:39,0	9:43,0	5:44,0	5:43,0	8:28,0	2:14,0	20:37,0	4:46,0	1:25,0	
11	28	Wright Denise	88:25,0	4:45,0	9:58,0	26:55,0	35:18,0	49:20,0	56:19,0	58:53,0	63:33,0	65:43,0	79:38,0	86:29,0	88:25,0	
		MAROC		4:45,0	5:13,0	16:57,0	8:23,0	14:02,0	6:59,0	2:34,0	4:40,0	2:10,0	13:55,0	6:51,0	1:56,0	
	9	Nicolson William	mp	3:39,0	9:01,0	21:22,0	27:10,0	35:59,0	40:27,0	41:57,0	51:27,0	52:58,0	63:38,0	-----	70:27,0	69:25,0
		INVOG		3:39,0	5:22,0	12:21,0	5:48,0	8:49,0	4:28,0	1:30,0	9:30,0	1:31,0	10:40,0	-----	6:49,0	*215
Short (28)				3.4 km 100 m			8 C									
				1(206)	2(201)	3(213)	4(217)	5(203)	6(195)	7(212)	8(215)	Finish				
1	21	Chapman Jake	38:12,0	4:57,0	6:27,0	14:06,0	17:50,0	20:14,0	21:57,0	33:35,0	37:26,0	38:12,0				
		MAROC		4:57,0	1:30,0	7:39,0	3:44,0	2:24,0	1:43,0	11:38,0	3:51,0	0:46,0				
2	16	McMurtrie Andrew	40:07,0	4:13,0	5:57,0	12:20,0	16:49,0	20:03,0	22:39,0	35:02,0	39:22,0	40:07,0				
		MAROC		4:13,0	1:44,0	6:23,0	4:29,0	3:14,0	2:36,0	12:23,0	4:20,0	0:45,0				
3	8	Gomersall Sam	42:43,0	6:52,0	9:05,0	15:55,0	21:06,0	24:39,0	26:24,0	37:18,0	41:56,0	42:43,0				
		GRAMP		6:52,0	2:13,0	6:50,0	5:11,0	3:33,0	1:45,0	10:54,0	4:38,0	0:47,0				
4	20	Kirk David	43:59,0	3:40,0	5:34,0	13:41,0	19:37,0	23:16,0	25:25,0	37:42,0	42:40,0	43:59,0				
		GRAMP		3:40,0	1:54,0	8:07,0	5:56,0	3:39,0	2:09,0	12:17,0	4:58,0	1:19,0				
5	24	Campbell Kirsty	44:24,0	3:27,0	5:43,0	13:43,0	17:49,0	21:19,0	23:01,0	35:21,0	43:37,0	44:24,0				
		MAROC		3:27,0	2:16,0	8:00,0	4:06,0	3:30,0	1:42,0	12:20,0	8:16,0	0:47,0				
6	30	Graham Amber	46:01,0	5:30,0	7:26,0	15:30,0	19:37,0	23:34,0	25:33,0	37:27,0	45:14,0	46:01,0				
		MAROC		5:30,0	1:56,0	8:04,0	4:07,0	3:57,0	1:59,0	11:54,0	7:47,0	0:47,0				
7	35	Bennett Alan	46:05,0	3:12,0	5:13,0	12:25,0	20:55,0	24:19,0	27:37,0	37:15,0	45:22,0	46:05,0				
		MAROC		3:12,0	2:01,0	7:12,0	8:30,0	3:24,0	3:18,0	9:38,0	8:07,0	0:43,0				
8	4	Esson David	52:47,0	3:51,0	6:19,0	15:58,0	22:07,0	26:48,0	29:28,0	45:28,0	51:38,0	52:47,0				
		GRAMP		3:51,0	2:28,0	9:39,0	6:09,0	4:41,0	2:40,0	16:00,0	6:10,0	1:09,0				
9	38	Rowlands Helen	57:26,0	6:59,0	9:17,0	18:31,0	25:06,0	30:43,0	34:17,0	48:29,0	56:27,0	57:26,0				
		GRAMP		6:59,0	2:18,0	9:14,0	6:35,0	5:37,0	3:34,0	14:12,0	7:58,0	0:59,0				
10	27	McIntyre Ian	58:16,0	3:42,0	5:46,0	14:43,0	29:34,0	34:24,0	37:09,0	49:25,0	57:01,0	58:16,0				
		INT		3:42,0	2:04,0	8:57,0	14:51,0	4:50,0	2:45,0	12:16,0	7:36,0	1:15,0				
11	15	Salway Aileen	58:50,0	5:20,0	7:52,0	18:40,0	26:02,0	30:59,0	34:41,0	49:32,0	57:32,0	58:50,0				
		MAROC		5:20,0	2:32,0	10:48,0	7:22,0	4:57,0	3:42,0	14:51,0	8:00,0	1:18,0				
12	29	Chapman Paul	59:11,0	4:09,0	5:48,0	13:06,0	19:04,0	22:56,0	25:30,0	50:42,0	57:55,0	59:11,0				
		MAROC		4:09,0	1:39,0	7:18,0	5:58,0	3:52,0	2:34,0	25:12,0	7:13,0	1:16,0				
13	1	Low Chris	59:46,0	7:54,0	9:32,0	17:39,0	32:42,0	37:44,0	40:17,0	52:41,0	58:44,0	59:46,0				
		MAROC		7:54,0	1:38,0	8:07,0	15:03,0	5:02,0	2:33,0	12:24,0	6:03,0	1:02,0				
14	2	Duley Paul	60:00,0	10:56,0	13:13,0	20:49,0	26:59,0	32:47,0	35:44,0	50:27,0	58:22,0	60:00,0				
		GRAMP		10:56,0	2:17,0	7:36,0	6:10,0	5:48,0	2:57,0	14:43,0	7:55,0	1:38,0				
15	6	Tivendale Andy	60:24,0	22:11,0	24:05,0	32:32,0	37:15,0	41:07,0	43:14,0	52:42,0	59:22,0	60:24,0				
		MAROC		22:11,0	1:54,0	8:27,0	4:43,0	3:52,0	2:07,0	9:28,0	6:40,0	1:02,0				
16	5	Huthwaite Jeremy	60:51,0	5:17,0	7:59,0	16:35,0	27:44,0	36:29,0	38:56,0	53:38,0	59:49,0	60:51,0				
		GRAMP		5:17,0	2:42,0	8:36,0	11:09,0	8:45,0	2:27,0	14:42,0	6:11,0	1:02,0				
17	19	Barraclough Ian	60:56,0	7:02,0	8:55,0	22:15,0	28:01,0	32:23,0	35:15,0	51:54,0	59:56,0	60:56,0				
		MAROC		7:02,0	1:53,0	13:20,0	5:46,0	4:22,0	2:52,0	16:39,0	8:02,0	1:00,0				
18	34	Martin Clare	62:06,0	5:32,0	8:22,0	17:52,0	28:05,0	34:51,0	37:30,0	53:04,0	61:02,0	62:06,0				
		MAROC		5:32,0	2:50,0	9:30,0	10:13,0	6:46,0	2:39,0	15:34,0	7:58,0	1:04,0				
19	26	Newey Jonas	64:47,0	6:20,0	8:57,0	17:36,0	28:19,0	35:33,0	40:31,0	54:29,0	63:34,0	64:47,0				
		MAROC		6:20,0	2:37,0	8:39,0	10:43,0	7:14,0	4:58,0	13:58,0	9:05,0	1:13,0				
20	13	Sheridan Bob	67:32,0	3:54,0	19:43,0	37:01,0	40:59,0	44:22,0	46:12,0	58:38,0	66:48,0	67:32,0				
		MAROC		3:54,0	15:49,0	17:18,0	3:58,0	3:23,0	1:50,0	12:26,0	8:10,0	0:44,0				
21	23	Graham Patricia	68:13,0	5:15,0	7:26,0	16:47,0	32:47,0	39:23,0	42:10,0	57:03,0	66:40,0	68:13,0				
		MAROC		5:15,0	2:11,0	9:21,0	16:00,0	6:36,0	2:47,0	14:53,0	9:37,0	1:33,0				
22	40	Whitehead Ranolph	68:54,0	5:43,0	9:00,0	20:09,0	29:15,0	36:21,0	40:17,0	57:09,0	67:53,0	68:54,0				
		MAROC		5:43,0	3:17,0	11:09,0	9:06,0	7:06,0	3:56,0	16:52,0	10:44,0	1:01,0				
23	3	Craig Peter	78:03,0	8:48,0	13:37,0	25:21,0	33:51,0	39:39,0	43:26,0	67:39,0	76:30,0	78:03,0				
		MAROC		8:48,0	4:49,0	11:44,0	8:30,0	5:48,0	3:47,0	24:13,0	8:51,0	1:33,0				

Pl	tno	Name	Time									
Short (28)			3.4 km 100 m			8 C		<i>(cont.)</i>				
			1(206)	2(201)	3(213)	4(217)	5(203)	6(195)	7(212)	8(215)	Finish	
25		Neumann Katja	mp	7:28,0	10:14,0	18:51,0	-----	-----	-----	46:25,0	54:08,0	55:21,0
		MAROC		7:28,0	2:46,0	8:37,0				27:34,0	7:43,0	1:13,0
36		Bennett Ewen	mp	4:40,0	7:25,0	18:34,0	31:11,0	37:19,0	46:38,0	-----	-----	72:41,0
		MAROC		4:40,0	2:45,0	11:09,0	12:37,0	6:08,0	9:19,0			26:03,0