

| Pl                | tno                        | Name                        | Time    |                   |             |              |              |              |              |              |              |              |              |              |              |              |              |       |       |         |         |         |       |
|-------------------|----------------------------|-----------------------------|---------|-------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|-------|---------|---------|---------|-------|
| <b>Short (20)</b> |                            |                             |         | <b>3.3 km 0 m</b> |             |              |              |              |              | <b>12 C</b>  |              |              |              |              |              |              |              |       |       |         |         |         |       |
|                   |                            |                             |         | 1(213)            | 2(204)      | 3(211)       | 4(207)       | 5(201)       | 6(203)       | 7(205)       | 8(207)       | 9(214)       | 10(206)      | 11(212)      | 12(200)      | Finish       |              |       |       |         |         |         |       |
| 1                 | 29                         | Alan Bennett<br>MAROC       | 41:12   | 3:46              | 5:25        | 13:53        | 16:28        | 19:36        | <b>21:41</b> | 24:56        | <b>27:24</b> | <b>29:29</b> | <b>33:02</b> | <b>35:33</b> | <b>39:20</b> | <b>41:12</b> |              |       |       |         |         |         |       |
| 2                 | 3                          | Andy Tivendale<br>MAROC     | 43:48   | 4:14              | 5:54        | <b>13:43</b> | 16:30        | 20:07        | 21:47        | <b>24:51</b> | 28:23        | 30:11        | 33:36        | 36:17        | 41:32        | 43:48        |              |       |       |         |         |         |       |
| 3                 | 16                         | Catriona Chapman<br>MAROC   | 49:17   | 4:14              | 1:40        | 7:49         | 2:47         | 3:37         | <b>1:40</b>  | 3:04         | 3:32         | <b>1:48</b>  | 3:25         | 2:41         | 5:15         | 2:16         |              |       |       |         |         |         |       |
| 4                 | 5                          | Nick Hale<br>MAROC          | 54:00   | 3:58              | 1:50        | 10:30        | 3:12         | 3:33         | 2:15         | <b>2:36</b>  | 3:19         | 2:07         | 4:45         | 3:38         | 5:19         | 2:15         |              |       |       |         |         |         |       |
| 5                 | 4                          | Chris Low<br>MAROC          | 54:23   | 4:29              | 6:10        | 13:48        | <b>15:54</b> | <b>18:36</b> | 24:36        | 28:56        | 36:24        | 39:37        | 43:08        | 46:00        | 51:24        | 54:00        |              |       |       |         |         |         |       |
| 6                 | 31                         | Julian Robinson<br>GRAMP    | 54:28   | 4:29              | 1:41        | <b>7:38</b>  | <b>2:06</b>  | <b>2:42</b>  | 6:00         | 4:20         | 7:28         | 3:13         | 3:31         | 2:52         | 5:24         | 2:36         |              |       |       |         |         |         |       |
| 7                 | 30                         | Ewan Bennett<br>MAROC       | 56:22   | 8:42              | 12:40       | 21:48        | 24:15        | 27:18        | 29:08        | 32:18        | 35:13        | 37:15        | 41:45        | 44:30        | 50:52        | 54:23        |              |       |       |         |         |         |       |
| 8                 | 8                          | David Esson<br>GRAMP        | 57:01   | 8:42              | 3:58        | 9:08         | 2:27         | 3:03         | 1:50         | 3:10         | 2:55         | 2:02         | 4:30         | 2:45         | 6:22         | 3:31         |              |       |       |         |         |         |       |
| 9                 | 27                         | Hugh Nicholson<br>GRAMP     | 58:28   | 4:57              | 9:49        | 18:39        | 21:28        | 25:13        | 27:45        | 32:20        | 38:08        | 40:07        | 44:08        | 46:36        | 51:55        | 54:28        |              |       |       |         |         |         |       |
| 10                | 11                         | Kirsty Campbell<br>MAROC    | 59:54   | 4:57              | 4:52        | 8:50         | 2:49         | 3:45         | 2:32         | 4:35         | 5:48         | 1:59         | 4:01         | 2:28         | 5:19         | 2:33         |              |       |       |         |         |         |       |
| 11                | 10                         | Eilidh Campbell<br>MAROC    | 1:03:43 | 4:47              | 6:27        | 23:20        | 25:42        | 29:04        | 35:10        | 39:30        | 42:37        | 44:29        | 47:51        | 50:17        | 54:10        | 56:22        |              |       |       |         |         |         |       |
| 12                | 7                          | Phil Campbell<br>GRAMP      | 1:04:24 | 4:47              | 1:40        | 16:53        | 2:22         | 3:22         | 6:06         | 4:20         | 3:07         | 1:52         | <b>3:22</b>  | <b>2:26</b>  | 3:53         | 2:12         |              |       |       |         |         |         |       |
| 13                | 12                         | Sue Barrie<br>MAROC         | 1:13:18 | 6:03              | 7:55        | 19:13        | 22:53        | 27:14        | 29:40        | 34:05        | 38:18        | 40:46        | 45:39        | 48:55        | 54:12        | 57:01        |              |       |       |         |         |         |       |
| 14                | 18                         | Ranolph Whitehead<br>MAROC  | 1:16:14 | 6:03              | 1:52        | 11:18        | 3:40         | 4:21         | 2:26         | 4:25         | 4:13         | 2:28         | 4:53         | 3:16         | 5:17         | 2:49         |              |       |       |         |         |         |       |
| 15                | 2                          | Jeremy Huthwaite<br>GRAMP   | 1:19:31 | 8:34              | 10:49       | 20:10        | 22:53        | 26:12        | 29:06        | 32:57        | 39:09        | 41:35        | 47:07        | 49:57        | 55:25        | 58:28        |              |       |       |         |         |         |       |
| 16                | 9                          | Alexander Campbell<br>MAROC | 1:25:13 | 8:34              | 2:15        | 9:21         | 2:43         | 3:19         | 2:54         | 3:51         | 6:12         | 2:26         | 5:32         | 2:50         | 5:28         | 3:03         |              |       |       |         |         |         |       |
| 17                | 6                          | Peter Craig<br>MAROC        | 1:34:07 | <b>3:31</b>       | <b>1:24</b> | 14:08        | 2:24         | 3:07         | 3:14         | 5:13         | 2:51         | 2:31         | 5:52         | 3:42         | 8:31         | 3:26         |              |       |       |         |         |         |       |
| 18                | 20                         | Yann Newey<br>MAROC         | 1:40:09 | 6:37              | 8:21        | 22:18        | 25:08        | 28:40        | 31:18        | 36:41        | 39:54        | 41:56        | 47:23        | 51:05        | 59:49        | 1:03:43      |              |       |       |         |         |         |       |
| 19                | 17                         | Jacqui Chapman<br>MAROC     | 1:42:27 | 6:37              | 1:44        | 13:57        | 2:50         | 3:32         | 2:38         | 5:23         | 3:13         | 2:02         | 5:27         | 3:42         | 8:44         | 3:54         |              |       |       |         |         |         |       |
| 28                | Rosslyn Nicholson<br>GRAMP | mp                          | 13:59   | 15:52             | 27:33       | 34:18        | 39:00        | 43:46        | 50:01        | 54:07        | -----        | -----        | -----        | -----        | 1:14:36      | 20:29        |              |       |       |         |         |         |       |
| <b>Long (11)</b>  |                            |                             |         | <b>4.7 km 0 m</b> |             |              |              |              | <b>18 C</b>  |              |              |              |              |              |              |              |              |       |       |         |         |         |       |
|                   |                            |                             |         | 1(204)            | 2(211)      | 3(207)       | 4(201)       | 5(203)       | 6(205)       | 7(207)       | 8(214)       | 9(210)       | 10(202)      | 11(203)      | 12(211)      | 13(205)      | 14(215)      |       |       |         |         |         |       |
| 1                 | 23                         | Matthew Gooch<br>MAROC      | 39:27   | 15(206)           | 16(212)     | 17(208)      | 18(200)      | Finish       | <b>15:10</b> | <b>17:03</b> | <b>18:17</b> | <b>20:49</b> | <b>22:57</b> | <b>23:45</b> | <b>26:53</b> | <b>28:14</b> | <b>31:00</b> |       |       |         |         |         |       |
| 2                 | 26                         | Felix Wilson<br>EUOC        | 39:43   | 3:28              | 5:02        | <b>1:40</b>  | <b>1:57</b>  | 1:15         | <b>1:48</b>  | <b>1:53</b>  | 1:14         | <b>2:32</b>  | <b>2:08</b>  | 0:48         | 3:08         | <b>1:21</b>  | <b>2:46</b>  |       |       |         |         |         |       |
| 3                 | 21                         | Ewan Musgrave<br>MAROC      | 47:08   | 3:28              | 1:57        | 3:26         | <b>0:58</b>  | <b>1:20</b>  | 15:44        | 17:44        | 18:48        | 21:57        | 24:16        | 24:58        | 27:19        | 28:48        | 31:40        |       |       |         |         |         |       |
| 4                 | 13                         | Adam Barrie<br>MAROC        | 51:09   | 0:46              | 1:57        | 3:26         | <b>0:58</b>  | <b>1:20</b>  | 2:39         | 2:00         | <b>1:04</b>  | 3:09         | 2:19         | <b>0:42</b>  | <b>2:21</b>  | 1:29         | 2:52         |       |       |         |         |         |       |
| 5                 | 24                         | Sarah Dunn<br>MAROC         | 55:32   | 32:21             | 33:56       | <b>36:37</b> | 38:19        | 39:43        | 32:21        | 33:56        | <b>36:37</b> | 38:19        | 39:43        | 32:21        | 33:56        | <b>36:37</b> | 38:19        | 39:43 |       |         |         |         |       |
| 6                 | 25                         | Duncan Grassie<br>SLOW      | 1:04:04 | <b>0:41</b>       | <b>1:35</b> | <b>2:41</b>  | 1:42         | 1:24         | 3:37         | 9:51         | 12:04        | 14:33        | 15:59        | 18:09        | 20:47        | 23:04        | 26:27        | 29:15 | 30:01 | 32:49   | 34:28   | 37:54   |       |
| 7                 | 14                         | David Kirk<br>GRAMP         | 1:07:36 | 3:37              | 6:14        | 2:13         | 2:29         | 1:26         | 2:10         | 2:38         | 2:17         | 3:23         | 2:48         | 3:04         | 3:23         | 2:48         | 1:39         | 3:26  | 38:56 | 40:46   | 44:09   | 45:19   | 47:08 |
| 8                 | 19                         | Jonas Newey<br>MAROC        | 1:10:32 | 1:02              | 1:50        | 3:23         | 1:10         | 1:49         | 4:25         | 10:10        | 12:08        | 14:17        | 15:36        | 19:03        | 21:11        | 23:04        | 26:03        | 28:48 | 29:43 | 32:39   | 34:13   | 37:51   |       |
|                   |                            |                             |         | 4:25              | 5:45        | 1:58         | 2:09         | 1:19         | 3:27         | 2:08         | 1:53         | 2:59         | 2:45         | 0:55         | 2:56         | 1:34         | 3:38         | 38:41 | 43:22 | 46:59   | 49:10   | 51:09   |       |
|                   |                            |                             |         | 0:50              | 4:41        | 3:37         | 2:11         | 1:59         | 4:51         | 11:47        | 14:15        | 17:14        | 18:51        | 21:35        | 24:21        | 26:50        | 30:44        | 33:59 | 34:54 | 38:46   | 40:48   | 45:05   |       |
|                   |                            |                             |         | 4:51              | 6:56        | 2:28         | 2:59         | 1:37         | 2:44         | 2:46         | 2:29         | 3:54         | 3:15         | 0:55         | 3:52         | 2:02         | 4:17         | 46:09 | 48:31 | 52:30   | 53:31   | 55:32   |       |
|                   |                            |                             |         | 1:04              | 2:22        | 3:59         | 1:01         | 2:01         | 6:18         | 12:48        | 14:44        | 17:30        | 19:06        | 21:45        | 25:04        | 26:34        | 30:29        | 33:07 | 33:58 | 38:36   | 41:51   | 45:21   |       |
|                   |                            |                             |         | 6:18              | 6:30        | 1:56         | 2:46         | 1:36         | 2:39         | 3:19         | 1:30         | 3:55         | 2:38         | 0:51         | 4:38         | 3:15         | 3:30         | 46:10 | 47:52 | 1:01:04 | 1:02:10 | 1:04:04 |       |
|                   |                            |                             |         | 0:49              | 1:42        | 13:12        | 1:06         | 1:54         | 6:30         | 14:32        | 17:25        | 20:52        | 23:26        | 26:46        | 29:54        | 31:56        | 35:58        | 39:31 | 40:43 | 46:02   | 48:12   | 53:12   |       |
|                   |                            |                             |         | 6:30              | 8:02        | 2:53         | 3:27         | 2:34         | 3:20         | 3:08         | 2:02         | 4:02         | 3:33         | 1:12         | 5:19         | 2:10         | 5:00         | 54:23 | 57:09 | 1:03:35 | 1:05:31 | 1:07:36 |       |
|                   |                            |                             |         | 1:11              | 2:46        | 6:26         | 1:56         | 2:05         | 54:23        | 57:09        | 1:03:35      | 1:05:31      | 1:07:36      | 1:11         | 2:46         | 6:26         | 1:56         | 2:05  | 6:39  | 12:54   | 15:12   | 18:17   | 20:37 |
|                   |                            |                             |         | 6:39              | 6:15        | 2:18         | 3:05         | 2:20         | 6:39         | 12:54        | 15:12        | 18:17        | 20:37        | 23:07        | 28:45        | 30:35        | 34:41        | 37:48 | 40:10 | 44:42   | 46:33   | 51:23   |       |
|                   |                            |                             |         | 52:50             | 56:38       | 1:07:11      | 1:08:36      | 1:10:32      | 2:30         | 5:38         | 1:50         | 4:06         | 3:07         | 2:22         | 4:32         | 1:51         | 4:50         | 52:50 | 56:38 | 1:07:11 | 1:08:36 | 1:10:32 |       |
|                   |                            |                             |         | 1:27              | 3:48        | 10:33        | 1:25         | 1:56         | 1:27         | 3:48         | 10:33        | 1:25         | 1:56         | 1:27         | 3:48         | 10:33        | 1:25         | 1:56  | 1:27  | 3:48    | 10:33   | 1:25    | 1:56  |

| PI               | tno       | Name                   | Time           |                   |         |         |         |         |             |        |        |        |         |                |         |         |         |  |  |
|------------------|-----------|------------------------|----------------|-------------------|---------|---------|---------|---------|-------------|--------|--------|--------|---------|----------------|---------|---------|---------|--|--|
| <b>Long (11)</b> |           |                        |                | <b>4.7 km 0 m</b> |         |         |         |         | <b>18 C</b> |        |        |        |         | <i>(cont.)</i> |         |         |         |  |  |
|                  |           |                        |                | 1(204)            | 2(211)  | 3(207)  | 4(201)  | 5(203)  | 6(205)      | 7(207) | 8(214) | 9(210) | 10(202) | 11(203)        | 12(211) | 13(205) | 14(215) |  |  |
|                  |           |                        |                | 15(206)           | 16(212) | 17(208) | 18(200) | Finish  |             |        |        |        |         |                |         |         |         |  |  |
| <b>9</b>         | <b>22</b> | <b>Ian Hamilton</b>    | <b>1:13:10</b> | 8:42              | 16:09   | 18:50   | 21:58   | 23:56   | 27:13       | 30:31  | 33:13  | 37:58  | 41:28   | 43:44          | 48:30   | 51:08   | 55:56   |  |  |
|                  |           | <b>GRAMP</b>           |                | 8:42              | 7:27    | 2:41    | 3:08    | 1:58    | 3:17        | 3:18   | 2:42   | 4:45   | 3:30    | 2:16           | 4:46    | 2:38    | 4:48    |  |  |
|                  |           |                        |                | 57:21             | 1:00:43 | 1:08:39 | 1:11:01 | 1:13:10 |             |        |        |        |         |                |         |         |         |  |  |
|                  |           |                        |                | 1:25              | 3:22    | 7:56    | 2:22    | 2:09    |             |        |        |        |         |                |         |         |         |  |  |
| <b>10</b>        | <b>1</b>  | <b>Dennis Mcdonald</b> | <b>1:14:22</b> | 7:15              | 17:14   | 20:04   | 23:42   | 25:40   | 29:33       | 32:56  | 37:23  | 42:28  | 45:39   | 46:50          | 50:47   | 53:09   | 58:17   |  |  |
|                  |           | <b>GRAMP</b>           |                | 7:15              | 9:59    | 2:50    | 3:38    | 1:58    | 3:53        | 3:23   | 4:27   | 5:05   | 3:11    | 1:11           | 3:57    | 2:22    | 5:08    |  |  |
|                  |           |                        |                | 59:17             | 1:02:32 | 1:09:52 | 1:11:01 | 1:14:22 |             |        |        |        |         |                |         |         |         |  |  |
|                  |           |                        |                | 1:00              | 3:15    | 7:20    | 1:09    | 3:21    |             |        |        |        |         |                |         |         |         |  |  |
|                  |           |                        |                | 5:16              | 11:57   | 14:32   | 17:40   | 20:30   | 30:00       | 33:46  | 42:43  | 47:47  | 51:30   | 52:42          | 59:50   | 1:01:35 | 1:06:42 |  |  |
|                  |           |                        |                | 5:16              | 6:41    | 2:35    | 3:08    | 2:50    | 9:30        | 3:46   | 8:57   | 5:04   | 3:43    | 1:12           | 7:08    | 1:45    | 5:07    |  |  |
|                  |           |                        |                | 1:08:40           | 1:11:12 | 1:14:36 | 1:16:00 | 1:18:12 |             |        |        |        |         |                |         |         |         |  |  |
|                  |           |                        |                | 1:58              | 2:32    | 3:24    | 1:24    | 2:12    |             |        |        |        |         |                |         |         |         |  |  |