

Pl	tno	Name	Time	3.1 km 0 m							9 C									
				1(123)	2(115)	3(116)	4(124)	5(118)	6(125)	7(119)	8(110)	9(117)	Finish							
1	20	Alan Bennett MAROC	29:13	3:21	5:31	6:23	9:44	14:00	16:41	18:46	24:35	28:00	29:13							
				3:21	2:10	0:52	3:21	4:16	2:41	2:05	5:49	3:25	1:13							
2	21	Ewan Bennett MAROC	30:59	3:52	6:04	7:03	10:49	14:52	18:05	19:47	25:38	29:41	30:59							
				3:52	2:12	0:59	3:46	4:03	3:13	1:42	5:51	4:03	1:18							
3	10	Roger Coombs MAROC	36:44	6:49	9:12	10:28	14:03	18:25	23:03	24:58	31:35	34:58	36:44							
				6:49	2:23	1:16	3:35	4:22	4:38	1:55	6:37	3:23	1:46							
4	14	Catriona Chapman MAROC	37:10	3:48	6:03	6:56	10:31	15:15	22:26	24:45	31:23	35:37	37:10							
				3:48	2:15	0:53	3:35	4:44	7:11	2:19	6:38	4:14	1:33							
4	28	Sean O'Sullivan MAROC	37:10	5:14	8:03	8:52	12:24	16:39	21:40	23:34	32:00	35:34	37:10							
				5:14	2:49	0:49	3:32	4:15	5:01	1:54	8:26	3:34	1:36							
6	15	Donald Barrie MAROC	37:30	4:30	6:43	7:40	12:16	17:52	20:25	22:27	31:59	36:01	37:30							
				4:30	2:13	0:57	4:36	5:36	2:33	2:02	9:32	4:02	1:29							
7	4	Pete Lawrence GRAMP	38:14	4:31	6:54	8:02	11:49	16:33	26:00	27:50	33:43	36:48	38:14							
				4:31	2:23	1:08	3:47	4:44	9:27	1:50	5:53	3:05	1:26							
8	12	Paul Chapman MAROC	39:49	4:27	7:05	8:14	12:10	18:00	23:54	26:55	33:27	38:17	39:49							
				4:27	2:38	1:09	3:56	5:50	5:54	3:01	6:32	4:50	1:32							
9	11	Phil Campbell GRAMP	39:58	5:08	7:55	9:44	14:08	19:15	23:10	26:45	33:39	38:12	39:58							
				5:08	2:47	1:49	4:24	5:07	3:55	3:35	6:54	4:33	1:46							
10	1	Jeremy Huthwaite GRAMP	42:27	8:07	11:22	12:52	17:44	22:09	26:13	28:53	36:25	40:51	42:27							
				8:07	3:15	1:30	4:52	4:25	4:04	2:40	7:32	4:26	1:36							
11	25	Paul Duley GRAMP	42:29	4:37	7:27	8:41	13:10	21:19	25:10	29:24	35:49	40:48	42:29							
				4:37	2:50	1:14	4:29	8:09	3:51	4:14	6:25	4:59	1:41							
12	13	Alexander Campbell MAROC	43:27	5:23	8:23	10:03	15:15	21:05	24:39	27:33	35:48	41:30	43:27							
				5:23	3:00	1:40	5:12	5:50	3:34	2:54	8:15	5:42	1:57							
13	23	Julian Robinson GRAMP	44:06	4:49	8:00	8:59	13:58	18:46	24:14	27:36	36:42	42:40	44:06							
				4:49	3:11	0:59	4:59	4:48	5:28	3:22	9:06	5:58	1:26							
14	24	Matthew Parkes GRAMP	44:09	4:39	7:35	8:54	18:33	22:50	29:27	32:06	38:30	42:46	44:09							
				4:39	2:56	1:19	9:39	4:17	6:37	2:39	6:24	4:16	1:23							
15	29	Helen Rowlands GRAMP	45:26	6:18	9:44	11:27	16:29	22:16	26:00	29:14	38:36	43:10	45:26							
				6:18	3:26	1:43	5:02	5:47	3:44	3:14	9:22	4:34	2:16							
16	3	Andy Tivendale MAROC	49:15	4:04	6:41	12:51	16:14	20:47	35:20	37:24	43:47	47:23	49:15							
				4:04	2:37	6:10	3:23	4:33	14:33	2:04	6:23	3:36	1:52							
17	5	David Esson GRAMP	54:24	4:44	9:52	11:12	16:43	25:39	34:35	37:28	46:58	52:04	54:24							
				4:44	5:08	1:20	5:31	8:56	8:56	2:53	9:30	5:06	2:20							
18	22	Ian McIntyre INT	56:30	5:36	8:31	9:43	16:13	24:50	32:30	34:52	50:04	54:19	56:30							
				5:36	2:55	1:12	6:30	8:37	7:40	2:22	15:12	4:15	2:11							
19	27	Ranolph Whitehead MAROC	56:52	7:00	10:02	11:34	16:34	25:14	39:51	43:47	51:12	55:08	56:52							
				7:00	3:02	1:32	5:00	8:40	14:37	3:56	7:25	3:56	1:44							
20	6	Peter Craig MAROC	1:03:53	6:31	11:05	12:24	18:24	28:18	39:33	42:50	56:02	1:01:37	1:03:53							
				6:31	4:34	1:19	6:00	9:54	11:15	3:17	13:12	5:35	2:16							
21	26	Rachel Scott GRAMP	1:14:22	19:05	22:48	24:27	29:47	41:23	46:38	49:55	1:05:24	1:11:49	1:14:22							
				19:05	3:43	1:39	5:20	11:36	5:15	3:17	15:29	6:25	2:33							
Long (10)				4.8 km 0 m							14 C									
				1(110)	2(115)	3(116)	4(111)	5(121)	6(112)	7(118)	8(122)	9(113)	10(114)	11(119)	12(120)	13(123)	14(117)			
1	9	Matthew Gooch MAROC	34:54	1:31	4:01	4:32	6:32	11:05	14:01	16:32	18:52	19:48	22:24	24:19	26:27	31:46	33:48			
				1:31	2:30	0:31	2:00	4:33	2:56	2:31	2:20	0:56	2:36	1:55	2:08	5:19	2:02			
				34:54																
				1:06																
2	17	Ewan Musgrave MAROC	36:09	1:30	4:15	5:02	7:02	11:43	14:36	17:06	20:01	20:56	22:59	24:55	27:36	33:16	35:13			
				1:30	2:45	0:47	2:00	4:41	2:53	2:30	2:55	0:55	2:03	1:56	2:41	5:40	1:57			
				36:09																
				0:56																
3	18	Jonathan Musgrave MAROC	43:12	1:41	4:52	5:47	8:14	13:44	17:25	20:33	23:30	24:30	27:13	29:29	32:14	39:04	42:01			
				1:41	3:11	0:55	2:27	5:30	3:41	3:08	2:57	1:00	2:43	2:16	2:45	6:50	2:57			
				43:12																
				1:11																
4	16	Adam Barrie MAROC	44:04	1:27	6:41	7:28	9:38	16:48	19:57	22:42	25:30	26:30	29:06	31:33	34:05	40:32	42:54			
				1:27	5:14	0:47	2:10	7:10	3:09	2:45	2:48	1:00	2:36	2:27	2:32	6:27	2:22			
				44:04																
				1:10																
5	31	Drew Tivendale MAROC	48:08	1:27	9:07	9:51	12:36	18:53	22:21	25:13	28:27	29:29	31:36	34:08	38:07	44:36	46:58			
				1:27	7:40	0:44	2:45	6:17	3:28	2:52	3:14	1:02	2:07	2:32	3:59	6:29	2:22			
				48:08																
				1:10																
6	19	Sarah Dunn MAROC	57:06	2:10	6:18	7:01	10:02	17:51	21:44	25:42	29:25	31:03	34:33	37:30	44:02	51:35	55:44			
				2:10	4:08	0:43	3:01	7:49	3:53	3:58	3:43	1:38	3:30	2:57	6:32	7:33	4:09			
				57:06																
				1:22																
7	8	Jonas Newey MAROC	59:03	2:01	5:51	7:11	14:25	21:44	25:34	29:20	33:30	35:33	39:08	42:45	46:42	53:39	57:50			
				2:01	3:50	1:20	7:14	7:19	3:50	3:46	4:10	2:03	3:35	3:37	3:57	6:57	4:11			
				59:03																
				1:13																
8	7	David Kirk GRAMP	1:03:04	2:42	7:03	7:52	11:35	19:13	23:52	29:20	33:58	35:32	39:04	42:07	46:43	57:43	1:01:30			
				2:42	4:21	0:49	3:43	7:38	4:39	5:28	4:38	1:34	3:32	3:03	4:36	11:00	3:47			
				1:03:04																
				1:34																

