

Pl	Stno	Name	Time														
Mens Open (29)				3.1 km 40 m							20 C						
				1(164)	2(248)	3(233)	4(235)	5(160)	6(247)	7(242)	8(170)	9(167)	10(168)	11(221)	12(243)	13(165)	14(133)
				15(139)	16(152)	17(244)	18(154)	19(155)	20(171)	Finish							
1	2	Kristian Jones FVO	15:11	0:46 0:46	1:22 0:36	2:22 1:00	2:58 0:36	4:44 1:46	5:41 0:57	6:28 0:47	6:48 0:20	8:13 1:25	8:52 0:39	9:19 0:27	9:54 0:35	10:53 0:59	11:47 0:54
				0:28	0:21	0:41	0:35	0:31	0:32	0:16							
2	158	Duncan Birtwistle OD	15:16	0:43 0:43	1:11 0:28	2:15 1:04	2:49 0:34	4:25 1:36	5:23 0:58	6:12 0:49	6:33 0:21	8:05 1:32	8:44 0:39	9:13 0:29	9:51 0:38	10:56 1:05	11:55 0:59
				0:30	0:22	0:34	0:34	0:34	0:29	0:18							
3	145	Alexander Chepelin EUOC	15:32	0:49 0:49	1:26 0:37	2:30 1:04	3:04 0:34	4:44 1:40	5:37 0:53	6:23 0:46	6:42 0:19	8:12 1:30	8:53 0:41	9:20 0:27	9:56 0:36	10:58 1:02	12:00 1:02
				12:30	13:03	13:37	14:11	14:46	15:17	15:32							
				0:30	0:33	0:34	0:34	0:35	0:31	0:15							
4	87	Thomas Wilson EUOC	15:47	0:46 0:46	1:17 0:31	2:33 1:16	3:09 0:36	4:44 1:35	5:37 0:53	6:22 0:45	6:43 0:21	8:17 1:34	8:57 0:40	9:25 0:28	10:03 0:38	11:07 1:04	12:07 1:00
				12:34	13:11	13:47	14:25	14:58	15:30	15:47							
				0:27	0:37	0:36	0:38	0:33	0:32	0:17							
5	93	Eddie Narbett EUOC	15:54	0:46 0:46	1:26 0:40	2:27 1:01	3:02 0:35	4:39 1:37	5:45 1:06	6:31 0:46	6:54 0:23	8:27 1:33	9:09 0:42	9:38 0:29	10:15 0:37	11:24 1:09	12:25 1:01
				12:56	13:27	14:01	14:35	15:09	15:39	15:54							
				0:31	0:31	0:34	0:34	0:34	0:30	0:15							
6	66	Peter Hodkinson INT	16:04	0:50 0:50	1:18 0:28	2:40 1:22	3:15 0:35	5:10 1:55	6:03 0:53	6:51 0:48	7:12 0:21	8:43 1:31	9:25 0:42	9:51 0:26	10:28 0:37	11:36 1:08	12:33 0:57
				13:03	13:24	14:10	14:45	15:17	15:48	16:04							
				0:30	0:21	0:46	0:35	0:32	0:31	0:16							
7	159	Boyan Ivandjиков EUOC	16:14	0:49 0:49	1:16 0:27	2:23 1:07	2:59 0:36	4:46 1:47	5:48 1:02	6:36 0:48	6:57 0:21	8:38 1:41	9:21 0:43	9:48 0:27	10:25 0:37	11:27 1:02	12:25 0:58
				13:03	13:41	14:18	14:52	15:25	15:58	16:14							
				0:38	0:38	0:37	0:34	0:33	0:33	0:16							
8	81	Alastair Thomas EUOC	16:16	0:50 0:50	1:19 0:29	2:38 1:19	3:12 0:34	4:59 1:47	5:55 0:56	6:44 0:49	7:06 0:22	8:41 1:35	9:23 0:42	9:51 0:28	10:27 0:36	11:33 1:06	12:32 0:59
				12:58	13:37	14:12	14:51	15:27	16:00	16:16							
				0:26	0:39	0:35	0:39	0:36	0:33	0:16							
9	74	Daniel Spencer EUOC	16:18	0:52 0:52	1:31 0:39	2:34 1:03	3:10 0:36	4:50 1:40	5:47 0:57	6:36 0:49	6:58 0:22	8:36 1:38	9:17 0:41	9:46 0:29	10:23 0:37	11:28 1:05	12:28 1:00
				13:01	13:37	14:15	14:52	15:29	16:03	16:18							
				0:33	0:36	0:38	0:37	0:37	0:34	0:15							
10	105	Alistair Masson INT	16:32	0:55 0:55	1:28 0:33	2:50 1:22	3:24 0:34	5:09 1:45	6:07 0:58	6:56 0:49	7:18 0:22	8:54 1:36	9:37 0:43	10:06 0:29	10:44 0:38	11:54 1:10	12:54 1:00
				13:24	13:53	14:28	15:07	15:41	16:15	16:32							
				0:30	0:29	0:35	0:39	0:34	0:34	0:17							
11	75	Thomas Laraia EUOC	16:46	0:51 0:51	1:20 0:29	2:25 1:05	3:05 0:40	4:51 1:46	5:50 0:59	6:42 0:52	7:03 0:21	8:55 1:52	9:41 0:46	10:09 0:28	10:50 0:41	12:06 1:16	13:08 1:02
				13:37	14:05	14:40	15:19	15:54	16:28	16:46							
				0:29	0:28	0:35	0:39	0:35	0:34	0:18							
12	83	Tom Lines EUOC	17:00	1:08 1:08	1:45 0:37	2:48 1:03	3:23 0:35	5:09 1:46	6:03 0:54	6:56 0:53	7:17 0:21	8:52 1:35	9:49 0:57	10:17 0:28	10:56 0:39	12:04 1:08	13:06 1:02
				13:37	14:01	14:35	15:34	16:12	16:44	17:00							
				0:31	0:24	0:34	0:59	0:38	0:32	0:16							
13	82	David Bunn EUOC	17:09	0:59 0:59	1:39 0:40	3:01 1:22	3:39 0:38	5:27 1:48	6:27 1:00	7:17 0:50	7:40 0:23	9:18 1:38	10:00 0:42	10:28 0:28	11:05 0:37	12:14 1:09	13:18 1:04
				13:50	14:31	15:05	15:46	16:22	16:54	17:09							
				0:32	0:41	0:34	0:41	0:36	0:32	0:15							
14	94	Axel Olsson EUOC	17:11	1:05 1:05	1:42 0:37	2:46 1:04	3:21 0:35	5:08 1:47	6:06 0:58	6:56 0:50	7:19 0:23	8:54 1:35	9:38 0:44	10:09 0:31	10:50 0:41	12:05 1:15	13:09 1:04
				13:40	14:03	14:55	15:32	16:10	16:53	17:11							
				0:31	0:23	0:52	0:37	0:38	0:43	0:18							
15	92	Mark Nixon FVO	17:12	0:53 0:53	1:31 0:38	2:35 1:04	3:18 0:43	5:06 1:48	6:05 0:59	6:56 0:51	7:19 0:23	9:21 2:02	10:05 0:44	10:36 0:31	11:18 0:42	12:32 1:14	13:35 1:03
				14:05	14:31	15:07	15:47	16:22	16:55	17:12							
				0:30	0:26	0:36	0:40	0:35	0:33	0:17							
15	85	Max F A Bloor EUOC	17:12	0:53 0:53	1:38 0:45	2:59 1:21	3:35 0:36	5:20 1:45	6:23 1:03	7:13 0:50	7:36 0:23	9:12 1:36	9:57 0:45	10:27 0:30	11:09 0:42	12:19 1:10	13:27 1:08
				13:57	14:22	15:05	15:43	16:21	16:56	17:12							
				0:30	0:25	0:43	0:38	0:38	0:35	0:16							
17	89	William Rigg INT	17:19	0:52 0:52	1:31 0:39	2:40 1:09	3:14 0:34	5:06 1:52	6:06 1:00	6:58 0:52	7:20 0:22	9:02 1:42	9:48 0:46	10:18 0:30	11:01 0:43	12:14 1:13	13:19 1:05
				13:48	14:25	15:03	15:46	16:25	17:02	17:19							
				0:29	0:37	0:38	0:43	0:39	0:37	0:17							
18	124	Joseph Wright EUOC	17:32	0:48 0:48	1:23 0:35	2:27 1:04	3:07 0:40	4:53 1:46	6:09 1:16	7:15 1:06	7:44 0:29	9:25 1:41	10:07 0:42	10:35 0:28	11:14 0:39	12:24 1:10	13:39 1:15
				14:08	14:46	15:21	16:00	16:37	17:13	17:32							
				0:29	0:38	0:35	0:39	0:37	0:36	0:19							
19	68	Sam Griffin GRAMP	17:51	0:53 0:53	1:38 0:45	2:45 1:07	3:21 0:36	5:11 1:50	6:09 0:58	7:13 1:04	7:35 0:22	9:21 1:46	10:02 0:41	10:33 0:31	11:14 0:41	12:47 1:33	13:56 1:09
				14:28	15:10	15:43	16:25	17:01	17:35	17:51							
				0:32	0:42	0:33	0:42	0:36	0:34	0:16							
20	90	Noah Howlett EUOC	18:05	1:26 1:26	1:51 0:25	3:19 1:28	3:56 0:37	5:56 2:00	6:58 1:02	8:06 1:08	8:27 0:21	10:02 1:35	10:47 0:45	11:17 0:30	11:57 0:40	13:14 1:17	14:17 1:03
				14:48	15:11	15:47	16:24	17:07	17:48	18:05							
				0:31	0:23	0:36	0:37	0:43	0:41	0:17							
21	164	Johannes Petersen INVOC	18:51	0:59 0:59	1:48 0:49	3:02 1:14	3:41 0:39	5:45 2:04	6:47 1:02	7:48 1:01	8:12 0:24	9:58 1:46	10:45 0:47	11:18 0:33	12:05 0:47	13:25 1:20	14:35 1:10
				15:06	15:47	16:22	17:06	17:45	18:33	18:51							
				0:31	0:41	0:35	0:44	0:39	0:48	0:18							

Pl	Stno	Name	Time														
Mens Open (29)				3.1 km 40 m 20 C (cont.)													
				1(164) 15(139)	2(248) 16(152)	3(233) 17(244)	4(235) 18(154)	5(160) 19(155)	6(247) 20(171)	7(242) Finish	8(170)	9(167)	10(168)	11(221)	12(243)	13(165)	14(133)
22	76	Michael Stanwix EUOC	18:52	1:00 1:00 15:23 0:33	1:41 0:41 16:04 0:41	3:08 1:27 16:41 0:37	3:48 0:40 17:25 0:44	5:57 2:09 18:03 0:38	7:01 1:04 18:39 0:36	7:59 0:58 18:52 0:13	8:23 0:24	10:14 1:51	11:01 0:47	11:32 0:31	12:17 0:45	13:34 1:17	14:50 1:16
23	86	Matthew Leitch EUOC	19:54	0:52 0:52 16:13 0:40	1:31 0:39 16:56 0:43	2:44 1:13 17:41 0:45	3:22 0:38 18:23 0:42	5:15 1:53 19:02 0:39	6:29 1:14 19:38 0:36	7:29 1:00 19:54 0:16	7:52 0:23	10:12 2:20	11:02 0:50	11:40 0:38	12:26 0:46	14:20 1:54	15:33 1:13
24	3	Paul Clatworthy ESOC	20:10	1:08 1:08 16:21 0:38	1:42 0:34 16:50 0:29	3:01 1:19 17:37 0:47	3:44 0:43 18:31 0:54	5:57 2:13 19:12 0:41	7:07 1:10 19:52 0:40	8:17 1:10 20:10 0:18	8:43 0:26	10:38 1:55	11:29 0:51	12:03 0:34	12:53 0:50	14:20 1:27	15:43 1:23
25	102	Ross Lyall ELO	23:12	1:09 1:09 18:25 0:37	2:02 0:53 19:15 0:50	3:28 1:26 20:03 0:48	4:13 0:45 20:56 0:53	6:25 2:12 21:42 0:46	7:48 1:23 22:49 1:07	9:07 1:19 23:12 0:23	9:43 0:36	12:08 2:25	13:07 0:59	13:47 0:40	14:38 0:51	16:19 1:41	17:48 1:29
26	54	Alasdair Raynor INVOC	25:04	1:17 1:17 20:38 0:47	3:06 1:49 21:21 0:43	4:43 1:37 22:14 0:53	6:01 1:18 23:06 0:52	8:23 2:22 23:58 0:52	9:56 1:33 24:42 0:44	11:04 1:08 25:04 0:22	11:33 0:29	13:38 2:05	14:39 1:01	15:20 0:41	16:14 0:54	18:21 2:07	19:51 1:30
27	98	Chris Redmond MAROC	26:35	1:14 1:14 21:09 0:45	2:10 0:56 22:11 1:02	3:50 1:40 23:23 1:12	4:48 0:58 24:30 1:07	7:39 2:51 25:23 0:53	9:05 1:26 26:16 0:53	10:29 1:24 26:35 0:19	11:05 0:36	13:49 2:44	15:00 1:11	15:46 0:46	16:54 1:08	18:42 1:48	20:24 1:42
	24	Graham Gristwood FVO	dns														
	72	Ben Breeze EUOC	dns														
Mens 40+ (20)				5.8 km 105 m 33 C													
				1(231) 15(235) 29(152)	2(248) 16(158) 30(140)	3(233) 17(174) 31(244)	4(235) 18(237) 32(155)	5(160) 19(159) 33(171)	6(232) 20(167) Finish	7(227) 21(168)	8(223) 22(169)	9(163) 23(157)	10(234) 24(243)	11(236) 25(165)	12(161) 26(173)	13(166) 27(154)	14(170) 28(238)
1	63	Will Hensman FVO	34:34	0:50 0:50 15:36 0:37 31:38 0:42	1:31 0:41 17:45 2:09 32:12 0:34	2:43 1:12 19:25 1:40 32:48 0:36	3:24 0:41 20:22 0:57 33:34 0:46	5:22 1:58 21:33 1:11 34:13 0:39	6:17 0:55 23:02 1:29 34:34 0:21	7:06 0:49 23:54 0:52	8:50 1:44 24:37 0:43	9:35 0:45 25:49 1:12	10:20 0:45 26:15 0:26	12:20 2:00 27:29 1:14	12:54 0:34 28:08 0:39	14:11 1:17 29:42 1:34	14:59 0:48 30:56 1:14
2	171	Ray Ward INT	35:49	0:52 0:52 16:11 0:33 32:41 0:48	1:39 0:47 18:39 2:28 33:18 0:37	2:52 1:13 20:16 1:37 34:04 0:46	3:36 0:44 21:15 0:59 34:50 0:46	5:30 0:58 22:23 1:08 35:31 0:41	6:28 0:51 23:46 1:23 35:49 0:18	7:19 0:51 24:38 0:52	9:24 2:05 25:23 0:45	10:07 0:43 26:37 1:14	11:07 1:00 27:04 0:27	13:11 2:04 28:21 1:17	13:44 0:33 29:02 0:41	14:58 1:14 30:33 1:31	15:38 0:40 31:53 1:20
3	117	Ben Stansfield FVO	38:21	0:58 0:58 16:52 0:38 35:09 0:54	1:45 0:47 19:35 2:43 35:47 0:38	3:06 1:21 21:22 1:47 36:25 0:38	3:52 0:46 22:39 1:17 37:15 0:50	6:04 2:12 23:56 1:17 37:57 0:42	7:07 1:03 25:23 1:27 38:21 0:24	8:02 0:55 26:18 0:55	9:50 1:48 27:06 0:48	10:38 0:48 28:29 1:23	11:31 0:53 28:56 0:27	13:41 2:10 30:18 1:22	14:16 0:35 31:04 0:46	15:30 1:14 32:51 1:47	16:14 0:44 34:15 1:24
4	45	Tim Griffin GRAMP	39:07	0:53 0:53 17:19 0:35 35:58 0:58	1:36 0:43 19:57 2:38 36:35 0:37	2:56 1:20 21:49 1:52 37:11 0:36	3:39 0:43 22:54 1:05 38:02 0:51	5:54 2:15 24:11 1:17 38:44 0:42	6:56 1:02 25:38 1:27 39:07 0:23	7:53 0:57 26:39 1:01	10:00 2:07 27:27 0:48	10:46 0:46 28:47 1:20	11:34 0:48 29:16 0:29	13:40 2:06 30:40 1:24	14:20 0:40 31:27 0:47	15:58 1:38 33:12 1:45	16:44 0:46 35:00 1:48
5	22	Andrew Campbell MOR	39:45	0:51 0:51 17:17 0:36 36:38 1:05	1:38 0:47 19:46 2:29 37:15 0:37	2:58 1:20 21:40 1:54 37:55 0:40	3:42 0:44 22:47 1:07 38:45 0:50	5:51 2:09 24:05 1:18 39:26 0:41	6:53 1:02 25:42 1:37 39:45 0:19	7:50 0:57 26:41 0:59	9:59 2:09 27:37 0:56	10:49 0:50 29:02 1:25	11:36 0:47 29:32 0:30	13:43 2:07 31:22 1:50	14:20 0:37 32:06 0:44	15:51 1:31 34:03 1:57	16:41 0:50 35:33 1:30
6	138	Colin Hall MOR	40:25	0:56 0:56 17:44 0:39 37:07 1:02	2:05 1:09 20:11 2:27 37:51 0:44	3:27 1:22 22:10 1:59 38:31 0:40	4:11 0:44 23:28 1:18 39:21 0:50	6:21 2:10 24:42 1:14 40:05 0:44	7:32 1:11 26:12 1:30 40:25 0:20	8:23 0:51 27:18 1:06	10:25 2:02 28:14 0:56	11:15 0:50 29:36 1:22	12:11 0:56 30:05 0:29	14:15 2:04 31:41 1:36	14:54 0:39 32:28 0:47	16:14 1:20 34:23 1:55	17:05 0:51 36:05 1:42
7	125	Ali Robertson GRAMP	42:38	0:55 0:55 19:41 0:48 39:13 0:47	1:39 0:44 22:25 2:44 39:54 0:41	3:25 1:46 24:23 1:58 40:32 0:38	4:11 0:46 25:33 1:10 41:30 0:58	6:53 2:42 26:53 1:20 42:16 0:46	8:06 1:13 28:31 1:38 42:38 0:22	9:04 0:58 29:29 0:58	11:06 2:02 30:23 0:54	12:29 1:23 31:54 1:31	13:19 0:50 32:31 0:37	15:52 2:33 33:57 1:26	16:38 0:46 34:47 0:50	17:50 1:12 36:54 2:07	18:53 1:03 38:26 1:32
8	162	David Kirk GRAMP	47:05	1:13 1:13 21:38 0:42 43:29 1:08	2:34 1:21 24:36 2:58 44:09 0:40	4:34 2:00 26:42 2:06 45:01 0:52	6:06 1:32 28:07 1:25 45:58 0:57	8:44 2:38 29:37 1:30 46:46 0:48	9:57 1:13 31:19 1:42 47:05 0:19	11:00 1:03 32:30 1:11	13:23 2:23 33:30 1:00	14:18 0:55 35:00 1:30	15:12 0:54 35:38 0:38	17:34 2:22 37:21 1:43	18:17 0:43 38:13 0:52	20:02 1:45 40:35 2:22	20:56 0:54 42:21 1:46

Pl	Stno	Name	Time														
Mens 40+ (20)			5.8 km 105 m 33 C (cont.)														
			1(231) 15(235) 29(152)	2(248) 16(158) 30(140)	3(233) 17(174) 31(244)	4(235) 18(237) 32(155)	5(160) 19(159) 33(171)	6(232) 20(167) Finish	7(227) 21(168)	8(223) 22(169)	9(163) 23(157)	10(234) 24(243)	11(236) 25(165)	12(161) 26(173)	13(166) 27(154)	14(170) 28(238)	
9	4	Terry Johnstone ESOC	47:08	1:10 1:10 21:16 0:49 43:15 0:57	1:58 0:48 24:18 3:02 44:03 0:48	4:01 2:03 26:24 2:06 44:54 0:51	4:56 0:55 27:40 1:16 45:50 0:56	7:37 2:41 29:16 1:36 46:46 0:56	9:00 1:23 31:04 1:48 47:08 0:22	10:08 1:08 32:10 1:06	12:46 2:38 33:09 0:59	13:44 0:58 34:49 1:40	14:38 0:54 35:28 0:39	17:06 2:28 37:15 1:47	17:48 0:42 38:10 0:55	19:36 1:48 40:29 2:19	20:27 0:51 42:18 1:49
10	61	Hugh Nicholson GRAMP	48:43	1:15 23:52 0:42 45:14 0:59	2:11 26:44 2:52 45:57 0:43	3:41 28:52 2:08 46:44 0:47	4:40 30:02 1:10 47:40 0:56	7:02 32:40 2:38 48:26 0:46	8:36 34:09 1:29 48:43 0:17	9:31 35:07 0:58	15:40 36:00 0:53	16:37 37:27 1:27	17:31 38:01 0:34	19:45 39:50 1:49	20:27 40:42 0:52	22:15 42:32 1:50	23:10 44:15 1:43
11	132	Peter McLuckie MOR	49:31	1:07 1:07 21:11 0:41 45:43 0:50	1:55 0:48 24:18 3:07 46:25 0:42	4:44 2:49 26:24 2:06 47:19 0:54	5:33 0:49 27:40 1:16 48:20 1:01	8:04 2:31 29:12 1:32 49:08 0:48	9:30 1:26 31:12 2:00 49:31 0:23	10:36 1:06 32:12 1:00	13:07 2:31 33:19 1:07	14:00 0:53 34:52 1:33	15:02 1:02 35:30 0:38	17:22 2:20 37:08 1:38	18:07 0:45 37:58 0:50	19:39 1:32 40:05 2:07	20:30 0:51 44:53 4:48
12	146	Simon James TAY	51:38	1:07 1:07 22:32 0:40 47:29 1:16	2:10 1:03 25:41 3:09 48:19 0:50	4:13 2:03 27:50 2:09 49:07 0:48	5:12 0:59 29:30 1:40 50:12 1:05	8:01 2:49 31:04 1:34 51:11 0:59	9:24 1:23 33:13 2:09 51:38 0:27	10:40 1:16 34:15 1:02	13:24 2:44 35:18 1:03	14:21 0:57 38:35 3:17	15:22 1:01 39:19 0:44	17:46 2:24 41:07 1:48	18:32 0:46 42:06 0:59	20:50 2:18 44:27 2:21	21:52 1:02 46:13 1:46
13	147	Donald Barrie MAROC	52:20	2:31 2:31 24:33 0:50 47:29 0:52	3:24 0:53 27:48 3:15 48:18 0:49	5:07 1:43 30:04 2:16 49:13 0:55	6:10 1:03 31:36 1:32 50:23 1:10	8:57 2:47 33:20 1:44 51:58 1:35	10:18 1:21 35:16 1:56 52:20 0:22	11:18 1:00 36:22 1:06	14:06 2:48 37:26 1:04	15:09 1:03 39:10 1:44	16:04 0:55 39:52 0:42	19:21 3:17 41:34 1:42	20:05 0:44 42:26 0:52	22:35 2:30 44:39 2:13	23:43 1:08 46:37 1:58
14	97	Nick Langley CLYDE	52:41	1:18 1:18 24:26 0:50 48:24 1:05	2:17 0:59 27:39 3:13 49:20 0:56	4:10 1:53 29:53 2:14 50:10 0:50	5:13 1:03 31:37 1:44 51:18 1:08	8:12 2:59 33:08 1:31 52:17 0:59	10:05 1:53 34:59 1:51 52:41 0:24	11:32 1:27 36:06 1:07	14:46 3:14 37:15 1:09	15:58 1:12 39:06 1:51	17:17 1:19 39:42 0:36	19:54 2:37 41:35 1:53	20:41 0:47 42:31 0:56	22:29 1:48 44:47 2:16	23:36 1:07 47:19 2:32
15	123	Andy Paterson CLYDE	54:17	1:32 1:32 23:15 0:59 49:40 1:03	2:25 0:53 26:42 3:27 50:40 1:00	4:12 1:47 29:18 2:36 51:33 0:53	5:05 0:53 30:57 1:39 52:45 1:12	8:08 3:03 32:45 1:48 53:47 1:02	9:27 1:19 34:51 2:06 54:17 0:30	10:45 1:18 36:07 1:16	13:25 2:40 37:13 1:06	14:26 1:01 39:13 2:00	15:28 1:02 39:52 0:39	18:41 3:13 42:35 2:43	19:36 0:55 43:46 1:11	21:10 1:34 46:30 2:44	22:16 1:06 48:37 2:07
16	166	Adrian Will	55:40	1:08 1:08 24:43 0:46 51:26 1:45	2:08 1:00 28:16 3:33 52:16 0:50	4:03 1:55 30:56 2:40 53:17 1:01	5:02 0:59 32:50 1:54 54:20 1:03	7:57 2:04 34:34 1:44 55:14 0:54	10:01 2:04 36:48 2:14 55:40 0:26	11:23 1:22 38:07 1:19	14:15 2:52 39:28 1:21	15:18 1:03 41:28 2:00	16:56 1:38 42:07 0:39	19:49 2:53 44:09 2:02	20:42 0:53 45:11 1:02	22:48 2:06 47:43 2:32	23:57 1:09 49:41 1:58
128	Alan Bennett MAROC	mp	1:00 1:00 20:25 0:41 42:28 1:13	1:58 0:58 23:23 2:58 ----- 1:07	4:12 2:14 25:38 1:16 43:35 1:07	5:02 0:50 26:54 1:30 44:34 0:59	7:50 2:48 28:24 1:30 45:23 0:49	9:10 1:20 30:30 2:06 45:44 0:21	10:10 1:00 31:35 1:05	12:17 2:07 32:39 1:04	13:13 0:56 34:15 1:36	14:10 0:57 34:48 0:33	16:42 2:32 36:32 1:44	17:25 0:43 37:26 0:54	18:47 1:22 39:34 2:08	19:44 0:57 41:15 1:41	
29	Alistair Duguid TAY	mp	0:56 0:56 21:07 0:43 45:39 1:17	1:46 0:50 24:54 3:47 46:23 0:44	3:11 1:25 27:18 2:24 47:13 0:50	4:01 0:50 28:38 1:20 48:09 0:56	6:47 2:46 30:21 1:43 48:58 0:49	----- 2:26 32:22 2:01 49:23 0:25	9:13 2:26 33:31 1:09	11:38 2:25 34:35 1:04	12:33 0:55 36:19 1:44	13:38 1:05 37:04 0:45	16:53 3:15 39:00 1:56	17:36 0:43 39:55 0:55	19:22 1:46 42:26 2:31	20:24 1:02 44:22 1:56	
114	Nick Collins MAROC	mp	1:21 1:21 26:29 0:39 51:26 1:21	2:21 1:00 30:36 4:07 52:11 0:45	5:25 3:04 ----- 3:50 53:12 1:01	7:37 2:12 34:26 3:50 54:18 1:06	10:18 2:41 35:55 1:29 55:16 0:58	11:39 1:21 38:04 2:09 55:42 0:26	12:57 1:18 39:08 1:04	15:38 2:41 40:18 1:10	18:09 2:31 42:03 1:45	19:02 0:53 42:46 0:43	21:51 2:49 44:39 1:53	22:36 0:45 45:35 0:56	24:50 2:14 48:02 2:27	25:50 1:00 50:05 2:03	
173	Jim O'Donoghue	mp	1:27 1:27 35:51 1:35 1:12:28 2:07	3:41 2:14 40:28 4:37 1:13:37 1:09	9:38 5:57 43:53 3:25 1:15:22 1:45	10:51 1:13 45:54 2:01 1:17:08 1:46	14:53 4:02 49:01 3:07 1:18:47 1:39	----- 4:02 51:27 2:26 1:19:19 0:32	17:58 3:05 53:10 1:43	21:20 3:22 54:42 1:32	22:47 1:27 57:34 2:52	24:28 1:41 58:32 0:58	29:06 4:38 1:01:19 2:47	30:05 0:59 1:02:36 1:17	32:35 2:30 1:06:50 4:14	34:16 1:41 1:10:21 3:31	

Pl	Stno	Name	Time														
Mens 55+ (14)				4.8 km 85 m							30 C						
				1(239)	2(235)	3(160)	4(232)	5(227)	6(223)	7(163)	8(234)	9(236)	10(161)	11(166)	12(242)	13(233)	14(248)
				15(158)	16(167)	17(221)	18(168)	19(228)	20(157)	21(243)	22(165)	23(225)	24(238)	25(152)	26(140)	27(244)	28(154)
				29(162)	30(171)	Finish											
1	55	Colin Salisbury INVOC	38:28	1:43	3:45	5:59	7:31	8:24	10:33	11:26	12:18	14:30	15:13	16:38	17:34	18:57	21:05
				1:43	2:02	2:14	1:32	0:53	2:09	0:53	0:52	2:12	0:43	1:25	0:56	1:23	2:08
				22:27	24:51	25:31	26:13	26:41	28:07	28:50	30:38	32:11	32:57	34:05	34:49	35:41	36:37
				1:22	2:24	0:40	0:42	0:28	1:26	0:43	1:48	1:33	0:46	1:08	0:44	0:52	0:56
				37:24	38:11	38:28											
				0:47	0:47	0:17											
2	48	Pete Lawrence GRAMP	39:16	3:45	5:45	8:15	9:24	10:33	12:44	13:42	14:37	17:06	17:48	19:18	19:51	21:10	23:01
				3:45	2:00	2:30	1:09	1:09	2:11	0:58	0:55	2:29	0:42	1:30	0:33	1:19	1:51
				24:17	27:00	27:33	28:16	28:43	29:38	30:09	31:43	33:24	34:07	35:05	35:46	36:26	37:19
				1:16	2:43	0:33	0:43	0:27	0:55	0:31	1:34	1:41	0:43	0:58	0:41	0:40	0:53
				38:01	38:52	39:16											
				0:42	0:51	0:24											
3	71	Trevor Ricketts MAROC	39:50	1:28	3:47	6:45	8:20	9:21	11:35	12:27	13:16	15:39	16:31	18:09	18:53	20:16	22:03
				1:28	2:19	2:58	1:35	1:01	2:14	0:52	0:49	2:23	0:52	1:38	0:44	1:23	1:47
				23:17	25:59	26:37	27:21	27:48	29:03	29:35	31:13	32:52	33:36	34:56	35:38	36:26	37:24
				1:14	2:42	0:38	0:44	0:27	1:15	0:32	1:38	1:39	0:44	1:20	0:42	0:48	0:58
				38:23	39:24	39:50											
				0:59	1:01	0:26											
4	31	Ade Chapman MOR	41:08	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----	41:08											
				----	----	41:08											
5	56	Dennis Mcdonald GRAMP	44:43	1:44	4:36	7:06	8:54	9:53	12:12	13:08	14:24	16:44	17:23	19:32	20:15	21:39	23:54
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				1:20	4:59	0:40	0:43	0:26	0:51	0:30	1:55	2:29	0:43	1:10	0:40	0:49	1:17
				43:27	44:22	44:43											
				1:01	0:55	0:21											
6	153	Tim Harding ELO	46:18	1:48	5:17	8:18	9:41	11:07	13:50	14:49	15:53	18:52	19:43	21:19	22:15	23:54	25:56
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				1:06	1:27	0:24											
7	21	Chris Low MAROC	47:00	2:20	4:38	7:23	8:42	9:51	15:19	16:17	17:17	20:06	20:50	22:27	23:10	24:55	27:09
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				45:24	46:35	47:00											
				1:35	1:11	0:25											
8	137	Robert Neil FVO	47:26	1:49	3:59	6:53	8:18	9:36	12:33	13:38	14:55	18:17	19:05	20:34	21:21	23:11	25:44
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				1:43	2:51	0:49	0:53	0:31	1:04	0:54	2:32	2:09	0:58	1:25	0:51	1:11	1:14
				45:47	46:57	47:26											
				0:58	1:10	0:29											
9	120	Iain McLeod GRAMP	48:36	2:05	4:40	7:41	9:07	10:15	12:48	13:49	14:53	17:56	18:42	20:47	21:29	22:55	25:14
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				46:39	48:09	48:36											
				0:54	1:30	0:27											
10	27	Ken Horne RR	53:31	2:38	5:36	8:42	9:57	11:07	14:36	15:40	16:54	19:37	20:29	25:39	26:54	28:42	30:49
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11	50	David Robertson ESOC	53:36	1:38	4:42	7:55	9:16	10:31	13:34	14:41	16:01	19:41	20:31	22:42	23:28	28:28	31:37
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				1:55	3:18	0:48	0:54	0:32	1:10	0:49	2:06	1:57	0:53	2:08	0:50	0:59	1:05
				52:02	53:08	53:36											
				1:01	1:06	0:28											
12	5	Alexander Campbell MAROC	53:44	2:13	5:17	8:22	10:04	11:13	14:13	15:19	16:52	20:09	21:00	24:31	25:20	27:11	30:06
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				51:58	53:27	53:44											
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13	39	Mark Kassyk ESOC	1:05:05	2:24	5:27	9:38	11:29	13:19	18:13	19:36	21:04	25:46	26:59	29:36	30:31	32:54	36:12
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				2:16	4:41	1:05	1:16	0:47	1:31	0:53	3:15	2:49	1:14	1:48	1:15	1:13	1:37
				1:03:00	1:04:23	1:05:05											
				1:08	1:23	0:42											
6		Hugo Barker FVO	dns														

Pl	Stno	Name	Time															
				2.7 km 35 m			17 C (cont.)											
				1(239) 15(244)	2(235) 16(155)	3(242) 17(171)	4(160) Finish	5(247)	6(166)	7(241)	8(167)	9(230)	10(221)	11(243)	12(165)	13(225)	14(140)	
5	11	Eilidh Campbell EUOC	18:10	1:19 1:19 16:22 0:40	3:14 1:55 17:07 0:45	4:00 0:46 17:47 0:40	5:35 1:35 18:10 0:23	6:43 1:08	7:34 0:51	8:41 1:07	10:23 1:42	11:05 0:42	11:27 0:22	12:13 0:46	13:51 1:38	15:11 1:20	15:42 0:31	
6	78	Helen Ockenden EUOC	18:48	1:15 1:15 16:53 0:37	2:56 1:41 17:42 0:49	4:02 1:06 18:24 0:42	5:40 1:38 18:48 0:24	6:52 1:12	7:45 0:53	8:51 1:06	11:00 2:09	11:42 0:42	12:07 0:25	12:56 0:49	14:24 1:28	15:50 1:26	16:16 0:26	
7	12	Kirsty Campbell MAROC	18:54	1:16 1:16 17:01 0:41	3:31 2:15 17:53 0:52	4:18 0:47 18:32 0:39	5:52 1:34 18:54 0:22	7:05 1:13	8:03 0:58	9:06 1:03	11:02 1:56	11:44 0:42	12:09 0:25	12:57 0:48	14:25 1:28	15:49 1:24	16:20 0:31	
8	41	Rachel Kirkland INT	20:15	1:30 1:30 18:03 0:38	3:28 1:58 19:03 1:00	4:22 0:54 19:54 0:51	6:08 1:46 20:15 0:21	7:26 1:18	8:19 0:53	9:28 1:09	11:25 1:57	12:13 0:48	12:39 0:26	13:35 0:56	15:10 1:35	16:52 1:42	17:25 0:33	
9	34	Rachel Hendrie FVO	21:05	1:19 1:19 18:58 0:45	3:31 2:12 19:56 0:58	4:24 0:53 20:45 0:49	6:17 1:53 21:05 0:20	7:38 1:21	8:36 0:58	9:46 1:10	12:00 2:14	12:47 0:47	13:16 0:29	14:14 0:58	15:57 1:43	17:40 1:43	18:13 0:33	
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13	91	Lucia Parga EUOC	22:15	1:33 1:33 20:04 0:47	4:02 2:29 20:59 0:55	4:58 0:56 21:52 0:53	6:57 1:59 22:15 0:23	8:18 1:21	9:16 0:58	10:46 1:30	12:54 2:08	13:43 0:49	14:16 0:33	15:10 0:54	17:00 1:50	18:39 1:39	19:17 0:38	
14	131	Heidi Ross AUOC	22:55	1:59 1:59 21:02 1:06	4:26 2:27 21:53 0:51	6:09 1:43 22:36 0:43	7:52 1:43 22:55 0:19	9:17 1:25	10:19 1:02	11:51 1:32	14:16 2:25	14:54 0:38	15:20 0:26	16:06 0:46	17:36 1:30	19:22 1:46	19:56 0:34	
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16	130	Lucie Hamplova AUOC	28:49	1:42 1:42 26:29 0:50	3:45 2:03 27:32 1:03	8:52 5:07 28:28 0:56	10:49 1:57 28:49 0:21	12:14 1:25	13:17 1:03	15:10 1:53	17:31 2:21	18:26 0:55	19:07 0:41	20:48 1:41	23:03 2:15	24:59 1:56	25:39 0:40	
	172	Katrina Shilladay	mp	6:28 6:28 46:24 1:30	11:09 4:41 47:36 1:12	----- 48:32 0:56	19:05 7:56 48:58 0:26	21:36 2:31	25:29 3:53	28:29 3:00	32:02 3:33	33:46 1:44	34:36 0:50	35:50 1:14	39:06 3:16	43:51 4:45	44:54 1:03	
	107	Jon Hollingdale MOR	dnf	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
	13	Jane Chisholm BASOC	dns															
	79	Lindsay Robertson EUOC	dns															
	1	Anwen Darlington FVO	dns															

				4.8 km 85 m			30 C										
				1(239) 15(158) 29(162)	2(235) 16(167) 30(171)	3(160) 17(221) Finish	4(232) 18(168)	5(227) 19(228)	6(223) 20(157)	7(163) 21(243)	8(234) 22(165)	9(236) 23(225)	10(161) 24(238)	11(166) 25(152)	12(242) 26(140)	13(233) 27(244)	14(248) 28(154)
1	133	Morag McLuckie MOR	43:26	2:18 2:18 26:04 1:22 41:57 1:00	4:40 2:22 28:45 2:41 42:59 1:02	7:37 2:57 29:28 0:43 43:26 0:27	9:12 1:35 30:14 0:46	10:21 1:09 30:44 0:30	13:08 2:47 31:38 0:54	14:07 0:59 32:20 0:42	15:15 1:08 34:09 1:49	17:44 2:29 35:54 1:45	18:28 0:44 36:44 0:50	19:57 1:29 38:14 1:30	20:37 0:40 39:02 0:48	22:05 1:28 39:54 0:52	24:42 2:37 40:57 1:03
2	156	Heather Fellbaum FVO	43:31	1:36 1:36 26:08 1:24 40:57 0:54	4:25 2:49 28:40 2:32 43:05 2:08	7:12 2:47 29:19 0:39 43:31 0:26	8:30 1:18 30:02 0:43	9:46 1:16 30:28 0:26	12:45 2:59 31:35 1:07	13:47 1:02 32:06 0:31	15:19 1:32 33:42 1:36	17:48 2:29 35:36 1:54	18:32 0:44 36:24 0:48	19:54 1:22 37:32 1:08	20:34 0:40 38:19 0:47	22:00 1:26 39:05 0:46	24:44 2:44 40:03 0:58

Pl	Stno	Name	Time															
Women 40+ (10)				4.8 km 85 m				30 C (cont.)										
				1(239) 15(158) 29(162)	2(235) 16(167) 30(171)	3(160) 17(221) Finish	4(232) 18(168)	5(227) 19(228)	6(223) 20(157)	7(163) 21(243)	8(234) 22(165)	9(236) 23(225)	10(161) 24(238)	11(166) 25(152)	12(242) 26(140)	13(233) 27(244)	14(248) 28(154)	
3	108	Laura Farquharson GRAMP	47:06	1:54 1:54 27:35 1:34 45:38 0:53	4:14 2:20 30:49 3:14 46:38 1:00	7:29 3:15 31:37 0:48 47:06 0:28	8:55 1:26 32:33 0:56	10:08 1:13 33:06 0:33	12:59 2:51 34:22 1:16	14:06 1:07 35:21 0:59	15:33 1:27 37:40 2:19	18:34 3:01 39:47 2:07	19:25 0:51 40:43 0:56	21:20 1:55 41:56 1:13	22:03 0:43 42:46 0:50	23:34 1:31 43:39 0:53	26:01 2:27 44:45 1:06	
4	53	Alison Matheson INVOC	47:45	2:22 2:22 27:19 1:25 46:22 0:54	4:50 2:28 30:15 2:56 47:24 1:02	7:36 2:46 31:00 0:45 47:45 0:21	9:11 1:35 32:19 1:19	10:21 1:10 32:52 0:33	13:16 2:55 33:50 0:58	14:23 1:07 35:23 1:33	15:42 1:19 37:47 2:24	18:08 2:26 40:27 2:40	18:59 0:51 41:23 0:56	21:04 2:05 42:40 1:17	21:55 0:51 43:27 0:47	23:34 1:39 44:23 0:56	25:54 2:20 45:28 1:05	
5	51	Hanne Robertson ESOC	49:05	1:52 1:52 28:39 1:32 47:08 1:20	4:30 2:38 31:43 3:04 48:41 1:33	7:45 3:15 32:29 0:46 49:05 0:24	9:00 1:15 33:30 1:01	10:28 1:28 34:06 0:36	13:30 3:02 35:17 1:11	14:53 1:23 35:59 0:42	15:58 1:05 38:14 2:15	19:07 3:09 40:20 2:06	19:59 0:52 41:22 1:02	21:54 1:55 42:41 1:19	22:45 0:51 43:31 0:50	24:24 1:39 44:39 1:08	27:07 2:43 45:48 1:09	
6	155	Sue Barrie MAROC	49:17	2:01 2:01 29:17 1:42 47:43 1:07	4:53 2:52 32:14 2:57 48:48 1:05	8:05 3:12 32:52 0:38 49:17 0:29	9:28 1:23 33:47 0:55	10:45 1:17 34:24 0:37	13:33 2:48 35:26 1:02	14:42 1:09 36:15 0:49	16:08 1:26 39:07 2:52	19:15 3:07 41:20 2:13	20:06 0:51 42:15 0:55	22:13 2:07 43:35 1:20	22:59 0:46 44:30 0:55	25:04 2:05 45:25 0:55	27:35 2:31 46:36 1:11	
7	62	Rossllyn Nicholson GRAMP	53:24	1:57 1:57 31:41 1:52 51:50 1:16	5:02 3:05 34:46 3:05 53:01 1:11	8:37 3:35 35:34 0:48 53:24 0:23	10:24 1:47 36:39 1:05	11:55 1:31 37:12 0:33	15:46 3:51 38:22 1:10	16:56 1:10 39:15 0:53	18:15 1:19 41:43 2:28	21:32 3:17 44:08 2:25	22:27 0:55 45:02 0:54	24:34 2:07 47:03 2:01	25:31 0:57 48:00 0:57	27:18 1:47 49:16 1:16	29:49 2:31 50:34 1:18	
	118	Josie Stansfield FVO	mp	1:44 1:44 25:04 1:21 41:24 1:29	4:26 2:42 27:49 2:45 42:52 1:28	7:04 2:38 28:31 0:42 43:20 0:28	8:16 1:12 29:21 0:50	9:27 1:11 29:51 0:30	11:49 2:22 31:05 1:14	12:45 0:56 31:38 0:33	13:52 1:07 33:32 1:54	16:33 2:41 35:27 1:55	17:17 0:44 36:18 0:51	18:56 1:39 37:32 1:14	19:45 0:49 38:24 0:52	21:26 1:41 ----	23:43 2:17 39:55 1:31	
	43	Tereza Maria Rush BOK	dns															
	140	Nikki Howard MOR	dns															
Women 55+ (16)				3.8 km 50 m				24 C										
				1(231) 15(169)	2(248) 16(165)	3(170) 17(140)	4(235) 18(225)	5(159) 19(152)	6(160) 20(139)	7(163) 21(244)	8(223) 22(154)	9(166) 23(155)	10(233) 24(171)	11(237) Finish	12(245)	13(168)	14(157)	
1	139	Jane Halliday MOR	30:53	1:01 1:01 20:59 1:49	1:55 0:54 23:15 2:16	3:20 1:25 24:35 1:20	4:02 0:42 25:31 0:56	5:19 0:32 26:03 0:32	7:57 2:38 26:34 0:31	9:55 1:58 27:46 1:12	10:55 1:00 28:50 1:04	11:40 0:45 29:39 0:49	13:45 2:05 30:28 0:49	14:48 1:03 30:53 0:25	16:51 2:03	18:08 1:17	19:10 1:02	
2	69	Eileen Maxwell RR	32:08	1:15 1:15 20:33 1:40	2:21 1:06 22:45 2:12	3:49 1:28 24:06 1:21	4:36 0:47 24:43 0:37	5:43 1:07 26:59 2:16	8:20 2:37 27:27 0:28	10:09 1:49 28:35 1:08	11:10 1:01 29:51 1:16	12:01 0:51 30:51 1:00	13:51 1:50 31:50 0:59	14:50 0:59 32:08 0:18	16:45 1:55	17:52 1:07	18:53 1:01	
3	157	Vicky Thornton FVO	32:24	1:23 1:23 21:47 1:51	2:21 0:58 23:51 2:04	3:53 1:32 25:47 1:56	4:41 0:48 26:36 0:49	5:47 1:06 27:13 0:37	8:27 2:40 27:47 0:34	10:54 2:27 28:49 1:02	11:53 0:59 29:55 1:06	12:40 0:47 30:48 0:53	14:33 1:53 31:59 1:11	15:35 1:02 32:24 0:25	17:31 1:56	18:55 1:24	19:56 1:01	
4	15	Lindsey Knox RR	32:48	1:03 1:03 21:19 1:45	2:17 1:14 23:27 2:08	3:48 1:31 26:29 3:02	4:35 0:47 27:13 0:44	5:42 1:07 27:48 0:35	8:25 2:43 28:22 0:34	10:31 2:06 29:38 1:16	11:30 0:59 30:36 0:58	12:21 0:51 31:30 0:54	14:17 1:56 32:23 0:53	15:21 1:04 32:48 0:25	17:14 1:53	18:32 1:18	19:34 1:02	
5	121	Carolyn McLeod GRAMP	34:16	1:16 1:16 23:56 1:44	2:50 1:34 26:10 2:14	4:32 1:42 27:34 1:24	5:18 0:46 28:18 0:44	6:30 1:12 28:53 0:35	9:10 2:40 29:23 0:34	11:18 2:08 30:36 1:13	12:19 1:01 31:50 1:14	13:05 0:46 32:54 1:04	16:50 3:45 33:52 0:58	17:53 1:03 34:16 0:24	19:41 1:48	21:09 1:28	22:12 1:03	
6	47	Rachel Scott GRAMP	36:12	1:19 1:19 24:25 2:06	2:20 1:01 27:11 2:46	4:19 1:59 28:50 1:39	5:09 0:50 29:51 1:01	6:39 1:30 30:27 0:36	9:30 2:51 31:04 0:37	11:53 1:23 32:19 1:15	12:55 1:02 33:29 1:10	13:54 0:59 34:30 1:01	16:15 2:21 35:41 1:11	17:38 1:23 36:12 0:31	19:49 2:11	21:13 1:24	22:19 1:06	
7	151	Sally Lindsay ESOC	38:15	1:15 1:15 26:07 2:26	2:19 1:04 28:57 2:50	4:05 1:46 30:52 1:55	4:57 0:52 31:40 0:48	6:13 1:16 32:18 0:38	9:37 3:24 33:00 0:42	12:02 2:25 34:21 1:21	13:15 1:13 35:38 1:17	14:21 1:06 36:42 1:04	16:48 2:27 37:49 1:07	18:08 1:20 38:15 0:26	20:49 2:41	22:19 1:30	23:41 1:22	
7	60	Trish Coombs MAROC	38:15	1:57 1:57 26:55 1:58	3:03 1:06 29:30 2:35	5:31 2:28 31:03 1:33	6:13 0:42 31:51 0:48	7:31 1:18 32:31 0:40	10:34 3:03 33:07 0:36	12:54 2:20 34:23 1:16	14:51 1:57 35:32 1:09	15:41 0:50 36:51 1:19	18:03 2:22 37:46 0:55	19:14 1:11 38:15 0:29	21:35 2:21	22:55 1:20	24:57 2:02	
9	32	Fiona Hendrie FVO	38:49	1:25 1:25 26:08 2:22	2:23 0:58 29:07 2:59	4:26 2:03 30:46 1:39	5:15 0:49 31:56 1:10	6:39 1:24 32:38 0:42	10:07 3:28 33:15 0:37	12:16 2:09 34:42 1:27	13:35 1:19 35:59 1:17	14:34 0:59 37:07 1:08	16:54 2:20 38:19 1:12	18:19 1:25 38:49 0:30	20:54 2:35	22:31 1:37	23:46 1:15	

Pl	Stno	Name	Time														
Women 55+ (16)				3.8 km 50 m			24 C (cont.)										
				1(231) 15(169)	2(248) 16(165)	3(170) 17(140)	4(235) 18(225)	5(159) 19(152)	6(160) 20(139)	7(163) 21(244)	8(223) 22(154)	9(166) 23(155)	10(233) 24(171)	11(237) Finish	12(245)	13(168)	14(157)
10	38	Caz Dudley MAROC	39:18	1:25 26:44 2:05	2:31 29:26 2:42	4:41 31:01 1:35	5:48 31:46 0:45	7:20 33:01 1:15	10:18 33:39 0:38	12:45 34:56 1:17	14:09 36:20 1:24	15:29 37:44 1:24	18:17 38:51 1:07	19:29 39:18 0:27	21:42	23:22 1:40	24:39 1:17
11	104	Helen Anderson GRAMP	39:23	1:29 26:28 2:05	3:16 29:14 2:46	5:01 30:53 1:39	5:54 32:00 1:07	7:19 32:41 0:41	10:29 33:25 0:44	12:53 34:54 1:29	14:09 36:13 1:16	15:10 37:29 1:16	17:41 38:58 1:29	19:01 39:23 0:25	21:28	23:13 1:45	24:23 1:10
12	26	Bridget Khursheed RR	40:41	1:18 27:04 2:11	2:41 29:53 2:49	4:29 32:35 2:42	5:22 33:44 1:09	6:42 34:24 0:40	10:15 35:07 0:43	12:46 36:32 1:25	14:15 37:55 1:23	15:26 39:03 1:08	18:03 40:16 1:13	19:16 40:41 0:25	21:58	23:43 1:45	24:53 1:10
13	116	Fiona Johnston RR	43:32	1:58 30:25 2:25	3:48 33:27 3:02	5:50 35:23 1:56	6:58 36:22 0:59	8:36 37:03 0:41	12:22 37:46 0:43	15:17 39:16 1:30	16:39 40:39 1:23	18:06 41:51 1:12	20:43 43:02 1:11	22:06 43:32 0:30	24:54	26:31 1:37	28:00 1:29
14	23	Elizabeth Campbell MOR	49:54	1:50 1:50 2:49	3:12 1:22 3:16	6:29 3:17 2:10	7:51 1:22 1:05	9:35 1:44 0:56	13:56 4:21 0:47	17:09 3:13 1:33	18:47 1:38 1:21	20:18 1:31 1:21	23:38 3:20 1:20	25:27 1:49 0:47	28:31	30:30 1:59	32:17 1:47
15	143	Gillie Hagger MAROC	1:02:34	3:59 3:59 2:48	6:20 2:21 3:46	9:54 3:34 4:00	11:43 1:49 1:25	13:45 2:02 0:53	18:01 4:16 0:51	21:07 3:06 1:59	25:16 4:09 3:30	26:57 1:41 1:50	29:54 2:57 1:41	32:04 2:10 0:36	35:16	37:33 2:17	39:15 1:42
	14	Helen Barker FVO	dns														
Women 65+ (7)				2.9 km 35 m			19 C										
				1(239) 15(139)	2(235) 16(244)	3(242) 17(154)	4(160) 18(155)	5(247) 19(171)	6(166) Finish	7(241)	8(167)	9(230)	10(221)	11(243)	12(165)	13(225)	14(140)
1	112	Margaret Dalgleish ESOC	30:15	2:06 25:40 0:26	5:16 26:54 1:14	6:27 27:58 1:04	8:39 28:54 0:56	10:16 29:50 0:56	12:34 30:15 0:25	14:31 1:57	17:10 2:39	18:07 0:57	18:45 0:38	20:00 1:15	22:06 2:06	24:37 2:31	25:14 0:37
2	19	Pauline McAdam RR	30:44	1:52 25:53 0:24	5:04 27:06 1:13	7:44 28:11 1:05	9:49 29:10 0:59	11:23 30:15 1:05	12:39 30:44 0:29	14:19 1:40	16:50 2:31	17:44 0:54	18:20 0:36	19:27 1:07	21:50 2:23	24:52 3:02	25:29 0:37
3	101	Sheila Strain ELO	31:41	1:59 26:03 0:27	5:33 27:39 1:36	6:44 29:07 1:28	9:16 30:09 1:02	10:56 31:12 1:03	12:10 31:41 0:29	14:01 1:51	16:29 2:28	17:32 1:03	18:08 0:36	19:25 1:17	22:27 3:02	24:46 2:19	25:36 0:50
4	16	Rhona Fraser ESOC	31:59	2:40 26:10 0:28	6:03 27:41 1:31	7:13 28:58 1:17	9:43 30:12 1:14	11:18 31:27 1:15	12:44 31:59 0:32	14:11 30:45 *222	16:43 30:45 16:37	17:48 1:05	18:25 0:37	19:46 1:21	22:10 2:24	24:54 2:44	25:42 0:48
5	18	Heather Smithard KFO	33:20	2:19 27:14 0:28	5:12 28:39 1:25	6:31 29:58 1:19	9:00 31:19 1:21	10:45 32:49 1:30	12:05 33:20 0:31	13:51 1:46	16:37 2:46	17:44 1:07	18:28 0:44	19:49 1:21	23:32 3:43	26:07 2:35	26:46 0:39
6	46	Oonagh Grassie GRAMP	35:21	3:03 29:45 0:28	6:37 31:31 1:46	7:47 32:47 1:16	10:09 33:48 1:01	12:00 34:56 1:08	13:26 35:21 0:25	15:18 35:21 1:52	18:38 3:20	19:39 1:01	20:17 0:38	22:40 2:23	26:00 3:20	28:30 2:30	29:17 0:47
7	17	Suse Coon ECKO	46:59	3:20 40:02 0:33	7:57 41:48 1:46	9:32 43:30 1:42	13:35 44:53 1:23	16:18 46:21 1:28	19:48 46:59 0:38	21:46 1:58	26:00 4:14	27:22 1:22	28:20 0:58	30:09 1:49	35:31 5:22	38:31 3:00	39:29 0:58
Women 75+ (1)				2.9 km 35 m			19 C										
				1(239) 15(139)	2(235) 16(244)	3(242) 17(154)	4(160) 18(155)	5(247) 19(171)	6(166) Finish	7(241)	8(167)	9(230)	10(221)	11(243)	12(165)	13(225)	14(140)
1	152	Adrienne Sowood INVOC	53:19	3:57 3:57 43:43 0:40	12:07 8:10 45:54 2:11	13:57 1:50 47:48 1:54	17:19 3:22 50:42 2:54	21:55 4:36 52:38 1:56	23:35 1:40 53:19 0:41	25:58 2:23	30:52 4:54	32:23 1:31	33:33 1:10	35:33 2:00	38:51 3:18	42:09 3:18	43:03 0:54
Men Junior 16- (5)				3.6 km 25 m			24 C										
				1(164) 15(243)	2(172) 16(153)	3(248) 17(165)	4(160) 18(173)	5(223) 19(224)	6(163) 20(139)	7(234) 21(225)	8(166) 22(226)	9(242) 23(162)	10(233) 24(171)	11(235) Finish	12(230)	13(228)	14(157)
1	129	Ewan Bennett MAROC	27:35	1:43 18:42 0:41	2:03 19:33 0:51	2:42 20:35 1:02	4:53 21:30 0:55	6:07 22:35 1:05	6:54 23:33 0:58	7:42 24:04 0:31	9:53 25:13 1:09	10:31 26:18 1:05	12:03 27:16 0:58	13:03 27:35 0:19	16:01	16:58 0:57	18:01 1:03
2	70	Ranolph Whitehead MAROC	29:01	1:37 20:13 0:38	2:02 21:08 0:55	2:50 22:04 0:56	5:17 23:04 1:00	6:33 24:13 1:09	7:35 25:08 0:55	8:44 25:46 0:38	11:01 27:02 1:16	11:53 27:36 0:34	13:37 28:38 1:02	14:42 29:01 0:23	17:49	18:34 0:45	19:35 1:01

Pl	Stno	Name	Time															
Open7 (7)				2.3 km 20 m			21 C (cont.)											
				1(246)	2(158)	3(172)	4(245)	5(174)	6(167)	7(221)	8(243)	9(157)	10(228)	11(230)	12(165)	13(173)	14(224)	
				15(140)	16(139)	17(225)	18(226)	19(162)	20(222)	21(171)	Finish							
4	127	Emily Robertson	27:49	0:41	1:36	2:44	4:44	5:38	7:00	8:37	10:26	11:26	13:07	14:34	16:40	18:17	20:18	
		GRAMP		0:41	0:55	1:08	2:00	0:54	1:22	1:37	1:49	1:00	1:41	1:27	2:06	1:37	2:01	
				21:11	21:58	23:01	24:34	25:41	26:33	27:15	27:49							
				0:53	0:47	1:03	1:33	1:07	0:52	0:42	0:34							
5	59	Joanna McDonald	46:43	0:34	1:52	3:07	6:31	7:30	9:20	11:14	14:12	17:26	21:10	23:16	27:28	30:07	33:36	
		GRAMP		0:34	1:18	1:15	3:24	0:59	1:50	1:54	2:58	3:14	3:44	2:06	4:12	2:39	3:29	
				35:21	37:13	38:34	40:34	44:24	45:19	46:13	46:43							
				1:45	1:52	1:21	2:00	3:50	0:55	0:54	0:30							
6	20	Helen Greenwood	53:56	1:06	3:14	5:05	9:06	9:58	12:26	14:36	17:48	19:25	22:03	23:58	28:16	30:26	34:08	
		GRAMP		1:06	2:08	1:51	4:01	0:52	2:28	2:10	3:12	1:37	2:38	1:55	4:18	2:10	3:42	
				35:28	36:49	38:24	42:27	50:37	52:06	52:54	53:56							
				1:20	1:21	1:35	4:03	8:10	1:29	0:48	1:02							
160	Adam Woodhouse	mp	0:22	1:00	2:09	3:26	3:54	4:39	5:20	6:13	6:43	7:50	8:52	9:50	10:48	11:55		
			0:22	0:38	1:09	1:17	0:28	0:45	0:41	0:53	0:30	1:07	1:02	0:58	0:58	1:07		
			12:26	12:55	13:35	14:40	15:02	15:50	16:17	16:40								
			0:31	0:29	0:40	1:05	0:22	0:48	0:27	0:23								
												*168						