



Pl	Name	Time															
Lt Gr (15)		3.3 km		135 m		13 C											F
		1(247)	2(118)	3(120)	4(127)	5(183)	6(114)	7(195)	8(121)	9(144)	10(125)	11(136)	12(196)	13(135)			
1	McMillan, Ewan MAROC	38:11	1:17	3:19	4:31	10:40	14:20	16:12	18:40	21:04	25:33	26:46	29:29	31:58	36:33	38:11	
2	Gooch, Esther MAROC	42:00	2:27	4:32	5:50	11:02	14:38	17:16	20:48	23:27	29:22	31:05	32:39	34:37	40:07	42:00	
3	Chapman, Jake MAROC	42:01	2:11	3:53	4:55	10:12	17:41	21:52	24:36	27:08	31:43	33:10	34:48	36:16	40:13	42:01	
4	Armitage, Sonia GRAMP	47:29	2:06	4:21	6:02	13:36	18:09	21:58	25:35	28:53	34:59	36:47	38:18	40:08	45:01	47:29	
5	Collins, Lynn MAROC	51:19	2:10	5:16	6:36	13:17	16:51	20:16	24:14	27:58	36:58	38:59	40:29	43:43	49:12	51:19	
6	Getliff, Rosie MAROC	51:43	2:11	6:27	7:51	15:19	20:22	23:36	27:38	31:17	37:48	40:10	41:24	44:19	49:53	51:43	
7	Mason, Abigail MAROC	53:04	1:35	4:08	5:19	12:01	22:43	25:57	29:10	32:59	38:05	40:07	41:37	44:12	50:01	53:04	
8	Lenton, Jonathan MAROC	53:55	2:22	4:56	6:17	13:03	16:28	20:19	24:33	28:30	37:45	40:13	43:15	45:13	51:37	53:55	
9	Ricketts, Megan MAROC	54:49	2:19	7:13	9:07	18:03	23:16	26:28	30:32	34:14	40:42	43:05	44:24	47:12	52:45	54:49	
10	Dudley, Caz GRAMP	1:00:26	2:45	4:51	6:15	16:57	23:09	27:51	32:25	35:28	42:43	44:41	50:31	52:47	58:18	1:00:26	
11	Povey, Brian GRAMP	1:00:39	11:38	14:23	15:40	23:12	29:24	31:48	35:16	39:30	46:03	48:34	49:56	52:13	58:03	1:00:39	
12	Chapman, Teresa MAROC	1:05:08	2:49	9:51	11:19	20:15	24:44	30:08	34:56	38:51	46:35	49:20	51:02	54:00	1:01:18	1:05:08	
13	McMillan, Margaret MAROC	1:05:17	2:00	7:38	14:50	22:09	28:50	32:00	36:23	46:23	53:03	54:26	56:31	58:06	1:03:18	1:05:17	
14	Roberts, Kristian	1:16:15	1:48	4:21	12:18	26:51	30:33	33:22	41:50	45:46	53:36	59:33	1:01:58	1:05:17	1:12:57	1:16:15	
15	Craig, Marjory MAROC	1:16:50	3:10	6:09	7:56	19:15	23:53	27:29	32:28	36:45	48:17	50:38	1:02:51	1:05:07	1:13:30	1:16:50	

Green (15)		3.6 km		120 m		9 C											F	
		1(118)	2(107)	3(122)	4(148)	5(147)	6(115)	7(123)	8(139)	9(135)							F	
1	McMurtrie, Ross MAROC	48:28	2:55	6:22	11:53	21:26	29:05	31:53	35:06	42:31	46:15	48:28						
2	Ricketts, Trevor MAROC	49:08	2:29	6:05	11:33	21:23	26:59	30:04	33:04	42:52	46:50	49:08						
3	Rae, Allan GRAMP	51:50	2:52	6:40	14:28	24:13	30:46	34:26	38:37	46:19	49:56	51:50						
4	Nicholl, Jonquil MAROC	57:18	3:24	8:01	14:57	26:07	32:46	36:21	41:21	49:52	54:35	57:18						
5	Kerridge, Jane MAROC	59:42	5:50	10:43	18:48	28:18	38:27	41:13	44:42	53:08	57:47	59:42						
6	Craig, Peter MAROC	1:00:19	3:19	7:50	13:06	26:50	33:54	37:50	43:42	52:58	57:53	1:00:19						
7	Matthews, Margit MAROC	1:03:29	3:19	4:31	5:16	13:44	7:04	3:56	5:52	9:16	4:55	2:26						
8	Skinner, Rob MAROC	1:04:04	4:30	10:07	16:50	27:38	36:57	40:28	45:00	55:05	1:01:14	1:03:29						
9	Wright, Denise MAROC	1:05:05	3:40	7:38	13:58	28:02	37:40	42:02	46:11	57:06	1:01:58	1:05:05						
10	Dickens, Althea MAROC	1:07:37	4:09	8:57	15:44	29:00	38:59	43:16	47:50	59:18	1:04:49	1:07:37						
11	Foster, Foss GRAMP	1:11:52	4:09	4:48	6:47	13:16	9:59	4:17	4:34	11:28	5:31	2:48						
12	Dickens, Jeff MAROC	1:13:28	4:14	10:40	17:48	31:13	44:43	49:01	54:02	1:04:34	1:10:14	1:13:28						
13	Rennie, Ewen GRAMP	1:25:09	4:12	10:07	19:26	34:47	45:39	50:18	1:01:45	1:14:53	1:21:27	1:25:09						
14	Van Der Kam, Erik GRAMP	1:40:29	4:12	5:55	9:19	15:21	10:52	4:39	11:27	13:08	6:34	3:42						
15	Davey, Patrick MAROC	1:53:59	3:45	8:47	20:32	35:52	48:35	53:52	59:31	1:29:19	1:36:24	1:40:29						

Blue (24)		6.0 km		250 m		16 C										
		1(118)	2(116)	3(127)	4(114)	5(121)	6(130)	7(137)	8(135)	9(122)	10(148)	11(147)	12(115)	13(123)	14(117)	
1	Gomersall, Tim GRAMP	48:08	1:49	3:24	7:29	10:07	12:22	13:25	16:27	18:56	23:46	29:34	32:48	35:02	36:54	38:56
2	Taunton, Joe NGOC	53:22	1:36	3:24	7:09	9:46	12:21	13:17	16:48	19:15	25:12	32:19	35:57	38:12	41:16	43:28
3	Roberts, Callum MAROC	54:54	1:52	3:59	7:56	10:20	13:21	14:24	17:44	20:09	24:57	31:53	37:45	39:57	42:04	44:51
4	Chepelin, Evgueni GRAMP	55:58	1:59	4:10	8:51	11:57	14:26	15:36	18:58	21:25	25:55	32:40	37:25	40:17	42:57	45:30
5	Chapman, Craig MAROC	56:58	2:08	4:16	8:38	11:32	14:18	15:30	18:51	21:20	26:24	33:40	37:42	40:10	42:57	45:20
6	Dudley, Joshua MAROC	57:08	2:10	4:57	8:33	11:23	13:51	15:17	20:46	23:03	27:45	34:25	38:05	40:41	43:44	46:15

Pl Name	Time														
<b>Blue (24)</b>	<b>6.0 km</b>	<b>250 m</b>	<b>16 C</b>	<i>(cont.)</i>											
	1(118) 15(124)	2(116) 16(139)	3(127) F	4(114)	5(121)	6(130)	7(137)	8(135)	9(122)	10(148)	11(147)	12(115)	13(123)	14(117)	
<b>7 Gomersall, Sam GRAMP</b>	<b>1:01:47</b>	2:27 2:27 56:12 6:38	4:45 2:18 58:40 2:28	9:25 4:40 1:01:47 3:07	12:20 2:55	15:27 3:07	16:43 1:16	20:49 4:06	23:59 3:10	30:20 6:21	38:06 7:46	41:49 3:43	44:40 2:51	46:55 2:15	49:34 2:39
<b>8 Armitage, Dave GRAMP</b>	<b>1:03:08</b>	2:23 2:23 57:18 6:04	4:29 2:06 59:47 2:29	8:49 4:20 1:03:08 3:21	11:56 3:07	14:50 2:54	16:00 1:10	19:45 3:45	22:30 2:45	28:24 5:54	35:43 7:19	40:09 4:26	43:33 3:24	46:29 2:56	51:14 4:45
<b>9 Wright, Hazel MAROC</b>	<b>1:06:20</b>	2:20 2:20 1:00:13 6:10	4:23 2:03 1:03:22 3:09	9:20 4:57 1:06:20 2:58	12:47 3:27	15:58 3:11	17:31 1:33	21:34 4:03	24:49 3:15	31:29 6:40	40:43 9:14	45:12 4:29	48:04 2:52	51:08 3:04	54:03 2:55
<b>10 Dunn, Sarah MAROC</b>	<b>1:07:05</b>	2:21 2:21 1:01:40 6:27	5:02 2:41 1:03:55 2:15	10:15 5:13 1:07:05 3:10	13:47 3:32	17:14 3:27	18:48 1:34	23:02 4:14	26:19 3:17	32:31 6:12	40:59 8:28	46:09 5:10	49:46 3:37	52:27 2:41	55:13 2:46
<b>11 Gomersall, Jack GRAMP</b>	<b>1:09:38</b>	2:42 2:42 1:03:15 7:43	4:47 2:05 1:06:10 2:55	9:10 4:23 1:09:38 3:28	12:04 2:54	15:48 3:44	17:11 1:23	22:09 4:58	24:42 2:33	31:06 6:24	38:54 7:48	45:01 6:07	48:06 3:05	51:10 3:04	55:32 4:22
<b>12 Martin, Clare MAROC</b>	<b>1:12:26</b>	2:52 2:52 1:06:37 6:42	5:58 3:06 1:09:13 2:36	11:58 6:00 1:12:26 3:13	16:38 4:40	20:34 3:56	22:18 1:44	26:54 4:36	30:15 3:21	36:25 6:10	45:12 8:47	50:28 5:16	53:25 2:57	56:44 3:19	59:55 3:11
<b>13 Bain, Andy MAROC</b>	<b>1:16:02</b>	7:01 7:01 1:09:15 11:03	10:23 3:22 1:13:13 3:58	15:20 4:57 1:16:02 2:49	18:27 3:07	21:21 2:54	23:35 2:14	27:40 4:05	31:17 3:37	37:09 5:52	44:52 7:43	48:56 4:04	51:47 2:51	55:09 3:22	58:12 3:03
<b>14 Kerridge, Donald MAROC</b>	<b>1:16:21</b>	2:16 2:16 1:10:51 6:27	6:16 4:00 1:13:20 2:29	10:45 4:29 1:16:21 3:01	13:10 2:25	16:04 2:54	17:17 1:13	22:42 5:25	25:50 3:08	31:33 5:43	40:03 8:30	51:35 11:32	54:24 2:49	1:01:35 7:11	1:04:24 2:49
<b>15 Wright, Frances MAROC</b>	<b>1:20:19</b>	2:37 2:37 1:13:18 7:33	5:36 2:59 1:16:22 3:04	11:44 6:08 1:20:19 3:57	15:31 3:47	19:57 4:26	21:31 1:34	25:54 4:23	29:25 3:31	40:42 11:17	50:33 9:51	56:11 5:38	59:39 3:28	1:02:44 3:05	1:05:45 3:01
<b>16 Kerridge, Ewen MAROC</b>	<b>1:22:10</b>	3:24 3:24 1:09:01 6:48	6:38 3:14 1:18:54 9:53	12:11 5:33 1:22:10 3:16	14:49 2:38	19:30 4:41	21:05 1:35	25:14 4:09	31:46 6:32	39:11 7:25	49:04 9:53	53:49 4:45	56:37 2:48	59:48 3:11	1:02:13 2:25
<b>17 Roberts, Keith MAROC</b>	<b>1:23:15</b>	3:10 3:10 1:15:28 10:18	6:40 3:30 1:19:17 3:49	13:35 6:55 1:23:15 3:58	17:47 4:12	21:20 3:33	23:59 2:39	28:50 4:51	33:05 4:15	39:32 6:27	48:52 9:20	54:32 5:40	57:37 3:05	1:01:34 3:57	1:05:10 3:36
<b>18 Graham, Lorna GRAMP</b>	<b>1:24:59</b>	2:20 2:20 1:17:06 9:21	5:27 3:07 1:20:36 3:30	10:32 5:05 1:24:59 4:23	14:14 3:42	17:44 3:30	19:20 1:36	24:12 4:52	28:08 3:56	35:42 7:34	45:34 9:52	54:22 8:48	58:15 3:53	1:02:56 4:41	1:07:45 4:49
<b>19 Campbell, Andrew MAROC</b>	<b>1:25:15</b>	2:04 2:04 1:18:16 11:19	5:08 3:04 1:22:31 4:15	9:50 4:42 1:25:15 2:44	12:12 2:22	16:10 3:58	17:21 1:11	21:14 3:53	24:31 3:17	31:29 6:58	40:58 9:29	52:32 11:34	55:46 3:14	1:03:24 7:38	1:06:57 3:33
<b>20 Walker, Catriona MAROC</b>	<b>1:25:22</b>	2:43 2:43 1:18:43 11:04	7:04 4:21 1:21:22 2:39	12:54 5:50 1:25:22 4:00	18:18 5:24	24:52 6:34	26:08 1:16	30:53 4:45	34:20 3:27	41:53 7:33	51:35 9:42	56:18 4:43	1:00:06 3:48	1:02:58 2:52	1:07:39 4:41
<b>21 Brodie, Alexander MAROC</b>	<b>1:38:58</b>	3:36 3:36 1:30:31 9:09	6:50 3:14 1:34:20 3:49	14:35 7:45 1:38:58 4:38	19:01 4:26	23:17 4:16	24:54 1:37	31:02 6:08	34:44 3:42	42:58 8:14	54:06 11:08	1:02:40 8:34	1:06:13 3:33	1:15:47 9:34	1:21:22 5:35
<b>22 Lenton, Jane MAROC</b>	<b>1:45:16</b>	2:47 2:47 1:34:38 10:39	6:51 4:04 1:41:16 6:38	13:17 6:26 1:45:16 4:00	17:32 4:15	21:43 4:11	23:31 1:48	28:48 5:17	33:12 4:24	40:36 7:24	54:41 14:05	1:01:25 6:44	1:05:32 4:07	1:19:38 14:06	1:23:59 4:21
<b>McMillan, Rhona MAROC</b>	<b>mp</b>	2:45 2:45 -----	4:58 2:13 -----	12:42 7:44	18:26 5:44	24:10 5:44	26:42 2:32	32:36 5:54	39:05 6:29	-----	-----	-----	-----	-----	-----
<b>Campbell, Neil MAROC</b>	<b>mp</b>	2:11 2:11 1:15:02 10:48	----- ----- 1:18:42 3:40	----- ----- 1:22:05 3:23	19:46 17:35	23:08 3:22	24:38 1:30	28:16 3:38	30:51 2:35	36:33 5:42	44:40 8:07	50:14 5:34	53:18 3:04	1:00:36 7:18	1:04:14 3:38