

Pl	Stno Name	Time	3.4 km 11 C												
			1(118)	2(120)	3(119)	4(121)	5(122)	6(123)	7(183)	8(125)	9(126)	10(127)	11(129)	F	
1	Ross McMurtrie	31:25	2:36	6:58	9:39	11:12	14:20	17:27	20:06	21:40	26:41	28:24	30:51	31:25	
	MAROC		2:36	4:22	2:41	1:33	3:08	3:07	2:39	1:34	5:01	1:43	2:27	0:34	
2	Pete Lawrence	33:13	2:15	4:40	8:31	10:00	14:07	17:20	21:37	24:52	28:47	30:32	32:40	33:13	
	GRAMP		2:15	2:25	3:51	1:29	4:07	3:13	4:17	3:15	3:55	1:45	2:08	0:33	
3	Keith Roberts	35:38	2:43	6:05	9:21	11:01	15:14	18:39	22:44	24:51	29:35	31:46	34:41	35:38	
	MAROC		2:43	3:22	3:16	1:40	4:13	3:25	4:05	2:07	4:44	2:11	2:55	0:57	
4	Jennifer Ricketts	36:33	2:31	5:20	8:53	10:22	15:02	19:54	26:26	27:54	31:52	33:32	36:06	36:33	
	MAROC		2:31	2:49	3:33	1:29	4:40	4:52	6:32	1:28	3:58	1:40	2:34	0:27	
5	Murray Anderson	36:44	2:35	6:00	9:19	11:12	14:38	17:56	22:43	24:30	31:07	33:03	35:55	36:44	
	GRAMP		2:35	3:25	3:19	1:53	3:26	3:18	4:47	1:47	6:37	1:56	2:52	0:49	
6	Trevor Ricketts	37:21	3:07	6:33	9:24	11:13	14:45	18:22	25:22	27:15	31:29	33:56	36:39	37:21	
	MAROC		3:07	3:26	2:51	1:49	3:32	3:37	7:00	1:53	4:14	2:27	2:43	0:42	
7	Neil McLean	38:36	2:59	7:37	11:07	13:46	17:59	22:00	25:01	27:18	32:12	34:42	37:47	38:36	
	GRAMP		2:59	4:38	3:30	2:39	4:13	4:01	3:01	2:17	4:54	2:30	3:05	0:49	
8	Abigail Mason	39:31	2:48	6:02	11:49	13:31	19:32	23:33	26:20	28:44	34:32	36:18	38:59	39:31	
	MAROC		2:48	3:14	5:47	1:42	6:01	4:01	2:47	2:24	5:48	1:46	2:41	0:32	
9	Evgueni Chepelin	41:10	3:18	9:58	14:09	16:37	20:20	24:58	28:01	30:09	35:57	37:46	40:28	41:10	
	GRAMP		3:18	6:40	4:11	2:28	3:43	4:38	3:03	2:08	5:48	1:49	2:42	0:42	
10	Iain Barraclough	44:47	2:56	12:46	16:47	18:35	22:11	26:07	29:31	32:21	37:12	41:37	44:11	44:47	
	GRAMP		2:56	9:50	4:01	1:48	3:36	3:56	3:24	2:50	4:51	4:25	2:34	0:36	
11	Matthew Parkes	45:08	3:29	8:59	12:33	16:08	20:40	24:31	28:30	31:26	37:11	39:42	44:29	45:08	
	GRAMP		3:29	5:30	3:34	3:35	4:32	3:51	3:59	2:56	5:45	2:31	4:47	0:39	
12	Andy Tivendale	46:04	2:46	11:52	14:42	16:25	20:36	25:01	28:17	30:48	37:36	39:37	42:53	46:04	
	MAROC		2:46	9:06	2:50	1:43	4:11	4:25	3:16	2:31	6:48	2:01	3:16	3:11	
13	Nicholas Green	46:41	5:54	9:21	15:30	17:35	21:43	26:00	29:02	31:14	35:44	38:07	45:52	46:41	
	INVOIC		5:54	3:27	6:09	2:05	4:08	4:17	3:02	2:12	4:30	2:23	7:45	0:49	
14	Andy Oliver	49:22	3:08	7:10	10:40	12:41	17:25	21:33	25:30	31:16	39:01	44:28	47:42	49:22	
	MAROC		3:08	4:02	3:30	2:01	4:44	4:08	3:57	5:46	7:45	5:27	3:14	1:40	
15	Lesley Gomersall	49:38	4:58	10:58	18:20	20:03	24:51	29:29	32:41	35:12	41:47	44:17	48:35	49:38	
	GRAMP		4:58	6:00	7:22	1:43	4:48	4:38	3:12	2:31	6:35	2:30	4:18	1:03	
16	Dennis McDonald	1:01:27	3:49	10:36	16:28	18:30	23:11	27:31	42:33	45:15	51:34	57:23	1:00:49	1:01:27	
	GRAMP		3:49	6:47	5:52	2:02	4:41	4:20	15:02	2:42	6:19	5:49	3:26	0:38	
17	Rachel Scott	1:05:48	4:34	9:39	15:13	18:30	24:12	29:16	33:56	37:46	52:32	58:35	1:04:45	1:05:48	
	GRAMP		4:34	5:05	5:34	3:17	5:42	5:04	4:40	3:50	14:46	6:03	6:10	1:03	
18	Genevieve Jones	1:18:57	8:41	14:27	22:08	27:48	36:28	42:45	48:43	51:51	1:07:39	1:11:17	1:17:36	1:18:57	
	GRAMP		8:41	5:46	7:41	5:40	8:40	6:17	5:58	3:08	15:48	3:38	6:19	1:21	
	Carolyn McLeod	mp	4:59	10:53	14:08	16:21	23:42	27:51	-----	37:44	44:22	46:50	51:12	52:08	
	GRAMP		4:59	5:54	3:15	2:13	7:21	4:09		9:53	6:38	2:28	4:22	0:56	
	Helena Rowlands	mp	4:30	-----	13:06	15:55	23:20	27:38	44:21	47:27	55:08	59:13	1:03:09	1:04:14	
	GRAMP		4:30		8:36	2:49	7:25	4:18	16:43	3:06	7:41	4:05	3:56	1:05	

Pl	Stno Name	Time	4.9 km 13 C													
			1(119)	2(139)	3(122)	4(145)	5(117)	6(147)	7(124)	8(183)	9(125)	10(128)	11(135)	12(126)	13(129)	F
1	Alexander Chepelin	38:53	3:11	5:47	6:45	12:14	17:01	19:02	20:39	25:41	27:06	29:52	32:40	36:36	38:28	38:53
	GRAMP		3:11	2:36	0:58	5:29	4:47	2:01	1:37	5:02	1:25	2:46	2:48	3:56	1:52	0:25
2	Jonathan Musgrave	41:08	4:29	7:18	8:31	11:57	16:34	19:28	20:58	25:40	28:36	32:29	35:21	38:52	40:41	41:08
	MAROC		4:29	2:49	1:13	3:26	4:37	2:54	1:30	4:42	2:56	3:53	2:52	3:31	1:49	0:27
3	Calum McLeod	41:27	4:28	7:12	8:15	11:17	17:22	19:33	21:22	27:03	28:50	30:54	34:21	38:54	41:03	41:27
	GRAMP		4:28	2:44	1:03	3:02	6:05	2:11	1:49	5:41	1:47	2:04	3:27	4:33	2:09	0:24
4	Joshua Dudley	42:31	3:38	6:13	7:12	15:32	21:07	24:22	25:52	30:05	32:24	34:04	36:42	40:15	42:08	42:31
	MAROC		3:38	2:35	0:59	8:20	5:35	3:15	1:30	4:13	2:19	1:40	2:38	3:33	1:53	0:23
5	Daniel Gooch	44:43	3:57	6:23	7:19	10:08	16:24	18:18	19:56	25:08	27:24	29:29	35:58	42:24	44:11	44:43
	MAROC		3:57	2:26	0:56	2:49	6:16	1:54	1:38	5:12	2:16	2:05	6:29	6:26	1:47	0:32
6	Ali Robertson	47:41	4:12	7:06	8:21	11:47	17:47	21:50	24:01	29:34	31:22	37:55	41:10	45:08	47:11	47:41
	GRAMP		4:12	2:54	1:15	3:26	6:00	4:03	2:11	5:33	1:48	6:33	3:15	3:58	2:03	0:30
7	Drew Tivendale	49:29	3:36	8:36	9:42	12:35	17:20	22:15	24:11	34:22	36:10	38:39	41:27	47:02	48:46	49:29
	MAROC		3:36	5:00	1:06	2:53	4:45	4:55	1:56	10:11	1:48	2:29	2:48	5:35	1:44	0:43
8	Rhona McMillan	49:29	5:03	8:29	9:41	13:42	21:43	23:59	26:20	33:21	35:02	37:47	42:18	46:34	48:58	49:29
	MAROC		5:03	3:26	1:12	4:01	8:01	2:16	2:21	7:01	1:41	2:45	4:31	4:16	2:24	0:31
9	Joonas Salminen	50:20	3:42	6:56	8:17	11:08	18:12	20:26	22:28	29:03	35:38	38:00	42:26	47:15	49:47	50:20
	GRAMP		3:42	3:14	1:21	2:51	7:04	2:14	2:02	6:35	6:35	2:22	4:26	4:49	2:32	0:33
10	Sarah Dunn	51:42	5:59	9:34	10:59	14:33	20:53	23:14	25:07	31:05	32:47	39:19	44:16	48:55	51:07	51:42
	MAROC		5:59	3:35	1:25	3:34	6:20	2:21	1:53	5:58	1:42	6:32	4:57	4:39	2:12	0:35
11	Ian Hamilton	59:00	5:19	9:14	10:32	14:48	21:39	24:30	26:43	33:59	36:53	40:08	46:59	55:36	58:15	59:00
	GRAMP		5:19	3:55	1:18	4:16	6:51	2:51	2:13	7:16	2:54	3:15	6:51	8:37	2:39	0:45
12	Eddie Harwood	1:02:01	5:30	13:25	15:09	18:43	27:07	30:08	32:56	39:34	41:50	44:46	49:08	57:43	1:01:23	1:02:01
	MOR		5:30	7:55	1:44	3:34	8:24	3:01	2:48	6:38	2:16	2:56	4:22	8:35	3:40	0:38
13	John Mason	1:05:31	4:41	8:56	10:16	15:03	24:23	27:15	29:29	38:44	40:28	44:00	51:34	1:01:46	1:04:51	1:05:31
	MAROC		4:41	4:15	1:20	4:47	9:20	2:52	2:14	9:15	1:44	3:32	7:34	10:12	3:05	0:40
14	Roger Coombs	1:05:36	4:42	8:05	9:25	16:39	23:05	25:38	28:05	38:02	44:52	48:39	56:25	1:02:03	1:04:48	1:05:36
	MAROC		4:42	3:23	1:20	7:14	6:26	2:33	2:27	9:57	6:50	3:47	7:46	5:38	2:45	0:48
15	Sam Gomersall	1:09:08	5:22	8:58	10:35	14:37	26:18	29:54	32:15	40:28	49:07	52:16	1:00:01	1:05:02	1:07:58	1:09:08
	GRAMP		5:22	3:36	1:37	4:02	11:41	3:36	2:21	8:13	8:39	3:09	7:45	5:01	2:56	1:10