

15:08  
\*107

8:13  
\*132

46:39  
\*115

| Pl        | Sino | Name                     | Time    |                 |                  |                  |               |                |               |                |               |               |               |                 |                  |                 |                 |
|-----------|------|--------------------------|---------|-----------------|------------------|------------------|---------------|----------------|---------------|----------------|---------------|---------------|---------------|-----------------|------------------|-----------------|-----------------|
| Green (9) |      |                          |         | 4.3 km          | 140 m            | 13 C             |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 1(111)          | 2(118)           | 3(117)           | 4(116)        | 5(127)         | 6(114)        | 7(115)         | 8(113)        | 9(121)        | 10(107)       | 11(112)         | 12(119)          | 13(104)         | F               |
| 1         | 54   | Neil Campbell<br>MAROC   | 42:37   | 1:31<br>1:31    | 8:05<br>6:34     | 9:53<br>1:48     | 12:23<br>2:30 | 13:30<br>1:07  | 15:55<br>2:25 | 19:28<br>3:33  | 22:21<br>2:53 | 25:57<br>3:36 | 28:15<br>2:18 | 30:03<br>1:48   | 36:34<br>6:31    | 41:01<br>4:27   | 42:37<br>1:36   |
| 2         | 1    | Frances Getliff<br>MAROC | 58:20   | 2:22<br>2:22    | 16:53<br>14:31   | 19:20<br>2:27    | 22:36<br>3:16 | 24:23<br>1:47  | 27:37<br>3:14 | 31:52<br>4:15  | 34:58<br>3:06 | 40:04<br>5:06 | 42:47<br>2:43 | 45:18<br>2:31   | 52:31<br>7:13    | 56:31<br>4:00   | 58:20<br>1:49   |
| 3         | 18   | Aileen Salway<br>MAROC   | 59:49   | 2:11<br>2:11    | 10:44<br>8:33    | 13:31<br>2:47    | 17:42<br>4:11 | 19:04<br>1:22  | 22:23<br>3:19 | 26:33<br>4:10  | 29:36<br>3:03 | 37:02<br>7:26 | 40:35<br>3:33 | 43:49<br>3:14   | 53:01<br>9:12    | 57:43<br>4:42   | 59:49<br>2:06   |
| 4         | 8    | David Esson<br>GRAMP     | 1:02:13 | 1:20<br>1:20    | 10:09<br>8:49    | 13:27<br>3:18    | 17:16<br>3:49 | 18:55<br>1:39  | 22:38<br>3:43 | 25:50<br>3:12  | 30:45<br>4:55 | 39:24<br>8:39 | 42:51<br>3:27 | 45:47<br>2:56   | 54:52<br>9:05    | 1:00:11<br>5:19 | 1:02:13<br>2:02 |
| 5         | 9    | Craig Falconer           | 1:03:12 | 2:19<br>2:19    | 11:16<br>8:57    | 14:19<br>3:03    | 18:21<br>4:02 | 19:44<br>1:23  | 23:20<br>3:36 | 28:07<br>4:47  | 35:35<br>7:28 | 40:25<br>4:50 | 44:01<br>3:36 | 46:40<br>2:39   | 55:57<br>9:17    | 1:01:09<br>5:12 | 1:03:12<br>2:03 |
| 6         | 56   | Iain Campbell<br>MAROC   | 1:07:07 | 2:08<br>2:08    | 14:57<br>12:49   | 17:00<br>2:03    | 22:14<br>5:14 | 23:28<br>1:14  | 28:10<br>4:42 | 32:15<br>4:05  | 36:12<br>3:57 | 43:12<br>7:00 | 47:35<br>4:23 | 51:38<br>4:03   | 1:00:21<br>8:43  | 1:05:19<br>4:58 | 1:07:07<br>1:48 |
| 7         | 53   | Les Smithard<br>KFO      | 1:08:14 | 4:18<br>4:18    | 14:51<br>10:33   | 18:31<br>3:40    | 22:47<br>4:16 | 24:07<br>1:20  | 27:45<br>3:38 | 32:02<br>4:17  | 35:47<br>3:45 | 41:24<br>5:37 | 45:03<br>3:39 | 49:06<br>4:03   | 1:00:13<br>11:07 | 1:05:53<br>5:40 | 1:08:14<br>2:21 |
| 8         | 25   | Caz Dudley<br>MAROC      | 1:19:53 | 9:16<br>9:16    | 19:18<br>10:02   | 23:33<br>4:15    | 28:36<br>5:03 | 31:16<br>2:40  | 34:36<br>3:20 | 45:08<br>10:32 | 48:50<br>3:42 | 54:01<br>5:11 | 57:54<br>3:53 | 1:02:08<br>4:14 | 1:11:12<br>9:04  | 1:18:00<br>6:48 | 1:19:53<br>1:53 |
| 9         | 41   | Margit Matthews<br>MAROC | 1:20:20 | 3:00<br>3:00    | 25:37<br>22:37   | 28:50<br>3:13    | 32:50<br>4:00 | 34:49<br>1:59  | 39:18<br>4:29 | 44:38<br>5:20  | 48:19<br>3:41 | 53:29<br>5:10 | 57:34<br>4:05 | 1:02:31<br>4:57 | 1:12:56<br>10:25 | 1:18:28<br>5:32 | 1:20:20<br>1:52 |
| Blue (12) |      |                          |         | 5.7 km          | 210 m            | 16 C             |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 1(122)          | 2(118)           | 3(117)           | 4(116)        | 5(120)         | 6(114)        | 7(115)         | 8(113)        | 9(107)        | 10(121)       | 11(116)         | 12(107)          | 13(112)         | 14(110)         |
|           |      |                          |         | 15(119)         | 16(104)          | F                |               |                |               |                |               |               |               |                 |                  |                 |                 |
| 1         | 34   | Daniel Gooch<br>MAROC    | 37:04   | 2:27<br>2:27    | 4:45<br>2:18     | 6:03<br>1:18     | 7:52<br>1:49  | 10:46<br>2:54  | 12:50<br>2:04 | 14:46<br>1:56  | 16:35<br>1:49 | 19:31<br>2:56 | 21:50<br>2:19 | 24:20<br>2:30   | 26:14<br>1:54    | 27:21<br>1:07   | 29:19<br>1:58   |
| 2         | 44   | John Rocke<br>MAROC      | 38:24   | 33:34<br>4:15   | 36:02<br>2:28    | 37:04<br>1:02    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 2:35<br>34:17   | 4:40<br>37:11    | 6:40<br>38:24    | 8:29<br>1:49  | 11:03<br>2:34  | 13:08<br>2:05 | 15:00<br>1:52  | 16:45<br>1:45 | 19:38<br>2:53 | 21:49<br>2:11 | 24:22<br>2:33   | 26:24<br>2:02    | 27:49<br>1:25   | 29:46<br>1:57   |
| 3         | 37   | Calum McLeod<br>GRAMP    | 44:18   | 4:31<br>2:49    | 2:54<br>2:42     | 1:13<br>1:41     | 9:35<br>2:23  | 12:38<br>3:03  | 14:55<br>2:17 | 17:03<br>2:08  | 19:16<br>2:13 | 23:35<br>4:19 | 25:58<br>2:23 | 29:33<br>3:35   | 31:53<br>2:20    | 33:21<br>1:28   | 36:07<br>2:46   |
| 4         | 39   | Donald Kerridge<br>MAROC | 47:49   | 40:25<br>4:18   | 43:16<br>2:51    | 44:18<br>1:02    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 3:36<br>3:36    | 6:35<br>2:59     | 8:51<br>2:16     | 11:06<br>2:15 | 14:26<br>3:20  | 17:06<br>2:40 | 19:48<br>2:42  | 22:56<br>3:08 | 27:19<br>4:23 | 29:33<br>2:14 | 32:56<br>3:23   | 35:18<br>2:22    | 36:54<br>1:36   | 39:15<br>2:21   |
| 5         | 20   | Robin Skinner<br>MAROC   | 51:12   | 43:59<br>4:44   | 46:45<br>2:46    | 47:49<br>1:04    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 3:29<br>3:29    | 7:32<br>4:03     | 9:27<br>1:55     | 12:01<br>2:34 | 15:29<br>3:28  | 18:16<br>2:47 | 20:34<br>2:18  | 23:03<br>2:29 | 27:22<br>4:19 | 31:07<br>3:45 | 34:40<br>3:33   | 36:56<br>2:16    | 38:41<br>1:45   | 41:27<br>2:46   |
| 6         | 40   | Ewen Kerridge<br>MAROC   | 52:38   | 46:44<br>5:17   | 49:53<br>3:09    | 51:12<br>1:19    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 4:48<br>4:48    | 7:32<br>2:44     | 9:42<br>2:10     | 11:48<br>2:06 | 14:48<br>3:00  | 17:12<br>2:24 | 21:54<br>4:42  | 24:47<br>2:53 | 29:32<br>4:45 | 32:14<br>2:42 | 35:20<br>3:06   | 37:55<br>2:35    | 39:38<br>1:43   | 42:17<br>2:39   |
| 7         | 2    | John Mason<br>MAROC      | 54:04   | 48:05<br>5:48   | 51:35<br>3:30    | 52:38<br>1:03    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 3:29<br>3:29    | 6:26<br>2:57     | 8:31<br>2:05     | 11:42<br>3:11 | 15:58<br>4:16  | 18:57<br>2:59 | 21:56<br>2:59  | 24:31<br>2:35 | 28:50<br>4:19 | 32:00<br>3:10 | 35:44<br>3:44   | 38:41<br>2:57    | 40:31<br>1:50   | 43:12<br>2:41   |
| 8         | 58   | Andrew Campbell<br>MAROC | 57:54   | 49:23<br>6:11   | 52:43<br>3:20    | 54:04<br>1:21    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 4:17<br>4:17    | 7:57<br>3:40     | 10:34<br>2:37    | 13:26<br>2:52 | 17:34<br>4:08  | 20:09<br>2:35 | 23:39<br>3:30  | 25:59<br>2:20 | 30:50<br>4:51 | 34:05<br>3:15 | 38:41<br>4:36   | 41:48<br>3:07    | 44:04<br>2:16   | 46:58<br>2:54   |
| 9         | 48   | Matthew Parkes<br>GRAMP  | 1:04:22 | 53:22<br>6:24   | 56:50<br>3:28    | 57:54<br>1:04    |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 6:14<br>6:14    | 9:17<br>3:03     | 11:09<br>1:52    | 14:19<br>3:10 | 22:44<br>8:25  | 25:53<br>3:09 | 29:04<br>3:11  | 31:41<br>2:37 | 36:08<br>4:27 | 39:25<br>3:17 | 43:42<br>4:17   | 46:25<br>2:43    | 47:56<br>1:31   | 50:24<br>2:28   |
| 10        | 38   | Cara McMurtrie<br>MAROC  | 1:12:08 | 58:58<br>8:34   | 1:02:50<br>3:52  | 1:04:22<br>1:32  |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 5:32<br>5:32    | 9:34<br>4:02     | 12:27<br>2:53    | 16:40<br>4:13 | 22:00<br>5:20  | 26:03<br>4:03 | 29:34<br>3:31  | 32:35<br>3:01 | 38:16<br>5:41 | 41:58<br>3:42 | 46:27<br>4:29   | 50:05<br>3:38    | 53:15<br>3:10   | 56:52<br>3:37   |
| 11        | 26   | John Ward<br>OD          | 1:15:42 | 1:05:26<br>8:34 | 1:10:12<br>4:46  | 1:12:08<br>1:56  |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 4:51<br>4:51    | 9:02<br>4:11     | 12:18<br>3:16    | 16:14<br>3:56 | 21:38<br>5:24  | 26:02<br>4:24 | 30:33<br>4:31  | 33:51<br>3:18 | 42:16<br>8:25 | 45:39<br>3:23 | 50:14<br>4:35   | 53:43<br>3:29    | 56:33<br>2:50   | 59:44<br>3:11   |
| 12        | 59   | Jonathan Lenton<br>MAROC | 1:17:34 | 1:08:34<br>8:50 | 1:13:26<br>4:52  | 1:15:42<br>2:16  |               |                |               |                |               |               |               |                 |                  |                 |                 |
|           |      |                          |         | 7:21<br>1:09:48 | 10:50<br>1:15:45 | 12:50<br>1:17:34 | 15:55<br>3:05 | 26:05<br>10:10 | 29:30<br>3:25 | 34:22<br>4:52  | 37:40<br>3:18 | 42:49<br>5:09 | 46:13<br>3:24 | 51:14<br>5:01   | 55:00<br>3:46    | 58:01<br>3:01   | 1:00:59<br>2:58 |