

Pl	Name	Cl.	Time																	
Long (11)				5.3 km	210 m	15 C														
				1(142)	2(146)	3(143)	4(149)	5(147)	6(125)	7(129)	8(123)	9(122)	10(124)	11(121)	12(128)	13(126)	14(145)			
				15(148)	F															
1	Tullie, James	L	49:30	1:05	2:34	4:36	6:14	9:01	13:29	15:17	19:25	25:48	29:54	38:07	40:54	43:55	46:56			
	BASOC			1:05	1:29	2:02	1:38	2:47	4:28	1:48	4:08	6:23	4:06	8:13	2:47	3:01	3:01			
				48:14	49:30															
				1:18	1:16															
2	Robertson, Ali	L	1:06:19	1:46	3:45	6:15	8:12	11:50	16:47	20:06	26:28	32:06	38:05	53:09	56:49	1:00:05	1:03:45			
	GRAMP			1:46	1:59	2:30	1:57	3:38	4:57	3:19	6:22	5:38	5:59	15:04	3:40	3:16	3:40			
				1:05:19	1:06:19															
				1:34	1:00															
3	McMurtrie, Ross	L	1:07:26	1:27	4:53	7:29	9:14	12:53	18:08	20:23	34:09	40:51	46:07	55:23	58:08	1:01:08	1:05:02			
	MAROC			1:27	3:26	2:36	1:45	3:39	5:15	2:15	13:46	6:42	5:16	9:16	2:45	3:00	3:54			
				1:06:22	1:07:26															
				1:20	1:04															
4	Tivendale, Drew	L	1:11:46	1:06	3:55	6:14	8:01	11:29	17:33	19:49	38:00	42:20	47:46	59:38	1:02:24	1:05:22	1:09:17			
	MAROC			1:06	2:49	2:19	1:47	3:28	6:04	2:16	18:11	4:20	5:26	11:52	2:46	2:58	3:55			
				1:10:35	1:11:46															
				1:18	1:11															
5	Caffyn, Bill	L	1:19:05	1:32	4:00	7:24	10:18	15:31	22:43	25:46	33:51	39:28	48:12	59:52	1:04:36	1:10:04	1:15:58			
	GRAMP			1:32	2:28	3:24	2:54	5:13	7:12	3:03	8:05	5:37	8:44	11:40	4:44	5:28	5:54			
				1:17:30	1:19:05															
				1:32	1:35															
6	Hickling, Robert	L	1:19:54	2:10	7:31	11:13	13:33	18:08	25:00	29:02	35:19	40:45	48:20	59:20	1:03:52	1:11:29	1:16:43			
	GRAMP			2:10	5:21	3:42	2:20	4:35	6:52	4:02	6:17	5:26	7:35	11:00	4:32	7:37	5:14			
				1:18:22	1:19:54															
				1:39	1:32															
7	Dunn, Sarah	L	1:26:37	1:42	4:10	7:18	9:46	14:41	23:30	26:18	39:11	48:29	55:25	1:05:40	1:10:59	1:18:01	1:23:13			
	MAROC			1:42	2:28	3:08	2:28	4:55	8:49	2:48	12:53	9:18	6:56	10:15	5:19	7:02	5:12			
				1:25:03	1:26:37															
				1:50	1:34															
8	Grassie, Duncan	L	1:28:01	1:27	3:34	11:18	13:25	17:25	22:52	25:07	33:35	39:44	47:54	1:10:10	1:14:14	1:18:19	1:23:38			
	SLOW			1:27	2:07	7:44	2:07	4:00	5:27	2:15	8:28	6:09	8:10	22:16	4:04	4:05	5:19			
				1:25:52	1:28:01															
				2:14	2:09															
9	Gomersall, Sam	L	1:28:27	1:50	8:57	12:47	15:41	21:03	29:03	32:21	40:47	49:37	57:28	1:08:04	1:12:49	1:18:28	1:24:35			
	GRAMP			1:50	7:07	3:50	2:54	5:22	8:00	3:18	8:26	8:50	7:51	10:36	4:45	5:39	6:07			
				1:26:50	1:28:27															
				2:15	1:37															
10	Hirst, David	L	1:33:18	3:19	5:28	9:18	12:20	18:19	25:27	28:35	36:14	42:12	58:00	1:09:54	1:14:31	1:22:07	1:29:48			
	MAROC			3:19	2:09	3:50	3:02	5:59	7:08	3:08	7:39	5:58	15:48	11:54	4:37	7:36	7:41			
				1:31:37	1:33:18															
				1:49	1:41															
11	Kerridge, Donald	L	1:39:32	1:41	4:14	9:40	13:29	18:38	24:59	27:46	34:16	40:01	53:35	1:04:42	1:08:51	1:22:58	1:35:56			
	MAROC			1:41	2:33	5:26	3:49	5:09	6:21	2:47	6:30	5:45	13:34	11:07	4:09	14:07	12:58			
				1:37:55	1:39:32															
				1:59	1:37															
Short (19)				3.0 km	150 m	12 C														
				1(142)	2(146)	3(143)	4(141)	5(144)	6(149)	7(147)	8(121)	9(128)	10(126)	11(145)	12(148)	F				
1	Coombs, Roger	S	39:12	1:38	4:01	7:20	8:42	11:35	14:10	18:02	20:52	25:19	30:51	35:41	37:20	39:12				
	MAROC			1:38	2:23	3:19	1:22	2:53	2:35	3:52	2:50	4:27	5:32	4:50	1:39	1:52				
2	Chapman, Jake	S	40:20	2:08	4:16	7:10	8:46	11:21	14:22	18:50	21:49	26:24	31:31	36:16	38:46	40:20				
	MAROC			2:08	2:08	2:54	1:36	2:35	3:01	4:28	2:59	4:35	5:07	4:45	2:30	1:34				
3	Wright, Joseph	S	42:14	1:31	5:20	8:18	9:23	11:55	15:46	20:38	22:54	26:52	34:50	39:28	40:59	42:14				
	MAROC			1:31	3:49	2:58	1:05	2:32	3:51	4:52	2:16	3:58	7:58	4:38	1:31	1:15				
4	Wright, Hazel	S	43:07	1:55	4:20	7:02	8:23	11:31	15:33	20:58	23:40	27:42	35:06	40:08	41:38	43:07				
	MAROC			1:55	2:25	2:42	1:21	3:08	4:02	5:25	2:42	4:02	7:24	5:02	1:30	1:29				
5	Lawrence, Pete	S	47:16	1:56	4:40	11:21	13:42	16:49	20:59	25:57	29:22	33:43	38:12	43:41	45:26	47:16				
	GRAMP			1:56	2:44	6:41	2:21	3:07	4:10	4:58	3:25	4:21	4:29	5:29	1:45	1:50				
6	Young, Martin	S	49:09	1:14	3:30	10:47	12:15	14:59	23:28	28:07	30:40	37:00	41:35	45:38	47:30	49:09				
	MAROC			1:14	2:16	7:17	1:28	2:44	8:29	4:39	2:33	6:20	4:35	4:03	1:52	1:39				
7	Graham, Luke	S	52:13	1:53	4:44	9:06	10:26	13:26	19:51	25:01	28:17	33:31	41:06	48:55	50:29	52:13				
	MAROC			1:53	2:51	4:22	1:20	3:00	6:25	5:10	3:16	5:14	7:35	7:49	1:34	1:44				
8	Roberts, Keith	S	54:35	1:52	4:22	7:53	9:32	12:48	22:18	27:41	33:34	38:18	43:44	49:48	52:20	54:35				
	MAROC			1:52	2:30	3:31	1:39	3:16	9:30	5:23	5:53	4:44	5:26	6:04	2:32	2:15				
9	Tivendale, Andy	S	59:15	1:19	3:25	13:58	15:18	20:45	24:00	28:35	35:40	39:43	44:45	55:57	57:55	59:15				
	MAROC			1:19	2:06	10:33	1:20	5:27	3:15	4:35	7:05	4:03	5:02	11:12	1:58	1:20				
10	Gomersall, Lesley	S	59:51	2:23	5:38	10:09	12:13	16:34	20:43	27:36	32:43	38:19	47:08	55:45	58:05	59:51				
	GRAMP			2:23	3:15	4:31	2:04	4:21	4:09	6:53	5:07	5:36	8:49	8:37	2:20	1:46				
11	Chapman, Alistair	S	1:06:35	2:25	5:00	9:46	11:22	15:22	20:43	25:31	28:38	38:29	54:16	1:01:47	1:04:24	1:06:35				
	MAROC			2:25	2:35	4:46	1:36	4:00	5:21	4:48	3:07	9:51	15:47	7:31	2:37	2:11				
12	Esson, David	S	1:06:58	2:36	6:19	10:52	12:59	17:21	22:29	30:06	35:11	41:34	52:19	1:01:34	1:04:09	1:06:58				
	GRAMP			2:36	3:43	4:33	2:07	4:22	5:08	7:37	5:05	6:23	10:45	9:15	2:35	2:49				
13	O'Gorman, Neil	S	1:10:16	2:18	5:47	14:58	17:30	22:09	26:40	37:06	41:23	48:37	57:24	1:05:14	1:08:20	1:10:16				
	TAY			2:18	3:29	9:11	2:32	4:39	4:31	10:26	4:17	7:14	8:47	7:50	3:06	1:56				
14	Rowlands, Helen	S	1:15:52	3:13	7:10	14:11	16:34	20:48	27:09	35:15	40:07	46:46	1:00:41	1:11:15	1:14:01	1:15:52				
	GRAMP			3:13	3:57	7:01	2:23	4:14	6:21	8:06	4:52	6:39	13:55	10:34	2:46	1:51				
15	Scott, Rachel	S	1:25:26	2:30	5:45	14:30	16:45	20:49	25:50	33:16	37:59	59:56	1:08:52	1:20:07	1:23:13	1:25:26				
	GRAMP			2:30	3:15	8:45	2:15	4:04	5:01	7:26	4:43	21:57	8:56	11:15	3:06	2:13				
16	Craig, Peter	S	1:26:46	2:29	7:08	11:10	19:32	23:48	29:11	37:39	41:58	56:26	1:11:06	1:20:58	1:24:31	1:26:46				

