

Place	Name	Club	AgeClass	Course	Time
<b>M16 (17)</b>				<b>5.7 km 240 m</b>	<b>18 C</b>
1	Conway, Adam	GO	M16	Course 5	49:40
2	Bailey, Jim	BOK	M16	Course 5	51:52
3	Hudd, Joe	WCOC	M16	Course 5	52:03
4	Musgrave, Ewan	MAROC	M16	Course 5	56:56
5	Sunley, Joe	WCOC	M16	Course 5	1:00:15
6	Rennie, Charlie	WCOC	M16	Course 5	1:01:11
7	Tryner, Euan	SYO	M16	Course 5	1:04:35
8	Barrie, Adam	MAROC	M14	Course 5	1:07:43
9	Goddard, Jamie	FVO	M16	Course 5	1:11:47
10	Mather, Ben	LOG	M16	Course 5	1:33:07
11	McCartney, Alastair	CLYDE	M16	Course 5	1:33:45
12	Goodwin, Jonty	WCOC	M16	Course 5	2:02:10
	Ashworth, Herbie	WCOC	M16	Course 5	mp
	Owens, Joe	SYO	M16	Course 5	mp
	Newey, Jonas	MAROC	M14	Course 5	mp
	Bennett, Ewan	MAROC	M14	Course 5	mp
	Townley, Frank	SN	M16	Course 5	dnf
<b>M18S (1)</b>				<b>5.2 km 240 m</b>	<b>13 C</b>
	Macintyre, Neil	EUOC	M20	Course 7	dnf
<b>M18L (12)</b>				<b>7.5 km 275 m</b>	<b>15 C</b>
1	Gooch, Matthew	MAROC	M18	Course 3	58:05
2	Robertson, Duncan	ESOC	M18	Course 3	1:02:11
3	Chapman, Alistair	MAROC	M18	Course 3	1:12:57
4	Molloy, Peter	FVO	M18	Course 3	1:16:53
5	Graham, Luke	MAROC	M18	Course 3	1:23:46
6	Campbell, Daniel	MOR	M18	Course 3	1:24:35
7	Goodwin, Ben	WCOC	M18	Course 3	1:26:30
8	Getliff, John	MAROC	M18	Course 3	1:27:26
9	Brown, Ben	ESOC	M18	Course 3	1:43:13
10	Dakin, Dominic	SYO	M18	Course 3	1:47:06
11	Mitchell, Alexander	HOC	M18	Course 3	1:59:56
	Dempsey, Ben	MDOC	M18	Course 3	mp
<b>M20S (2)</b>				<b>5.7 km 240 m</b>	<b>18 C</b>
1	Watts, Kieran	FVO	M20	Course 5	1:19:27
	Kirk, Lachlan	GRAMP	M20	Course 5	dnf
<b>M20L (9)</b>				<b>8.6 km 260 m</b>	<b>15 C</b>
1	Wright, Joseph	EUOC	M20	Course 2	1:12:49
2	Thomas, Alastair	EUOC	M20	Course 2	1:16:59
3	Pedley, Alasdair	EUOC	M20	Course 2	1:17:54
4	Spencer, Daniel	EUOC	M20	Course 2	1:18:49
5	Carcas, Freddie	INT	M20	Course 2	1:20:12
6	Wilson, Felix	EUOC	M20	Course 2	1:28:03
7	Breeze, Ben	EUOC	M20	Course 2	1:43:06
8	Todd, Finlay	INVOC	M20	Course 2	1:48:25
	Lines, Tom	EUOC	M20	Course 2	mp

Place	Name	Club	AgeClass	Course	Time
<b>M21L (19)</b>				<b>10.9 km 360 m 25 C</b>	
1	Gristwood, Graham	FVO	M35	Course 1	1:10:16
2	Haines, Hector	IND	M21	Course 1	1:15:20
3	Wilson, Thomas	EUOC	M21	Course 1	1:20:10
4	Robinson, Richard	NOC	M35	Course 1	1:27:38
5	Bray, Peter	SN	M21	Course 1	1:29:43
6	Dudley, Joshua	MAROC	M21	Course 1	1:30:33
7	Barrable, Nick	SYO	M45	Course 1	1:33:00
8	Morgan, Tim	EUOC	M21	Course 1	1:42:09
9	Llewellyn, Andrew	FVO	M21	Course 1	1:42:49
10	Masson, Alistair	EUOC	M21	Course 1	1:42:54
11	Chepelin, Oleg	INT	M21	Course 1	1:44:35
11	Embrey, Iain	SROC	M21	Course 1	1:44:35
13	Saltums, Arnis	STAG	M21	Course 1	2:04:26
14	Taunton, Joe	NOC	M21	Course 1	2:18:27
15	Nordvall Forsberg, Fredrik	STAG	M21	Course 1	2:49:24
	Carcas, Alex	EUOC	M21	Course 1	dnf
	Purkis, Richard	ESOC	M21	Course 1	dnf
	Gomersall, Tim	GRAMP	M21	Course 1	dnf
	Lindsay, Andrew	EUOC	M21	Course 1	dnf
<b>M21S (5)</b>				<b>7.5 km 275 m 15 C</b>	
1	Lines, Alexander	SO	M21	Course 3	1:21:23
2	Young, Martin	MAROC	M21	Course 3	1:46:12
	Stanwix, Michael	EUOC	M21	Course 3	mp
	Tyler, Callum	ESOC	M21	Course 3	dnf
	Bolton, Ryan	IND	M21	Course 3	dnf
<b>M35L (3)</b>				<b>8.6 km 260 m 15 C</b>	
1	Grassie, Duncan	AROS	M35	Course 2	1:47:51
2	Pitcher, Andrew	DFOK	M55	Course 2	2:28:39
3	Campbell, Kari	AROS	M35	Course 2	2:53:46
<b>M40L (3)</b>				<b>8.6 km 260 m 15 C</b>	
1	Hensman, Will	FVO	M40	Course 2	1:29:35
2	Mather, Paul	MAROC	M40	Course 2	2:06:25
3	Urquhart, Gordon	GRAMP	M40	Course 2	2:17:02
<b>M40S (1)</b>				<b>5.7 km 240 m 18 C</b>	
1	Esson, David	GRAMP	M40	Course 5	1:36:54
<b>M45L (16)</b>				<b>7.3 km 275 m 15 C</b>	
1	Goddard, Roger	FVO	M45	Course 4	1:04:53
2	Godfree, David	FVO	M45	Course 4	1:06:24
3	Tryner, Peter	SYO	M45	Course 4	1:08:39
4	Gooch, Daniel	MAROC	M45	Course 4	1:13:36
5	Barrett, Richard	BAOC	M45	Course 4	1:18:33
6	Purves, Fraser	FVO	M45	Course 4	1:28:13
7	Rennie, Jamie	WCOC	M45	Course 4	1:37:24
8	O'Hara, Peter	ESOC	M45	Course 4	1:41:01
9	Dunlop, Alastair	CLYDE	M45	Course 4	1:41:40

Place	Name	Club	AgeClass	Course	Time
<b>M45L (16)</b>				<b>7.3 km 275 m 15 C</b>	
10	Heap, Will	SO	M45	Course 4	1:42:58
11	Bailey, Scott	BOK	M45	Course 4	1:45:45
12	Mather, John	LOG	M45	Course 4	1:47:45
13	Richards, Caspian	INT	M45	Course 4	1:47:58
14	Breeze, Steven	WCOC	M45	Course 4	1:50:59
	Inman, Jason	FVO	M45	Course 4	dnf
	Nicolson, William	INVOC	M45	Course 4	dnf
<b>M45S (1)</b>				<b>5.2 km 240 m 13 C</b>	
1	Chapman, Paul	MAROC	M45	Course 7	1:15:16
<b>M50L (19)</b>				<b>7.3 km 275 m 15 C</b>	
1	Stansfield, Ben	FVO	M50	Course 4	1:12:48
2	Ward, Martin	SYO	M50	Course 4	1:14:07
3	Harris, Duncan	DEE	M50	Course 4	1:15:50
4	Powell, Ifor	BOK	M50	Course 4	1:20:32
5	Irving, Alan	WCOC	M50	Course 4	1:25:54
6	Keith, Alec	INVOC	M55	Course 4	1:26:07
7	Cross, Jon	FVO	M50	Course 4	1:26:53
8	Lilley, Ross	ECKO	M50	Course 4	1:31:58
9	Wilson, Steve	CLYDE	M50	Course 4	1:32:48
10	Lines, Robert	SO	M50	Course 4	1:37:09
11	Eades, David	INT	M50	Course 4	1:47:50
12	Bennett, Alan	MAROC	M50	Course 4	1:50:45
13	Owens, Nigel	SYO	M50	Course 4	1:57:19
14	Graham, Stuart	SOLWAY	M50	Course 4	2:09:09
15	Emeleus, John	KFO	M50	Course 4	2:25:04
	McRoyall, Andrew	IND	M50	Course 4	mp
	Kirk, David	GRAMP	M50	Course 4	mp
	Webster, Mark	NOC	M50	Course 4	dnf
	Laird, James	INVOC	M50	Course 4	dnf
<b>M50S (6)</b>				<b>5.2 km 240 m 13 C</b>	
1	McMurtrie, Andrew	MAROC	M50	Course 7	1:12:15
2	Hartman, Ben	INT	M50	Course 7	1:15:14
3	Wood, Mark	ESOC	M50	Course 7	1:21:26
4	Huthwaite, Chris	SARUM	M50	Course 7	1:24:04
5	Carcas, Max	INT	M50	Course 7	1:49:07
6	Barrie, Donald	MAROC	M50	Course 7	2:18:14
<b>M55L (16)</b>				<b>5.6 km 235 m 15 C</b>	
1	Robertson, David	CLYDE	M55	Course 6	1:03:22
2	Adams, Charlie	SYO	M55	Course 6	1:05:08
3	Parker, Dan	BL	M55	Course 6	1:07:14
4	Gomersall, Sam	GRAMP	M55	Course 6	1:08:14
5	Lightfoot, Nicholas	SYO	M55	Course 6	1:10:55
6	Shepherd, Iain	INVOC	M55	Course 6	1:13:19
7	Hamilton, Ian	GRAMP	M55	Course 6	1:13:42
8	Keyes, Stephen	SN	M55	Course 6	1:14:40
9	Martland, Timothy	MDOC	M55	Course 6	1:17:12

Place	Name	Club	AgeClass	Course	Time
<b>M55L (16)</b>				<b>5.6 km 235 m 15 C</b>	
10	Chapman, Ade	MOR	M55	Course 6	1:27:04
11	Maxwell, Ian	RR	M55	Course 6	1:31:18
12	Caban, Paul	INT	M55	Course 6	1:33:38
13	Dempsey, Steve	SYO	M55	Course 6	1:41:17
	Lawrence, Pete	GRAMP	M55	Course 6	mp
	Hoey, Trevor	FVO	M55	Course 6	dnf
	Harding, Tim	ELO	M55	Course 6	dnf
<b>M55S (10)</b>				<b>4.4 km 145 m 12 C</b>	
1	Ricketts, Trevor	MAROC	M55	Course 8	57:53
2	Thomas, Roger	WCOC	M55	Course 8	1:04:37
3	Batts, Phillip	CLOK	M55	Course 8	1:06:57
4	Smith, Phil	AYROC	M55	Course 8	1:10:03
5	McIntyre, Ian	INT	M55	Course 8	1:14:17
6	Conway, Phil	GO	M55	Course 8	1:16:51
7	Daly, Kenneth	INT	M55	Course 8	1:21:00
8	Low, Chris	MAROC	M55	Course 8	1:34:19
9	Robertson, David	ESOC	M55	Course 8	1:34:47
	McLeod, Iain	GRAMP	M55	Course 8	dnf
<b>M60L (10)</b>				<b>5.6 km 235 m 15 C</b>	
1	Coombs, Roger	MAROC	M60	Course 6	1:09:02
2	Tullie, John	RR	M60	Course 6	1:13:08
3	Tonkin, Keith	BL	M60	Course 6	1:16:11
4	Capper, Graham	LOC	M60	Course 6	1:21:53
5	Filmore, Simon	LOC	M60	Course 6	1:27:45
6	Holliday, Mark	FVO	M60	Course 6	1:27:54
7	Longhurst, Gary	FVO	M60	Course 6	1:33:10
8	Ditchfield, Ian	MV	M60	Course 6	1:38:37
9	Hale, Nick	MAROC	M60	Course 6	1:43:13
10	Lindsay, Crawford	ESOC	M60	Course 6	2:05:38
<b>M60S (1)</b>				<b>4.4 km 145 m 12 C</b>	
1	Dean, Martin	FVO	M60	Course 8	54:12
<b>M65L (13)</b>				<b>5.2 km 240 m 13 C</b>	
1	Napier, Michael	NOC	M65	Course 7	1:02:07
2	Whitehead, Steve	EBOR	M65	Course 7	1:04:04
3	Gryaznevich, Mikhail	TVOC	M65	Course 7	1:15:44
4	Harwood, Eddie	MOR	M65	Course 7	1:18:53
5	Hickling, Robert	BASOC	M65	Course 7	1:24:44
6	Halliday, Alan	MOR	M65	Course 7	1:35:32
7	Robinson, Andy	LOC	M65	Course 7	1:35:54
8	Richards, Stephen	SELOC	M65	Course 7	1:39:43
9	Matheson, Colin	MOR	M65	Course 7	1:44:03
10	Rosen, David	SROC	M65	Course 7	1:58:14
11	Strain, Robin	ELO	M65	Course 7	1:58:24
12	Dalgleish, Leslie	ESOC	M65	Course 7	2:00:31
	Duley, Paul	GRAMP	M65	Course 7	mp

Place	Name	Club	AgeClass	Course	Time
<b>M70L (7)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
1	Tivendale, Andrew	MAROC	M70	Course 8	55:42
2	Gorvett, Peter	SYO	M70	Course 8	1:11:37
	Stevenson, Bill	ESOC	M70	Course 8	dnf
	Hensman, Geoffrey	FVO	M70	Course 8	dnf
	Carmichael, Dick	TINTO	M70	Course 8	dnf
	Lailey, Julian	SROC	M70	Course 8	dnf
	Scrutton, Roger	ESOC	M70	Course 8	dnf
<b>M70S (1)</b>				<b>2.9 km 100 m</b>	<b>10 C</b>
1	Craig, Peter	MAROC	M70	Course 10	1:12:18
<b>M75L (3)</b>				<b>3.3 km 120 m</b>	<b>9 C</b>
1	Pyrah, Ian	ESOC	M75	Course 9	1:07:45
2	McLean, Neil	GRAMP	M75	Course 9	1:17:18
3	Yates, Brian	ESOC	M75	Course 9	1:44:45
<b>M80 (2)</b>				<b>2.9 km 100 m</b>	<b>10 C</b>
1	Boyt, Arthur	DEVON	M80	Course 10	1:47:43
	Powell, Colin	AIRE	M80	Course 10	mp
<b>W16 (12)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
1	Harris, Anna	DEE	W16	Course 8	49:29
2	Brown, Rachel	ESOC	W16	Course 8	49:40
3	Heap, Scarlet	SO	W16	Course 8	54:03
4	Chapman, Catriona	MAROC	W14	Course 8	55:24
5	Darley, Aimee	GO	W16	Course 8	1:03:53
6	Reynolds, Charlotte	MAROC	W14	Course 8	1:11:13
7	Kenyon, Faith	MOR	W14	Course 8	1:16:11
8	Graham, Amber	MAROC	W16	Course 8	1:32:18
9	Thomas, Carys	WCOC	W16	Course 8	1:32:39
10	Barrie, Eliza	MAROC	W16	Course 8	1:35:58
	Cox, Anna	BASOC	W16	Course 8	mp
	Irving, Caitlin	WCOC	W16	Course 8	dnf
<b>W18L (12)</b>				<b>5.2 km 240 m</b>	<b>13 C</b>
1	Campbell, Eilidh	MAROC	W18	Course 7	46:49
2	Campbell, Kirsty	MAROC	W18	Course 7	52:00
3	Stansfield, Lizzie	FVO	W18	Course 7	53:55
4	Conway, Evie	AIRE	W18	Course 7	59:15
5	McGougan, Katrina	BASOC	W18	Course 7	1:04:16
6	Wilson, Alice	CLYDE	W18	Course 7	1:06:51
7	Blackwood, Jenny	INVOC	W18	Course 7	1:10:40
8	Eades, Mairi	INT	W18	Course 7	1:10:53
9	Spencer, Rosie	WCOC	W18	Course 7	1:20:04
10	Cox, Isobel	BASOC	W18	Course 7	1:41:55
11	Breeze, Jessica	WCOC	W18	Course 7	1:48:40
	Keith, Megan	INVOC	W18	Course 7	dnf

Place	Name	Club	AgeClass	Course	Time
<b>W18S (4)</b>				<b>3.3 km 120 m</b>	<b>9 C</b>
1	Chintapatla, Anika	EBOR	W18	Course 9	46:27
2	Wood, Kerry	ESOC	W18	Course 9	55:46
3	Robertson, Kirsten	CLYDE	W16	Course 9	1:51:12
	Passano Hellan, Sigrid	EUOC	W21	Course 9	mp
<b>W20L (7)</b>				<b>5.7 km 240 m</b>	<b>18 C</b>
1	Hunter, Niamh	WCOC	W20	Course 5	56:48
2	King, Laura	EUOC	W20	Course 5	59:16
3	Wilson, Emma	EUOC	W20	Course 5	1:02:58
4	Robertson, Lindsay	EUOC	W20	Course 5	1:04:48
5	Lilley, Roanne	EUOC	W20	Course 5	1:14:20
6	Graham, Zoe	SOLWAY	W20	Course 5	1:30:39
	Shepherd, Freya	EUOC	W20	Course 5	dnf
<b>W20S (2)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
1	Boloux, Alex	EUOC	W20	Course 8	1:46:40
	Schwarze Chintapatla, Tara	EUOC	W20	Course 8	dnf
<b>W21L (7)</b>				<b>7.5 km 275 m</b>	<b>15 C</b>
1	Walsh, Fay	EUOC	W21	Course 3	1:21:33
2	Wright, Hazel	MAROC	W21	Course 3	1:34:50
3	Ward, Claire	INT	W40	Course 3	1:36:03
4	Adams, Louise	EUOC	W21	Course 3	1:38:03
5	McLeod, Katrina	GRAMP	W21	Course 3	1:44:53
6	Wright, Frances	MAROC	W21	Course 3	1:48:29
7	Jones, Sarah	EUOC	W21	Course 3	1:53:51
<b>W21S (1)</b>				<b>5.2 km 240 m</b>	<b>13 C</b>
1	Parga Basanta, Lucia	EUOC	W21	Course 7	1:11:50
<b>W35L (2)</b>				<b>5.7 km 240 m</b>	<b>18 C</b>
1	Chisholm, Jane	BASOC	W35	Course 5	2:03:59
	Karatay, Gemma	BASOC	W35	Course 5	mp
<b>W35S (1)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
	Szydłowska, Marta	STAG	W35	Course 8	dnf
<b>W40L (2)</b>				<b>5.7 km 240 m</b>	<b>18 C</b>
1	Inman, Janine	FVO	W40	Course 5	1:07:11
2	Rush, Tereza Maria	BOK	W40	Course 5	1:48:05
<b>W40S (1)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
1	Mather, Rachel	MAROC	W40	Course 8	2:51:44

Place	Name	Club	AgeClass	Course	Time
<b>W45L (4)</b>				<b>5.2 km 240 m</b>	<b>13 C</b>
1	Crawshaw, Amanda	SYO	W45	Course 7	1:16:55
2	Osborn, Beccy	FVO	W45	Course 7	1:30:09
3	Kirkland, Rachel	INT	W45	Course 7	1:38:27
4	Thomas, Lynne	WCOC	M45	Course 7	1:49:17
<b>W45S (1)</b>				<b>3.3 km 120 m</b>	<b>9 C</b>
1	Salway, Aileen	MAROC	W45	Course 9	58:21
<b>W50L (9)</b>				<b>5.2 km 240 m</b>	<b>13 C</b>
1	Dunn, Sarah	MAROC	W50	Course 7	54:14
2	Eades, Lorna	INT	W50	Course 7	1:24:52
3	Jacks, Diane	WRE	W50	Course 7	1:34:35
4	Rowlands, Helen	GRAMP	W50	Course 7	1:38:33
5	Wright, Denise	MAROC	W50	Course 7	1:48:38
6	Mitchell, Kerstin	HOC	W50	Course 7	1:58:34
	Shankland, Marie Claire	FVO	W50	Course 7	mp
	Wilson, Rachel	CLYDE	W50	Course 7	mp
	Ward, Lesley	SYO	W50	Course 7	dnf
<b>W50S (9)</b>				<b>3.3 km 120 m</b>	<b>9 C</b>
1	Scott, Rachel	GRAMP	W50	Course 9	1:03:55
2	Bell, Judith	ESOC	W50	Course 9	1:09:56
3	Burnapp, Carol	ECKO	W50	Course 9	1:13:51
4	Bentley, Juliet	SROC	W50	Course 9	1:13:53
5	Harris, Ruth	DEE	W50	Course 9	1:29:46
6	Graham, Patricia	MAROC	W50	Course 9	1:30:57
7	Neumann, Katja	MAROC	W50	Course 9	1:36:55
8	McHendry, Janette	WCOC	W50	Course 9	1:39:45
	Stansfield, Josie	FVO	W50	Course 9	mp
<b>W55L (15)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
1	Somers-Cocks, Charlotte	LOC	W55	Course 8	57:58
2	Cunningham, Alison	ESOC	W55	Course 8	1:06:39
3	Gomersall, Lesley	GRAMP	W55	Course 8	1:07:09
4	Haley, Ann	INT	W55	Course 8	1:10:22
5	Dean, Hazel	FVO	W55	Course 8	1:10:41
6	Longhurst, Louise	FVO	W55	Course 8	1:10:50
7	Skinner, Susan	WCOC	W55	Course 8	1:14:34
8	Getliff, Frances	MAROC	W55	Course 8	1:26:01
9	Wood, Judith	PFO	W55	Course 8	1:35:37
10	Martin, Clare	MAROC	W55	Course 8	1:42:10
11	Goodwin, Deborah	WCOC	W55	Course 8	1:56:50
	McLeod, Marsela	INVOC	W55	Course 8	mp
	Parker, Karen	BL	W55	Course 8	mp
	Johnston, Fiona	RR	W55	Course 8	mp
	Dakin, Jacky	SYO	W55	Course 8	dnf

Place	Name	Club	AgeClass	Course	Time
<b>W55S (2)</b>				<b>2.9 km 100 m</b>	<b>10 C</b>
1	Rush, Ella May	BOK	W14	Course 10	1:33:48
	Chapman, Carole	MOR	W55	Course 10	mp
<b>W60L (5)</b>				<b>4.4 km 145 m</b>	<b>12 C</b>
1	Scrugham, Maggie	ESOC	W60	Course 8	1:19:45
2	Lindsay, Sally	ESOC	W60	Course 8	1:21:20
3	Coombs, Trish	MAROC	W60	Course 8	1:28:15
4	Robinson, Christine	LOC	W60	Course 8	1:30:06
5	McAdam, Pauline	RR	W60	Course 8	1:32:59
<b>W60S (1)</b>				<b>2.9 km 100 m</b>	<b>10 C</b>
	Batts, Lorraine	CLOK	W60	Course 10	mp
<b>W65L (4)</b>				<b>3.3 km 120 m</b>	<b>9 C</b>
1	Nisbet, Janice	ESOC	W65	Course 9	1:02:31
2	Kiddier, Christine	BL	W65	Course 9	1:06:09
3	Gipsle, Inara	TVOC	W65	Course 9	1:07:39
	Dagleish, Margaret	ESOC	W65	Course 9	dnf
<b>W70L (4)</b>				<b>3.3 km 120 m</b>	<b>9 C</b>
1	Rosen, Miriam	SROC	W70	Course 9	58:26
2	Strain, Sheila	ELO	W70	Course 9	1:04:13
3	Carmichael, Trish	TINTO	W70	Course 9	1:14:21
4	Stevenson, Anne	ESOC	W70	Course 9	1:41:12
<b>W75 (3)</b>				<b>2.9 km 100 m</b>	<b>10 C</b>
1	Pyrah, Eleanor	ESOC	W75	Course 10	1:19:23
	Rhodes, Ruth	SO	W75	Course 10	mp
	Powell, Judith	AIRE	W75	Course 10	mp