

os.	Name	Time												
Long (13)			4.6 km 250 m 12 C Long											
			1(96)	2(105)	3(106)	4(138)	5(139)	6(155)	7(157)	8(154)	9(156)	10(103)	11(140)	12(43) F
1	Tim Gomersall	48:27	2:05	3:41	7:02	10:54	16:56	21:35	24:17	28:06	32:57	39:17	44:28	46:22 48:27
	GRAMP		2:05	1:36	3:21	3:52	6:02	4:39	2:42	3:49	4:51	6:20	5:11 1:54	2:05
2	Drew Tivendale	50:50	2:17	3:26	8:13	15:35	22:25	26:48	29:31	33:10	38:18	45:17	47:34	49:24 50:50
	MAROC		2:17	1:09	4:47	7:22	6:50	4:23	2:43	3:39	5:08	6:59	2:17 1:50	1:26
3	Ross McMurtrie	57:19	2:18	3:37	7:22	11:33	18:06	24:11	26:50	32:46	39:54	48:54	53:28	55:31 57:19
	MAROC		2:18	1:19	3:45	4:11	6:33	6:05	2:39	5:56	7:08	9:00	4:34 2:03	1:48
4	Jonathan Musgrav	57:38	2:33	3:56	7:32	11:49	18:14	24:11	26:39	32:05	43:02	50:01	53:52	55:36 57:38
	MAROC		2:33	1:23	3:36	4:17	6:25	5:57	2:28	5:26	10:57	6:59	3:51 1:44	2:02
5	Josh Dudley	65:54	2:32	4:30	9:02	12:57	30:27	34:36	37:21	41:38	48:43	57:25	61:51	64:06 65:54
	MAROC		2:32	1:58	4:32	3:55	17:30	4:09	2:45	4:17	7:05	8:42	4:26 2:15	1:48
6	Sarah Dunn	71:22	3:03	9:05	13:50	20:38	30:20	35:40	38:19	44:54	51:36	60:58	65:11	68:55 71:22
	MAROC		3:03	6:02	4:45	6:48	9:42	5:20	2:39	6:35	6:42	9:22	4:13 3:44	2:27
7	Sam Gomersall	74:34	2:58	4:49	10:10	15:13	24:45	30:09	34:39	41:28	54:09	64:26	69:14	71:44 74:34
	GRAMP		2:58	1:51	5:21	5:03	9:32	5:24	4:30	6:49	12:41	10:17	4:48 2:30	2:50
8	Evgueni Chepelin	74:47	2:53	4:16	8:25	16:34	26:50	35:47	40:19	46:09	53:42	62:59	68:16	71:12 74:47
	GRAMP		2:53	1:23	4:09	8:09	10:16	8:57	4:32	5:50	7:33	9:17	5:17 2:56	3:35
9	Donald Kerridge	75:38	2:37	4:26	9:06	14:41	23:19	31:32	34:25	46:07	55:45	64:08	70:46	73:42 75:38
	MAROC		2:37	1:49	4:40	5:35	8:38	8:13	2:53	11:42	9:38	8:23	6:38 2:56	1:56
10	David Hirst	83:49	4:01	6:18	12:26	18:16	28:11	35:54	39:50	47:59	55:11	69:57	77:49	80:40 83:49
	MAROC		4:01	2:17	6:08	5:50	9:55	7:43	3:56	8:09	7:12	14:46	7:52 2:51	3:09
11	Gareth Yardley	87:15	3:33	6:10	10:44	18:10	36:51	45:34	50:35	56:09	64:28	74:52	82:36	84:38 87:15
	GRAMP		3:33	2:37	4:34	7:26	18:41	8:43	5:01	5:34	8:19	10:24	7:44 2:02	2:37
12	Andrew McMurtrie	96:11	2:55	4:38	8:47	13:23	27:27	38:17	45:07	56:01	75:26	84:33	90:49	93:38 96:11
	MAROC		2:55	1:43	4:09	4:36	14:04	10:50	6:50	10:54	19:25	9:07	6:16 2:49	2:33
	David Kirk	dnf	4:10	12:15	18:13	25:08	34:54	42:18	-----	-----	-----	79:49	85:48	88:32 91:58
	GRAMP		4:10	8:05	5:58	6:55	9:46	7:24				37:31	5:59 2:44	3:26
Medium (28)			2.9 km 125 m 11 C Medium											
			1(96)	2(105)	3(106)	4(162)	5(163)	6(164)	7(140)	8(43)	9(159)	10(160)	11(161)	F
1	John Lang	33:46	2:47	4:19	8:50	12:05	16:15	19:14	21:58	24:20	26:24	29:00	30:36	33:46
	GRAMP		2:47	1:32	4:31	3:15	4:10	2:59	2:44	2:22	2:04	2:36	1:36 3:10	
2	Hazel Wright	37:03	3:12	6:20	11:47	15:04	19:14	22:14	24:58	27:30	29:41	32:16	33:45	37:03
	MAROC		3:12	3:08	5:27	3:17	4:10	3:00	2:44	2:32	2:11	2:35	1:29 3:18	
3	Chris Low	38:49	2:54	7:43	12:15	15:47	20:10	23:25	26:21	29:08	31:30	33:42	35:05	38:49
	MAROC		2:54	4:49	4:32	3:32	4:23	3:15	2:56	2:47	2:22	2:12	1:23 3:44	
4	John Mason	39:30	3:02	4:56	11:26	14:05	18:36	22:17	25:14	28:29	31:01	33:44	35:43	39:30
	MAROC		3:02	1:54	6:30	2:39	4:31	3:41	2:57	3:15	2:32	2:43	1:59 3:47	
5	Murray Anderson	40:27	2:59	5:28	10:47	14:51	19:28	23:50	26:34	29:05	31:57	34:41	36:46	40:27
	GRAMP		2:59	2:29	5:19	4:04	4:37	4:22	2:44	2:31	2:52	2:44	2:05 3:41	
6	Iain Barraclough	40:28	3:24	5:38	11:31	13:56	18:05	21:25	25:03	27:53	30:32	33:18	36:47	40:28
	GRAMP		3:24	2:14	5:53	2:25	4:09	3:20	3:38	2:50	2:39	2:46	3:29 3:41	
7	Joseph Wright	40:53	4:56	9:40	14:40	17:54	21:15	24:25	26:21	28:32	31:02	35:41	37:04	40:53
	MAROC		4:56	4:44	5:00	3:14	3:21	3:10	1:56	2:11	2:30	4:39	1:23 3:49	
8	Kirsty Coombs	42:10	3:23	5:29	10:27	12:50	17:34	24:41	27:56	30:37	33:14	35:28	37:30	42:10
	MAROC		3:23	2:06	4:58	2:23	4:44	7:07	3:15	2:41	2:37	2:14	2:02 4:40	
9	Roger Coombs	44:30	3:08	4:55	9:35	12:59	16:49	23:36	26:19	29:07	31:57	34:07	40:17	44:30
	MAROC		3:08	1:47	4:40	3:24	3:50	6:47	2:43	2:48	2:50	2:10	6:10 4:13	
10	Luke Graham	44:35	3:05	5:45	10:53	13:23	17:30	21:20	24:02	27:41	30:30	32:52	40:28	44:35
	MAROC		3:05	2:40	5:08	2:30	4:07	3:50	2:42	3:39	2:49	2:22	7:36 4:07	
11	Abi Mason	45:30	2:47	11:34	17:03	19:07	25:24	29:03	31:22	33:36	36:08	40:30	41:48	45:30
	MAROC		2:47	8:47	5:29	2:04	6:17	3:39	2:19	2:14	2:32	4:22	1:18 3:42	
12	Keith Roberts	45:51	3:17	7:27	12:25	14:53	18:58	22:23	25:27	29:27	32:02	34:39	41:50	45:51
	MAROC		3:17	4:10	4:58	2:28	4:05	3:25	3:04	4:00	2:35	2:37	7:11 4:01	
13	Andy Tivendale	46:31	2:52	7:02	12:28	15:38	21:54	25:14	28:11	35:18	37:48	40:00	41:46	46:31
	MAROC		2:52	4:10	5:26	3:10	6:16	3:20	2:57	7:07	2:30	2:12	1:46 4:45	
14	Jess Mason	48:22	3:23	5:34	11:51	16:47	22:19	25:55	32:57	36:15	38:29	41:57	44:21	48:22
	MAROC		3:23	2:11	6:17	4:56	5:32	3:36	7:02	3:18	2:14	3:28	2:24 4:01	
15	Patrick Low	51:28	3:23	5:53	12:44	17:04	24:24	28:40	33:35	36:42	40:05	43:06	47:00	51:28
	MAROC		3:23	2:30	6:51	4:20	7:20	4:16	4:55	3:07	3:23	3:01	3:54 4:28	
16	Lesley Gomersall	52:02	4:04	6:01	12:25	15:58	21:45	26:33	31:06	36:17	39:34	43:13	46:18	52:02
	GRAMP		4:04	1:57	6:24	3:33	5:47	4:48	4:33	5:11	3:17	3:39	3:05 5:44	
17	Nicholas Green	52:19	3:17	14:15	20:09	22:38	29:43	34:06	37:09	40:06	43:00	45:52	48:03	52:19
	INVOC		3:17	10:58	5:54	2:29	7:05	4:23	3:03	2:57	2:54	2:52	2:11 4:16	

os. Name Time

Medium (28)

2.9 km 125 m 11 C Medium

		1(96)	2(105)	3(106)	4(162)	5(163)	6(164)	7(140)	8(43)	9(159)	10(160)	11(161)	F
18 Paul + Bill Caffyn	54:40	2:46	5:15	11:37	16:13	23:46	30:56	35:43	42:01	44:47	48:06	51:19	54:40
GRAMP		2:46	2:29	6:22	4:36	7:33	7:10	4:47	6:18	2:46	3:19	3:13	3:21
19 Helen Rowlands	54:51	5:09	8:24	16:47	20:13	27:35	32:18	36:49	41:02	44:33	47:39	49:58	54:51
GRAMP		5:09	3:15	8:23	3:26	7:22	4:43	4:31	4:13	3:31	3:06	2:19	4:53
20 Heather Hale	55:54	7:06	9:54	16:58	20:55	28:18	32:45	37:33	40:46	44:13	47:11	51:02	55:54
GRAMP		7:06	2:48	7:04	3:57	7:23	4:27	4:48	3:13	3:27	2:58	3:51	4:52
21 Matthew Parkes	56:18	4:07	10:32	19:11	22:30	29:50	33:49	38:54	42:53	46:35	49:51	51:55	56:18
GRAMP		4:07	6:25	8:39	3:19	7:20	3:59	5:05	3:59	3:42	3:16	2:04	4:23
22 Peter Craig	59:37	5:58	8:37	15:12	21:08	26:49	33:23	40:19	44:25	47:22	50:38	53:52	59:37
MAROC		5:58	2:39	6:35	5:56	5:41	6:34	6:56	4:06	2:57	3:16	3:14	5:45
23 Rachel Scott	68:39	4:35	7:04	14:38	18:45	24:55	36:58	43:13	50:44	54:49	58:32	62:13	68:39
GRAMP		4:35	2:29	7:34	4:07	6:10	12:03	6:15	7:31	4:05	3:43	3:41	6:26
24 Phil Campbell	72:31	3:37	14:17	21:15	24:40	32:33	36:47	43:38	50:40	56:39	59:52	67:30	72:31
GRAMP		3:37	10:40	6:58	3:25	7:53	4:14	6:51	7:02	5:59	3:13	7:38	5:01
25 David Esson	76:22	4:46	7:42	17:15	21:46	28:42	38:24	44:33	48:22	51:59	66:03	69:04	76:22
GRAMP		4:46	2:56	9:33	4:31	6:56	9:42	6:09	3:49	3:37	14:04	3:01	7:18
26 Dave Thompson	105:39	3:43	6:51	15:22	24:11	30:51	62:53	74:00	87:19	91:47	95:24	99:16	105:39
		3:43	3:08	8:31	8:49	6:40	32:02	11:07	13:19	4:28	3:37	3:52	6:23
Dennis McDonald	mp	2:47	6:31	11:21	13:38	17:41	21:38	24:35	28:18	31:14	33:46	-----	56:10
GRAMP		2:47	3:44	4:50	2:17	4:03	3:57	2:57	3:43	2:56	2:32		22:24
David Bryant	dnf	8:38	11:45	26:42	31:22	40:34	-----	-----	-----	-----	-----	-----	77:25
MAROC		8:38	3:07	14:57	4:40	9:12							36:51