

Pos	Name	Class	Time													
1 (13)				7.9 km	150 m	22 C										
				1(96) 14(136)	2(241) 15(157)	3(231) 16(140)	4(103) 17(167)	5(221) 18(153)	6(158) 19(137)	7(130) 20(172)	8(169) 21(222)	9(134) 22(163)	10(133) Finish	11(162)	12(225)	13(229)
1	Tim Gomersall GRAMP	OME	44:23	1:27 1:27 17:33 0:56	2:28 1:01 21:44 4:11	3:19 0:51 28:59 7:15	5:47 2:28 30:18 1:19	6:23 0:36 35:43 5:25	6:54 0:31 38:34 2:51	7:13 0:19 39:51 1:17	9:36 2:23 41:46 1:55	10:14 0:38 44:13 2:27	11:49 1:35 44:23 2:27	12:53 1:04	14:47 1:54	16:37 1:50
2	Joshua Dudley MAROC	OME	44:56	0:59 0:59 17:59 0:59	2:14 1:15 22:28 4:29	3:01 0:47 29:42 7:14	5:32 2:31 30:52 1:10	6:06 0:34 36:15 5:23	6:34 0:28 39:12 2:57	6:53 0:19 40:28 1:16	9:40 2:47 42:21 1:53	10:24 0:44 44:45 2:24	12:01 1:37 44:56 0:11	13:05 1:04	14:59 1:54	17:00 2:01
3	Mark Stockton GRAMP	OME	46:11	1:05 1:05 17:59	2:09 1:04 22:20	2:57 0:48 29:53	5:42 2:45 31:11	6:18 0:36 37:08	6:45 0:27 40:11	7:07 0:22 41:38	9:43 2:36 43:35	10:24 0:41 46:02	11:51 1:27 46:11	12:51 1:00	14:52 2:01	16:50 1:58
4	Gordon Urquhart GRAMP	OME	46:50	1:09 1:04 1:04 18:19	4:21 2:03 0:59 22:47	7:33 2:52 0:49 30:28	1:18 5:42 2:50 31:41	5:57 6:22 0:40 37:31	3:03 6:51 0:29 40:42	1:27 7:11 0:20 41:59	1:57 9:46 2:35 44:09	2:27 10:25 0:39 46:39	0:09 12:26 2:01 46:50	13:24 0:58	15:30 2:06	17:19 1:49
5	Janne Heikkinen AUOC	OME	47:06	1:00 0:56 0:56 18:02	4:28 2:09 1:13 22:31	7:41 2:58 0:49 30:33	1:13 5:31 2:33 31:56	5:50 6:06 0:35 37:48	3:11 6:34 0:28 40:50	1:17 6:54 0:20 42:12	2:10 9:34 2:40 44:21	2:30 10:31 0:57 46:57	0:11 11:55 1:24 47:06	12:55 1:00	14:49 1:54	16:57 2:08
6	Arnis Saltums CLYDE	OME	47:46	1:05 0:54 0:54 18:05	4:29 1:54 1:00 22:39	8:02 2:45 0:51 30:43	1:23 5:41 2:56 32:07	5:52 6:18 0:37 38:22	3:02 6:49 0:31 41:32	1:22 7:09 0:20 42:53	2:09 9:47 2:38 44:59	2:36 10:30 0:43 47:37	0:09 12:03 1:33 47:46	13:01 0:58	14:56 1:55	16:56 2:00
7	Andrew Lindsay ESOC	OME	51:00	1:09 1:03 1:03 20:55	4:34 2:05 1:02 25:54	8:04 2:55 0:50 34:14	1:24 5:46 2:51 35:33	6:15 6:25 0:39 41:44	3:10 6:55 0:30 44:35	1:21 7:20 0:25 45:55	2:06 11:54 4:34 47:58	2:38 12:40 0:46 50:51	0:09 14:18 1:38 51:00	15:23 1:05	17:27 2:04	19:42 2:15
8	Faisal Khursheed RR	OME	53:32	1:13 1:25 1:25 21:41	4:59 2:30 1:05 27:07	8:20 3:21 0:51 35:30	1:19 6:40 3:19 36:42	6:11 7:25 0:45 43:42	2:51 8:03 0:38 46:52	1:20 8:31 0:28 48:10	2:03 11:50 3:19 50:24	2:53 12:44 0:54 53:15	0:09 14:45 2:01 53:32	16:10 1:25	18:31 2:21	20:28 1:57
9	Callum Roberts MAROC	OME	57:35	1:13 1:13 1:13 21:35	2:24 1:11 5:26 27:13	3:21 0:57 8:23 37:30	6:25 3:04 1:12 39:10	7:06 0:41 7:00 46:06	7:41 0:35 3:10 50:04	8:06 0:25 1:18 51:45	11:11 3:05 2:14 54:15	12:03 0:52 2:51 57:24	13:58 1:55 0:17 57:35	15:11 1:13	17:43 2:32	20:18 2:35
10	Patrick Heger RR	OME	1:01:02	1:17 1:09 1:09 24:27	5:38 2:26 1:17 30:19	10:17 3:22 0:56 40:04	1:40 7:41 4:19 41:35	6:56 8:31 0:50 49:18	3:58 9:22 0:51 53:10	1:41 9:50 0:28 55:06	2:30 13:02 3:12 57:34	3:09 14:26 1:24 1:00:52	0:11 16:49 2:23 1:01:02	18:25 1:36	20:47 2:22	23:09 2:22
11	Andy Paterson CLYDE	OME	1:02:24	1:23 1:23 1:23 23:12	2:42 1:19 6:06 29:18	3:44 1:02 10:37 39:55	7:02 3:18 2:10 42:05	7:47 0:45 7:40 49:45	8:26 0:39 4:15 54:00	8:56 0:30 1:49 55:49	12:21 3:25 2:49 58:38	13:18 0:57 3:31 1:02:09	15:13 1:55 0:15 1:02:24	16:33 1:20	19:03 2:30	21:52 2:49
12	Rupert Hornby MOR	OME	1:03:05	1:28 1:28 24:53 1:22	3:10 1:42 30:48 5:55	4:08 0:58 40:49 10:01	8:37 4:29 42:30 1:41	9:24 0:47 50:58 8:28	10:02 0:38 54:42 3:44	10:35 0:33 56:28 1:46	14:22 3:47 59:08 2:40	15:17 0:55 1:02:51 3:43	17:15 1:58 1:03:05 0:14	18:32 1:17	21:00 2:28	23:31 2:31
	Alexander Maclachlan GRAMP	OME	disq	0:55 0:55 18:53 1:08	2:14 1:19 23:39 4:46	3:04 0:50 31:32 7:53	5:56 2:52 32:53 1:21	6:35 0:39 38:56 6:03	7:06 0:31 42:02 3:06	7:37 0:31 43:25 1:23	10:13 2:36 45:34 2:09	11:00 0:47 48:10 2:36	12:35 1:35 48:21 0:11	13:37 1:02	15:40 2:03	17:45 2:05

Pos	Name	Class	Time													
2 (11)				6.6 km	120 m	18 C										
				1(96) 14(154)	2(241) 15(172)	3(228) 16(131)	4(156) 17(233)	5(221) 18(163)	6(223) Finish	7(224)	8(170)	9(225)	10(138)	11(231)	12(171)	13(243)
1	Beth Hanson EUOC	OWO	40:13	1:01 1:01 31:28 4:12	2:01 1:00 35:46 4:18	2:49 0:48 37:39 1:53	4:48 1:59 39:45 2:06	5:37 0:49 40:02 0:17	7:37 2:00 40:13 0:11	9:12 1:35	10:27 1:15	12:43 2:16	16:09 3:26	17:31 1:22	23:56 6:25	27:16 3:20
2	Jon Hollingdale MOR	VM40	40:18	0:57 0:57 31:16 4:06	2:06 1:09 35:43 4:27	2:51 0:45 37:27 1:44	5:16 2:25 39:50 2:23	6:04 0:48 40:08 0:18	8:04 2:00 40:18 0:10	9:38 1:34	10:52 1:14	12:53 2:01	16:16 3:23	17:40 1:24	24:27 6:47	27:10 2:43
3	Craig Chapman MAROC	VM40	44:08	1:21 1:21 34:25 4:11	2:31 1:10 38:58 4:33	3:23 0:52 40:48 1:50	5:43 2:20 43:35 2:47	6:38 0:55 43:56 0:21	8:48 2:10 44:08 0:12	10:41 1:53	12:05 1:24	14:23 2:18	18:46 4:23	20:11 1:25	27:02 6:51	30:14 3:12
4	Rona Lindsay ESOC	OWO	49:14	1:13 1:13 38:50 4:49	2:53 1:40 43:54 5:04	3:49 0:56 46:01 2:07	6:24 2:35 48:44 2:43	7:26 1:02 49:03 0:19	10:01 2:35 49:14 0:11	12:07 2:06	13:56 1:49	16:38 2:42	21:04 4:26	22:45 1:41	30:10 7:25	34:01 3:51
5	Sarah Jones EUOC	OWO	49:57	1:07 1:07 39:29 6:22	2:29 1:22 43:35 4:06	3:14 0:45 47:10 3:35	5:05 1:51 49:29 2:19	7:53 2:48 49:47 0:18	10:04 2:11 49:57 0:10	11:37 1:33	12:51 1:14	16:59 4:08	20:59 4:00	22:11 1:12	30:18 8:07	33:07 2:49
6	Kathryn Barr MOR	OWO	55:15	1:17 1:17 43:17 4:53	3:07 1:50 49:44 6:27	4:04 0:57 52:03 2:19	6:56 2:52 54:42 2:39	8:01 1:05 55:05 0:23	10:52 2:51 55:15 0:10	13:08 2:16	14:55 1:47	17:38 2:43	22:30 4:52	24:28 1:58	34:04 9:36	38:24 4:20
7	Michaela Kolistanikova AUOC	OWO	55:23	1:33 1:33 43:18 5:08	3:37 2:04 49:44 6:26	4:43 1:06 52:03 2:19	7:10 2:27 54:50 2:47	8:14 1:04 55:13 0:23	10:55 2:41 55:23 0:10	13:09 2:14	14:52 1:43	18:07 3:15	23:01 4:54	24:46 1:45	34:01 9:15	38:10 4:09
8	Megan Ricketts MAROC	OWO	57:32	1:22 1:22 44:01 5:43	2:43 1:21 50:07 6:06	3:42 0:59 52:23 2:16	6:24 2:42 56:50 4:27	7:29 1:05 57:18 0:28	10:36 3:07 57:32 0:14	12:47 2:11	14:33 1:46	17:47 3:14	22:44 4:57	24:37 1:53	33:18 8:41	38:18 5:00
9	Rainer Heger RR	VM40	1:07:38	1:44 1:44 52:52 7:29	3:55 2:11 1:00:04 7:12	5:27 1:32 1:02:57 2:53	9:30 4:03 1:06:53 3:56	11:02 1:32 1:07:18 0:25	14:28 3:26 1:07:38 0:20	16:53 2:25	18:59 2:06	22:17 3:18	27:45 5:28	31:34 3:49	41:20 9:46	45:23 4:03
10	Jim O'Donoghue STAG	VM40	1:07:44	1:22 1:22 53:45 5:44	2:41 1:19 1:01:03 7:18	3:58 1:17 1:03:34 2:31	7:12 3:14 1:07:02 3:28	8:20 1:08 1:07:32 0:30	11:06 2:46 1:07:44 0:12	14:49 3:43	19:15 4:26	22:10 2:55	30:53 8:43	32:54 2:01	43:15 10:21	48:01 4:46
	David Bryant MAROC	VM40	dnf	2:09 2:09 -----	4:12 2:03 -----	5:51 1:39 -----	10:35 4:44 -----	11:51 1:16 -----	34:17 22:26 -----	37:16 2:59	41:55 4:39	46:20 4:25	-----	-----	-----	-----

Pos	Name	Class	Time													
3 (20)				5.3 km	100 m	16 C										
				1(103) 14(228)	2(221) 15(241)	3(223) 16(163)	4(133) Finish	5(106)	6(231)	7(166)	8(171)	9(243)	10(154)	11(137)	12(172)	13(230)
1	Donald Petrie CLYDE	SM55	32:38	1:18 1:18 31:09 1:30	2:00 0:42 31:54 0:45	3:55 1:55 32:26 0:32	5:28 1:33 32:38 0:12	6:40 1:12	10:02 3:22	16:04 6:02	17:15 1:11	20:10 2:55	24:08 3:58	27:26 3:18	28:50 1:24	29:39 0:49
2	Trevor Ricketts MAROC	SM55	38:14	1:11 1:11 36:29 2:12	1:59 0:48 37:24 0:55	4:22 2:23 38:01 0:37	6:42 2:20 38:14 0:13	7:48 1:06	11:46 3:58	19:10 7:24	20:30 1:20	23:44 3:14	28:13 4:29	31:49 3:36	33:20 1:31	34:17 0:57
3	Sam Gomersall GRAMP	SM55	38:41	1:18 1:18 36:46 1:45	2:06 0:48 37:47 1:01	4:27 2:21 38:27 0:40	6:21 1:54 38:41 0:14	7:27 1:06	11:29 4:02	19:12 7:43	20:33 1:21	23:54 3:21	28:33 4:39	32:27 3:54	34:02 1:35	35:01 0:59
4	Keith Roberts MAROC	SM55	41:06	1:18 1:18 39:08 1:41	1:59 0:41 40:08 1:00	4:48 2:49 40:56 0:48	6:54 2:06 41:06 0:10	8:11 1:17	12:26 4:15	20:37 8:11	21:56 1:19	25:18 3:22	30:32 5:14	34:50 4:18	36:30 1:40	37:27 0:57
5	Jonathan Lenton MAROC	SM55	43:11	1:21 1:21 41:25 1:51	2:13 0:52 42:21 0:56	5:10 2:57 43:00 0:39	7:09 1:59 43:11 0:11	8:15 1:06	13:22 5:07	22:10 8:48	23:52 1:42	27:25 3:33	32:13 4:48	36:30 4:17	38:18 1:48	39:34 1:16
6	Fiona Forrest RR	VW40	44:13	1:11 1:11 42:15 1:42	1:58 0:47 43:10 0:55	4:35 2:37 44:01 0:51	6:43 2:08 44:13 0:12	7:50 1:07	12:17 4:27	23:59 11:42	25:26 1:27	28:55 3:29	33:47 4:52	37:47 4:00	39:36 1:49	40:33 0:57
7	Lesley Gomersall GRAMP	VW40	46:01	1:25 1:25 43:47 2:00	2:17 0:52 44:54 1:07	5:26 3:09 45:47 0:53	7:44 2:18 46:01 0:14	9:01 1:17	14:01 5:00	23:10 9:09	24:43 1:33	28:39 3:56	33:55 5:16	38:45 4:50	40:43 1:58	41:47 1:04
8	Elizabeth Barr MOR	VW40	46:29	1:13 1:13 44:40 2:03	1:59 0:46 45:38 0:58	4:32 2:33 46:17 0:39	6:32 2:00 46:29 0:12	7:56 1:24	13:07 5:11	23:20 10:13	25:11 1:51	29:23 4:12	34:32 5:09	39:05 4:33	41:06 2:01	42:37 1:31
9	Rachel Scott GRAMP	VW40	49:24	1:26 1:26 47:16 2:04	2:20 0:54 48:19 1:03	5:06 2:46 49:08 0:49	7:24 2:18 49:24 0:16	8:43 1:19	13:37 4:54	26:03 12:26	27:33 1:30	31:45 4:12	36:56 5:11	42:05 5:09	44:00 1:55	45:12 1:12
10	Alison Matheson INVOC	VW40	49:56	1:44 1:44 47:23 2:03	2:37 0:53 48:51 1:28	5:38 3:01 49:38 0:47	8:13 2:35 49:56 0:18	9:31 1:18	15:56 6:25	25:29 9:33	27:06 1:37	31:14 4:08	37:19 6:05	42:03 4:44	44:03 2:00	45:20 1:17
11	Kenneth Anderson MOR	SM55	51:33	1:33 1:33 49:36 2:01	2:22 0:49 50:33 0:57	6:16 3:54 51:20 0:47	8:33 2:17 51:33 0:13	9:48 1:15	15:25 5:37	25:56 10:31	27:37 1:41	32:11 4:34	39:09 6:58	44:15 5:06	46:31 2:16	47:35 1:04
12	Caroline Hornby MOR	VW40	52:15	1:45 1:45 49:57 2:21	2:41 0:56 51:09 1:12	5:45 3:04 51:59 0:50	8:07 2:22 52:15 0:16	9:34 1:27	14:32 4:58	24:45 10:13	26:50 2:05	31:51 5:01	38:11 6:20	44:11 6:00	46:23 2:12	47:36 1:13
13	Gerry Thomson STAG	SM55	52:58	2:23 2:23 50:38 2:08	3:18 0:55 51:48 1:10	6:14 2:56 52:41 0:53	8:46 2:32 52:58 0:17	10:14 1:28	15:27 5:13	26:23 10:56	28:15 1:52	32:44 4:29	39:21 6:37	45:05 5:44	47:09 2:04	48:30 1:21
14	Laura Farquharson GRAMP	VW40	53:57	1:53 1:53 50:56 2:11	2:46 0:53 52:44 1:48	5:59 3:13 53:41 0:57	8:21 2:22 53:57 0:16	9:51 1:30	14:56 5:05	28:02 13:06	30:44 2:42	34:48 4:04	40:34 5:46	45:26 4:52	47:27 2:01	48:45 1:18
15	Bridget Khursheed RR	VW40	54:10	1:58 1:58 51:45 2:21	2:57 0:59 53:06 1:21	7:29 4:32 53:58 0:52	9:52 2:23 54:10 0:12	11:16 1:24	17:01 5:45	27:53 10:52	29:41 1:48	34:17 4:36	40:42 6:25	46:07 5:25	48:11 2:04	49:24 1:13
16	Stuart Anderson GRAMP	SM55	57:10	2:08 2:08 54:56 2:14	3:07 0:59 56:10 1:14	6:20 3:13 56:58 0:48	10:53 4:33 57:10 0:12	12:33 1:40	17:47 5:14	29:11 11:24	31:03 1:52	36:30 5:27	42:47 6:17	49:44 6:57	51:41 1:57	52:42 1:01
17	Caz Dudley MAROC	VW40	57:26	1:40 1:40 54:46 2:16	4:14 2:34 56:16 1:30	9:02 4:48 57:12 0:56	11:49 2:47 57:26 0:14	13:25 1:36	19:59 6:34	31:12 11:13	33:28 2:16	37:39 4:11	44:07 6:28	49:00 4:53	51:14 2:14	52:30 1:16
18	Helen Anderson GRAMP	VW40	1:02:28	2:05 2:05 59:18 2:39	2:59 0:54 1:01:15 1:57	6:15 3:16 1:02:13 0:58	9:18 3:03 1:02:28 0:15	11:19 2:01	17:05 5:46	31:30 14:25	33:30 2:00	38:35 5:05	45:58 7:23	52:37 6:39	55:08 2:31	56:39 1:31
19	Les Smithard KFO	SM55	1:03:03	1:56 1:56 1:00:28 3:21	3:04 1:08 1:01:47 1:19	6:54 3:50 1:02:45 0:58	9:57 3:03 1:03:03 0:18	11:39 1:42	17:36 5:57	31:56 14:20	34:11 2:15	39:55 5:44	47:15 7:20	53:20 6:05	55:42 2:22	57:07 1:25
20	Greg Anderson MOR	C_OPE	1:03:14	3:45 3:45 58:57	4:24 0:39 1:01:52	9:42 5:18 1:03:03	12:48 3:06 1:03:14	14:03 1:15	22:49 8:46	35:00 12:11	36:40 1:40	40:59 4:19	47:36 6:37	52:30 4:54	54:32 2:02	55:59 1:27

Pos	Name	Class	Time											
3	(20)	5.3 km	100 m	16 C	<i>(cont.)</i>									
		1(103)	2(221)	3(223)	4(133)	5(106)	6(231)	7(166)	8(171)	9(243)	10(154)	11(137)	12(172)	13(230)
		14(228)	15(241)	16(163)	Finish									
		2:58	2:55	1:11	0:11									

Pos	Name	Class	Time													
4 (16)				4.0 km	55 m	16 C										
				1(103) 14(231)	2(221) 15(228)	3(158) 16(163)	4(169) Finish	5(134)	6(224)	7(162)	8(225)	9(229)	10(136)	11(138)	12(230)	13(96)
1	Phil Smithard KFO	UM65	26:58	1:08 1:08 24:44 1:16	1:48 0:40 25:34 0:50	2:24 0:36 26:46 1:12	5:39 3:15 26:58 0:12	6:24 0:45	8:06 1:42	9:24 1:18	11:38 2:14	13:55 2:17	15:07 1:12	20:45 5:38	21:53 1:08	23:28 1:35
2	Lindsey Knox RR	SW55	31:40	1:12 1:12 28:57 1:31	1:58 0:46 29:55 0:58	2:38 0:40 31:26 1:31	5:53 3:15 31:40 0:14	6:49 0:56	9:01 2:12	10:28 1:27	13:05 2:37	15:48 2:43	17:09 1:21	23:59 6:50	25:28 1:29	27:26 1:58
3	Amelia Petrie CLYDE	SW55	31:55	1:24 1:24 29:15 1:28	2:25 1:01 30:12 0:57	3:33 1:08 31:42 1:30	6:34 3:01 31:55 0:13	7:31 0:57	9:28 1:57	11:28 2:00	13:51 2:23	16:19 2:28	17:39 1:20	24:01 6:22	26:10 2:09	27:47 1:37
4	Phill Thompson MOR	UM65	33:36	1:15 1:15 31:03 1:26	1:59 0:44 31:58 0:55	2:43 0:44 33:23 1:25	6:33 3:50 33:36 0:13	8:52 2:19	10:54 2:02	12:26 1:32	15:08 2:42	18:16 3:08	19:42 1:26	26:24 6:42	27:43 1:19	29:37 1:54
5	Roger Scrutton ESOC	UM65	33:37	1:15 1:15 30:06 1:44	2:09 0:54 31:38 1:32	2:47 0:38 33:21 1:43	6:07 3:20 33:37 0:16	7:36 1:29	9:39 2:03	11:14 1:35	13:45 2:31	16:54 3:09	18:26 1:32	24:48 6:22	26:46 1:58	28:22 1:36
6	Robin Strain ELO	UM65	34:21	1:07 1:07 30:33 1:31	1:52 0:45 32:33 2:00	2:47 0:55 34:08 1:35	6:01 3:14 34:21 0:13	7:12 1:11	9:28 2:16	10:54 1:26	13:40 2:46	16:23 2:43	17:41 1:18	25:25 7:44	26:44 1:19	29:02 2:18
7	Les Dalglish ESOC	UM65	36:09	1:17 1:17 33:03 1:50	2:17 1:00 34:13 1:10	3:01 0:44 35:55 1:42	6:36 3:35 36:09 0:14	7:42 1:06	10:20 2:38	12:02 1:42	14:48 2:46	17:49 3:01	19:21 1:32	27:38 8:17	29:07 1:29	31:13 2:06
8	Margaret Dalglish ESOC	SW55	36:38	1:23 1:23 33:29 1:42	2:19 0:56 34:39 1:10	3:03 0:44 36:24 1:45	6:37 3:34 36:38 0:14	7:48 1:11	10:50 3:02	12:35 1:45	15:31 2:56	18:20 2:49	20:07 1:47	28:21 8:14	29:52 1:31	31:47 1:55
9	Philippa Weir MOR	D_OPE	37:38	1:17 1:17 34:29 1:44	2:03 0:46 35:29 1:00	2:41 0:38 37:22 1:53	6:20 3:39 37:38 0:16	7:33 1:13	9:50 2:17	11:50 2:00	15:42 3:52	19:29 3:47	21:22 1:53	29:21 7:59	30:42 1:21	32:45 2:03
10	Robert Findlay ESOC	UM65	44:24	2:14 2:14 39:08 2:17	3:15 1:01 40:22 1:14	4:03 0:48 44:06 3:44	8:04 4:01 44:24 0:18	9:18 1:14	11:59 2:41	13:47 1:48	17:27 3:40	21:14 3:47	23:12 1:58	33:01 9:49	34:48 1:47	36:51 2:03
11	Jim Clark ESOC	UM65	44:28	1:37 1:37 40:39 2:11	2:57 1:20 41:54 1:15	3:48 0:51 44:09 2:15	8:52 5:04 44:28 0:19	10:12 1:20	13:14 3:02	15:30 2:16	19:19 3:49	22:59 3:40	24:51 1:52	34:00 9:09	35:44 1:44	38:28 2:44
12	Rhona Fraser INVOC	SW55	44:42	1:43 1:43 40:53 2:09	2:50 1:07 42:12 1:19	3:40 0:50 44:23 2:11	8:46 5:06 44:42 0:19	9:56 1:10	14:36 4:40	16:41 2:05	20:04 3:23	23:51 3:47	25:44 1:53	34:30 8:46	36:06 1:36	38:44 2:38
13	Fiona Johnston RR	SW55	45:00	1:56 1:56 41:33 2:21	3:05 1:09 42:38 1:05	3:59 0:54 44:46 2:08	8:32 4:33 45:00 0:14	9:43 1:11	12:33 2:50	14:35 2:02	18:46 4:11	22:28 3:42	24:27 1:59	34:43 10:16	37:02 2:19	39:12 2:10
14	Sara Anderson MOR	D_OPE	51:56	2:20 2:20 45:48 3:51	3:29 1:09 47:05 1:17	4:38 1:09 51:38 4:33	9:20 4:42 51:56 0:18	12:24 3:04	15:28 3:04	17:29 2:01	21:22 3:53	24:42 3:20	26:16 1:34	37:26 11:10	39:11 1:45	41:57 2:46
15	George Esson GRAMP	UM65	53:02	2:04 2:04 48:01 2:37	3:09 1:05 49:47 1:46	4:08 0:59 52:36 2:49	9:17 5:09 53:02 0:26	10:48 1:31	14:05 3:17	16:40 2:35	21:02 4:22	25:41 4:39	27:53 2:12	39:39 11:46	41:51 2:12	45:24 3:33
	Jayne MacGregor GRAMP	SW55	dnf	2:45 2:45 31:23 2:49	4:16 1:31 33:11 1:48	5:34 1:18 35:56 2:45	12:34 7:00 36:24 0:28	14:23 1:49	18:24 4:01	-----	-----	-----	-----	-----	25:20 6:56	28:34 3:14

Pos	Name	Class	Time													
5 (6)			3.3 km	40 m	14 C											
				1(161) 14(163)	2(130) Finish	3(158)	4(160)	5(170)	6(106)	7(138)	8(137)	9(172)	10(222)	11(131)	12(241)	13(228)
1	Jennifer Ricketts EUOC	UW65	21:40	1:18 1:18 21:30 1:13	2:18 1:00 21:40 0:10	2:40 0:22	3:29 0:49	6:31 3:02	8:28 1:57	11:50 3:22	12:56 1:06	14:20 1:24	16:26 2:06	17:11 0:45	19:29 2:18	20:17 0:48
2	Sheila Strain ELO	UW65	31:38	1:48 1:48 31:22 2:50	3:12 1:24 31:38 0:16	3:44 0:32	4:58 1:14	9:08 4:10	11:40 2:32	15:57 4:17	17:28 1:31	19:24 1:56	22:25 3:01	23:26 1:01	27:16 3:50	28:32 1:16
3	Heather Smithard KFO	UW65	33:31	1:56 1:56 33:15 1:46	3:25 1:29 33:31 0:16	4:11 0:46	5:16 1:05	9:39 4:23	12:19 2:40	17:32 5:13	19:05 1:33	21:09 2:04	24:28 3:19	25:36 1:08	29:55 4:19	31:29 1:34
4	Janet Clark ESOC	UW65	41:36	2:04 2:04 41:19 2:24	3:53 1:49 41:36 0:17	4:41 0:48	6:04 1:23	11:31 5:27	15:02 3:31	22:14 7:12	24:35 2:21	27:30 2:55	31:23 3:53	32:49 1:26	37:11 4:22	38:55 1:44
5	Fiona Findlay ESOC	UW65	49:24	1:50 1:50 49:06 2:25	3:39 1:49 49:24 0:18	4:33 0:54	5:59 1:26	13:45 7:46	17:21 3:36	23:24 6:03	25:30 2:06	28:23 2:53	38:17 9:54	40:03 1:46	45:05 5:02	46:41 1:36
6	Sheena Farquhar GRAMP	UW65	1:00:51	2:28 2:28 1:00:30 6:51	8:13 5:45 1:00:51 0:21	8:47 0:34	10:31 1:44	16:37 6:06	20:52 4:15	31:14 10:22	34:34 3:20	37:32 2:58	41:51 4:19	43:20 1:29	50:26 7:06	53:39 3:13

Pos	Name	Class	Time																
6 (12)			4.0 km	35 m	22 C												11(223)	12(134)	13(131)
					1(231)	2(233)	3(161)	4(156)	5(129)	6(130)	7(160)	8(155)	9(135)	10(169)	12(134)	13(131)			
					14(222)	15(172)	16(137)	17(138)	18(157)	19(164)	20(240)	21(96)	22(163)	Finish	12(134)	13(131)			
1	Jake Chapman MAROC	JM16	21:41	2:00 2:00 0:42	2:57 0:57 2:05	4:37 1:40 1:13	5:23 0:46 0:53	5:49 0:26 0:46	6:10 0:21 0:30	6:56 0:46 0:52	8:07 1:11 0:30	8:52 0:45 0:56	9:40 0:48 0:08	10:29 0:49	10:55 0:26	13:06 2:11			
2	Joseph Wright MAROC	JM16	22:05	2:11 2:11 0:47	3:10 0:59 1:57	5:09 1:59 1:15	6:00 0:51 0:50	6:28 0:28 0:48	6:54 0:26 0:24	7:36 0:42 0:51	8:39 1:03 0:39	9:10 0:31 0:46	10:03 0:53 0:11	10:56 0:53	11:21 0:25	13:37 2:16			
3	Alistair Chapman MAROC	JM16	24:04	2:02 2:02 0:48	3:06 1:04 2:08	5:07 2:01 1:20	6:07 1:00 0:53	6:34 0:27 0:51	6:56 0:22 0:28	7:52 0:56 1:29	9:11 1:19 0:32	9:54 0:43 0:50	10:49 0:55 0:09	11:27 0:38	11:43 0:16	14:36 2:53			
4	Luke Graham MAROC	JM16	25:50	2:49 2:49 16:15	3:56 1:07 18:46	6:04 2:08 20:08	7:02 0:58 21:05	7:33 0:31 22:01	7:56 0:23 22:28	8:48 0:52 23:32	10:00 1:12 24:00	10:43 0:43 25:40	11:47 1:04 25:50	12:33 0:46	12:52 0:19	15:23 2:31			
5	Josie Gomersall GRAMP	JW16	27:22	0:52 2:37 2:37 17:25	2:31 3:50 1:13 19:48	1:22 6:00 2:10 21:20	0:57 7:03 1:03 22:20	0:56 7:34 0:31 23:22	0:27 7:59 0:25 23:53	1:04 8:59 1:00 25:01	0:28 10:24 0:49 25:42	1:40 11:13 0:49 27:10	0:10 12:19 1:06 27:22	13:13 0:54	13:41 0:28	16:31 2:50			
6	Mairi Weir MOR	JW16	27:32	0:54 2:21 2:21 17:28	2:23 3:49 1:28 19:58	1:32 6:15 2:26 21:25	1:00 7:17 1:02 22:30	1:02 7:49 0:32 23:41	0:31 8:13 0:24 24:12	1:08 9:08 0:55 25:38	0:41 10:31 1:23 26:23	0:41 11:16 0:45 27:23	0:12 12:20 1:04 27:32	13:09 0:49	13:35 0:26	16:30 2:55			
7	Marc Heger RR	JM16	30:22	0:58 2:42 2:42 19:44	2:30 3:59 1:17 22:25	1:27 6:51 2:52 24:11	1:05 7:59 1:08 25:18	1:11 8:38 0:39 26:23	0:31 9:07 0:29 26:50	1:26 10:05 0:58 28:40	0:45 11:37 1:32 29:12	1:00 12:29 0:52 30:12	0:09 13:36 1:07 30:22	14:42 1:06	15:38 0:56	18:43 3:05			
8	Alasdair Raynor INVOC	JM16	30:31	1:01 2:44 2:44 19:59	2:41 4:00 1:16 22:37	1:46 6:26 2:26 24:23	1:07 7:34 1:08 25:38	1:05 8:12 0:38 27:01	0:27 8:40 0:28 27:30	1:50 9:41 1:01 28:40	0:37 11:05 1:24 29:25	0:55 12:05 1:00 30:17	0:10 13:06 1:01 30:31	15:45 2:39	16:00 0:15	18:48 2:48			
9	Elena Heger RR	JW16	33:32	1:11 3:10 3:10 21:10	2:38 4:20 1:10 24:03	1:46 7:12 2:52 26:11	1:15 8:18 1:06 27:48	1:23 9:17 0:59 29:04	0:29 9:48 0:31 29:39	1:10 10:45 0:57 31:30	0:45 12:05 1:20 32:27	0:52 12:59 0:54 33:21	0:14 13:59 1:00 33:32	15:20 1:21	15:51 0:31	20:11 4:20			
10	Amber Graham MAROC	JW16	36:31	0:59 2:50 2:50 22:59	2:53 4:13 1:23 26:04	2:08 7:10 2:57 28:42	1:37 8:28 1:18 30:19	1:16 9:15 0:47 31:49	0:35 9:46 0:31 32:38	1:51 11:04 1:18 34:10	0:57 12:33 1:29 35:19	0:54 13:40 1:07 36:20	0:11 15:08 1:28 36:31	16:20 1:12	17:36 1:16	21:41 4:05			
11	Kirsty Anderson MOR	JW16	53:17	1:18 4:04 4:04 33:51	3:05 5:50 1:46 39:25	2:38 9:54 4:04 43:25	1:37 11:49 1:55 45:12	1:30 12:51 1:02 47:47	0:49 13:39 0:48 48:34	1:32 15:18 1:39 50:34	1:09 17:46 2:28 51:46	1:01 19:30 1:44 53:05	0:11 21:20 1:50 53:17	16:20 4:21	17:36 0:25	21:41 6:14			
	Christopher Hornby MOR	JM16	mp	4:02 4:02 26:37	6:02 2:00 30:25	9:12 3:10 33:16	10:51 1:39 35:06	11:47 0:56 36:48	12:25 0:38 -----	14:01 1:36 40:00	16:16 2:15 40:46	17:28 1:12 42:12	18:44 1:16 42:21	20:17 1:33	21:27 1:10 37:20	25:26 3:59 39:05			

Pos	Name	Class	Time													
7 (5)			2.2 km 20 m	17 C												
				1(156) 14(227)	2(129) 15(240)	3(158) 16(233)	4(159) 17(163)	5(135) Finish	6(155)	7(132)	8(161)	9(222)	10(165)	11(157)	12(164)	13(138)
1	Finlay Raynor INVOC	YJM12	14:55	0:36 0:36	1:18 0:42	2:01 0:43	3:00 0:59	3:56 0:56	4:44 0:48	6:22 1:38	7:09 0:47	8:18 1:09	9:30 1:12	10:09 0:39	10:49 0:40	11:54 1:05
2	Michael Paterson CLYDE	YJM12	18:59	0:42 0:42	1:19 0:37	2:20 1:01	3:41 1:21	4:57 1:16	6:10 1:13	7:42 1:32	8:39 0:57	10:15 1:36	11:48 1:33	12:49 1:01	13:41 0:52	15:06 1:25
3	Morven Farquharson GRAMP	YJW12	24:55	0:54 0:54	1:46 0:52	2:55 1:09	4:21 1:26	5:47 1:26	8:00 2:13	9:44 1:44	11:04 1:20	13:19 2:15	15:36 2:17	16:36 1:00	17:42 1:06	19:31 1:49
4	Kirsty Farquharson GRAMP	YJW12	29:53	1:10 1:05	1:28 1:15	1:24 1:20	1:07 2:26	0:15 2:33	11:20 2:41	13:43 2:23	15:03 1:20	17:30 2:27	20:40 3:10	21:35 0:55	22:46 1:11	24:35 1:49
5	Alan MacGregor GRAMP	G_OPE	39:52	1:07 2:00	1:26 1:31	1:22 1:51	1:08 2:43	0:15 3:23	13:38 2:10	16:50 3:12	18:39 1:49	22:29 3:50	25:58 3:29	28:33 2:35	29:53 1:20	32:41 2:48