

Pl	Name	Time												
White (3)														
			1(238) Finish	2(242)	3(153)	4(236)	5(248)	6(237)	7(240)	8(152)	9(241)	10(239)	11(233)	12(151)
1	Emily Robertson GRAMP	26:42	0:42 0:42 26:42 1:09	2:21 1:39	4:34 2:13	6:48 2:14	9:25 2:37	10:30 1:05	13:35 3:05	15:51 2:16	20:19 4:28	21:57 1:38	23:20 1:23	25:33 2:13
2	Dara Tivendale MAROC	26:49	0:36 0:36 26:49 1:16	1:52 1:16	3:25 1:33	5:06 1:41	7:24 2:18	8:38 1:14	12:47 4:09	15:26 2:39	20:17 4:51	22:02 1:45	23:18 1:16	25:33 2:15
3	Romily Kellas MAROC	41:40	1:11 1:11 41:40 1:29	3:11 2:00	6:10 2:59	9:55 3:45	14:04 4:09	15:40 1:36	20:19 4:39	23:56 3:37	30:20 6:24	35:51 5:31	37:37 1:46	40:11 2:34
Yellow (17)														
			1(242) 13(233)	2(153) 14(151)	3(248) Finish	4(234)	5(247)	6(235)	7(240)	8(152)	9(245)	10(232)	11(246)	12(241)
1	Finlay McLuckie MOR	16:36	0:52 0:52 15:31 1:19	1:51 0:59 16:08 0:37	3:50 1:59 16:36 0:28	5:05 1:15	6:22 1:17	7:16 0:54	8:17 1:01	9:23 1:06	10:39 1:16	12:12 1:33	13:07 0:55	14:12 1:05
2	Mia Coman GRAMP	22:52	1:01 1:01 21:00 2:18	1:59 0:58 22:11 1:11	4:35 2:36 22:52 0:41	6:22 1:47	7:30 1:08	9:02 1:32	10:24 1:22	11:29 1:05	12:44 1:15	15:24 2:40	16:43 1:19	18:42 1:59
3	Lexie Nicolson INVOC	23:48	0:56 0:56 22:26 1:34	1:51 0:55 23:16 0:50	5:38 3:47 23:48 0:32	6:57 1:19	10:07 3:10	12:42 2:35	13:56 1:14	15:25 1:29	16:37 1:12	18:28 1:51	19:32 1:04	20:52 1:20
4	Jerome Gowans-Ouvra No club	28:49	1:22 1:22 26:45 1:47	2:45 1:23 27:57 1:12	5:56 3:11 28:49 0:52	8:12 2:16	10:06 1:54	11:51 1:45	13:42 1:51	15:43 2:01	17:52 2:09	20:58 3:06	22:34 1:36	24:58 2:24
5	Reuben Cole GRAMP	33:07	1:28 1:28 30:26 3:22	2:49 1:21 32:09 1:43	6:37 3:48 33:07 0:58	9:11 2:34	11:08 1:57	14:05 2:57	16:11 2:06	17:50 1:39	19:38 1:48	22:48 3:10	24:46 1:58	27:04 2:18
6	Oliver Robertson GRAMP	33:12	1:33 1:33 30:25 3:16	3:15 1:42 32:15 1:50	6:41 3:26 33:12 0:57	9:17 2:36	11:13 1:56	14:03 2:50	16:11 2:08	17:45 1:34	19:44 1:59	22:45 3:01	25:12 2:27	27:09 1:57
7	Carol Jackson No club	33:13	1:31 1:31 25:49 2:44	2:45 1:14 27:06 1:17	5:24 2:39 33:13 6:07	7:30 2:06	9:05 1:35	11:45 2:40	13:12 1:27	14:34 1:22	17:17 2:43	19:35 2:18	20:57 1:22	23:05 2:08
8	Connor Whitelaw GRAMP	35:30	1:30 1:30 33:35 11:15	2:34 1:04 34:36 1:01	5:13 2:39 35:30 0:54	6:47 1:34	8:30 1:43	10:09 1:39	11:26 1:17	13:24 1:58	14:47 1:23	19:27 4:40	20:46 1:19	22:20 1:34
9	Christine Bennett No club	35:43	1:48 1:48 32:39 6:13	3:22 1:34 34:24 1:45	6:38 3:16 35:43 1:19	9:32 2:54	11:54 2:22	13:48 1:54	15:25 1:37	16:55 1:30	19:14 2:19	22:32 3:18	24:07 1:35	26:26 2:19
10	Helen Greenwood GRAMP	41:00	2:15 2:15 37:23 2:33	3:53 1:38 39:24 2:01	7:44 3:51 41:00 1:36	11:06 3:22	14:34 3:28	16:54 2:20	19:37 2:43	22:57 3:20	25:27 2:30	29:34 4:07	32:05 2:31	34:50 2:45
11	Naomi Campbell No club	41:40	2:39 2:39 37:37 4:05	4:28 1:49 39:52 2:15	8:28 4:00 41:40 1:48	11:12 2:44	13:29 2:17	16:10 2:41	18:48 2:38	21:13 2:25	23:50 2:37	27:47 3:57	30:19 2:32	33:32 3:13
12	Hannah Will GRAMP	42:04	1:42 1:42 39:25 2:47	3:29 1:47 41:01 1:36	7:35 4:06 42:04 1:03	10:18 2:43	18:24 8:06	20:10 1:46	22:21 2:11	24:11 1:50	26:24 2:13	32:26 6:02	34:06 1:40	36:38 2:32
13	Samantha McDonald No club	47:18	2:45 2:45 44:26 4:37	4:20 1:35 46:03 1:37	9:04 4:44 47:18 1:15	12:19 3:15	16:17 3:58	19:42 3:25	22:47 3:05	26:22 3:35	28:33 2:11	33:43 5:10	37:42 3:59	39:49 2:07
14	Joanna McDonald No club	47:27	2:38 2:38 44:44 5:03	4:26 1:48 46:07 1:23	8:58 4:32 47:27 1:20	12:20 3:22	16:10 3:50	19:40 3:30	23:13 3:33	26:29 3:16	28:44 2:15	34:35 5:51	37:32 2:57	39:41 2:09
15	Tom Hutson Zoe Arche No club	51:06	3:50 3:50 48:09 4:58	5:36 1:46 49:48 1:39	9:59 4:23 51:06 1:18	13:11 3:12	16:41 3:30	20:17 3:36	23:34 3:17	26:29 2:55	29:56 3:27	35:03 5:07	37:59 2:56	43:11 5:12

Pl	Name	Time												
Yellow (17)			2.3 km 90 m			14 C			<i>(cont.)</i>					
			1(242) 13(233)	2(153) 14(151)	3(248) Finish	4(234)	5(247)	6(235)	7(240)	8(152)	9(245)	10(232)	11(246)	12(241)
16	Harry Kellett No club	54:00	2:03 2:03 50:48 5:05	3:33 1:30 52:51 2:03	8:30 4:57 54:00 1:09	12:52 4:22	14:46 1:54	20:55 6:09	24:16 3:21	28:26 4:10	32:45 4:19	36:45 4:00	41:51 5:06	45:43 3:52
17	Carol Smithard No club	73:16	2:41 2:41 61:18 8:50	4:46 2:05 66:22 5:04	8:55 4:09 73:16 6:54	11:50 2:55	14:47 2:57	17:48 3:01	20:54 3:06	26:04 5:10	28:52 2:48	32:52 4:00	41:53 9:01	52:28 10:35
Orange (20)			2.5 km 80 m		12 C									
			1(243) Finish	2(244)	3(154)	4(130)	5(155)	6(131)	7(139)	8(156)	9(134)	10(152)	11(137)	12(151)
1	Calum Smith MAROC	32:00	1:33 1:33 32:00 0:31	3:42 2:09	6:39 2:57	8:40 2:01	10:01 1:21	16:08 6:07	18:54 2:46	22:58 4:04	25:35 2:37	27:32 1:57	29:21 1:49	31:29 2:08
2	Kate McLuckie MOR	35:36	1:24 1:24 35:36 0:32	4:43 3:19	7:07 2:24	9:34 2:27	11:34 2:00	15:58 4:24	18:51 2:53	23:37 4:46	27:25 3:48	30:06 2:41	31:46 1:40	35:04 3:18
3	Craig Smith MAROC	36:19	1:21 1:21 36:19 0:29	6:01 4:40	7:22 1:21	12:06 4:44	14:29 2:23	20:23 5:54	23:31 3:08	26:37 3:06	29:28 2:51	31:48 2:20	33:51 2:03	35:50 1:59
4	Duncan Will GRAMP	37:08	2:06 2:06 37:08 0:52	5:11 3:05	8:25 3:14	11:11 2:46	13:13 2:02	16:17 3:04	19:09 2:52	23:17 4:08	27:22 4:05	30:02 2:40	33:15 3:13	36:16 3:01
5	Morven Farquharson GRAMP	43:37	1:21 1:21 43:37 0:49	7:17 5:56	10:36 3:19	14:32 3:56	16:34 2:02	20:09 3:35	24:15 4:06	28:26 4:11	34:47 6:21	37:03 2:16	39:20 2:17	42:48 3:28
6	Ewan Bennett MAROC	49:06	1:48 1:48 49:06 0:45	7:00 5:12	9:08 2:08	13:13 4:05	15:38 2:25	21:58 6:20	25:58 4:00	30:49 4:51	39:22 8:33	41:25 2:03	44:39 3:14	48:21 3:42
7	Fergus Kenyon MOR	49:09	3:11 3:11 49:09 0:36	9:52 6:41	13:02 3:10	15:24 2:22	17:16 1:52	22:02 4:46	24:55 2:53	29:28 4:33	39:09 9:41	41:43 2:34	44:41 2:58	48:33 3:52
8	Kirsty Farquharson GRAMP	49:10	2:29 2:29 49:10 0:47	7:38 5:09	10:06 2:28	14:41 4:35	16:48 2:07	23:18 6:30	27:45 4:27	33:41 5:56	39:55 6:14	42:14 2:19	44:41 2:27	48:23 3:42
9	Connie Nicolson INVOC	50:05	2:09 2:09 50:05 0:33	5:49 3:40	8:52 3:03	11:47 2:55	15:31 3:44	21:35 6:04	27:12 5:37	33:35 6:23	40:01 6:26	42:55 2:54	46:02 3:07	49:32 3:30
10	Ciara ClareChris Ethan No club	53:35	2:00 2:00 53:35 1:13	6:07 4:07	9:24 3:17	12:15 2:51	14:23 2:08	19:07 4:44	27:14 8:07	36:56 9:42	40:25 3:29	43:47 3:22	48:58 5:11	52:22 3:24
11	Ashley Dewhurst No club	54:02	2:11 2:11 54:02 0:45	11:54 9:43	16:16 4:22	20:53 4:37	23:01 2:08	25:51 2:50	29:42 3:51	37:12 7:30	44:13 7:01	46:09 1:56	49:44 3:35	53:17 3:33
12	Beth Strachan No club	54:04	2:18 2:18 54:04 0:47	11:51 9:33	16:21 4:30	21:02 4:41	23:06 2:04	25:58 2:52	29:58 4:00	37:08 7:10	44:29 7:21	46:18 1:49	49:49 3:31	53:17 3:28
13	Beth Aitken No club	54:09	2:12 2:12 54:09 0:53	11:57 9:45	16:19 4:22	21:02 4:43	23:03 2:01	25:58 2:55	30:06 4:08	37:05 6:59	44:23 7:18	46:18 1:55	49:44 3:26	53:16 3:32
14	Finlay Armstrong No club	57:12	2:32 2:32 57:12 0:51	6:00 3:28	8:39 2:39	12:16 3:37	14:43 2:27	19:29 4:46	24:27 4:58	32:32 8:05	37:40 5:08	41:01 3:21	50:48 9:47	56:21 5:33
15	Iona Kellas MAROC	58:32	1:36 1:36 58:32 0:39	5:36 4:00	7:46 2:10	10:44 2:58	13:50 3:06	21:30 7:40	28:34 7:04	36:17 7:43	40:56 4:39	43:44 2:48	47:03 3:19	57:53 10:50
16	Alice Mfzincescu No club	77:03	2:44 2:44 77:03 1:50	7:27 4:43	11:12 3:45	16:51 5:39	21:04 4:13	27:18 6:14	33:53 6:35	42:54 9:01	49:47 6:53	53:51 4:04	68:47 14:56	75:13 6:26

Pl	Name	Time												
Orange (20)			2.5 km 80 m 12 C (cont.)											
			1(243) Finish	2(244)	3(154)	4(130)	5(155)	6(131)	7(139)	8(156)	9(134)	10(152)	11(137)	12(151)
17	family Denniel Denniel No club	83:13	3:19 3:19 83:13 1:45	6:55 3:36	22:05 15:10	28:15 6:10	34:53 6:38	42:43 7:50	50:18 7:35	58:52 8:34	67:58 9:06	69:47 1:49	74:13 4:26	81:28 7:15
18	Della Russell No club	87:28	2:22 2:22 87:28 1:09	20:30 18:08	25:28 4:58	30:18 4:50	35:09 4:51	44:02 8:53	49:39 5:37	65:17 15:38	73:26 8:09	77:08 3:42	80:38 3:30	86:19 5:41
	Lewis Smith No club	mp	2:50 2:50 83:20 1:50	20:36 17:46	23:30 2:54	27:38 4:08	31:24 3:46	40:15 8:51	45:43 5:28	----- -----	67:44 22:01	72:14 4:30	75:47 3:33	81:30 5:43
	Rosey Armstrong No club	dnf	3:51 3:51	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
Light Green (14)			3.4 km 95 m 14 C											
			1(243) 13(134)	2(132) 14(151)	3(154) Finish	4(155)	5(136)	6(139)	7(134)	8(137)	9(140)	10(133)	11(222)	12(156)
1	Amber Graham MAROC	38:54	0:59 0:59 37:19 2:43	5:55 4:56 38:29 1:10	6:42 0:47 38:54 0:25	9:19 2:37 4:40	13:59 4:40	17:05 3:06	19:39 2:34	20:57 1:18	23:17 2:20	25:34 2:17	29:52 4:18	34:36 4:44
2	Faith Kenyon MOR	48:12	1:40 1:40 45:42 2:42	5:58 4:18 47:39 1:57	7:09 1:11 48:12 0:33	10:11 3:02	16:47 6:36	21:24 4:37	24:15 2:51	26:51 2:36	31:36 4:45	33:55 2:19	39:34 5:39	43:00 3:26
3	Christian Dick No club	56:11	1:49 1:49 53:43 3:50	5:43 3:54 54:45 1:02	6:37 0:54 56:11 1:26	10:27 3:50	15:35 5:08	26:41 11:06	30:22 3:41	32:27 2:05	36:36 4:09	40:59 4:23	46:04 5:05	49:53 3:49
4	Etienne Dick No club	56:13	2:01 2:01 53:35 3:12	5:46 3:45 54:43 1:08	6:41 0:55 56:13 1:30	10:28 3:47	16:38 6:10	26:44 10:06	30:13 3:29	32:31 2:18	37:03 4:32	41:04 4:01	45:35 4:31	50:23 4:48
5	alan Dick GRAMP	56:20	1:47 1:47 53:50 3:46	5:30 3:43 55:17 1:27	6:34 1:04 56:20 1:03	10:26 3:52	15:32 5:06	26:31 10:59	30:21 3:50	32:23 2:02	39:13 6:50	41:20 2:07	46:14 4:54	50:04 3:50
6	David Spencer MOR	56:52	1:13 1:13 54:43 3:21	5:51 4:38 56:25 1:42	7:01 1:10 56:52 0:27	11:18 4:17	15:34 4:16	23:59 8:25	27:15 3:16	28:56 1:41	34:40 5:44	39:19 4:39	45:01 5:42	51:22 6:21
7	Michael Forsyth GRAMP	57:57	1:11 1:11 55:16 4:00	5:55 4:44 57:08 1:52	7:18 1:23 57:57 0:49	13:06 5:48	23:29 10:23	27:14 3:45	31:14 4:00	33:32 2:18	38:08 4:36	41:07 2:59	46:53 5:46	51:16 4:23
8	Adam Barrie MAROC	58:37	0:59 0:59 56:14 3:30	5:45 4:46 57:57 1:43	7:16 1:31 58:37 0:40	10:33 3:17	15:52 5:19	19:15 3:23	22:03 2:48	30:38 8:35	33:22 2:44	36:30 3:08	46:49 10:19	52:44 5:55
9	Dominique Drewe-Marti No club	62:27	2:38 2:38 59:42 4:28	11:28 8:50 61:44 2:02	13:45 2:17 62:27 0:43	19:39 5:54	24:35 4:56	30:01 5:26	33:09 3:08	37:38 4:29	40:03 2:25	42:27 2:24	50:28 8:01	55:14 4:46
10	Patrick Lang GRAMP	62:52	1:37 1:37 60:13 3:22	13:46 12:09 62:19 2:06	14:47 1:01 62:52 0:33	17:27 2:40	25:21 7:54	30:01 4:40	36:45 6:44	38:45 2:00	41:30 2:45	45:08 3:38	53:03 7:55	56:51 3:48
11	Olivia Coman GRAMP	66:22	1:05 1:05 64:17 2:28	6:36 5:31 65:50 1:33	9:30 2:54 66:22 0:32	15:20 5:50	21:22 6:02	26:51 5:29	39:35 12:44	41:39 2:04	47:28 5:49	50:35 3:07	56:19 5:44	61:49 5:30
12	Sean Glendinning MAROC	107:11	1:41 1:41 104:25 3:33	8:18 6:37 106:24 1:59	10:12 1:54 107:11 0:47	19:32 9:20	31:47 12:15	51:06 19:19	56:59 5:53	59:09 2:10	82:20 23:11	84:42 2:22	94:31 9:49	100:52 6:21
13	Sheena Farquhar GRAMP	118:40	3:05 3:05 113:12 6:46	14:06 11:01 117:23 4:11	16:45 2:39 118:40 1:17	24:04 7:19	50:03 25:59	58:33 8:30	68:49 10:16	73:50 5:01	79:05 5:15	87:11 8:06	99:42 12:31	106:26 6:44
	Elizabeth Sloan GRAMP	mp	3:06 3:06 121:09 25:55	29:19 26:13 125:01 3:52	31:05 1:46 126:00 0:59	37:27 6:22	60:49 23:22	68:17 7:28	72:48 4:31	78:24 5:36	83:06 4:42	87:46 4:40	95:14 7:28	-----

Pl	Name	Time	3.8 km		105 m	16 C	6(133)	7(159)	8(132)	9(157)	10(174)	11(138)	12(222)	
Green (33)			1(243)	2(135)	3(136)	4(171)	5(172)							
			13(158)	14(159)	15(170)	16(151)	Finish							
1	Ewan Musgrave MAROC	32:35	0:48	2:51	5:04	7:46	9:47	10:40	12:56	17:13	19:34	21:15	24:41	25:21
			0:48	2:03	2:13	2:42	2:01	0:53	2:16	4:17	2:21	1:41	3:26	0:40
			28:18	30:14	31:29	32:05	32:35							
			2:57	1:56	1:15	0:36	0:30							
2	Bill Caffyn GRAMP	41:13	1:05	2:45	5:54	9:18	14:17	15:34	18:36	24:35	27:03	28:39	32:18	32:58
			1:05	1:40	3:09	3:24	4:59	1:17	3:02	5:59	2:28	1:36	3:39	0:40
			36:29	38:32	40:00	40:46	41:13							
			3:31	2:03	1:28	0:46	0:27							
3	Neil McLean GRAMP	45:47	0:57	3:04	6:45	11:08	14:18	15:58	19:07	25:00	27:49	29:34	34:52	35:45
			0:57	2:07	3:41	4:23	3:10	1:40	3:09	5:53	2:49	1:45	5:18	0:53
			40:02	42:36	44:18	45:10	45:47							
			4:17	2:34	1:42	0:52	0:37							
4	Alan Bennett MAROC	46:48	0:54	2:48	7:07	11:01	14:34	15:49	19:26	26:33	28:59	30:30	35:06	35:50
			0:54	1:54	4:19	3:54	3:33	1:15	3:37	7:07	2:26	1:31	4:36	0:44
			39:50	43:18	45:06	46:04	46:48							
			4:00	3:28	1:48	0:58	0:44							
5	Sam Pickett GRAMP	47:15	1:26	3:43	6:43	11:12	15:15	16:39	19:49	25:23	28:43	30:01	34:00	34:32
			1:26	2:17	3:00	4:29	4:03	1:24	3:10	5:34	3:20	1:18	3:59	0:32
			41:38	44:18	45:53	46:38	47:15							
			7:06	2:40	1:35	0:45	0:37							
6	Morag McLuckie MOR	49:19	1:02	2:52	6:51	11:06	14:06	15:40	20:05	28:08	31:36	33:04	36:52	37:47
			1:02	1:50	3:59	4:15	3:00	1:34	4:25	8:03	3:28	1:28	3:48	0:55
			43:01	46:07	47:49	48:45	49:19							
			5:14	3:06	1:42	0:56	0:34							
7	Michaela Kolistanikova AUOC	50:20	1:02	2:45	5:32	9:21	13:17	14:40	18:23	26:19	30:03	31:45	37:53	38:25
			1:02	1:43	2:47	3:49	3:56	1:23	3:43	7:56	3:44	1:42	6:08	0:32
			42:22	47:22	48:46	49:51	50:20							
			3:57	5:00	1:24	1:05	0:29							
8	Lovisa Nimvik Stern AUOC	50:42	1:01	2:50	6:33	11:03	14:34	16:25	20:38	27:48	31:18	33:07	39:41	40:21
			1:01	1:49	3:43	4:30	3:31	1:51	4:13	7:10	3:30	1:49	6:34	0:40
			45:17	47:48	49:09	50:08	50:42							
			4:56	2:31	1:21	0:59	0:34							
9	Phil Campbell GRAMP	53:51	0:55	2:54	6:37	11:07	16:06	19:23	23:50	31:15	35:00	36:36	41:26	42:11
			0:55	1:59	3:43	4:30	4:59	3:17	4:27	7:25	3:45	1:36	4:50	0:45
			47:19	50:32	52:22	53:18	53:51							
			5:08	3:13	1:50	0:56	0:33							
10	Sue Barrie MAROC	56:33	1:09	3:18	7:04	14:33	18:29	20:48	25:13	33:01	37:14	39:24	44:12	44:57
			1:09	2:09	3:46	7:29	3:56	2:19	4:25	7:48	4:13	2:10	4:48	0:45
			49:38	52:47	54:43	55:49	56:33							
			4:41	3:09	1:56	1:06	0:44							
11	Laura Farquharson GRAMP	57:03	1:08	4:10	7:46	18:00	21:00	22:46	26:32	34:05	37:37	39:41	44:38	45:26
			1:08	3:02	3:36	10:14	3:00	1:46	3:46	7:33	3:32	2:04	4:57	0:48
			49:57	52:54	55:11	56:22	57:03							
			4:31	2:57	2:17	1:11	0:41							
12	Alex Brodie MAROC	57:42	1:23	3:58	8:34	14:04	17:31	19:45	25:50	32:43	36:02	37:52	43:12	44:11
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			49:30	53:08	55:43	56:54	57:42							
			5:19	3:38	2:35	1:11	0:48							
13	Eric Lovie GRAMP	58:09	1:37	4:01	8:21	12:58	15:46	17:30	21:21	27:41	32:49	36:17	42:07	43:04
			1:37	2:24	4:20	4:37	2:48	1:44	3:51	6:20	5:08	3:28	5:50	0:57
			50:12	53:59	56:40	57:29	58:09							
			7:08	3:47	2:41	0:49	0:40							
14	Oonagh Grassie GRAMP	61:05	1:24	3:40	8:33	13:55	17:52	19:27	27:22	35:11	38:59	40:52	45:35	46:37
			1:24	2:16	4:53	5:22	3:57	1:35	7:55	7:49	3:48	1:53	4:43	1:02
			54:28	57:21	59:23	60:24	61:05							
			7:51	2:53	2:02	1:01	0:41							
15	Stuart Anderson GRAMP	61:41	1:12	4:04	8:59	14:18	20:30	22:48	27:29	35:27	39:20	42:54	48:33	49:21
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			54:15	57:51	59:57	61:01	61:41							
			4:54	3:36	2:06	1:04	0:40							
16	Kenneth Anderson MOR	61:58	1:16	4:13	8:33	13:53	17:43	20:02	24:16	31:55	35:29	38:09	43:12	49:08
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			54:51	57:52	59:54	61:19	61:58							
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17	Norman Liley GRAMP	62:31	1:19	3:33	7:53	12:50	18:40	23:13	27:18	36:15	40:06	42:17	48:29	49:47
			1:19	2:14	4:20	4:57	5:50	4:33	4:05	8:57	3:51	2:11	6:12	1:18
			55:17	58:47	60:52	61:52	62:31							
			5:30	3:30	2:05	1:00	0:39							
18	Anne Hickling GRAMP	63:15	1:15	5:48	10:02	16:47	21:33	23:33	28:07	36:15	39:29	42:12	47:32	48:31
			1:15	4:33	4:14	6:45	4:46	2:00	4:34	8:08	3:14	2:43	5:20	0:59
			54:10	58:49	60:59	62:21	63:15							
			5:39	4:39	2:10	1:22	0:54							
19	Lucie Hamplova AUOC	64:20	1:30	4:00	8:50	16:46	20:58	22:33	27:12	36:16	41:58	43:46	49:18	50:14
			1:30	2:30	4:50	7:56	4:12	1:35	4:39	9:04	5:42	1:48	5:32	0:56
			56:20	59:40	62:27	63:38	64:20							
			6:06	3:20	2:47	1:11	0:42							
20	Lynn Collins MAROC	66:13	1:34	4:38	9:01	17:51	24:20	27:18	32:21	41:02	44:11	46:15	51:08	52:07
			1:34	3:04	4:23	8:50	6:29	2:58	5:03	8:41	3:09	2:04	4:53	0:59
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Pl	Name	Time												
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4	Pete Lawrence GRAMP	54:47	0:25 0:25 33:24 3:58 54:47 0:31	1:31 1:06 37:44 4:20	3:18 1:47 39:39 1:55	5:29 2:11 41:06 1:27	7:46 2:17 42:21 1:15	9:24 1:38 44:31 2:10	13:36 4:12 46:25 1:54	19:23 5:47 48:06 1:41	22:11 2:48 50:27 2:21	23:51 1:40 51:56 1:29	26:36 2:45 53:16 1:20	29:26 2:50 54:16 1:00
5	Frances Wright LUUOC	58:25	0:27 0:27 36:05 3:52 58:25 0:33	1:08 0:41 40:08 4:03	3:01 1:53 42:03 1:55	5:21 2:20 43:22 1:19	7:49 2:28 44:44 1:22	9:32 1:43 48:19 3:35	14:20 4:48 50:29 2:10	20:55 6:35 52:03 1:34	24:36 3:41 54:39 2:36	26:18 1:42 55:58 1:19	29:20 3:02 57:11 1:13	32:13 2:53 57:52 0:41
6	Paul Caffyn GRAMP	58:38	0:33 0:33 36:33 3:39 58:38 0:21	1:20 0:47 41:02 4:29	3:07 1:47 43:10 2:08	7:47 4:40 45:20 2:10	9:55 2:08 46:44 1:24	11:46 1:51 48:54 2:10	15:51 4:05 51:21 2:27	21:46 5:55 52:49 1:28	24:44 2:58 55:09 2:20	27:12 2:28 56:23 1:14	30:10 2:58 57:26 1:03	32:54 2:44 58:17 0:51
7	Trevor Ricketts MAROC	60:58	0:26 0:26 37:16 3:39 60:58 0:32	1:15 0:49 41:22 4:06	3:23 2:08 43:23 2:01	6:58 3:35 46:57 3:34	9:11 2:13 48:25 1:28	10:47 1:36 50:24 1:59	15:14 4:27 52:20 1:56	21:04 5:50 54:06 1:46	24:15 3:11 56:29 2:23	27:10 2:55 58:04 1:35	30:47 3:37 59:41 1:37	33:37 2:50 60:26 0:45
8	Keith Roberts MAROC	62:45	0:29 0:29 37:03 3:59 62:45 0:31	1:16 0:47 41:31 4:28	3:07 1:51 43:50 2:19	5:28 2:21 47:08 3:18	7:55 2:27 49:01 1:53	9:51 1:56 51:26 2:25	14:25 4:34 53:39 2:13	20:39 6:14 55:45 2:06	23:36 2:57 58:15 2:30	25:50 2:14 60:11 1:56	29:11 3:21 61:25 1:14	33:04 3:53 62:14 0:49
9	Andrew Campbell MOR	68:30	0:29 0:29 44:15 3:58 68:30 0:28	1:08 0:39 47:43 3:28	2:45 1:37 51:30 3:47	5:28 2:43 52:59 1:29	9:26 3:58 54:24 1:25	10:53 1:27 56:12 1:48	14:29 3:36 60:01 3:49	22:47 8:18 61:39 1:38	33:24 10:37 63:54 2:15	35:06 1:42 65:15 1:21	38:01 2:55 67:22 2:07	40:17 2:16 68:02 0:40
10	Megan Ricketts MAROC	70:27	0:26 0:26 43:41 5:59 70:27 0:50	1:18 0:52 49:23 5:42	3:22 2:04 51:54 2:31	5:56 2:34 53:32 1:38	8:48 2:52 54:52 1:20	10:53 2:05 57:17 2:25	15:56 5:03 59:35 2:18	24:11 8:15 61:27 1:52	28:33 4:22 64:53 3:26	30:41 2:08 66:49 1:56	33:54 3:13 68:38 1:49	37:42 3:48 69:37 0:59
11	Dennis McDonald GRAMP	72:08	0:49 0:49 43:28 4:40 72:08 0:38	1:36 0:47 48:04 4:36	3:32 1:56 51:37 3:33	5:44 2:12 57:37 6:00	8:17 2:33 59:16 1:39	9:53 1:36 61:37 2:21	13:46 3:53 63:43 2:06	19:43 5:57 65:30 1:47	29:14 9:31 67:43 2:13	32:40 3:26 69:21 1:38	35:28 2:48 70:39 1:18	38:48 3:20 71:30 0:51
12	Colin McArthur MOR	74:07	0:32 0:32 41:04 4:47 74:07 0:41	1:24 0:52 48:22 7:18	3:32 2:08 50:47 2:25	5:52 2:20 53:54 3:07	8:27 2:35 55:56 2:02	10:16 1:49 58:12 2:16	14:50 4:34 61:34 3:22	21:57 7:07 64:34 3:00	25:33 3:36 69:18 4:44	27:42 2:09 70:59 1:41	32:27 4:45 72:34 1:35	36:17 3:50 73:26 0:52
13	John Lang GRAMP	77:31	0:30 0:30 46:42 4:45 77:31 0:46	1:33 1:03 51:59 5:17	4:03 2:30 55:01 3:02	7:13 3:10 57:53 2:52	10:05 2:52 59:34 1:41	12:25 2:20 62:37 3:03	17:39 5:14 65:34 2:57	25:44 8:05 68:09 2:35	29:38 3:54 71:58 3:49	34:05 4:27 74:00 2:02	37:49 3:44 75:54 1:54	41:57 4:08 76:45 0:51
14	Bob Sheridan GRAMP	77:58	0:25 0:25 46:35 7:43 77:58 0:30	1:21 0:56 52:03 5:28	3:03 1:42 54:38 2:35	5:05 2:02 57:20 2:42	8:05 3:00 60:47 3:27	9:43 1:38 63:10 2:23	14:11 4:28 65:37 2:27	20:15 6:04 68:45 3:08	24:21 4:06 72:51 4:06	26:59 2:38 75:02 2:11	32:59 6:00 76:44 1:42	38:52 5:53 77:28 0:44
15	Donald Grassie MOR	79:30	0:28 0:28 42:49 4:55 79:30 0:43	1:18 0:50 48:42 5:53	3:26 2:08 56:59 8:17	6:27 3:01 59:39 2:40	9:03 2:36 61:13 1:34	11:26 2:23 64:33 3:20	16:46 5:20 67:41 3:08	23:43 6:57 70:40 2:59	27:23 3:40 74:06 3:26	29:57 2:34 76:19 2:13	33:42 3:45 77:48 1:29	37:54 4:12 78:47 0:59
16	Kirsty McArthur MOR	82:29	0:23 0:23 44:47 5:32 82:29 0:33	1:18 0:55 51:33 6:46	3:19 2:01 54:31 2:58	7:02 3:43 57:04 2:33	9:43 2:41 61:00 3:56	11:47 2:04 65:32 4:32	16:41 4:54 68:19 2:47	23:43 7:02 73:40 5:21	28:17 4:34 77:07 3:27	32:07 3:50 78:42 1:35	35:55 3:48 81:15 2:33	39:15 3:20 81:56 0:41

Pl	Name	Time												
Blue (20)			6.3 km 185 m			24 C					<i>(cont.)</i>			
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17	Peter McLuckie MOR	85:11	0:35 0:35 45:51 6:47 85:11 0:37	1:20 0:45 55:44 9:53	3:11 1:51 62:40 6:56	5:31 2:20 65:23 2:43	8:12 2:41 66:58 1:35	10:40 2:28 69:21 2:23	14:52 4:12 72:14 2:53	20:02 5:10 74:25 2:11	23:23 3:21 77:20 2:55	26:53 3:30 78:56 1:36	31:51 4:58 83:44 4:48	39:04 7:13 84:34 0:50
18	Elizabeth Kenyon MOR	94:25	0:25 60:20 13:59 94:25 0:28	1:13 0:48 68:00 7:40	3:08 1:55 70:54 2:54	5:29 2:21 73:26 2:32	8:26 2:57 75:38 2:12	10:28 2:02 78:15 2:37	15:35 5:07 81:08 2:53	21:53 6:18 85:30 4:22	25:56 4:03 88:58 3:28	38:42 12:46 91:21 2:23	43:07 4:25 93:03 1:42	46:21 3:14 93:57 0:54
19	Angela Conroy GRAMP	112:22	0:38 0:38 70:39 6:06 112:22 0:47	1:35 0:57 77:46 7:07	4:08 2:33 81:51 4:05	8:41 4:33 84:54 3:03	13:36 4:55 87:40 2:46	18:36 5:00 91:52 4:12	24:51 6:15 96:41 4:49	32:06 7:15 99:41 3:00	36:56 4:50 104:12 4:31	50:24 13:28 105:55 1:43	56:47 6:23 109:24 3:29	64:33 7:46 111:35 2:11
20	Philip Kenyon MOR	125:05	0:37 0:37 76:42 5:59 125:05 0:46	1:41 1:04 86:36 9:54	3:54 2:13 90:52 4:16	7:52 3:58 100:25 9:33	10:28 2:36 103:20 2:55	12:11 1:43 106:41 3:21	16:28 4:17 110:49 4:08	43:33 27:05 113:22 2:33	49:38 6:05 117:43 4:21	58:58 9:20 119:43 2:00	65:18 6:20 121:29 1:46	70:43 5:25 124:19 2:50
Brown (10)			7.4 km 255 m			26 C								
			1(161) 13(224) 25(170)	2(160) 14(159) 26(151)	3(163) 15(140) Finish	4(226) 16(172)	5(169) 17(133)	6(227) 18(171)	7(162) 19(174)	8(135) 20(221)	9(156) 21(230)	10(136) 22(222)	11(138) 23(158)	12(157) 24(159)
1	Alexander Chepelin EUOC	41:50	0:37 0:37 20:04 0:53 41:00 0:50	2:03 1:26 24:34 4:30 41:29 0:29	3:16 1:13 25:48 1:14 41:50 0:21	4:11 0:55 26:46 0:58 27:37 0:51	5:41 1:30 27:37 0:51 28:52 1:15	6:54 1:13 28:52 1:15 31:50 2:58	9:43 2:49 31:50 2:58 32:15 0:25	13:46 4:03 32:15 0:25 33:59 1:44	15:33 1:47 33:59 1:44 36:47 2:48	16:26 0:53 36:47 2:48 38:54 2:07	17:21 0:55 38:54 2:07 40:10 1:16	19:11 1:50 40:10 1:16
2	Joseph Wright MAROC	53:40	0:55 0:55 25:32 1:16 52:42 0:57	2:23 1:28 32:08 6:36 53:15 0:33	3:49 1:26 33:24 1:16 53:40 0:25	4:58 1:09 34:22 0:58 53:40 0:25	7:54 2:56 35:39 1:17 53:40 0:25	9:26 1:32 37:13 1:34 53:40 0:25	13:01 3:35 41:05 3:52 53:40 0:25	17:36 4:35 41:34 0:29 53:40 0:25	19:48 2:12 43:54 2:20 53:40 0:25	20:58 1:10 47:27 3:33 53:40 0:25	22:18 1:20 50:05 2:38 53:40 0:25	24:16 1:58 51:45 1:40 53:40 0:25
3	Angel Iliev AUOC	54:53	1:06 1:06 24:07 1:03 53:52 1:03	2:25 1:19 30:28 6:21 54:25 0:33	3:40 1:15 31:55 1:27 54:53 0:28	4:44 1:04 33:20 1:25 54:53 0:28	6:20 1:36 34:23 1:03 54:53 0:28	7:44 1:24 36:28 2:05 54:53 0:28	11:07 3:23 41:56 5:28 54:53 0:28	15:45 4:38 42:47 0:51 54:53 0:28	18:09 2:24 44:50 2:03 54:53 0:28	19:18 1:09 48:20 3:30 54:53 0:28	20:36 1:18 51:14 2:54 54:53 0:28	23:04 2:28 52:49 1:35
4	Jonathan Musgrave MAROC	56:18	0:47 0:47 26:11 1:17 55:09 2:03	2:34 1:47 32:01 5:50 55:47 0:38	4:08 1:34 33:40 1:39 56:18 0:31	5:23 1:15 34:52 1:12 56:18 0:31	7:19 1:56 35:56 1:04 56:18 0:31	8:51 1:32 37:45 1:49 56:18 0:31	12:40 3:49 41:42 3:57 56:18 0:31	18:03 5:23 42:26 0:44 56:18 0:31	20:21 2:18 44:50 2:24 56:18 0:31	21:31 1:10 48:30 3:40 56:18 0:31	22:50 1:19 51:17 2:47 56:18 0:31	24:54 2:04 53:06 1:49 56:18 0:31
5	Jennifer Ricketts EUOC	57:36	0:52 0:52 26:59 1:14 56:29 1:26	2:28 1:36 33:52 6:53 57:03 0:34	3:50 1:22 35:16 1:24 57:36 0:33	5:29 1:39 36:21 1:05 57:36 0:33	7:19 1:50 37:18 0:57 57:36 0:33	8:47 1:28 39:05 1:47 57:36 0:33	12:11 3:24 43:37 4:32 57:36 0:33	18:08 5:57 44:08 0:31 57:36 0:33	20:53 2:45 46:36 2:28 57:36 0:33	21:57 1:04 50:42 4:06 57:36 0:33	23:03 1:06 53:29 2:47 57:36 0:33	25:45 2:42 55:03 1:34 57:36 0:33
6	Martin Young MAROC	59:36	1:07 1:07 27:07 1:10 58:25 3:57	2:51 1:44 32:27 5:20 59:03 0:38	4:41 1:50 33:47 1:20 59:36 0:33	6:02 1:21 35:41 1:54 59:36 0:33	7:59 1:57 36:53 1:12 59:36 0:33	9:27 1:28 38:49 1:56 59:36 0:33	12:49 3:22 43:38 4:49 59:36 0:33	17:36 4:47 44:05 0:27 59:36 0:33	20:00 2:24 46:14 2:09 59:36 0:33	21:17 1:17 49:31 3:17 59:36 0:33	22:25 1:08 52:22 2:51 59:36 0:33	25:57 3:32 54:28 2:06 59:36 0:33
7	Hazel Wright MAROC	62:29	1:06 1:06 29:26 1:20 61:19 1:11	2:57 1:51 36:46 7:20 61:56 0:37	4:36 1:39 38:31 1:45 62:29 0:33	6:00 1:24 40:06 1:35 62:29 0:33	8:23 2:23 41:12 1:06 62:29 0:33	10:08 1:45 42:57 1:45 62:29 0:33	14:23 4:15 47:34 4:37 62:29 0:33	20:11 5:48 48:16 0:42 62:29 0:33	22:52 2:41 50:47 2:31 62:29 0:33	24:04 1:12 55:05 4:18 62:29 0:33	25:42 1:38 58:15 3:10 62:29 0:33	28:06 2:24 60:08 1:53 62:29 0:33
8	Robert Daly GRAMP	69:56	1:28 1:28 31:53 1:31 68:34 1:25	3:16 1:48 38:57 7:04 69:18 0:44	5:03 1:47 40:52 1:55 69:56 0:38	6:27 1:24 45:18 4:26 69:56 0:38	8:36 2:09 46:35 1:17 69:56 0:38	10:15 1:39 48:40 2:05 69:56 0:38	14:32 4:17 54:04 5:24 69:56 0:38	21:17 6:45 54:44 0:40 69:56 0:38	24:25 3:08 57:39 2:55 69:56 0:38	26:00 1:35 61:40 4:01 69:56 0:38	27:30 1:30 64:55 3:15 69:56 0:38	30:22 2:52 67:09 2:14 69:56 0:38

Pl	Name	Time												
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			13(224)	14(159)	15(140)	16(172)	17(133)	18(171)	19(174)	20(221)	21(230)	22(222)	23(158)	24(159)
			25(170)	26(151)	Finish									
9	Gareth Yardley GRAMP	70:08	1:09	3:07	4:51	6:22	8:33	10:17	14:14	20:43	23:24	24:33	26:00	28:45
			1:09	1:58	1:44	1:31	2:11	1:44	3:57	6:29	2:41	1:09	1:27	2:45
			30:01	38:15	40:39	41:54	43:38	45:48	50:30	51:03	54:02	59:56	63:55	66:45
			1:16	8:14	2:24	1:15	1:44	2:10	4:42	0:33	2:59	5:54	3:59	2:50
			68:48	69:35	70:08									
			2:03	0:47	0:33									
10	William Nicolson INVOC	70:36	1:15	2:46	5:52	8:48	10:38	12:02	15:10	20:12	22:47	25:27	27:07	30:43
			1:15	1:31	3:06	2:56	1:50	1:24	3:08	5:02	2:35	2:40	1:40	3:36
			35:15	42:11	44:31	45:35	47:00	49:58	56:05	57:23	59:37	62:54	66:06	68:13
			4:32	6:56	2:20	1:04	1:25	2:58	6:07	1:18	2:14	3:17	3:12	2:07
			69:32	70:11	70:36									
			1:19	0:39	0:25									