

Pos	Name	Age	Time													
Long (16)			5.3 km 0 m	15 C												
				1(130) 14(232)	2(131) 15(233)	3(132) Finish	4(137)	5(136)	6(135)	7(134)	8(138)	9(230)	10(140)	11(139)	12(234)	13(231)
1	Joe Wright MAROC	M18	36:16	2:36 2:36 33:29 2:52	4:53 2:17 35:03 1:34	7:30 2:37 36:16 1:13	10:43 3:13	12:22 1:39	13:17 0:55	14:12 0:55	17:59 3:47	21:55 3:56	23:34 1:39	25:26 1:52	27:44 2:18	30:37 2:53
2	Felix Wilson MAROC	M18	40:20	3:08 3:08 37:23 3:07	4:29 1:21 39:02 1:39	7:55 3:26 40:20 1:18	11:21 3:26	13:52 2:31	14:51 0:59	16:07 1:16	19:57 3:50	24:11 4:14	26:11 2:00	28:15 2:04	30:34 2:19	34:16 3:42
3	Matthew Gooch MAROC	M16	41:00	2:56 2:56 37:35 2:38	4:16 1:20 39:17 1:42	6:52 2:36 41:00 1:43	11:11 4:19	13:36 2:25	14:46 1:10	16:07 1:21	20:26 4:19	24:35 4:09	26:31 1:56	28:38 2:07	31:13 2:35	34:57 3:44
4	Alistair Chapman MAROC	M16	45:33	2:42 2:42 41:44 3:00	4:00 1:18 43:57 2:13	6:28 2:28 45:33 1:36	12:24 5:56	16:30 4:06	17:26 0:56	19:41 2:15	24:03 4:22	28:21 4:18	30:14 1:53	32:20 2:06	35:05 2:45	38:44 3:39
5	Hazel Wright MAROC	W21	46:22	3:24 3:24 42:50 3:32	4:50 1:26 44:43 1:53	7:42 2:52 46:22 1:39	12:35 4:53	15:49 3:14	17:09 1:20	18:21 1:12	23:19 4:58	28:10 4:51	30:04 1:54	32:38 2:34	35:32 2:54	39:18 3:46
6	Luke Graham MAROC	M16	53:41	3:18 3:18 49:54 3:06	10:24 7:06 52:08 2:14	13:31 3:07 53:41 1:33	18:16 4:45	22:02 3:46	23:16 1:14	24:30 1:14	30:27 5:57	35:30 5:03	37:29 1:59	39:56 2:27	42:59 3:03	46:48 3:49
7	Martin Young MAROC	M21	55:09	3:48 3:48 51:35 4:45	5:11 1:23 53:33 1:58	10:09 4:58 55:09 1:36	15:59 5:50	17:58 1:59	20:09 2:11	21:38 1:29	29:41 8:03	35:26 5:45	37:26 2:00	39:54 2:28	42:37 2:43	46:50 4:13
8	Sarah Dunn MAROC	W45	57:30	4:17 4:17 53:26 3:52	5:49 1:32 55:34 2:08	9:45 3:56 57:30 1:56	15:03 5:18	19:01 3:58	20:25 1:24	21:50 1:25	31:06 9:16	36:16 5:10	38:36 2:20	41:05 2:29	44:09 3:04	49:34 5:25
9	Drew Tivendale MAROC	M40	58:14	4:19 4:19 54:40 5:52	9:59 5:40 56:30 1:50	12:44 2:45 58:14 1:44	16:40 3:56	26:04 9:24	27:14 1:10	28:33 1:19	33:04 4:31	37:18 4:14	39:06 1:48	42:04 2:58	44:48 2:44	48:48 4:00
10	Rob Hickling GRAMP	M60	59:59	5:14 5:14 55:40 3:52	6:51 1:37 57:49 2:09	10:38 3:47 59:59 2:10	16:19 5:41	20:46 4:27	22:18 1:32	23:47 1:29	29:06 5:19	35:42 6:36	39:52 4:10	42:27 2:35	45:59 3:32	51:48 5:49
11	Donald Kerridge		1:01:05	3:22 3:22 56:39 3:51	5:13 1:51 59:09 2:30	10:22 5:09 1:01:05 1:56	15:53 5:31	21:18 5:25	23:40 2:22	25:23 1:43	31:57 6:34	38:27 6:30	41:03 2:36	43:49 2:46	47:14 3:25	52:48 5:34
12	Katrina McLeod LUUOC	W21	1:01:13	4:30 4:30 57:06 4:11	8:14 3:44 59:13 2:07	13:35 5:21 1:01:13 2:00	20:20 6:45	23:02 2:42	25:30 2:28	26:55 1:25	32:17 5:22	37:53 5:36	41:00 3:07	45:01 4:01	48:22 3:21	52:55 4:33
13	Ian Hamilton GRAMP	M55	1:01:32	3:52 3:52 56:56 4:38	6:28 2:36 59:23 2:27	11:20 4:52 1:01:32 2:09	16:46 5:26	20:10 3:24	22:00 1:50	24:13 2:13	31:36 7:23	38:00 6:24	40:49 2:49	43:50 3:01	47:24 3:34	52:18 4:54
14	Dominykas Kardokas		1:01:58	6:31 6:31 55:51 5:07	8:26 1:55 57:42 1:51	12:37 4:11 1:01:58 4:16	17:42 5:05	20:40 2:58	21:52 1:12	23:15 1:23	28:44 5:29	35:38 6:54	37:37 1:59	43:15 5:38	45:57 2:42	50:44 4:47
15	Gareth Yardley GRAMP	M50	1:02:34	3:59 3:59 58:10 4:14	5:44 1:45 1:00:27 2:17	8:42 2:58 1:02:34 2:07	14:07 5:25	17:04 2:57	18:40 1:36	20:58 2:18	30:45 9:47	37:22 6:37	40:59 3:37	43:53 2:54	47:48 3:55	53:56 6:08
16	Dennis McDonald GRAMP	M50	1:14:23	4:34 4:34 1:09:02 5:39	8:52 4:18 1:11:59 2:57	19:43 10:51 1:14:23 2:24	26:11 6:28	29:38 3:27	31:24 1:46	33:18 1:54	38:58 5:40	45:48 6:50	48:25 2:37	52:04 3:39	55:36 3:32	1:03:23 7:47
Short (37)			3.3 km 0 m	7 C												
				1(133)	2(137)	3(136)	4(139)	5(230)	6(140)	7(234)	Finish					
1	Ewan Musgrave MAROC	M14	23:11	2:19 2:19	5:25 3:06	7:31 2:06	12:05 4:34	14:50 2:45	16:49 1:59	21:27 4:38	23:11 1:44					
2	Nick Hale SN	M55	24:46	2:30 2:30	6:12 3:42	8:31 2:19	13:24 4:53	15:48 2:24	17:48 2:00	23:09 5:21	24:46 1:37					
3	Joel Gooch MAROC	M14	26:06	2:07 2:07	5:04 2:57	8:52 3:48	13:24 4:32	17:01 3:37	19:30 2:29	24:38 5:08	26:06 1:28					
4	Pete Lawrence GRAMP	M50	28:17	2:47 2:47	6:36 3:49	8:50 2:14	14:18 5:28	18:23 4:05	20:47 2:24	26:25 5:38	28:17 1:52					
4	Dougal MacEwan BAOC	M21	28:17	2:21 2:21	6:12 3:51	10:10 3:58	14:44 4:34	18:52 4:08	21:32 2:40	26:58 5:26	28:17 1:19					
6	John Lang GRAMP	M50	30:23	2:54 2:54	6:41 3:47	10:18 3:37	15:34 5:16	19:43 4:09	22:41 2:58	28:41 6:00	30:23 1:42					

Pos	Name	Age	Time								
<i>Short (37)</i>				<i>3.3 km</i>	<i>0 m</i>	<i>7 C</i>	<i>(cont.)</i>				
				1(133)	2(137)	3(136)	4(139)	5(230)	6(140)	7(234)	Finish
7	Alan Bennett	M50	32:28	3:42	7:19	10:25	17:35	21:25	24:25	30:48	32:28
	MAROC			3:42	3:37	3:06	7:10	3:50	3:00	6:23	1:40
8	Chris Low	M55	32:43	3:05	7:54	10:57	17:31	21:42	24:42	30:50	32:43
	MAROC			3:05	4:49	3:03	6:34	4:11	3:00	6:08	1:53
9	Keith Roberts	M55	33:22	2:57	6:57	10:14	18:24	21:57	25:35	31:35	33:22
	MAROC			2:57	4:00	3:17	8:10	3:33	3:38	6:00	1:47
10	Paul Mather		34:10	2:38	6:15	10:22	15:33	21:45	24:27	32:43	34:10
				2:38	3:37	4:07	5:11	6:12	2:42	8:16	1:27
11	Murray Anderson	M50	34:40	3:15	8:13	12:57	21:30	24:56	27:33	33:03	34:40
	GRAMP			3:15	4:58	4:44	8:33	3:26	2:37	5:30	1:37
12	David Kirk	M50	35:11	3:09	7:22	11:18	18:16	21:50	26:01	33:20	35:11
	GRAMP			3:09	4:13	3:56	6:58	3:34	4:11	7:19	1:51
13	Gary Morrison	M50	35:15	2:57	6:55	9:58	16:15	22:56	27:13	33:25	35:15
				2:57	3:58	3:03	6:17	6:41	4:17	6:12	1:50
14	Andy Tivendale	M70	37:01	5:37	9:46	13:32	19:39	25:28	28:14	35:18	37:01
	MAROC			5:37	4:09	3:46	6:07	5:49	2:46	7:04	1:43
15	Amber Graham	W14	37:39	2:54	8:37	11:31	17:49	22:42	26:04	36:03	37:39
	MAROC			2:54	5:43	2:54	6:18	4:53	3:22	9:59	1:36
16	Kirsty Campbell	W16	37:40	3:04	8:47	11:27	16:30	22:59	26:18	36:01	37:40
	MAROC			3:04	5:43	2:40	5:03	6:29	3:19	9:43	1:39
17	Ian McIntyre	M55	37:55	3:19	8:10	11:39	19:22	23:13	27:11	35:28	37:55
	INT			3:19	4:51	3:29	7:43	3:51	3:58	8:17	2:27
18	Lesley Gomersall	W55	38:33	6:33	11:16	15:04	22:17	25:42	29:26	36:20	38:33
	GRAMP			6:33	4:43	3:48	7:13	3:25	3:44	6:54	2:13
19	Denise Wright	W50	38:57	3:36	7:27	11:35	19:09	25:29	29:05	36:49	38:57
	MAROC			3:36	3:51	4:08	7:34	6:20	3:36	7:44	2:08
20	David Esson	M35	39:54	3:57	9:04	12:54	20:45	24:50	28:55	37:08	39:54
	GRAMP			3:57	5:07	3:50	7:51	4:05	4:05	8:13	2:46
21	Phil Campbell	M21	40:15	3:04	7:58	15:23	22:22	26:02	30:08	38:06	40:15
	GRAMP			3:04	4:54	7:25	6:59	3:40	4:06	7:58	2:09
22	Neil McLean	M70	41:03	5:10	10:28	14:23	22:10	26:36	30:32	38:20	41:03
	GRAMP			5:10	5:18	3:55	7:47	4:26	3:56	7:48	2:43
23	Keith Yardley	M18	42:33	3:06	7:38	12:03	20:45	30:13	34:16	40:54	42:33
	GRAMP			3:06	4:32	4:25	8:42	9:28	4:03	6:38	1:39
24	Estera Zak		44:12	3:16	8:09	15:13	24:47	29:18	33:06	42:11	44:12
				3:16	4:53	7:04	9:34	4:31	3:48	9:05	2:01
25	Robin Skinner	M55	44:27	2:25	6:11	15:45	30:08	34:12	37:10	42:48	44:27
	MAROC			2:25	3:46	9:34	14:23	4:04	2:58	5:38	1:39
26	Sarah Wallace	W21	45:44	4:15	10:37	15:51	24:35	31:17	35:35	43:31	45:44
	GRAMP			4:15	6:22	5:14	8:44	6:42	4:18	7:56	2:13
27	Paul Duley	M60	46:15	4:15	10:09	14:45	26:45	32:19	36:16	43:47	46:15
	GRAMP			4:15	5:54	4:36	12:00	5:34	3:57	7:31	2:28
28	Eilidh Campbell	W16	46:44	5:21	12:24	15:35	24:09	29:23	33:29	43:06	46:44
	MAROC			5:21	7:03	3:11	8:34	5:14	4:06	9:37	3:38
29	Rachel Scott	W50	47:46	5:29	10:56	17:50	27:13	32:40	36:04	44:26	47:46
	GRAMP			5:29	5:27	6:54	9:23	5:27	3:24	8:22	3:20
30	Catriona Chapman	W12	50:35	3:26	8:41	13:10	22:38	29:31	39:13	48:14	50:35
	MAROC			3:26	5:15	4:29	9:28	6:53	9:42	9:01	2:21
31	Paul Chapman	M45	50:42	3:34	8:48	13:17	22:45	29:39	39:21	48:21	50:42
	MAROC			3:34	5:14	4:29	9:28	6:54	9:42	9:00	2:21
32	Peter Craig	M70	52:10	4:27	11:29	17:36	29:42	35:47	39:57	49:43	52:10
	MAROC			4:27	7:02	6:07	12:06	6:05	4:10	9:46	2:27
33	Charlotte Reynolds	W12	1:08:25	4:48	14:18	20:37	42:52	51:48	55:49	1:06:22	1:08:25
	MAROC			4:48	9:30	6:19	22:15	8:56	4:01	10:33	2:03
34	Louise Provan		1:09:33	11:43	18:33	30:46	44:00	51:00	56:32	1:06:46	1:09:33
				11:43	6:50	12:13	13:14	7:00	5:32	10:14	2:47
35	Pat Graham	W50	1:13:50	4:20	10:21	15:49	28:09	42:36	49:28	1:10:59	1:13:50
	MAROC			4:20	6:01	5:28	12:20	14:27	6:52	21:31	2:51
	Michael Bott		mp	4:03	10:19	14:09	27:07	30:58	34:29	-----	41:55
				4:03	6:16	3:50	12:58	3:51	3:31		7:26
	Alan Dick	M50	dnf	38:50	44:51	-----	-----	1:15:09	1:18:23	-----	
	GRAMP			38:50	6:01			30:18	3:14		
											55:24 1:04:01
											*135 *13