

Pos	Name	Age	Time														
Sprint (29)				3.4 km			16 C										
				1(130)	2(131)	3(132)	4(232)	5(233)	6(133)	7(134)	8(135)	9(136)	10(137)	11(138)	12(140)	13(230)	
				14(231)	15(139)	16(235)	Finish										
1	Griffin, Sam GRAMP	M14	18:32	1:03 1:03	2:07 1:04	3:29 1:22	5:37 2:08	6:45 1:08	8:25 1:40	9:15 0:50	10:04 0:49	10:43 0:39	12:27 1:44	14:12 1:45	14:54 0:42	15:46 0:52	
2	Nicolson, William INVOC	M40	19:34	2:07 17:43	2:59 19:04	4:23 19:17	6:38 19:34	7:47 1:09	9:15 1:28	10:03 0:48	11:03 1:00	11:44 0:41	13:18 1:34	14:57 1:39	15:38 0:41	16:26 0:48	
3	Urquhart, Gordon GRAMP	M40	19:56	2:11 1:17	3:27 0:43	4:59 0:26	7:07 0:20	8:18 1:11	9:56 1:38	10:44 0:48	11:38 0:54	12:17 0:39	14:19 2:02	15:57 1:38	16:38 0:41	17:25 0:47	
4	Chepelin, Evgueni GRAMP	M55	20:54	1:27 19:42	2:28 20:18	4:02 20:33	6:29 20:54	8:02 1:33	9:56 1:54	10:46 0:50	11:49 1:03	12:57 1:08	14:45 1:48	16:38 1:53	17:25 0:47	18:19 0:54	
5	Sheridan, Bob MAROC	M50	23:19	1:46 21:11	3:14 22:34	4:50 22:56	7:14 23:19	8:33 1:19	11:08 2:35	11:59 0:51	13:17 1:18	14:04 0:47	15:53 1:49	17:46 1:53	18:31 0:45	19:26 0:55	
5	Gomersall, Josie GRAMP	W18	23:19	1:17 21:50	2:32 22:31	4:28 22:47	7:14 23:19	8:43 1:29	10:51 2:08	11:50 0:59	13:07 1:17	14:00 0:53	16:07 2:07	18:27 2:20	19:16 0:49	20:18 1:02	
7	Lawrence, Pete GRAMP	M55	23:48	1:45 22:14	3:08 22:57	5:04 23:23	7:49 23:48	9:33 1:44	11:33 2:00	12:34 1:01	13:29 0:55	14:16 0:47	16:22 2:06	18:34 2:12	19:29 0:55	20:32 1:03	
8	Will, Adrian GRAMP	M40	24:48	1:22 23:18	2:58 24:04	4:49 24:27	7:38 24:48	9:47 2:09	11:53 2:06	12:55 1:02	13:58 1:03	14:49 0:51	17:03 2:14	19:19 2:16	20:13 0:54	21:34 1:21	
9	Campbell, Phil GRAMP	M21	25:04	1:30 23:15	2:57 24:18	4:55 24:40	7:40 25:04	9:05 1:25	11:10 2:05	12:13 1:03	13:31 1:18	14:23 0:52	16:24 2:01	19:35 3:11	20:31 0:56	21:32 1:01	
10	Roberts, Keith MAROC	M55	25:38	2:09 23:39	3:33 24:33	5:35 25:14	8:36 25:38	10:02 1:26	12:04 2:02	13:14 1:10	14:22 1:08	15:18 0:56	17:38 2:20	19:55 2:17	20:51 0:56	21:54 1:03	
11	Lang, Marianne GRAMP	W50	29:52	2:17 27:55	3:51 29:00	5:47 29:23	9:23 29:52	11:11 1:48	13:11 2:00	14:57 1:46	16:25 1:28	17:21 0:56	19:34 2:13	21:49 2:15	22:39 0:50	23:42 1:03	
12	McLeod, Iain GRAMP	M55	30:30	1:57 27:52	4:09 29:32	6:41 30:01	10:19 30:30	12:08 1:49	14:45 2:37	15:55 1:10	17:19 1:24	18:17 0:58	20:53 2:36	23:05 2:12	24:38 1:33	25:52 1:14	
13	Scott, Rachel GRAMP	W50	30:45	1:36 28:37	3:08 29:40	5:37 30:11	9:14 30:45	11:09 1:55	13:52 2:43	15:12 1:20	16:37 1:25	17:39 1:02	20:25 2:46	23:34 3:09	24:45 1:11	26:13 1:28	
14	Kirk, David GRAMP	M50	31:01	1:36 28:48	3:07 29:48	5:38 30:25	9:06 31:01	10:55 1:49	13:51 2:56	15:04 1:13	16:35 1:31	17:43 1:08	20:57 3:14	23:52 2:55	25:00 1:08	26:27 1:27	
15	McBride, Barrie IND	M21	32:09	2:21 28:45	3:59 30:57	6:24 31:35	9:53 32:09	12:05 2:12	14:19 2:14	15:37 1:18	17:04 1:27	18:15 1:11	20:42 2:27	23:22 2:40	24:21 0:59	25:44 1:23	
16	Anderson, Stuart GRAMP	M55	32:57	1:50 31:00	3:52 31:57	6:35 32:26	10:29 32:57	12:06 1:37	15:05 2:59	16:24 1:19	17:36 1:12	19:54 2:18	23:09 3:15	26:19 3:10	27:22 1:03	28:43 1:21	
17	Anderson, Helen GRAMP	W55	33:04	2:11 30:59	3:58 32:03	6:25 32:34	10:41 33:04	12:35 1:54	15:42 3:07	17:21 1:39	18:57 1:36	20:02 1:05	23:04 3:02	25:51 2:47	27:02 1:11	28:39 1:37	
18	Coman, Eddy GRAMP	M50	33:34	2:49 30:28	4:43 32:12	6:47 33:01	10:05 33:34	12:43 2:38	15:46 3:03	16:52 1:06	18:15 1:23	19:26 1:11	21:51 2:25	24:43 2:52	25:35 0:52	26:39 1:04	
19	Coman, Olivia GRAMP	W16	34:45	2:42 32:04	4:31 34:06	7:06 34:20	10:48 34:45	12:31 0:14	15:14 2:43	16:32 1:18	19:17 2:45	21:08 1:51	24:08 3:00	27:06 2:58	28:15 1:09	29:54 1:39	
20	Esson, David GRAMP	M35	35:35	1:59 33:24	4:19 34:28	7:24 34:54	11:21 35:35	13:27 2:06	16:36 3:09	18:04 1:28	19:59 1:55	21:20 1:21	24:32 3:12	27:37 3:05	28:58 1:21	30:40 1:42	

Pos	Name	Age	Time													
Sprint (29)				3.4 km	16 C	<i>(cont.)</i>										
				1(130) 14(231)	2(131) 15(139)	3(132) 16(235)	4(232) Finish	5(233)	6(133)	7(134)	8(135)	9(136)	10(137)	11(138)	12(140)	13(230)
21	Halliday, Rory GRAMP	M14	36:12	2:13 2:13 33:48 2:28	4:13 2:00 35:06 1:18	7:13 3:00 35:37 0:31	11:34 4:21 36:12 0:35	13:30 1:56	16:25 2:55	18:08 1:43	19:32 1:24	22:01 2:29	25:28 3:27	28:49 3:21	29:58 1:09	31:20 1:22
22	Farquharson, Morve GRAMP	W14	39:19	2:40 2:40 35:58 2:15	4:52 2:12 38:24 2:26	8:06 3:14 38:46 0:22	13:00 4:54 39:19 0:33	15:49 2:49	19:12 3:23	20:57 1:45	22:53 1:56	24:22 1:29	27:35 3:13	30:59 3:24	32:08 1:09	33:43 1:35
23	Farquharson, Kirsty GRAMP	W14	39:54	2:42 2:42 37:22 3:07	5:02 2:20 38:54 1:32	8:20 3:18 39:21 0:27	13:34 5:14 39:54 0:33	15:57 2:23	19:24 3:27	21:12 1:48	22:59 1:47	24:26 1:27	27:57 3:31	31:39 3:42	32:40 1:01	34:15 1:35
24	Sloan, Elizabeth MAROC	W45	42:07	3:26 3:26 37:22 2:50	5:53 2:27 38:47 1:25	8:37 2:44 41:20 2:33	12:35 3:58 42:07 0:47	14:50 2:15	17:55 3:05	19:35 1:40	21:39 2:04	23:35 1:56	28:17 4:42	31:50 3:33	32:55 1:05	34:32 1:37
25	Jackson, Carol GRAMP	W55	45:51	4:00 4:00 41:22 5:08	6:36 2:36 44:43 3:21	9:38 3:02 45:14 0:31	14:13 4:35 45:51 0:37	17:17 3:04	21:00 3:43	22:42 1:42	24:04 1:22	25:38 1:34	29:15 3:37	32:57 3:42	34:28 1:31	36:14 1:46
26	Esson, George GRAMP	M70	49:05	3:12 3:12 45:08 3:14	5:40 2:28 47:24 2:16	9:32 3:52 48:12 0:48	15:45 6:13 49:05 0:53	18:40 2:55	22:44 4:04	25:06 2:22	27:16 2:10	29:09 1:53	33:44 4:35	38:04 4:20	39:47 1:43	41:54 2:07
27	Menzies, Sam & Paul IND	W21?	65:49	3:03 3:03 50:45 5:59	8:18 5:15 64:16 13:31	11:29 3:11 65:06 0:50	16:02 4:33 65:49 0:43	25:35 9:33	28:36 3:01	30:10 1:34	32:10 2:00	33:08 0:58	36:35 3:27	41:03 4:28	42:51 1:48	44:46 1:55
	Huthwaite, Jeremy GRAMP	M50	mp	1:18 1:18 22:00 1:42	2:45 1:27 25:44 3:44	4:45 2:00 26:04 0:20	7:37 2:52 26:28 0:24	9:00 1:23	11:16 2:16 23:27 *235	12:12 0:56	13:36 1:24	14:26 0:50	16:25 1:59	-----	19:00 2:35	20:18 1:18
	Hamilton, Ian GRAMP	M55	mp	1:48 1:48 24:17 2:02	3:10 1:22 25:35 1:18	5:24 2:14 26:07 0:32	8:22 2:58 26:35 0:28	10:00 1:38	12:13 2:13	-----	14:33 2:20	15:31 0:58	17:54 2:23	20:15 2:21	21:07 0:52	22:15 1:08