

Pos	Name	Age	Time														
Long (12)				5.3 km 0 m			16 C										
				1(230)	2(139)	3(237)	4(233)	5(240)	6(238)	7(231)	8(234)	9(239)	10(137)	11(244)	12(138)	13(247)	
				14(245)	15(140)	16(241)	Finish										
1	<b>Matthew Gooch</b> MAROC	M16	<b>39:09</b>	1:02	<b>3:31</b>	<b>6:18</b>	<b>7:35</b>	<b>9:47</b>	<b>10:36</b>	<b>18:04</b>	<b>20:00</b>	<b>23:52</b>	<b>25:39</b>	<b>27:19</b>	<b>30:17</b>	<b>31:54</b>	
				1:02	<b>2:29</b>	<b>2:47</b>	1:17	2:12	<b>0:49</b>	7:28	1:56	<b>3:52</b>	<b>1:47</b>	1:40	<b>2:58</b>	<b>1:37</b>	
				<b>34:16</b>	<b>35:43</b>	<b>38:01</b>	<b>39:09</b>										
				<b>2:22</b>	1:27	<b>2:18</b>	1:08										
2	<b>Daniel Gooch</b> MAROC	M45	<b>47:21</b>	1:45	7:31	10:53	13:53	16:43	17:37	24:57	27:06	31:02	33:16	34:48	38:02	39:51	
				1:45	5:46	3:22	3:00	2:50	0:54	7:20	2:09	3:56	2:14	<b>1:32</b>	3:14	1:49	
				42:15	43:47	46:14	47:21										
				2:24	1:32	2:27	1:07										
3	<b>Jonathan Musgrave</b> MAROC	M55	<b>48:15</b>	1:30	4:45	8:40	10:14	13:31	15:52	22:55	24:50	29:07	31:07	32:50	36:27	38:19	
				1:30	3:15	3:55	1:34	3:17	2:21	<b>7:03</b>	<b>1:55</b>	4:17	2:00	1:43	3:37	1:52	
				41:47	43:58	47:05	48:15										
				3:28	2:11	3:07	1:10										
4	<b>Joel Gooch</b> MAROC	M14	<b>50:27</b>	<b>0:52</b>	3:55	7:24	8:33	11:34	13:58	24:30	26:36	31:15	33:12	34:47	38:55	41:09	
				<b>0:52</b>	3:03	3:29	<b>1:09</b>	3:01	2:24	10:32	2:06	4:39	1:57	1:35	4:08	2:14	
				44:07	45:27	49:25	50:27										
				2:58	<b>1:20</b>	3:58	<b>1:02</b>										
5	<b>Alistair Chapman</b> MAROC	M18	<b>59:40</b>	0:55	7:59	10:47	12:08	22:54	23:55	32:42	34:44	39:00	41:17	42:54	49:04	51:07	
				0:55	7:04	2:48	1:21	10:46	1:01	8:47	2:02	4:16	2:17	1:37	6:10	2:03	
				53:48	55:25	58:32	59:40										
				2:41	1:37	3:07	1:08										
6	<b>Drew Tivendale</b> MAROC	M45	<b>1:00:29</b>	0:53	4:42	7:57	9:38	12:20	15:28	23:15	25:27	30:29	32:27	34:17	43:44	49:40	
				0:53	3:49	3:15	1:41	2:42	3:08	7:47	2:12	5:02	1:58	1:50	9:27	5:56	
				53:04	55:49	59:04	1:00:29										
				3:24	2:45	3:15	1:25										
7	<b>Eilidh Campbell</b> MAROC	W18	<b>1:01:55</b>	1:03	6:33	16:15	17:28	19:18	20:50	29:49	32:00	36:29	38:46	43:32	49:03	51:03	
				1:03	5:30	9:42	1:13	<b>1:50</b>	1:32	8:59	2:11	4:29	2:17	4:46	5:31	2:00	
				54:00	55:44	1:00:43	1:01:55										
				2:57	1:44	4:59	1:12										
8	<b>Sarah Dunn</b> MAROC	W50	<b>1:02:15</b>	1:12	7:08	10:43	17:00	19:32	21:48	30:04	32:58	39:04	41:41	43:51	48:29	51:05	
				1:12	5:56	3:35	6:17	2:32	2:16	8:16	2:54	6:06	2:37	2:10	4:38	2:36	
				54:53	57:32	1:00:58	1:02:15										
				3:48	2:39	3:26	1:17										
9	<b>Ewan Musgrave</b> MAROC	M14	<b>1:03:54</b>	1:25	4:12	7:27	8:53	13:54	15:15	29:39	32:01	37:29	40:16	42:58	49:03	51:35	
				1:25	2:47	3:15	1:26	5:01	1:21	14:24	2:22	5:28	2:47	2:42	6:05	2:32	
				55:07	58:47	1:02:30	1:03:54										
				3:32	3:40	3:43	1:24										
10	<b>Dennis McDonald</b> GRAMP	M50	<b>1:11:31</b>	2:38	8:25	12:19	17:47	21:52	23:39	32:55	35:30	45:52	48:27	50:50	55:34	58:35	
				2:38	5:47	3:54	5:28	4:05	1:47	9:16	2:35	10:22	2:35	2:23	4:44	3:01	
				1:03:11	1:05:16	1:10:10	1:11:31										
				4:36	2:05	4:54	1:21										
11	<b>Ian Hamilton</b> GRAMP	M55	<b>1:15:47</b>	1:24	10:59	16:49	18:55	22:58	24:58	36:30	39:12	44:59	50:47	53:15	58:18	1:01:23	
				1:24	9:35	5:50	2:06	4:03	2:00	11:32	2:42	5:47	5:48	2:28	5:03	3:05	
				1:05:55	1:08:16	1:13:47	1:15:47										
				4:32	2:21	5:31	2:00										
	<b>Luke Graham</b> MAROC	M18	<b>mp</b>	1:35	4:06	7:19	9:06	-----	19:53	28:44	31:06	35:26	37:49	42:39	47:58	50:01	
				1:35	2:31	3:13	1:47	10:47	8:51	2:22	4:20	2:23	4:50	5:19	2:03		
				53:06	54:41	59:46	1:00:55										
				3:05	1:35	5:05	1:09										

