



**8 Eilidh Brown, W21, NUFOC 82:57**

01:04+ 05:01+ 06:11+ 07:36+ 16:40+ 17:48+ 20:12+ 23:31+ 25:25+ 30:23+ 32:20+ 37:55+ 38:36+ 39:43+ 40:25+ 43:50+ 47:10+ 48:34+ 53:06+ 57:17+ 63:56+ 64:34+ 67:20+ 70:09+  
 01:04+ 03:57+ 01:10+ 01:25+ 09:04+ 01:08+ 02:24+ 03:19+ 01:54+ 04:58+ 01:57+ 05:35+ 00:41+ 01:07+ 00:42+ 03:25+ 03:20+ 01:24+ 04:32+ 04:11+ 06:39+ 00:38- 02:46+ 02:49+  
 00:27& 01:22& 00:29& 00:29& 02:13& 00:20& 01:04& 00:58& 00:44& 02:05& 00:46& 02:34& 00:16& 00:24& 00:18& 00:56& 00:43& 00:30& 02:16& 01:23& 04:05@ 00:04- 00:31# 01:36@  
 73:57+ 77:48+ 80:46+ 82:27+ 82:57+  
 03:48+ 03:51+ 02:58+ 01:41+ 00:30+  
 01:30& 01:07& 00:47& 00:35& 00:07&

**9 Mariya Perep, W21, NUFOC 83:52**

00:50+ 04:37+ 05:33+ 06:43+ 16:50+ 18:01+ 21:14+ 23:55+ 25:21+ 30:56+ 32:37+ 37:34+ 38:09+ 39:14+ 39:47+ 43:25+ 47:34+ 48:42+ 52:07+ 56:30+ 61:03+ 61:56+ 69:11+ 70:58+  
 00:50+ 03:47+ 00:56+ 01:10+ 10:07+ 01:11+ 03:13+ 02:41+ 01:26+ 05:35+ 01:41+ 04:57+ 00:35+ 01:05+ 00:33+ 03:38+ 04:09+ 01:08+ 03:25+ 04:23+ 04:33+ 00:53+ 07:15+ 01:47+  
 00:13& 01:12& 00:15& 00:14# 03:16& 00:23& 01:53@ 00:20# 00:16# 02:42& 00:30& 01:56& 00:10& 00:22& 00:09& 01:09& 01:32& 00:14& 01:09& 01:35& 01:59& 00:11& 05:00@ 00:34&  
 74:23+ 78:22+ 81:37+ 83:24+ 83:52+  
 03:25+ 03:59+ 03:15+ 01:47+ 00:28+  
 01:07& 01:15& 01:04& 00:41& 00:05#

**10 Eleonora Crosignani, W21, DUOC 85:15**

00:46+ 04:23+ 05:18+ 06:21+ 16:58+ 18:11+ 20:16+ 23:06+ 26:33+ 31:03+ 32:28+ 36:54+ 37:47+ 39:03+ 39:35+ 47:08+ 51:09+ 52:23+ 55:13+ 59:41+ 63:38+ 64:29+ 69:28+ 71:19+  
 00:46+ 03:37+ 00:55+ 01:03+ 10:37+ 01:13+ 02:05+ 02:50+ 03:27+ 04:30+ 01:25+ 04:26+ 00:53+ 01:16+ 00:32+ 07:33+ 04:01+ 01:14+ 02:50+ 04:28+ 03:57+ 00:51+ 04:59+ 01:51+  
 00:09# 01:02& 00:14& 00:07# 03:46& 00:25& 00:45& 00:29# 02:17@ 01:37& 00:14# 01:25& 00:28@ 00:33& 00:08& 05:04@ 01:24& 00:20& 00:34# 01:40& 01:23& 00:09# 02:44@ 00:38&  
 74:37+ 78:27+ 81:46+ 84:43+ 85:15+  
 03:18+ 03:50+ 03:19+ 02:57+ 00:32+  
 01:00& 01:06& 01:08& 01:51@ 00:09&

**11 Bronwen Mansel, W20, SUFFOC 88:30**

03:19+ 06:48+ 08:18+ 09:35+ 19:51+ 21:54+ 24:20+ 28:11+ 30:15+ 35:20+ 38:10+ 43:45+ 44:21+ 45:54+ 46:51+ 51:06+ 55:02+ 56:37+ 60:20+ 64:58+ 68:58+ 69:49+ 72:52+ 74:49+  
 03:19+ 03:29+ 01:30+ 01:17+ 10:16+ 02:03+ 02:26+ 03:51+ 02:04+ 05:05+ 02:50+ 05:35+ 00:36+ 01:33+ 00:57+ 04:15+ 03:56+ 01:35+ 03:43+ 04:38+ 04:00+ 00:51+ 03:03+ 01:57+  
 02:42@ 00:54& 00:49@ 00:21& 03:25& 01:15@ 01:06& 01:30& 00:54& 02:12& 01:39@ 02:34& 00:11& 00:50@ 00:33@ 01:46& 01:19& 00:41& 01:27& 01:50& 01:26& 00:09# 00:48& 00:44&  
 78:52+ 82:57+ 86:36+ 87:59+ 88:30+  
 04:03+ 04:05+ 03:39+ 01:23+ 00:31+  
 01:45& 01:21& 01:28& 00:17& 00:08&

**12 Kari Campbell, M21, AROS 92:09**

00:52+ 06:41+ 07:29+ 08:35+ 18:03+ 19:13+ 21:52+ 26:14+ 33:04+ 34:24+ 39:10+ 41:25+ 46:24+ 47:00+ 48:18+ 48:50+ 52:05+ 55:57+ 58:20+ 62:39+ 66:58+ 72:33+ 73:30+ 76:36+  
 00:52+ 05:49+ 00:48+ 01:06+ 09:28+ 01:10+ 02:39+ 04:22+ 06:50+ 01:20- 04:46+ 02:15- 04:59+ 00:36- 01:18+ 00:32- 03:15+ 03:52+ 02:23+ 04:19+ 04:19+ 05:35+ 00:57- 03:06+  
 00:15& 03:14@ 00:07# 00:10# 02:37& 00:22& 01:19& 02:01& 05:40@ 01:33- 03:35@ 00:46- 04:34@ 00:07- 00:54@ 01:57- 00:38# 02:58@ 00:07+ 01:31& 01:45& 04:53@ 01:18- 01:53@  
 78:38+ 82:09+ 86:17+ 89:39+ 91:39+ 92:09+  
 02:02- 03:31+ 04:08+ 03:22+ 02:00+ 00:30+  
 00:16- 00:47& 01:57& 02:16@ 01:37@ 00:30+

**13 Fraser Hofie, M20, DUOC 92:37**

02:01+ 05:15+ 06:17+ 07:24+ 16:36+ 18:07+ 20:17+ 24:02+ 25:57+ 31:10+ 32:55+ 36:59+ 39:11+ 40:54+ 41:33+ 45:01+ 48:46+ 51:55+ 54:58+ 58:51+ 71:21+ 72:02+ 74:49+ 78:34+  
 02:01+ 03:14+ 01:02+ 01:07+ 09:12+ 01:31+ 02:10+ 03:45+ 01:55+ 05:13+ 01:45+ 04:04+ 02:12+ 01:43+ 00:39+ 03:28+ 03:45+ 03:09+ 03:03+ 03:53+ 12:30+ 00:41- 02:47+ 03:45+  
 01:24@ 00:39& 00:21& 00:11# 02:21& 00:43& 00:50& 01:24& 00:45& 02:20& 00:34& 01:03& 01:47@ 01:00@ 00:15& 00:59& 01:08& 02:15@ 00:47& 01:05& 09:56@ 00:01- 00:32# 02:32@  
 82:06+ 85:52+ 91:03+ 92:11+ 92:37+  
 03:32+ 03:46+ 05:11+ 01:08+ 00:26+  
 01:14& 01:02& 03:00@ 00:02+ 00:03#

**14 Paul Turner, M60, SELOC 95:15**

00:57+ 09:03+ 09:55+ 11:14+ 19:35+ 20:44+ 27:38+ 31:10+ 32:58+ 37:42+ 39:32+ 44:59+ 45:37+ 47:39+ 48:20+ 54:49+ 59:12+ 60:46+ 64:25+ 68:23+ 73:41+ 74:46+ 79:55+ 81:50+  
 00:57+ 08:06+ 00:52+ 01:19+ 08:21+ 01:09+ 06:54+ 03:32+ 01:48+ 04:44+ 01:50+ 05:27+ 00:38+ 02:02+ 00:41+ 06:29+ 04:23+ 01:34+ 03:39+ 03:58+ 05:18+ 01:05+ 05:09+ 01:55+  
 00:20& 05:31@ 00:11& 00:23& 01:30# 00:21& 05:34@ 01:11& 00:38& 01:51& 00:39& 02:26& 00:13& 01:19@ 00:17& 04:00@ 01:46& 00:40& 01:23& 01:10& 02:44@ 00:23& 02:54@ 00:42&  
 85:37+ 89:30+ 92:23+ 94:46+ 95:15+  
 03:47+ 03:53+ 02:53+ 02:23+ 00:29+  
 01:29& 01:09& 00:42& 01:17@ 00:06&

<b>15 Peter Welms, M21, NUFOC 95:28</b>																							
01:28+	04:17+	06:01+	07:03+	15:11+	16:21+	18:54+	22:35+	24:13+	28:55+	31:12+	35:35+	38:42+	39:34+	40:48+	41:43+	44:39+	52:39+	54:13+	57:36+	62:03+	66:34+	67:27+	69:45+
01:28+	02:49+	01:44+	01:02+	08:08+	01:10+	02:33+	03:41+	01:38+	04:42+	02:17+	04:23+	03:07+	00:52+	01:14+	00:55-	02:56+	08:00+	01:34-	03:23+	04:27+	04:31+	00:53-	02:18+
00:51@	00:14+	01:03@	00:06#	01:17#	00:22&	01:13&	01:20&	00:28&	01:49&	01:06&	01:22&	02:42@	00:09#	00:50@	01:34-	00:19#	07:06@	00:42-	00:35#	01:53&	03:49@	01:22-	01:05&
71:44+	76:31+	84:18+	88:50+	93:57+	94:53+	95:28+																	
01:59-	04:47+	07:47+	04:32+	05:07+	00:56+	00:35+																	
00:19-	02:03&	05:36@	03:26@	04:44@	00:56+	00:35+																	

<b>16 Steven Powell, M50, CLOK 96:34</b>																							
01:54+	02:42-	07:55+	08:34+	10:28-	20:10+	22:07+	24:17+	28:08+	29:59+	35:12+	36:56+	40:56+	43:10+	44:55+	45:38+	48:57+	52:42+	55:52+	58:55+	62:51+	75:10+	75:58+	78:44+
01:54+	00:48-	05:13+	00:39-	01:54-	09:42+	01:57+	02:10-	03:51+	01:51-	05:13+	01:44-	04:00+	02:14+	01:45+	00:43-	03:19+	03:45+	03:10+	03:03+	03:56+	12:19+	00:48-	02:46+
01:17@	01:47-	04:32@	00:17-	04:57-	08:54@	00:37&	00:11-	02:41@	01:02-	04:02@	01:17-	03:35@	01:31@	01:21@	01:46-	00:42&	02:51@	00:54&	00:15+	01:22&	11:37@	01:27-	01:33@
82:28+	85:59+	89:47+	95:00+	96:07+	96:34+																		
03:44+	03:31+	03:48+	05:13+	01:07+	00:27+																		
01:26&	00:47&	01:37&	04:07@	00:44@	00:27+																		

<b>17 Katie Skinner, W18, MAROC 100:08</b>																							
01:16+	05:09+	06:11+	07:23+	18:11+	19:39+	21:25+	25:59+	27:47+	33:57+	35:33+	42:53+	44:35+	46:45+	47:34+	55:27+	60:22+	62:26+	65:56+	70:47+	75:38+	76:53+	82:16+	85:11+
01:16+	03:53+	01:02+	01:12+	10:48+	01:28+	01:46+	04:34+	01:48+	06:10+	01:36+	07:20+	01:42+	02:10+	00:49+	07:53+	04:55+	02:04+	03:30+	04:51+	04:51+	01:15+	05:23+	02:55+
00:39@	01:18&	00:21&	00:16&	03:57&	00:40&	00:26&	02:13&	00:38&	03:17@	00:25&	04:19@	01:17@	01:27@	00:25@	05:24@	02:18&	01:10@	01:14&	02:03&	02:17&	00:33&	03:08@	01:42@
89:25+	93:54+	97:31+	99:38+	100:08+																			
04:14+	04:29+	03:37+	02:07+	00:30+																			
01:56&	01:45&	01:26&	01:01&	00:07&																			

Best split times for class:

00:37	00:48	00:41	00:39	01:54	00:48	01:20	02:10	01:10	01:20	01:11	01:44	00:25	00:36	00:24	00:32	02:28	00:54	01:34	02:42	02:34	00:38	00:48	01:13
01:59	02:32	02:11	01:02																				

= Same time as class winner, - faster, + slower, # 10% more loss, & 25% more loss, @ 100% more loss

**Course 'B' - 5.3km, 185m, 22c - Super Vet Men (M55+)**

<b>1. Alasdair Wilson Craw, M60, NATO 74:01</b>																						
07:06=	09:43=	10:55=	12:12=	15:43=	18:06=	20:22=	21:14=	25:27=	32:36=	38:21=	40:57=	44:25=	48:02=	50:55=	54:08=	58:45=	61:49=	63:50=	65:52=	72:31=	73:36=	74:01=
07:06=	02:37=	01:12=	01:17=	03:31=	02:23=	02:16=	00:52=	04:13=	07:09=	05:45=	02:36=	03:28=	03:37=	02:53=	03:13=	04:37=	03:04=	02:01=	02:02=	06:39=	01:05=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2. Martyn Dean, M55, CLOK 74:12</b>																						
01:32-	04:40-	05:34-	06:50-	10:36-	15:31-	17:14-	17:53-	21:52-	28:46-	38:23+	40:15-	43:44-	48:00-	51:33+	54:55+	57:04-	60:32-	62:46-	64:10-	71:34-	73:49+	74:12+
01:32-	03:08+	00:54-	01:16-	03:46+	04:55+	01:43-	00:39-	03:59-	06:54-	09:37+	01:52-	03:29+	04:16+	03:33+	03:22+	02:09-	03:28+	02:14+	01:24-	07:24+	02:15+	00:23-
05:34-	00:31#	00:18-	00:01-	00:15+	02:32@	00:33-	00:13-	00:14-	00:15-	03:52&	00:44-	00:01+	00:39#	00:40#	00:09+	02:28-	00:24#	00:13#	00:38-	00:45#	01:10@	00:02-

Best split times for class:

01:32	02:37	00:54	01:16	03:31	02:23	01:43	00:39	03:59	06:54	05:45	01:52	03:28	03:37	02:53	03:13	02:09	03:04	02:01	01:24	06:39	01:05	00:23
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= Same time as class winner, - faster, + slower, # 10% more loss, & 25% more loss, @ 100% more loss.

**Course 'C' - 4.2km, 150m, 20c - Ultra Vet Men (M65+), Super Vet Women (W55+)**

<b>1. Adrian Barnes, M65, NATO 55:34</b>																						
01:05=	03:57=	07:05=	08:29=	09:08=	10:42=	13:31=	15:57=	17:05=	18:44=	22:50=	29:54=	35:20=	36:46=	38:45=	41:45=	44:23=	47:11=	50:16=	54:59=	55:34=		
01:05=	02:52=	03:08=	01:24=	00:39=	01:34=	02:49=	01:08=	01:39=	04:06=	07:04=	05:26=	01:26=	01:59=	03:00=	02:38=	02:48=	03:05=	04:43=	00:35=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2. Debby Warren, W55, NN 64:13</b>																						
01:18+	04:44+	08:47+	10:42+	11:24+	13:20+	18:06+	20:40+	21:54+	23:34+	27:52+	34:16+	41:47+	43:27+	46:15+	49:37+	52:39+	55:30+	59:00+	63:39+	64:13+		
01:18+	03:26+	04:03+	01:55+	00:42+	01:56+	04:46+	02:34+	01:14+	01:40+	04:18+	06:24-	07:31+	01:40+	02:48+	03:22+	03:02+	02:51+	03:30+	04:39-	00:34-		
00:13#	00:34#	00:55&	00:31&	00:03+	00:22#	01:57&	00:08+	00:06+	00:01+	00:12+	00:40-	02:05&	00:14#	00:49&	00:22#	00:24#	00:03+	00:25#	00:04-	00:01-		

<b>3. Stephen Round, M65, SELOC 70:56</b>																						
01:17+	05:16+	09:28+	11:09+	12:10+	13:58+	17:45+	20:49+	22:09+	24:03+	30:12+	36:47+	44:23+	46:37+	49:22+	53:21+	56:34+	60:10+	64:17+	70:11+	70:56+		
01:17+	03:59+	04:12+	01:41+	01:01+	01:48+	03:47+	03:04+	01:20+	01:54+	06:09+	06:35-	07:36+	02:14+	02:45+	03:59+	03:13+	03:36+	04:07+	05:54+	00:45+		
00:12#	01:07&	01:04&	00:17#	00:22&	00:14#	00:58&	00:38&	00:12#	00:15#	02:03&	00:29-	02:10&	00:48&	00:46&	00:59&	00:35#	00:48&	01:02&	01:11&	00:10&		

**4. Bob Cooper, M70, NN 71:24**

01:34+	04:46+	09:38+	11:11+	12:07+	12:49+	15:57+	19:31+	26:33+	27:37+	29:11+	35:30+	40:12+	50:01+	51:23+	53:48+	56:53+	59:49+	62:24+	66:21+	70:52+	71:24+
01:34+	03:12+	04:52+	01:33+	00:56+	00:42-	03:08+	03:34+	07:02+	01:04-	01:34-	06:19-	04:42-	09:49+	01:22-	02:25-	03:05+	02:56+	02:35-	03:57-	04:31+	00:32+
00:29&	00:20#	01:44&	00:09#	00:17&	00:52-	00:19#	01:08&	05:54@	00:35-	02:32-	00:45-	00:44-	08:23@	00:37-	00:35-	00:27#	00:08+	00:30-	00:46-	03:56@	00:32+

**5. Fred Miller, M65, NATO 77:13**

01:26+	04:56+	06:24-	08:30+	11:17+	12:03+	15:09+	19:11+	21:39+	22:42+	24:23+	28:30-	32:57-	51:25+	54:34+	57:59+	61:10+	64:16+	67:25+	71:44+	76:49+	77:13+
01:26+	03:30+	01:28-	02:06+	02:47+	00:46-	03:06+	04:02+	02:28+	01:03-	01:41-	04:07-	04:27-	18:28+	03:09+	03:25+	03:11+	03:06+	03:09+	04:19-	05:05+	00:24+
00:21&	00:38#	01:40-	00:42&	02:08@	00:48-	00:17#	01:36&	01:20@	00:36-	02:25-	02:57-	00:59-	17:02@	01:10&	00:25#	00:33#	00:18#	00:04+	00:24-	04:30@	00:24+

Best split times for class:

01:05	02:52	01:28	01:24	00:39	00:42	02:49	02:26	01:08	01:03	01:34	04:07	04:27	01:26	01:22	02:25	02:38	02:48	02:35	03:57	00:34
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= Same time as class winner, - faster, + slower, # 10% more loss, &amp; 25% more loss, @ 100% more loss

**Course 'E' - 2.4km, 55m, 17c - Junior M/W16, Junior M/W12****1. Jeneba Hampshire Wright, W16, NN 25.50**

01:16=	02:25=	03:16=	04:45=	07:38=	09:18=	10:57=	12:17=	12:50=	13:56=	15:31=	16:53=	17:28=	19:48=	22:56=	23:53=	25:26=	25:50=
01:16=	01:09=	00:51=	01:29=	02:53=	01:40=	01:39=	01:20=	00:33=	01:06=	01:35=	01:22=	00:35=	02:20=	03:08=	00:57=	01:33=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**2 Dominic Green, M16, CLOK****30.23**

01:14-	02:08-	03:04-	04:46+	08:30+	10:35+	12:53+	14:36+	15:24+	16:39+	18:40+	20:15+	20:52+	24:58+	27:12+	28:18+	30:00+	30:23+
01:14-	00:54-	00:56+	01:42+	03:44+	02:05+	02:18+	01:43+	00:48+	01:15+	02:01+	01:35+	00:37+	04:06+	02:14-	01:06+	01:42+	00:23-
00:02-	00:15-	00:05+	00:13#	00:51&	00:25#	00:39&	00:23&	00:15&	00:09#	00:26&	00:13#	00:02+	01:46&	00:54-	00:09#	00:09+	00:01-

**3 Liam Green, M14, CLOK****33.20**

01:41+	02:48+	03:39+	05:25+	09:03+	10:55+	12:43+	14:42+	15:36+	17:03+	18:58+	20:40+	21:28+	24:42+	28:32+	29:48+	31:20+	32:54+	33:20+
01:41+	01:07-	00:51=	01:46+	03:38+	01:52+	01:48+	01:59+	00:54+	01:27+	01:55+	01:42+	00:48+	03:14+	03:50+	01:16+	01:32-	01:34+	00:26+
00:25&	00:02-	00:00=	00:17#	00:45&	00:12#	00:09+	00:39&	00:21&	00:21&	00:20#	00:20#	00:13&	00:54&	00:42#	00:19&	00:01-	01:10@	00:26+

**4 Yolanda Hampshire Wright, W12, NN****35.38**

01:45+	03:14+	04:42+	06:44+	10:48+	13:02+	16:09+	18:22+	19:02+	20:56+	23:13+	25:04+	25:55+	28:23+	30:41+	33:13+	35:15+	35:38+
01:45+	01:29+	01:28+	02:02+	04:04+	02:14+	03:07+	02:13+	00:40+	01:54+	02:17+	01:51+	00:51+	02:28+	02:18-	02:32+	02:02+	00:23-
00:29&	00:20&	00:37&	00:33&	01:11&	00:34&	01:28&	00:53&	00:07#	00:48&	00:42&	00:29&	00:16&	00:08+	00:50-	01:35@	00:29&	00:01-

**5 Thomas Puschmann, M7, ind****36.53**

02:53+	05:18+	06:58+	09:19+	13:01+	15:23+	18:09+	20:10+	20:51+	22:18+	24:28+	25:50+	26:43+	29:25+	32:45+	34:09+	36:21+	36:53+
02:53+	02:25+	01:40+	02:21+	03:42+	02:22+	02:46+	02:01+	00:41+	01:27+	02:10+	01:22=	00:53+	02:42+	03:20+	01:24+	02:12+	00:32+
01:37@	01:16@	00:49&	00:52&	00:49&	00:42&	01:07&	00:41&	00:08#	00:21&	00:35&	00:00=	00:18&	00:22#	00:12+	00:27&	00:39&	00:08&

**6 Ryan Edney, M10, NATO****100.11**

04:23+	16:12+	17:44+	22:15+	27:42+	30:15+	50:58+	56:44+	57:11+	59:31+	62:44+	65:22+	73:43+	84:24+	92:47+	95:01+	99:46+	100:11+
04:23+	11:49+	01:32+	04:31+	05:27+	02:33+	20:43+	05:46+	00:27-	02:20+	03:13+	02:38+	08:21+	10:41+	08:23+	02:14+	04:45+	00:25+
03:07@	10:40@	00:41&	03:02@	02:34&	00:53&	19:04@	04:26@	00:06-	01:14@	01:38@	01:16&	07:46@	08:21@	05:15@	01:17@	03:12@	00:01+

Best split times for class:

01:14	00:54	00:51	01:29	02:53	01:40	01:39	01:20	00:27	01:06	01:35	01:22	00:35	02:20	02:14	00:57	01:32	00:23
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= Same time as class winner, - faster, + slower, # 10% more loss, &amp; 25% more loss, @ 100% more loss.