Junior				
Pos	Surname	Forename Age Class	Club	Time
1st	Cameron	Ellen		00:13:30
2nd	Monta	Martin and	CLYDE	00:14:05
Long				

Long					
Pos	Surname	Forename	Age Class	Club	Time
1st	Gardner	Simon			00:24:47
2nd	Saltums	Arnis			00:27:32
3rd	Kemp	Alex			00:27:45
4th	Wilson	Thomas			00:28:20
5th	Walton	Finlay			00:28:59
6th	Petrie	Donald	M55	CLYDE	00:29:09
7th	Dunlop	Alastair	M40	CLYDE	00:30:09
8th	Orr	Robin	M50	CLYDE	00:32:29
9th	Mennie	lain	M50	CLYDE	00:32:39
10th	Hoey	Trevor	M45	FVO	00:33:25
11th	Davidson	lan	M55	MAROC	00:33:43
12th	Paterson	Andy			00:34:53
13th	Nixon	John			00:35:31
14th	Winship	Ali			00:35:50
15th	Rob	Andrew			00:37:29
16th	Petrie	Amelia	W55	CLYDE	00:38:56
17th	MacPherso	Andrew			00:40:07
18th	Lorimer	Alan			00:42:03
19th	Nyberg	Christian			00:42:42
20th	Kravcovs	Robert			00:43:58
	Vincent	Ceri			00:34:13 m11

## Medium

Pos	Surname	Forename Age Class	Club	Time
1st	Wilson	Alice		00:28:23
2nd	Green	Tara		00:30:27