

Long course (4.5km)

name	club	age class	time	
Alex McVey	IND	M21	32:07	
Jonathan Ellis	ESOC	M35	36:01	
Terry Johnstone	ESOC	M45	43:50	
Max Carcas	INT	M45	46:47	
Mark Adamson Luke Adamson Felix Adamson Ollie Adamson	ELO	M45 M12 M12 M10	58:23	missed some controls

Short course (2.6km)

name	club	age class	time	
Bill Stevenson	ESOC	M65	28:23	
Ian Pyrah	ESOC	M70	38:01	
David Robertson Hanne Robertson	ESOC	M50 W40	51:51	