

**Self Transdance 100K Heriot Watt Edinburgh 20th May 2007
inc UK and Scottish Championships and Anglo Celtic Plate**

Pos	Name	lap 1 2.381 km		lap 2 4.762 km		lap 3 7.143 km		lap 4 9.524 km		lap 5 11.905 km		lap 6 14.286km		lap 7 16.667 km		lap 8 19.048 km		lap 9 21.429km		lap 10 23.810 km	
		cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cum time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split
1	John Brown	9.40	9.40	19.16	9.36	29.00	9.44	38.20	9.20	47.50	9.30	57.30	9.40	1.07.19	9.49	1.16.50	9.31	1.26.30	9.40	1.35.38	9.08
2	Gavin Harvie	9.50	9.50	19.30	10.40	29.20	9.50	39.00	9.40	49.00	10.00	58.40	9.40	1.08.50	10.10	1.18.20	9.30	1.28.20	10.00	1.38.10	9.50
3	Gerry Craig	9.00	9.00	19.50	10.50	30.00	10.10	40.30	10.30	50.30	10.00	1.00.50	10.20	1.11.20	10.30	1.21.40	10.20	1.32.00	10.20	1.42.40	10.40
4	Justin Maxwell	9.00	9.00	19.00	10.00	28.40	9.40	38.20	9.40	47.50	9.30	57.10	9.20	1.06.50	9.40	1.16.30	9.40	1.25.50	9.20	1.35.30	9.40
5	Paul Roarty	8.59	8.59	18.09	9.10	27.00	8.51	36.55	9.55	46.10	9.20	55.30	9.20	1.04.35	9.05	1.14.15	9.40	1.23.40	9.25	1.33.20	9.40
6	Kate Jenkins	9.58	9.58	20.23	10.25	30.43	10.20	41.06	10.23	51.28	10.22	1.01.51	10.23	1.12.15	10.24	1.22.45	10.30	1.33.29	10.44	1.44.28	10.59
7	Ian Rowland	10.50	10.50	21.48	10.58	32.45	10.57	43.55	11.10	55.20	11.25	1.06.30	11.10	1.17.40	11.10	1.28.50	11.10	1.40.12	11.22	1.50.20	10.38
8	Stuart Hay	10.50	10.50	21.40	10.50	32.40	11.00	44.00	11.20	55.00	11.00	1.06.00	11.30	1.17.40	11.40	1.28.50	11.10	1.40.10	11.20	1.50.50	10.40
9	Judith Dobson	12.07	12.07	24.07	12.00	36.06	11.59	48.18	12.12	1.00.26	12.08	1.12.30	12.04	1.24.28	11.58	1.36.16	11.48	1.48.05	11.49	1.59.50	11.45
10	Robert McLennan	11.55	11.55	23.49	11.54	35.40	11.51	47.15	11.35	59.10	11.55	1.10.58	11.48	1.22.40	11.42	1.34.20	11.40	1.47.00	12.40	1.58.31	11.31
11	Elaine Calder	11.32	11.32	23.35	11.53	35.37	12.12	47.16	11.39	59.38	12.22	1.11.20	11.42	1.23.08	11.48	1.34.45	11.37	1.47.30	12.45	1.59.16	11.46
12	Alan Reid	8.57	8.57	17.49	8.52	26.58	9.09	36.10	9.12	45.30	9.20	54.45	9.15	1.04.30	9.45	1.14.10	9.40	1.24.15	10.05	1.34.30	10.15
13	Paul Leonard	10.50	10.50	21.40	10.50	34.00	12.20	45.20	11.20	56.30	11.10	1.07.50	11.20	1.20.20	12.30	1.31.40	11.20	1.42.40	11.00	1.55.20	12.40
14	John Sneddon	11.56	11.56	24.04	12.08	36.12	12.08	49.04	12.52	1.01.18	12.14	1.13.35	12.17	1.26.30	12.55	1.38.42	12.12	1.50.58	12.16	2.03.20	12.22
15	Lynne Kuz	12.11	12.11	24.29	12.18	36.46	12.17	49.08	12.22	1.01.23	12.15	1.13.39	12.16	1.25.45	12.06	1.37.51	12.06	1.49.18	12.07	2.02.08	12.10
16	Ian Beattie	11.50	11.50	23.02	11.12	36.26	13.24	49.36	13.10	1.02.17	12.41	1.17.20	15.03	1.30.10	12.50	1.42.02	11.52	1.54.28	12.26	2.06.30	12.02
17	Donald Sandeman	11.01	11.01	22.28	11.27	34.05	11.37	45.41	11.36	57.26	11.45	1.09.12	11.46	1.21.08	11.56	1.33.07	11.59	1.45.16	12.09	1.57.44	12.28
18	Morna Fleming	12.37	12.37	25.03	12.26	37.30	12.27	50.14	12.44	1.02.49	12.35	1.15.14	12.25	1.27.32	12.18	1.40.00	12.28	1.52.30	12.30	2.06.45	14.15
19	Sandra McDougall	12.22	12.22	24.39	12.17	37.16	12.37	50.07	12.51	1.03.11	13.04	1.16.09	12.58	1.29.09	13.00	1.42.20	13.11	1.55.21	13.01	2.08.33	13.12
20	Anne Hay	12.22	12.22	24.39	12.17	37.24	12.45	50.00	12.36	1.02.17	12.17	1.18.51	13.34	1.28.59	13.08	1.42.12	13.13	1.55.32	13.20	2.08.46	13.14
21	Larry Callary	12.22	12.22	24.40	12.18	36.40	12.00	50.10	13.30	1.03.00	12.50	1.15.30	12.30	1.28.12	13.42	1.41.00	12.48	1.54.00	13.00	2.07.40	13.40
22	Craig Clarke	12.22	12.22	24.40	12.18	36.40	12.00	50.10	13.30	1.03.00	12.50	1.15.30	12.30	1.28.12	13.42	1.41.00	12.48	1.54.00	13.00	2.07.40	13.40
23	Derek Wagner	12.52	12.52	26.16	13.24	39.45	13.29	53.14	13.29	1.06.40	13.26	1.19.50	13.10	1.33.28	13.38	1.46.40	13.12	2.00.00	13.20	2.13.59	13.59
24	Ray McCurdy	14.34	14.34	31.24	16.50	45.50	16.26	1.00.30	14.40	1.15.20	14.30	1.30.40	15.20	1.44.55	14.15	2.04.48	19.53	2.18.55	14.07	2.33.25	14.30
	Rory Coleman	12.06	12.06	24.07	12.01	36.07	12.00	49.05	12.58	1.00.57	11.52	1.13.39	12.42	1.26.05	12.26	1.38.15	12.10	1.51.00	12.45	2.03.33	12.33

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	lap 11 26.191 km		lap 12 28.572 km		lap 13 30.953 km		lap 14 33.334km		lap 15 35.715 km		lap 16 38.096km		lap 17 40.477km		lap 18 42.858 km		lap 19 45.239 km		lap 20 47.620 km		lap 21 50 km	
	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split	cumulative time	lap split
John Brown	1.44.55	9.17	1.54.16	9.21	2.03.38	9.22	2.13.05	9.27	2.22.20	9.15	2.31.40	9.20	2.41.10	9.38	2.50.31	9.13	2.59.48	9.17	3.09.10	9.22	3.18.37	9.27
Gavin Harvie	1.47.50	9.40	1.57.40	9.50	2.07.30	9.50	2.17.20	9.50	2.27.10	9.50	2.36.40	9.30	2.46.20	9.40	2.56.00	9.40	3.05.50	9.50	3.15.20	9.30	3.24.32	9.12
Gerry Craig	1.53.00	10.20	2.03.30	10.30	2.13.50	10.20	2.24.50	11.00	2.34.40	9.50	2.45.00	11.40	2.55.50	10.50	3.06.00	10.10	3.16.00	10.00	3.27.00	11.00	3.37.34	10.34
Justin Maxwell	1.45.10	9.40	1.54.50	9.40	2.05.10	10.20	2.16.10	11.00	2.27.10	11.00	2.38.50	11.40	2.50.20	11.30	3.02.50	12.30	3.16.20	13.30	3.30.20	14.00	3.40.10	9.50
Paul Roarty	1.42.50	9.30	1.52.45	9.55	2.02.31	9.46	2.12.28	9.57	2.22.40	10.12	2.34.05	11.25	2.46.40	12.35	2.59.40	13.00	3.13.55	14.15	3.28.55	15.00	3.41.36	12.41
Kate Jenkins	1.55.40	10.36	2.05.54	10.50	2.16.43	10.49	2.27.31	10.48	2.38.28	10.57	2.49.16	10.48	3.00.10	10.54	3.11.08	10.58	3.21.59	10.51	3.32.59	11.00	3.43.33	10.34
Ian Rowland	2.01.33	10.43	2.12.01	10.28	2.22.15	10.14	2.32.28	10.13	2.42.35	10.07	2.52.50	10.15	3.03.27	11.37	3.14.00	10.33	3.24.50	10.50	3.35.58	11.08	3.46.25	10.27
Stuart Hay	2.01.50	11.00	2.13.20	11.30	2.24.20	11.00	2.35.40	11.20	2.47.00	11.20	2.58.30	11.30	3.09.40	11.10	3.21.10	11.30	3.32.20	11.10	3.43.50	11.30	3.55.36	11.46
Judith Dobson	2.11.23	11.33	2.22.56	11.33	2.34.30	11.34	2.46.07	11.37	2.57.42	11.35	3.09.20	11.38	3.21.04	11.44	3.32.52	11.48	3.44.45	11.53	3.56.50	12.05	4.08.55	12.05
Robert McLennan	2.10.10	11.39	2.21.21	12.11	2.34.34	12.13	2.46.40	12.06	2.58.56	12.16	3.11.10	12.14	3.22.48	11.38	3.35.40	12.52	3.48.58	13.18	4.02.24	13.26	4.15.55	13.31
Elaine Calder	2.11.30	12.14	2.23.44	12.14	2.35.42	11.58	2.47.55	12.13	3.00.58	13.03	3.13.30	11.32	3.25.40	12.10	3.39.02	13.22	3.52.17	13.15	4.04.36	12.19	4.16.18	11.42
Alan Reid	1.45.10	10.40	1.57.10	12.00	2.11.20	14.10	2.28.25	17.05	2.44.30	14.05	3.01.17	16.47	3.18.25	17.08	3.36.19	17.54	3.51.34	15.15	4.05.05	13.31	4.16.35	11.30
Paul Leonard	2.05.30	10.10	2.16.40	11.10	2.27.30	10.50	2.38.30	11.00	2.49.50	11.20	3.02.50	13.00	3.15.50	13.00	3.29.30	13.40	3.45.40	14.00	4.02.50	17.10	4.19.20	18.30
John Sneddon	2.15.40	12.20	2.28.00	12.20	2.41.15	13.15	2.53.44	12.29	3.06.20	12.36	3.19.20	13.00	3.32.18	12.58	3.45.15	12.57	3.57.54	12.39	4.10.40	12.46	4.22.45	12.05
Lynne Kuz	2.14.17	12.09	2.26.37	12.20	2.39.16	12.39	2.52.00	12.44	3.04.53	12.53	3.18.27	13.34	3.31.49	13.22	3.45.29	13.40	3.58.29	13.40	4.12.13	13.44	4.25.58	13.43
Ian Beattie	2.19.10	12.40	2.32.40	13.30	2.45.05	12.25	2.57.58	12.53	3.10.20	12.22	3.22.40	12.20	3.35.40	13.00	3.48.40	13.00	4.01.30	12.50	4.14.00	12.30	4.26.27	12.27
Donald Sandeman	2.10.08	12.24	2.22.48	12.40	2.35.45	12.57	2.48.52	13.07	3.02.20	13.28	3.16.25	14.05	3.30.59	14.34	3.45.47	14.48	4.00.50	15.03	4.16.05	15.15	4.30.18	14.13
Morna Fleming	2.19.13	12.28	2.31.53	12.40	2.44.58	13.05	2.57.52	12.54	3.10.47	12.55	3.24.07	13.20	3.37.12	13.05	3.50.22	13.10	4.03.52	13.30	4.18.37	14.45	4.32.15	13.38
Sandra McDougall	2.21.51	13.18	2.35.25	13.34	2.49.12	13.47	3.03.06	13.44	3.16.58	13.52	3.30.30	13.32	3.44.05	13.35	3.57.29	13.24	4.11.11	13.42	4.24.54	13.43	4.38.20	13.26
Anne Hay	2.22.07	13.21	2.35.35	13.28	2.49.17	13.42	3.03.19	14.02	3.18.01	14.42	3.33.14	15.13	3.48.50	15.36	4.05.09	16.19	4.22.02	16.53	4.39.00	16.58	4.53.55	14.55
Larry Callary	2.20.40	13.00	2.33.10	12.30	2.46.30	13.20	2.29.57	13.27	3.13.29	13.32	3.29.16	15.47	3.43.20	13.04	3.57.14	13.43	4.13.43	16.29	4.34.30	20.47	4.54.48	20.18
Craig Clarke	2.20.40	13.00	2.33.10	12.30	2.46.30	13.20	2.29.57	13.27	3.13.29	13.32	3.29.16	15.47	3.43.20	13.04	3.57.14	13.43	4.13.43	16.29	4.34.30	20.47	4.54.48	20.18
Derek Wagner	2.27.27	13.28	2.41.12	13.45	2.55.04	13.52	3.10.00	14.56	3.24.50	14.50	3.41.27	15.37	3.57.47	16.20	4.14.48	17.01	4.33.25	19.37	4.51.00	17.35	5.07.40	16.40
Ray McCurdy	2.50.20	16.55	3.06.50	16.30	3.26.10	19.20	3.43.50	17.40	4.02.40	18.50	4.19.55	17.15	4.37.00	17.05	4.55.02	18.02	5.12.05	17.03	5.27.40	16.35	5.45.10	16.30
Rory Coleman	2.15.50	12.17	2.28.23	12.33	2.41.50	13.27	2.54.34	12.44	3.07.30	12.56	3.20.54	13.24	3.34.20	13.26	3.47.50	13.30						