

Pl	Name	Time	6.5 km 85 m 19 C															
			<i>(cont.)</i>															
			1(58)	2(57)	3(56)	4(40)	5(55)	6(59)	7(60)	8(61)	9(54)	10(52)	11(62)	12(39)	13(48)	14(49)		
			15(50)	16(51)	17(37)	18(64)	19(63)	F										
14	Roger Edwards	65:47	2:52	5:30	7:57	10:29	12:20	13:54	17:16	24:59	28:00	30:23	36:02	38:25	41:39	44:27		
	NGOC		2:52	2:38	2:27	2:32	1:51	1:34	3:22	7:43	3:01	2:23	5:39	2:23	3:14	2:48		
			51:42	54:18	57:41	60:23	63:21	65:47										
			7:15	2:36	3:23	2:42	2:58	2:26										
15	Howard Thomas	68:45	1:27	7:49	9:57	10:54	12:31	16:29	19:52	27:34	30:56	33:21	39:03	43:00	46:15	49:11		
	BOK		1:27	6:22	2:08	0:57	1:37	3:58	3:23	7:42	3:22	2:25	5:42	3:57	3:15	2:56		
			55:44	58:06	61:11	63:41	66:38	68:45										
			6:33	2:22	3:05	2:30	2:57	2:07										
16	Andy Pedder	69:38	1:43	8:12	10:18	12:10	16:37	18:50	22:28	29:41	32:01	35:25	40:35	43:47	47:03	48:56		
	NGOC		1:43	6:29	2:06	1:52	4:27	2:13	3:38	7:13	2:20	3:24	5:10	3:12	3:16	1:53		
			54:26	56:50	61:55	64:38	67:32	69:38										
			5:30	2:24	5:05	2:43	2:54	2:06										
17	Laurence Gossage	73:00	1:57	13:07	15:34	17:31	19:18	21:01	25:38	32:22	34:31	36:37	44:35	47:37	50:38	53:32		
	BOK		1:57	11:10	2:27	1:57	1:47	1:43	4:37	6:44	2:09	2:06	7:58	3:02	3:01	2:54		
			60:50	62:33	65:43	68:13	70:56	73:00										
			7:18	1:43	3:10	2:30	2:43	2:04										
18	Robert Stone	85:15	6:22	10:22	11:55	14:27	15:59	22:29	26:53	34:18	41:31	45:29	50:20	52:54	60:16	63:48		
	IND		6:22	4:00	1:33	2:32	1:32	6:30	4:24	7:25	7:13	3:58	4:51	2:34	7:22	3:32		
			72:45	75:10	78:27	80:41	83:27	85:15										
			8:57	2:25	3:17	2:14	2:46	1:48										
19	Gary Wakerley	111:53	8:35	17:42	27:49	29:59	37:50	39:44	45:02	58:45	62:51	65:42	72:44	76:50	81:52	85:10		
	NGOC		8:35	9:07	10:07	2:10	7:51	1:54	5:18	13:43	4:06	2:51	7:02	4:06	5:02	3:18		
			92:09	95:43	100:56	104:56	109:03	111:53										
			6:59	3:34	5:13	4:00	4:07	2:50										

Pl	Name	Time	4.3 km 75 m 13 C													F
			1(47)	2(48)	3(49)	4(50)	5(54)	6(61)	7(52)	8(60)	9(55)	10(56)	11(57)	12(53)	13(59)	
1	Colin Parsons	38:31	2:05	4:15	7:16	11:36	17:41	20:03	21:29	26:26	30:52	32:49	34:34	36:10	37:52	38:31
	NGOC		2:05	2:10	3:01	4:20	6:05	2:22	1:26	4:57	4:26	1:57	1:45	1:36	1:42	0:39
2	Lester Hartmann	38:42	2:29	4:47	6:50	11:52	16:35	18:24	19:43	25:03	29:02	31:13	33:27	36:04	38:05	38:42
	HOC		2:29	2:18	2:03	5:02	4:43	1:49	1:19	5:20	3:59	2:11	2:14	2:37	2:01	0:37
3	Mike Farrington	39:12	3:22	6:18	8:16	13:20	17:59	20:10	21:45	26:57	31:27	33:07	35:37	37:04	38:31	39:12
	HOC		3:22	2:56	1:58	5:04	4:39	2:11	1:35	5:12	4:30	1:40	2:30	1:27	1:27	0:41
4	Paul Hobby	41:01	2:32	5:09	7:05	12:35	17:01	19:15	20:56	26:44	31:18	33:27	35:31	38:12	40:22	41:01
	NGOC		2:32	2:37	1:56	5:30	4:26	2:14	1:41	5:48	4:34	2:09	2:04	2:41	2:10	0:39
5	Richard Worrin	41:08	2:29	4:57	6:55	11:30	17:02	19:23	21:03	26:27	31:59	33:42	35:41	38:10	40:20	41:08
	BOK		2:29	2:28	1:58	4:35	5:32	2:21	1:40	5:24	5:32	1:43	1:59	2:29	2:10	0:48
6	Paul Hammond	42:00	2:45	5:40	8:01	13:27	18:01	20:21	22:02	28:03	32:23	34:31	36:30	39:21	41:23	42:00
	HOC		2:45	2:55	2:21	5:26	4:34	2:20	1:41	6:01	4:20	2:08	1:59	2:51	2:02	0:37
7	Brian Laycock	43:28	2:42	5:41	7:56	13:48	19:09	21:49	24:23	29:33	34:38	36:37	38:50	40:46	42:50	43:28
	HOC		2:42	2:59	2:15	5:52	5:21	2:40	2:34	5:10	5:05	1:59	2:13	1:56	2:04	0:38
8	Philip Bostock	44:10	3:07	6:55	9:42	15:22	20:26	23:01	24:25	29:48	35:13	37:38	39:28	41:45	43:28	44:10
	NGOC		3:07	3:48	2:47	5:40	5:04	2:35	1:24	5:23	5:25	2:25	1:50	2:17	1:43	0:42
9	Gerry Ashton	44:12	3:14	5:51	7:52	12:53	18:51	21:47	23:23	28:39	34:10	36:13	38:18	41:19	43:27	44:12
	NGOC		3:14	2:37	2:01	5:01	5:58	2:56	1:36	5:16	5:31	2:03	2:05	3:01	2:08	0:45
10	Lynden Hartmann	48:27	2:43	6:03	8:21	13:57	19:32	22:15	24:33	30:08	35:54	39:05	43:09	45:22	47:36	48:27
	HOC		2:43	3:20	2:18	5:36	5:35	2:43	2:18	5:35	5:46	3:11	4:04	2:13	2:14	0:51
11	Katy Dyer	49:26	3:43	7:32	11:29	16:30	22:06	24:26	26:38	32:52	37:41	39:38	42:05	44:33	46:26	49:26
	BOK		3:43	3:49	3:57	5:01	5:36	2:20	2:12	6:14	4:49	1:57	2:27	2:28	1:53	3:00
12	Derek Grainger	49:45	3:36	7:11	10:00	15:47	21:21	24:07	27:24	33:54	39:09	41:46	44:02	46:18	48:47	49:45
	HOC		3:36	3:35	2:49	5:47	5:34	2:46	3:17	6:30	5:15	2:37	2:16	2:16	2:29	0:58
13	Hannah Bradley	49:53	2:46	6:46	10:19	14:44	19:40	24:29	26:56	32:19	36:51	39:23	44:18	46:54	48:51	49:53
	NGOC		2:46	4:00	3:33	4:25	4:56	4:49	2:27	5:23	4:32	2:32	4:55	2:36	1:57	1:02
14	Robert Teed	50:47	5:59	9:12	11:37	17:24	22:56	25:31	27:05	33:03	39:00	40:53	45:16	47:55	49:57	50:47
	NGOC		5:59	3:13	2:25	5:47	5:32	2:35	1:34	5:58	5:57	1:53	4:23	2:39	2:02	0:50
15	Chris Vallence	51:55	2:53	6:21	9:23	15:15	20:38	23:54	25:33	31:34	36:50	40:20	43:37	48:36	50:58	51:55
	NGOC		2:53	3:28	3:02	5:52	5:23	3:16	1:39	6:01	5:16	3:30	3:17	4:59	2:22	0:57
16	Gill Stott	51:59	5:02	8:48	12:00	17:33	26:22	28:48	30:53	36:15	41:27	44:46	47:09	48:55	50:45	51:59
	NGOC		5:02	3:46	3:12	5:33	8:49	2:26	2:05	5:22	5:12	3:19	2:23	1:46	1:50	1:14
17	Tony Noot	53:21	3:03	6:09	8:52	15:09	22:26	26:37	28:42	37:45	42:55	45:11	47:46	49:53	52:20	53:21
	BOK		3:03	3:06	2:43	6:17	7:17	4:11	2:05	9:03	5:10	2:16	2:35	2:07	2:27	1:01
18	Steven Harris	54:52	1:51	4:23	8:21	13:01	17:20	19:19	20:16	26:12	32:33	46:07	49:12	52:54	53:53	54:52
	NGOC		1:51	2:32	3:58	4:40	4:19	1:59	0:57	5:56	6:21	13:34	3:05	3:42	0:59	0:59
19	Ashley Ford	58:29	3:56	7:40	10:14	17:18	24:27	27:24	29:25	36:33	42:57	45:40	51:28	55:00	57:34	58:29
	HOC		3:56	3:44	2:34	7:04	7:09	2:57	2:01	7:08	6:24	2:43	5:48	3:32	2:34	0:55
20	Alan Mackenzie	61:57	4:33	9:32	12:54	19:32	26:33	29:36	32:03	39:37	47:05	49:50	52:34	58:11	60:56	61:57
	BOK		4:33	4:59	3:22	6:38	7:01	3:03	2:27	7:34	7:28	2:45	2:44	5:37	2:45	1:01
21	Lin Callard	62:50	2:48	5:59	8:08	13:51	20:14	27:53	29:31	36:43	42:38	45:59	53:20	58:16	61:30	62:50
	NGOC		2:48	3:11	2:09	5:43	6:23	7:39	1:38	7:12	5:55	3:21	7:21	4:56	3:14	1:20
22	Carol Farrington	63:37	3:53	11:54	14:55	21:36	29:36	32:55	35:02	42:40	49:32	54:22	57:39	60:08	62:43	63:37
	HOC		3:53	8:01	3:01	6:41	8:00	3:19	2:07	7:38	6:52	4:50	3:17	2:29	2:35	0:54
23	Julia Wilkinson	64:37	4:19	8:01	10:39	17:38	24:43	28:06	30:39	37:44	44:15	49:44	57:13	60:38	63:26	64:37
	HOC		4:19	3:42	2:38	6:59	7:05	3:23	2:33	7:05	6:31	5:29	7:29	3:25	2:48	1:11
24	Jill MacKenzie	65:37	3:50	8:13	11:27	19:47	27:31	31:27	33:28	40:43	47:56	51:17	56:51	60:19	63:17	65:37
	HOC		3:50	4:23	3:14	8:20	7:44	3:56	2:01	7:15	7:13	3:21	5:34	3:28	2:58	2:20
25	John Burrows	71:34	5:09	10:43	13:33	22:44	30:01	34:13	37:10	46:48	55:11	61:09	64:00	67:20	70:13	71:34
	KERNO		5:09	5:34	2:50	9:11	7:17	4:12	2:57	9:38	8:23	5:58	2:51	3:20	2:53	1:21
26	Barbara Ford	74:14	3:44	8:57	12:46	22:00	30:50	36:34	40:56	50:02	59:33	62:50	66:32	70:14	73:06	74:14
	HOC		3:44	5:13	3:49	9:14	8:50	5:44	4:22	9:06	9:31	3:17	3:42	3:42	2:52	1:08
27	Peter Poole	78:46	5:50	10:48	15:21	23:18	33:36	36:48	39:21	46:51	53:01	59:11	62:36	74:21	77:29	78:46
	NGOC		5:50	4:58	4:33	7:57	10:18	3:12	2:33	7:30	6:10	6:10	3:25	11:45	3:08	1:17

Pl	Name	Time	4.3 km 75 m 13 C (cont.)													F
			1(47)	2(48)	3(49)	4(50)	5(54)	6(61)	7(52)	8(60)	9(55)	10(56)	11(57)	12(53)	13(59)	
28	Sue Ashton	83:29	5:24	12:09	16:27	26:18	37:02	40:54	43:46	53:24	62:16	70:21	74:39	79:02	81:49	83:29
	NGOC		5:24	6:45	4:18	9:51	10:44	3:52	2:52	9:38	8:52	8:05	4:18	4:23	2:47	1:40
29	Laura Rutty	84:41	6:45	14:22	17:50	26:32	39:32	42:52	45:21	52:38	59:01	65:07	68:44	80:21	83:13	84:41
	NGOC		6:45	7:37	3:28	8:42	13:00	3:20	2:29	7:17	6:23	6:06	3:37	11:37	2:52	1:28
30	Chris James	88:02	20:26	26:39	30:22	39:19	45:42	50:38	53:31	62:24	69:08	72:27	81:58	84:25	86:53	88:02
	NGOC		20:26	6:13	3:43	8:57	6:23	4:56	2:53	8:53	6:44	3:19	9:31	2:27	2:28	1:09
31	Don Gray	101:01	6:42	15:51	23:23	35:04	45:18	52:00	57:10	68:53	78:43	83:43	89:08	95:15	99:06	101:01
	IND		6:42	9:09	7:32	11:41	10:14	6:42	5:10	11:43	9:50	5:00	5:25	6:07	3:51	1:55
	Hazel Baker + Trudj	mp	5:18	11:06	17:15	25:25	34:21	40:54	44:10	53:35	65:10	----	----	----	----	
			5:18	5:48	6:09	8:10	8:56	6:33	3:16	9:25	11:35					

Pl	Name	Time	2.9 km 40 m 9 C									
			1(39)	2(33)	3(41)	4(42)	5(37)	6(46)	7(43)	8(45)	9(44)	F
1	Patrick Tate	25:14	3:11	4:29	7:38	11:28	15:10	16:21	18:02	20:57	23:19	25:14
	NGOC		3:11	1:18	3:09	3:50	3:42	1:11	1:41	2:55	2:22	1:55
2	Ashleigh Denman	32:41	3:53	6:32	11:09	15:25	20:26	21:51	23:44	28:13	30:18	32:41
	NGOC		3:53	2:39	4:37	4:16	5:01	1:25	1:53	4:29	2:05	2:23
3	Hilary Nicholls	32:58	4:56	6:24	11:13	15:29	19:50	21:05	23:30	27:53	30:20	32:58
	NGOC		4:56	1:28	4:49	4:16	4:21	1:15	2:25	4:23	2:27	2:38
4	Alan Kempton	39:55	5:30	7:23	13:41	17:38	23:06	25:09	27:58	33:13	36:17	39:55
	BOK		5:30	1:53	6:18	3:57	5:28	2:03	2:49	5:15	3:04	3:38
5	Gaye Callard	41:31	5:12	6:43	14:59	18:40	24:35	26:18	30:01	35:36	38:19	41:31
	NGOC		5:12	1:31	8:16	3:41	5:55	1:43	3:43	5:35	2:43	3:12
6	Sebi Russell	44:25	5:41	7:40	14:10	21:34	28:44	31:38	34:34	39:51	41:58	44:25
	IND		5:41	1:59	6:30	7:24	7:10	2:54	2:56	5:17	2:07	2:27
7	Alan Wicks	44:58	5:00	6:27	10:50	17:13	26:14	27:48	29:54	34:25	42:18	44:58
	NGOC		5:00	1:27	4:23	6:23	9:01	1:34	2:06	4:31	7:53	2:40
8	Kate Ballantine	48:44	6:24	8:22	16:26	23:24	30:40	32:17	35:36	41:53	45:56	48:44
	IND		6:24	1:58	8:04	6:58	7:16	1:37	3:19	6:17	4:03	2:48
9	Joe Bryce	50:58	5:43	7:03	12:41	19:09	26:56	28:59	35:24	41:39	45:20	50:58
	NGOC		5:43	1:20	5:38	6:28	7:47	2:03	6:25	6:15	3:41	5:38
10	Calum Smillie	52:22	5:52	7:05	15:28	22:09	31:31	33:26	37:21	43:27	48:50	52:22
	NGOC		5:52	1:13	8:23	6:41	9:22	1:55	3:55	6:06	5:23	3:32
11	Edward Beddis	61:36	6:27	8:50	18:02	24:30	33:08	35:45	38:55	45:41	58:20	61:36
	NGOC		6:27	2:23	9:12	6:28	8:38	2:37	3:10	6:46	12:39	3:16
	Mike Need	mp	3:58	5:30	10:41	15:00	27:45	29:13	31:55	----	39:43	42:53
	BOK		3:58	1:32	5:11	4:19	12:45	1:28	2:42	----	7:48	3:10
	Nikola Poole	mp	21:00	24:30	36:15	49:53	59:45	62:23	65:52	----	82:25	
	NGOC		21:00	3:30	11:45	13:38	9:52	2:38	3:29	----	16:33	

78:18

*59

Pl	Name	Time	1.9 km 25 m 8 C								
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	F
1	Clare Ballantine	16:34	1:23	2:31	5:07	8:35	9:23	11:11	13:18	14:20	16:34
	IND		1:23	1:08	2:36	3:28	0:48	1:48	2:07	1:02	2:14
2	Meg Parsons	16:38	1:36	3:01	4:56	7:20	8:13	10:33	12:50	14:40	16:38
	IND		1:36	1:25	1:55	2:24	0:53	2:20	2:17	1:50	1:58
3	Archie Hobby	19:55	1:46	3:18	7:26	10:25	11:28	13:44	15:55	17:45	19:55
	NGOC		1:46	1:32	4:08	2:59	1:03	2:16	2:11	1:50	2:10
4	Emma Busker	20:01	2:32	3:53	5:47	9:28	10:45	13:24	16:24	17:49	20:01
	IND		2:32	1:21	1:54	3:41	1:17	2:39	3:00	1:25	2:12
5	Sebi Russell	20:38	1:50	3:06	5:40	9:00	10:27	13:44	16:02	18:46	20:38
	IND		1:50	1:16	2:34	3:20	1:27	3:17	2:18	2:44	1:52
6	Alex Busker	20:50	1:49	3:07	4:52	9:03	10:50	13:15	16:17	17:54	20:50
	IND		1:49	1:18	1:45	4:11	1:47	2:25	3:02	1:37	2:56
7	Jeanette Tate	22:34	2:46	4:14	6:11	10:14	11:32	14:57	17:35	19:19	22:34
	IND		2:46	1:28	1:57	4:03	1:18	3:25	2:38	1:44	3:15
8	Hazel BaKer + Trud	23:56	1:46	3:47	6:02	11:23	15:04	17:10	20:00	21:21	23:56
	IND		1:46	2:01	2:15	5:21	3:41	2:06	2:50	1:21	2:35
9	Anna Bryce	32:07	2:45	4:50	8:24	13:25	15:18	18:56	24:21	27:13	32:07
	NGOC		2:45	2:05	3:34	5:01	1:53	3:38	5:25	2:52	4:54
10	Duncan Clough	49:29	3:48	6:10	14:07	21:49	24:32	30:03	34:38	37:55	49:29
	IND		3:48	2:22	7:57	7:42	2:43	5:31	4:35	3:17	11:34
11	Fraser Clough	50:45	3:59	5:53	15:34	23:18	25:27	31:09	36:59	39:05	50:45
	IND		3:59	1:54	9:41	7:44	2:09	5:42	5:50	2:06	11:40

27:22 27:47
*38 *38