

PI	Name	Time	6.7 km 275 m 17 C															F		
			1(55)	2(36)	3(43)	4(38)	5(50)	6(54)	7(33)	8(65)	9(53)	10(69)	11(60)	12(59)	13(37)	14(57)	15(32)	16(31)	17(58)	
1	Phil Murray	40:44	2:12	4:06	5:41	7:17	8:28	9:48	11:26	17:53	20:37	23:28	24:59	28:59	32:25	33:09	35:42	38:12	39:49	40:44
	BOK		2:12	1:54	1:35	1:36	1:11	1:20	1:38	6:27	2:44	2:51	1:31	4:00	3:26	0:44	2:33	2:30	1:37	0:55
2	Peter Ward	41:12	1:55	4:29	5:55	7:48	9:18	10:34	12:01	18:00	20:44	23:33	25:03	29:37	33:01	33:46	35:23	38:44	40:22	41:12
	NGOC		1:55	2:34	1:26	1:53	1:30	1:16	1:27	5:59	2:44	2:49	1:30	4:34	3:24	0:45	1:37	3:21	1:38	0:50
3	Chris McCartney	42:27	2:21	4:30	6:13	7:37	8:51	11:15	12:46	18:33	21:11	24:11	25:43	29:56	33:46	34:32	36:38	39:46	41:38	42:27
	OD		2:21	2:09	1:43	1:24	1:14	2:24	1:31	5:47	2:38	3:00	1:32	4:13	3:50	0:46	2:06	3:08	1:52	0:49
4	Andrew Monro	42:45	2:14	4:03	5:36	7:04	8:19	9:39	11:17	18:08	20:50	24:01	25:50	30:35	34:26	35:15	37:03	40:07	41:50	42:45
	HOC		2:14	1:49	1:33	1:28	1:15	1:20	1:38	6:51	2:42	3:11	1:49	4:45	3:51	0:49	1:48	3:04	1:43	0:55
5	Mark Saunders	43:20	2:28	4:29	6:09	7:44	9:15	10:38	12:23	18:29	21:30	24:42	26:25	30:47	34:35	35:26	37:12	40:07	42:23	43:20
	BOK		2:28	2:01	1:40	1:35	1:31	1:23	1:45	6:06	3:01	3:12	1:43	4:22	3:48	0:51	1:46	2:55	2:16	0:57
6	Joseph Gidley	43:48	2:15	4:08	5:42	7:25	9:15	10:57	12:28	18:32	21:29	24:48	26:33	31:07	35:03	35:52	38:04	40:47	42:48	43:48
	NGOC		2:15	1:53	1:34	1:43	1:50	1:42	1:31	6:04	2:57	3:19	1:45	4:34	3:56	0:49	2:12	2:43	2:01	1:00
7	Mark Burley	43:49	1:58	3:50	5:21	6:59	8:18	9:42	12:09	20:20	23:10	26:10	28:14	32:27	36:02	36:48	38:34	41:17	43:03	43:49
	BOK		1:58	1:52	1:31	1:38	1:19	1:24	2:27	8:11	2:50	3:00	2:04	4:13	3:35	0:46	1:46	2:43	1:46	0:46
8	Richard Cronin	44:55	2:03	4:17	6:06	7:43	9:12	10:49	12:31	19:20	22:35	25:54	27:43	32:16	36:23	37:13	39:12	42:08	43:59	44:55
	NGOC		2:03	2:14	1:49	1:37	1:29	1:37	1:42	6:49	3:15	3:19	1:49	4:33	4:07	0:50	1:59	2:56	1:51	0:56
9	Robert Farrington	45:21	2:05	4:05	5:40	7:12	8:44	9:58	11:46	18:42	22:08	25:45	27:33	32:27	36:30	37:14	39:09	42:22	44:26	45:21
	HOC		2:05	2:00	1:35	1:32	1:32	1:14	1:48	6:56	3:26	3:37	1:48	4:54	4:03	0:44	1:55	3:13	2:04	0:55
10	Jason Howell	45:44	2:12	4:10	7:24	8:53	10:21	11:40	13:13	19:38	22:47	26:01	27:39	32:06	35:52	36:41	39:31	42:48	44:42	45:44
	HOC		2:12	1:58	3:14	1:29	1:28	1:19	1:33	6:25	3:09	3:14	1:38	4:27	3:46	0:49	2:50	3:17	1:54	1:02
11	Doug Stimson	47:25	2:25	4:26	6:45	8:23	9:42	13:36	15:15	21:24	24:50	27:49	29:32	33:53	37:39	38:43	41:45	44:52	46:36	47:25
	NWO		2:25	2:01	2:19	1:38	1:19	3:54	1:39	6:09	3:26	2:59	1:43	4:21	3:46	1:04	3:02	3:07	1:44	0:49
12	Steve Green	47:39	2:21	4:34	6:15	7:58	9:20	10:45	12:37	19:41	22:55	26:17	28:10	33:06	37:34	38:28	40:44	44:24	46:31	47:39
	NGOC		2:21	2:13	1:41	1:43	1:22	1:25	1:52	7:04	3:14	3:22	1:53	4:56	4:28	0:54	2:16	3:40	2:07	1:08
13	Andy Stott	48:58	2:48	4:48	6:35	8:22	9:59	11:05	12:46	20:55	24:01	27:17	29:09	33:55	38:09	39:07	42:21	45:45	47:52	48:58
	NGOC		2:48	2:00	1:47	1:47	1:37	1:06	1:41	8:09	3:06	3:16	1:52	4:46	4:14	0:58	3:14	3:24	2:07	1:06
14	Alice Bedwell	49:51	2:48	4:57	7:08	9:03	10:35	11:58	13:52	20:46	24:02	27:42	30:11	35:19	39:48	40:44	43:08	46:38	48:47	49:51
	BOK		2:48	2:09	2:11	1:55	1:32	1:23	1:54	6:54	3:16	3:40	2:29	5:08	4:29	0:56	2:24	3:30	2:09	1:04
15	John Orton	50:21	2:34	4:52	6:44	8:34	10:13	11:51	13:33	22:15	25:33	28:54	30:50	35:30	39:45	40:45	43:03	47:11	49:19	50:21
	NWO		2:34	2:18	1:52	1:50	1:39	1:38	1:42	8:42	3:18	3:21	1:56	4:40	4:15	1:00	2:18	4:08	2:08	1:02
16	Caroline Craig	51:28	2:36	4:55	6:53	8:35	10:11	11:52	13:53	21:56	25:26	29:09	32:14	37:39	41:53	42:49	45:02	48:07	50:28	51:28
	NGOC		2:36	2:19	1:58	1:42	1:36	1:41	2:01	8:03	3:30	3:43	3:05	5:25	4:14	0:56	2:13	3:05	2:21	1:00
17	Tim Stott	51:43	2:07	4:29	7:52	10:18	11:33	13:07	15:04	23:20	26:53	30:07	32:01	37:45	41:51	42:41	45:38	48:36	50:37	51:43
	NGOC		2:07	2:22	3:23	2:26	1:15	1:34	1:57	8:16	3:33	3:14	1:54	5:44	4:06	0:50	2:57	2:58	2:01	1:06
18	Stuart Hanstock	53:33	2:16	4:57	7:04	9:10	10:44	12:15	13:57	23:19	26:41	30:47	32:43	38:09	42:43	43:41	46:14	50:19	52:30	53:33
	BOK		2:16	2:41	2:07	2:06	1:34	1:31	1:42	9:22	3:22	4:06	1:56	5:26	4:34	0:58	2:33	4:05	2:11	1:03
19	David Palmer	53:47	3:16	5:44	7:42	9:52	11:47	13:24	15:27	23:15	26:51	30:26	32:41	37:56	42:40	43:48	46:14	50:12	52:40	53:47
	BOK		3:16	2:28	1:58	2:10	1:55	1:37	2:03	7:48	3:36	3:35	2:15	5:15	4:44	1:08	2:26	3:58	2:28	1:07
20	Nick Dennis	53:49	2:29	4:57	6:54	8:42	10:32	12:04	13:53	23:37	26:59	30:46	33:36	38:30	43:14	44:15	47:00	50:29	52:43	53:49
	BOK		2:29	2:28	1:57	1:48	1:50	1:32	1:49	9:44	3:22	3:47	2:50	4:54	4:44	1:01	2:45	3:29	2:14	1:06
21	Jane Forrest	54:04	3:26	5:52	8:47	10:38	12:20	14:31	16:18	24:06	27:47	31:30	33:25	38:35	43:05	44:05	46:41	50:13	52:37	54:04
	BOK		3:26	2:26	2:55	1:51	1:42	2:11	1:47	7:48	3:41	3:43	1:55	5:10	4:30	1:00	2:36	3:32	2:24	1:27
22	Lucas Ashworth	54:22	3:29	6:08	8:03	9:54	11:12	12:54	15:19	23:11	26:24	30:13	33:15	39:19	43:56	44:57	47:06	50:42	53:15	54:22
	IND		3:29	2:39	1:55	1:51	1:18	1:42	2:25	7:52	3:13	3:49	3:02	6:04	4:37	1:01	2:09	3:36	2:33	1:07
23	Duncan Innes	54:56	3:12	5:42	7:44	9:40	11:31	12:58	15:22	23:25	26:50	30:32	32:43	38:03	42:37	43:46	47:47	51:22	53:50	54:56
	BOK		3:12	2:30	2:02	1:56	1:51	1:27	2:24	8:03	3:25	3:42	2:11	5:20	4:34	1:09	4:01	3:35	2:28	1:06
24	Ben Moorhouse	55:20	2:53	6:37	8:48	10:35	12:09	13:47	16:01	24:23	28:04	32:14	34:35	40:10	44:39	45:39	47:58	52:10	54:20	55:20
	NGOC		2:53	3:44	2:11	1:47	1:34	1:38	2:14	8:22	3:41	4:10	2:21	5:35	4:29	1:00	2:19	4:12	2:10	1:00
25	Brian Hughes	55:31	3:33	6:17	8:23	12:21	13:52	15:44	17:42	24:33	28:00	31:44	34:16	42:20	46:20	47:24	49:18	52:16	54:33	55:31
	HOC		3:33	2:44	2:06	3:58	1:31	1:52	1:58	6:51	3:27	3:44	2:32	8:04	4:00	1:04	1:54	2:58	2:17	0:58
			2:41																	
			*67																	
26	Paul L'Estrange	56:11	2:47	5:12	7:46	9:52	11:44	13:55	15:57	24:55	28:32	32:44	34:54	40:04	45:03	46:01	48:39	52:36	55:05	56:11
	LVO		2:47	2:25	2:34	2:06	1:52	2:11	2:02	8:58	3:37	4:12	2:10	5:10	4:59	0:58	2:38	3:57	2:29	1:06



PI	Name	Time	<b>6.7 km 275 m 17 C</b>																	
			<i>(cont.)</i>																	
			1(55)	2(36)	3(43)	4(38)	5(50)	6(54)	7(33)	8(65)	9(53)	10(69)	11(60)	12(59)	13(37)	14(57)	15(32)	16(31)	17(58)	F
	<b>Joe Taunton</b>	<b>mp</b>	<b>1:48</b>	<b>3:32</b>	----	8:46	9:52	11:43	13:03	19:40	22:28	25:17	26:47	30:43	34:12	34:59	36:34	39:12	40:51	41:45
	<b>NOC</b>		<b>1:48</b>	<b>1:44</b>		5:14	1:06	1:51	1:20	6:37	2:48	<b>2:49</b>	<b>1:30</b>	3:56	3:29	0:47	1:35	2:38	1:39	0:54
	<b>Gerry Ashton</b>	<b>mp</b>	3:21	6:56	----	12:53	15:05	17:19	20:07	30:45	35:23	40:15	43:24	53:10	58:41	60:11	63:29	69:03	72:49	75:02
	<b>NGOC</b>		3:21	3:35		5:57	2:12	2:14	2:48	10:38	4:38	4:52	3:09	9:46	5:31	1:30	3:18	5:34	3:46	2:13
	<b>Charles Daniel</b>	<b>mp</b>	2:30	4:42	----	10:11	11:45	13:16	14:57	21:44	24:59	28:27	30:18	34:55	38:54	39:50	41:58	45:23	47:37	48:40
	<b>BOK</b>		2:30	2:12		5:29	1:34	1:31	1:41	6:47	3:15	3:28	1:51	4:37	3:59	0:56	2:08	3:25	2:14	1:03

PI	Name	Time	4.2 km 155 m 12 C												F
			1(67)	2(39)	3(35)	4(49)	5(51)	6(52)	7(37)	8(57)	9(62)	10(61)	11(31)	12(56)	
1	Kit Grierson	32:04	2:05	4:03	7:24	9:37	11:44	16:52	21:14	22:38	24:09	26:08	27:46	30:37	32:04
	UBOC		2:05	1:58	3:21	2:13	2:07	5:08	4:22	1:24	1:31	1:59	1:38	2:51	1:27
2	Matthew Lawson	33:37	2:16	4:14	9:46	11:30	13:49	18:54	23:28	24:35	26:14	28:22	30:23	32:22	33:37
	NGOC		2:16	1:58	5:32	1:44	2:19	5:05	4:34	1:07	1:39	2:08	2:01	1:59	1:15
3	Stephen Beal	37:53	2:56	6:47	11:48	14:41	17:27	23:30	27:26	28:42	30:12	31:56	33:56	36:22	37:53
	NWO		2:56	3:51	5:01	2:53	2:46	6:03	3:56	1:16	1:30	1:44	2:00	2:26	1:31
4	Simon Denman	38:19	3:24	5:30	10:42	12:39	15:02	21:06	25:11	26:17	28:38	30:31	32:51	36:52	38:19
	NGOC		3:24	2:06	5:12	1:57	2:23	6:04	4:05	1:06	2:21	1:53	2:20	4:01	1:27
5	Vanessa Lawson	38:39	2:38	5:29	11:15	13:55	16:37	22:34	27:08	28:07	30:30	32:37	34:32	37:14	38:39
	NGOC		2:38	2:51	5:46	2:40	2:42	5:57	4:34	0:59	2:23	2:07	1:55	2:42	1:25
6	Dave Hartley	40:41	3:01	5:11	10:24	12:54	16:00	23:17	28:23	29:34	31:39	33:56	36:05	39:02	40:41
	NGOC		3:01	2:10	5:13	2:30	3:06	7:17	5:06	1:11	2:05	2:17	2:09	2:57	1:39
7	Neil Cameron	41:35	3:09	5:35	12:13	14:35	17:32	24:19	29:46	31:00	32:38	34:50	36:47	39:51	41:35
	NGOC		3:09	2:26	6:38	2:22	2:57	6:47	5:27	1:14	1:38	2:12	1:57	3:04	1:44
8	David Potter	42:44	2:45	6:27	11:29	13:52	17:20	25:04	31:01	32:35	34:31	36:42	38:45	41:11	42:44
	BOK		2:45	3:42	5:02	2:23	3:28	7:44	5:57	1:34	1:56	2:11	2:03	2:26	1:33
9	Dudley Budden	43:11	3:32	5:47	10:54	13:59	17:13	25:44	30:54	32:08	33:36	35:59	38:14	41:28	43:11
	BOK		3:32	2:15	5:07	3:05	3:14	8:31	5:10	1:14	1:28	2:23	2:15	3:14	1:43
10	Philip Bostock	45:33	3:34	6:26	12:35	15:12	18:33	26:34	32:33	34:02	36:00	38:17	41:14	44:04	45:33
	NGOC		3:34	2:52	6:09	2:37	3:21	8:01	5:59	1:29	1:58	2:17	2:57	2:50	1:29
11	Hannah Bradley	45:45	3:00	6:18	12:31	16:58	19:52	27:04	32:15	33:30	35:17	37:30	40:52	43:46	45:45
	NGOC		3:00	3:18	6:13	4:27	2:54	7:12	5:11	1:15	1:47	2:13	3:22	2:54	1:59
12	Philip Warry	46:07	2:59	5:48	11:37	14:26	18:29	25:01	30:15	33:45	37:10	39:38	41:51	44:34	46:07
	BOK		2:59	2:49	5:49	2:49	4:03	6:32	5:14	3:30	3:25	2:28	2:13	2:43	1:33
13	John Fallows	46:34	3:07	5:47	11:49	14:52	18:24	27:24	33:10	34:37	36:13	38:42	41:26	44:30	46:34
	NGOC		3:07	2:40	6:02	3:03	3:32	9:00	5:46	1:27	1:36	2:29	2:44	3:04	2:04
14	Rachel Dennis	47:00	4:07	7:31	13:02	16:43	19:57	28:01	33:36	34:48	36:34	39:05	42:18	45:20	47:00
	BOK		4:07	3:24	5:31	3:41	3:14	8:04	5:35	1:12	1:46	2:31	3:13	3:02	1:40
15	Paul Hammond	47:11	3:31	6:58	15:50	18:38	21:52	29:34	35:09	36:18	38:27	40:40	42:40	45:29	47:11
	HOC		3:31	3:27	8:52	2:48	3:14	7:42	5:35	1:09	2:09	2:13	2:00	2:49	1:42
16	Shirley Robinson	47:22	3:28	7:13	12:47	15:48	19:11	25:28	30:57	34:00	36:20	39:13	42:50	45:47	47:22
	NGOC		3:28	3:45	5:34	3:01	3:23	6:17	5:29	3:03	2:20	2:53	3:37	2:57	1:35
17	Tom Birthwright	47:38	3:32	6:09	12:29	16:21	19:45	27:41	33:35	34:37	37:32	40:05	42:36	45:41	47:38
	NGOC		3:32	2:37	6:20	3:52	3:24	7:56	5:54	1:02	2:55	2:33	2:31	3:05	1:57
18	Howard Thomas	49:47	3:24	6:58	14:05	17:32	21:17	28:47	34:31	35:47	37:49	40:58	43:11	47:51	49:47
	BOK		3:24	3:34	7:07	3:27	3:45	7:30	5:44	1:16	2:02	3:09	2:13	4:40	1:56
19	Nigel Cousins	49:49	3:51	6:39	15:03	18:05	21:48	29:09	34:43	36:17	38:17	41:26	44:35	48:05	49:49
	HOC		3:51	2:48	8:24	3:02	3:43	7:21	5:34	1:34	2:00	3:09	3:09	3:30	1:44
20	Mike Farrington	49:55	2:52	6:21	17:19	19:51	23:14	32:14	37:25	38:09	39:50	42:00	44:31	47:57	49:55
	HOC		2:52	3:29	10:58	2:32	3:23	9:00	5:11	0:44	1:41	2:10	2:31	3:26	1:58
21	Jon Urch	50:42	2:18	5:39	11:12	19:46	22:11	28:48	33:50	36:26	42:29	44:31	46:36	49:05	50:42
	BOK		2:18	3:21	5:33	8:34	2:25	6:37	5:02	2:36	6:03	2:02	2:05	2:29	1:37
22	Brian Laycock	51:21	3:39	7:00	12:45	15:46	19:25	28:03	34:50	36:38	38:49	41:56	45:34	48:45	51:21
	HOC		3:39	3:21	5:45	3:01	3:39	8:38	6:47	1:48	2:11	3:07	3:38	3:11	2:36
23	Allan Darwell	52:03	2:56	5:24	11:27	13:56	17:57	26:53	34:24	35:25	41:57	44:06	46:09	50:08	52:03
	BOK		2:56	2:28	6:03	2:29	4:01	8:56	7:31	1:01	6:32	2:09	2:03	3:59	1:55
24	Dave Urch	53:00	3:21	6:16	17:05	19:13	22:26	29:51	37:09	38:29	44:05	46:27	48:22	51:05	53:00
	BOK		3:21	2:55	10:49	2:08	3:13	7:25	7:18	1:20	5:36	2:22	1:55	2:43	1:55
25	Richard Higgs	53:55	6:37	10:09	17:28	20:44	24:39	33:49	40:01	41:24	43:38	46:21	49:14	52:20	53:55
	IND		6:37	3:32	7:19	3:16	3:55	9:10	6:12	1:23	2:14	2:43	2:53	3:06	1:35
26	Ashley Ford	54:03	4:30	8:03	14:04	17:08	21:53	30:03	37:17	38:49	41:19	44:06	46:47	52:09	54:03
	HOC		4:30	3:33	6:01	3:04	4:45	8:10	7:14	1:32	2:30	2:47	2:41	5:22	1:54
27	Jacqueline Embrey	54:22	3:45	7:21	14:45	18:27	22:09	31:29	38:04	39:58	42:38	45:48	48:26	52:14	54:22
	HOC		3:45	3:36	7:24	3:42	3:42	9:20	6:35	1:54	2:40	3:10	2:38	3:48	2:08

13:21

\*49

17:04

\*50

PI	Name	Time	4.2 km 155 m 12 C											(cont.)	F	
			1(67)	2(39)	3(35)	4(49)	5(51)	6(52)	7(37)	8(57)	9(62)	10(61)	11(31)	12(56)		
28	Ali Wilkinson	54:53	5:07	8:18	14:17	21:13	25:20	35:05	41:04	42:15	44:08	46:47	49:52	53:13	54:53	
	HOC		5:07	3:11	5:59	6:56	4:07	9:45	5:59	1:11	1:53	2:39	3:05	3:21	1:40	
29	Gwen Tanner	55:02	3:46	6:39	16:02	19:32	23:28	32:47	39:11	40:38	43:14	46:16	49:20	53:10	55:02	
	BOK		3:46	2:53	9:23	3:30	3:56	9:19	6:24	1:27	2:36	3:02	3:04	3:50	1:52	
30	Mike Wilkinson	55:07	3:54	6:54	14:35	17:36	21:26	31:09	38:21	39:45	42:32	45:58	48:34	52:52	55:07	
	HOC		3:54	3:00	7:41	3:01	3:50	9:43	7:12	1:24	2:47	3:26	2:36	4:18	2:15	
31	Ted McDonald	55:29	4:22	7:59	16:17	20:08	24:33	33:19	40:06	41:33	43:51	46:38	49:05	52:59	55:29	
	BOK		4:22	3:37	8:18	3:51	4:25	8:46	6:47	1:27	2:18	2:47	2:27	3:54	2:30	
32	Chris Vallence	55:50	4:02	7:35	14:33	17:43	21:39	30:58	37:57	39:04	44:44	48:03	50:44	53:55	55:50	
	NGOC		4:02	3:33	6:58	3:10	3:56	9:19	6:59	1:07	5:40	3:19	2:41	3:11	1:55	
33	Lin Callard	56:03	4:04	7:13	13:36	16:56	21:09	30:45	37:07	38:35	42:41	46:10	48:59	53:28	56:03	
	NGOC		4:04	3:09	6:23	3:20	4:13	9:36	6:22	1:28	4:06	3:29	2:49	4:29	2:35	
34	Sue Ashton	56:08	6:14	9:52	16:15	20:08	23:57	33:25	39:41	42:08	44:39	47:30	50:15	54:02	56:08	18:34
	NGOC		6:14	3:38	6:23	3:53	3:49	9:28	6:16	2:27	2:31	2:51	2:45	3:47	2:06	*50
35	Tony Noott	56:25	4:25	7:55	15:10	19:13	23:17	32:44	40:33	42:04	44:07	47:15	49:58	54:02	56:25	
	BOK		4:25	3:30	7:15	4:03	4:04	9:27	7:49	1:31	2:03	3:08	2:43	4:04	2:23	
36	Paul Lovering	57:10	3:29	5:53	13:35	16:59	21:45	33:56	41:02	42:20	43:53	47:26	49:40	54:09	57:10	9:59
	IND		3:29	2:24	7:42	3:24	4:46	12:11	7:06	1:18	1:33	3:33	2:14	4:29	3:01	*54
37	Mark Blackstone	57:41	4:09	7:55	16:58	22:34	26:48	35:57	42:47	44:06	45:59	49:03	52:03	55:27	57:41	
	BOK		4:09	3:46	9:03	5:36	4:14	9:09	6:50	1:19	1:53	3:04	3:00	3:24	2:14	
38	Mike Forrest	58:02	4:25	7:42	17:01	20:31	24:28	35:00	42:16	43:41	45:33	48:45	51:29	55:40	58:02	
	BOK		4:25	3:17	9:19	3:30	3:57	10:32	7:16	1:25	1:52	3:12	2:44	4:11	2:22	
39	Anne Palmer	58:42	4:10	8:30	15:33	19:43	23:34	33:01	39:53	41:32	44:15	47:21	51:01	56:29	58:42	
	BOK		4:10	4:20	7:03	4:10	3:51	9:27	6:52	1:39	2:43	3:06	3:40	5:28	2:13	
40	Tom Mills jnr	60:14	4:29	7:19	12:49	15:34	18:59	30:32	37:46	39:13	43:58	46:51	51:05	56:48	60:14	
	NGOC		4:29	2:50	5:30	2:45	3:25	11:33	7:14	1:27	4:45	2:53	4:14	5:43	3:26	
41	Roger Coe	60:36	5:00	7:59	15:32	21:14	24:51	36:08	44:41	46:12	48:10	51:03	53:21	57:27	60:36	
	NGOC		5:00	2:59	7:33	5:42	3:37	11:17	8:33	1:31	1:58	2:53	2:18	4:06	3:09	
42	Fiona Hanstock	60:40	4:03	8:03	16:00	21:27	25:55	36:38	43:26	45:11	47:45	50:52	54:45	58:04	60:40	
	BOK		4:03	4:00	7:57	5:27	4:28	10:43	6:48	1:45	2:34	3:07	3:53	3:19	2:36	
43	Jenn Hudd	60:53	4:24	8:12	16:02	23:01	26:36	36:08	44:07	45:36	48:40	51:50	55:29	58:38	60:53	
	BOK		4:24	3:48	7:50	6:59	3:35	9:32	7:59	1:29	3:04	3:10	3:39	3:09	2:15	
44	Richard Rossington	61:56	5:47	9:17	16:29	24:36	28:02	36:15	41:52	43:09	45:46	48:09	51:08	57:52	61:56	
	BOK		5:47	3:30	7:12	8:07	3:26	8:13	5:37	1:17	2:37	2:23	2:59	6:44	4:04	
45	Robert Teed	62:04	4:36	8:46	16:25	19:49	24:11	35:49	44:18	46:19	48:38	51:34	54:55	59:02	62:04	
	NGOC		4:36	4:10	7:39	3:24	4:22	11:38	8:29	2:01	2:19	2:56	3:21	4:07	3:02	
46	Julia Wilkinson	64:39	5:37	10:06	17:45	23:43	27:59	38:26	46:30	48:13	51:16	54:45	58:42	62:30	64:39	
	HOC		5:37	4:29	7:39	5:58	4:16	10:27	8:04	1:43	3:03	3:29	3:57	3:48	2:09	
47	Martin Light	65:17	4:43	9:14	16:28	19:54	24:04	39:03	46:37	48:06	51:14	54:51	57:44	63:00	65:17	
	NWO		4:43	4:31	7:14	3:26	4:10	14:59	7:34	1:29	3:08	3:37	2:53	5:16	2:17	
48	Alan Mackenzie	65:37	5:01	9:10	17:28	21:24	26:11	37:31	47:06	48:46	51:11	54:42	57:55	62:39	65:37	
	BOK		5:01	4:09	8:18	3:56	4:47	11:20	9:35	1:40	2:25	3:31	3:13	4:44	2:58	
49	Bill Newdick	68:39	4:28	8:27	17:32	21:53	27:21	40:08	48:20	50:09	52:50	56:19	60:04	65:07	68:39	
	RAFO		4:28	3:59	9:05	4:21	5:28	12:47	8:12	1:49	2:41	3:29	3:45	5:03	3:32	
50	Nina Stimson	68:53	4:27	8:55	17:29	21:43	28:13	39:47	47:59	50:00	53:23	56:34	60:13	66:38	68:53	
	NWO		4:27	4:28	8:34	4:14	6:30	11:34	8:12	2:01	3:23	3:11	3:39	6:25	2:15	
51	Jane Holcombe	70:55	5:30	9:26	17:55	21:53	26:03	42:40	51:26	53:18	56:22	60:12	64:16	68:34	70:55	
	BOK		5:30	3:56	8:29	3:58	4:10	16:37	8:46	1:52	3:04	3:50	4:04	4:18	2:21	
52	Gary Wakerley	71:27	5:00	9:23	19:08	23:32	28:32	39:51	48:59	51:14	54:35	59:00	62:37	67:41	71:27	
	NGOC		5:00	4:23	9:45	4:24	5:00	11:19	9:08	2:15	3:21	4:25	3:37	5:04	3:46	
53	Adrian Dawson	71:38	6:30	12:01	20:52	25:13	30:11	42:22	51:19	53:26	56:48	60:34	63:54	68:46	71:38	
	SARUM		6:30	5:31	8:51	4:21	4:58	12:11	8:57	2:07	3:22	3:46	3:20	4:52	2:52	
54	Clare Fletcher	72:12	5:16	9:43	22:04	25:56	32:04	44:40	53:48	55:33	57:57	61:35	64:43	69:42	72:12	
	BOK		5:16	4:27	12:21	3:52	6:08	12:36	9:08	1:45	2:24	3:38	3:08	4:59	2:30	

PI	Name	Time	4.2 km 155 m 12 C (cont.)											F		
			1(67)	2(39)	3(35)	4(49)	5(51)	6(52)	7(37)	8(57)	9(62)	10(61)	11(31)	12(56)		
<b>55</b>	<b>Hilary Nicholls</b>	<b>76:27</b>	5:08	10:02	20:15	25:21	31:45	44:30	54:10	56:38	59:39	64:03	67:40	72:07	76:27	
	<b>NGOC</b>		5:08	4:54	10:13	5:06	6:24	12:45	9:40	2:28	3:01	4:24	3:37	4:27	4:20	
<b>56</b>	<b>Caroline Potter</b>	<b>77:15</b>	10:40	13:43	33:10	35:33	41:40	49:28	61:01	62:18	65:25	68:57	71:24	75:05	77:15	
	<b>BOK</b>		10:40	3:03	19:27	2:23	6:07	7:48	11:33	1:17	3:07	3:32	2:27	3:41	2:10	
<b>57</b>	<b>John Burrows</b>	<b>79:11</b>	5:32	10:12	22:31	28:13	33:33	46:27	56:19	58:46	62:22	66:26	70:13	76:00	79:11	
	<b>KERNO</b>		5:32	4:40	12:19	5:42	5:20	12:54	9:52	2:27	3:36	4:04	3:47	5:47	3:11	
<b>58</b>	<b>Sue Colbert</b>	<b>81:21</b>	4:54	9:11	36:41	41:11	45:20	55:40	64:00	65:27	67:54	71:08	73:54	78:17	81:21	
	<b>SWOC</b>		4:54	4:17	27:30	4:30	4:09	10:20	8:20	1:27	2:27	3:14	2:46	4:23	3:04	
<b>59</b>	<b>Carol Farrington</b>	<b>88:46</b>	10:27	16:10	26:15	29:53	34:28	51:37	61:02	62:55	70:34	74:33	77:59	84:48	88:46	
	<b>HOC</b>		10:27	5:43	10:05	3:38	4:35	17:09	9:25	1:53	7:39	3:59	3:26	6:49	3:58	
<b>60</b>	<b>Antonia Holt</b>	<b>113:53</b>	4:49	11:43	24:29	54:52	61:07	72:11	86:43	88:37	96:36	100:26	104:41	111:02	113:53	
	<b>NWO</b>		4:49	6:54	12:46	30:23	6:15	11:04	14:32	1:54	7:59	3:50	4:15	6:21	2:51	
<b>61</b>	<b>Don Gray</b>	<b>116:09</b>	9:00	17:23	29:48	45:06	53:02	70:45	87:03	89:24	93:26	98:39	105:32	112:22	116:09	
	<b>IND</b>		9:00	8:23	12:25	15:18	7:56	17:43	16:18	2:21	4:02	5:13	6:53	6:50	3:47	
	<b>David Lee</b>	<b>mp</b>	5:20	9:17	17:25	21:07	25:23	35:06	47:33	49:15	52:57	56:18	59:24	-----	65:49	63:16
	<b>NGOC</b>		5:20	3:57	8:08	3:42	4:16	9:43	12:27	1:42	3:42	3:21	3:06	-----	6:25	*58
	<b>Rachel Perry</b>	<b>mp</b>	2:43	7:19	20:41	29:25	35:55	45:11	-----	-----	-----	-----	-----	-----	67:50	50:56
	<b>UBOC</b>		2:43	4:36	13:22	8:44	6:30	9:16	-----	-----	-----	-----	-----	-----	22:39	*59

PI	Name	Time	3.3 km 130 m 10 C										
			1(67)	2(43)	3(68)	4(64)	5(63)	6(66)	7(62)	8(61)	9(70)	10(40)	F
1	<b>Adam Watson</b>	<b>32:24</b>	<b>2:26</b>	4:46	8:36	<b>14:21</b>	<b>16:10</b>	19:39	24:43	27:15	29:39	31:44	32:24
	NGOC		<b>2:26</b>	2:20	3:50	<b>5:45</b>	<b>1:49</b>	3:29	5:04	2:32	2:24	<b>2:05</b>	0:40
2	<b>Joe Hudd</b>	<b>39:42</b>	2:45	9:34	13:03	19:27	21:20	22:32	31:25	33:44	36:37	39:13	39:42
	BOK		2:45	6:49	<b>3:29</b>	6:24	1:53	<b>1:12</b>	8:53	2:19	2:53	2:36	0:29
3	<b>Ashleigh Denman</b>	<b>48:04</b>	5:17	9:56	15:09	22:38	25:21	27:30	34:19	38:12	43:17	47:03	48:04
	NGOC		5:17	4:39	5:13	7:29	2:43	2:09	6:49	3:53	5:05	3:46	1:01
4	<b>Jocelyn Hickling</b>	<b>53:28</b>	5:04	9:55	16:28	26:22	30:42	32:44	38:51	42:54	48:10	52:32	53:28
	IND		5:04	4:51	6:33	9:54	4:20	2:02	6:07	4:03	5:16	4:22	0:56
5	<b>John Higgins</b>	<b>54:56</b>	5:23	10:20	15:41	25:19	28:11	30:11	40:50	44:03	49:22	53:59	54:56
	BOK		5:23	4:57	5:21	9:38	2:52	2:00	10:39	3:13	5:19	4:37	0:57
6	<b>Hannah Phillips</b>	<b>63:04</b>	7:23	23:38	28:29	37:05	39:49	41:26	49:57	54:30	57:48	62:12	63:04
	IND		7:23	16:15	4:51	8:36	2:44	1:37	8:31	4:33	3:18	4:24	0:52
7	<b>Sheila Miklausic</b>	<b>65:03</b>	4:42	16:36	23:00	32:37	36:00	38:00	51:24	54:56	58:57	63:22	65:03
	NGOC		4:42	11:54	6:24	9:37	3:23	2:00	13:24	3:32	4:01	4:25	1:41
8	<b>Alan + Vicki Powell</b>	<b>73:10</b>	5:03	17:38	32:02	46:25	50:55	53:04	60:38	64:55	70:05	72:35	73:10
	IND		5:03	12:35	14:24	14:23	4:30	2:09	7:34	4:17	5:10	2:30	0:35
9	<b>Martin Rowntree</b>	<b>75:36</b>	6:14	31:35	43:11	49:40	52:00	53:18	63:49	67:50	71:07	74:38	75:36
	IND		6:14	25:21	11:36	6:29	2:20	1:18	10:31	4:01	3:17	3:31	0:58
10	<b>Gaye Callard</b>	<b>77:23</b>	5:45	11:59	19:44	30:17	34:01	36:15	58:18	61:54	71:08	75:49	77:23
	NGOC		5:45	6:14	7:45	10:33	3:44	2:14	22:03	3:36	9:14	4:41	1:34
11	<b>Katie Agumber</b>	<b>89:21</b>	8:43	18:05	30:31	47:37	51:45	54:42	67:20	74:29	81:52	88:04	89:21
	IND		8:43	9:22	12:26	17:06	4:08	2:57	12:38	7:09	7:23	6:12	1:17
12	<b>James Agombar</b>	<b>89:23</b>	9:00	18:11	30:37	47:41	52:36	54:45	67:42	74:34	81:56	87:46	89:23
	IND		9:00	9:11	12:26	17:04	4:55	2:09	12:57	6:52	7:22	5:50	1:37
13	<b>Hannah Agombar</b>	<b>89:45</b>	9:20	17:30	30:44	47:06	51:46	55:22	69:18	74:36	82:13	87:50	89:45
	IND		9:20	8:10	13:14	16:22	4:40	3:36	13:56	5:18	7:37	5:37	1:55
	<b>Darrell Cruickshank</b>	<b>mp</b>	8:38	20:35	34:08	51:23	56:18	64:36	-----	-----	-----	-----	-----
	BKO		8:38	11:57	13:33	17:15	4:55	8:18					
	<b>Jake + Dale Lockart</b>	<b>mp</b>	6:28	17:18	-----	44:16	47:40	52:15	59:37	64:14	70:58	75:38	78:20
	NGOC		6:28	10:50		26:58	3:24	4:35	7:22	4:37	6:44	4:40	2:42
nc	<b>Joe Hudd</b>	<b>28:36</b>	2:45	<b>4:32</b>	<b>8:04</b>	15:32	17:31	<b>18:50</b>	<b>21:38</b>	<b>23:47</b>	<b>26:03</b>	<b>28:09</b>	<b>28:36</b>
	BOK		2:45	<b>1:47</b>	3:32	7:28	1:59	1:19	<b>2:48</b>	<b>2:09</b>	<b>2:16</b>	2:06	<b>0:27</b>

PI	Name	Time	2.0 km 55 m 10 C										F
			1(48)	2(47)	3(34)	4(46)	5(45)	6(44)	7(42)	8(41)	9(71)	10(40)	
<b>1</b>	<b>Rebecca Ward</b>	<b>18:50</b>	<b>2:51</b>	<b>3:59</b>	<b>5:55</b>	<b>8:54</b>	<b>10:13</b>	<b>11:08</b>	<b>13:16</b>	<b>14:38</b>	<b>15:57</b>	<b>17:03</b>	<b>18:50</b>
	NGOC		2:51	1:08	1:56	2:59	1:19	0:55	2:08	1:22	1:19	1:06	1:47
<b>2</b>	<b>Reuben Lawson</b>	<b>18:51</b>	4:28	5:50	7:52	10:03	11:36	12:07	13:33	14:58	15:58	17:11	18:51
	NGOC		4:28	1:22	2:02	2:11	1:33	0:31	1:26	1:25	1:00	1:13	1:40
<b>3</b>	<b>Rosie Watson</b>	<b>21:20</b>	3:25	5:02	7:33	11:36	13:38	14:15	15:58	17:46	18:59	20:25	21:20
	NGOC		3:25	1:37	2:31	4:03	2:02	0:37	1:43	1:48	1:13	1:26	0:55
<b>4</b>	<b>Sebi Russell</b>	<b>22:58</b>	3:22	5:06	7:42	10:57	13:18	14:13	16:32	18:56	20:50	21:59	22:58
	IND		3:22	1:44	2:36	3:15	2:21	0:55	2:19	2:24	1:54	1:09	0:59
<b>5</b>	<b>Jessica Ward</b>	<b>26:44</b>	4:15	5:46	8:37	12:06	14:21	15:36	18:46	21:44	23:21	25:57	26:44
	NGOC		4:15	1:31	2:51	3:29	2:15	1:15	3:10	2:58	1:37	2:36	0:47
<b>6</b>	<b>Rose Taylor + Alber</b>	<b>28:39</b>	4:39	7:49	11:26	15:35	18:55	19:44	22:34	24:37	25:47	27:48	28:39
	HOC		4:39	3:10	3:37	4:09	3:20	0:49	2:50	2:03	1:10	2:01	0:51
<b>7</b>	<b>Anna Bryce</b>	<b>44:43</b>	4:56	7:41	12:07	16:37	19:43	21:15	26:44	30:43	38:10	41:50	44:43
	IND		4:56	2:45	4:26	4:30	3:06	1:32	5:29	3:59	7:27	3:40	2:53