

PI	Name	Time	6.3 km 250 m 18 C																	
			1(42)	2(58)	3(52)	4(45)	5(47)	6(67)	7(65)	8(51)	9(35)	10(41)	11(50)	12(46)	13(53)	14(70)	15(43)	16(49)	17(57)	18(54)
	Blue (45)		F																	
1	Peter Ward NGOC	50:08	1:48 1:48 50:08	3:17 1:29	5:15 1:58	7:03 1:48	8:54 1:51	14:23 5:29	16:43 2:20	19:36 2:53	24:16 4:40	27:30 3:14	30:41 3:11	38:36 7:55	40:09 1:33	42:58 2:49	45:26 2:28	47:10 1:44	48:31 1:21	49:32 1:01
2	Joe Gidley NGOC	51:10	1:51 1:51 51:10	3:19 1:28	5:32 2:13	7:26 1:54	9:11 1:45	15:59 6:48	17:39 1:40	21:11 3:32	28:14 7:03	31:13 2:59	34:15 3:02	39:48 5:33	41:20 1:32	43:54 2:34	46:10 2:16	48:09 1:59	49:35 1:26	50:32 0:57
3	Phil Murray BOK	55:04	2:08 2:08 55:04	3:38 1:30	5:47 2:09	7:27 1:40	9:43 2:16	16:26 6:43	18:02 1:36	21:03 3:01	26:58 5:55	30:05 3:07	32:51 2:46	38:46 5:55	44:25 5:39	48:00 3:35	50:17 2:17	51:53 1:36	53:33 1:40	54:29 0:56
4	Stuart Lewis SWOC	56:11	1:52 1:52 56:11	3:37 1:45	5:44 2:07	8:08 2:24	11:13 3:05	18:05 6:52	20:29 2:24	23:40 3:11	28:24 4:44	32:04 3:40	34:57 2:53	42:29 7:32	44:16 1:47	46:56 2:40	50:17 3:21	53:43 3:26	54:48 1:05	55:41 0:53
5	Tom Horton HOC	56:47	2:12 2:12 56:47	3:49 1:37	6:31 2:42	8:24 1:53	10:08 1:44	17:35 7:27	21:13 3:38	24:25 3:12	30:23 5:58	33:30 3:07	35:59 2:29	43:49 7:50	45:21 1:32	48:05 2:44	50:43 2:38	53:30 2:47	54:46 1:16	55:52 1:06
6	Andy Creber BOK	58:03	2:15 2:15 58:03	4:03 1:48	6:30 2:27	8:12 1:42	10:49 2:37	16:48 5:59	18:43 1:55	21:37 2:54	26:54 5:17	29:50 2:56	33:24 3:34	40:54 7:30	42:45 1:51	49:25 6:40	52:25 3:00	54:56 2:31	56:19 1:23	57:18 0:59
7	Richard Cronin NGOC	60:17	2:03 2:03 60:17	4:14 2:11	6:42 2:28	8:47 2:05	11:40 2:53	18:38 6:58	22:33 3:55	26:39 4:06	31:44 5:05	35:56 4:12	39:32 3:36	46:42 7:10	48:28 1:46	51:58 3:30	55:07 3:09	57:11 2:04	58:43 1:32	59:44 1:01
8	Neil Grant SWOC	63:31	2:53 2:53 63:31	5:18 2:25	8:00 2:42	10:11 2:11	12:34 2:23	21:09 8:35	23:37 2:28	27:37 4:00	33:52 6:15	38:01 4:09	41:46 3:45	48:55 7:09	50:56 2:01	54:04 3:08	57:12 3:08	59:24 2:12	61:40 2:16	62:51 1:11
9	David Harper DEVON	65:32	2:24 2:24 65:32	4:33 2:09	9:21 4:48	12:27 3:06	14:42 2:15	22:13 7:31	24:46 2:33	28:45 3:59	33:52 5:07	37:32 3:40	40:31 2:59	50:04 9:33	51:39 1:35	56:20 4:41	59:41 3:21	62:03 2:22	63:38 1:35	64:48 1:10
10	Michael Baggott HOC	68:06	2:46 2:46 68:06	4:47 2:01	7:37 2:50	10:07 2:30	13:03 2:56	24:07 11:04	26:34 2:27	30:17 3:43	36:40 6:23	41:03 4:23	44:39 3:36	53:50 9:11	55:37 1:47	58:55 3:18	62:19 3:24	64:18 1:59	65:49 1:31	67:17 1:28
11	Christophe Pige NGOC	69:41	2:25 2:25 69:41	4:30 2:05	7:43 3:13	9:36 1:53	11:54 2:18	18:32 6:38	20:22 1:50	23:36 3:14	38:38 15:02	42:00 3:22	45:12 3:12	49:29 4:17	55:57 6:28	60:39 4:42	63:19 2:40	65:49 2:30	67:40 1:51	69:02 1:22
12	Scott Bailey BOK	70:00	2:17 2:17 70:00	5:31 3:14	8:36 3:05	10:30 1:54	13:08 2:38	21:27 8:19	23:37 2:10	27:57 4:20	34:03 6:06	37:51 3:48	42:35 4:44	48:42 6:07	56:47 8:05	60:20 3:33	63:12 2:52	65:10 1:58	66:57 1:47	69:23 2:26
13	Tom Baker HOC	71:08	2:46 2:46 71:08	5:08 2:22	8:10 3:02	10:16 2:06	12:50 2:34	20:53 8:03	23:17 2:24	30:58 7:41	38:45 7:47	42:26 3:41	46:19 3:53	54:33 8:14	57:07 2:34	60:33 3:26	63:36 3:03	66:22 2:46	68:33 2:11	70:25 1:52

PI	Name	Time	6.3 km 250 m 18 C (cont.)																	
			1(42) F	2(58)	3(52)	4(45)	5(47)	6(67)	7(65)	8(51)	9(35)	10(41)	11(50)	12(46)	13(53)	14(70)	15(43)	16(49)	17(57)	18(54)
Blue (45)																				
14	Richard Davies HOC	71:48	2:43 2:43 71:48 0:48	5:36 2:53	8:23 2:47	10:49 2:26	14:18 3:29	23:15 8:57	25:36 2:21	31:35 5:59	38:39 7:04	43:08 4:29	47:00 3:52	55:59 8:59	57:55 1:56	62:07 4:12	65:20 3:13	67:35 2:15	69:36 2:01	71:00 1:24
15	Lucas Ashworth IND	73:08	3:41 3:41 73:08 0:36	7:22 3:41	10:14 2:52	12:18 2:04	15:16 2:58	22:39 7:23	24:30 1:51	28:13 3:43	36:13 8:00	39:51 3:38	44:50 4:59	50:45 5:55	58:32 7:47	62:30 3:58	65:23 2:53	68:28 3:05	71:06 2:38	72:32 1:26
16	Kelvin Davies BOK	73:20	2:24 2:24 73:20 0:49	4:52 2:28	7:44 2:52	10:41 2:57	13:20 2:39	24:37 11:17	27:39 3:02	32:46 5:07	39:32 6:46	43:33 4:01	46:58 3:25	56:37 9:39	58:30 1:53	62:40 4:10	66:15 3:35	68:28 2:13	70:44 2:16	72:31 1:47
17	Duncan Innes BOK	73:27	2:26 2:26 73:27 0:46	4:32 2:06	7:15 2:43	10:36 3:21	13:20 2:44	21:07 7:47	25:12 4:05	30:03 4:51	36:12 6:09	39:59 3:47	43:44 3:45	51:15 7:31	57:40 6:25	61:39 3:59	67:33 5:54	69:52 2:19	71:35 1:43	72:41 1:06
18	Steve Green NGOC	74:25	2:29 2:29 74:25 0:43	4:43 2:14	7:13 2:30	9:30 2:17	13:39 4:09	21:07 7:28	30:34 9:27	34:53 4:19	43:19 8:26	47:34 4:15	51:07 3:33	58:57 7:50	60:39 1:42	64:58 4:19	68:24 3:26	70:56 2:32	72:36 1:40	73:42 1:06
19	Greg Best NGOC	75:46	2:49 2:49 75:46 0:44	5:36 2:47	8:36 3:00	11:08 2:32	14:48 3:40	25:07 10:19	28:04 2:57	32:05 4:01	39:15 7:10	44:01 4:46	47:40 3:39	58:10 10:30	60:26 2:16	64:35 4:09	68:14 3:39	71:02 2:48	72:54 1:52	75:02 2:08
20	Roger Maher SO	76:52	2:56 2:56 76:52 0:46	5:10 2:14	8:49 3:39	11:44 2:55	15:26 3:42	23:57 8:31	26:34 2:37	36:05 9:31	43:06 7:01	47:22 4:16	51:16 3:54	59:55 8:39	62:40 2:45	66:29 3:49	69:47 3:18	72:22 2:35	74:37 2:15	76:06 1:29
21	Clive Caffall NGOC	77:50	2:42 2:42 77:50 0:49	6:26 3:44	9:17 2:51	11:53 2:36	15:03 3:10	24:38 9:35	27:16 2:38	32:16 5:00	38:22 6:06	43:27 5:05	47:36 4:09	61:37 14:01	63:45 2:08	67:21 3:36	70:43 3:22	72:57 2:14	75:02 2:05	77:01 1:59
22	Dave Austin NGOC	80:10	2:59 2:59 80:10 0:48	6:36 3:37	11:32 4:56	15:42 4:10	19:28 3:46	31:20 11:52	33:37 2:17	39:14 5:37	44:46 5:32	48:33 3:47	53:20 4:47	63:43 10:23	65:41 1:58	70:06 4:25	73:30 3:24	75:49 2:19	77:57 2:08	79:22 1:25
22	John Shea NGOC	80:10	4:17 4:17 80:10 1:04	7:53 3:36	11:29 3:36	14:41 3:12	18:09 3:28	26:43 8:34	29:09 2:26	34:32 5:23	41:51 7:19	46:00 4:09	49:13 3:13	57:54 8:41	60:31 2:37	64:51 4:20	69:38 4:47	75:40 6:02	77:41 2:01	79:06 1:25
24	Joe Parkinson NGOC	81:30	2:49 2:49 81:30 0:50	4:54 2:05	7:57 3:03	10:44 2:47	13:20 2:36	25:59 12:39	28:45 2:46	34:23 5:38	42:18 7:55	47:16 4:58	52:50 5:34	62:30 9:40	65:03 2:33	69:45 4:42	74:01 4:16	76:41 2:40	79:07 2:26	80:40 1:33
25	Christine Farr SWOC	81:45	3:22 3:22 81:45 0:44	6:45 3:23	10:37 3:52	13:30 2:53	17:35 4:05	27:21 9:46	30:19 2:58	36:08 5:49	44:07 7:59	48:57 4:50	53:54 4:57	57:14 3:20	65:16 8:02	69:49 4:33	74:02 4:13	76:43 2:41	79:22 2:39	81:01 1:39
26	Alan Pucill NGOC	82:18	3:33 3:33 82:18 0:37	5:49 2:16	9:05 3:16	11:41 2:36	15:09 3:28	22:59 7:50	25:46 2:47	32:05 6:19	41:20 9:15	46:14 4:54	50:34 4:20	60:52 10:18	63:13 2:21	67:20 4:07	71:23 4:03	77:51 6:28	79:56 2:05	81:41 1:45

PI	Name	Time	6.3 km 250 m 18 C (cont.)																	
			1(42) F	2(58)	3(52)	4(45)	5(47)	6(67)	7(65)	8(51)	9(35)	10(41)	11(50)	12(46)	13(53)	14(70)	15(43)	16(49)	17(57)	18(54)
27	Gill Lock SBOC	82:51	2:44 2:44 82:51 0:44	5:46 3:02	8:36 2:50	11:00 2:24	14:46 3:46	27:02 12:16	38:51 11:49	44:10 5:19	50:33 6:23	54:55 4:22	58:16 3:21	66:50 8:34	68:56 2:06	73:04 4:08	76:34 3:30	79:08 2:34	80:54 1:46	82:07 1:13
28	Scott Johnson NGOC	82:56	2:45 2:45 82:56 0:48	5:16 2:31	8:38 3:22	10:42 2:04	14:03 3:21	22:05 8:02	29:07 7:02	36:04 6:57	42:14 6:10	47:56 5:42	51:11 3:15	64:37 13:26	66:27 1:50	69:42 3:15	74:10 4:28	78:41 4:31	80:46 2:05	82:08 1:22
29	James Wilkinson HOC	84:28	3:03 3:03 84:28 0:27	5:26 2:23	9:25 3:59	12:35 3:10	15:37 3:02	25:27 9:50	28:23 2:56	34:51 6:28	43:20 8:29	48:38 5:18	53:11 4:33	64:32 11:21	66:49 2:17	71:21 4:32	76:01 4:40	78:52 2:51	81:10 2:18	84:01 2:51
30	Neil Bradshaw NGOC	87:31	2:51 2:51 87:31 1:11	5:33 2:42	8:54 3:21	11:32 2:38	14:53 3:21	23:34 8:41	28:16 4:42	36:27 8:11	46:03 9:36	51:08 5:05	54:38 3:30	69:23 14:45	71:57 2:34	76:07 4:10	79:54 3:47	82:31 2:37	84:38 2:07	86:20 1:42
31	Anders Johansson NGOC	87:36	2:39 2:39 87:36 0:49	5:10 2:31	8:27 3:17	11:07 2:40	13:53 2:46	24:37 10:44	27:26 2:49	32:20 4:54	42:33 10:13	46:59 4:26	51:20 4:21	63:45 12:25	66:35 2:50	71:20 4:45	77:10 5:50	80:08 2:58	82:34 2:26	86:47 4:13
32	Tom Mills NGOC	90:01	2:48 2:48 90:01 0:45	5:36 2:48	8:59 3:23	13:24 4:25	17:06 3:42	25:55 8:49	29:07 3:12	33:58 4:51	42:02 8:04	46:26 4:24	51:06 4:40	60:11 9:05	70:36 10:25	76:06 5:30	81:48 5:42	85:01 3:13	87:45 2:44	89:16 1:31
33	Samuel Taunton NGOC	91:20	2:55 2:55 91:20 0:43	7:38 4:43	11:14 3:36	13:57 2:43	17:27 3:30	27:30 10:03	32:23 4:53	42:10 9:47	50:22 8:12	55:53 5:31	60:03 4:10	66:45 6:42	76:11 9:26	81:06 4:55	85:01 3:55	87:22 2:21	89:22 2:00	90:37 1:15
34	Tessa Lewis SWOC	91:46	3:06 3:06 91:46 0:47	6:34 3:28	10:09 3:35	13:21 3:12	16:47 3:26	25:12 8:25	28:30 3:18	38:21 9:51	45:34 7:13	51:14 5:40	56:19 5:05	67:19 11:00	71:34 4:15	76:03 4:29	83:06 7:03	85:53 2:47	89:11 3:18	90:59 1:48
35	Martyn Brown NGOC	92:54	3:39 3:39 92:54 1:05	6:28 2:49	9:39 3:11	12:36 2:57	17:19 4:43	27:37 10:18	35:50 8:13	42:19 6:29	51:48 9:29	56:03 4:15	59:39 3:36	69:42 10:03	74:33 4:51	80:43 6:10	84:33 3:50	87:38 3:05	89:52 2:14	91:49 1:57
36	Steve Williams NGOC	95:08	4:13 4:13 95:08 0:42	6:25 2:12	10:41 4:16	12:49 2:08	17:39 4:50	29:25 11:46	34:30 5:05	39:42 5:12	47:43 8:01	53:08 5:25	57:39 4:31	70:12 12:33	72:38 2:26	80:35 7:57	86:04 5:29	89:47 3:43	93:03 3:16	94:26 1:23
37	Shirley Robinson NGOC	97:08	3:06 3:06 97:08 0:51	8:25 5:19	11:42 3:17	14:26 2:44	19:49 5:23	32:26 12:37	35:13 2:47	41:08 5:55	48:25 7:17	54:41 6:16	60:28 5:47	71:07 10:39	76:57 5:50	82:03 5:06	87:53 5:50	91:21 3:28	94:19 2:58	96:17 1:58
38	Karl Kingsman HOC	97:15	3:05 3:05 97:15 0:50	6:05 3:00	9:04 2:59	11:34 2:30	15:52 4:18	26:12 10:20	29:08 2:56	40:43 11:35	49:18 8:35	57:18 8:00	61:44 4:26	72:07 10:23	76:26 4:19	79:49 3:23	88:49 9:00	92:11 3:22	95:00 2:49	96:25 1:25
39	Stephen Robinson NGOC	99:32	6:59 6:59 99:32 1:26	10:46 3:47	15:42 4:56	18:14 2:32	20:52 2:38	31:52 11:00	35:12 3:20	42:24 7:12	50:35 8:11	56:49 6:14	63:01 6:12	74:26 11:25	77:30 3:04	82:29 4:59	90:14 7:45	93:29 3:15	96:12 2:43	98:06 1:54

PI	Name	Time	4.3 km 130 m 13 C													F
			1(55)	2(64)	3(56)	4(65)	5(53)	6(48)	7(43)	8(35)	9(59)	10(51)	11(39)	12(57)	13(54)	
1	Mike Farrington	49:55	3:55	5:45	7:35	16:47	21:28	25:26	28:16	31:20	34:47	40:03	46:29	47:55	49:12	49:55
	HOC		3:55	1:50	1:50	9:12	4:41	3:58	2:50	3:04	3:27	5:16	6:26	1:26	1:17	0:43
2	Alfie Bullus	56:53	2:22	5:40	8:01	17:28	21:36	26:51	31:13	34:33	39:39	45:02	52:29	54:18	56:03	56:53
	OD		2:22	3:18	2:21	9:27	4:08	5:15	4:22	3:20	5:06	5:23	7:27	1:49	1:45	0:50
3	Dave Hartley	57:08	2:12	4:12	6:40	15:48	19:07	24:31	30:21	34:20	37:53	44:11	52:09	54:15	56:21	57:08
	NGOC		2:12	2:00	2:28	9:08	3:19	5:24	5:50	3:59	3:33	6:18	7:58	2:06	2:06	0:47
4	Tom Birthwright	58:45	2:36	5:41	8:03	18:06	25:15	29:36	34:47	38:55	43:02	48:08	55:00	56:38	58:00	58:45
	NGOC		2:36	3:05	2:22	10:03	7:09	4:21	5:11	4:08	4:07	5:06	6:52	1:38	1:22	0:45
5	John Mills	59:23	2:27	4:50	8:19	18:18	24:15	28:50	32:34	36:16	40:18	47:12	55:40	57:04	58:35	59:23
	SWOC		2:27	2:23	3:29	9:59	5:57	4:35	3:44	3:42	4:02	6:54	8:28	1:24	1:31	0:48
6	Peter Ribbans	59:44	2:52	5:14	7:47	19:10	22:13	27:55	32:14	36:39	41:13	46:42	53:39	57:22	58:52	59:44
	SWOC		2:52	2:22	2:33	11:23	3:03	5:42	4:19	4:25	4:34	5:29	6:57	3:43	1:30	0:52
7	Lester Hartmann	60:13	2:52	5:17	8:19	20:58	23:46	29:09	33:02	36:52	40:58	47:12	56:06	57:32	59:06	60:13
	HOC		2:52	2:25	3:02	12:39	2:48	5:23	3:53	3:50	4:06	6:14	8:54	1:26	1:34	1:07
8	Simon Denman	61:18	2:06	3:58	6:25	17:40	24:34	30:32	34:15	37:27	40:38	49:05	58:05	59:25	60:39	61:18
	NGOC		2:06	1:52	2:27	11:15	6:54	5:58	3:43	3:12	3:11	8:27	9:00	1:20	1:14	0:39
9	Vanessa Lawson	66:14	2:53	5:01	8:04	22:24	27:31	33:34	38:38	43:21	46:52	55:56	62:18	64:04	65:34	66:14
	NGOC		2:53	2:08	3:03	14:20	5:07	6:03	5:04	4:43	3:31	9:04	6:22	1:46	1:30	0:40
10	Ben Arkell	69:08	6:09	8:31	25:40	34:48	38:04	43:56	46:28	50:10	54:34	60:40	65:57	67:19	68:29	69:08
	IND		6:09	2:22	17:09	9:08	3:16	5:52	2:32	3:42	4:24	6:06	5:17	1:22	1:10	0:39
11	Robert Teed	69:12	3:24	6:38	10:05	24:20	28:07	33:35	37:59	42:52	46:56	53:45	63:28	65:42	67:57	69:12
	NGOC		3:24	3:14	3:27	14:15	3:47	5:28	4:24	4:53	4:04	6:49	9:43	2:14	2:15	1:15
12	Mark Blackstone	70:27	3:05	5:38	8:29	20:17	25:21	31:00	35:23	39:42	46:15	52:35	61:50	65:54	69:07	70:27
	BOK		3:05	2:33	2:51	11:48	5:04	5:39	4:23	4:19	6:33	6:20	9:15	4:04	3:13	1:20
13	Lynden Hartmann	71:52	2:57	7:05	10:41	25:20	28:32	34:15	38:32	43:28	47:33	58:01	67:09	68:51	70:42	71:52
	HOC		2:57	4:08	3:36	14:39	3:12	5:43	4:17	4:56	4:05	10:28	9:08	1:42	1:51	1:10
14	Kieran Baker	72:27	3:09	6:09	9:16	30:53	36:07	40:09	44:03	47:47	52:03	61:34	68:47	70:21	71:49	72:27
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15	Siobhan Lock	74:06	2:23	4:58	8:09	19:03	25:22	32:23	36:37	47:18	51:43	60:27	69:20	71:29	73:24	74:06
	SBOC		2:23	2:35	3:11	10:54	6:19	7:01	4:14	10:41	4:25	8:44	8:53	2:09	1:55	0:42
16	Lin Callard	76:32	2:56	5:36	9:48	23:00	29:13	36:04	39:57	44:03	48:17	59:27	69:39	72:55	74:57	76:32
	NGOC		2:56	2:40	4:12	13:12	6:13	6:51	3:53	4:06	4:14	11:10	10:12	3:16	2:02	1:35
17	Julia Wilkinson	79:12	3:48	7:03	10:21	30:11	35:10	40:59	45:51	51:52	56:41	64:20	74:11	76:02	78:06	79:12
	HOC		3:48	3:15	3:18	19:50	4:59	5:49	4:52	6:01	4:49	7:39	9:51	1:51	2:04	1:06
18	Paul Hammond	79:27	2:15	4:24	8:22	21:03	23:46	30:54	35:33	42:40	50:49	65:12	75:37	77:08	78:35	79:27
	HOC		2:15	2:09	3:58	12:41	2:43	7:08	4:39	7:07	8:09	14:23	10:25	1:31	1:27	0:52
19	John Higgins	84:02	4:00	7:48	11:44	27:15	31:20	37:47	43:03	48:02	56:13	68:31	78:18	80:31	82:57	84:02
	BOK		4:00	3:48	3:56	15:31	4:05	6:27	5:16	4:59	8:11	12:18	9:47	2:13	2:26	1:05
20	Merce Aloy	85:23	4:08	7:02	11:22	28:25	39:32	45:38	50:36	54:54	59:54	69:23	79:38	81:44	84:10	85:23
	IND		4:08	2:54	4:20	17:03	11:07	6:06	4:58	4:18	5:00	9:29	10:15	2:06	2:26	1:13
21	Brian Laycock	86:01	3:48	6:26	9:06	23:21	42:54	48:21	52:39	58:51	62:19	73:35	81:39	83:19	85:08	86:01
	HOC		3:48	2:38	2:40	14:15	19:33	5:27	4:18	6:12	3:28	11:16	8:04	1:40	1:49	0:53
22	Rosalind Taunton	86:11	3:07	7:45	11:59	29:10	33:18	39:55	45:34	51:39	57:44	66:58	79:23	82:01	84:55	86:11
	NGOC		3:07	4:38	4:14	17:11	4:08	6:37	5:39	6:05	6:05	9:14	12:25	2:38	2:54	1:16
23	Jane Holcombe	86:27	3:20	8:33	12:31	31:16	35:27	41:19	46:32	57:19	63:11	70:17	80:30	83:20	85:43	86:27
	BOK		3:20	5:13	3:58	18:45	4:11	5:52	5:13	10:47	5:52	7:06	10:13	2:50	2:23	0:44
24	Dave Tookey	86:46	2:58	6:35	10:15	26:38	35:52	46:49	51:50	58:40	63:08	69:05	78:08	82:52	85:27	86:46
	HH		2:58	3:37	3:40	16:23	9:14	10:57	5:01	6:50	4:28	5:57	9:03	4:44	2:35	1:19
25	Gary Wakerley	87:03	3:57	7:17	10:38	27:03	31:15	41:09	46:40	52:12	59:43	69:10	80:28	82:44	85:50	87:03
	NGOC		3:57	3:20	3:21	16:25	4:12	9:54	5:31	5:32	7:31	9:27	11:18	2:16	3:06	1:13
26	Martin Evans	88:43	2:46	5:03	8:04	38:56	42:57	47:49	53:15	57:52	62:48	74:30	84:11	86:10	87:49	88:43
	BOK		2:46	2:17	3:01	30:52	4:01	4:52	5:26	4:37	4:56	11:42	9:41	1:59	1:39	0:54
27	Sue Ashton	88:49	3:12	6:41	12:35	27:33	32:45	38:32	43:26	49:12	54:38	67:33	81:29	83:47	87:39	88:49
	NGOC		3:12	3:29	5:54	14:58	5:12	5:47	4:54	5:46	5:26	12:55	13:56	2:18	3:52	1:10

PI	Name	Time	4.3 km 130 m 13 C (cont.)													F	
			1(55)	2(64)	3(56)	4(65)	5(53)	6(48)	7(43)	8(35)	9(59)	10(51)	11(39)	12(57)	13(54)		
28	Colin Spears	88:59	3:29	6:59	10:01	26:48	36:40	43:54	50:43	59:24	67:39	74:55	83:30	85:37	87:53	88:59	
	HOC		3:29	3:30	3:02	16:47	9:52	7:14	6:49	8:41	8:15	7:16	8:35	2:07	2:16	1:06	
29	Jill MacKenzie	89:38	3:30	6:59	10:28	27:17	44:49	50:49	55:09	60:25	65:03	75:03	84:24	86:13	88:24	89:38	
	HOC		3:30	3:29	3:29	16:49	17:32	6:00	4:20	5:16	4:38	10:00	9:21	1:49	2:11	1:14	
30	Murray Weir	90:46	3:47	9:05	12:53	34:47	38:28	43:58	48:28	59:15	63:40	70:46	82:29	84:34	90:07	90:46	
	SN		3:47	5:18	3:48	21:54	3:41	5:30	4:30	10:47	4:25	7:06	11:43	2:05	5:33	0:39	
31	Stephen Weir	90:54	3:53	9:09	12:57	34:55	38:25	43:42	48:24	59:23	63:57	70:59	82:33	84:39	90:11	90:54	
	SN		3:53	5:16	3:48	21:58	3:30	5:17	4:42	10:59	4:34	7:02	11:34	2:06	5:32	0:43	
32	Alan Mackenzie	97:13	4:28	8:41	12:54	28:18	32:47	41:57	48:06	57:26	65:52	76:18	89:14	92:47	95:49	97:13	39:49
	BOK		4:28	4:13	4:13	15:24	4:29	9:10	6:09	9:20	8:26	10:26	12:56	3:33	3:02	1:24	*70
33	Kim Liggett	99:10	6:11	9:13	12:59	37:24	40:15	47:37	52:53	64:14	69:58	80:21	92:31	94:30	97:17	99:10	
	NGOC		6:11	3:02	3:46	24:25	2:51	7:22	5:16	11:21	5:44	10:23	12:10	1:59	2:47	1:53	
34	Adrian Dawson	108:44	5:05	9:11	13:05	35:02	41:17	50:18	59:35	66:19	75:28	87:33	100:31	103:03	107:04	108:44	
	SARUM		5:05	4:06	3:54	21:57	6:15	9:01	9:17	6:44	9:09	12:05	12:58	2:32	4:01	1:40	
35	Hilary Nicholls	112:29	3:27	7:08	10:58	42:22	48:52	58:33	64:19	71:20	76:52	87:24	104:17	107:20	110:55	112:29	
	NGOC		3:27	3:41	3:50	31:24	6:30	9:41	5:46	7:01	5:32	10:32	16:53	3:03	3:35	1:34	
36	John Coleman	115:28	2:39	5:17	8:14	54:27	61:56	69:44	73:56	84:23	90:08	100:10	110:16	111:50	114:09	115:28	
	NGOC		2:39	2:38	2:57	46:13	7:29	7:48	4:12	10:27	5:45	10:02	10:06	1:34	2:19	1:19	
	Laurence Gossage	mp	2:54	11:09	14:20	26:24	40:36	47:05	51:19	54:50	----	----	67:54	71:18	73:09	74:05	
	BOK		2:54	8:15	3:11	12:04	14:12	6:29	4:14	3:31	----	----	13:04	3:24	1:51	0:56	
	Matthew Lawson	mp	2:39	6:04	8:15	19:45	24:05	----	----	----	----	----	----	----	----	----	
	NGOC		2:39	3:25	2:11	11:30	4:20	----	----	----	----	----	----	----	----	----	
	Nigel Cousins	mp	3:36	9:09	12:04	28:02	31:18	35:33	39:13	47:39	55:26	----	100:23	106:19	108:58	110:11	89:58
	HOC		3:36	5:33	2:55	15:58	3:16	4:15	3:40	8:26	7:47	----	44:57	5:56	2:39	1:13	*46
	John Fallows	mp	2:38	4:40	6:55	20:45	28:16	32:56	----	----	----	----	37:41	39:45	41:56	43:28	
	NGOC		2:38	2:02	2:15	13:50	7:31	4:40	----	----	----	----	4:45	2:04	2:11	1:32	
	Hannah Bradley	mp	3:47	6:13	11:33	----	----	35:20	40:12	50:32	55:08	61:42	71:12	73:37	75:33	76:34	
	NGOC		3:47	2:26	5:20	----	----	23:47	4:52	10:20	4:36	6:34	9:30	2:25	1:56	1:01	

PI	Name	Time	3.0 km 90 m 9 C									
			1(33)	2(57)	3(35)	4(44)	5(60)	6(62)	7(63)	8(61)	9(39)	F
1	Helen Murray	32:18	3:34	6:12	8:24	9:58	16:20	20:46	25:01	28:18	29:30	32:18
	IND		3:34	2:38	2:12	1:34	6:22	4:26	4:15	3:17	1:12	2:48
2	Benjamin Arkell	33:28	3:19	8:34	14:26	15:28	18:45	21:16	24:34	27:23	31:42	33:28
	IND		3:19	5:15	5:52	1:02	3:17	2:31	3:18	2:49	4:19	1:46
3	Peter Maloney	39:41	4:29	7:34	10:05	11:57	17:37	22:47	30:19	34:32	36:05	39:41
	IND		4:29	3:05	2:31	1:52	5:40	5:10	7:32	4:13	1:33	3:36
4	Graham Tough	45:55	5:27	9:19	12:45	14:46	21:57	28:01	34:10	39:29	41:08	45:55
	SWOC		5:27	3:52	3:26	2:01	7:11	6:04	6:09	5:19	1:39	4:47
5	Carol Farrington	47:45	4:20	8:51	11:54	14:17	23:08	28:37	37:39	42:12	44:06	47:45
	HOC		4:20	4:31	3:03	2:23	8:51	5:29	9:02	4:33	1:54	3:39
6	Ashleigh Denman	47:56	3:35	6:28	8:35	10:08	17:38	29:28	37:59	42:48	44:23	47:56
	NGOC		3:35	2:53	2:07	1:33	7:30	11:50	8:31	4:49	1:35	3:33
7	Penny Rodgers	48:38	4:27	7:40	18:57	20:25	25:42	30:56	37:29	42:07	44:59	48:38
	IND		4:27	3:13	11:17	1:28	5:17	5:14	6:33	4:38	2:52	3:39
8	Carys Lock	49:04	3:37	8:37	10:37	16:47	24:43	30:39	36:59	42:51	45:35	49:04
	SBOC		3:37	5:00	2:00	6:10	7:56	5:56	6:20	5:52	2:44	3:29
9	Gaye Callard	51:55	5:42	8:54	12:00	14:35	21:10	27:52	39:50	45:07	47:43	51:55
	NGOC		5:42	3:12	3:06	2:35	6:35	6:42	11:58	5:17	2:36	4:12
10	Hamish Weir	52:49	5:58	11:11	15:15	18:13	28:30	33:47	42:11	47:32	49:42	52:49
	SN		5:58	5:13	4:04	2:58	10:17	5:17	8:24	5:21	2:10	3:07
11	Rebecca Ward	53:14	3:13	8:51	10:52	12:19	21:48	28:28	37:50	46:19	48:56	53:14
	NGOC		3:13	5:38	2:01	1:27	9:29	6:40	9:22	8:29	2:37	4:18
12	Clare Grant	53:38	3:59	6:57	12:22	14:12	19:33	24:46	44:16	48:33	50:16	53:38
	SWOC		3:59	2:58	5:25	1:50	5:21	5:13	19:30	4:17	1:43	3:22
13	Sheila Miklausic	55:08	5:36	11:36	14:24	17:41	25:39	31:31	39:38	47:30	48:51	55:08
	NGOC		5:36	6:00	2:48	3:17	7:58	5:52	8:07	7:52	1:21	6:17
14	Joe Bryce	59:16	5:09	10:53	14:14	16:54	25:37	33:01	42:51	49:56	53:48	59:16
	NGOC		5:09	5:44	3:21	2:40	8:43	7:24	9:50	7:05	3:52	5:28
15	Suzette Spears	64:16	5:20	10:27	16:48	20:16	29:54	37:06	50:48	56:55	59:27	64:16
	HOC		5:20	5:07	6:21	3:28	9:38	7:12	13:42	6:07	2:32	4:49
16	Alex + Gerd Busker	68:03	6:49	11:00	14:21	18:47	29:27	39:28	49:51	59:34	62:15	68:03
	IND		6:49	4:11	3:21	4:26	10:40	10:01	10:23	9:43	2:41	5:48
17	Emma + Jane + Rot	76:11	7:09	13:29	18:31	25:18	35:50	45:43	59:25	67:45	72:14	76:11
	IND		7:09	6:20	5:02	6:47	10:32	9:53	13:42	8:20	4:29	3:57
18	Hazel Blackstone	111:21	9:14	16:27	24:26	34:06	58:24	69:22	88:56	97:46	101:22	111:21
	BOK		9:14	7:13	7:59	9:40	24:18	10:58	19:34	8:50	3:36	9:59

PI	Name	Time	2.2 km 75 m 10 C										F
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	
1	George Mooney	13:48	0:28	1:15	2:27	3:29	4:27	6:26	7:49	9:52	11:26	12:46	13:48
	NGOC		0:28	0:47	1:12	1:02	0:58	1:59	1:23	2:03	1:34	1:20	1:02
2	Rebecca Ward	20:19	0:34	1:26	3:04	4:25	8:54	10:32	12:31	16:02	17:52	19:15	20:19
	NGOC		0:34	0:52	1:38	1:21	4:29	1:38	1:59	3:31	1:50	1:23	1:04
3	Pablo Mooney	22:21	0:36	1:54	3:45	5:14	7:09	10:03	12:40	17:22	19:53	21:14	22:21
	NGOC		0:36	1:18	1:51	1:29	1:55	2:54	2:37	4:42	2:31	1:21	1:07
4	Reuben Lawson	22:32	0:36	2:00	4:02	6:03	7:33	10:31	13:25	17:05	19:54	21:23	22:32
	NGOC		0:36	1:24	2:02	2:01	1:30	2:58	2:54	3:40	2:49	1:29	1:09
5	Rose Taylor	28:22	0:46	2:09	5:23	7:13	9:00	12:03	16:46	21:17	24:35	26:56	28:22
	HOC		0:46	1:23	3:14	1:50	1:47	3:03	4:43	4:31	3:18	2:21	1:26
6	Jessica Ward	31:56	0:32	3:23	6:24	8:11	12:46	15:35	19:14	24:15	28:04	30:12	31:56
	NGOC		0:32	2:51	3:01	1:47	4:35	2:49	3:39	5:01	3:49	2:08	1:44
7	Barthelmy Pige	38:10	1:26	2:59	5:51	8:16	10:07	14:24	20:10	25:53	31:30	36:21	38:10
	NGOC		1:26	1:33	2:52	2:25	1:51	4:17	5:46	5:43	5:37	4:51	1:49
8	Anna Bryce	60:17	2:37	3:52	6:57	12:06	15:28	22:20	29:47	41:19	47:33	54:14	60:17
	NGOC		2:37	1:15	3:05	5:09	3:22	6:52	7:27	11:32	6:14	6:41	6:03
9	Drew + Matti Teed	87:15	2:42	5:53	18:16	24:09	32:08	40:20	48:40	61:45	72:50	80:45	87:15
	NGOC		2:42	3:11	12:23	5:53	7:59	8:12	8:20	13:05	11:05	7:55	6:30