

PI	Name	Time	6.5 km 205 m 19 C																		
			1(54) 19(51)	2(40) F	3(49)	4(41)	5(44)	6(45)	7(71)	8(46)	9(47)	10(69)	11(43)	12(59)	13(42)	14(52)	15(48)	16(62)	17(50)	18(53)	
<b>Blue (57)</b>																					
1	Mark Burley BOK	51:33	2:57 2:57 50:21	5:04 2:07 51:33	9:00 3:56	10:37 1:37	18:13 7:36	20:15 2:02	23:26 3:11	25:01 1:35	26:25 1:24	27:51 1:26	31:18 3:27	34:29 3:11	37:42 3:13	39:47 2:05	42:36 2:49	44:51 2:15	47:11 2:20	48:48 1:37	
2	Joe Gidley NGOC	51:37	2:52 2:52 50:08	5:00 2:08 51:37	9:23 4:23	13:00 3:37	20:21 7:21	22:19 1:58	25:43 3:24	27:26 1:43	29:00 1:34	30:27 1:27	32:47 2:20	35:35 2:48	38:15 2:40	39:24 1:09	42:26 3:02	44:35 2:09	46:49 2:14	48:39 1:50	
3	Mark Bown BOK	51:56	2:51 2:51 50:45	5:14 2:23 51:56	9:18 4:04	11:18 2:00	21:07 9:49	23:21 2:14	26:39 3:18	28:14 1:35	29:39 1:25	30:51 1:12	33:43 2:52	36:31 2:48	39:28 2:57	40:39 1:11	43:06 2:27	45:06 2:00	47:36 2:30	49:18 1:42	
4	Peter Ward NGOC	53:42	2:33 2:33 52:27	4:45 2:12 53:42	11:05 6:20	14:51 3:46	20:58 6:07	23:43 2:45	27:26 3:43	29:10 1:44	30:48 1:38	32:49 2:01	35:12 2:23	37:47 2:35	40:41 2:54	41:56 1:15	44:35 2:39	46:23 1:48	48:41 2:18	50:36 1:55	
5	Matt Stott NGOC	57:04	3:08 3:08 56:04	5:49 2:41 57:04	11:50 6:01	13:42 1:52	22:34 8:52	24:48 2:14	30:43 5:55	32:36 1:53	33:58 1:22	35:01 1:03	37:26 2:25	40:57 3:31	45:06 4:09	46:25 1:19	48:41 2:16	51:14 2:33	53:18 2:04	54:46 1:28	
6	Tom Horton HOC	58:35	3:27 3:27 57:06	6:06 2:39 58:35	10:41 4:35	14:00 3:19	22:31 8:31	24:47 2:16	28:06 3:19	30:36 2:30	32:20 1:44	33:37 1:17	36:47 3:10	41:49 5:02	45:03 3:14	46:37 1:34	49:19 2:42	51:04 1:45	53:39 2:35	55:32 1:53	
7	Keith Agmen BOK	61:30	3:24 3:24 59:51	6:10 2:46 61:30	12:09 5:59	14:25 2:16	24:57 10:32	27:11 2:14	30:24 3:13	32:11 1:47	33:30 1:19	34:45 1:15	37:31 2:46	42:08 4:37	45:53 3:45	47:36 1:43	50:24 2:48	52:21 1:57	55:06 2:45	56:57 1:51	
8	Richard Cronin NGOC	62:00	3:38 3:38 60:45	6:38 3:00 62:00	11:42 5:04	15:58 4:16	24:56 8:58	27:39 2:43	32:18 4:39	34:32 2:14	36:40 2:08	37:59 1:19	40:37 2:38	45:09 4:32	47:59 2:50	49:14 1:15	52:24 3:10	54:52 2:28	57:33 2:41	59:20 1:47	
9	Gill Stott NGOC	67:07	2:49 2:49 65:52	5:21 2:32 67:07	10:06 4:45	15:27 5:21	26:47 11:20	29:16 2:29	35:43 6:27	38:28 2:45	40:29 2:01	41:49 1:20	44:12 2:23	50:24 6:12	53:22 2:58	55:58 2:36	58:25 2:27	60:11 1:46	62:42 2:31	64:27 1:45	
10	Patrick Wooddisse NGOC	68:27	3:05 3:05 67:20	5:34 2:29 68:27	13:44 8:10	17:34 3:50	33:13 15:39	35:48 2:35	40:07 4:19	42:31 2:24	44:00 1:29	45:07 1:07	48:50 3:43	52:09 3:19	55:09 3:00	56:25 1:16	58:46 2:21	61:14 2:28	63:38 2:24	65:28 1:50	
11	Caroline Craig NGOC	68:45	3:50 3:50 67:10	8:14 4:24 68:45	14:21 6:07	16:33 2:12	27:25 10:52	29:54 2:29	34:00 4:06	36:08 2:08	37:48 1:40	39:14 1:26	43:48 4:34	48:25 4:37	51:51 3:26	53:52 2:01	58:12 4:20	60:27 2:15	63:24 2:57	65:22 1:58	
12	Jeremy Callard NGOC	70:15	4:06 4:06 68:39	8:33 4:27 70:15	14:07 5:34	17:33 3:26	28:21 10:48	31:01 2:40	36:02 5:01	39:10 3:08	41:25 2:15	43:02 1:37	46:06 3:04	51:53 5:47	55:18 3:25	56:52 1:34	59:50 2:58	61:55 2:05	64:51 2:56	66:55 2:04	
13	Chris McCartney OD	70:41	3:14 3:14 69:18	5:39 2:25 70:41	13:35 7:56	15:18 1:43	23:07 7:49	25:07 2:00	28:57 3:50	31:08 2:11	33:36 2:28	34:55 1:19	39:48 4:53	44:14 4:26	48:08 3:54	49:14 1:06	59:42 10:28	62:10 2:28	65:03 2:53	67:26 2:23	



PI	Name	Time	6.5 km 205 m 19 C																	
			(cont.)																	
			1(54)	2(40)	3(49)	4(41)	5(44)	6(45)	7(71)	8(46)	9(47)	10(69)	11(43)	12(59)	13(42)	14(52)	15(48)	16(62)	17(50)	18(53)
			19(51)	F																
27	Philip Roberts IND	82:21	5:10 5:10 80:38 4:13	9:27 4:17 82:21 1:43	14:40 5:13	17:05 2:25	26:47 9:42	30:13 3:26	35:04 4:51	38:25 3:21	41:56 3:31	44:25 2:29	50:03 5:38	57:05 7:02	61:46 4:41	63:21 1:35	68:53 5:32	71:07 2:14	74:16 3:09	76:25 2:09
28	Tom Mills NGOC	82:45	5:43 5:43 80:41 2:47	8:56 3:13 82:45 2:04	16:46 7:50	21:03 4:17	32:00 10:57	35:34 3:34	40:30 4:56	43:09 2:39	45:36 2:27	47:21 1:45	50:55 3:34	55:13 4:18	61:21 6:08	63:56 2:35	69:18 5:22	72:27 3:09	75:44 3:17	77:54 2:10
29	Gerry Ashton NGOC	82:53	4:50 4:50 81:13 2:23	8:40 3:50 82:53 1:40	16:09 7:29	18:40 2:31	29:16 10:36	32:25 3:09	38:10 5:45	41:59 3:49	45:06 3:07	46:42 1:36	50:44 4:02	56:00 5:16	60:58 4:58	62:54 1:56	68:05 5:11	71:43 3:38	76:13 4:30	78:50 2:37
30	David Palmer BOK	83:05	5:10 5:10 81:25 2:32	8:39 3:29 83:05 1:40	15:38 6:59	18:53 3:15	29:53 11:00	33:11 3:18	37:59 4:48	40:59 3:00	43:04 2:05	44:51 1:47	53:09 8:18	57:19 4:10	61:54 4:35	63:57 2:03	69:24 5:27	72:41 3:17	76:22 3:41	78:53 2:31
31	Andfers Johansson NGOC	84:59	5:37 5:37 83:31 1:55	8:57 3:20 84:59 1:28	15:08 6:11	17:30 2:22	30:04 12:34	34:50 4:46	40:43 5:53	45:01 4:18	48:04 3:03	49:52 1:48	54:04 4:12	60:53 6:49	65:22 4:29	67:09 1:47	71:10 4:01	75:43 4:33	79:10 3:27	81:36 2:26
32	Steve Chiverton HOC	85:17	5:00 5:00 83:18 2:11	10:14 5:14 85:17 1:59	17:46 7:32	20:49 3:03	32:34 11:45	36:31 3:57	43:04 6:33	46:08 3:04	48:23 2:15	50:06 1:43	53:45 3:39	60:15 6:30	64:22 4:07	67:50 3:28	71:51 4:01	74:55 3:04	78:30 3:35	81:07 2:37
33	Neil Bradshaw NGOC	85:25	5:01 5:01 83:38 2:47	9:21 4:20 85:25 1:47	15:57 6:36	18:44 2:47	31:31 12:47	35:11 3:40	42:21 7:10	44:55 2:34	47:33 2:38	49:09 1:36	52:50 3:41	57:51 5:01	63:44 5:53	65:48 2:04	69:31 3:43	73:10 3:39	76:49 3:39	80:51 4:02
34	Joe Parkinson NGOC	85:53	6:22 6:22 83:50 2:09	9:50 3:28 85:53 2:03	15:33 5:43	20:09 4:36	34:17 14:08	38:08 3:51	43:42 5:34	46:01 2:19	48:33 2:32	50:18 1:45	53:58 3:40	60:41 6:43	67:50 7:09	69:47 1:57	73:08 3:21	75:49 2:41	79:13 3:24	81:41 2:28
35	Ben Arkell NGOC	86:00	5:26 5:26 84:21 2:21	8:38 3:12 86:00 1:39	15:31 6:53	21:17 5:46	30:16 8:59	32:48 2:32	40:37 7:49	43:34 2:57	45:46 2:12	47:28 1:42	50:01 2:33	57:35 7:34	66:41 9:06	68:05 1:24	72:04 3:59	75:09 3:05	79:51 4:42	82:00 2:09
36	Paul Taunton NGOC	86:43	5:00 5:00 84:34 2:40	9:23 4:23 86:43 2:09	17:07 7:44	20:15 3:08	34:02 13:47	37:41 3:39	44:35 6:54	47:34 2:59	49:42 2:08	51:39 1:57	55:56 4:17	60:58 5:02	65:41 4:43	68:12 2:31	72:17 4:05	75:11 2:54	79:07 3:56	81:54 2:47
37	Christine Farr SWOC	87:38	6:59 6:59 86:00 2:15	10:31 3:32 87:38 1:38	17:42 7:11	21:56 4:14	35:06 13:10	38:45 3:39	44:39 5:54	48:21 3:42	51:00 2:39	52:45 1:45	56:26 3:41	60:41 4:15	66:54 6:13	68:47 1:53	73:31 4:44	77:02 3:31	80:58 3:56	83:45 2:47
38	Neil Cameron NGOC	88:25	6:40 6:40 86:09 2:30	10:56 4:16 88:25 2:16	17:37 6:41	21:53 4:16	34:21 12:28	37:35 3:14	45:14 7:39	48:22 3:08	51:38 3:16	53:11 1:33	56:56 3:45	63:01 6:05	67:32 4:31	69:32 2:00	73:29 3:57	77:03 3:34	80:56 3:53	83:39 2:43
39	Rodney Archard NGOC	90:25	4:48 4:48 88:24 2:50	9:03 4:15 90:25 2:01	16:43 7:40	21:24 4:41	33:29 12:05	37:25 3:56	44:02 6:37	47:18 3:16	50:54 3:36	52:40 1:46	56:53 4:13	62:37 5:44	70:06 7:29	72:01 1:55	75:47 3:46	79:13 3:26	83:12 3:59	85:34 2:22

PI	Name	Time	6.5 km 205 m 19 C (cont.)																	
			1(54) 19(51)	2(40) F	3(49)	4(41)	5(44)	6(45)	7(71)	8(46)	9(47)	10(69)	11(43)	12(59)	13(42)	14(52)	15(48)	16(62)	17(50)	18(53)
40	Alan Pucill NGOC	91:25	4:20 4:20 89:55 2:22	7:49 3:29 91:25 1:30	13:59 6:10	25:30 11:31	38:30 13:00	42:00 3:30	47:47 5:47	51:50 4:03	55:02 3:12	56:44 1:42	60:28 3:44	66:05 5:37	70:38 4:33	72:30 1:52	76:24 3:54	79:32 3:08	84:16 4:44	87:33 3:17
41	Steve Green NGOC	91:49	3:28 3:28 90:26 1:49	6:09 2:41 91:49 1:23	13:56 7:47	24:18 10:22	46:10 21:52	50:01 3:51	58:05 8:04	60:36 2:31	62:55 2:19	64:20 1:25	68:06 3:46	71:39 3:33	76:14 4:35	77:45 1:31	81:11 3:26	83:23 2:12	86:12 2:49	88:37 2:25
42	Clive Caffall NGOC	94:42	4:26 4:26 92:30 2:12	7:35 3:09 94:42 2:12	13:24 5:49	22:40 9:16	33:20 10:40	36:00 2:40	41:52 5:52	45:56 4:04	48:35 2:39	50:07 1:32	60:39 10:32	64:48 4:09	68:41 3:53	75:15 6:34	81:27 6:12	84:10 2:43	87:41 3:31	90:18 2:37
43	Peter Langmaid HOC	96:54	4:37 4:37 95:15 5:49	7:58 3:21 96:54 1:39	14:56 6:58	22:01 7:05	34:59 12:58	39:15 4:16	44:23 5:08	47:21 2:58	50:25 3:04	52:00 1:35	57:18 5:18	64:15 6:57	73:02 8:47	75:18 2:16	80:29 5:11	83:24 2:55	86:50 3:26	89:26 2:36
44	Robert Gordon SWOC	97:08	4:19 4:19 95:18 5:46	7:55 3:36 97:08 1:50	17:31 9:36	24:05 6:34	36:20 12:15	40:26 4:06	49:46 9:20	53:18 3:32	55:57 2:39	58:03 2:06	60:43 2:40	70:58 10:15	75:29 4:31	77:03 1:34	81:10 4:07	84:03 2:53	87:27 3:24	89:32 2:05
45	John Shea NGOC	97:26	4:55 4:55 95:39 2:09	8:50 3:55 97:26 1:47	16:18 7:28	20:49 4:31	32:58 12:09	40:31 7:33	45:58 5:27	48:43 2:45	51:26 2:43	53:22 1:56	64:36 11:14	69:28 4:52	73:43 4:15	75:01 1:18	79:14 4:13	87:23 8:09	91:21 3:58	93:30 2:09
46	Nick Dennis BOK	97:40	4:49 4:49 95:39 2:15	8:58 4:09 97:40 2:01	16:41 7:43	20:41 4:00 54:52 *50	34:44 14:03	37:49 3:05	46:34 8:45	49:17 2:43	51:55 2:38	53:33 1:38	58:32 4:59	62:53 4:21	73:35 10:42	76:06 2:31	81:51 5:45	85:10 3:19	89:04 3:54	93:24 4:20
47	Martyn Brown NGOC	99:12	7:25 7:25 97:04 2:41	14:12 6:47 99:12 2:08	20:08 5:56	26:42 6:34	40:04 13:22	44:00 3:56	50:35 6:35	53:33 2:58	56:04 2:31	57:57 1:53	61:27 3:30	67:36 6:09	75:39 8:03	77:59 2:20	83:10 5:11	86:05 2:55	89:50 3:45	94:23 4:33
48	Andy Pedder NGOC	100:51	4:52 4:52 98:21 2:37	8:57 4:05 100:51 2:30	16:03 7:06	19:08 3:05	32:53 13:45	36:09 3:16	47:10 11:01	50:46 3:36	53:34 2:48	55:21 1:47	59:34 4:13	72:08 12:34	79:31 7:23	81:43 2:12	85:41 3:58	89:05 3:24	93:25 4:20	95:44 2:19
49	Roger Edwards NGOC	101:47	7:33 7:33 99:43 3:10	11:09 3:36 101:47 2:04	18:39 7:30	21:27 2:48	36:58 15:31	40:09 3:11	48:29 8:20	52:15 3:46	55:09 2:54	57:48 2:39	63:20 5:32	68:23 5:03	76:01 7:38	78:19 2:18	85:36 7:17	89:02 3:26	93:47 4:45	96:33 2:46
50	David Andrews BOK	110:26	6:58 6:58 107:45 2:54	11:03 4:05 110:26 2:41	19:39 8:36	22:39 3:00	39:13 16:34	45:17 6:04	54:14 8:57	58:26 4:12	62:25 3:59	64:37 2:12	69:20 4:43	75:19 5:59	81:59 6:40	84:46 2:47	88:54 4:08	92:35 3:41	101:14 8:39	104:51 3:37
51	Jason Pitchers BOK	127:30	4:49 4:49 125:25 3:24	10:01 5:12 127:30 2:05	17:03 7:02	31:21 14:18	51:35 20:14	55:13 3:38	63:49 8:36	66:50 3:01	69:13 2:23	71:05 1:52	79:02 7:57	83:34 4:32	91:05 7:31	93:07 2:02	100:40 7:33	109:47 9:07	117:20 7:33	122:01 4:41
52	Jenn Hudd BOK	151:28	6:39 6:39 148:40 6:59	11:59 5:20 151:28 2:48	25:06 13:07	37:40 12:34	63:22 25:42	68:12 4:50	77:20 9:08	82:38 5:18	86:50 4:12	89:05 2:15	94:37 5:32	103:54 9:17	111:37 7:43	115:14 3:37	123:54 8:40	128:17 4:23	137:46 9:29	141:41 3:55



PI	Name	Time	4.5 km 140 m 15 C														F	
			1(55)	2(41)	3(68)	4(57)	5(58)	6(64)	7(46)	8(69)	9(43)	10(52)	11(59)	12(62)	13(50)	14(70)	15(53)	
1	Joe Hudd	54:50	2:09	8:20	12:19	15:52	21:31	23:33	25:20	27:55	31:30	36:53	42:11	45:47	50:13	51:38	53:19	54:50
	BOK		2:09	6:11	3:59	3:33	5:39	2:02	1:47	2:35	3:35	5:23	5:18	3:36	4:26	1:25	1:41	1:31
2	Matthew Lawson	55:23	3:51	12:53	16:34	20:34	24:06	25:58	28:54	31:53	36:03	40:57	44:27	47:17	51:11	52:21	53:50	55:23
	NGOC		3:51	9:02	3:41	4:00	3:32	1:52	2:56	2:59	4:10	4:54	3:30	2:50	3:54	1:10	1:29	1:33
3	Peter Hudd	55:39	2:29	9:13	13:15	16:30	22:14	24:41	26:09	28:30	32:05	38:10	43:09	47:09	51:19	52:39	54:11	55:39
	BOK		2:29	6:44	4:02	3:15	5:44	2:27	1:28	2:21	3:35	6:05	4:59	4:00	4:10	1:20	1:32	1:28
4	Simon Denman	59:16	2:18	8:02	12:17	16:18	20:09	26:48	29:12	31:47	34:31	39:53	46:53	50:04	53:17	54:25	57:55	59:16
	NGOC		2:18	5:44	4:15	4:01	3:51	6:39	2:24	2:35	2:44	5:22	7:00	3:11	3:13	1:08	3:30	1:21
5	John Mills	59:43	2:33	8:17	12:35	18:35	24:19	27:16	29:35	32:57	37:02	42:34	47:25	50:44	54:51	56:14	57:51	59:43
	SWOC		2:33	5:44	4:18	6:00	5:44	2:57	2:19	3:22	4:05	5:32	4:51	3:19	4:07	1:23	1:37	1:52
6	Mike Farrington	60:12	3:48	8:58	12:55	18:13	23:10	26:52	28:46	31:48	35:57	40:45	46:45	50:06	55:53	57:02	58:28	60:12
	HOC		3:48	5:10	3:57	5:18	4:57	3:42	1:54	3:02	4:09	4:48	6:00	3:21	5:47	1:09	1:26	1:44
7	John Fallows	60:15	2:37	7:57	12:48	19:03	23:49	28:03	29:55	32:47	37:15	42:48	47:38	51:22	55:21	56:40	58:23	60:15
	NGOC		2:37	5:20	4:51	6:15	4:46	4:14	1:52	2:52	4:28	5:33	4:50	3:44	3:59	1:19	1:43	1:52
8	Paul Basher	60:31	2:37	9:47	14:08	20:16	23:52	26:37	29:19	32:03	37:21	42:17	47:49	52:20	55:51	57:11	58:38	60:31
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9	Steven Harris	60:52	1:51	7:01	12:05	19:05	22:29	24:51	26:39	29:22	33:46	42:11	48:08	52:46	57:04	58:39	59:55	60:52
	NGOC		1:51	5:10	5:04	7:00	3:24	2:22	1:48	2:43	4:24	8:25	5:57	4:38	4:18	1:35	1:16	0:57
10	Dave Hartley	62:04	2:27	7:22	10:55	15:44	19:55	22:10	24:20	27:05	40:00	44:13	48:59	53:55	57:29	58:59	60:22	62:04
	NGOC		2:27	4:55	3:33	4:49	4:11	2:15	2:10	2:45	12:55	4:13	4:46	4:56	3:34	1:30	1:23	1:42
11	Allan Darwell	63:11	2:33	7:57	11:33	17:59	21:39	23:54	25:34	28:26	32:44	41:24	47:04	51:51	56:07	57:32	59:03	63:11
	BOK		2:33	5:24	3:36	6:26	3:40	2:15	1:40	2:52	4:18	8:40	5:40	4:47	4:16	1:25	1:31	4:08
12	Paul Hammond	63:51	2:25	9:02	15:34	22:26	26:23	29:31	31:46	34:34	39:23	45:36	51:50	55:01	58:47	60:28	62:14	63:51
	HOC		2:25	6:37	6:32	6:52	3:57	3:08	2:15	2:48	4:49	6:13	6:14	3:11	3:46	1:41	1:46	1:37
13	Stephen Robinson	66:38	4:58	11:09	15:47	21:09	25:18	27:43	29:59	32:55	44:07	48:32	52:25	57:55	61:47	63:09	64:31	66:38
	NGOC		4:58	6:11	4:38	5:22	4:09	2:25	2:16	2:56	11:12	4:25	3:53	5:30	3:52	1:22	1:22	2:07
14	Vanessa Lawson	70:01	2:53	8:43	12:31	17:20	21:58	24:05	33:14	35:55	47:43	52:22	56:20	59:49	65:12	66:42	68:30	70:01
	NGOC		2:53	5:50	3:48	4:49	4:38	2:07	9:09	2:41	11:48	4:39	3:58	3:29	5:23	1:30	1:48	1:31
15	Philip Bostock	70:54	3:22	9:52	15:26	20:10	25:26	28:25	31:17	34:25	42:09	48:24	54:35	58:17	62:36	64:15	68:33	70:54
	NGOC		3:22	6:30	5:34	4:44	5:16	2:59	2:52	3:08	7:44	6:15	6:11	3:42	4:19	1:39	4:18	2:21
16	Robert Teed	71:34	3:32	10:42	16:13	23:34	29:03	32:14	34:47	38:16	43:32	51:22	56:34	61:16	65:52	67:29	69:11	71:34
	NGOC		3:32	7:10	5:31	7:21	5:29	3:11	2:33	3:29	5:16	7:50	5:12	4:42	4:36	1:37	1:42	2:23
17	Ted McDonald	73:21	3:32	10:53	16:01	23:18	28:39	32:20	35:21	39:01	46:18	53:16	58:22	63:28	67:58	69:40	71:25	73:21
	BOK		3:32	7:21	5:08	7:17	5:21	3:41	3:01	3:40	7:17	6:58	5:06	5:06	4:30	1:42	1:45	1:56
18	Tom Birthwright	73:27	10:12	21:07	26:45	31:22	35:38	38:51	41:33	44:37	51:28	56:43	61:32	64:41	68:44	70:21	72:01	73:27
	NGOC		10:12	10:55	5:38	4:37	4:16	3:13	2:42	3:04	6:51	5:15	4:49	3:09	4:03	1:37	1:40	1:26
19	Rachel Dennis	73:41	2:58	11:02	15:35	23:22	28:01	31:34	34:54	38:46	44:05	52:32	59:08	63:03	67:21	69:13	71:21	73:41
	BOK		2:58	8:04	4:33	7:47	4:39	3:33	3:20	3:52	5:19	8:27	6:36	3:55	4:18	1:52	2:08	2:20
20	Roger Coe	74:48	3:43	10:12	14:49	22:02	28:05	30:58	33:50	38:42	42:52	53:00	61:11	65:49	69:58	71:27	72:55	74:48
	NGOC		3:43	6:29	4:37	7:13	6:03	2:53	2:52	4:52	4:10	10:08	8:11	4:38	4:09	1:29	1:28	1:53
21	Mark Blackstone	77:03	3:35	10:23	15:11	21:48	27:57	31:25	33:40	37:19	50:00	55:36	61:24	65:34	70:42	72:38	74:37	77:03
	BOK		3:35	6:48	4:48	6:37	6:09	3:28	2:15	3:39	12:41	5:36	5:48	4:10	5:08	1:56	1:59	2:26
22	Hannah Bradley	78:18	7:40	14:06	22:56	29:42	37:14	39:37	42:00	45:39	53:19	59:42	65:23	69:15	73:09	74:39	76:32	78:18
	NGOC		7:40	6:26	8:50	6:46	7:32	2:23	2:23	3:39	7:40	6:23	5:41	3:52	3:54	1:30	1:53	1:46
23	Gwen Tanner	79:06	3:29	13:20	18:38	26:12	33:09	36:17	39:11	42:57	47:23	55:06	61:35	66:14	73:03	74:45	77:02	79:06
	BOK		3:29	9:51	5:18	7:34	6:57	3:08	2:54	3:46	4:26	7:43	6:29	4:39	6:49	1:42	2:17	2:04
24	Brian Laycock	79:38	2:51	9:45	15:46	23:57	28:46	33:03	35:27	38:24	49:02	55:27	64:07	68:42	73:17	74:48	76:43	79:38
	HOC		2:51	6:54	6:01	8:11	4:49	4:17	2:24	2:57	10:38	6:25	8:40	4:35	4:35	1:31	1:55	2:55
25	Anne May	79:48	3:43	12:11	18:07	25:48	32:32	36:42	39:45	44:35	50:41	57:05	62:49	67:42	72:38	75:19	77:25	79:48
	SLOW		3:43	8:28	5:56	7:41	6:44	4:10	3:03	4:50	6:06	6:24	5:44	4:53	4:56	2:41	2:06	2:23
26	Peter Maloney	81:58	6:51	14:16	19:59	25:59	31:39	35:33	38:29	43:43	49:04	57:38	63:18	67:53	74:11	76:17	78:32	81:58
	IND		6:51	7:25	5:43	6:00	5:40	3:54	2:56	5:14	5:21	8:34	5:40	4:35	6:18	2:06	2:15	3:26
27	Shirley Robinson	82:35	4:58	14:49	19:48	28:10	34:34	37:13	40:22	44:55	53:17	60:36	67:19	72:37	76:41	78:45	80:44	82:35
	NGOC		4:58	9:51	4:59	8:22	6:24	2:39	3:09	4:33	8:22	7:19	6:43	5:18	4:04	2:04	1:59	1:51

PI	Name	Time	4.5 km 140 m 15 C (cont.)														F		
			1(55)	2(41)	3(68)	4(57)	5(58)	6(64)	7(46)	8(69)	9(43)	10(52)	11(59)	12(62)	13(50)	14(70)	15(53)		
<b>28</b>	<b>Roger Parish</b>	<b>83:01</b>	6:54	16:19	21:02	28:48	34:49	37:37	40:02	44:07	50:33	59:51	65:33	71:57	78:10	79:35	81:08	83:01	
	HH		6:54	9:25	4:43	7:46	6:01	2:48	2:25	4:05	6:26	9:18	5:42	6:24	6:13	1:25	1:33	1:53	
<b>29</b>	<b>Jill MacKenzie</b>	<b>83:11</b>	3:48	11:53	18:15	25:48	32:19	35:32	38:34	42:46	47:55	58:40	64:44	70:57	76:27	78:35	80:43	83:11	
	HOC		3:48	8:05	6:22	7:33	6:31	3:13	3:02	4:12	5:09	10:45	6:04	6:13	5:30	2:08	2:08	2:28	
<b>30</b>	<b>Tony Noot</b>	<b>83:41</b>	3:28	15:30	21:29	28:54	35:10	42:08	45:04	49:28	54:23	60:25	66:37	72:26	77:39	79:29	81:22	83:41	
	BOK		3:28	12:02	5:59	7:25	6:16	6:58	2:56	4:24	4:55	6:02	6:12	5:49	5:13	1:50	1:53	2:19	
<b>31</b>	<b>Judith Taylor</b>	<b>83:44</b>	4:26	13:04	18:27	25:39	34:29	37:05	43:07	47:11	51:58	58:14	68:37	73:45	77:41	79:30	81:31	83:44	
	HOC		4:26	8:38	5:23	7:12	8:50	2:36	6:02	4:04	4:47	6:16	10:23	5:08	3:56	1:49	2:01	2:13	
<b>32</b>	<b>Anne Palmer</b>	<b>85:16</b>	4:39	12:30	17:42	25:22	31:39	35:37	38:11	42:09	54:11	60:10	66:29	71:41	78:25	80:58	83:01	85:16	
	BOK		4:39	7:51	5:12	7:40	6:17	3:58	2:34	3:58	12:02	5:59	6:19	5:12	6:44	2:33	2:03	2:15	
<b>33</b>	<b>Kim Liggett</b>	<b>85:38</b>	3:38	11:28	18:13	26:03	32:11	35:52	39:06	43:13	54:27	61:03	67:22	71:43	79:04	80:49	82:53	85:38	
	NGOC		3:38	7:50	6:45	7:50	6:08	3:41	3:14	4:07	11:14	6:36	6:19	4:21	7:21	1:45	2:04	2:45	
<b>34</b>	<b>Nigel Cousins</b>	<b>88:28</b>	3:05	22:15	27:09	36:28	43:41	46:30	49:12	53:11	57:09	65:48	73:58	78:41	83:26	85:06	86:41	88:28	
	HOC		3:05	19:10	4:54	9:19	7:13	2:49	2:42	3:59	3:58	8:39	8:10	4:43	4:45	1:40	1:35	1:47	
<b>35</b>	<b>Jacqueline Embrey</b>	<b>88:51</b>	3:18	11:57	17:47	26:07	32:30	37:17	40:03	44:22	50:06	58:45	67:26	73:51	80:08	82:08	86:03	88:51	
	HOC		3:18	8:39	5:50	8:20	6:23	4:47	2:46	4:19	5:44	8:39	8:41	6:25	6:17	2:00	3:55	2:48	
<b>36</b>	<b>Richard Higgs</b>	<b>90:03</b>	5:09	14:17	21:17	28:44	40:18	43:41	46:26	50:56	56:44	64:15	71:36	76:08	82:55	84:47	87:19	90:03	
	IND		5:09	9:08	7:00	7:27	11:34	3:23	2:45	4:30	5:48	7:31	7:21	4:32	6:47	1:52	2:32	2:44	
<b>37</b>	<b>Laura Ruddy</b>	<b>90:36</b>	4:26	13:00	18:56	25:37	31:45	36:27	39:29	44:14	54:35	61:26	68:34	73:42	81:53	84:21	88:08	90:36	
	NGOC		4:26	8:34	5:56	6:41	6:08	4:42	3:02	4:45	10:21	6:51	7:08	5:08	8:11	2:28	3:47	2:28	
<b>38</b>	<b>Clare Fletcher</b>	<b>91:43</b>	3:53	14:22	20:30	30:56	39:05	43:11	46:19	50:40	56:09	65:04	72:28	77:01	84:04	86:10	88:53	91:43	
	BOK		3:53	10:29	6:08	10:26	8:09	4:06	3:08	4:21	5:29	8:55	7:24	4:33	7:03	2:06	2:43	2:50	
<b>39</b>	<b>Ashley Ford</b>	<b>93:07</b>	6:19	16:03	22:31	28:09	36:17	39:08	42:01	46:29	56:43	64:51	72:42	79:36	85:17	87:42	90:48	93:07	
	HOC		6:19	9:44	6:28	5:38	8:08	2:51	2:53	4:28	10:14	8:08	7:51	6:54	5:41	2:25	3:06	2:19	
<b>40</b>	<b>Rosalind Taunton</b>	<b>95:28</b>	3:52	11:47	18:41	28:12	34:34	39:19	42:56	46:59	55:14	64:54	70:51	78:02	83:32	85:43	91:54	95:28	
	NGOC		3:52	7:55	6:54	9:31	6:22	4:45	3:37	4:03	8:15	9:40	5:57	7:11	5:30	2:11	6:11	3:34	
<b>41</b>	<b>Gary Wakerley</b>	<b>96:31</b>	5:19	14:12	22:58	30:41	37:25	41:41	44:44	49:49	62:45	70:45	77:07	82:53	88:43	91:20	93:54	96:31	
	NGOC		5:19	8:53	8:46	7:43	6:44	4:16	3:03	5:05	12:56	8:00	6:22	5:46	5:50	2:37	2:34	2:37	
<b>42</b>	<b>Chris Vallenge</b>	<b>96:58</b>	3:51	13:38	36:38	44:47	50:46	53:35	56:19	60:11	64:48	71:40	77:49	84:23	90:39	92:20	94:07	96:58	
	NGOC		3:51	9:47	23:00	8:09	5:59	2:49	2:44	3:52	4:37	6:52	6:09	6:34	6:16	1:41	1:47	2:51	
<b>43</b>	<b>Sue Ashton</b>	<b>109:55</b>	4:12	12:30	22:31	28:58	41:59	44:56	51:32	66:39	73:52	82:30	90:06	95:46	100:49	105:21	107:30	109:55	68:33
	NGOC		4:12	8:18	10:01	6:27	13:01	2:57	6:36	15:07	7:13	8:38	7:36	5:40	5:03	4:32	2:09	2:25	*50
<b>44</b>	<b>Hilary Nicholls</b>	<b>110:50</b>	4:39	14:40	22:58	32:32	42:09	46:51	50:19	55:44	67:39	79:17	87:00	92:39	99:32	102:03	106:13	110:50	
	NGOC		4:39	10:01	8:18	9:34	9:37	4:42	3:28	5:25	11:55	11:38	7:43	5:39	6:53	2:31	4:10	4:37	
<b>45</b>	<b>Jane Holcombe</b>	<b>113:32</b>	3:37	28:14	37:14	47:15	57:34	61:42	64:48	69:40	74:25	84:49	95:45	101:12	106:36	108:39	111:17	113:32	
	BOK		3:37	24:37	9:00	10:01	10:19	4:08	3:06	4:52	4:45	10:24	10:56	5:27	5:24	2:03	2:38	2:15	
<b>46</b>	<b>Barbara Ford</b>	<b>123:33</b>	5:11	19:33	29:44	46:09	54:30	60:09	64:36	70:55	79:08	90:38	99:13	106:13	113:45	116:56	120:04	123:33	
	HOC		5:11	14:22	10:11	16:25	8:21	5:39	4:27	6:19	8:13	11:30	8:35	7:00	7:32	3:11	3:08	3:29	
<b>47</b>	<b>Adrian Dawson</b>	<b>149:53</b>	4:41	21:30	34:41	53:02	70:51	75:15	79:33	86:33	98:23	110:04	123:33	133:01	140:03	142:53	146:42	149:53	
	SARUM		4:41	16:49	13:11	18:21	17:49	4:24	4:18	7:00	11:50	11:41	13:29	9:28	7:02	2:50	3:49	3:11	
	<b>Alan Mackenzie</b>	<b>mp</b>	5:27	14:46	21:43	38:48	47:41	52:26	57:27	63:02	----	----	----	----	64:40	67:31	----	69:58	
	BOK		5:27	9:19	6:57	17:05	8:53	4:45	5:01	5:35	----	----	----	----	1:38	2:51	----	2:27	
	<b>Graham Tough</b>	<b>mp</b>	3:58	13:18	21:05	37:49	45:06	50:33	53:54	59:37	----	----	----	----	60:49	63:12	65:49	69:11	
	SWOC		3:58	9:20	7:47	16:44	7:17	5:27	3:21	5:43	----	----	----	----	1:12	2:23	2:37	3:22	
	<b>Sandy Cowan</b>	<b>mp</b>	4:36	18:12	24:48	34:53	42:19	49:04	56:39	65:36	----	----	----	----	68:23	70:30	72:53	76:26	
	KERNO		4:36	13:36	6:36	10:05	7:26	6:45	7:35	8:57	----	----	----	----	2:47	2:07	2:23	3:33	
	<b>Anne Broad</b>	<b>mp</b>	6:27	16:50	28:05	57:09	----	----	----	----	----	----	----	----	----	----	----	96:15	
	IND		6:27	10:23	11:15	29:04	----	----	----	----	----	----	----	----	----	----	----	39:06	
	<b>John Coleman</b>	<b>mp</b>	3:44	16:58	22:11	29:15	36:03	39:31	46:33	50:23	54:54	62:06	67:17	73:44	81:45	----	85:13	87:20	
	NGOC		3:44	13:14	5:13	7:04	6:48	3:28	7:02	3:50	4:31	7:12	5:11	6:27	8:01	----	3:28	2:07	





PI	Name	Time	2.1 km 55 m 9 C									
			1(39)	2(31)	3(32)	4(34)	5(35)	6(36)	7(37)	8(33)	9(38)	F
1	Reuben Lawson	16:09	0:43	3:07	4:34	5:30	6:47	9:23	10:17	12:26	14:22	16:09
	NGOC		0:43	2:24	1:27	0:56	1:17	2:36	0:54	2:09	1:56	1:47
2	Jessica Ward	17:15	0:43	3:36	5:21	6:39	7:50	10:22	11:20	13:57	15:25	17:15
	NGOC		0:43	2:53	1:45	1:18	1:11	2:32	0:58	2:37	1:28	1:50
3	Indi Carruthers + Et	20:41	0:40	3:40	5:48	6:38	8:34	11:33	12:55	16:37	18:21	20:41
	NGOC		0:40	3:00	2:08	0:50	1:56	2:59	1:22	3:42	1:44	2:20
4	Rose Taylor	21:16	1:00	5:24	7:28	8:43	10:03	12:34	13:25	16:29	18:31	21:16
	HOC		1:00	4:24	2:04	1:15	1:20	2:31	0:51	3:04	2:02	2:45
5	Rosie Roberts	27:19	2:23	6:36	9:32	10:22	12:31	16:29	17:24	21:29	23:49	27:19
	IND		2:23	4:13	2:56	0:50	2:09	3:58	0:55	4:05	2:20	3:30
6	Roderick Family	32:37	1:08	5:08	7:34	8:50	11:25	15:47	19:24	25:01	29:34	32:37
	IND		1:08	4:00	2:26	1:16	2:35	4:22	3:37	5:37	4:33	3:03
7	Tomos Parker	37:17	1:54	7:45	11:48	13:42	16:28	22:08	23:46	29:46	32:56	37:17
	IND		1:54	5:51	4:03	1:54	2:46	5:40	1:38	6:00	3:10	4:21
8	Martina Krasciova	44:44	2:27	11:16	14:12	15:59	18:53	23:50	25:38	32:01	37:12	44:44
	NGOC		2:27	8:49	2:56	1:47	2:54	4:57	1:48	6:23	5:11	7:32
9	Becca Eccles	63:57	2:35	9:04	13:52	19:29	22:45	31:25	33:09	48:29	54:44	63:57
	IND		2:35	6:29	4:48	5:37	3:16	8:40	1:44	15:20	6:15	9:13
10	Drew and Matti Tee	67:20	2:58	13:01	17:41	20:43	27:33	40:52	43:36	52:47	59:25	67:20
	NGOC		2:58	10:03	4:40	3:02	6:50	13:19	2:44	9:11	6:38	7:55
11	Thomas Harris	79:10	4:01	22:39	28:36	31:36	36:28	46:11	48:29	66:33	75:29	79:10
	IND		4:01	18:38	5:57	3:00	4:52	9:43	2:18	18:04	8:56	3:41

54:53  
\*38