

Pl	Stno	Name	Time	7.1 km 1(101) 16(116)	16 C 2(115) F	3(107)	4(114)	5(103)	6(105)	7(110)	8(118)	9(106)	10(108)	11(109)	12(111)	13(112)	14(104)	15(102)
<b>Long (12)</b>																		
1	61	Andrew Monro HOC	45:46	0:44 0:44 44:52 1:10	2:26 1:42 45:46 0:54	5:40 3:14	7:59 2:19	11:13 3:14	16:12 4:59	20:50 4:38	24:24 3:34	27:14 2:50	29:52 2:38	32:03 2:11	35:00 2:57	38:04 3:04	40:04 2:00	43:42 3:38
2	72	Simon Denman NGOC	50:13	0:49 0:49 49:09 1:26	3:04 2:15 50:13 1:04	6:02 2:58	8:31 2:29	11:53 3:22	16:52 4:59	21:48 4:56	26:35 4:47	29:48 3:13	32:03 2:15	34:37 2:34	38:10 3:33	41:09 2:59	43:28 2:19	47:43 4:15
3	1	Richard Cronin NGOC	50:40	0:46 0:46 49:52 1:32	3:32 2:46 50:40 0:48	6:25 2:53	9:03 2:38	12:23 3:20	17:50 5:27	23:40 5:50	27:18 3:38	30:17 2:59	32:20 2:03	35:22 3:02	38:47 3:25	41:54 3:07	44:14 2:20	48:20 4:06
4	77	Keith Baldwin IND	51:22	1:02 1:02 50:35 1:17	3:47 2:45 51:22 0:47	6:27 2:40	8:56 2:29	13:24 4:28	18:27 5:03	24:10 5:43	27:39 3:29	31:17 3:38	33:25 2:08	36:09 2:44	40:22 4:13	43:18 2:56	45:24 2:06	49:18 3:54
5	5	Scott Johnson NGOC	53:43	0:54 0:54 52:51 1:31	3:54 3:00 53:43 0:52	6:48 2:54	9:32 2:44	12:37 3:05	18:23 5:46	23:49 5:26	27:50 4:01	31:29 3:39	34:47 3:18	37:48 3:01	41:32 3:44	44:31 2:59	46:59 2:28	51:20 4:21
6	19	Anders Johansson NGOC	54:31	1:02 1:02 53:25 1:39	3:35 2:33 54:31 1:06	6:37 3:02	9:25 2:48	13:07 3:42	18:31 5:24	24:17 5:46	28:10 3:53	31:34 3:24	33:46 2:12	36:27 2:41	41:19 4:52	44:43 3:24	47:19 2:36	51:46 4:27
7	76	Ben Arkell NGOC	55:38	0:50 0:50 54:54 1:26	3:59 3:09 55:38 0:44	7:11 3:12	10:11 3:00	14:50 4:39	21:26 6:36	27:35 6:09	31:24 3:49	35:23 3:59	37:14 1:51	40:25 3:11	44:01 3:36	47:06 3:05	49:20 2:14	53:28 4:08
8	62	Steve Williams NGOC	64:37	0:59 0:59 63:30 1:49	4:38 3:39 64:37 1:07	8:05 3:27	11:36 3:31	15:51 4:15	22:23 6:32	29:45 7:22	34:38 4:53	38:58 4:20	41:41 2:43	44:49 3:08	49:00 4:11	53:04 4:04	56:36 3:32	61:41 5:05
9	58	James Wilkinson HOC	66:46	1:06 1:06 65:54 1:44	4:53 3:47 66:46 0:52	8:38 3:45	11:59 3:21	16:22 4:23	23:10 6:48	30:31 7:21	35:47 5:16	39:48 4:01	42:22 2:34	45:39 3:17	51:16 5:37	55:40 4:24	58:49 3:09	64:10 5:21
10	78	Barry Chambers DEE	76:40	1:10 1:10 75:27 2:03	8:45 7:35 76:40 1:13	13:57 5:12	17:37 3:40	22:58 5:21	30:09 7:11	37:13 7:04	42:00 4:47	46:56 4:56	49:45 2:49	53:57 4:12	58:48 4:51	64:30 5:42	67:21 2:51	73:24 6:03
11	48	Ian Coe NGOC	81:03	1:08 1:08 80:05 1:45	5:11 4:03 81:03 0:58	9:12 4:01	13:58 4:46	18:37 4:39	25:13 6:36	37:47 12:34	43:37 5:50	49:05 5:28	52:33 3:28	58:52 6:19	64:49 5:57	69:24 4:35	72:50 3:26	78:20 5:30
12	70	KendraAnne White CLOK	85:39	1:48 1:48 84:14 4:35	4:41 2:53 85:39 1:25	9:22 4:41	13:47 4:25	19:24 5:37	27:35 8:11	36:54 9:19	42:27 5:33	48:38 6:11	51:47 3:09	56:56 5:09	62:47 5:51	70:47 8:00	74:08 3:21	79:39 5:31

Pl	Stno	Name	Time												
<b>Short (11)</b>				<b>4.4 km</b>	<b>10 C</b>										
				1(117)	2(115)	3(113)	4(111)	5(109)	6(105)	7(103)	8(114)	9(107)	10(116)	F	
1	21	John Fallows NGOC	42:43	1:17	3:53	7:44	13:33	18:31	22:05	29:49	33:57	37:55	41:43	42:43	
				1:17	2:36	3:51	5:49	4:58	3:34	7:44	4:08	3:58	3:48	1:00	
2	66	Hannah Bradley NGOC	44:32	1:23	3:57	8:43	14:38	19:40	22:30	30:19	34:37	38:40	43:16	44:32	
				1:23	2:34	4:46	5:55	5:02	2:50	7:49	4:18	4:03	4:36	1:16	
3	75	Carsten Adams NGOC	48:03	1:28	3:41	6:34	12:08	24:19	27:57	37:56	40:56	43:59	47:19	48:03	
				1:28	2:13	2:53	5:34	12:11	3:38	9:59	3:00	3:03	3:20	0:44	
4	69	Chris Vallence NGOC	50:03	1:35	5:17	9:37	19:13	24:23	27:28	35:04	39:25	43:39	48:41	50:03	
				1:35	3:42	4:20	9:36	5:10	3:05	7:36	4:21	4:14	5:02	1:22	
5	41	Lucy Nation IND	50:07	1:39	4:40	9:17	16:03	21:27	24:34	33:22	38:14	43:01	48:26	50:07	
				1:39	3:01	4:37	6:46	5:24	3:07	8:48	4:52	4:47	5:25	1:41	
6	79	Judith Taylor HOC	53:18	1:46	7:00	11:26	18:13	23:57	29:27	37:19	42:03	46:53	52:03	53:18	
				1:46	5:14	4:26	6:47	5:44	5:30	7:52	4:44	4:50	5:10	1:15	
7	57	Julia Wilkinson HOC	56:14	1:34	5:25	10:11	18:04	28:19	31:23	39:37	44:49	49:10	54:36	56:14	
				1:34	3:51	4:46	7:53	10:15	3:04	8:14	5:12	4:21	5:26	1:38	
8	73	Ashleigh Denman NGOC	61:03	2:02	7:01	12:35	20:47	28:00	32:03	42:23	47:59	52:43	59:07	61:03	
				2:02	4:59	5:34	8:12	7:13	4:03	10:20	5:36	4:44	6:24	1:56	
9	63	Katie+Jack Lyford IND	82:53	3:36	8:25	16:30	31:58	39:44	45:25	59:13	67:25	74:24	81:38	82:53	
				3:36	4:49	8:05	15:28	7:46	5:41	13:48	8:12	6:59	7:14	1:15	
20	Pete Adams IND	mp	1:29	3:42	9:22	----	19:18	21:45	28:00	33:14	36:42	40:18	41:13		
			1:29	2:13	5:40	----	9:56	2:27	6:15	5:14	3:28	3:36	0:55		
74	Alan Wicks NGOC	mp	2:41	12:17	17:04	----	----	60:21	67:48	----	----	----	77:27		
			2:41	9:36	4:47			43:17	7:27				9:39		

Pl	Stno	Name	Time															
Score (1)			0.0 km	18 C														
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
1	37	Hilary Nicholls NGOC	48:10	#(103) 6:29 6:29 #(113)	#(111) 14:53 8:24 #(115)	#(110) 19:31 4:38 #(118)	#(112) 23:59 4:28 F 48:10 3:31	#(104) 29:39 5:40	#(114) 33:43 4:04	#(102) 41:16 7:33	#(117) 43:05 1:49	#(101) 44:03 0:58	#(116) 44:39 0:36	#(105) -----	#(106) -----	#(107) -----	#(108) -----	#(109) -----