

Pl	Stno	Name	Time	8.0 km		17 C													
				1(110)	2(102)	3(103)	4(104)	5(120)	6(115)	7(116)	8(119)	9(106)	10(105)	11(117)	12(118)	13(122)	14(108)	15(114)	
				16(111)	17(112)	F													
1	55	Andrew Monro HOC	34:00	1:51 1:51	4:34 2:43	7:31 2:57	10:34 3:03	12:02 1:28	16:49 4:47	20:07 3:18	21:44 1:37	23:17 1:33	24:59 1:42	27:06 2:07	27:54 0:48	29:32 1:38	31:58 2:26	32:42 0:44	
2	1	Richard Cronin NGOC	37:22	2:07 2:07	5:09 3:02	8:03 2:54	11:32 3:29	13:00 1:28	18:22 5:22	21:30 3:08	23:34 2:04	25:17 1:43	27:19 2:02	29:39 2:20	30:33 0:54	32:20 1:47	34:51 2:31	35:44 0:53	
3	69	Alistair Ross NGOC	39:28	2:18 2:18	5:05 2:47	7:53 2:48	11:25 3:32	12:59 1:34	18:31 5:32	21:50 3:19	23:49 1:59	25:40 1:51	27:52 2:12	30:20 2:28	31:14 0:54	34:01 2:47	37:02 3:01	37:53 0:51	
4	2	Simon Denman NGOC	40:17	2:24 2:24	5:30 3:06	9:05 3:35	12:36 3:31	14:16 1:40	20:01 5:45	23:38 3:37	25:42 2:04	27:36 1:54	29:37 2:01	32:14 2:37	33:04 0:50	35:01 1:57	37:42 2:41	38:37 0:55	
5	28	Caroline Craig NGOC	40:49	2:12 2:12	5:29 3:17	9:08 3:39	12:53 3:45	14:37 1:44	20:11 5:34	23:28 3:17	25:52 2:24	27:41 1:49	29:48 2:07	32:21 2:33	33:18 0:57	35:22 2:04	38:11 2:49	39:07 0:56	
6	46	Ben Arkell NGOC	40:56	2:15 2:15	5:15 3:00	8:50 3:35	12:27 3:37	13:56 1:29	20:06 6:10	23:24 3:18	25:21 1:57	27:16 1:55	29:24 2:08	32:47 3:23	33:39 0:52	35:30 1:51	38:28 2:58	39:21 0:53	
7	65	Alan Honey BOK	43:08	2:39 2:39	6:11 3:32	9:58 3:47	14:21 4:23	15:54 1:33	21:30 5:36	24:54 3:24	27:08 2:14	29:11 2:03	31:28 2:17	34:11 2:43	35:09 0:58	37:15 2:06	40:18 3:03	41:19 1:01	
8	19	Anders Johansson NGOC	44:28	2:25 2:25	7:40 5:15	10:55 3:15	14:46 3:51	16:53 2:07	22:58 6:05	26:13 3:15	28:22 2:09	30:26 2:04	32:33 2:07	35:03 2:30	36:28 1:25	38:27 1:59	41:38 3:11	42:36 0:58	
9	63	Dan Edwards IND	47:23	2:48 2:48	9:42 6:54	13:10 3:28	16:45 3:35	18:41 1:56	24:55 6:14	29:43 4:48	31:34 1:51	33:16 1:42	35:30 2:14	38:08 2:38	39:05 0:57	41:29 2:24	44:28 2:59	45:29 1:01	
10	66	Greg Best NGOC	49:06	2:40 2:40	6:54 4:14	10:38 3:44	14:39 4:01	17:09 2:30	24:26 7:17	28:24 3:58	31:10 2:46	33:32 2:22	35:56 2:24	38:55 2:59	40:03 1:08	42:26 2:23	45:48 3:22	46:52 1:04	
11	29	Tom Birthwright NGOC	50:24	2:47 2:47	6:38 3:51	10:52 4:14	15:27 4:35	17:33 2:06	24:38 7:05	28:56 4:18	31:40 2:44	33:43 2:03	36:18 2:35	39:35 3:17	40:40 1:05	43:19 2:39	47:10 3:51	48:17 1:07	
11	60	Neil Cameron NGOC	50:24	2:48 2:48	6:41 3:53	10:38 3:57	15:06 4:28	16:59 1:53	23:47 6:48	28:14 4:27	30:49 2:35	33:13 2:24	35:44 2:31	38:40 2:56	39:48 1:08	42:08 2:20	45:17 3:09	48:10 2:53	
13	67	Paul Taunton NGOC	60:13	3:29 3:29	8:15 4:46	13:48 5:33	18:50 5:02	21:14 2:24	29:41 8:27	34:31 4:50	38:12 3:41	40:53 2:41	44:14 3:21	47:55 3:41	49:09 1:14	52:21 3:12	56:28 4:07	57:47 1:19	

Pl	Stno	Name	Time														F
Short (9)				5.0 km	13 C												
				1(101)	2(113)	3(109)	4(104)	5(121)	6(107)	7(116)	8(117)	9(122)	10(108)	11(114)	12(111)	13(112)	
1	21	John Fallows NGOC	33:08	2:21	4:59	9:56	11:10	14:41	19:17	21:50	22:38	26:25	30:01	31:08	32:29	32:45	33:08
2	59	Hannah Bradley NGOC	34:26	2:51	6:03	11:47	12:52	15:36	20:03	22:57	23:57	26:56	30:51	32:04	33:42	33:58	34:26
3	54	Chris Vallenge NGOC	36:17	2:59	6:43	12:25	13:29	16:13	21:07	23:52	24:53	28:21	32:14	33:37	35:23	35:44	36:17
4	41	Lucy Nation IND	37:37	2:50	6:29	12:28	13:42	16:13	21:11	24:03	25:26	29:22	33:31	34:49	36:44	37:06	37:37
5	52	Chris Pringle NGOC	37:51	2:42	6:01	11:36	12:54	18:02	22:34	25:03	26:04	29:20	33:31	35:05	37:10	37:20	37:51
6	48	Ian Coe NGOC	38:50	3:02	6:42	13:05	14:15	18:17	24:47	27:49	28:52	32:14	35:30	36:58	38:13	38:28	38:50
7	64	John Coleman NGOC	43:09	3:14	7:30	13:58	15:22	18:43	23:58	27:08	29:07	33:00	38:03	39:17	42:18	42:37	43:09
8	68	Rosalind Taunton NGOC	49:38	3:38	9:54	17:02	18:35	21:46	28:51	32:31	34:09	38:45	44:30	46:12	48:40	49:00	49:38
	20	Pete Adams IND	mp	2:42	6:06	10:39	12:04	21:07	25:17	27:36	28:30	31:08	35:07	36:13	-----	-----	37:08
				2:42	3:24	4:33	1:25	9:03	4:10	2:19	0:54	2:38	3:59	1:06			0:55

Pl	Stno	Name	Time																
<b>Score (3)</b>				<b>0.0 km</b>	<b>22 C</b>														
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
<b>1</b>	<b>51</b>	<b>Brian Laycock HOC</b>	<b>40:34</b>	#(112) 2:08 2:08 #(102) ----	#(111) 2:27 0:19 #(103) ----	#(122) 4:36 2:09 #(108) ----	#(105) 9:15 4:39 #(113) ----	#(106) 12:22 3:07 #(114) ----	#(119) 14:51 2:29 #(115) ----	#(117) 16:50 1:59 #(118) ----	#(116) 17:52 1:02 F 40:34 2:47	#(107) 20:51 2:59 F 43:34	#(120) 25:44 4:53 F 44:34	#(104) 28:00 2:16 F 44:34	#(109) 29:17 1:17 F 44:34	#(121) 32:43 3:26 F 44:34	#(110) 36:38 3:55 F 44:34	#(101) 37:47 1:09 F 44:34	
<b>2</b>	<b>9</b>	<b>Andrew Craig NGOC</b>	<b>43:34</b>	#(114) 1:20 1:20 #(102) 35:21 3:39 ----	#(108) 2:13 0:53 #(113) 37:22 2:01 ----	#(105) 5:44 3:31 #(110) 39:59 2:37 ----	#(106) 7:43 1:59 #(101) 40:33 0:34 ----	#(119) 9:40 1:57 #(111) 42:53 2:20 ----	#(117) 11:03 1:23 #(112) 43:07 0:14 ----	#(118) 11:56 0:53 #(122) 43:34 0:27 ----	#(116) 12:51 0:55 F 44:34	#(115) 16:10 3:19 F 44:34	#(107) 19:44 3:34 F 44:34	#(120) 22:15 2:31 F 44:34	#(121) 24:42 2:27 F 44:34	#(104) 26:31 1:49 F 44:34	#(109) 27:29 0:58 F 44:34	#(103) 31:42 4:13 F 44:34	
<b>3</b>	<b>61</b>	<b>Nathan Fernandes QO</b>	<b>44:34</b>	#(101) ---- #(116) ----	#(102) ---- #(117) ----	#(103) ---- #(118) ----	#(104) ---- #(119) ----	#(105) ---- #(120) ----	#(106) ---- #(121) ----	#(107) ---- #(122) ----	#(108) ---- F 44:34 44:34	#(109) ---- F 44:34	#(110) ---- F 44:34	#(111) ---- F 44:34	#(112) ---- F 44:34	#(113) ---- F 44:34	#(114) ---- F 44:34	#(115) ---- F 44:34	