

Pl	Stno	Name	Time																
<b>Long (11)</b>				<b>8.0 km</b>	<b>18 C</b>														
				1(103)	2(102)	3(106)	4(105)	5(111)	6(112)	7(107)	8(118)	9(113)	10(109)	11(120)	12(119)	13(104)	14(114)	15(121)	
				16(122)	17(123)	18(110)	F												
1	56	Andrew Monro HOC	38:48	1:06 1:06	4:06 3:00	5:12 1:06	6:19 1:07	8:38 2:19	10:41 2:03	13:50 3:09	17:54 4:04	19:26 1:32	22:18 2:52	25:09 2:51	26:27 1:18	27:51 1:24	30:46 2:55	31:52 1:06	
2	1	Richard Cronin NGOC	39:38	1:14 1:14	4:33 3:19	5:37 1:04	6:49 1:12	8:58 2:09	11:22 2:24	14:08 2:46	17:32 3:24	19:17 1:45	22:18 3:01	25:16 2:58	26:30 1:14	28:06 1:36	31:24 3:18	32:27 1:03	
3	69	Alistair Ross NGOC	44:37	1:18 1:18	5:48 4:30	6:51 1:03	8:02 1:11	10:20 2:18	12:33 2:13	15:40 3:07	19:52 4:12	21:36 1:44	24:50 3:14	27:47 2:57	29:02 1:15	30:35 1:33	33:57 3:22	36:28 2:31	
4	19	Anders Johansson NGOC	46:38	1:19 1:19	5:11 3:52	6:14 1:03	7:33 1:19	9:56 2:23	12:23 2:27	15:54 3:31	20:50 4:56	23:43 2:53	26:53 3:10	29:55 3:02	31:13 1:18	32:51 1:38	36:18 3:27	37:42 1:24	
5	2	Simon Denman NGOC	49:49	1:29 1:29	5:41 4:12	8:21 2:40	9:36 1:15	12:06 2:30	14:43 2:37	18:58 4:15	23:09 4:11	26:08 2:59	29:22 3:14	32:23 3:01	33:40 1:17	35:29 1:49	38:57 3:28	40:12 1:15	
6	71	John Orton NWO	50:33	1:31 1:31	6:59 5:28	8:15 1:16	9:33 1:18	12:15 2:42	14:56 2:41	18:06 3:10	23:04 4:58	25:18 2:14	29:18 4:00	32:35 3:17	34:04 1:29	35:57 1:53	39:49 3:52	41:31 1:42	
7	46	Ben Arkell NGOC	51:53	1:08 1:08	5:20 4:12	9:16 3:56	10:25 1:09	12:41 2:16	15:01 2:20	17:51 2:50	21:12 3:21	23:59 2:47	31:21 7:22	34:37 3:16	36:09 1:32	37:55 1:46	41:35 3:40	43:03 1:28	
8	5	Scott Johnson NGOC	54:51	1:26 1:26	6:11 4:45	7:24 1:13	8:42 1:18	11:12 2:30	14:20 3:08	21:13 6:53	26:20 5:07	29:01 2:41	32:42 3:41	36:25 3:43	37:58 1:33	39:59 2:01	44:24 4:25	45:40 1:16	
9	58	James Wilkinson HOC	56:39	1:43 1:43	6:26 4:43	7:48 1:22	9:20 1:32	12:37 3:17	16:05 3:28	20:05 4:00	24:47 4:42	27:07 2:20	32:09 5:02	36:31 4:22	38:02 1:31	40:22 2:20	44:49 4:27	46:27 1:38	
10	61	Neil Cameron NGOC	58:06	2:04 2:04	7:04 5:00	9:08 2:04	10:31 1:23	15:41 5:10	18:48 3:07	22:53 4:05	27:22 4:29	30:10 2:48	34:15 4:05	38:06 3:51	39:30 1:24	41:35 2:05	46:07 4:32	47:57 1:50	
11	72	Paul Taunton NGOC	68:42	2:01 2:01	8:21 6:20	9:49 1:28	11:41 1:52	15:10 3:29	19:11 4:01	24:03 4:52	31:09 7:06	34:40 3:31	39:25 4:45	44:17 4:52	46:09 1:52	48:54 2:45	54:11 5:17	56:14 2:03	

Pl	Stno	Name	Time												F	
<b>Short (15)</b>				<b>5.0 km</b>	<b>11 C</b>											
				1(115)	2(102)	3(112)	4(114)	5(108)	6(116)	7(117)	8(104)	9(101)	10(111)	11(110)		
1	70	Dan Edwards IND	30:42	2:21	5:29	9:29	12:53	15:41	17:19	18:56	20:33	24:54	28:14	30:09	30:42	
				2:21	3:08	4:00	3:24	2:48	1:38	1:37	1:37	4:21	3:20	1:55	0:33	
2	21	John Fallows NGOC	34:19	2:53	6:29	8:59	12:41	15:53	18:03	20:24	22:35	27:07	31:14	33:46	34:19	
				2:53	3:36	2:30	3:42	3:12	2:10	2:21	2:11	4:32	4:07	2:32	0:33	
3	48	Ian Coe NGOC	36:50	3:18	7:08	10:56	15:19	19:05	20:54	23:15	25:15	29:50	33:51	36:16	36:50	
				3:18	3:50	3:48	4:23	3:46	1:49	2:21	2:00	4:35	4:01	2:25	0:34	
4	20	Pete Adams IND	39:05	3:36	8:57	11:31	14:49	19:12	21:31	23:44	25:20	31:22	35:52	38:31	39:05	
				3:36	5:21	2:34	3:18	4:23	2:19	2:13	1:36	6:02	4:30	2:39	0:34	
5	54	Chris Vallence NGOC	41:31	3:26	7:57	11:40	16:00	20:44	23:09	25:40	28:00	33:09	37:56	40:50	41:31	
				3:26	4:31	3:43	4:20	4:44	2:25	2:31	2:20	5:09	4:47	2:54	0:41	
6	41	Lucy Nation IND	41:44	3:39	7:53	11:47	16:00	19:38	22:10	25:06	27:27	33:34	38:09	40:59	41:44	
				3:39	4:14	3:54	4:13	3:38	2:32	2:56	2:21	6:07	4:35	2:50	0:45	
7	68	Rich Kennington BOK	43:40	3:40	8:00	11:35	16:47	20:41	22:58	25:44	28:41	35:11	40:24	43:00	43:40	
				3:40	4:20	3:35	5:12	3:54	2:17	2:46	2:57	6:30	5:13	2:36	0:40	
8	64	Alison Wilkinson HOC	45:20	4:25	8:48	12:58	18:17	22:07	24:39	27:30	29:56	35:36	41:49	44:40	45:20	
				4:25	4:23	4:10	5:19	3:50	2:32	2:51	2:26	5:40	6:13	2:51	0:40	
9	57	Judith Taylor HOC	49:04	3:45	8:27	12:00	16:39	22:02	24:51	27:30	29:54	36:42	41:38	48:26	49:04	
				3:45	4:42	3:33	4:39	5:23	2:49	2:39	2:24	6:48	4:56	6:48	0:38	
10	59	Julia Wilkinson HOC	49:05	4:05	9:15	13:16	18:54	23:21	26:27	29:30	32:17	39:00	44:45	48:04	49:05	
				4:05	5:10	4:01	5:38	4:27	3:06	3:03	2:47	6:43	5:45	3:19	1:01	
11	63	Mike Wilkinson HOC	50:23	4:21	9:56	14:11	20:31	25:39	28:28	31:36	34:08	40:53	46:41	49:42	50:23	
				4:21	5:35	4:15	6:20	5:08	2:49	3:08	2:32	6:45	5:48	3:01	0:41	
12	73	Rosalind Taunton NGOC	53:41	5:02	10:28	14:54	19:51	24:43	27:43	31:06	33:53	40:18	47:51	52:53	53:41	
				5:02	5:26	4:26	4:57	4:52	3:00	3:23	2:47	6:25	7:33	5:02	0:48	
13	62	Robert Teed NGOC	58:21	14:58	19:46	24:19	29:11	33:47	36:33	39:49	42:38	48:58	54:18	57:20	58:21	6:16
				14:58	4:48	4:33	4:52	4:36	2:46	3:16	2:49	6:20	5:20	3:02	1:01	*111
14	67	Sheila Miklausic NGOC	62:13	5:16	11:26	16:51	22:59	30:02	33:41	37:22	40:53	49:11	56:00	60:52	62:13	
				5:16	6:10	5:25	6:08	7:03	3:39	3:41	3:31	8:18	6:49	4:52	1:21	
	66	Sam Jamie Ellie + J IND	mp	9:38	-----	25:30	43:46	52:59	-----	-----	63:38	-----	-----	-----	85:14	81:49
				9:38		15:52	18:16	9:13			10:39				21:36	*103