

Pl	Name	Time	1(45) 24(51)	2(33) Finish	3(36)	4(42)	5(67)	6(68)	7(62)	8(64)	9(69)	10(66)	11(70)	12(65)	13(32)	14(63)	15(60)	16(56)	17(58)	18(57)	19(61)	20(39)	21(35)	22(50)	23(40)		
Blue (37)																											
1	Adam Potter SHUOC	31:30	0:47 0:47 31:15	1:36 0:49 31:30	2:43 1:07	3:43 1:00	6:34 2:51	7:40 1:06	9:04 1:24	10:30 1:26	12:34 2:04	13:15 0:41	15:27 2:12	16:28 1:01	21:27 4:59	23:21 1:54	26:05 2:44	26:27 0:22	26:43 0:16	27:08 0:25	27:36 0:28	28:58 1:22	29:52 0:54	30:05 0:13	30:47 0:42		
2	Mark Burley BOK	35:02	0:28 0:58 0:58 34:49 0:29	0:15 1:52 0:54 35:02 0:13	3:02 1:10	4:01 0:59	7:02 3:01	8:16 1:14	9:43 1:27	11:17 1:34	13:36 2:19	14:21 0:45	16:44 2:23	17:54 1:10	23:19 5:25	25:27 2:08	28:26 2:59	28:54 0:28	29:10 0:16	29:43 0:33	30:44 1:01	32:16 1:32	33:15 0:59	33:34 0:19	34:20 0:46		
3	Scott Johnson NGOC	37:30	1:08 1:08 37:17 0:25	2:25 1:17 37:30 0:13	3:37 1:12	4:33 0:56	7:44 3:11	9:00 1:16	10:34 1:34	12:12 1:38	14:31 2:19	15:18 0:47	18:08 2:50	19:18 1:10	25:31 6:13	27:46 2:15	31:11 3:25	31:36 0:25	31:55 0:19	32:22 0:27	32:50 0:28	34:25 1:35	35:34 1:09	36:02 0:28	36:52 0:50		
4	Chris McCartney OD	39:14	1:30 1:30 38:59 0:31	2:30 1:00 39:14 0:15	3:54 1:24	4:57 1:03	8:08 3:11	9:26 1:18	11:04 1:38	12:45 1:41	15:25 2:40	16:25 1:00	19:47 3:22	21:08 1:21	27:04 5:56	29:24 2:20	32:29 3:05	33:01 0:32	33:21 0:20	33:52 0:31	34:25 0:33	35:48 1:23	36:57 1:09	37:45 0:48	38:28 0:43		
5	Andrew Monro HOC	39:37	1:40 1:40 39:23 0:28	3:11 1:31 39:37 0:14	4:31 1:20	5:33 1:02	9:00 3:27	10:23 1:23	11:59 1:36	13:54 1:55	16:24 2:30	17:10 0:46	20:00 2:50	21:13 1:13	27:30 6:17	29:49 2:19	32:59 3:10	33:27 0:28	33:45 0:18	34:13 0:28	34:43 0:30	36:08 1:25	37:12 1:04	38:14 1:02	38:55 0:41		
6	Caroline Craig NGOC	40:54	1:22 1:22 40:39 0:35	2:24 1:02 40:54 0:15	3:54 1:30	5:29 1:35	9:26 3:57	10:53 1:27	12:31 1:38	14:19 1:48	16:42 2:23	17:27 0:45	20:08 2:41	21:38 1:30	28:40 7:02	31:08 2:28	34:27 3:19	34:56 0:29	35:16 0:20	35:46 0:30	36:17 0:31	37:50 1:33	39:02 1:12	39:22 0:20	40:04 0:42		
7	Alan Honey BOK	41:01	1:25 1:25 40:45 0:35	2:28 1:03 41:01 0:16	3:55 1:27	5:10 1:15	8:52 3:42	10:17 1:25	12:14 1:57	14:01 1:47	16:42 2:41	17:30 0:48	20:45 3:15	22:08 1:23	28:26 6:18	30:53 2:27	34:19 3:26	34:49 0:30	35:09 0:20	35:41 0:32	36:24 0:43	37:57 1:33	39:05 1:08	39:25 0:20	40:10 0:45		
8	Joe Gidley NGOC	41:07	1:00 1:00 40:51 0:31	2:04 1:04 41:07 0:16	3:18 1:14	4:29 1:11	8:59 4:30	10:26 1:27	12:19 1:53	14:12 1:53	16:43 2:31	17:52 1:09	20:41 2:49	21:57 1:16	28:29 6:32	31:01 2:32	34:37 3:36	35:08 0:31	35:29 0:21	36:00 0:31	36:35 0:35	37:57 1:22	39:05 1:08	39:25 0:20	40:20 0:55		
9	Philip Eeles SOC	42:13	1:12 1:12 41:52 0:41	2:13 1:01 42:13 0:21	3:42 1:29	4:47 1:05	8:05 3:18	9:30 1:25	11:19 1:49	13:05 1:46	16:11 3:06	17:05 0:54	20:13 3:08	21:41 1:28	28:30 6:49	31:07 2:37	34:51 3:44	35:22 0:31	35:44 0:22	36:25 0:41	37:01 0:36	38:40 1:39	39:54 1:14	40:23 0:29	41:11 0:48		
10	Charles Daniel BOK	42:36	1:28 1:28 42:20 0:33	2:31 1:03 42:36 0:16	5:08 2:37	6:17 1:09	10:59 4:42	12:23 1:24	14:02 1:39	15:49 1:47	18:15 2:26	19:03 0:48	22:00 2:57	23:18 1:18	29:42 6:24	32:15 2:33	35:40 3:25	36:09 0:29	36:31 0:22	37:13 0:42	37:45 0:32	39:31 1:46	40:36 1:05	40:53 0:17	41:47 0:54		
11	Simon Denman NGOC	42:50	1:21 1:21 42:35 0:30	2:26 1:05 42:50 0:15	4:43 2:17	5:59 1:16	10:24 4:25	11:52 1:28	13:49 1:57	15:30 1:41	18:25 2:55	19:24 0:59	22:02 2:38	23:35 1:33	30:04 6:29	32:27 2:23	35:46 3:19	36:14 0:28	36:35 0:21	37:07 0:32	37:38 0:31	39:05 1:27	40:30 1:25	41:14 0:44	42:05 0:51		
12	John Orton NWO	46:40	1:24 1:24 46:18 0:47	2:31 1:07 46:40 0:22	4:15 1:44	5:33 1:18	9:03 3:30	10:40 1:37	12:59 2:19	15:00 2:01	17:48 2:48	18:51 1:03	21:54 3:03	23:25 1:31	30:53 7:28	33:41 2:48	37:40 3:59	38:17 0:37	38:40 0:23	39:15 0:35	39:52 0:37	42:15 2:23	43:22 1:07	44:31 1:09	45:31 1:00		
13	David Hunt BOK	47:50	1:15 1:15 47:29 0:41	3:48 2:33 47:50 0:21	5:41 1:53	7:24 1:43 43:28 *41	11:29 4:05	13:07 1:38	15:10 2:03	17:39 2:29	20:31 2:52	21:35 1:04	24:40 3:05	26:21 1:41	33:22 7:01	36:08 2:46	40:19 4:11	40:56 0:37	41:19 0:23	41:57 0:38	42:33 0:36	44:17 1:44	45:31 1:14	45:50 0:19	46:48 0:58		

Pl	Name	Time																									
Blue (37)			<i>(cont.)</i>																								
			1(45)	2(33)	3(36)	4(42)	5(67)	6(68)	7(62)	8(64)	9(69)	10(66)	11(70)	12(65)	13(32)	14(63)	15(60)	16(56)	17(58)	18(57)	19(61)	20(39)	21(35)	22(50)	23(40)		
			24(51)	Finish																							
14	Chloe Potter BOK	47:51	1:08 1:08 47:34 0:40	2:21 1:13 47:51 0:17	3:52 1:31	5:06 1:14	8:37 3:31	10:06 1:29	12:23 2:17	14:13 1:50	17:03 2:50	17:58 0:55	25:08 7:10	26:27 1:19	33:08 6:41	35:46 2:38	39:22 3:36	39:53 0:31	40:13 0:20	40:58 0:45	41:37 0:39	44:01 2:24	45:26 1:25	46:08 0:42	46:54 0:46		
15	John Leeson HOC	49:07	1:19 1:19 48:52 0:36	2:27 1:08 49:07 0:15	4:07 1:40	5:12 1:05	10:55 5:43	13:15 2:20	15:05 1:50	17:12 2:07	20:03 2:51	21:09 1:06	25:53 4:44	27:27 1:34	34:54 7:27	37:35 2:41	41:16 3:41	41:52 0:36	42:18 0:26	42:52 0:34	43:28 0:36	45:44 2:16	47:03 1:19	47:25 0:22	48:16 0:51		
16	Matthew Lawson NGOC	49:45	5:21 5:21 49:28 0:36	6:34 1:13 49:45 0:17	8:08 1:34	9:39 1:31	14:50 5:11	16:20 1:30	18:28 2:08	20:18 1:50	23:01 2:43	23:59 0:58	27:02 3:03	28:44 1:42	35:35 6:51	38:00 2:25	41:17 3:17	41:55 0:38	43:11 1:16	43:48 0:37	44:22 0:34	46:02 1:40	47:11 1:09	47:46 0:35	48:52 1:06		
17	Andrew Craig NGOC	50:46	1:10 1:10 50:33 0:33	2:21 1:11 50:46 0:13	3:53 1:32	5:12 1:19	9:06 3:54	10:50 1:44	12:56 2:06	14:48 1:52	18:14 3:26	19:12 0:58	22:40 3:28	24:05 1:25	31:56 7:51	34:59 3:03	42:39 7:40	43:19 0:40	43:42 0:23	44:25 0:43	45:10 0:45	47:02 1:52	48:27 1:25	49:05 0:38	50:00 0:55		
18	Ben Arkell NGOC	51:08	1:20 1:20 50:53 0:33	2:37 1:17 51:08 0:15	5:17 2:40	6:49 1:32	12:00 5:11	16:02 4:02	18:15 2:13	20:25 2:10	23:15 2:50	25:41 2:26	29:24 3:43	30:53 1:29	37:50 6:57	40:27 2:37	43:55 3:28	44:35 0:40	44:56 0:21	45:36 0:40	46:24 0:48	47:58 1:34	49:08 1:10	49:28 0:20	50:20 0:52		
19	James Wilkinson HOC	51:59	1:29 1:29 51:46 0:42	2:36 1:07 51:59 0:13	4:31 1:55	5:56 1:25	9:57 4:01	11:45 1:48	14:05 2:20	16:12 2:07	19:39 3:27	20:51 1:12	24:52 4:01	26:51 1:59	35:22 8:31	38:54 3:32	43:17 4:23	44:00 0:43	44:32 0:32	45:19 0:47	46:03 0:44	48:13 2:10	49:35 1:22	49:59 0:24	51:04 1:05		
20	Anders Johansson NGOC	52:11	1:50 1:50 51:51 0:36	3:30 1:40 52:11 0:20	5:02 1:32	6:16 1:14	11:42 5:26	13:35 1:53	15:28 1:53	17:26 1:58	20:33 3:07	21:34 1:01	24:47 3:13	28:09 3:22	35:35 7:26	38:34 2:59	42:36 4:02	43:13 0:37	43:36 0:23	44:31 0:55	46:04 1:33	48:05 2:01	49:33 1:28	50:08 0:35	51:15 1:07		
21	Nick Dennis BOK	53:07	1:24 1:24 52:49 0:35	4:09 2:45 53:07 0:18	5:27 1:18	7:15 1:48	12:24 5:09	13:46 1:22	16:06 2:20	18:47 2:41	21:27 2:40	22:26 0:59	30:21 7:55	31:41 1:20	38:30 6:49	41:11 2:41	44:34 3:23	45:07 0:33	45:27 0:20	46:06 0:39	46:55 0:49	49:08 2:13	50:38 1:30	51:21 0:43	52:14 0:53		
22	David Palmer BOK	53:53	2:30 2:30 53:34 0:42	3:50 1:20 53:53 0:19	6:13 2:23	8:05 1:52	13:45 5:40	15:25 1:40	17:47 2:22	20:13 2:26	23:20 3:07	24:25 1:05	27:50 3:25	29:23 1:33	37:31 8:08	40:46 3:15	44:52 4:06	45:27 0:35	45:52 0:25	46:34 0:42	47:16 0:42	49:19 2:03	51:03 1:44	51:40 0:37	52:52 1:12		
23	Guy Cooper NGOC	54:00	1:38 1:38 53:41 0:39	2:54 1:16 54:00 0:19	4:37 1:43	5:51 1:14	10:56 5:05	12:48 1:52	15:42 2:54	18:03 2:21	20:51 2:48	21:53 1:02	25:42 3:49	27:28 1:46	36:41 9:13	39:50 3:09	44:03 4:13	44:51 0:48	45:22 0:31	46:06 0:44	46:46 0:40	48:32 1:46	50:12 1:40	51:56 1:44	53:02 1:06		
24	Tom Birthwright NGOC	56:03	1:20 1:20 55:42 0:45	2:28 1:08 56:03 0:21	4:19 1:51	5:57 1:38	10:28 4:31	12:27 1:59	15:01 2:34	17:14 2:13	20:19 3:05	22:48 2:29	28:02 5:14	29:36 1:34	37:57 8:21	41:46 3:49	46:18 4:32	47:01 0:43	47:29 0:28	48:30 1:01	49:08 0:38	51:46 2:38	53:22 1:36	53:50 0:28	54:57 1:07		
25	Chris Johnson BOK	56:10	1:41 1:41 55:47 0:47	3:14 1:33 56:10 0:23	5:18 2:04	6:45 1:27	11:28 4:43	13:41 2:13	16:41 3:00	19:10 2:29	22:39 3:29	23:49 1:10	28:07 4:18	29:52 1:45	38:38 8:46	42:08 3:30	46:49 4:41	47:35 0:46	48:04 0:29	48:49 0:45	49:34 0:45	51:41 2:07	53:20 1:39	53:52 0:32	55:00 1:08		
26	Joe Parkinson NGOC	57:05	1:41 1:41 56:41 0:56	3:13 1:32 57:05 0:24	5:11 1:58	7:00 1:49	11:25 4:25	13:07 1:42	15:24 2:17	18:04 2:40	21:25 3:21	22:29 1:04	26:27 3:58	28:15 1:48	37:27 9:12	41:22 3:55	46:42 5:20	47:35 0:53	48:04 0:29	48:59 0:55	49:50 0:51	52:04 2:14	53:53 1:49	54:44 0:51	55:45 1:01		

Pl	Name	Time	(cont.)																							
			1(45) 24(51)	2(33) Finish	3(36)	4(42)	5(67)	6(68)	7(62)	8(64)	9(69)	10(66)	11(70)	12(65)	13(32)	14(63)	15(60)	16(56)	17(58)	18(57)	19(61)	20(39)	21(35)	22(50)	23(40)	
Blue (37)																										
27	Alan Brown NGOC	57:26	1:37 1:37 57:09 0:43	3:06 1:29 57:26 0:17	4:51 1:45	6:08 1:17	12:10 6:02	13:59 1:49	17:05 3:06	19:32 2:27	23:19 3:47	24:35 1:16	28:50 4:15	30:32 1:42	39:18 8:46	42:36 3:18	47:28 4:52	48:11 0:43	48:37 0:26	49:26 0:49	50:05 0:39	53:01 2:56	54:48 1:47	55:15 0:27	56:26 1:11	
28	Lucas Ashworth BOK	59:39	1:52 1:52 59:20 0:32	3:18 1:26 59:39 0:19	5:31 2:13	6:48 1:17	18:57 12:09 1:14	20:11 1:14	22:06 1:55	24:28 2:22	27:31 3:03	29:00 1:29	31:57 2:57	33:55 1:58	42:40 8:45	45:48 3:08	49:55 4:07	51:23 1:28	51:51 0:28	52:50 0:59	53:55 1:05	55:27 1:32	57:09 1:42	57:43 0:34	58:48 1:05	
29	Alan Pucill NGOC	59:59	1:50 1:50 59:39 0:40	3:26 1:36 59:59 0:20	6:30 3:04	7:49 1:19	13:19 5:30	17:39 4:20	20:12 2:33	22:32 2:20	26:22 3:50	27:43 1:21	31:37 3:54	33:20 1:43	42:05 8:45	45:35 3:30	50:28 4:53	51:14 0:46	51:39 0:25	52:26 0:47	53:13 0:47	55:46 2:33	57:22 1:36	58:01 0:39	58:59 0:58	
30	Neil Cameron NGOC	1:01:11	2:31 2:31 1:00:46 0:59	4:11 1:40 1:01:11 0:25	6:25 2:14	8:14 1:49	14:19 6:05	16:17 1:58	18:57 2:40	21:37 2:40	25:44 4:07	27:18 1:34	31:30 4:12	33:23 1:53	41:56 8:33	45:21 3:25	50:01 4:40	50:49 0:48	51:22 0:33	52:22 1:00	53:11 0:49	55:56 2:45	57:42 1:46	58:13 0:31	59:47 1:34	
31	Gwen Tanner BOK	1:05:14	2:07 2:07 1:04:45 0:58	3:46 1:39 1:05:14 0:29	5:44 1:58	7:39 1:55	13:07 5:28	15:40 2:33	18:18 2:38	21:11 2:53	25:46 4:35	27:02 1:16	31:28 4:26	33:29 2:01	44:20 10:51	48:17 3:57	53:55 5:38	54:39 0:44	55:10 0:31	56:01 0:51	56:55 0:54	59:27 2:32	1:01:18 1:51	1:02:37 1:19	1:03:47 1:10	
32	Siobhan Lock SBOC	1:05:58	1:30 1:30 1:05:43 0:40	2:52 1:22 1:05:58 0:15	4:25 1:33	5:36 1:11	12:35 6:59	14:18 1:43	16:40 2:22	18:51 2:11	22:05 3:14	23:32 1:27	27:57 4:25	29:33 1:36	48:01 18:28	51:26 3:25	55:40 4:14	56:17 0:37	56:42 0:25	57:42 1:00	58:18 0:36	1:00:17 1:59	1:01:55 1:38	1:02:27 0:32	1:05:03 2:36	
33	Gill Lock SBOC	1:06:19	1:26 1:26 1:05:36 0:41	3:43 2:17 1:06:19 0:43	5:51 2:08	7:29 1:38	13:18 5:49	15:00 1:42	17:36 2:36	22:46 5:10	29:16 6:30	30:39 1:23	34:38 3:59	36:11 1:33	49:08 12:57	52:01 2:53	56:20 4:19	57:04 0:44	57:39 0:35	58:44 1:05	59:31 0:47	1:02:16 2:45	1:03:30 1:14	1:04:00 0:30	1:04:55 0:55	
34	Pete Colbert SWOC	1:29:02	2:20 2:20 1:28:33 0:55	3:58 1:38 1:29:02 0:29	5:49 1:51	7:25 1:36	15:51 8:26	18:56 3:05	21:26 2:30	24:21 2:55	33:47 9:26	36:28 2:41	41:16 4:48	46:23 5:07	58:20 11:57	1:02:42 4:22	1:11:04 8:22	1:11:53 0:49	1:18:42 6:49	1:20:05 1:23	1:21:04 0:59	1:23:23 2:19	1:25:39 2:16	1:26:11 0:32	1:27:38 1:27	
	Greg Best NGOC	mp	1:29 1:29 56:07 0:45	2:39 1:10 56:26 0:19	4:19 1:40	5:37 1:18	10:54 5:17	12:44 1:50	15:56 3:12	18:15 2:19	20:58 2:43	21:58 1:00	31:09 9:11	32:38 1:29	40:29 7:51	44:04 3:35	47:55 3:51	48:40 0:45	49:09 0:29	-----	50:31 1:22	52:15 1:44	53:35 1:20	54:04 0:29	55:22 1:18	
	David Potter BOK	dnf	1:42 1:42 -----	3:07 1:25	4:50 1:43	6:23 1:33	11:58 5:35	13:48 1:50	16:43 2:55	19:03 2:20	22:29 3:26	23:51 1:22	29:11 5:20	31:42 2:31	40:29 8:47	44:47 4:18	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
nc	Richard Cronin NGOC	36:20	0:58 0:58 36:03 0:34	2:02 1:04 36:20 0:17	3:17 1:15	4:14 0:57	7:29 3:15	8:49 1:20	10:24 1:35	12:05 1:41	14:27 2:22	15:13 0:46	17:52 2:39	19:04 1:12	24:42 5:38	27:02 2:20	30:11 3:09	30:41 0:30	31:01 0:20	31:34 0:33	32:07 0:33	33:35 1:28	34:36 1:01	34:51 0:15	35:29 0:38	
Green (37)																										
1	James Hartley NGOC	30:30	0:59 0:59	1:26 0:27	1:41 0:15	2:19 0:38	3:01 0:42	4:27 1:26	5:04 0:37	6:27 4:50	7:54 2:01	9:54 1:44	11:55 3:10	13:39 4:15	16:49 5:18	21:04 0:38	26:22 1:11	27:00 0:33	28:11 0:16	28:44 0:33	29:00 0:16	29:53 0:53	30:18 0:25	30:30 0:12		
2	James Bellward RAFO	31:11	1:21 1:21	1:42 0:21	2:00 0:18	2:42 0:42	4:55 2:13	7:15 2:20	7:47 0:32	13:30 5:43	15:16 1:46	17:05 1:49	19:50 2:45	23:34 3:44	27:11 3:37	27:45 0:34	28:43 0:58	29:23 0:40	29:43 0:20	30:39 0:56	30:57 0:18	31:11 0:14				

Pl	Name	Time																	
Yellow (7)			<i>(cont.)</i>																
			1(31)	2(32)	3(33)	4(34)	5(42)	6(43)	7(39)	8(44)	9(35)	10(36)	11(37)	12(50)	13(38)	14(40)	15(41)	16(51)	Finish
4	Florence Eaton	28:39	1:30	2:58	4:50	6:09	8:29	11:07	14:09	17:11	18:41	20:22	21:38	23:03	24:04	26:07	27:33	28:10	28:39
	IND		1:30	1:28	1:52	1:19	2:20	2:38	3:02	3:02	1:30	1:41	1:16	1:25	1:01	2:03	1:26	0:37	0:29
5	Ross Bradley	29:08	1:34	3:16	5:38	7:47	9:43	12:57	16:10	18:52	20:08	22:11	23:51	24:50	26:24	27:28	28:22	28:45	29:08
	NGOC		1:34	1:42	2:22	2:09	1:56	3:14	3:13	2:42	1:16	2:03	1:40	0:59	1:34	1:04	0:54	0:23	0:23
6	Reuben Lawson	35:24	1:22	3:23	5:08	5:52	16:29	19:47	21:34	24:16	25:11	26:31	28:15	29:51	30:51	31:36	33:33	34:31	35:24
	NGOC		1:22	2:01	1:45	0:44	10:37	3:18	1:47	2:42	0:55	1:20	1:44	1:36	1:00	0:45	1:57	0:58	0:53
	Wendy McCarthy	mp	1:23	2:53	4:41	6:22	11:04	14:46	17:14	19:11	20:15	21:41	24:09	26:02	28:49	30:17	35:10	----	36:39
	IND		1:23	1:30	1:48	1:41	4:42	3:42	2:28	1:57	1:04	1:26	2:28	1:53	2:47	1:28	4:53		1:29