

Pl	Name	Time	18 C																	Finish	
			5.6 km	2(201)	3(212)	4(202)	5(203)	6(216)	7(208)	8(213)	9(225)	10(215)	11(210)	12(209)	13(217)	14(218)	15(219)	16(206)	17(221)		18(205)
1	Mark Burley BOK	33:26	2:35	3:05	3:41	4:19	6:02	7:34	9:54	11:17	13:21	18:04	18:47	19:16	22:59	24:11	26:29	27:17	28:52	30:50	33:26
2	Andrew Monro HOC	35:16	2:23	2:53	3:29	4:03	5:47	7:24	10:48	12:14	14:13	19:11	19:56	20:34	24:08	25:38	28:33	29:23	30:43	32:45	35:16
3	Richard Cronin NGOC	36:44	2:58	3:32	4:14	4:54	6:51	8:41	11:31	13:04	15:16	20:44	21:30	22:02	25:52	26:59	29:37	30:30	31:53	34:07	36:44
4	Caroline Craig NGOC	38:14	2:58	3:31	4:13	4:53	7:11	9:01	11:44	13:23	15:36	21:15	22:03	22:46	26:44	28:14	30:54	31:50	33:14	35:29	38:14
5	Richard Sansbury QO	40:28	3:01	3:35	4:16	5:07	7:01	8:53	12:18	14:01	16:17	21:54	22:39	23:14	27:17	28:44	31:32	34:00	35:20	37:37	40:28
6	Simon Denman NGOC	41:15	3:13	3:48	4:26	5:15	7:04	8:48	12:05	13:42	15:51	21:14	22:03	22:49	26:48	28:25	32:51	33:56	36:10	38:17	41:15
7	Alan Honey BOK	41:48	3:24	3:59	4:55	5:40	7:48	9:49	13:46	15:44	18:11	23:54	24:54	25:56	30:07	31:32	34:15	35:11	36:36	38:57	41:48
8	Scott Johnson NGOC	42:15	3:18	3:56	4:37	5:32	7:29	9:19	13:32	15:13	17:32	23:45	24:31	25:08	29:44	31:30	34:24	35:18	36:53	39:25	42:15
9	Will Day IND	46:18	3:52	4:29	5:20	6:04	8:06	10:24	13:45	15:47	18:18	24:47	25:56	26:38	32:54	34:48	37:45	38:45	40:30	43:13	46:18
9	Anders Johansson NGOC	46:18	2:57	3:30	4:11	4:52	6:52	8:51	12:35	14:39	17:02	23:31	24:24	25:15	29:54	31:38	37:40	38:44	40:14	42:50	46:18
11	Greg Best NGOC	48:30	3:41	4:31	5:19	6:59	9:08	11:15	14:53	17:52	20:15	26:35	27:30	28:18	33:12	36:34	39:42	40:47	42:25	45:14	48:30
12	Tom Birthwright NGOC	50:44	3:40	4:21	5:09	6:05	8:21	10:34	13:56	16:05	19:41	26:29	27:36	28:37	34:22	35:54	39:16	41:05	43:09	46:20	50:44
13	Paul Bryce NGOC	53:53	3:41	4:21	5:16	6:59	9:12	12:05	16:13	18:39	21:09	29:23	30:33	31:24	36:58	39:25	43:19	44:30	46:32	49:43	53:53
14	Neil Cameron NGOC	58:49	4:22	5:11	6:33	7:31	10:10	12:58	16:58	19:14	22:53	30:58	32:10	33:24	39:22	41:36	46:02	47:54	50:17	53:41	58:49
15	Anne Foulger IND	67:23	6:07	6:52	8:03	8:57	11:42	14:28	20:04	22:20	28:21	37:01	38:35	41:36	48:32	51:09	55:27	57:25	59:33	63:01	67:23

Pl	Name	Time	4.0 km		11 C									
			1(204)	2(216)	3(213)	4(225)	5(214)	6(208)	7(217)	8(207)	9(219)	10(221)	11(220)	Finish
1	Steven Harris	24:45	1:47	3:44	5:24	7:31	10:50	11:30	13:56	16:19	17:26	19:45	21:14	24:45
	NGOC		1:47	1:57	1:40	2:07	3:19	0:40	2:26	2:23	1:07	2:19	1:29	3:31
2	Hannah Bradley	32:50	2:00	4:06	6:16	8:59	13:17	14:16	17:15	22:32	23:46	26:52	28:45	32:50
	NGOC		2:00	2:06	2:10	2:43	4:18	0:59	2:59	5:17	1:14	3:06	1:53	4:05
3	Chris Vallance	34:42	1:59	4:20	6:35	9:39	14:21	15:23	18:49	21:45	23:42	27:26	30:14	34:42
	NGOC		1:59	2:21	2:15	3:04	4:42	1:02	3:26	2:56	1:57	3:44	2:48	4:28
4	Ashleigh Denman	38:14	2:12	6:01	8:20	11:42	16:31	17:52	21:12	24:46	26:12	31:04	33:21	38:14
	NGOC		2:12	3:49	2:19	3:22	4:49	1:21	3:20	3:34	1:26	4:52	2:17	4:53
5	Chris Pringle	38:39	2:23	4:24	6:42	12:11	16:56	17:59	21:28	24:37	26:08	30:11	32:45	38:39
	NGOC		2:23	2:01	2:18	5:29	4:45	1:03	3:29	3:09	1:31	4:03	2:34	5:54
6	Barbara Ford	52:45	2:59	6:39	10:38	15:38	23:32	25:14	30:51	35:35	38:00	43:14	46:25	52:45
	HOC		2:59	3:40	3:59	5:00	7:54	1:42	5:37	4:44	2:25	5:14	3:11	6:20
7	Hilary Nicholls	63:26	9:20	13:45	18:06	23:17	31:45	33:37	39:17	44:32	47:14	52:56	55:57	63:26
	NGOC		9:20	4:25	4:21	5:11	8:28	1:52	5:40	5:15	2:42	5:42	3:01	7:29
8	Gillian James	67:13	3:45	7:46	15:14	20:19	28:56	30:41	39:53	46:44	49:06	55:10	59:44	67:13
	NGOC		3:45	4:01	7:28	5:05	8:37	1:45	9:12	6:51	2:22	6:04	4:34	7:29

