

Pl	Name	Club	Age Gro	Time	Co
Long					
5.7 km 45 m 15 C					
1	Scott Johnson	NGOC	M35	36:56	
2	Caroline Craig	NGOC	W21	37:47	
3	Richard Cronin	NGOC	M21	37:48	
4	Richard Sansbury	QO	M45	39:27	
5	Simon Denman	NGOC	M50	40:59	
6	Alan Honey	BOK	M55	41:58	
7	Anders Johansson	NGOC	M40	43:57	
8	Will Day	IND	M21	46:02	
9	David May	SLOW	M65	49:19	
10	Steve Williams	NGOC	M60	49:30	
11	Tom Birthwright	NGOC	M35	50:29	
12	Alan Brown	NGOC	M60	53:20	
13	Matthew Fantom	IND	M35	56:32	
14	Anne Foulger	IND	W35	66:30	
15	Samuel Taunton	NGOC	M21	69:32	
	Ian Coe	IND	M21		mp
Short					
3.6 km 20 m 11 C					
1	John Fallows	NGOC	M55	32:54	
2	Steven Harris	NGOC	M35	33:45	
3	Chris Vallence	NGOC	M40	34:16	
4	Rosalind Taunton	NGOC	W65	46:58	
5	Ashleigh Denman	NGOC	W45	48:35	
6	Anne May	SLOW	W65	54:41	
7	Gillian James	NGOC	W70	66:10	
	Ian Milsom	IND	M30		mp
	Greg Best	NGOC	M50		mp
Junior					
1.7 km 5 m 9 C					
1	Rosie Watson	NGOC	W12	18:58	
2	Joe Bryce	NGOC	M10	28:59	
3	Maisie Lang	IND	W10	29:00	
4	Katie Ashmead	IND	W13	43:36	
5	Niamh Kavanagh	IND	W12	43:43	
6	Anna Bryce	NGOC	W7	45:47	
7	Freddie Lang	IND	M7	46:03	