

Pl	Name	Time	5.7 km 45 m 15 C															
			1(210)	2(211)	3(212)	4(213)	5(214)	6(215)	7(216)	8(217)	9(218)	10(219)	11(220)	12(221)	13(222)	14(206)	15(223)	Finish
1	Scott Johnson NGOC	36:56	0:49	1:57	3:43	5:12	6:24	8:55	10:31	13:36	17:51	20:22	26:16	30:38	33:04	34:47	36:02	36:56
2	Caroline Craig NGOC	37:47	0:32	1:26	3:17	4:43	6:00	8:43	10:20	13:32	17:52	20:20	26:10	30:37	33:23	35:01	36:14	37:47
3	Richard Cronin NGOC	37:48	0:30	1:33	3:30	4:59	6:19	8:53	10:27	13:39	18:03	20:32	26:36	31:26	33:52	35:34	36:48	37:48
4	Richard Sansbury QO	39:27	0:48	1:44	3:37	5:20	6:44	9:19	10:56	14:19	19:02	21:36	27:35	32:48	35:14	37:01	38:18	39:27
5	Simon Denman NGOC	40:59	1:21	3:43	5:28	6:57	8:12	10:54	13:01	16:12	20:31	23:14	28:54	33:51	36:38	38:35	39:55	40:59
6	Alan Honey BOK	41:58	1:04	2:15	4:11	5:59	7:33	10:36	12:23	15:46	20:31	23:07	29:53	34:50	37:24	39:18	40:41	41:58
7	Anders Johansson NGOC	43:57	0:44	1:39	3:26	5:36	6:57	9:43	11:32	15:33	20:30	23:40	30:25	36:03	39:02	41:04	42:43	43:57
8	Will Day IND	46:02	1:20	2:20	4:13	5:48	7:16	10:23	12:10	15:49	22:30	25:11	32:30	37:24	41:01	43:14	44:49	46:02
9	David May SLOW	49:19	0:48	1:53	4:08	6:44	8:20	12:36	14:47	18:55	24:12	27:31	35:03	40:50	44:02	46:13	47:52	49:19
10	Steve Williams NGOC	49:30	2:01	4:01	6:12	7:57	9:37	12:31	14:17	18:17	24:38	27:45	35:19	40:53	44:09	46:27	48:09	49:30
11	Tom Birthwright NGOC	50:29	1:55	3:18	5:30	7:18	8:56	12:38	14:42	18:41	24:22	27:55	35:24	41:31	44:41	47:02	48:59	50:29
12	Alan Brown NGOC	53:20	1:45	2:57	5:08	7:19	8:56	12:04	14:22	18:28	24:18	27:57	36:25	43:38	47:24	49:53	51:45	53:20
13	Matthew Fantom IND	56:32	2:36	4:03	6:24	8:25	10:28	13:46	15:59	20:22	26:26	29:48	39:39	46:13	50:19	53:02	55:04	56:32
14	Anne Foulger IND	66:30	4:02	5:56	9:04	11:20	13:25	18:28	21:28	26:55	34:09	37:56	48:55	55:26	59:12	62:15	64:46	66:30
15	Samuel Taunton NGOC	69:32	1:37	3:10	6:44	8:47	10:49	14:50	17:50	22:45	32:45	37:17	47:07	58:00	62:18	65:09	67:44	69:32
	Ian Coe IND	mp	0:58	2:19	4:49	6:49	9:08	13:16	15:31	34:41	41:00	44:15	52:16	59:35	63:50	-----	67:54	69:46
			0:58	1:21	2:30	2:00	2:19	4:08	2:15	19:10	6:19	3:15	8:01	7:19	4:15		4:04	1:52

Pl	Name	Time	11 C											
			3.6 km	20 m	1(211)	2(213)	3(214)	4(215)	5(221)	6(222)	7(207)	8(203)	9(212)	10(223)
1	John Fallows	32:54	1:13	4:41	6:17	10:12	15:33	19:21	20:38	23:31	27:05	30:16	31:17	32:54
	NGOC		1:13	3:28	1:36	3:55	5:21	3:48	1:17	2:53	3:34	3:11	1:01	1:37
2	Steven Harris	33:45	1:27	4:06	5:58	8:52	13:56	16:50	17:51	22:05	24:43	30:29	31:35	33:45
	NGOC		1:27	2:39	1:52	2:54	5:04	2:54	1:01	4:14	2:38	5:46	1:06	2:10
3	Chris Vallence	34:16	1:17	4:55	6:38	10:09	16:59	20:13	21:37	24:41	28:14	31:27	32:34	34:16
	NGOC		1:17	3:38	1:43	3:31	6:50	3:14	1:24	3:04	3:33	3:13	1:07	1:42
4	Rosalind Taunton	46:58	1:31	6:45	9:20	14:25	23:02	27:33	29:30	33:15	37:40	42:47	44:13	46:58
	NGOC		1:31	5:14	2:35	5:05	8:37	4:31	1:57	3:45	4:25	5:07	1:26	2:45
5	Ashleigh Denman	48:35	1:25	5:25	11:50	15:47	25:59	29:34	33:23	37:33	42:03	45:25	46:29	48:35
	NGOC		1:25	4:00	6:25	3:57	10:12	3:35	3:49	4:10	4:30	3:22	1:04	2:06
6	Anne May	54:41	1:48	7:33	10:17	16:02	25:38	31:10	33:22	39:44	45:13	50:33	52:01	54:41
	SLOW		1:48	5:45	2:44	5:45	9:36	5:32	2:12	6:22	5:29	5:20	1:28	2:40
7	Gillian James	66:10	1:42	8:28	13:33	20:36	31:35	37:48	40:37	47:12	52:50	58:43	60:58	66:10
	NGOC		1:42	6:46	5:05	7:03	10:59	6:13	2:49	6:35	5:38	5:53	2:15	5:12
	Ian Milsom	mp	1:25	4:22	5:51	8:35	13:47	----	17:09	19:28	22:48	26:17	27:11	28:25
	IND		1:25	2:57	1:29	2:44	5:12		3:22	2:19	3:20	3:29	0:54	1:14
	Greg Best	mp	1:07	4:19	5:55	9:13	14:45	----	19:18	21:46	24:35	27:21	28:12	29:54
	NGOC		1:07	3:12	1:36	3:18	5:32		4:33	2:28	2:49	2:46	0:51	1:42

