

Pl	Name	Time	4.9 km 120 m		24 C																				
			1(225) 24(227)	2(224) Finish	3(222)	4(219)	5(218)	6(215)	7(216)	8(217)	9(214)	10(213)	11(212)	12(210)	13(209)	14(206)	15(204)	16(201)	17(202)	18(203)	19(205)	20(207)	21(208)	22(220)	23(221)
1	Adam Potter BOK	29:19	0:53 0:53 28:50	1:27 0:34 29:19	2:26 0:59	3:37 1:11	5:43 2:06	6:35 0:52	7:18 0:43	7:51 0:33	9:13 1:22	10:04 0:51	12:01 1:57	13:48 1:47	15:32 1:44	18:00 2:28	19:08 1:08	19:47 0:39	20:10 0:23	20:45 0:35	21:19 0:34	24:04 2:45	24:47 0:43	26:08 1:21	27:12 1:04
2	Tom Dobra UBOC	32:39	1:03 1:03 32:09	1:41 0:38 32:39	2:36 0:55	3:57 1:21	6:47 2:50	7:39 0:52	8:30 0:51	9:09 0:39	10:28 1:19	11:23 0:55	13:25 2:02	15:21 1:56	17:11 1:50	20:03 2:52	21:13 1:10	21:54 0:41	22:24 0:30	23:05 0:41	23:54 0:49	26:48 2:54	27:39 0:51	29:11 1:32	30:23 1:12
3	Mark Burley BOK	32:50	1:12 1:12 32:22	1:47 0:35 32:50	2:46 0:59	4:04 1:18	6:12 2:08	7:11 0:59	7:50 0:39	8:33 0:43	9:58 1:25	10:54 0:56	13:01 2:07	14:58 1:57	16:51 1:53	19:30 2:39	20:56 1:26	22:10 1:14	22:33 0:23	23:10 0:37	23:49 0:39	27:04 3:15	27:55 0:51	29:24 1:29	30:38 1:14
4	Nick Gracie BOK	34:36	1:26 1:26 34:03	2:03 0:37 34:36	3:03 1:00	4:26 1:23	6:46 2:20	7:48 1:02	8:33 0:45	9:14 0:41	10:49 1:35	11:46 0:57	14:04 2:18	16:14 2:10	18:17 2:03	21:16 2:59	22:28 1:12	23:18 0:50	23:43 0:25	24:27 0:44	25:09 0:42	28:21 3:12	29:14 0:53	30:48 1:34	32:06 1:18
5	Paul Murrin NGOC	35:43	1:12 1:12 35:16	1:52 0:40 35:43	2:48 0:56	4:03 1:15	6:45 2:42	7:42 0:57	8:48 1:06	9:29 0:41	10:55 1:26	11:54 0:59	13:58 2:04	15:58 2:00	17:49 1:51	20:51 3:02	22:13 1:22	23:41 1:28	24:15 0:34	25:27 1:12	26:23 0:56	29:36 3:13	30:25 0:49	32:09 1:44	33:26 1:17
6	Richard Cronin NGOC	37:39	1:11 1:11 37:00	1:51 0:40 37:39	2:59 1:08	4:34 1:35	7:20 2:46	8:29 1:09	9:21 0:52	10:06 0:45	11:53 1:47	12:56 1:03	15:23 2:27	17:50 2:27	19:58 2:08	23:03 3:05	24:27 1:24	25:15 0:48	25:46 0:31	26:38 0:52	27:27 0:49	30:56 3:29	31:56 1:00	33:36 1:40	35:00 1:24
7	Ivan Teed NGOC	38:21	1:09 1:09 37:46	1:54 0:45 38:21	2:57 1:03	4:37 1:40	7:04 2:27	8:05 1:01	8:57 0:52	9:34 0:37	11:15 1:41	12:30 1:15	15:03 2:33	17:18 2:15	19:22 2:04	22:32 3:10	23:52 1:20	24:40 0:48	25:05 0:25	26:07 1:02	27:29 1:22	31:18 3:49	32:18 1:00	34:05 1:47	35:35 1:30
8	Chloe Potter BOK	38:28	1:19 1:19 37:53	1:59 0:40 38:28	3:08 1:09	4:40 1:32	7:33 2:53	8:42 1:09	9:47 1:05	10:30 0:43	12:11 1:41	13:14 1:03	15:44 2:30	17:59 2:15	20:15 2:16	23:25 3:10	24:46 1:21	25:44 0:58	26:11 0:27	26:55 0:44	27:42 0:47	31:25 3:43	32:28 1:03	34:14 1:46	35:43 1:29
9	Ben Arkell NGOC	39:52	1:16 1:16 39:21	1:51 0:35 39:52	2:48 0:57	4:15 1:27	7:17 3:02	8:30 1:13	10:59 2:29	11:38 0:39	13:39 2:01	14:34 0:55	17:47 3:13	19:41 1:54	22:06 2:25	25:09 3:03	27:12 2:03	28:05 0:53	28:34 0:29	29:19 0:45	30:38 1:19	33:45 3:07	34:38 0:53	36:05 1:27	37:20 1:15
10	Richard Sansbur QO	41:09	1:16 1:16 40:36	1:59 0:43 41:09	3:04 1:05	4:31 1:27	7:02 2:31	8:14 1:12	10:34 2:20	11:34 1:00	13:19 1:45	14:21 1:02	17:01 2:40	19:42 2:41	22:00 2:18	25:16 3:16	26:46 1:30	27:47 1:01	28:15 0:28	29:06 0:51	30:38 1:32	34:19 3:41	35:19 1:00	36:58 1:39	38:26 1:28
11	Matt Stott NGOC	43:07	1:30 1:30 42:33	2:20 0:50 43:07	3:31 1:11	5:11 1:40	7:57 2:46	8:59 1:02	9:59 1:00	10:36 0:37	12:36 2:00	13:56 1:20	17:01 3:05	19:19 2:18	22:02 2:43	25:50 3:48	27:13 1:23	28:15 1:02	28:41 0:26	29:39 0:58	30:20 0:41	34:53 4:33	35:57 1:04	38:05 2:08	39:49 1:44
12	Neil Grant SWOC	43:14	1:36 1:36 42:39	2:21 0:45 43:14	3:38 1:17	5:24 1:46	8:44 3:20	10:03 1:19	10:55 0:52	12:07 1:12	13:59 1:52	15:10 1:11	17:49 2:39	20:15 2:26	22:35 2:20	26:07 3:32	27:53 1:46	29:14 1:21	29:46 0:32	30:41 0:55	31:40 0:59	35:29 3:49	36:33 1:04	38:33 2:00	40:32 1:59
13	Matthew Lawsor NGOC	44:36	1:25 1:25 43:58	2:16 0:51 44:36	3:47 1:31	5:30 1:43	9:17 3:47	10:37 1:20	11:47 1:10	12:40 0:53	15:11 2:31	16:18 1:07	18:50 2:32	21:07 2:17	23:22 2:15	26:57 3:35	28:44 1:47	30:12 1:28	30:55 0:43	31:46 0:51	32:34 0:48	36:48 4:14	37:52 1:04	40:17 2:25	41:53 1:36

Pl	Name	Time																									
Long			4.9 km 120 m		24 C			<i>(cont.)</i>																			
			1(225) 24(227)	2(224) Finish	3(222)	4(219)	5(218)	6(215)	7(216)	8(217)	9(214)	10(213)	11(212)	12(210)	13(209)	14(206)	15(204)	16(201)	17(202)	18(203)	19(205)	20(207)	21(208)	22(220)	23(221)		
14	Andy Stott NGOC	44:40	1:15	2:02	3:33	5:29	8:49	10:07	11:40	12:28	14:32	15:44	18:30	20:59	23:38	27:08	28:48	30:06	30:48	31:44	32:36	36:28	37:38	39:38	41:25		
			1:15	0:47	1:31	1:56	3:20	1:18	1:33	0:48	2:04	1:12	2:46	2:29	2:39	3:30	1:40	1:18	0:42	0:56	0:52	3:52	1:10	2:00	1:47		
			43:52	44:40																							
15	Richard Newhou IND	45:19	2:27	0:48																							
			1:32	2:15	3:44	5:41	9:12	10:45	11:59	12:44	14:35	15:45	18:34	21:27	23:53	27:36	29:33	30:58	31:29	32:25	33:19	37:14	38:21	40:27	42:13		
			1:32	0:43	1:29	1:57	3:31	1:33	1:14	0:45	1:51	1:10	2:49	2:53	2:26	3:43	1:57	1:25	0:31	0:56	0:54	3:55	1:07	2:06	1:46		
16	Guy Cooper NGOC	48:05	44:37	45:19																							
			2:24	0:42																							
			1:43	2:37	3:51	5:36	8:41	10:08	12:41	13:26	15:32	16:52	19:57	22:40	25:51	29:27	31:02	32:24	33:03	34:19	35:31	39:38	40:54	43:01	45:13		
17	Elizabeth Treher BOK	49:40	1:43	0:54	1:14	1:45	3:05	1:27	2:33	0:45	2:06	1:20	3:05	2:43	3:11	3:36	1:35	1:22	0:39	1:16	1:12	4:07	1:16	2:07	2:12		
			47:25	48:05																							
			2:12	0:40																							
18	David Palmer BOK	50:41	2:38	3:32	4:47	6:34	9:37	10:56	12:43	13:29	15:35	17:04	20:31	23:30	26:10	29:59	32:03	33:08	33:44	34:57	36:41	41:05	42:18	44:27	46:20		
			2:38	0:54	1:15	1:47	3:03	1:19	1:47	0:46	2:06	1:29	3:27	2:59	2:40	3:49	2:04	1:05	0:36	1:13	1:44	4:24	1:13	2:09	1:53		
			48:59	49:40																							
19	Laurence Gossa BOK	52:21	2:39	0:41																							
			1:54	2:50	4:35	6:25	11:22	12:45	14:15	15:34	17:48	19:14	22:41	25:31	28:10	31:52	33:32	34:56	35:31	36:37	37:49	42:15	43:24	45:46	47:32		
			1:54	0:56	1:45	1:50	4:57	1:23	1:30	1:19	2:14	1:26	3:27	2:50	2:39	3:42	1:40	1:24	0:35	1:06	1:12	4:26	1:09	2:22	1:46		
20	Philip Warry BOK	52:48	49:58	50:41																							
			2:26	0:43																							
			1:46	2:50	4:53	6:52	10:03	12:52	15:37	16:42	18:55	20:05	22:54	25:42	28:30	32:44	34:52	36:16	37:28	38:35	39:53	43:56	45:39	47:44	49:29		
21	Alan Brown NGOC	55:19	1:46	1:04	2:03	1:59	3:11	2:49	2:45	1:05	2:13	1:10	2:49	2:48	2:48	4:14	2:08	1:24	1:12	1:07	1:18	4:03	1:43	2:05	1:45		
			51:45	52:21																							
			2:16	0:36																							
22	Simon St Leger-I BOK	55:37	3:49	4:46	6:06	7:56	11:17	12:43	14:20	15:18	17:24	18:59	22:06	25:07	27:43	31:44	33:55	35:15	35:57	37:39	38:55	43:13	44:29	46:53	48:39		
			3:49	0:57	1:20	1:50	3:21	1:26	1:37	0:58	2:06	1:35	3:07	3:01	2:36	4:01	2:11	1:20	0:42	1:42	1:16	4:18	1:16	2:24	1:46		
			51:43	52:48																							
23	Frank Ince SWOC	56:24	3:04	1:05																							
			1:51	2:41	4:13	5:56	9:25	10:55	14:51	15:49	18:10	19:32	22:55	26:02	28:47	32:54	35:07	36:56	37:33	39:16	40:21	46:07	47:34	49:41	51:44		
			1:51	0:50	1:32	1:43	3:29	1:30	3:56	0:58	2:21	1:22	3:23	3:07	2:45	4:07	2:13	1:49	0:37	1:43	1:05	5:46	1:27	2:07	2:03		
24	Peter Havard SWOC	56:59	54:32	55:19																							
			2:48	0:47																							
			1:56	2:45	4:24	6:23	9:58	11:37	13:58	14:57	17:39	19:13	23:06	26:28	30:00	34:19	36:14	37:26	38:10	39:17	40:27	46:01	47:19	49:38	51:46		
25	Shirley Robinsor NGOC	63:52	1:56	0:49	1:39	1:59	3:35	1:39	2:21	0:59	2:42	1:34	3:53	3:22	3:32	4:19	1:55	1:12	0:44	1:07	1:10	5:34	1:18	2:19	2:08		
			54:49	55:37																							
			3:03	0:48																							
26	Richard Rossing BOK	67:36	1:44	2:54	4:24	6:25	10:40	12:27	15:39	17:15	19:31	20:55	24:23	27:35	31:01	35:07	37:37	39:13	39:54	40:57	41:51	46:39	48:10	50:51	52:42		
			1:44	1:10	1:30	2:01	4:15	1:47	3:12	1:36	2:16	1:24	3:28	3:12	3:26	4:06	2:30	1:36	0:41	1:03	0:54	4:48	1:31	2:41	1:51		
			55:39	56:24																							
27	Peter Havard SWOC	56:59	2:57	0:45																							
			1:55	2:46	4:22	6:14	9:26	16:47	18:47	19:56	22:09	23:33	27:43	30:37	33:29	37:44	39:47	41:04	41:42	42:45	43:35	48:12	49:33	51:43	53:33		
			1:55	0:51	1:36	1:52	3:12	7:21	2:00	1:09	2:13	1:24	4:10	2:54	2:52	4:15	2:03	1:17	0:38	1:03	0:50	4:37	1:21	2:10	1:50		
28	Shirley Robinsor NGOC	63:52	56:15	56:59																							
			2:42	0:44																							
			3:03	4:02	5:32	7:36	11:57	13:28	15:26	16:39	18:52	20:17	24:01	26:50	29:39	34:29	36:50	38:28	39:04	40:10	41:18	47:18	49:42	53:59	57:16		
29	Richard Rossing BOK	67:36	3:03	0:59	1:30	2:04	4:21	1:31	1:58	1:13	2:13	1:25	3:44	2:49	2:49	4:50	2:21	1:38	0:36	1:06	1:08	6:00	2:24	4:17	3:17		
			62:22	63:52																							
			5:06	1:30																							
30	Richard Rossing BOK	67:36	3:20	4:16	5:48	7:45	12:47	15:46	22:21	24:12	26:39	28:11	32:13	35:09	39:46	44:05	45:50	47:15	47:48	51:28	52:28	57:38	59:33	62:08	64:06		
			3:20	0:56	1:32	1:57	5:02	2:59	6:35	1:51	2:27	1:32	4:02	2:56	4:37	4:19	1:45	1:25	0:33	3:40	1:00	5:10	1:55	2:35	1:58		
			66:54	67:36																							
31	Richard Rossing BOK	67:36	2:48	0:42																							

PI	Name	Time																									
Long			4.9 km 120 m		24 C															<i>(cont.)</i>							
			1(225)	2(224)	3(222)	4(219)	5(218)	6(215)	7(216)	8(217)	9(214)	10(213)	11(212)	12(210)	13(209)	14(206)	15(204)	16(201)	17(202)	18(203)	19(205)	20(207)	21(208)	22(220)	23(221)		
			24(227)	Finish																							
27	David Andrews	74:33	2:46	3:40	6:10	8:13	11:33	22:49	26:30	28:05	30:43	32:43	36:21	42:28	45:54	50:10	52:42	55:19	56:02	57:14	58:19	63:05	64:34	67:23	70:21		
	BOK		2:46	0:54	2:30	2:03	3:20	11:16	3:41	1:35	2:38	2:00	3:38	6:07	3:26	4:16	2:32	2:37	0:43	1:12	1:05	4:46	1:29	2:49	2:58		
			73:41	74:33																							
			3:20	0:52																							
	Nick Dennis	mp	1:22	2:16	3:36	5:15	8:25	9:40	11:32	12:21	14:16	-----	18:23	-----	23:29	26:55	28:36	29:41	30:28	31:25	32:13	35:57	37:10	39:07	40:40		
	BOK		1:22	0:54	1:20	1:39	3:10	1:15	1:52	0:49	1:55		4:07		5:06	3:26	1:41	1:05	0:47	0:57	0:48	3:44	1:13	1:57	1:33		
			42:58	43:34																							
			2:18	0:36																							

Pl	Name	Time	1.5 km 25 m 11 C											
			1(226)	2(31)	3(227)	4(32)	5(228)	6(33)	7(225)	8(229)	9(223)	10(230)	11(224)	Finish
1	Reuben Lawson	12:40	1:01	1:29	2:14	3:01	4:40	5:41	8:30	9:26	10:23	11:05	12:00	12:40
	NGOC		1:01	0:28	0:45	0:47	1:39	1:01	2:49	0:56	0:57	0:42	0:55	0:40
1	Thomas Davies	12:40	1:01	1:33	2:19	3:05	4:45	5:46	8:35	9:30	10:19	11:05	12:00	12:40
	IND		1:01	0:32	0:46	0:46	1:40	1:01	2:49	0:55	0:49	0:46	0:55	0:40
3	Emily Fielder	15:50	0:47	1:15	3:36	4:24	6:41	9:02	12:30	12:58	13:56	14:29	15:08	15:50
	BOK		0:47	0:28	2:21	0:48	2:17	2:21	3:28	0:28	0:58	0:33	0:39	0:42
4	Rowan Murrin	17:46	0:52	1:24	2:27	3:45	6:03	7:41	11:40	12:46	14:00	15:06	16:41	17:46
	NGOC		0:52	0:32	1:03	1:18	2:18	1:38	3:59	1:06	1:14	1:06	1:35	1:05
5	Finlay Fielder	19:18	1:48	2:17	8:29	9:14	11:22	12:34	15:14	15:48	16:40	17:20	18:24	19:18
	BOK		1:48	0:29	6:12	0:45	2:08	1:12	2:40	0:34	0:52	0:40	1:04	0:54
6	Seth Lawson	30:40	1:09	2:33	4:14	6:01	10:12	12:25	20:25	22:20	24:32	26:31	29:02	30:40
	NGOC		1:09	1:24	1:41	1:47	4:11	2:13	8:00	1:55	2:12	1:59	2:31	1:38
7	Erin Murrin	33:37	1:45	3:08	6:40	9:06	12:50	14:53	18:54	20:52	22:56	26:18	31:39	33:37
	NGOC		1:45	1:23	3:32	2:26	3:44	2:03	4:01	1:58	2:04	3:22	5:21	1:58
8	George + Ali Lidr	45:06	12:22	13:14	15:26	17:53	22:50	24:52	31:38	35:34	37:57	39:47	43:16	45:06
	IND		12:22	0:52	2:12	2:27	4:57	2:02	6:46	3:56	2:23	1:50	3:29	1:50
nc	Finlay Fielder (2r	11:19	0:33	0:57	1:46	2:39	4:18	5:04	7:22	7:55	8:55	9:37	10:30	11:19
	BOK		0:33	0:24	0:49	0:53	1:39	0:46	2:18	0:33	1:00	0:42	0:53	0:49