

Pl	Name	Time	Comment														
			5.2 km		26 C												
Long		40 m	1(204)	2(219)	3(32)	4(201)	5(207)	6(225)	7(217)	8(218)	9(229)	10(216)	11(223)	12(202)	13(214)	14(230)	15(213)
			16(210)	17(226)	18(224)	19(208)	20(206)	21(34)	22(35)	23(36)	24(221)	25(228)	26(38)	Finish			
1	Andrew Monro NGOC	29:31	0:26	1:11	1:57	3:07	4:19	6:08	7:34	9:09	10:05	12:14	13:37	15:09	16:32	17:16	18:05
			0:26	0:45	0:46	1:10	1:12	1:49	1:26	1:35	0:56	2:09	1:23	1:32	1:23	0:44	0:49
			18:50	21:57	23:58	24:21	25:00	25:40	26:02	26:29	27:36	28:22	28:46	29:31			
			0:45	3:07	2:01	0:23	0:39	0:40	0:22	0:27	1:07	0:46	0:24	0:45			
2	Caroline Craig NGOC	33:50	0:55	1:54	2:46	4:10	5:48	7:41	9:20	11:03	12:04	14:00	16:08	17:14	18:35	19:26	21:00
			0:55	0:59	0:52	1:24	1:38	1:53	1:39	1:43	1:01	1:56	2:08	1:06	1:21	0:51	1:34
			21:50	25:08	27:15	27:38	28:19	29:00	29:28	30:05	31:21	32:40	33:03	33:50			
			0:50	3:18	2:07	0:23	0:41	0:41	0:28	0:37	1:16	1:19	0:23	0:47			
3	Ben Arkell NGOC	34:08	0:43	1:43	2:33	3:54	5:26	7:34	9:17	10:55	12:00	14:49	16:25	17:18	18:41	20:05	21:03
			0:43	1:00	0:50	1:21	1:32	2:08	1:43	1:38	1:05	2:49	1:36	0:53	1:23	1:24	0:58
			22:03	25:33	27:50	28:13	28:59	29:41	30:09	30:36	31:51	32:52	33:17	34:08			
			1:00	3:30	2:17	0:23	0:46	0:42	0:28	0:27	1:15	1:01	0:25	0:51			
4	Simon Denman NGOC	35:55	0:55	1:59	2:52	4:15	5:36	9:07	10:49	12:31	13:34	16:16	18:11	19:06	20:36	21:41	22:35
			0:55	1:04	0:53	1:23	1:21	3:31	1:42	1:42	1:03	2:42	1:55	0:55	1:30	1:05	0:54
			23:30	27:12	29:20	29:43	30:24	31:08	31:44	32:21	33:48	34:36	34:57	35:55			
			0:55	3:42	2:08	0:23	0:41	0:44	0:36	0:37	1:27	0:48	0:21	0:58			
5	Anders Johansson NGOC	37:22	0:46	1:51	2:41	4:11	5:38	7:53	9:49	11:41	12:55	15:16	17:37	18:19	20:04	21:01	22:13
			0:46	1:05	0:50	1:30	1:27	2:15	1:56	1:52	1:14	2:21	2:21	0:42	1:45	0:57	1:12
			23:16	27:14	29:44	30:15	31:08	31:58	32:30	33:21	34:49	35:54	36:28	37:22			
			1:03	3:58	2:30	0:31	0:53	0:50	0:32	0:51	1:28	1:05	0:34	0:54			
6	Tereza Maria Rush BOK	39:33	0:44	2:05	2:58	4:35	6:03	8:21	10:17	12:10	13:23	17:13	19:02	19:55	21:38	22:32	23:42
			0:44	1:21	0:53	1:37	1:28	2:18	1:56	1:53	1:13	3:50	1:49	0:53	1:43	0:54	1:10
			24:57	28:52	31:14	31:44	32:41	33:33	34:01	35:03	37:13	38:15	38:39	39:33			
			1:15	3:55	2:22	0:30	0:57	0:52	0:28	1:02	2:10	1:02	0:24	0:54			
7	David May SLOW	42:25	0:55	2:25	3:27	5:11	6:46	10:03	12:04	14:02	15:18	17:35	21:07	22:05	23:50	24:54	26:01
			0:55	1:30	1:02	1:44	1:35	3:17	2:01	1:58	1:16	2:17	3:32	0:58	1:45	1:04	1:07
			27:06	32:05	34:40	35:06	36:00	37:01	37:38	38:12	39:47	40:52	41:23	42:25			
			1:05	4:59	2:35	0:26	0:54	1:01	0:37	0:34	1:35	1:05	0:31	1:02			
8	Tom Birthwright NGOC	44:04	1:05	2:31	3:30	5:17	7:00	10:14	12:34	14:35	15:58	18:49	21:44	22:49	24:29	25:39	27:02
			1:05	1:26	0:59	1:47	1:43	3:14	2:20	2:01	1:23	2:51	2:55	1:05	1:40	1:10	1:23
			28:12	32:38	35:45	36:12	37:05	38:04	38:36	39:26	41:04	42:22	42:56	44:04			
			1:10	4:26	3:07	0:27	0:53	0:59	0:32	0:50	1:38	1:18	0:34	1:08			
9	Greg Best NGOC	44:45	0:55	2:13	3:12	6:11	7:50	10:12	12:07	14:00	15:15	18:02	23:40	24:52	26:31	27:35	28:53
			0:55	1:18	0:59	2:59	1:39	2:22	1:55	1:53	1:15	2:47	5:38	1:12	1:39	1:04	1:18
			29:51	34:04	36:37	37:06	38:04	38:57	39:36	40:25	42:02	43:13	43:44	44:45			
			0:58	4:13	2:33	0:29	0:58	0:53	0:39	0:49	1:37	1:11	0:31	1:01			
10	Andy Stott NGOC	45:02	1:14	2:49	4:50	6:44	8:42	11:19	13:15	15:18	16:31	20:07	22:29	23:41	25:26	26:33	27:45
			1:14	1:35	2:01	1:54	1:58	2:37	1:56	2:03	1:13	3:36	2:22	1:12	1:45	1:07	1:12
			28:58	33:34	36:10	36:42	37:37	38:38	39:22	40:03	42:10	43:23	43:55	45:02			
			1:13	4:36	2:36	0:32	0:55	1:01	0:44	0:41	2:07	1:13	0:32	1:07			
11	Alan Pucill NGOC	47:08	1:07	2:20	3:22	5:18	6:48	9:25	11:50	14:09	15:51	19:18	22:45	24:32	26:19	27:42	29:03
			1:07	1:13	1:02	1:56	1:30	2:37	2:25	2:19	1:42	3:27	3:27	1:47	1:47	1:23	1:21
			30:05	35:26	38:32	39:05	40:00	40:54	41:30	42:15	44:22	45:36	46:05	47:08			
			1:02	5:21	3:06	0:33	0:55	0:54	0:36	0:45	2:07	1:14	0:29	1:03			
12	Tom Mills NGOC	51:05	1:00	2:28	3:39	5:49	7:41	10:57	13:23	15:44	17:16	21:57	25:11	26:58	28:50	30:12	31:28
			1:00	1:28	1:11	2:10	1:52	3:16	2:26	2:21	1:32	4:41	3:14	1:47	1:52	1:22	1:16
			32:52	37:44	40:45	41:17	42:21	43:22	44:01	45:04	48:00	49:26	49:59	51:05			46:26
			1:24	4:52	3:01	0:32	1:04	1:01	0:39	1:03	2:56	1:26	0:33	1:06			*38
13	Paul Taunton NGOC	52:26	1:24	3:10	6:09	8:08	10:07	13:14	15:43	18:12	19:52	23:42	26:26	28:15	30:10	31:38	33:00
			1:24	1:46	2:59	1:59	1:59	3:07	2:29	2:29	1:40	3:50	2:44	1:49	1:55	1:28	1:22
			34:30	39:59	43:14	43:50	44:55	45:51	46:31	47:15	49:01	50:47	51:22	52:26			
			1:30	5:29	3:15	0:36	1:05	0:56	0:40	0:44	1:46	1:46	0:35	1:04			

Pl	Name	Time															Comment
		<i>Long</i>	<i>5.2 km</i>	<i>40 m</i>	<i>26 C</i>	<i>(cont.)</i>											
			1(204)	2(219)	3(32)	4(201)	5(207)	6(225)	7(217)	8(218)	9(229)	10(216)	11(223)	12(202)	13(214)	14(230)	15(213)
			16(210)	17(226)	18(224)	19(208)	20(206)	21(34)	22(35)	23(36)	24(221)	25(228)	26(38)	Finish			
14	Mark Roderick	56:58	1:19	2:36	3:33	8:03	10:03	15:20	18:04	20:02	21:17	24:45	30:44	31:53	34:41	35:43	36:57
	IND		1:19	1:17	0:57	4:30	2:00	5:17	2:44	1:58	1:15	3:28	5:59	1:09	2:48	1:02	1:14
			38:20	43:33	46:07	47:18	48:44	49:41	50:31	51:40	53:25	55:20	56:02	56:58			
			1:23	5:13	2:34	1:11	1:26	0:57	0:50	1:09	1:45	1:55	0:42	0:56			
15	Shirley Robinson	61:08	1:39	3:17	4:40	6:41	8:32	11:08	13:36	16:04	17:44	29:03	33:31	35:45	37:34	38:43	40:04
	NGOC		1:39	1:38	1:23	2:01	1:51	2:36	2:28	2:28	1:40	11:19	4:28	2:14	1:49	1:09	1:21
			41:25	46:57	49:41	51:39	52:54	54:11	54:44	55:46	58:02	59:24	60:01	61:08			
			1:21	5:32	2:44	1:58	1:15	1:17	0:33	1:02	2:16	1:22	0:37	1:07			
16	Ian Coe	65:34	2:01	3:39	4:44	6:40	9:16	12:38	15:18	18:03	19:49	24:16	37:06	38:50	42:13	43:30	45:51
	IND		2:01	1:38	1:05	1:56	2:36	3:22	2:40	2:45	1:46	4:27	12:50	1:44	3:23	1:17	2:21
			47:06	52:47	55:46	56:30	57:55	59:18	59:58	61:05	62:46	63:56	64:27	65:34			
			1:15	5:41	2:59	0:44	1:25	1:23	0:40	1:07	1:41	1:10	0:31	1:07			
	Richard Cronin	mp	0:47	1:50	2:40	4:07	5:28	7:27	9:07	10:53	11:55	14:08	----	18:45	20:13	21:06	21:56
	NGOC		0:47	1:03	0:50	1:27	1:21	1:59	1:40	1:46	1:02	2:13		4:37	1:28	0:53	0:50
			22:46	26:16	28:30	28:51	29:35	30:20	30:44	31:18	32:39	33:33	34:00	34:52			
			0:50	3:30	2:14	0:21	0:44	0:45	0:24	0:34	1:21	0:54	0:27	0:52			
	Richard Smith	dnf	1:13	3:40	5:26	9:12	11:54	22:40	25:18	27:48	29:39	33:09	48:43	51:58	55:34	57:10	----
	IND		1:13	2:27	1:46	3:46	2:42	10:46	2:38	2:30	1:51	3:30	15:34	3:15	3:36	1:36	
			71:11	----	80:13	----	----	----	----	----	----	----	----	83:35			
			14:01		9:02									3:22			

Pl	Name	Time	16 C															Comment
			3.8 km	30 m	1(224) 16(36)	2(217) Finish	3(218)	4(229)	5(216)	6(223)	7(215)	8(214)	9(213)	10(211)	11(226)	12(209)	13(208)	
1	John Fallows NGOC	40:24	1:11 1:11 39:58 1:27	7:37 6:26 40:24 0:26	9:40 2:03	11:18 1:38	13:54 2:36	16:33 2:39	19:01 2:28	20:15 1:14	22:47 2:32	24:06 1:19	28:46 4:40	31:56 3:10	32:42 0:46	36:13 3:31	38:31 2:18	
2	Peter Adams NGOC	42:09	2:26 2:26 41:40 1:12	9:21 6:55 42:09 0:29	11:14 1:53	12:31 1:17 0:54 *2:19	17:12 4:41	20:19 3:07	22:45 2:26	23:54 1:09	26:05 2:11	27:27 1:22	31:06 3:39	33:48 2:42	34:47 0:59	38:11 3:24	40:28 2:17	
3	Carsten Adms IND	44:02	1:46 1:46 43:36 1:04	6:38 4:52 44:02 0:26	8:29 1:51	9:32 1:03	16:11 6:39	22:07 5:56	24:48 2:41	25:47 0:59	28:02 2:15	29:21 1:19	33:12 3:51	36:01 2:49	36:51 0:50	41:24 4:33	42:32 1:08	
4	Julia Wilkinson HOC	48:44	1:46 1:46 48:13 1:50	8:54 7:08 48:44 0:31	11:28 2:34	13:31 2:03	17:39 4:08	20:55 3:16	25:06 4:11	26:26 1:20	29:07 2:41	31:35 2:28	36:19 4:44	39:58 3:39	41:06 1:08	44:22 3:16	46:23 2:01	
5	Kim Liggett NGOC	51:09	1:23 1:23 50:36 1:52	9:09 7:46 51:09 0:33	11:52 2:43	13:52 2:00 44:40 *2:19	18:25 4:33	24:25 6:00	27:09 2:44	28:42 1:33	31:33 2:51	34:16 2:43	39:17 5:01	42:44 3:27	43:50 1:06	45:58 2:08	48:44 2:46	
6	Anne May SLOW	54:42	2:14 2:14 54:04 1:55	10:21 8:07 54:42 0:38	13:19 2:58	15:26 2:07	19:58 4:32	24:44 4:46	27:25 2:41	28:57 1:32	31:58 3:01	34:07 2:09	39:50 5:43	44:02 4:12	45:11 1:09	48:51 3:40	52:09 3:18	
7	Ashleigh Denman NGOC	58:30	4:40 4:40 57:54 1:47	11:19 6:39 58:30 0:36	13:58 2:39	15:28 1:30	21:45 6:17	30:54 9:09	32:24 1:30	34:12 1:48	36:50 2:38	38:39 1:49	43:04 4:25	46:04 3:00	47:24 1:20	53:39 6:15	56:07 2:28	
8	Rosalind Taunton NGOC	58:35	1:32 1:32 58:05 1:45	10:21 8:49 58:35 0:30	14:18 3:57	17:32 3:14	21:23 3:51	26:23 5:00	29:57 3:34	31:57 2:00	35:39 3:42	37:56 2:17	43:56 6:00	48:02 4:06	49:12 1:10	53:48 4:36	56:20 2:32	
9	Robert Teed NGOC	60:08	3:02 3:02 59:34 1:30	10:27 7:25 60:08 0:34	13:22 2:55	15:15 1:53	29:13 13:58	33:03 3:50	36:10 3:07	37:40 1:30	42:31 4:51	44:13 1:42	49:23 5:10	52:57 3:34	54:08 1:11	56:08 2:00	58:04 1:56	
10	David Lee NGOC	64:57	2:30 2:30 64:14 1:57	11:30 9:00 64:57 0:43	14:56 3:26	16:58 2:02 2:05 *2:19	21:04 4:06	26:16 5:12	30:38 4:22	32:35 1:57	37:20 4:45	40:41 3:21	47:26 6:45	51:49 4:23	53:13 1:24	59:10 5:57	62:17 3:07	
11	Rhiannon Fadeyibi NGOC	83:10	2:02 2:02 82:23 2:10	11:59 9:57 83:10 0:47	14:52 2:53	16:53 2:01	24:39 7:46	39:42 15:03	45:58 6:16	48:00 2:02	51:15 3:15	53:53 2:38	60:33 6:40	64:25 3:52	65:56 1:31	76:29 10:33	80:13 3:44	
	Carol Sands BASOC	mp	1:28 1:28 48:12 1:34	8:14 6:46 48:51 0:39	10:44 2:30	12:15 1:31	----- -----	----- -----	22:39 10:24	24:10 1:31	27:14 3:04	29:59 2:45	34:47 4:48	38:16 3:29	39:30 1:14	44:34 5:04	46:38 2:04	
	Tim Sands BASOC	mp	1:20 1:20 50:21 1:40	7:28 6:08 50:54 0:33	9:45 2:17	11:14 1:29	26:26 15:12	----- -----	29:50 3:24	31:12 1:22	34:32 3:20	35:51 1:19	39:48 3:57	42:43 2:55	43:35 0:52	46:27 2:52	48:41 2:14	

