Pl	Name	Time																Comment
Blue		**5.4 km 385 m**	**20 C**															
			1(67)	2(42)	3(32)	4(50)	5(65)	6(36)	7(33)	8(48)	9(39)	10(31)	11(43)	12(53)	13(57)	14(46)	15(52)	
			16(47)	17(56)	18(66)	19(49)	20(40)	Finish										
1	**Peter Ward**	**45:14**	**1:05**	2:08	3:24	**5:28**	**6:17**	**10:07**	**11:20**	**12:53**	**14:40**	**16:40**	**19:16**	**21:05**	**28:54**	**29:26**	**33:55**	
	NGOC		***1:05***	1:03	***1:16***	***2:04***	***0:49***	***3:50***	***1:13***	***1:33***	***1:47***	***2:00***	***2:36***	***1:49***	***7:49***	***0:32***	***4:29***	
			36:00	**37:16**	**42:53**	**44:09**	**44:50**	**45:14**										
			2:05	1:16	5:37	***1:16***	***0:41***	0:24										
2	**Richard Mawer**	**51:13**	1:17	2:02	**3:22**	5:39	6:31	10:47	12:11	16:48	18:44	21:15	24:00	25:51	33:46	34:18	39:01	
	IND		1:17	0:45	1:20	2:17	0:52	4:16	1:24	4:37	1:56	2:31	2:45	1:51	7:55	***0:32***	4:43	
			41:35	42:38	48:27	49:58	50:45	51:13										
			2:34	***1:03***	5:49	1:31	0:47	0:28										
3	**Paul Murrin**	**52:03**	1:30	2:42	4:31	6:37	8:23	12:17	15:05	16:46	18:36	21:01	24:01	26:01	34:23	35:01	39:37	
	NGOC		1:30	1:12	1:49	2:06	1:46	3:54	2:48	1:41	1:50	2:25	3:00	2:00	8:22	0:38	4:36	
			42:10	43:59	49:12	50:59	51:40	52:03										
			2:33	1:49	***5:13***	1:47	***0:41***	***0:23***										
4	**Andy Creber**	**53:09**	1:22	2:07	3:36	6:12	7:05	10:56	12:39	14:28	16:27	18:42	21:55	24:03	33:01	33:34	39:19	
	NGOC		1:22	0:45	1:29	2:36	0:53	3:51	1:43	1:49	1:59	2:15	3:13	2:08	8:58	0:33	5:45	
			42:24	43:42	50:08	51:46	52:41	53:09										
			3:05	1:18	6:26	1:38	0:55	0:28										
5	**Tom Cochrane**	**56:52**	1:27	2:19	4:16	6:35	7:27	13:44	15:30	17:29	19:29	22:11	25:07	27:49	36:41	37:24	41:59	
	NGOC		1:27	0:52	1:57	2:19	0:52	6:17	1:46	1:59	2:00	2:42	2:56	2:42	8:52	0:43	4:35	
			44:59	46:42	53:45	55:37	56:27	56:52										
			3:00	1:43	7:03	1:52	0:50	0:25										
6	**Chris McCartney**	**58:23**	1:37	2:26	3:56	6:41	7:40	12:41	14:21	16:26	18:41	21:22	24:47	27:10	36:52	37:37	43:23	
	OD		1:37	0:49	1:30	2:45	0:59	5:01	1:40	2:05	2:15	2:41	3:25	2:23	9:42	0:45	5:46	
			46:31	48:07	55:01	56:47	57:54	58:23										
			3:08	1:36	6:54	1:46	1:07	0:29										
7	**Paul Gebbett**	**58:26**	1:31	2:38	5:32	7:52	8:45	13:36	15:21	17:20	19:39	22:09	25:24	27:44	36:35	37:20	43:17	
	BOK		1:31	1:07	2:54	2:20	0:53	4:51	1:45	1:59	2:19	2:30	3:15	2:20	8:51	0:45	5:57	
			46:09	48:13	55:18	56:57	57:58	58:26										
			2:52	2:04	7:05	1:39	1:01	0:28										
8	**Andrew Hartley**	**59:06**	1:11	**1:58**	3:26	6:10	7:07	10:59	12:45	14:28	16:32	19:00	22:34	25:03	35:21	36:10	42:10	
	NGOC		1:11	0:47	1:28	2:44	0:57	3:52	1:46	1:43	2:04	2:28	3:34	2:29	10:18	0:49	6:00	
			45:20	46:51	55:28	57:45	58:39	59:06										
			3:10	1:31	8:37	2:17	0:54	0:27										
9	**Andy Stott**	**61:00**	1:33	2:45	4:55	8:05	9:21	14:00	15:58	18:16	20:34	22:57	26:25	29:08	39:39	40:18	46:01	
	NGOC		1:33	1:12	2:10	3:10	1:16	4:39	1:58	2:18	2:18	2:23	3:28	2:43	10:31	0:39	5:43	
			49:01	50:25	57:22	59:10	60:29	61:00										
			3:00	1:24	6:57	1:48	1:19	0:31										
10	**Christophe Pige**	**61:57**	1:29	2:27	3:55	6:39	7:50	12:19	14:06	16:03	18:58	21:47	25:00	27:42	38:11	39:07	45:40	
	NGOC		1:29	0:58	1:28	2:44	1:11	4:29	1:47	1:57	2:55	2:49	3:13	2:42	10:29	0:56	6:33	
			49:03	50:41	58:37	60:33	61:30	61:57										
			3:23	1:38	7:56	1:56	0:57	0:27										
10	**Duncan Innes**	**61:57**	1:27	2:25	3:55	6:46	7:58	14:22	16:14	18:15	20:44	23:43	27:19	29:59	40:05	41:00	47:13	
	SWOC		1:27	0:58	1:30	2:51	1:12	6:24	1:52	2:01	2:29	2:59	3:36	2:40	10:06	0:55	6:13	
			50:21	51:45	58:34	60:26	61:27	61:57										
			3:08	1:24	6:49	1:52	1:01	0:30										
12	**John Simmons**	**65:10**	1:58	3:02	5:06	8:33	10:10	14:59	16:46	18:56	21:19	24:25	32:56	35:11	44:23	44:59	50:09	
	BOK		1:58	1:04	2:04	3:27	1:37	4:49	1:47	2:10	2:23	3:06	8:31	2:15	9:12	0:36	5:10	
			53:13	54:51	62:09	63:45	64:44	65:10										
			3:04	1:38	7:18	1:36	0:59	0:26										
13	**Anders Johansson**	**66:47**	1:23	2:03	3:41	8:00	9:08	13:42	15:57	18:05	20:43	23:45	28:02	31:24	41:54	42:46	50:03	
	NGOC		1:23	0:40	1:38	4:19	1:08	4:34	2:15	2:08	2:38	3:02	4:17	3:22	10:30	0:52	7:17	
			53:48	55:27	63:16	65:13	66:18	66:47										
			3:45	1:39	7:49	1:57	1:05	0:29										

Pl	Name	Time																Comment
Blue		***5.4 km 385 m***	***20 C***		*(cont.)*													
			1(67)	2(42)	3(32)	4(50)	5(65)	6(36)	7(33)	8(48)	9(39)	10(31)	11(43)	12(53)	13(57)	14(46)	15(52)	
			16(47)	17(56)	18(66)	19(49)	20(40)	Finish										
14	**Christine Farr**	**69:25**	1:55	3:04	5:15	8:17	10:09	15:51	18:28	21:44	24:40	28:17	32:04	34:50	45:59	46:54	52:58	
	SWOC		1:55	1:09	2:11	3:02	1:52	5:42	2:37	3:16	2:56	3:37	3:47	2:46	11:09	0:55	6:04	
			56:19	58:16	66:07	67:55	68:56	69:25										
			3:21	1:57	7:51	1:48	1:01	0:29										
15	**Paul Basher**	**71:11**	1:44	3:19	8:57	12:31	13:31	18:55	21:00	23:13	25:37	30:37	34:12	36:59	48:35	49:18	55:24	
	HOC		1:44	1:35	5:38	3:34	1:00	5:24	2:05	2:13	2:24	5:00	3:35	2:47	11:36	0:43	6:06	
			58:29	59:57	67:36	69:48	70:41	71:11										
			3:05	1:28	7:39	2:12	0:53	0:30										
16	**Agnese Baronina**	**71:57**	1:28	2:19	4:13	7:32	9:49	14:18	16:10	18:25	21:00	24:28	28:42	31:38	45:00	45:45	53:00	
	OUOC		1:28	0:51	1:54	3:19	2:17	4:29	1:52	2:15	2:35	3:28	4:14	2:56	13:22	0:45	7:15	
			56:27	58:15	68:11	70:16	71:24	71:57										
			3:27	1:48	9:56	2:05	1:08	0:33										
17	**Tom Birthwright**	**72:18**	1:48	2:51	4:44	8:23	9:47	15:53	18:22	20:42	23:26	27:32	31:30	34:28	45:13	46:00	52:31	
	NGOC		1:48	1:03	1:53	3:39	1:24	6:06	2:29	2:20	2:44	4:06	3:58	2:58	10:45	0:47	6:31	
			56:12	58:23	68:41	70:46	71:46	72:18		*26:00*								
			3:41	2:11	10:18	2:05	1:00	0:32		**37*								
18	**Scott Craig**	**74:34**	1:46	3:08	5:54	9:29	10:26	18:09	20:02	23:38	26:20	30:51	34:42	37:41	50:28	51:18	57:17	
	BAOC		1:46	1:22	2:46	3:35	0:57	7:43	1:53	3:36	2:42	4:31	3:51	2:59	12:47	0:50	5:59	
			61:35	63:31	71:14	73:02	74:04	74:34										
			4:18	1:56	7:43	1:48	1:02	0:30										
19	**Greg Best**	**76:43**	1:37	2:39	5:42	8:37	10:03	16:03	18:15	26:58	29:22	32:58	36:46	39:36	50:21	51:12	58:16	
	NGOC		1:37	1:02	3:03	2:55	1:26	6:00	2:12	8:43	2:24	3:36	3:48	2:50	10:45	0:51	7:04	
			61:52	63:32	73:04	75:05	76:12	76:43										
			3:36	1:40	9:32	2:01	1:07	0:31										
20	**Alan Pucill**	**78:08**	1:56	3:02	5:08	9:20	11:15	17:07	19:36	22:47	25:48	29:38	34:11	37:33	49:36	50:48	57:42	
	NGOC		1:56	1:06	2:06	4:12	1:55	5:52	2:29	3:11	3:01	3:50	4:33	3:22	12:03	1:12	6:54	
			62:17	64:46	73:08	76:16	77:40	78:08										
			4:35	2:29	8:22	3:08	1:24	0:28										
21	**Mark Quilliam**	**78:29**	5:40	6:18	8:58	13:05	14:23	19:54	21:44	24:06	26:29	29:16	34:33	38:00	49:13	51:45	58:10	
	IND		5:40	***0:38***	2:40	4:07	1:18	5:31	1:50	2:22	2:23	2:47	5:17	3:27	11:13	2:32	6:25	
			62:00	63:34	74:30	76:46	78:05	78:29		*3:08*								
			3:50	1:34	10:56	2:16	1:19	0:24		**42*								
22	**Kelvin Davies**	**80:06**	1:32	2:29	5:18	9:11	10:41	16:34	19:10	21:42	24:45	28:12	33:04	36:33	51:19	52:18	60:11	
	BOK		1:32	0:57	2:49	3:53	1:30	5:53	2:36	2:32	3:03	3:27	4:52	3:29	14:46	0:59	7:53	
			64:07	66:07	75:46	78:14	79:37	80:06										
			3:56	2:00	9:39	2:28	1:23	0:29										
23	**Steve Chiverton**	**80:38**	2:45	3:58	7:44	11:54	14:21	20:22	22:42	25:30	28:38	31:41	36:04	39:51	52:54	53:51	60:55	
	HOC		2:45	1:13	3:46	4:10	2:27	6:01	2:20	2:48	3:08	3:03	4:23	3:47	13:03	0:57	7:04	
			65:17	67:32	76:14	78:52	80:04	80:38										
			4:22	2:15	8:42	2:38	1:12	0:34										
24	**Paul Bryce**	**81:54**	2:03	3:14	5:28	8:50	10:45	17:09	19:22	22:07	25:33	29:32	34:05	38:06	52:18	54:04	62:18	
	NGOC		2:03	1:11	2:14	3:22	1:55	6:24	2:13	2:45	3:26	3:59	4:33	4:01	14:12	1:46	8:14	
			66:40	68:45	77:51	79:56	81:15	81:54										
			4:22	2:05	9:06	2:05	1:19	0:39										
25	**Rob Taylor**	**83:56**	3:14	4:10	6:20	9:43	12:23	19:27	22:07	25:05	28:01	32:39	37:47	41:40	54:09	55:14	62:49	
	HOC		3:14	0:56	2:10	3:23	2:40	7:04	2:40	2:58	2:56	4:38	5:08	3:53	12:29	1:05	7:35	
			66:58	68:57	80:03	82:09	83:26	83:56										
			4:09	1:59	11:06	2:06	1:17	0:30										

Pl	Name	Time																Comment
Blue		***5.4 km 385 m***	***20 C***		*(cont.)*													
			1(67)	2(42)	3(32)	4(50)	5(65)	6(36)	7(33)	8(48)	9(39)	10(31)	11(43)	12(53)	13(57)	14(46)	15(52)	
			16(47)	17(56)	18(66)	19(49)	20(40)	Finish										
26	**Rachel Dennis**	**84:30**	2:05	3:54	7:12	11:34	13:03	19:37	22:35	25:55	29:03	33:10	37:53	41:04	54:12	55:22	63:20	
	BOK		2:05	1:49	3:18	4:22	1:29	6:34	2:58	3:20	3:08	4:07	4:43	3:11	13:08	1:10	7:58	
			67:47	70:50	80:26	82:36	84:00	84:30										
			4:27	3:03	9:36	2:10	1:24	0:30										
27	**Johanna Michl**	**87:12**	3:39	5:00	8:45	13:04	15:32	22:18	24:48	27:43	30:38	34:20	38:51	42:37	56:20	57:19	64:40	
	OUOC		3:39	1:21	3:45	4:19	2:28	6:46	2:30	2:55	2:55	3:42	4:31	3:46	13:43	0:59	7:21	
			70:48	74:39	82:46	85:36	86:42	87:12										
			6:08	3:51	8:07	2:50	1:06	0:30										
28	**Roger Edwards**	**88:08**	2:29	4:16	6:56	11:06	12:44	18:47	21:22	24:24	27:58	33:47	38:52	42:23	56:55	58:17	66:34	
	NGOC		2:29	1:47	2:40	4:10	1:38	6:03	2:35	3:02	3:34	5:49	5:05	3:31	14:32	1:22	8:17	
			71:12	73:57	83:08	85:54	87:34	88:08										
			4:38	2:45	9:11	2:46	1:40	0:34										
29	**John Shea**	**88:11**	3:35	5:06	7:17	14:16	20:15	25:31	28:03	31:50	35:35	38:38	42:47	46:25	58:50	60:23	67:26	
	NGOC		3:35	1:31	2:11	6:59	5:59	5:16	2:32	3:47	3:45	3:03	4:09	3:38	12:25	1:33	7:03	
			72:43	74:55	83:23	86:21	87:36	88:11										
			5:17	2:12	8:28	2:58	1:15	0:35										
30	**Paul Taunton**	**104:07**	2:08	3:38	6:38	11:13	14:22	21:31	25:53	29:05	32:53	36:45	42:59	47:26	65:35	67:52	77:33	
	NGOC		2:08	1:30	3:00	4:35	3:09	7:09	4:22	3:12	3:48	3:52	6:14	4:27	18:09	2:17	9:41	
			82:58	85:53	97:26	101:13	103:36	104:07										
			5:25	2:55	11:33	3:47	2:23	0:31										
	Nick Dennis	**mp**	1:45	3:14	5:11	7:49	9:04	13:54	16:11	18:22	20:55	24:19	28:20	31:07	40:59	41:36	-----	
	BOK		1:45	1:29	1:57	2:38	1:15	4:50	2:17	2:11	2:33	3:24	4:01	2:47	9:52	0:37		
			61:55	63:57	71:36	73:46	-----	75:11										
			20:19	2:02	7:39	2:10		1:25										
	Adam Rawlings	**mp**	3:36	4:41	8:04	11:24	15:15	22:46	25:22	28:16	31:26	34:39	39:32	43:15	56:50	-----	62:47	
	IND		3:36	1:05	3:23	3:20	3:51	7:31	2:36	2:54	3:10	3:13	4:53	3:43	13:35		5:57	
			70:01	71:59	84:03	86:10	87:15	87:46		*55:38*								
			7:14	1:58	12:04	2:07	1:05	0:31		**46*								

Pl	Name	Time														Comment
Green		**4.2 km 280 m**	**13 C**													
			1(38)	2(36)	3(33)	4(51)	5(39)	6(37)	7(35)	8(47)	9(52)	10(46)	11(57)	12(53)	13(40)	Finish
1	**Ifor Powell**	**42:45**	3:20	7:10	9:03	10:56	12:49	14:45	**16:33**	23:17	27:27	31:48	32:34	**41:13**	**42:17**	**42:45**
	BOK		3:20	***3:50***	1:53	***1:53***	1:53	1:56	***1:48***	6:44	***4:10***	***4:21***	***0:46***	***8:39***	1:04	0:28
2	**Alison Simmons**	**43:36**	3:25	7:58	9:53	12:03	13:55	16:03	18:10	21:28	26:16	30:53	31:53	42:06	43:08	43:36
	BOK		3:25	4:33	1:55	2:10	***1:52***	2:08	2:07	3:18	4:48	4:37	1:00	10:13	***1:02***	0:28
3	**Robert Atkins**	**46:05**	3:14	8:06	10:17	12:28	14:36	16:54	19:10	22:47	27:46	32:41	34:08	44:16	45:37	46:05
	HOC		3:14	4:52	2:11	2:11	2:08	2:18	2:16	3:37	4:59	4:55	1:27	10:08	1:21	0:28
4	**Kevin Brooker**	**50:01**	5:07	10:12	12:10	14:40	16:42	18:51	21:13	24:29	29:17	35:20	36:36	47:00	49:29	50:01
	NGOC		5:07	5:05	1:58	2:30	2:02	2:09	2:22	***3:16***	4:48	6:03	1:16	10:24	2:29	0:32
5	**Simon Denman**	**50:07**	**2:58**	**7:08**	**8:49**	**10:55**	**12:48**	**14:39**	16:38	**20:12**	**24:33**	**29:16**	**30:25**	48:36	49:41	50:07
	NGOC		***2:58***	4:10	***1:41***	2:06	1:53	***1:51***	1:59	3:34	4:21	4:43	1:09	18:11	1:05	0:26
6	**Vanessa Lawson**	**51:08**	3:24	7:43	9:57	12:43	15:51	18:01	20:23	26:10	30:31	35:43	37:31	49:28	50:38	51:08
	NGOC		3:24	4:19	2:14	2:46	3:08	2:10	2:22	5:47	4:21	5:12	1:48	11:57	1:10	0:30
7	**John Miklausic**	**51:14**	3:58	9:24	11:26	13:43	15:56	18:16	23:03	28:06	32:43	37:09	38:45	49:37	50:39	51:14
	NGOC		3:58	5:26	2:02	2:17	2:13	2:20	4:47	5:03	4:37	4:26	1:36	10:52	***1:02***	0:35
8	**Trevor Griffiths**	**53:19**	4:01	10:11	12:28	16:24	18:42	21:18	23:37	28:26	33:54	38:44	40:15	51:24	52:46	53:19
	BOK		4:01	6:10	2:17	3:56	2:18	2:36	2:19	4:49	5:28	4:50	1:31	11:09	1:22	0:33
9	**Sam Harris**	**53:30**	4:12	8:50	14:45	17:28	20:11	23:08	25:26	31:07	35:29	40:04	41:28	51:55	53:07	53:30
	NGOC		4:12	4:38	5:55	2:43	2:43	2:57	2:18	5:41	4:22	4:35	1:24	10:27	1:12	***0:23***
10	**Rebecca Ward**	**53:45**	3:54	8:07	10:19	13:30	15:40	18:06	20:33	24:25	29:40	36:16	37:22	52:08	53:19	53:45
	NGOC		3:54	4:13	2:12	3:11	2:10	2:26	2:27	3:52	5:15	6:36	1:06	14:46	1:11	0:26
11	**Dave Hartley**	**55:29**	3:18	7:42	9:56	12:47	15:55	18:30	21:17	28:35	35:04	40:38	42:00	53:23	54:57	55:29
	NGOC		3:18	4:24	2:14	2:51	3:08	2:35	2:47	7:18	6:29	5:34	1:22	11:23	1:34	0:32
12	**Steven Harris**	**55:56**	3:25	7:59	16:19	18:45	20:44	22:53	25:49	30:10	35:09	40:06	41:42	54:27	55:33	55:56
	NGOC		3:25	4:34	8:20	2:26	1:59	2:09	2:56	4:21	4:59	4:57	1:36	12:45	1:06	***0:23***
13	**Ginny Hudson**	**59:00**	3:12	10:13	12:25	14:49	17:48	20:04	22:12	26:26	31:52	36:24	37:56	57:06	58:27	59:00
	NGOC		3:12	7:01	2:12	2:24	2:59	2:16	2:08	4:14	5:26	4:32	1:32	19:10	1:21	0:33
14	**Matthew Fautley**	**60:10**	4:30	10:08	13:05	15:47	18:39	21:01	23:37	29:31	37:13	43:48	45:21	58:09	59:34	60:10
	IND		4:30	5:38	2:57	2:42	2:52	2:22	2:36	5:54	7:42	6:35	1:33	12:48	1:25	0:36
15	**Peter Wilson**	**60:25**	4:20	10:07	13:04	16:30	19:10	22:11	24:57	30:50	37:30	44:38	46:11	58:15	59:49	60:25
	BKO		4:20	5:47	2:57	3:26	2:40	3:01	2:46	5:53	6:40	7:08	1:33	12:04	1:34	0:36
16	**Tony Cockbain**	**60:40**	4:25	9:47	12:08	15:31	18:17	20:56	24:19	29:46	37:16	42:52	44:12	58:56	60:11	60:40
	HOC		4:25	5:22	2:21	3:23	2:46	2:39	3:23	5:27	7:30	5:36	1:20	14:44	1:15	0:29
17	**Philip Bostock**	**61:08**	4:20	9:47	12:28	16:01	18:42	22:04	25:00	31:42	37:53	44:31	46:07	59:07	60:30	61:08
	NGOC		4:20	5:27	2:41	3:33	2:41	3:22	2:56	6:42	6:11	6:38	1:36	13:00	1:23	0:38
18	**Paul Hammond**	**62:07**	3:40	8:45	11:40	14:58	17:42	20:56	24:01	29:53	36:04	45:42	46:54	60:14	61:38	62:07
	HOC		3:40	5:05	2:55	3:18	2:44	3:14	3:05	5:52	6:11	9:38	1:12	13:20	1:24	0:29
19	**Chris + Sol Vallence**	**63:19**	5:01	10:13	13:04	17:11	20:03	24:01	27:27	33:11	40:22	47:38	48:56	61:20	62:53	63:19
	NGOC		5:01	5:12	2:51	4:07	2:52	3:58	3:26	5:44	7:11	7:16	1:18	12:24	1:33	0:26
20	**Ted Mcdonald**	**69:43**	5:33	12:17	15:36	19:17	23:04	26:22	29:19	34:58	42:23	49:33	51:06	67:45	69:12	69:43
	BOK		5:33	6:44	3:19	3:41	3:47	3:18	2:57	5:39	7:25	7:10	1:33	16:39	1:27	0:31
21	**Alan Richards**	**70:00**	4:28	10:58	13:51	19:00	21:55	25:02	29:33	38:42	45:32	52:52	54:23	67:40	69:24	70:00
	NGOC		4:28	6:30	2:53	5:09	2:55	3:07	4:31	9:09	6:50	7:20	1:31	13:17	1:44	0:36
22	**Hannah Bradley**	**72:50**	4:09	10:44	14:02	17:24	20:37	23:34	26:33	38:57	45:28	52:29	54:07	70:33	72:15	72:50
	NGOC		4:09	6:35	3:18	3:22	3:13	2:57	2:59	12:24	6:31	7:01	1:38	16:26	1:42	0:35
23	**Nigel Jefferies**	**73:06**	4:20	10:13	14:44	18:56	22:14	25:14	28:18	37:31	44:45	52:05	54:17	71:05	72:38	73:06
	BKO		4:20	5:53	4:31	4:12	3:18	3:00	3:04	9:13	7:14	7:20	2:12	16:48	1:33	0:28
24	**Allan Darwell**	**74:00**	6:48	15:46	18:15	30:42	34:22	36:42	40:35	45:56	51:10	57:44	58:56	72:05	73:26	74:00
	BOK		6:48	8:58	2:29	12:27	3:40	2:20	3:53	5:21	5:14	6:34	1:12	13:09	1:21	0:34
25	**John Weyman**	**74:22**	6:29	12:47	15:32	19:39	22:30	25:49	28:57	34:17	41:03	48:35	49:59	72:27	73:52	74:22
	NWO		6:29	6:18	2:45	4:07	2:51	3:19	3:08	5:20	6:46	7:32	1:24	22:28	1:25	0:30
26	**Judith Taylor**	**75:40**	5:02	11:04	14:03	26:09	29:10	32:34	35:27	40:57	48:04	54:09	56:14	73:07	75:13	75:40
	HOC		5:02	6:02	2:59	12:06	3:01	3:24	2:53	5:30	7:07	6:05	2:05	16:53	2:06	0:27

Pl	Name	Time														Comment
Green		***4.2 km 280 m***	***13 C***		*(cont.)*											
			1(38)	2(36)	3(33)	4(51)	5(39)	6(37)	7(35)	8(47)	9(52)	10(46)	11(57)	12(53)	13(40)	Finish
27	**David Andrews**	**76:09**	5:22	11:54	15:10	19:45	24:04	27:28	31:44	38:07	46:06	57:13	58:58	73:28	75:26	76:09
	NGOC		5:22	6:32	3:16	4:35	4:19	3:24	4:16	6:23	7:59	11:07	1:45	14:30	1:58	0:43
28	**Michelle Ward**	**76:20**	5:09	12:25	15:20	19:45	22:43	28:05	31:04	36:44	47:51	56:43	58:18	73:55	75:48	76:20
	NGOC		5:09	7:16	2:55	4:25	2:58	5:22	2:59	5:40	11:07	8:52	1:35	15:37	1:53	0:32
29	**Brian Laycock**	**78:43**	5:17	12:39	18:27	25:01	28:38	32:55	36:56	43:27	51:28	59:41	61:22	76:23	78:13	78:43
	HOC		5:17	7:22	5:48	6:34	3:37	4:17	4:01	6:31	8:01	8:13	1:41	15:01	1:50	0:30
30	**Ros Taunton**	**81:41**	5:33	12:15	16:12	22:03	26:00	29:36	33:03	41:21	50:39	59:03	60:52	78:52	81:00	81:41
	NGOC		5:33	6:42	3:57	5:51	3:57	3:36	3:27	8:18	9:18	8:24	1:49	18:00	2:08	0:41
31	**John Coleman**	**82:08**	4:51	11:25	14:37	20:09	24:19	28:17	31:53	45:03	52:38	62:14	63:44	79:45	81:20	82:08
	NGOC		4:51	6:34	3:12	5:32	4:10	3:58	3:36	13:10	7:35	9:36	1:30	16:01	1:35	0:48
			59:56													
			**57*													
32	**Jane Holcombe**	**83:20**	6:11	13:46	17:32	22:05	26:07	31:01	34:31	41:49	51:51	61:08	62:39	81:02	82:45	83:20
	BOK		6:11	7:35	3:46	4:33	4:02	4:54	3:30	7:18	10:02	9:17	1:31	18:23	1:43	0:35
33	**Richard Higgs**	**85:07**	6:11	14:47	18:50	24:08	28:41	32:45	37:04	44:51	53:08	62:38	64:29	82:00	84:16	85:07
	NGOC		6:11	8:36	4:03	5:18	4:33	4:04	4:19	7:47	8:17	9:30	1:51	17:31	2:16	0:51
34	**Ellen Starling**	**85:36**	5:19	14:18	18:18	22:44	27:12	30:59	34:58	42:25	50:08	62:51	64:42	82:16	84:49	85:36
	NGOC		5:19	8:59	4:00	4:26	4:28	3:47	3:59	7:27	7:43	12:43	1:51	17:34	2:33	0:47
			59:22													
			**57*													
35	**Gary Wakerley**	**100:30**	7:25	16:51	24:07	31:06	35:21	39:59	45:13	54:47	64:00	75:07	77:32	97:16	99:39	100:30
	NGOC		7:25	9:26	7:16	6:59	4:15	4:38	5:14	9:34	9:13	11:07	2:25	19:44	2:23	0:51
36	**Rhiannon Fadeyibi**	**102:28**	6:51	15:50	24:03	28:29	32:17	36:23	41:12	49:23	60:27	72:47	77:53	99:06	101:52	102:28
	NGOC		6:51	8:59	8:13	4:26	3:48	4:06	4:49	8:11	11:04	12:20	5:06	21:13	2:46	0:36
37	**Clare Fletcher**	**106:39**	6:24	17:19	22:11	29:55	34:54	40:52	46:14	54:23	65:51	81:23	83:08	103:14	105:41	106:39
	BOK		6:24	10:55	4:52	7:44	4:59	5:58	5:22	8:09	11:28	15:32	1:45	20:06	2:27	0:58
38	**Alan Starling**	**110:20**	5:30	14:58	19:09	24:40	29:24	33:48	38:43	46:09	75:19	85:06	87:02	107:05	109:23	110:20
	NGOC		5:30	9:28	4:11	5:31	4:44	4:24	4:55	7:26	29:10	9:47	1:56	20:03	2:18	0:57
39	**Paul Shutler**	**111:06**	8:08	17:39	21:50	26:50	33:14	37:20	41:48	50:51	63:24	75:27	78:33	101:04	110:15	111:06
	NGOC		8:08	9:31	4:11	5:00	6:24	4:06	4:28	9:03	12:33	12:03	3:06	22:31	9:11	0:51
40	**Katie Agombar**	**111:57**	7:00	22:06	25:45	32:26	39:53	47:31	52:33	60:33	70:45	82:03	85:42	109:46	111:29	111:57
	NGOC		7:00	15:06	3:39	6:41	7:27	7:38	5:02	8:00	10:12	11:18	3:39	24:04	1:43	0:28
41	**Hilary Nicholls**	**112:55**	7:01	17:26	21:43	27:58	32:31	38:29	44:05	58:27	70:03	81:44	85:33	108:34	112:08	112:55
	NGOC		7:01	10:25	4:17	6:15	4:33	5:58	5:36	14:22	11:36	11:41	3:49	23:01	3:34	0:47
42	**Ian Cowe**	**122:53**	7:55	18:51	24:15	32:13	40:55	46:17	52:00	63:44	74:52	88:05	91:28	118:40	121:54	122:53
	IND		7:55	10:56	5:24	7:58	8:42	5:22	5:43	11:44	11:08	13:13	3:23	27:12	3:14	0:59
43	**Emily Craig**	**137:37**	8:38	19:27	26:33	30:48	33:28	43:45	50:47	92:11	102:53	117:52	118:56	134:32	137:07	137:37
	IND		8:38	10:49	7:06	4:15	2:40	10:17	7:02	41:24	10:42	14:59	1:04	15:36	2:35	0:30

Pl	Name	Time															Comment
Orange		**3.0 km 170 m**	**14 C**														
			1(59)	2(67)	3(42)	4(45)	5(48)	6(41)	7(31)	8(35)	9(44)	10(53)	11(61)	12(66)	13(49)	14(40)	Finish
1	**Jack Hobby**	**43:42**	2:15	**4:31**	**6:07**	**8:35**	**11:07**	**13:06**	**16:46**	**19:57**	30:07	**33:42**	**37:36**	**39:19**	**41:49**	**43:19**	**43:42**
	NGOC		2:15	2:16	1:36	***2:28***	***2:32***	1:59	3:40	3:11	10:10	***3:35***	3:54	1:43	2:30	1:30	***0:23***
2	**Jess Miklausic**	**44:32**	2:51	8:46	11:44	14:51	18:04	20:12	23:00	26:05	30:05	34:03	37:43	39:41	42:35	44:02	44:32
	NGOC		2:51	5:55	2:58	3:07	3:13	2:08	***2:48***	3:05	4:00	3:58	3:40	1:58	2:54	1:27	0:30
3	**Kaylee Brooker**	**45:07**	2:23	8:04	9:45	12:37	19:02	20:42	25:18	28:06	32:38	36:13	39:46	41:25	43:29	44:41	45:07
	BAOC		2:23	5:41	1:41	2:52	6:25	1:40	4:36	2:48	4:32	***3:35***	3:33	***1:39***	2:04	1:12	0:26
4	**Ashleigh Denman**	**46:20**	4:03	7:30	10:35	14:19	17:36	19:37	22:49	26:28	**30:00**	34:14	38:18	40:27	44:11	45:52	46:20
	NGOC		4:03	3:27	3:05	3:44	3:17	2:01	3:12	3:39	***3:32***	4:14	4:04	2:09	3:44	1:41	0:28
5	**Jessica Ward**	**47:17**	2:19	5:12	7:40	10:31	14:47	16:38	19:52	24:19	**30:00**	36:01	40:53	43:33	45:41	46:52	47:17
	NGOC		2:19	2:53	2:28	2:51	4:16	1:51	3:14	4:27	5:41	6:01	4:52	2:40	2:08	***1:11***	0:25
6	**Rose Taylor**	**48:58**	2:13	4:58	6:51	10:57	14:52	16:54	20:39	24:36	31:41	37:39	41:58	44:25	47:17	48:31	48:58
	HOC		2:13	2:45	1:53	4:06	3:55	2:02	3:45	3:57	7:05	5:58	4:19	2:27	2:52	1:14	0:27
7	**Claire Garai**	**49:43**	3:35	6:54	8:46	12:14	17:09	19:51	23:36	27:40	31:53	37:11	41:34	44:11	47:22	49:06	49:43
	IND		3:35	3:19	1:52	3:28	4:55	2:42	3:45	4:04	4:13	5:18	4:23	2:37	3:11	1:44	0:37
8	**Rosie Watson**	**56:01**	3:26	6:57	9:49	12:48	18:07	20:31	25:15	29:37	37:14	42:38	47:45	51:09	54:07	55:28	56:01
	NGOC		3:26	3:31	2:52	2:59	5:19	2:24	4:44	4:22	7:37	5:24	5:07	3:24	2:58	1:21	0:33
9	**Mark Roderick**	**57:46**	4:13	12:39	14:27	17:04	20:20	22:09	25:10	28:08	44:54	48:59	52:08	53:55	56:02	57:15	57:46
	NGOC		4:13	8:26	1:48	2:37	3:16	1:49	3:01	2:58	16:46	4:05	***3:09***	1:47	2:07	1:13	0:31
10	**Tony Noott**	**58:26**	**2:12**	5:56	8:10	12:45	18:20	21:27	27:23	32:11	37:15	43:25	48:50	51:47	55:28	57:36	58:26
	BOK		***2:12***	3:44	2:14	4:35	5:35	3:07	5:56	4:48	5:04	6:10	5:25	2:57	3:41	2:08	0:50
11	**Sam Roderick**	**59:33**	3:51	5:50	7:02	13:43	17:21	18:58	37:37	39:32	47:09	50:47	54:05	55:44	57:44	59:09	59:33
	NGOC		3:51	***1:59***	***1:12***	6:41	3:38	***1:37***	18:39	***1:55***	7:37	3:38	3:18	***1:39***	***2:00***	1:25	0:24
12	**Reuben Lawson**	**60:10**	3:08	6:10	7:37	11:03	15:32	17:40	21:55	29:57	37:31	44:27	50:24	54:03	58:03	59:46	60:10
	NGOC		3:08	3:02	1:27	3:26	4:29	2:08	4:15	8:02	7:34	6:56	5:57	3:39	4:00	1:43	0:24
				10:08													
				**55*													
13	**Joe Bryce**	**60:32**	4:08	7:22	8:39	13:00	17:37	19:35	23:38	31:52	40:58	47:14	51:50	55:03	57:44	60:04	60:32
	NGOC		4:08	3:14	1:17	4:21	4:37	1:58	4:03	8:14	9:06	6:16	4:36	3:13	2:41	2:20	0:28
				60:04													
				**40*													
14	**Logan Mills**	**67:05**	5:31	9:05	11:19	15:54	20:55	23:52	28:49	33:38	46:51	52:39	57:33	61:26	64:59	66:25	67:05
	IND		5:31	3:34	2:14	4:35	5:01	2:57	4:57	4:49	13:13	5:48	4:54	3:53	3:33	1:26	0:40
15	**Gaye Callard**	**67:08**	3:43	7:55	10:25	14:16	20:18	23:24	28:26	34:13	42:15	49:02	55:05	59:23	63:55	66:25	67:08
	NGOC		3:43	4:12	2:30	3:51	6:02	3:06	5:02	5:47	8:02	6:47	6:03	4:18	4:32	2:30	0:43
16	**Ben + William Powell**	**67:20**	4:50	8:15	11:29	17:02	21:28	23:39	30:10	34:36	46:09	52:32	57:27	60:09	65:23	66:52	67:20
	IND		4:50	3:25	3:14	5:33	4:26	2:11	6:31	4:26	11:33	6:23	4:55	2:42	5:14	1:29	0:28
17	**James Agombar**	**67:22**	6:10	11:36	15:14	19:40	24:20	26:05	31:03	39:39	46:56	52:51	59:44	61:52	65:13	66:46	67:22
	NGOC		6:10	5:26	3:38	4:26	4:40	1:45	4:58	8:36	7:17	5:55	6:53	2:08	3:21	1:33	0:36
18	**Sarah Bryce**	**67:58**	6:36	10:39	14:24	19:15	24:24	27:12	35:58	39:43	47:48	53:05	58:39	60:56	64:54	67:13	67:58
	NGOC		6:36	4:03	3:45	4:51	5:09	2:48	8:46	3:45	8:05	5:17	5:34	2:17	3:58	2:19	0:45
				67:13													
				**40*													
19	**Aneira Hughes**	**89:31**	4:24	10:08	12:36	18:31	24:49	28:58	34:53	42:31	54:22	66:31	75:09	79:54	85:23	88:44	89:31
	IND		4:24	5:44	2:28	5:55	6:18	4:09	5:55	7:38	11:51	12:09	8:38	4:45	5:29	3:21	0:47
	Finn Mills	**mp**	4:24	8:44	10:28	15:00	19:58	22:05	28:05	33:05	45:56	52:03	57:15	61:26	64:38	-----	67:44
	IND		4:24	4:20	1:44	4:32	4:58	2:07	6:00	5:00	12:51	6:07	5:12	4:11	3:12		3:06
	Ann Brown	**dnf**	4:53	10:20	-----	31:12	39:13	42:50	50:49	-----	-----	-----	-----	-----	-----	-----	
	NGOC		4:53	5:27		20:52	8:01	3:37	7:59								
	Joanne Leigh	**dnf**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	OD																

Pl	Name	Time												Comment		
Yellow		**2.3 km 135 m**	**10 C**													
			1(34)	2(54)	3(55)	4(62)	5(64)	6(41)	7(58)	8(60)	9(63)	10(40)	Finish			
1	**Seth Lawson**	**24:55**	**0:43**	**1:23**	**4:21**	**5:13**	**6:43**	**10:31**	**14:05**	**17:09**	**21:03**	**24:28**	**24:55**			
	NGOC		***0:43***	***0:40***	***2:58***	***0:52***	***1:30***	***3:48***	***3:34***	***3:04***	3:54	***3:25***	***0:27***			
2	**Elliott Marshall**	**41:44**	2:57	4:28	9:29	12:11	14:45	20:12	27:37	31:56	35:46	41:12	41:44			
	IND		2:57	1:31	5:01	2:42	2:34	5:27	7:25	4:19	***3:50***	5:26	0:32			
3	**Aneira Hughes**	**44:39**	1:40	2:48	8:47	10:17	13:09	18:57	25:27	31:23	39:05	43:59	44:39			
	IND		1:40	1:08	5:59	1:30	2:52	5:48	6:30	5:56	7:42	4:54	0:40			
4	**Hannah Agombar**	**45:04**	4:08	6:05	12:59	14:21	16:43	22:03	27:44	31:13	40:12	44:26	45:04	*44:26*		
	NGOC		4:08	1:57	6:54	1:22	2:22	5:20	5:41	3:29	8:59	4:14	0:38	**40*		
5	**Sam Horsfall**	**45:55**	1:31	2:44	8:18	10:18	18:17	24:05	29:16	33:41	39:51	44:52	45:55			
	IND		1:31	1:13	5:34	2:00	7:59	5:48	5:11	4:25	6:10	5:01	1:03			
6	**Bethany Harris**	**49:59**	2:18	4:12	12:24	14:22	17:55	25:32	32:52	39:38	44:45	49:16	49:59			
	NGOC		2:18	1:54	8:12	1:58	3:33	7:37	7:20	6:46	5:07	4:31	0:43			
7	**Drew Teed**	**54:35**	3:59	7:33	16:15	17:46	21:11	30:09	36:41	41:06	49:16	54:00	54:35			
	NGOC		3:59	3:34	8:42	1:31	3:25	8:58	6:32	4:25	8:10	4:44	0:35			
8	**Matti Teed**	**54:47**	3:58	7:15	17:10	19:19	21:16	29:49	37:00	42:22	49:18	53:36	54:47			
	NGOC		3:58	3:17	9:55	2:09	1:57	8:33	7:11	5:22	6:56	4:18	1:11			
9	**Bertie Teed**	**55:24**	3:51	6:51	17:10	19:41	22:36	29:29	37:01	41:56	49:22	54:10	55:24			
	NGOC		3:51	3:00	10:19	2:31	2:55	6:53	7:32	4:55	7:26	4:48	1:14			
10	**Judith Jeffries**	**58:26**	8:35	10:01	18:07	19:46	23:14	29:34	37:18	41:52	48:20	54:25	58:26			
	BKO		8:35	1:26	8:06	1:39	3:28	6:20	7:44	4:34	6:28	6:05	4:01			
11	**Jacob Reeves**	**60:00**	1:56	3:56	11:06	12:48	16:11	25:07	31:17	38:57	49:38	58:55	60:00			
	IND		1:56	2:00	7:10	1:42	3:23	8:56	6:10	7:40	10:41	9:17	1:05			
12	**Luke Miklausic**	**60:17**	2:02	3:40	11:18	12:58	16:17	25:19	30:30	39:05	50:49	59:14	60:17			
	NGOC		2:02	1:38	7:38	1:40	3:19	9:02	5:11	8:35	11:44	8:25	1:03			
12	**Ella Miklausic**	**60:17**	2:21	3:43	11:04	12:58	15:44	25:05	32:11	39:05	49:51	59:17	60:17			
	NGOC		2:21	1:22	7:21	1:54	2:46	9:21	7:06	6:54	10:46	9:26	1:00			
14	**Rowan Murrin**	**67:10**	2:36	6:03	14:20	16:54	21:48	33:35	44:13	51:55	60:20	66:34	67:10			
	IND		2:36	3:27	8:17	2:34	4:54	11:47	10:38	7:42	8:25	6:14	0:36			
15	**Erin Murrin**	**67:55**	2:53	6:12	14:25	17:01	22:46	33:48	44:19	52:26	60:34	66:44	67:55			
	IND		2:53	3:19	8:13	2:36	5:45	11:02	10:31	8:07	8:08	6:10	1:11			
16	**Katharine Atkins + Junior**	**68:44**	4:09	6:39	20:43	24:14	29:05	36:48	42:28	46:43	62:31	67:42	68:44			
	HOC		4:09	2:30	14:04	3:31	4:51	7:43	5:40	4:15	15:48	5:11	1:02			
17	**AJ Cowe**	**90:44**	3:22	5:57	14:36	17:37	22:03	35:16	63:15	70:10	79:37	88:42	90:44			
	IND		3:22	2:35	8:39	3:01	4:26	13:13	27:59	6:55	9:27	9:05	2:02			
	Thomas Harris	**mp**	159:36	160:43	166:26	167:48	171:04	176:20	-----	-----	-----	-----	22:22	*1:16*	*2:16*	*3:16*
	NGOC		159:36	1:07	5:43	1:22	3:16	5:16						**201*	**202*	**203*
			5:27	*7:06*	*9:06*	*10:14*	*11:50*	*15:16*	*19:22*	*20:49*						
			**204*	**205*	**206*	**207*	**208*	**209*	**210*	**49*						