

Pl	Name	Time	Time																	
			1(44)	2(46)	5.6 km		320 m	16 C		6(60)	7(58)	8(66)	9(42)	10(54)	11(45)	12(64)	13(37)	14(63)	15(36)	16(55)
1	Ben Mitchell SBOC	43:02	1:47	3:33	4:46	6:03	7:39	10:37	16:41	20:23	30:45	32:33	35:13	37:10	37:59	39:03	41:41	42:45	43:02	
			1:47	1:46	1:13	1:17	1:36	2:58	6:04	3:42	10:22	1:48	2:40	1:57	0:49	1:04	2:38	1:04	0:17	
2	Marcus Pinker FVO	49:59	2:56	5:04	6:28	7:59	9:52	13:32	21:10	24:26	35:42	37:54	40:01	42:26	43:41	45:02	48:16	49:39	49:59	
			2:56	2:08	1:24	1:31	1:53	3:40	7:38	3:16	11:16	2:12	2:07	2:25	1:15	1:21	3:14	1:23	0:20	
3	Jason Howell HOC	57:07	2:04	4:30	5:54	7:19	9:22	13:54	23:35	27:13	40:53	43:27	46:05	48:53	50:00	51:33	55:08	56:43	57:07	
			2:04	2:26	1:24	1:25	2:03	4:32	9:41	3:38	13:40	2:34	2:38	2:48	1:07	1:33	3:35	1:35	0:24	
4	Peter Ward NGOC	58:53	1:45	3:54	5:22	7:29	9:31	15:09	24:34	29:55	42:04	44:17	48:02	50:49	52:03	53:38	57:02	58:34	58:53	
			1:45	2:09	1:28	2:07	2:02	5:38	9:25	5:21	12:09	2:13	3:45	2:47	1:14	1:35	3:24	1:32	0:19	
5	Michael Hallett BOK	59:28	1:46	4:13	5:50	9:49	12:17	15:37	23:37	28:30	41:07	44:35	48:16	51:33	53:04	54:34	57:46	59:07	59:28	50:15
			1:46	2:27	1:37	3:59	2:28	3:20	8:00	4:53	12:37	3:28	3:41	3:17	1:31	1:30	3:12	1:21	0:21	56
6	Paul Horsfall NGOC	1:00:05	2:36	4:59	6:32	8:34	10:26	16:07	25:26	29:21	43:07	45:42	48:16	51:50	53:08	54:44	58:13	59:43	1:00:05	
			2:36	2:23	1:33	2:02	1:52	5:41	9:19	3:55	13:46	2:35	2:34	3:34	1:18	1:36	3:29	1:30	0:22	
7	Adam Potter BOK	1:01:14	1:49	6:02	8:21	9:57	13:30	17:31	27:07	30:05	43:20	45:45	47:57	52:17	54:51	56:18	59:28	1:00:49	1:01:14	
			1:49	4:13	2:19	1:36	3:33	4:01	9:36	2:58	13:15	2:25	2:12	4:20	2:34	2:34	3:10	1:21	0:25	
8	Tom Horton HOC	1:05:42	2:30	4:48	6:19	7:45	10:34	14:35	26:12	31:33	48:16	51:10	53:54	56:46	58:11	1:00:12	1:03:36	1:05:16	1:05:42	
			2:30	2:18	1:31	1:26	2:49	4:01	11:37	5:21	16:43	2:54	2:44	2:52	1:25	2:01	3:24	1:40	0:26	
9	Chris McCartney OD	1:08:05	2:14	5:14	7:58	9:56	12:28	18:47	28:59	33:34	49:12	51:53	54:55	58:06	59:46	1:01:41	1:05:53	1:07:36	1:08:05	
			2:14	3:00	2:44	1:58	2:32	6:19	10:12	4:35	15:38	2:41	3:02	3:11	1:40	1:55	4:12	1:43	0:29	
10	Paul Murrin NGOC	1:10:59	2:21	4:54	7:42	10:14	12:31	20:11	28:16	35:42	47:40	50:27	52:58	1:01:06	1:03:01	1:04:47	1:08:41	1:10:35	1:10:59	
			2:21	2:33	2:48	2:32	2:17	7:40	8:05	7:26	11:58	2:47	2:31	8:08	1:55	1:46	3:54	1:54	0:24	
11	Matthew Pickering UBOC	1:11:02	1:48	4:36	6:33	8:10	10:37	14:39	28:20	32:40	52:08	55:02	57:56	1:02:25	1:04:18	1:05:52	1:09:16	1:10:40	1:11:02	
			1:48	2:48	1:57	1:37	2:27	4:02	13:41	4:20	19:28	2:54	2:54	4:29	1:53	1:34	3:24	1:24	0:22	
12	Andrew Hartley NGOC	1:11:53	2:36	5:46	7:15	9:01	11:53	17:04	27:22	30:55	51:38	56:05	58:24	1:01:26	1:03:05	1:04:45	1:10:04	1:11:27	1:11:53	
			2:36	3:10	1:29	1:46	2:52	5:11	10:18	3:33	20:43	4:27	2:19	3:02	1:39	1:40	5:19	1:23	0:26	
13	Lawrence Jones BOK	1:12:47	2:26	5:43	7:42	10:47	13:48	18:26	28:25	32:47	52:57	55:46	58:46	1:02:45	1:04:23	1:06:17	1:10:53	1:12:22	1:12:47	
			2:26	3:17	1:59	3:05	3:01	4:38	9:59	4:22	20:10	2:49	3:00	3:59	1:38	1:54	4:36	1:29	0:25	
14	Scott Bailey BOK	1:15:53	2:13	5:15	7:33	9:52	12:19	17:28	28:40	35:06	55:32	58:53	1:01:56	1:05:14	1:07:15	1:09:22	1:13:34	1:15:29	1:15:53	
			2:13	3:02	2:18	2:19	2:27	5:09	11:12	6:26	20:26	3:21	3:03	3:18	2:01	2:07	4:12	1:55	0:24	
15	Caroline Craig NGOC	1:17:37	2:53	7:05	9:45	12:44	15:25	20:43	31:51	36:36	56:17	59:50	1:02:43	1:06:38	1:08:14	1:10:18	1:15:38	1:17:07	1:17:37	
			2:53	4:12	2:40	2:59	2:41	5:18	11:08	4:45	19:41	3:33	2:53	3:55	1:36	2:04	5:20	1:29	0:30	
16	Duncan Innes SWOC	1:17:51	3:18	6:37	9:12	11:25	14:26	20:11	33:22	38:08	56:04	59:34	1:02:51	1:06:33	1:08:16	1:10:13	1:15:18	1:17:22	1:17:51	
			3:18	3:19	2:35	2:13	3:01	5:45	13:11	4:46	17:56	3:30	3:17	3:42	1:43	1:57	5:05	2:04	0:29	
17	John Simmons BOK	1:20:54	3:11	7:04	9:47	13:05	15:32	21:57	36:05	40:50	57:29	1:00:52	1:04:25	1:07:58	1:09:28	1:11:19	1:18:35	1:20:25	1:20:54	
			3:11	3:53	2:43	3:18	2:27	6:25	14:08	4:45	16:39	3:23	3:33	3:33	1:30	1:51	7:16	1:50	0:29	
18	Charles Daniel BOK	1:21:32	2:49	6:44	9:33	12:30	15:04	23:39	34:42	42:24	58:39	1:02:00	1:05:22	1:09:18	1:11:54	1:13:42	1:19:26	1:21:06	1:21:32	
			2:49	3:55	2:49	2:57	2:34	8:35	11:03	7:42	16:15	3:21	3:22	3:56	2:36	1:48	5:44	1:40	0:26	
19	Benjamin Callard IND	1:21:59	2:47	6:18	8:59	11:41	14:51	20:18	32:54	37:58	55:54	1:00:17	1:04:43	1:10:09	1:12:08	1:14:09	1:19:44	1:21:25	1:21:59	
			2:47	3:31	2:41	2:42	3:10	5:27	12:36	5:04	17:56	4:23	4:26	5:26	1:59	2:01	5:35	1:41	0:34	
20	Ian Kennett SWOC	1:23:19	2:40	9:53	12:28	14:44	17:34	23:42	35:42	41:12	59:09	1:02:50	1:05:51	1:09:53	1:12:35	1:14:39	1:20:40	1:22:49	1:23:19	
			2:40	7:13	2:35	2:16	2:50	6:08	12:00	5:30	17:57	3:41	3:01	4:02	2:42	2:04	6:01	2:09	0:30	
21	Nick Dennis BOK	1:23:31	3:07	7:48	10:47	13:25	16:15	22:04	33:58	39:48	56:58	1:01:49	1:06:17	1:11:02	1:12:57	1:15:23	1:21:34	1:23:05	1:23:31	
			3:07	4:41	2:59	2:38	2:50	5:49	11:54	5:50	17:10	4:51	4:28	4:45	1:55	2:26	6:11	1:31	0:26	
22	Richard Davies HOC	1:30:02	3:06	6:45	9:55	12:00	14:55	21:06	34:34	39:35	59:18	1:03:15	1:07:16	1:12:02	1:14:56	1:22:02	1:27:38	1:29:31	1:30:02	
			3:06	3:39	3:10	2:05	2:55	6:11	13:28	5:01	19:43	3:57	4:01	4:46	2:54	7:06	5:36	1:53	0:31	
23	Thomas Mills IND	1:31:19	3:49	7:00	9:10	11:07	17:07	24:01	35:58	40:46	1:09:23	1:11:56	1:15:23	1:19:17	1:22:24	1:24:42	1:29:21	1:30:46	1:31:19	
			3:49	3:11	2:10	1:57	6:00	6:54	11:57	4:48	28:37	2:33	3:27	3:54	3:07	2:18	4:39	1:25	0:33	
24	Kelvin Davies BOK	1:32:08	3:11	6:41	9:23	12:10	15:55	22:34	38:51	43:46	1:05:57	1:09:54	1:13:40	1:18:07	1:19:53	1:22:47	1:29:19	1:31:33	1:32:08	
			3:11	3:30	2:42	2:47	3:45	6:39	16:17	4:55	22:11	3:57	3:46	4:27	1:46	2:54	6:32	2:14	0:35	
25	Tom Birthwright NGOC	1:32:37	2:48	6:33	11:17	14:06	17:19	23:48	40:55	47:18	1:07:38	1:12:01	1:15:54	1:19:53	1:21:28	1:23:37	1:29:51	1:32:05	1:32:37	
			2:48	3:45	4:44	2:49	3:13	6:29	17:07	6:23	20:20	4:23	3:53	3:59	1:35	2:09	6:14	2:14	0:32	
26	Thomas Cochran NGOC	1:32:44	1:53	7:44	15:38	18:54	27:12	33:11	42:49	55:35	1:11:56	1:15:04	1:18:22	1:21:41	1:24:21	1:25:52	1:30:39	1:32:12	1:32:44	
			1:53	5:51	7:54	3:16	8:18	5:59	9:38	12:46	16:21	3:08	3:18	3:19	2:40	1:31	4:47	1:33	0:32	
27	Simon James SWOC	1:36:42	3:36	9:19	13:40	16:06	18:52	30:14	44:43	54:52	1:11:22	1:16:34	1:19:44	1:24:04	1:26:57	1:29:29	1:34:05	1:36:13	1:36:42	
			3:36	5:43	4:21	2:26	2:46	11:22	14:29	10:09	16:30	5:12	3:10	4:20	2:53	2:32	4:36	2:08	0:29	
28	Christophe Pige IND	1:37:51	2:40	5:54	7:43	10:15	15:11	30:56	42:48	50:14	1:07:34	1:12:20	1:15:35	1:25:41	1:27:20	1:30:10	1:35:21	1:37:2		

Pl	Name	Time			5.6 km	320 m	16 C	<i>(cont.)</i>													
			1(44)	2(46)	3(40)	4(52)	5(62)	6(60)	7(58)	8(66)	9(42)	10(54)	11(45)	12(64)	13(37)	14(63)	15(36)	16(55)	Finish		
Blue (54)																					
32	Mike Goldthorpe SOC	1:42:13	2:48 2:48	6:18 3:30	9:01 2:43	11:37 2:36	16:55 5:18	32:50 15:55	49:07 16:17	55:58 6:51	1:16:35 20:37	1:20:47 4:12	1:25:16 4:29	1:29:38 4:22	1:31:39 2:01	1:33:54 2:15	1:39:10 5:16	1:41:37 2:27	1:42:13 0:36		
33	Rob Taylor HOC	1:43:05	3:11 3:11	7:45 4:34	10:49 3:04	13:46 2:57	17:55 4:09	27:02 9:07	43:09 16:07	48:06 4:57	1:13:44 25:38	1:19:14 5:30	1:25:01 5:47	1:29:43 4:42	1:32:50 3:07	1:35:06 2:16	1:40:41 5:35	1:42:37 1:56	1:43:05 0:28		
34	Sion James IND	1:44:29	3:45 3:45	8:19 4:34	13:13 4:54	16:07 2:54	29:14 13:07	37:07 7:53	49:27 12:20	55:55 6:28	1:17:52 21:57	1:22:04 4:12	1:26:16 4:12	1:31:20 5:04	1:33:46 2:26	1:36:17 2:31	1:41:47 5:30	1:43:59 2:12	1:44:29 0:30		
35	Steve Chiverton HOC	1:44:40	3:10 3:10	9:15 6:05	12:38 3:23	15:17 2:39	18:37 3:20	27:29 8:52	43:09 15:40	49:54 6:45	1:12:32 22:38	1:16:13 3:41	1:20:15 4:02	1:31:03 10:48	1:33:23 2:20	1:35:59 2:36	1:42:06 6:07	1:44:07 2:01	1:44:40 0:33		
36	Clive Caffall NGOC	1:45:01	3:21 3:21	7:00 3:39	10:06 3:06	14:17 4:11	17:31 3:14	28:04 10:33	44:45 16:41	50:57 6:12	1:15:46 24:49	1:20:12 4:26	1:26:04 5:52	1:31:07 5:03	1:33:18 2:11	1:35:38 2:20	1:42:08 6:30	1:44:19 2:11	1:45:01 0:42		
37	Allan McCall NGOC	1:45:45	3:04 3:04	10:04 7:00	12:50 2:46	16:46 3:56	21:25 4:39	28:59 7:34	41:55 12:56	55:46 13:51	1:16:10 20:24	1:23:09 6:59	1:26:57 3:48	1:31:48 4:51	1:34:53 3:05	1:37:02 2:09	1:42:52 5:50	1:45:09 2:17	1:45:45 0:36		
38	Anders Johansson NGOC	1:46:21	3:05 3:05	6:17 3:12	8:21 2:04	11:15 2:54	14:51 3:36	22:44 7:53	36:18 13:34	55:48 19:30	1:16:18 20:30	1:20:41 4:23	1:26:17 5:36	1:30:34 4:17	1:33:54 3:20	1:36:58 3:04	1:44:12 7:14	1:45:48 1:36	1:46:21 0:33		
39	Tessa Lewis SWOC	1:46:41	3:41 3:41	8:01 4:20	12:12 4:11	17:04 4:52	20:52 3:48	29:12 8:20	43:54 14:42	49:18 5:24	1:10:21 21:03	1:14:35 4:14	1:18:42 4:07	1:25:53 7:11	1:30:29 4:36	1:33:08 2:39	1:44:13 11:05	1:46:08 1:55	1:46:41 0:33		
40	Tom Mills NGOC	1:49:11	4:22 4:22	8:41 4:19	11:46 3:05	14:53 3:07	18:49 3:56	31:37 12:48	48:49 17:12	54:38 5:49	1:16:49 22:11	1:20:18 3:29	1:29:13 8:55	1:33:22 4:09	1:35:56 2:34	1:38:50 2:54	1:46:29 7:39	1:48:38 2:09	1:49:11 0:33		
41	Russell Finch NGOC	1:51:46	4:03 4:03	9:02 4:59	12:33 3:31	15:38 3:05	19:35 3:57	32:18 12:43	48:02 15:44	1:03:43 15:41	1:22:36 18:53	1:27:26 4:50	1:30:58 3:32	1:35:45 4:47	1:40:12 4:27	1:42:23 2:11	1:49:00 6:37	1:51:14 2:14	1:51:46 0:32		
42	Mark Quilliam NGOC	1:58:11	3:25 3:25	9:33 6:08	12:38 3:05	15:15 2:37	18:38 3:23	31:29 12:51	51:32 20:03	1:00:08 8:36	1:24:20 24:12	1:28:38 4:18	1:44:38 16:00	1:47:59 3:21	1:50:30 2:31	1:52:17 1:47	1:56:07 3:50	1:57:39 1:32	1:58:11 0:32		
43	Gwen Tanner BOK	2:06:22	4:13 4:13	9:34 5:21	13:28 3:54	17:49 4:21	22:49 5:00	30:46 7:57	53:59 23:13	1:01:40 7:41	1:31:45 30:05	1:38:49 7:04	1:44:18 5:29	1:49:19 5:01	1:52:40 3:21	1:55:18 2:38	2:03:24 8:06	2:05:45 2:21	2:06:22 0:37		
44	John Shea NGOC	2:10:43	3:28 3:28	16:07 12:39	21:32 5:25	25:34 4:02	29:32 3:58	36:50 7:18	53:03 16:13	1:08:57 15:54	1:30:10 21:13	1:41:36 11:26	1:48:37 7:01	1:53:51 5:14	1:58:02 4:11	2:00:36 2:34	2:07:15 6:39	2:09:48 2:33	2:10:43 0:55		
45	Shirley Robinson NGOC	2:11:24	3:41 3:41	9:50 6:09	15:07 5:17	19:51 4:44	22:59 3:08	34:35 11:36	53:57 19:22	1:06:33 12:36	1:31:48 25:15	1:36:47 4:59	1:41:38 4:51	1:54:19 12:41	1:56:55 2:36	2:00:31 3:36	2:07:40 7:09	2:10:46 3:06	2:11:24 0:38		
46	Adam Rawlings NGOC	2:25:44	4:14 4:14	14:48 10:34	17:37 2:49	21:11 3:34	23:49 2:38	57:22 33:33	1:11:13 13:51	1:18:14 7:01	1:42:49 24:35	1:51:47 8:58	1:58:37 6:50	2:06:13 7:36	2:10:41 4:28	2:13:22 2:41	2:22:37 9:15	2:25:05 2:28	2:25:44 0:39		
47	Joe Parkinson NGOC	2:42:02	2:54 2:54	6:33 3:39	8:59 2:26	12:16 3:17	15:22 3:06	22:21 6:59	37:07 14:46	44:44 7:37	1:11:45 27:01	1:15:25 3:40	1:19:34 4:09	1:24:03 4:29	1:26:15 2:12	1:29:00 2:45	2:39:13 1:10:13	2:41:13 2:00	2:42:02 0:49		
	Richard Purkis NGOC	mp 1:36	1:36 2:10	3:46 1:41	5:27 1:41	6:54 1:27	8:42 1:48	12:56 4:14	22:19 9:23	25:27 3:08	37:32 12:05	40:01 2:29	44:30 4:29	47:25 2:55	48:35 1:10	----- -----	52:57 4:22	54:14 1:17	54:36 0:22		
	Philip Eeles BADO	mp 2:32	2:32 2:32	5:25 2:53	8:00 2:35	10:16 2:16	19:36 9:20	25:06 5:30	35:31 10:25	39:11 3:40	1:02:39 23:28	1:05:44 3:05	1:14:35 8:51	1:23:00 8:25	----- -----	----- -----	1:33:21 10:21	1:35:35 2:14	1:36:14 0:39	1:18:38 *63	1:20:26 *37
	Thomas Dixon UBOC	mp 2:33	2:33 2:33	7:03 4:30	10:11 3:08	12:21 2:10	14:59 2:38	24:01 9:02	51:55 27:54	1:06:24 14:29	1:23:52 17:28	1:28:28 4:36	1:34:07 5:39	----- -----	----- -----	----- -----	1:37:19 3:12	1:38:59 1:40	1:39:33 0:34		
	Ashley Cooper BOK	dnf 7:51	7:51 6:08	13:59 6:08	17:03 3:04	20:16 3:13	23:51 3:35	31:30 7:39	47:01 15:31	53:30 6:29	1:34:18 40:48	1:39:26 5:08	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	1:52:45 13:19		
	Tim Sands BASOC	dnf 2:52	2:52 3:42	6:34 3:42	10:00 3:26	12:47 2:47	17:57 5:10	27:11 9:14	40:41 13:30	48:54 8:13	----- 8:13	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----		
	Richard Rossington BOK	dnf 3:03	3:03 10:49	7:46 16:27	5:38 21:24	4:57 24:57	3:33 24:57	15:51 40:48	23:33 1:04:21	15:51 1:14:15	23:33 -----	9:54 -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----		
	Roger Edwards NGOC	dnf 3:49	3:49 5:59	9:48 3:43	13:31 3:43	17:46 4:15	22:27 4:41	30:52 8:25	46:23 15:31	52:42 6:19	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----		

Green (61)			3.7 km	140 m	15 C																	
			1(61)	2(41)	3(40)	4(53)	5(52)	6(46)	7(38)	8(47)	9(42)	10(54)	11(64)	12(56)	13(45)	14(36)	15(55)	Finish				
1	Phil Murray BOK	40:58	1:27 1:27	3:44 2:17	8:59 5:15	11:00 2:01	13:39 2:39	20:13 6:34	23:35 3:22	25:34 1:59	28:08 2:34	30:51 2:43	33:42 2:51	35:16 1:34	37:30 2:14	39:07 1:37	40:34 1:27	40:58 0:24				
2	Kevin Brooker DVO	49:48	1:55 1:55	4:50 2:55	12:41 7:51	15:43 3:02	19:04 3:21	25:44 6:40	29:19 3:35	31:37 2:18	34:12 2:35	37:56 3:44	41:35 3:39	43:10 1:35	46:03 2:53	47:40 1:37	49:17 1:37	49:48 0:31				
3	Peter Watson BOK	58:47	2:07 2:07	4:28 2:21	12:03 7:35	15:48 3:45	20:15 4:27	27:57 7:42	34:02 6:05	36:17 2:15	39:08 2:51	42:50 3:42	47:11 4:21	49:55 2:44	55:12 5:17	56:52 1:40	58:23 1:31	58:47 0:24				
4	Stephen Robinson NGOC	1:03:48	1:34 1:34	4:03 2:29	11:28 7:25	18:01 6:33	23:23 5:22	32:07 8:44	37:37 5:30	40:22 2:45	44:08 3:46	48:13 4:05	53:39 5:26	55:58 2:19	58:33 2:35	1:00:24 1:51	1:03:15 2:51	1:03:48 0:33	51:50 *56			
5	Philip Bostock NGOC	1:04:13	1:41 1:41	4:53 3:12	12:02 7:09	16:57 4:55	21:53 4:56	30:14 8:21	35:11 4:57	38:28 3:17	41:48 3:20	46:40 4:52	50:44 4:04	53:24 2:40	57:53 4:29	1:01:11 3:18	1:03:42 2:31	1:04:13 0:31				

Pl	Name	Time															Finish	
Green (61)			3.7 km		140 m		15 C		<i>(cont.)</i>									
			1(61)	2(41)	3(40)	4(53)	5(52)	6(46)	7(38)	8(47)	9(42)	10(54)	11(64)	12(56)	13(45)	14(36)	15(55)	Finish
36	Mark Blackstone BOK	1:35:25	4:15 4:15	9:42 5:27	24:04 14:22	29:39 5:35	36:05 6:26	50:34 14:29	56:49 6:15	1:01:12 4:23	1:05:43 4:31	1:12:14 6:31	1:18:23 6:09	1:22:03 3:40	1:27:45 5:42	1:31:11 3:26	1:34:28 3:17	1:35:25 0:57
37	Ellen Starling NGOC	1:35:42	2:46 2:46	9:13 6:27	22:07 12:54	32:05 9:58	40:08 8:03	53:15 13:07	1:00:22 7:07	1:04:46 4:24	1:09:27 4:41	1:14:55 5:28	1:21:13 6:18	1:23:51 2:38	1:27:53 4:02	1:31:42 3:49	1:34:51 3:09	1:35:42 0:51
38	Brian Laycock HOC	1:37:57	2:52 2:52	6:36 3:44	16:19 9:43	20:28 4:09	26:03 5:35	49:18 23:15	55:06 5:48	59:18 4:12	1:06:58 7:40	1:12:22 5:24	1:21:39 9:17	1:24:36 2:57	1:29:18 4:42	1:33:10 3:52	1:37:05 3:55	1:37:57 0:52
39	Carol Sands BOK	1:38:24	4:07 4:07	8:43 4:36	19:08 10:25	24:07 4:59	30:09 6:02	42:50 12:41	48:33 5:43	53:24 4:51	58:48 5:24	1:03:49 5:01	1:26:12 22:23	1:28:52 2:40	1:32:03 3:11	1:34:42 2:39	1:37:34 2:52	1:38:24 0:50
40	David Andrews NGOC	1:38:32	2:28 2:28	17:40 15:12	28:31 10:51	33:09 4:38	39:20 6:11	52:48 13:28	1:00:18 7:30	1:05:37 5:19	1:10:26 4:49	1:15:52 5:26	1:22:14 6:22	1:25:16 3:02	1:30:22 5:06	1:34:21 3:59	1:37:32 3:11	1:38:32 1:00
41	Thomas Agombar NGOC	1:39:00	2:18 2:18	7:29 5:11	22:51 15:22	30:08 7:17	36:06 5:58	47:52 11:46	55:48 7:56	1:01:28 5:40	1:07:43 6:15	1:14:08 6:25	1:20:47 6:39	1:25:37 4:50	1:31:50 6:13	1:35:12 3:22	1:38:28 3:16	1:39:00 0:32
42	Michelle Ward NGOC	1:44:39	2:57 2:57	10:44 7:47	28:48 18:04	35:29 6:41	40:57 5:28	54:31 13:34	1:01:42 7:11	1:06:43 5:01	1:18:13 11:30	1:24:07 5:54	1:28:55 4:48	1:32:16 3:21	1:37:45 5:29	1:40:35 2:50	1:43:59 3:24	1:44:39 0:40
43	Caroline Potter BOK	1:46:06	2:14 2:14	18:55 16:41	32:10 13:15	44:43 12:33	49:31 4:48	1:02:47 13:16	1:09:53 7:06	1:13:17 3:24	1:17:32 4:15	1:24:10 6:38	1:29:55 5:45	1:32:22 2:27	1:38:14 5:52	1:42:15 4:01	1:45:31 3:16	1:46:06 0:35
44	John Burrows KERNO	1:47:49	2:57 2:57	7:21 4:24	21:03 13:42	28:05 7:02	34:09 6:04	49:34 15:25	57:45 8:11	1:02:36 4:51	1:08:28 5:52	1:21:36 13:08	1:27:25 5:49	1:31:20 3:55	1:36:19 4:59	1:42:27 6:08	1:46:35 4:08	1:47:49 1:14
45	Robin Walker BOK	1:49:54	3:05 3:05	8:43 5:38	23:20 14:37	29:16 5:56	40:09 10:53	52:30 12:21	1:01:15 8:45	1:08:10 6:55	1:13:25 5:15	1:25:51 12:26	1:32:06 6:15	1:36:11 4:05	1:41:00 4:49	1:44:44 3:44	1:48:48 4:04	1:49:54 1:06
46	Julia Wilkinson HOC	1:53:39	4:26 4:26	16:56 12:30	37:44 20:48	43:34 5:50	49:39 6:05	1:04:29 14:50	1:13:59 9:30	1:18:23 4:24	1:24:08 5:45	1:30:43 6:35	1:39:00 8:17	1:42:45 3:45	1:47:05 4:20	1:49:59 2:54	1:52:55 2:56	1:53:39 0:44
47	Andrew Mitchell IND	1:53:48	4:25 4:25	8:40 4:15	28:00 19:20	32:25 4:25	41:40 9:15	58:08 16:28	1:05:57 7:49	1:11:41 5:44	1:20:48 9:07	1:28:05 7:17	1:36:07 8:02	1:41:12 5:05	1:45:50 4:38	1:50:33 4:43	1:52:58 2:25	1:53:48 0:50
48	Sheila Miklausic NGOC	1:54:04	3:51 3:51	9:46 5:55	23:54 14:08	30:54 7:00	38:48 7:54	54:28 15:40	1:02:05 7:37	1:06:04 3:59	1:11:16 5:12	1:20:34 9:18	1:36:31 15:57	1:41:27 4:56	1:46:25 4:58	1:49:47 3:22	1:53:25 3:38	1:54:04 0:39
49	Michaela da Cunha WYEVEN	1:54:06	4:26 4:26	8:33 4:07	22:03 13:30	26:31 4:28	35:08 8:37	58:07 22:59	1:05:58 7:51	1:12:02 6:04	1:20:49 8:47	1:28:03 7:14	1:36:16 8:13	1:41:14 4:58	1:46:14 5:00	1:50:34 4:20	1:53:26 2:52	1:54:06 0:40
50	Jane Holcombe BOK	1:54:15	2:30 2:30	27:43 25:13	38:10 10:27	43:55 5:45	51:35 7:40	1:04:58 13:23	1:12:40 7:42	1:18:44 6:04	1:23:49 5:05	1:28:59 5:10	1:41:26 12:27	1:44:11 2:45	1:47:54 3:43	1:50:30 2:36	1:53:29 2:59	1:54:15 0:46
51	John Fielder BOK	2:00:03	2:09 2:09	7:46 5:37	17:41 9:55	21:54 4:13	28:34 6:40	38:54 10:20	49:04 10:10	53:19 4:15	57:44 4:25	1:02:10 4:26	1:17:22 15:12	1:40:16 22:54	1:44:47 4:31	1:56:33 11:46	1:59:13 2:40	2:00:03 0:50
52	Hilary Nicholls NGOC	2:02:19	2:32 2:32	7:45 5:13	25:36 17:51	31:53 6:17	39:26 7:33	1:00:45 21:19	1:12:39 11:54	1:18:25 5:46	1:24:22 5:57	1:29:29 5:07	1:36:53 7:24	1:39:53 3:00	1:51:40 11:47	1:56:36 4:56	2:00:56 4:20	2:02:19 1:23
53	Anna Covey UBOC	2:20:00	3:19 3:19	41:40 38:21	57:53 16:13	1:12:04 14:11	1:23:26 11:22	1:40:32 17:06	1:44:59 4:27	1:48:37 3:38	1:52:43 4:06	1:57:50 5:07	2:03:42 5:52	2:07:05 3:23	2:13:47 6:42	2:17:27 3:40	2:19:30 2:03	2:20:00 0:30
54	Katie Agombar BOK	2:28:19	4:28 4:28	8:19 3:51	1:02:26 54:07	1:08:49 6:23	1:17:16 8:27	1:37:15 19:59	1:47:35 10:20	1:52:00 4:25	1:58:33 6:33	2:06:02 7:29	2:14:12 8:10	2:17:03 2:51	2:20:30 3:27	2:23:51 3:21	2:27:40 3:49	2:28:19 0:39
	Samantha Harris NGOC	mp	2:29 2:29	5:32 3:03	19:32 14:00	23:43 4:11	26:49 3:06	46:21 19:32	----- 6:45	53:06 6:45	55:31 2:25	1:02:05 6:34	1:08:10 6:05	----- -----	----- -----	----- -----	----- -----	1:17:14 9:04
	Richard Cronin NGOC	dnf	1:33 1:33	5:45 4:12	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	40:56 35:11	44:43 3:47	46:48 2:05	47:21 0:33	
	Ian Macklin MDC	dnf	7:36 7:36	24:43 17:07	----- -----	----- -----	----- -----	48:41 23:58	51:44 3:03	----- 3:03	----- -----	----- -----	----- -----	1:02:35 10:51	1:06:17 3:42	1:08:23 2:06	1:08:55 0:32	
	Hayden James BOK	dnf	3:01 3:01	11:04 8:03	43:06 32:02	54:09 11:03	59:34 5:25	1:23:22 23:48	1:32:28 9:06	1:37:41 5:13	1:45:04 7:23	----- -----	----- -----	----- -----	2:11:24 26:20	2:14:30 3:06	2:15:00 0:30	
	John Coleman NGOC	dnf	2:41 2:41	6:40 3:59	1:14:57 1:08:17	1:28:51 13:54	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
	Mark Roderick NGOC	dnf	3:40 3:40	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
	Rhiannon Fadeyibi NGOC	dnf	5:37 5:37	13:09 7:32	1:06:44 53:35	2:14:00 1:07:16	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	

1:12:33
*56

51:11
*44

Orange (29)			2.9 km		140 m		9 C													
			1(38)	2(50)	3(51)	4(48)	5(39)	6(57)	7(52)	8(68)	9(65)	Finish								
1	Jason Howell HOC	52:09	11:07 11:07	14:28 3:21	19:06 4:38	21:00 1:54	29:00 8:00	34:02 5:02	37:03 3:01	41:33 4:30	51:16 9:43	52:09 0:53								
2	Jess Miklausic NGOC	54:07	5:53 5:53	9:39 3:46	14:18 4:39	16:44 2:26	26:24 9:40	32:07 5:43	36:58 4:51	42:03 5:05	53:17 11:14	54:07 0:50								

Pl	Name	Time			2.9 km	140 m	9 C	(cont.)				
			1(38)	2(50)	3(51)	4(48)	5(39)	6(57)	7(52)	8(68)	9(65)	Finish
Orange (29)												
3	Ian Macklin BOK	55:36	2:27	7:54	11:26	13:20	20:12	38:40	41:03	45:48	54:58	55:36
			2:27	5:27	3:32	1:54	6:52	18:28	2:23	4:45	9:10	0:38
4	Heather Green QO	1:03:11	6:22	10:00	15:02	18:15	31:17	34:59	39:13	47:26	1:02:11	1:03:11
			6:22	3:38	5:02	3:13	13:02	3:42	4:14	8:13	14:45	1:00
5	Jessica Ward NGOC	1:05:02	6:28	11:13	21:31	23:08	36:32	40:28	44:50	52:48	1:04:19	1:05:02
			6:28	4:45	10:18	1:37	13:24	3:56	4:22	7:58	11:31	0:43
6	Rose Taylor HOC	1:06:00	8:40	16:31	24:16	26:34	34:49	43:20	48:38	53:10	1:05:15	1:06:00
			8:40	7:51	7:45	2:18	8:15	8:31	5:18	4:32	12:05	0:45
7	Ashleigh Denman NGOC	1:13:21	4:19	9:04	13:28	15:24	25:52	41:00	44:19	59:07	1:12:10	1:13:21
			4:19	4:45	4:24	1:56	10:28	15:08	3:19	14:48	13:03	1:11
8	Jack Hobby NGOC	1:17:46	3:01	10:39	15:28	18:06	28:38	46:49	49:37	1:04:52	1:16:38	1:17:46
			3:01	7:38	4:49	2:38	10:32	18:11	2:48	15:15	11:46	1:08
9	Sam Roderick NGOC	1:19:49	6:11	21:12	28:35	34:58	44:24	57:26	1:04:12	1:09:48	1:19:07	1:19:49
			6:11	15:01	7:23	6:23	9:26	13:02	6:46	5:36	9:19	0:42
10	Lin Callard NGOC	1:19:59	5:49	11:19	17:57	26:11	41:12	49:08	54:45	1:03:53	1:18:01	1:19:59
			5:49	5:30	6:38	8:14	15:01	7:56	5:37	9:08	14:08	1:58
11	Sandy Cowan KERNO	1:21:21	6:29	12:46	20:08	25:03	38:13	52:19	56:55	1:05:16	1:18:57	1:21:21
			6:29	6:17	7:22	4:55	13:10	14:06	4:36	8:21	13:41	2:24
12	Gaye Callard NGOC	1:26:28	9:24	16:29	24:46	29:58	44:19	55:30	1:00:59	1:08:22	1:24:39	1:26:28
			9:24	7:05	8:17	5:12	14:21	11:11	5:29	7:23	16:17	1:49
13	Elaine Green QO	1:39:54	9:53	16:52	25:47	30:33	52:08	58:42	1:08:50	1:18:21	1:37:37	1:39:54
			9:53	6:59	8:55	4:46	21:35	6:34	10:08	9:31	19:16	2:17
14	Adrian Dawson SARUM	1:41:58	6:49	13:48	22:46	31:04	51:31	1:01:10	1:11:01	1:21:07	1:40:03	1:41:58
			6:49	6:59	8:58	8:18	20:27	9:39	9:51	10:06	18:56	1:55
15	Josie Asbury SWOC	1:50:02	7:17	15:13	25:19	32:16	46:36	1:08:06	1:15:20	1:28:17	1:48:43	1:50:02
			7:17	7:56	10:06	6:57	14:20	21:30	7:14	12:57	20:26	1:19
16	Joanne Leigh OD	1:56:31	3:56	11:14	16:50	19:36	1:02:30	1:25:56	1:30:42	1:42:13	1:55:16	1:56:31
			3:56	7:18	5:36	2:46	42:54	23:26	4:46	11:31	13:03	1:15
17	Eve & Violet Sugden IND	2:06:56	7:24	18:31	29:17	37:24	1:07:12	1:21:05	1:28:37	1:41:54	2:05:59	2:06:56
			7:24	11:07	10:46	8:07	29:48	13:53	7:32	13:17	24:05	0:57
18	Chloe + Sara Pauze IND	2:06:59	7:20	18:35	31:02	38:26	1:08:30	1:21:30	1:30:24	1:42:00	2:06:07	2:06:59
			7:20	11:15	12:27	7:24	30:04	13:00	8:54	11:36	24:07	0:52
19	Patricia Walker BOK	2:14:45	10:04	17:53	32:46	44:55	1:12:06	1:25:58	1:36:11	1:53:06	2:13:05	2:14:45
			10:04	7:49	14:53	12:09	27:11	13:52	10:13	16:55	19:59	1:40
20	Thomas Simpson NGOC	2:33:39	13:49	30:01	44:24	51:40	1:19:04	1:43:38	1:50:16	2:07:52	2:31:56	2:33:39
			13:49	16:12	14:23	7:16	27:24	24:34	6:38	17:36	24:04	1:43
	Andrew Hughes IND	mp	-----	11:41	18:29	23:22	38:51	-----	1:05:12	1:10:00	1:20:50	1:21:39
				11:41	6:48	4:53	15:29	-----	26:21	4:48	10:50	0:49
	Claire Garai NGOC	mp	10:01	14:10	19:08	25:49	42:38	-----	1:06:06	1:12:03	1:25:19	1:26:43
			10:01	4:09	4:58	6:41	16:49	-----	23:28	5:57	13:16	1:24
	Rosie Watson BOK	mp	6:34	11:57	-----	22:53	34:53	39:19	55:13	1:19:27	1:31:55	1:33:04
			6:34	5:23	-----	10:56	12:00	4:26	15:54	24:14	12:28	1:09
	Barthelemy Pige IND	mp	13:49	29:21	42:23	48:21	1:05:09	1:17:57	1:24:09	-----	2:12:12	2:13:25
			13:49	15:32	13:02	5:58	16:48	12:48	6:12	-----	48:03	1:13
	Emilly Craig IND	mp	18:01	26:15	37:12	47:40	1:05:42	1:42:22	1:46:01	-----	-----	-----
			18:01	8:14	10:57	10:28	18:02	36:40	3:39	-----	-----	-----
	Seb Page IND	mp	10:38	17:46	30:12	34:38	56:06	-----	-----	-----	-----	-----
			10:38	7:08	12:26	4:26	21:28	-----	-----	-----	-----	-----
	Josh da Cunha	mp	10:46	17:14	30:04	33:54	55:32	-----	-----	-----	-----	-----
			10:46	6:28	12:50	3:50	21:38	-----	-----	-----	-----	-----
	Archie Blackham IND	mp	10:37	17:42	30:02	34:50	55:34	-----	-----	-----	-----	-----
			10:37	7:05	12:20	4:48	20:44	-----	-----	-----	-----	-----
	Alan Starling NGOC	dnf	5:37	13:40	19:26	23:57	-----	-----	-----	-----	-----	-----
			5:37	8:03	5:46	4:31	-----	-----	-----	-----	-----	-----
Yellow (18)												
			1(31)	2(33)	3(34)	4(67)	5(35)	6(49)	7(43)	8(55)	Finish	
1	Katherine Finch IND	17:11	2:39	4:08	7:01	8:22	10:19	12:20	14:14	16:32	17:11	
			2:39	1:29	2:53	1:21	1:57	2:01	1:54	2:18	0:39	

3:49 8:16:18

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3:51 8:16:17

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6:35 47:22

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Pl	Name	Time			1.8 km	60 m	8 C	(cont.)			
			1(31)	2(33)	3(34)	4(67)	5(35)	6(49)	7(43)	8(55)	Finish
Yellow (18)											
2	Sharon Finch IND	17:22	3:01 3:01	4:32 1:31	6:05 1:33	8:20 2:15	10:18 1:58	12:29 2:11	14:27 1:58	16:34 2:07	17:22 0:48
3	Eleri Cowan IND	17:30	2:17 2:17	4:01 1:44	5:36 1:35	6:58 1:22	8:55 1:57	11:21 2:26	13:02 1:41	16:52 3:50	17:30 0:38
4	Rowan Murrin IND	19:22	3:04 3:04	4:34 1:30	6:04 1:30	8:13 2:09	10:38 2:25	12:46 2:08	15:48 3:02	18:12 2:24	19:22 1:10
5	Sam Cowan IND	19:34	3:37 3:37	5:14 1:37	7:07 1:53	8:51 1:44	11:15 2:24	14:06 2:51	16:24 2:18	18:49 2:25	19:34 0:45
6	Thomas Dilley IND	20:09	3:01 3:01	4:25 1:24	6:21 1:56	8:19 1:58	10:49 2:30	13:48 2:59	16:47 2:59	19:15 2:28	20:09 0:54
7	Evie Sandford FODAC	22:59	2:50 2:50	4:37 1:47	7:10 2:33	10:32 3:22	13:15 2:43	16:21 3:06	19:40 3:19	22:09 2:29	22:59 0:50
8	Cerys Williams MDC	23:08	3:00 3:00	4:47 1:47	7:23 2:36	10:42 3:19	13:25 2:43	16:21 2:56	19:41 3:20	22:15 2:34	23:08 0:53
9	George Asbury IND	30:11	4:25 4:25	7:12 2:47	10:11 2:59	13:17 3:06	16:58 3:41	21:52 4:54	25:37 3:45	28:43 3:06	30:11 1:28
10	Eleanor James IND	31:39	4:00 4:00	7:18 3:18	9:43 2:25	13:12 3:29	17:41 4:29	21:27 3:46	27:35 6:08	31:07 3:32	31:39 0:32
11	Charlie Johnson NGOC	32:15	4:08 4:08	6:10 2:02	9:55 3:45	13:59 4:04	18:40 4:41	23:05 4:25	27:21 4:16	30:55 3:34	32:15 1:20
12	Molly Taylor IND	35:00	5:01 5:01	9:10 4:09	12:49 3:39	15:29 2:40	19:15 3:46	23:20 4:05	27:25 4:05	33:19 5:54	35:00 1:41
13	Errin Murrin IND	37:10	4:47 4:47	8:32 3:45	12:56 4:24	16:49 3:53	20:46 3:57	27:08 6:22	30:44 3:36	34:53 4:09	37:10 2:17
14	Oscar Johnson NGOC	37:22	4:56 4:56	7:44 2:48	11:55 4:11	15:43 3:48	20:06 4:23	24:42 4:36	31:25 6:43	36:05 4:40	37:22 1:17
15	Sam Horsfall NGOC	40:07	6:37 6:37	10:41 4:04	14:49 4:08	18:32 3:43	23:56 5:24	28:25 4:29	34:42 6:17	38:56 4:14	40:07 1:11
16	Johannes Pige IND	41:40	5:58 5:58	11:20 5:22	17:53 6:33	21:44 3:51	25:25 3:41	30:51 5:26	36:40 5:49	40:07 3:27	41:40 1:33
17	Isabele Royle IND	46:25	6:21 6:21	9:07 2:46	14:05 4:58	20:05 6:00	26:12 6:07	32:39 6:27	40:47 8:08	44:37 3:50	46:25 1:48
18	Aneira Hughes IND	50:21	5:18 5:18	9:52 4:34	13:55 4:03	17:07 3:12	23:30 6:23	29:57 6:27	40:02 10:05	47:48 7:46	50:21 2:33