

Pl	Name	Time	5.9 km 30 m 19 C																	Finish		
			1(217)	2(210)	3(222)	4(209)	5(207)	6(216)	7(201)	8(213)	9(204)	10(205)	11(215)	12(221)	13(203)	14(211)	15(214)	16(223)	17(226)		18(212)	19(202)
1	Richard Purkis NGOC	32:47	1:33	3:43	6:09	8:49	9:33	11:26	13:42	14:44	18:30	19:43	20:41	21:26	22:34	24:05	20:26	26:28	28:01	30:14	32:17	32:47
2	Adam Potter BOK	33:19	1:24	3:18	8:29	10:56	11:42	13:31	15:47	16:52	20:24	21:27	22:21	22:46	23:46	24:50	21:03	27:01	28:26	30:48	32:48	33:19
3	Thomas Cochran NGOC	34:56	1:43	3:53	6:19	9:09	9:57	11:59	14:34	15:57	20:13	21:25	22:22	22:53	23:45	25:15	21:46	27:51	29:29	31:59	34:17	34:56
4	Paul Murrin NGOC	36:18	1:48	4:14	6:43	9:22	10:23	12:34	15:14	16:33	20:36	21:54	22:49	24:06	25:15	26:48	23:14	29:23	30:55	33:23	35:46	36:18
5	Andrew Monro NGOC	36:55	1:32	3:46	6:15	8:59	9:50	12:00	14:48	16:05	20:42	21:59	22:59	23:54	25:13	26:22	23:02	29:12	30:58	33:44	36:17	36:55
6	Caroline Craig NGOC	37:44	1:54	4:15	6:47	9:56	10:50	13:04	15:44	17:03	21:31	22:47	24:08	24:32	25:51	27:04	23:40	29:47	31:33	34:32	37:04	37:44
7	Simon Denman NGOC	37:52	1:49	4:05	6:40	9:30	10:29	12:39	15:23	16:41	21:02	22:31	23:25	24:36	25:56	27:21	23:57	30:05	32:05	34:40	37:18	37:52
8	Mike Goldthorpe SOC	41:40	2:09	4:46	7:28	10:38	11:34	14:07	17:08	18:35	23:51	25:26	26:42	27:25	28:59	30:35	27:31	33:41	35:33	38:29	40:59	41:40
9	Anders Johansson NGOC	43:04	1:46	4:21	7:15	10:22	11:19	13:52	17:03	18:35	23:55	26:22	27:25	27:59	29:19	30:51	27:48	34:13	36:17	39:21	42:22	43:04
10	Kevin Brooker NGOC	43:48	2:00	4:36	7:29	10:37	11:35	14:03	17:01	18:24	24:01	25:37	27:03	27:46	30:26	32:31	29:21	35:34	37:25	40:04	43:12	43:48
11	Vanessa Lawson NGOC	43:49	2:05	4:57	7:47	10:59	11:55	14:14	17:08	18:37	25:13	26:48	27:46	28:20	29:54	31:15	28:55	35:05	37:18	40:06	43:08	43:49
12	Sam Harris NGOC	44:59	2:18	5:02	7:55	11:04	11:57	14:28	17:28	18:58	23:40	25:13	26:58	29:25	31:05	32:41	29:27	35:53	38:47	41:29	44:26	44:59
13	Calum Forster IND	46:40	3:11	5:38	9:05	11:59	13:37	16:31	19:28	20:45	25:44	27:23	28:12	29:12	30:58	32:58	29:59	36:09	40:34	43:21	46:03	46:40
14	Allan McCall NGOC	46:55	2:13	5:02	7:50	12:33	13:30	15:52	18:52	20:16	25:28	27:05	29:52	30:32	32:05	34:47	31:38	38:09	40:06	43:06	46:14	46:55
15	Tereza Maria Rus BOK	48:03	1:55	4:32	7:40	10:57	11:51	14:19	17:29	19:04	24:13	27:22	28:42	30:29	31:49	33:26	30:16	36:45	38:36	44:26	47:19	48:03
16	Tom Birthwright NGOC	48:46	2:09	5:18	8:26	11:59	13:03	16:00	19:38	22:09	27:46	29:18	30:48	31:21	33:18	34:39	32:04	38:24	41:18	44:37	48:04	48:46
17	Alan Pucill NGOC	49:11	2:10	5:17	8:03	11:58	13:06	16:05	19:25	21:21	27:32	29:33	30:57	31:29	33:01	35:01	32:14	38:42	41:13	44:46	48:27	49:11
18	Guy Cooper NGOC	49:57	2:09	4:58	8:04	11:31	12:36	15:35	19:27	21:02	26:44	28:39	30:24	32:31	34:09	36:14	33:22	40:02	42:28	45:48	49:17	49:57
19	Gerry Ashton NGOC	50:36	2:08	4:58	8:02	11:20	12:22	15:20	18:38	20:09	25:57	27:51	29:53	30:30	0:00	34:10	31:10	37:27	39:50	46:23	49:49	50:36
20	Mark Dyer BOK	52:20	2:59	6:11	9:28	14:28	15:33	18:21	21:56	23:45	29:39	31:25	32:36	33:32	35:06	37:13	35:54	42:21	44:56	48:14	51:32	52:20
21	Si Read NGOC	59:24	3:33	10:33	17:25	21:31	23:31	26:17	29:43	31:14	36:26	38:17	40:10	41:05	42:36	45:01	43:39	50:08	52:00	55:06	58:44	59:24
22	Anthony Musson NGOC	1:00:20	2:54	6:23	10:01	14:07	16:46	20:09	24:45	26:26	32:57	34:52	37:33	40:22	43:07	44:38	41:47	48:42	50:57	56:31	59:38	1:00:20
23	Katy Dyer BOK	1:01:40	2:52	3:12	5:57	4:00	1:09	3:18	3:50	1:53	6:31	2:07	3:27	1:11	1:21	2:43	6:38	3:25	5:30	4:04	0:54	
24	Richard Clark IND	1:04:15	2:57	6:36	10:08	15:10	16:39	20:41	25:05	27:06	35:03	37:28	39:52	40:26	42:49	44:58	44:22	51:19	53:54	59:50	1:03:38	1:04:15
25	Rhiannon Fadeyi NGOC	1:08:34	3:59	7:20	11:36	16:29	17:52	21:23	26:22	28:37	36:50	39:33	41:30	42:22	44:41	47:59	48:30	55:15	58:12	1:03:10	1:07:47	1:08:34
	Scott Johnson NGOC	dnf	1:37	4:04	6:14	9:17	10:12	12:48	16:08	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	21:41
	Stephen Coldrick NGOC	dnf	1:37	2:27	2:10	3:03	0:55	2:36	3:20	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	5:33
			3:31	10:31	17:27	24:34	28:43	33:56	40:36	43:48	55:24	58:57	1:02:55	1:04:02	-----	-----	-----	-----	-----	-----	-----	
			3:31	7:00	6:56	7:07	4:09	5:13	6:40	3:12	11:36	3:33	3:58	1:07								

43:01  
\*31

Pl	Name	Time	3.6 km 20 m 15 C													Finish			
			1(201)	2(216)	3(226)	4(211)	5(203)	6(205)	7(224)	8(215)	9(208)	10(220)	11(209)	12(218)	13(210)		14(206)	15(202)	
1	Tim Brett NGOC	30:08	2:36 2:36	6:03 3:27	8:20 2:17	9:58 1:38	11:34 1:36	12:55 1:21	13:36 0:41	14:05 0:29	17:06 3:01	19:25 2:19	20:26 1:01	22:59 2:33	23:52 0:53	26:48 2:56	29:22 2:34	30:08 0:46	
2	Carsten Adams IND	31:36	3:20 3:20	6:39 3:19	8:28 1:49	10:36 2:08	12:07 1:31	13:56 1:49	14:38 0:42	15:11 0:33	17:58 2:47	21:07 3:09	23:32 2:25	25:44 2:12	26:29 0:45	28:50 2:21	30:59 2:09	31:36 0:37	
3	Peter Wilson BKO	34:37	2:40 2:40	6:54 4:14	9:25 2:31	11:17 1:52	12:00 0:43	14:17 2:17	15:04 0:47	15:42 0:38	19:21 3:39	21:29 2:08	22:44 1:15	26:01 3:17	27:14 1:13	30:35 3:21	33:53 3:18	34:37 0:44	
4	Stephen Lee NGOC	35:40	2:56 2:56	6:27 3:31	11:28 5:01	13:02 1:34	14:54 1:52	16:12 1:18	16:55 0:43	17:28 0:33	21:13 3:45	23:40 2:27	25:11 1:31	27:55 2:44	29:00 1:05	32:05 3:05	34:53 2:48	35:40 0:47	
5	Caroline Potter BOK	36:07	2:53 2:53	7:05 4:12	9:37 2:32	11:50 2:13	14:17 2:27	15:03 0:46	15:55 0:52	16:30 0:35	20:28 3:58	23:15 2:47	24:42 1:27	27:38 2:56	28:43 1:05	32:08 3:25	35:18 3:10	36:07 0:49	
6	David Potter BOK	37:42	8:15 8:15	11:39 3:24	13:46 2:07	16:01 2:15	16:49 0:48	19:19 2:30	20:14 0:55	20:48 0:34	24:00 3:12	26:33 2:33	27:47 1:14	30:23 2:36	31:19 0:56	34:14 2:55	37:03 2:49	37:42 0:39	
7	Ashleigh Denma NGOC	38:27	2:55 2:55	6:50 3:55	11:49 4:59	13:37 1:48	15:14 1:37	16:46 1:32	17:31 0:45	18:11 0:40	21:43 3:32	24:34 2:51	26:05 1:31	29:37 3:32	30:57 1:20	34:13 3:16	37:36 3:23	38:27 0:51	
8	Sue Ashton NGOC	39:57	3:19 3:19	8:05 4:46	11:24 3:19	13:32 2:08	15:04 1:32	17:05 2:01	17:54 0:49	18:34 0:40	22:20 3:46	26:18 3:58	27:50 1:32	31:13 3:23	32:18 1:05	35:51 3:33	39:07 3:16	39:57 0:50	
9	Julia Wilkinson HOC	40:30	3:22 3:22	7:51 4:29	11:04 3:13	13:18 2:14	14:49 1:31	17:09 2:20	18:04 0:55	18:44 0:40	22:33 3:49	26:02 3:29	27:26 1:24	30:40 3:14	31:52 1:12	35:33 3:41	39:34 4:01	40:30 0:56	
9	Mike Wilkinson HOC	40:30	3:13 3:13	7:17 4:04	9:46 2:29	11:52 2:06	14:06 2:14	18:05 3:59	19:35 1:30	20:18 0:43	24:03 3:45	26:58 2:55	28:20 1:22	31:29 3:09	32:39 1:10	35:57 3:18	39:42 3:45	40:30 0:48	
11	Peter Adams IND	42:27	4:56 4:56	9:10 4:14	11:21 2:11	13:10 1:49	14:06 0:56	16:29 2:23	17:37 1:08	24:54 7:17	28:20 3:26	30:39 2:19	31:47 1:08	34:45 2:58	35:39 0:54	38:42 3:03	41:45 3:03	42:27 0:42	
12	Kim Liggett NGOC	43:12	5:38 5:38	10:16 4:38	12:51 2:35	15:30 2:39	17:29 1:59	19:39 2:10	20:42 1:03	21:21 0:39	25:30 4:09	28:19 2:49	29:41 1:22	33:01 3:20	34:19 1:18	38:24 4:05	42:16 3:52	43:12 0:56	
13	Kris Smith BAOC	1:03:23	6:26 6:26	13:12 6:46	17:27 4:15	20:32 3:05	23:18 2:46	26:51 3:33	28:16 1:25	29:09 0:53	35:14 6:05	41:15 6:01	43:25 2:10	48:29 5:04	50:07 1:38	55:41 5:34	1:01:45 6:04	1:03:23 1:38	
14	Shirley Robinsor NGOC	1:03:39	5:08 5:08	12:00 6:52	16:09 4:09	19:14 3:05	22:12 2:58	24:27 2:15	25:44 1:17	26:45 1:01	32:45 6:00	39:01 6:16	41:26 2:25	46:20 4:54	47:55 1:35	56:55 9:00	1:02:04 5:09	1:03:39 1:35	
15	Gillian James NGOC	1:28:56	5:31 5:31	12:29 6:58	16:24 3:55	19:55 3:31	25:11 5:16	32:59 7:48	35:25 2:26	38:02 2:37	49:19 11:17	59:12 9:53	1:01:33 2:21	1:07:25 5:52	1:09:02 1:37	1:19:19 10:17	1:27:36 8:17	1:28:56 1:20	
	Ginny Hudson NGOC	mp	2:08 2:08	5:13 3:05	7:15 2:02	8:51 1:36	11:33 2:42	14:23 2:50	15:07 0:44	15:37 0:30	18:29 2:52	20:47 2:18	22:02 1:15	24:27 2:25	25:25 0:58	28:08 2:43	----- -----	31:16 3:08	30:27 *31
	Jonathan Brougl IND	dnf	-----	-----	-----	-----	-----	-----	-----	-----	26:21 26:21	-----	-----	-----	-----	-----	-----	1:17:32 51:11	