

Pl	Name	Time	6.1 km 30 m			17 C													Finish	
			1(206)	2(213)	3(210)	4(208)	5(216)	6(212)	7(209)	8(217)	9(202)	10(211)	11(204)	12(215)	13(201)	14(218)	15(214)	16(207)		17(221)
1	Thomas Cochran NGOC	34:50	2:32	3:39	4:53	6:47	9:08	13:03	14:50	16:13	17:46	20:11	21:27	22:29	23:52	25:42	26:33	28:56	30:09	34:50
			2:32	1:07	1:14	1:54	2:21	3:55	1:47	1:23	1:33	2:25	1:16	1:02	1:23	1:50	0:51	2:23	1:13	4:41
2	Richard Purkis NGOC	35:28	2:22	3:34	4:44	6:30	8:43	12:12	13:55	15:16	17:41	20:11	21:25	22:29	24:02	25:59	26:59	29:28	30:42	35:28
			2:22	1:12	1:10	1:46	2:13	3:29	1:43	1:21	2:25	2:30	1:14	1:04	1:33	1:57	1:00	2:29	1:14	4:46
3	Andrew Monro NGOC	36:33	2:19	3:32	4:53	6:47	9:08	12:47	14:53	16:18	17:54	20:25	21:50	23:14	24:58	26:56	27:50	30:14	31:29	36:33
			2:19	1:13	1:21	1:54	2:21	3:39	2:06	1:25	1:36	2:31	1:25	1:24	1:44	1:58	0:54	2:24	1:15	5:04
4	Caroline Craig NGOC	38:35	2:41	4:02	5:24	7:32	10:06	14:15	16:20	17:47	19:23	22:04	23:28	24:36	26:15	28:20	29:20	31:51	33:09	38:35
			2:41	1:21	1:22	2:08	2:34	4:09	2:05	1:27	1:36	2:41	1:24	1:08	1:39	2:05	1:00	2:31	1:18	5:26
5	Simon Denman NGOC	39:51	2:51	4:06	5:51	7:49	10:22	15:05	17:01	18:29	20:17	22:57	24:20	25:28	27:24	29:31	30:30	32:57	34:23	39:51
			2:51	1:15	1:45	1:58	2:33	4:43	1:56	1:28	1:48	2:40	1:23	1:08	1:56	2:07	0:59	2:27	1:26	5:28
6	John Orton NWO	45:23	2:58	4:26	5:58	8:21	11:13	15:54	18:09	19:51	21:56	25:14	26:56	28:16	30:17	32:46	33:56	36:46	38:43	45:23
			2:58	1:28	1:32	2:23	2:52	4:41	2:15	1:42	2:05	3:18	1:42	1:20	2:01	2:29	1:10	2:50	1:57	6:40
7	Tereza Maria Rus BOK	45:26	3:26	4:55	6:36	8:55	11:38	15:47	18:28	20:07	22:01	25:27	27:02	28:24	30:19	32:42	33:53	38:27	39:55	45:26
			3:26	1:29	1:41	2:19	2:43	4:09	2:41	1:39	1:54	3:26	1:35	1:22	1:55	2:23	1:11	4:34	1:28	5:31
8	Anders Johanss NGOC	45:31	2:36	4:03	5:29	7:45	10:37	15:14	17:36	19:18	21:37	24:42	26:30	28:04	30:48	33:17	34:28	37:28	39:02	45:31
			2:36	1:27	1:26	2:16	2:52	4:37	2:22	1:42	2:19	3:05	1:48	1:34	2:44	2:29	1:11	3:00	1:34	6:29
9	Calum Forster IND	45:47	3:11	4:36	6:20	8:31	11:05	16:31	18:37	20:13	22:03	25:17	27:08	28:51	31:00	33:12	34:10	36:52	38:18	45:47
			3:11	1:25	1:44	2:11	2:34	5:26	2:06	1:36	1:50	3:14	1:51	1:43	2:09	2:12	0:58	2:42	1:26	7:29
10	John Leeson HOC	46:04	3:25	5:07	6:43	9:14	12:19	17:02	19:37	21:23	23:15	26:22	28:02	29:35	31:48	34:19	35:27	38:49	40:45	46:04
			3:25	1:42	1:36	2:31	3:05	4:43	2:35	1:46	1:52	3:07	1:40	1:33	2:13	2:31	1:08	3:22	1:56	5:19
11	Tim Sands BASOC	47:08	3:37	5:12	6:50	9:22	12:48	17:30	20:07	21:52	23:44	27:07	28:47	30:07	32:07	34:34	35:50	38:52	40:37	47:08
			3:37	1:35	1:38	2:32	3:26	4:42	2:37	1:45	1:52	3:23	1:40	1:20	2:00	2:27	1:16	3:02	1:45	6:31
12	Mike Goldthorpe SOC	47:11	3:55	5:25	6:55	9:15	11:59	17:02	20:00	21:39	24:26	27:57	29:40	31:07	33:13	35:44	36:53	40:00	41:26	47:11
			3:55	1:30	1:30	2:20	2:44	5:03	2:58	1:39	2:47	3:31	1:43	1:27	2:06	2:31	1:09	3:07	1:26	5:45
13	Kevin Brooker NGOC	47:24	3:29	5:07	7:09	11:45	14:39	19:12	22:00	23:43	26:05	29:19	30:53	32:16	34:29	36:51	37:55	40:53	42:21	47:24
			3:29	1:38	2:02	4:36	2:54	4:33	2:48	1:43	2:22	3:14	1:34	1:23	2:13	2:22	1:04	2:58	1:28	5:03
14	Si Read IND	49:47	3:53	5:36	7:18	9:32	12:07	16:41	19:08	21:14	23:34	26:43	28:17	30:01	34:03	36:46	37:53	41:16	43:08	49:47
			3:53	1:43	1:42	2:14	2:35	4:34	2:27	2:06	2:20	3:09	1:34	1:44	4:02	2:43	1:07	3:23	1:52	6:39
15	Steve Williams NGOC	51:55	3:58	6:10	7:46	10:15	13:09	18:52	22:05	24:07	26:18	29:42	31:26	33:16	36:32	39:19	40:34	43:46	45:18	51:55
			3:58	2:12	1:36	2:29	2:54	5:43	3:13	2:02	2:11	3:24	1:44	1:50	3:16	2:47	1:15	3:12	1:32	6:37
16	Anthony Musson IND	53:24	3:36	5:03	6:51	9:50	12:44	18:26	21:13	23:04	25:41	30:13	32:13	34:28	36:48	39:41	40:58	44:05	47:10	53:24
			3:36	1:27	1:48	2:59	2:54	5:42	2:47	1:51	2:37	4:32	2:00	2:15	2:20	2:53	1:17	3:07	3:05	6:14
17	Matt Bevan NGOC	55:02	4:14	7:06	9:15	12:16	15:19	21:35	24:06	26:13	30:30	33:26	35:10	36:47	39:01	42:27	43:37	47:39	49:44	55:02
			4:14	2:52	2:09	3:01	3:03	6:16	2:31	2:07	4:17	2:56	1:44	1:37	2:14	3:26	1:10	4:02	2:05	5:18
18	Chris Vallence NGOC	59:41	3:16	5:04	7:04	10:07	13:24	18:39	21:46	24:05	26:58	31:09	33:05	35:06	38:52	42:11	43:40	48:43	51:45	59:41
			3:16	1:48	2:00	3:03	3:17	5:15	3:07	2:19	2:53	4:11	1:56	2:01	3:46	3:19	1:29	5:03	3:02	7:56
19	Oli Wood IND	1:02:13	5:05	6:31	8:47	11:09	14:13	20:57	26:11	28:22	31:15	36:02	37:47	39:48	41:40	44:20	45:46	49:03	54:53	1:02:13
			5:05	1:26	2:16	2:22	3:04	6:44	5:14	2:11	2:53	4:47	1:45	2:01	1:52	2:40	1:26	3:17	5:50	7:20

Pl	Name	Time	3.9 km 20 m		11 C							Finish		
			1(216)	2(220)	3(209)	4(202)	5(211)	6(204)	7(215)	8(201)	9(207)		10(214)	11(205)
1	Carsten Adams IND	27:06	3:11	4:41	8:05	9:44	12:44	14:09	15:22	17:03	19:17	21:57	23:51	27:06
			3:11	1:30	3:24	1:39	3:00	1:25	1:13	1:41	2:14	2:40	1:54	
2	Peter Adams IND	32:28	2:47	4:27	8:20	10:17	13:34	15:46	17:18	19:50	23:01	26:29	28:33	32:28
			2:47	1:40	3:53	1:57	3:17	2:12	1:32	2:32	3:11	3:28	2:04	
3	Chris Tongue IND	35:03	2:44	4:25	8:47	11:20	15:13	17:14	18:39	21:16	24:47	28:20	30:46	35:03
			2:44	1:41	4:22	2:33	3:53	2:01	1:25	2:37	3:31	3:33	2:26	
4	Dec Lees-Smith IND	35:48	3:59	5:41	9:42	11:44	15:29	17:10	18:44	21:12	24:57	28:10	30:41	35:48
			3:59	1:42	4:01	2:02	3:45	1:41	1:34	2:28	3:45	3:13	2:31	
5	John Fallows NGOC	36:41	2:48	4:35	8:59	11:23	15:06	17:06	18:48	21:04	24:32	28:59	31:36	36:41
			2:48	1:47	4:24	2:24	3:43	2:00	1:42	2:16	3:28	4:27	2:37	
6	Peter Wilson BKO	38:41	3:08	5:19	9:55	13:13	17:03	19:18	21:10	23:34	27:00	30:58	33:32	38:41
			3:08	2:11	4:36	3:18	3:50	2:15	1:52	2:24	3:26	3:58	2:34	
7	John Miklausic NGOC	39:14	2:37	4:18	13:18	15:18	18:50	20:30	21:57	24:06	29:32	32:52	35:02	39:14
			2:37	1:41	9:00	2:00	3:32	1:40	1:27	2:09	5:26	3:20	2:10	
8	Carol Sands BASOC	42:25	3:44	6:05	11:03	13:38	17:39	20:01	22:30	25:36	30:30	34:26	37:07	42:25
			3:44	2:21	4:58	2:35	4:01	2:22	2:29	3:06	4:54	3:56	2:41	
9	Ashleigh Denmai NGOC	44:23	3:17	5:26	10:14	13:47	18:45	20:54	23:31	27:26	32:09	37:21	39:54	44:23
			3:17	2:09	4:48	3:33	4:58	2:09	2:37	3:55	4:43	5:12	2:33	
10	Julia Wilkinson HOC	48:27	3:45	5:57	11:23	14:25	19:21	21:45	24:06	27:39	35:17	39:49	42:46	48:27
			3:45	2:12	5:26	3:02	4:56	2:24	2:21	3:33	7:38	4:32	2:57	
11	Sheila Miklausic NGOC	51:19	4:52	7:28	13:25	16:48	21:50	24:34	27:06	31:01	35:57	40:44	44:32	51:19
			4:52	2:36	5:57	3:23	5:02	2:44	2:32	3:55	4:56	4:47	3:48	
12	Rhiannon Fadeyi NGOC	54:44	3:44	6:05	11:03	14:24	19:33	22:15	25:08	29:03	40:42	46:05	49:00	54:44
			3:44	2:21	4:58	3:21	5:09	2:42	2:53	3:55	11:39	5:23	2:55	
13	Robert Teed NGOC	56:21	4:06	6:55	12:32	15:18	20:02	22:28	30:00	32:57	42:33	47:00	50:09	56:21
			4:06	2:49	5:37	2:46	4:44	2:26	7:32	2:57	9:36	4:27	3:09	
14	David Lee NGOC	58:47	5:01	7:46	14:38	18:25	24:31	27:42	30:15	34:32	40:51	47:34	51:23	58:47
			5:01	2:45	6:52	3:47	6:06	3:11	2:33	4:17	6:19	6:43	3:49	
15	Louise Henson IND	1:08:50	3:29	5:36	10:58	13:46	18:15	21:04	34:11	37:25	54:38	59:31	1:02:43	1:08:50
			3:29	2:07	5:22	2:48	4:29	2:49	13:07	3:14	17:13	4:53	3:12	
16	Gillian James NGOC	1:26:35	5:10	12:10	24:50	30:17	37:19	43:42	47:34	57:26	1:03:46	1:12:28	1:17:16	1:26:35
			5:10	7:00	12:40	5:27	7:02	6:23	3:52	9:52	6:20	8:42	4:48	