

Pl	Name	Age Group	Club	Time	Comment
<b>Long (25)</b>		<b>7.3 km 280 m 28 C</b>			
1	Peter Ward	M45	NGOC	51:24	
1	Thomas Cochrane	M21	NGOC	51:24	
3	Richard Purkis	M21	NGOC	52:55	
4	Jason Scott	M21	Running Fulltime	56:45	
5	Nick Gracie	M45	BOK	57:28	
6	Richard Cronin	M21	NGOC	58:55	
7	Vanessa Lawson	W45	NGOC	60:15	
8	Paul Gebbett	M45	BOK	60:21	
9	Tereza Maria Rush	W35	BOK	61:05	
10	Richard Hudson	M50	BOK	63:56	
11	Robert Gale	M35	Park Bryn Bach	65:56	
12	Ian Macklin		MDC	69:47	
13	Esther Caldwell	W40	CH	72:56	
14	Lisa Jeffrey		CH	73:18	
15	Duncan Innes	M55	SWOC	73:52	
16	Gerry Ashton	M60	NGOC	75:12	
17	Alan Pucill	M55	NGOC	79:03	
18	Neil Grant	M65	CH	79:19	
19	Josh + Dickie Hudd	M16	CH	81:07	
20	Carolyn Dent	W55	BOK	89:34	
21	Paul Lovering	M50	IND	100:13	
22	Helen Duffield	W45	CH	122:21	
	James Blore	M21	CH	mp	m39
	Greg Best	M55	NGOC	mp	m228
	Anne + Rachel + Helen	W50	CH	dnf	
<b>Short (5)</b>		<b>2.8 km 80 m 13 C</b>			
1	Jenny Chuter	W40	NGOC	25:41	
2	Ros Taunton	W65	NGOC	35:21	
3	Jeremy Cowen	M	CH	36:55	
4	Anne Palmer	W65	NGOC	42:41	
5	Paul Edwards	M45	NGOC	53:13	
<b>Junior (14)</b>		<b>1.0 km 70 m 10 C</b>			
1	Rebecca Ward	W14	NGOC	6:36	
2	Reuben Lawson	M12	NGOC	7:08	
3	Jessica Ward	W12	NGOC	7:41	
4	Sunny Kubisz	M8	IND	8:04	
5	Ella May Rush	W12	BOK	8:13	
6	Reuben Lawson	M12	NGOC	8:47	
7	Joseph Matthews	M8	IND	9:01	
8	Alex Matthews	M6	IND	9:39	
9	Tom Dilley	M5	IND	10:38	
10	Phoebe Gilbert		CH	13:00	
11	Erin Murrin	W4	NGOC	23:28	
12	Aneira Hughes	W4	IND	23:58	
	Rowan Murrin	W8	NGOC	mp	m39
	Eleri Cowen	W11	IND	mp	m40

Pl	Name	Age Group	Club	Time	Comment
<b>Medium (26)</b>			<b>4.0 km 155 m 17 C</b>		
1	Ivan Teed	M40	NGOC	33:35	
2	Tim Brett	M40	NGOC	39:28	
3	Tom Birthwright	M35	NGOC	39:42	
4	David Palmer	M70	BOK	41:52	
5	Niki Morgan	W50	CH	44:57	
6	Jenn Bell + Sian Griffith		CH	45:05	
7	Laurence Gossage	M65	BOK	46:32	
8	Peter Ribbans	M60	SWOC	46:53	
9	Paul + Joc Dodd	Old	CH	46:56	
10	Richard Worrin	M45	IND	47:08	
11	David Andrews	M70	NGOC	50:18	
12	Coumoi Weeks	W40	CH	52:17	
13	Michelle Ward	W45	NGOC	53:10	
14	Sloe Ginners		CH	56:12	
15	Robert Teed	M75	NGOC	56:25	
16	John Coleman	M75	NGOC	57:20	
17	Kim Liggett	W55	NGOC	59:17	
18	Debbie Woodley	W40	IND	59:30	
19	The Bobblers		CH	64:52	
20	Sue Ashton	W65	NGOC	65:57	
21	Helena Fielder	W35	BOK	75:33	
22	Enza Davies	W40	IND	108:30	
23	Joanna Cowell	W50	IND	108:38	
24	Sue Jones	W40	IND	108:43	
25	Tracy Bonner	W40	IND	108:57	
26	Janet Ray	W40	IND	109:02	