

Pl	Name	Time																		
Brown (14)			1(40)	2(46)	6.9 km 3(35)	220 m 4(55)	17 C 5(32)	6(64)	7(42)	8(48)	9(52)	10(49)	11(61)	12(63)	13(66)	14(62)	15(43)	16(58)	17(39)	Finish
1	Adam Potter	44:35	2:07	7:02	9:36	10:54	11:54	13:17	14:35	19:59	23:44	26:04	29:36	32:21	34:47	37:04	39:04	43:16	44:18	44:35
	BOK		2:07	4:55	2:34	1:18	1:00	1:23	1:18	5:24	3:45	2:20	3:32	2:45	2:26	2:17	2:00	4:12	1:02	0:17
2	Nick Nourse	55:50	2:36	8:21	11:25	13:10	14:42	16:47	18:10	23:37	28:35	31:37	35:59	39:09	42:12	46:03	48:27	53:59	55:23	55:50
	NWO		2:36	5:45	3:04	1:45	1:32	2:05	1:23	5:27	4:58	3:02	4:22	3:10	3:03	3:51	2:24	5:32	1:24	0:27
3	Richard Mawer	57:28	2:03	7:35	10:24	11:47	12:37	14:10	18:08	29:12	33:13	35:38	39:22	42:07	44:49	47:54	50:22	55:38	57:06	57:28
	BAOC		2:03	5:32	2:49	1:23	0:50	1:33	3:58	11:04	4:01	2:25	3:44	2:45	2:42	3:05	2:28	5:16	1:28	0:22
4	Adam Hampshire	62:55	3:22	10:26	15:06	17:20	18:23	20:53	22:44	28:21	34:12	37:18	42:24	46:09	49:14	52:19	55:01	61:03	62:34	62:55
	BOK		3:22	7:04	4:40	2:14	1:03	2:30	1:51	5:37	5:51	3:06	5:06	3:45	3:05	3:05	2:42	6:02	1:31	0:21
5	Nick Gracie	64:35	4:45	11:19	14:56	16:47	18:06	19:49	21:20	27:09	32:03	35:10	39:26	43:46	46:50	51:06	53:51	62:45	64:10	64:35
	BOK		4:45	6:34	3:37	1:51	1:19	1:43	1:31	5:49	4:54	3:07	4:16	4:20	3:04	4:16	2:45	8:54	1:25	0:25
6	Christophe Pige	65:55	3:14	9:45	13:20	15:15	16:44	18:49	20:36	26:37	31:56	35:14	40:25	45:03	48:46	52:39	56:26	63:24	65:33	65:55
	NGOC		3:14	6:31	3:35	1:55	1:29	2:05	1:47	6:01	5:19	3:18	5:11	4:38	3:43	3:53	3:47	6:58	2:09	0:22
7	Charles Daniel	66:02	3:30	9:56	13:53	16:43	17:55	20:15	22:16	29:09	34:45	38:09	43:38	47:58	51:04	54:49	57:44	63:51	65:38	66:02
	BOK		3:30	6:26	3:57	2:50	1:12	2:20	2:01	6:53	5:36	3:24	5:29	4:20	3:06	3:45	2:55	6:07	1:47	0:24
8	Scott Bailey	69:09	3:54	10:36	14:01	15:59	17:14	19:56	21:49	27:26	33:02	36:45	44:53	49:25	52:55	57:12	60:16	67:05	68:48	69:09
	BOK		3:54	6:42	3:25	1:58	1:15	2:42	1:53	5:37	5:36	3:43	8:08	4:32	3:30	4:17	3:04	6:49	1:43	0:21
9	Andy Rimes	70:55	3:12	9:53	14:20	16:30	17:33	21:11	23:02	32:13	38:44	42:04	47:47	52:00	55:38	58:39	61:46	68:36	70:28	70:55
	QO		3:12	6:41	4:27	2:10	1:03	3:38	1:51	9:11	6:31	3:20	5:43	4:13	3:38	3:01	3:07	6:50	1:52	0:27
10	Jeff Pakes	71:07	3:15	10:19	14:20	16:22	18:00	20:16	22:20	31:56	39:16	42:35	47:43	52:15	55:25	59:45	62:45	69:01	70:42	71:07
	QO		3:15	7:04	4:01	2:02	1:38	2:16	2:04	9:36	7:20	3:19	5:08	4:32	3:10	4:20	3:00	6:16	1:41	0:25
11	Anders Johansson	71:50	2:40	10:21	14:06	16:08	17:25	19:47	21:37	27:42	34:17	37:59	44:06	48:56	52:52	56:59	60:20	69:25	71:23	71:50
	NGOC		2:40	7:41	3:45	2:02	1:17	2:22	1:50	6:05	6:35	3:42	6:07	4:50	3:56	4:07	3:21	9:05	1:58	0:27
12	Ben Lonsdale	76:45	3:37	12:06	17:12	19:38	21:10	24:19	26:35	33:25	40:46	44:58	50:33	54:47	58:45	62:41	66:14	74:04	76:16	76:45
	RAFO		3:37	8:29	5:06	2:26	1:32	3:09	2:16	6:50	7:21	4:12	5:35	4:14	3:58	3:56	3:33	7:50	2:12	0:29
13	Steve Williams	82:04	4:00	12:05	19:21	21:37	22:42	25:48	28:09	35:24	44:14	48:32	54:59	59:56	64:10	69:46	73:13	79:39	81:41	82:04
	NGOC		4:00	8:05	7:16	2:16	1:05	3:06	2:21	7:15	8:50	4:18	6:27	4:57	4:14	5:36	3:27	6:26	2:02	0:23
14	Mark Gwilliam	95:31	5:12	17:04	21:51	24:16	28:40	31:08	33:31	45:33	51:35	55:13	69:27	73:58	77:50	81:05	85:41	92:59	95:06	95:31
	IND		5:12	11:52	4:47	2:25	4:24	2:28	2:23	12:02	6:02	3:38	14:14	4:31	3:52	3:15	4:36	7:18	2:07	0:25
Blue (32)			1(48)	2(53)	5.7 km 3(35)	190 m 4(55)	15 C 5(42)	6(57)	7(60)	8(51)	9(49)	10(62)	11(63)	12(66)	13(43)	14(59)	15(39)	Finish		
1	Paul Horsfall	46:08	2:10	6:12	9:39	11:44	14:12	18:07	21:47	25:41	27:29	32:41	34:29	37:08	38:52	44:57	45:45	46:08		
	NGOC		2:10	4:02	3:27	2:05	2:28	3:55	3:40	3:54	1:48	5:12	1:48	2:39	1:44	6:05	0:48	0:23		
2	Duncan Innes	56:46	3:11	8:31	12:37	14:24	17:29	21:11	25:52	31:23	33:59	39:04	41:39	45:07	48:43	55:26	56:21	56:46		
	SWOC		3:11	5:20	4:06	1:47	3:05	3:42	4:41	5:31	2:36	5:05	2:35	3:28	3:36	6:43	0:55	0:25		
3	Alan Honey	57:08	1:53	7:14	11:26	13:35	16:44	19:57	24:46	30:40	32:49	42:10	44:15	47:37	48:59	55:49	56:45	57:08		
	BOK		1:53	5:21	4:12	2:09	3:09	3:13	4:49	5:54	2:09	9:21	2:05	3:22	1:22	6:50	0:56	0:23		
4	Andrew Hartley	58:25	2:18	7:13	11:07	12:55	15:27	22:03	29:01	34:17	36:29	42:40	44:42	48:07	50:45	57:21	58:06	58:25		
	NGOC		2:18	4:55	3:54	1:48	2:32	6:36	6:58	5:16	2:12	6:11	2:02	3:25	2:38	6:36	0:45	0:19		
5	David Harper	59:38	2:09	7:11	11:08	12:57	15:51	20:54	26:43	31:25	33:56	42:32	44:53	48:23	49:54	58:10	59:12	59:38		
	GO		2:09	5:02	3:57	1:49	2:54	5:03	5:49	4:42	2:31	8:36	2:21	3:30	1:31	8:16	1:02	0:26		
6	Kevin Brooker	60:25	2:44	8:32	12:29	14:38	18:17	22:38	28:11	33:07	35:29	40:31	42:45	45:45	48:15	59:00	60:01	60:25		
	NGOC		2:44	5:48	3:57	2:09	3:39	4:21	5:33	4:56	2:22	5:02	2:14	3:00	2:30	10:45	1:01	0:24		
7	Nick Dennis	60:33	2:42	7:48	11:22	13:05	17:30	20:46	28:11	33:30	36:32	42:58	45:47	49:12	50:51	58:53	60:09	60:33		
	BOK		2:42	5:06	3:34	1:43	4:25	3:16	7:25	5:19	3:02	6:26	2:49	3:25	1:39	8:02	1:16	0:24		
8	Richard Davies	60:43	2:00	7:29	11:39	14:09	17:32	24:31	29:28	35:07	37:49	43:53	46:37	50:21	52:10	59:20	60:20	60:43		
	HOC		2:00	5:29	4:10	2:30	3:23	6:59	4:57	5:39	2:42	6:04	2:44	3:44	1:49	7:10	1:00	0:23		
9	Russell Finch	60:48	2:40	8:39	12:14	14:02	24:16	27:22	33:56	38:36	40:42	45:26	47:59	50:41	52:33	59:20	60:24	60:48		
	SWOC		2:40	5:59	3:35	1:48	10:14	3:06	6:34	4:40	2:06	4:44	2:33	2:42	1:52	6:47	1:04	0:24		
10	Thomas Cochrane	61:34	2:33	7:19	14:22	16:26	21:01	27:33	31:28	36:48	38:58	44:31	47:22	50:12	52:07	60:07	61:05	61:34		
	NGOC		2:33	4:46	7:03	2:04	4:35	6:32	3:55	5:20	2:10	5:33	2:51	2:50	1:55	8:00	0:58	0:29		
11	Christine Farr	61:42	4:30	10:31	15:03	18:20	22:39	26:26	30:51	36:45	39:25	45:23	48:01	51:22	53:33	60:15	61:17	61:42		
	SWOC		4:30	6:01	4:32	3:17	4:19	3:47	4:25	5:54	2:40	5:58	2:38	3:21	2:11	6:42	1:02	0:25		
12	Peter Foster	62:37	2:28	9:01	13:12	15:30	18:50	27:07	31:15	36:57	39:34	45:04	48:09	51:21	53:00	60:58	62:14	62:37		
	BOK		2:28	6:33	4:11	2:18	3:20	8:17	4:08	5:42	2:37	5:30	3:05	3:12	1:39	7:58	1:16	0:23		
13	Greg Best	63:24	2:24	9:06	13:43	16:12	20:11	25:19	30:55	36:11	38:45	44:46	47:44	51:52	53:47	61:52	62:55	63:24		
	NGOC		2:24	6:42	4:37	2:29	3:59	5:08	5:36	5:16	2:34	6:01	2:58	4:08	1:55	8:05	1:03	0:29		

Pl	Name	Time																		
Blue (32)			5.7 km 190 m				15 C				(cont.)									
			1(48)	2(53)	3(35)	4(55)	5(42)	6(57)	7(60)	8(51)	9(49)	10(62)	11(63)	12(66)	13(43)	14(59)	15(39)	Finish		
14	Alison Simmons	65:09	3:12	8:23	12:32	14:35	23:14	26:50	34:24	39:39	41:54	49:11	51:24	54:39	56:24	63:46	64:46	65:09		
	BOK		3:12	5:11	4:09	2:03	8:39	3:36	7:34	5:15	2:15	7:17	2:13	3:15	1:45	7:22	1:00	0:23		
15	John Simmons	68:28	2:08	7:38	11:27	13:33	16:36	21:23	25:15	30:15	32:31	49:11	51:31	54:28	56:21	67:03	68:08	68:28	18:50	38:44
	BOK		2:08	5:30	3:49	2:06	3:03	4:47	3:52	5:00	2:16	16:40	2:20	2:57	1:53	10:42	1:05	0:20	*38	*43
16	Neil Grant	68:45	3:10	10:09	15:29	18:30	21:46	28:03	36:09	41:52	44:17	51:30	55:06	58:40	60:26	67:07	68:20	68:45		
	SWOC		3:10	6:59	5:20	3:01	3:16	6:17	8:06	5:43	2:25	7:13	3:36	3:34	1:46	6:41	1:13	0:25		
17	Rachel Dennis	68:51	2:33	9:02	13:37	16:00	19:07	24:08	29:28	35:40	38:46	46:37	51:29	55:55	58:34	67:17	68:20	68:51		
	BOK		2:33	6:29	4:35	2:23	3:07	5:01	5:20	6:12	3:06	7:51	4:52	4:26	2:39	8:43	1:03	0:31		
18	Mikhail Gryaznevich	68:53	2:42	9:55	14:56	17:53	21:49	26:16	31:50	38:35	41:24	47:12	50:28	54:35	58:39	67:06	68:20	68:53		
	TVOC		2:42	7:13	5:01	2:57	3:56	4:27	5:34	6:45	2:49	5:48	3:16	4:07	4:04	8:27	1:14	0:33		
19	Jo Foster	70:20	3:14	9:12	13:32	15:45	21:21	26:29	30:58	39:47	42:26	51:36	54:46	58:10	59:56	68:42	69:51	70:20		
	BOK		3:14	5:58	4:20	2:13	5:36	5:08	4:29	8:49	2:39	9:10	3:10	3:24	1:46	8:46	1:09	0:29		
20	Matthew Lawson	70:55	3:24	11:51	15:49	18:01	24:44	33:07	37:11	44:39	46:56	52:56	55:27	59:00	61:10	69:17	70:23	70:55		
	NGOC		3:24	8:27	3:58	2:12	6:43	8:23	4:04	7:28	2:17	6:00	2:31	3:33	2:10	8:07	1:06	0:32		
21	Alan Pucill	72:06	3:14	9:34	14:57	17:47	21:09	25:17	30:40	37:15	40:16	46:53	50:15	54:30	57:12	70:44	71:41	72:06		
	NGOC		3:14	6:20	5:23	2:50	3:22	4:08	5:23	6:35	3:01	6:37	3:22	4:15	2:42	13:32	0:57	0:25		
22	Rosie Wych	74:52	3:25	10:49	16:59	19:58	23:36	27:55	34:44	41:22	44:31	54:01	58:56	62:53	65:00	73:13	74:23	74:52		
	QO		3:25	7:24	6:10	2:59	3:38	4:19	6:49	6:38	3:09	9:30	4:55	3:57	2:07	8:13	1:10	0:29		
23	Rob Taylor	75:50	2:46	9:13	17:16	19:16	24:25	29:59	34:50	40:35	43:24	53:05	56:00	59:29	62:09	74:16	75:26	75:50		
	HOC		2:46	6:27	8:03	2:00	5:09	5:34	4:51	5:45	2:49	9:41	2:55	3:29	2:40	12:07	1:10	0:24		
24	Kelvin Davies	75:54	2:39	9:13	14:48	18:21	24:48	29:36	35:50	42:51	46:19	53:28	57:04	62:16	64:45	74:11	75:23	75:54		
	BOK		2:39	6:34	5:35	3:33	6:27	4:48	6:14	7:01	3:28	7:09	3:36	5:12	2:29	9:26	1:12	0:31		
25	Clive Caffall	77:03	2:54	9:13	13:54	16:08	19:49	25:55	33:53	42:49	45:28	54:21	58:23	62:14	66:58	75:17	76:30	77:03		
	NGOC		2:54	6:19	4:41	2:14	3:41	6:06	7:58	8:56	2:39	8:53	4:02	3:51	4:44	8:19	1:13	0:33		
26	Christopher Moon	78:54	3:58	11:17	16:50	20:58	25:46	33:41	38:57	45:46	48:49	55:30	59:10	63:02	65:27	77:14	78:25	78:54		
	BOK		3:58	7:19	5:33	4:08	4:48	7:55	5:16	6:49	3:03	6:41	3:40	3:52	2:25	11:47	1:11	0:29		
27	Rob Rees	80:04	3:50	10:06	14:59	17:00	29:12	35:06	41:50	53:12	55:57	62:15	65:33	69:03	70:54	78:35	79:35	80:04		
	IND		3:50	6:16	4:53	2:01	12:12	5:54	6:44	11:22	2:45	6:18	3:18	3:30	1:51	7:41	1:00	0:29		
28	Roger Edwards	80:15	3:38	11:44	17:29	20:50	26:29	30:45	36:24	43:36	46:53	56:02	59:12	65:01	68:04	78:22	79:46	80:15		
	NGOC		3:38	8:06	5:45	3:21	5:39	4:16	5:39	7:12	3:17	9:09	3:10	5:49	3:03	10:18	1:24	0:29		
29	Martin Lewis	86:58	4:09	10:43	17:15	19:53	24:26	29:17	40:01	46:51	50:07	58:32	62:22	67:25	73:37	84:38	86:23	86:58		
	QO		4:09	6:34	6:32	2:38	4:33	4:51	10:44	6:50	3:16	8:25	3:50	5:03	6:12	11:01	1:45	0:35		
30	Roman Kotecky	88:05	4:03	10:11	15:04	17:35	23:09	36:37	44:09	51:03	53:53	62:00	65:05	69:34	75:58	86:08	87:36	88:05		
	OD		4:03	6:08	4:53	2:31	5:34	13:28	7:32	6:54	2:50	8:07	3:05	4:29	6:24	10:10	1:28	0:29		
31	John Shea	90:15	4:42	23:20	29:05	31:56	39:28	45:58	51:26	57:41	60:44	67:19	69:59	73:21	76:13	88:32	89:47	90:15		
	NGOC		4:42	18:38	5:45	2:51	7:32	6:30	5:28	6:15	3:03	6:35	2:40	3:22	2:52	12:19	1:15	0:28		
32	Thomas Hasler	92:11	2:32	9:44	14:50	17:14	21:12	26:46	32:20	52:51	56:26	70:05	74:28	79:40	82:32	90:30	91:42	92:11		
	QO		2:32	7:12	5:06	2:24	3:58	5:34	5:34	20:31	3:35	13:39	4:23	5:12	2:52	7:58	1:12	0:29		
Green (37)			4.5 km 145 m				16 C													
			1(36)	2(34)	3(35)	4(55)	5(46)	6(53)	7(32)	8(64)	9(42)	10(57)	11(65)	12(52)	13(51)	14(58)	15(59)	16(39)	Finish	
1	Paul Basher	43:42	2:42	5:38	9:16	11:17	13:46	14:27	17:13	19:41	21:25	25:26	30:12	34:50	35:59	41:17	42:17	43:15	43:42	
	HOC		2:42	2:56	3:38	2:01	2:29	0:41	2:46	2:28	1:44	4:01	4:46	4:38	1:09	5:18	1:00	0:58	0:27	
2	John Miklausic	44:04	2:55	5:15	8:20	9:46	12:39	13:58	16:07	18:04	19:39	26:10	29:58	34:16	35:18	39:06	40:30	43:39	44:04	
	NGOC		2:55	2:20	3:05	1:26	2:53	1:19	2:09	1:57	1:35	6:31	3:48	4:18	1:02	3:48	1:24	3:09	0:25	
3	Doug Wilson	49:17	4:40	7:16	11:32	14:29	17:41	19:41	23:29	27:28	30:02	33:08	37:29	41:47	43:03	46:39	47:54	48:58	49:17	
	NGOC		4:40	2:36	4:16	2:57	3:12	2:00	3:48	3:59	2:34	3:06	4:21	4:18	1:16	3:36	1:15	1:04	0:19	
4	Dave Hartley	49:44	2:28	5:18	9:14	11:32	14:25	15:18	18:23	22:13	24:29	29:36	35:32	41:15	42:37	47:03	48:08	49:14	49:44	
	NGOC		2:28	2:50	3:56	2:18	2:53	0:53	3:05	3:50	2:16	5:07	5:56	5:43	1:22	4:26	1:05	1:06	0:30	
5	David Palmer	52:05	3:25	6:31	10:49	12:53	15:17	16:22	19:33	21:50	23:55	29:43	35:28	40:09	41:24	49:23	50:34	51:38	52:05	
	BOK		3:25	3:06	4:18	2:04	2:24	1:05	3:11	2:17	2:05	5:48	5:45	4:41	1:15	7:59	1:11	1:04	0:27	
6	Pat MacLeod	55:52	3:16	6:15	10:16	12:31	15:32	16:35	20:26	23:00	25:25	34:23	39:38	45:28	46:52	52:11	54:17	55:25	55:52	
	NGOC		3:16	2:59	4:01	2:15	3:01	1:03	3:51	2:34	2:25	8:58	5:15	5:50	1:24	5:19	2:06	1:08	0:27	
7	Tony Cockbain	56:07	4:18	7:49	12:10	14:30	18:34	20:44	24:07	27:25	29:58	34:48	39:59	46:09	48:02	53:09	54:23	55:39	56:07	
	HOC		4:18	3:31	4:21	2:20	4:04	2:10	3:23	3:18	2:33	4:50	5:11	6:10	1:53	5:07	1:14	1:16	0:28	
8	Hannah Bradley	56:10	4:05	6:42	10:43	13:30	17:01	18:27	21:23	24:33	27:08	35:43	40:48	47:00	48:56	53:29	54:27	55:40	56:10	
	NGOC		4:05	2:37	4:01	2:47	3:31	1:26	2:56	3:10	2:35	8:35	5:05	6:12	1:56	4:33	0:58	1:13	0:30	

Pl	Name	Time																		
Green (37)			4.5 km		145 m	16 C		(cont.)												
			1(36)	2(34)	3(35)	4(55)	5(46)	6(53)	7(32)	8(64)	9(42)	10(57)	11(65)	12(52)	13(51)	14(58)	15(59)	16(39)	Finish	
9	Tom Mills	56:34	2:58	6:50	11:16	14:08	17:15	18:18	22:02	24:52	26:59	32:51	40:41	46:31	47:55	53:49	54:58	56:06	56:34	
	NGOC		2:58	3:52	4:26	2:52	3:07	1:03	3:44	2:50	2:07	5:52	7:50	5:50	1:24	5:54	1:09	1:08	0:28	
10	Joe Hosler	57:37	3:35	6:58	12:57	15:29	20:49	23:33	27:13	29:48	31:40	36:17	41:52	48:59	50:09	54:57	56:15	57:14	57:37	
	IND		3:35	3:23	5:59	2:32	5:20	2:44	3:40	2:35	1:52	4:37	5:35	7:07	1:10	4:48	1:18	0:59	0:23	
11	Simon Hosler	58:16	2:48	5:48	9:45	12:35	18:31	21:36	25:27	28:20	30:47	35:21	40:55	47:09	48:46	53:42	56:23	57:46	58:16	
	IND		2:48	3:00	3:57	2:50	5:56	3:05	3:51	2:53	2:27	4:34	5:34	6:14	1:37	4:56	2:41	1:23	0:30	
12	Inara Gipsle	61:36	4:01	8:19	13:01	15:38	19:38	21:20	25:10	28:04	30:16	36:50	43:29	50:26	51:54	57:59	59:23	61:00	61:36	
	TVOC		4:01	4:18	4:42	2:37	4:00	1:42	3:50	2:54	2:12	6:34	6:39	6:57	1:28	6:05	1:24	1:37	0:36	
13	Judith Taylor	63:30	5:21	9:32	14:03	17:03	20:07	21:41	26:38	30:44	33:17	39:01	44:48	51:39	54:02	60:27	61:47	63:05	63:30	
	HOC		5:21	4:11	4:31	3:00	3:04	1:34	4:57	4:06	2:33	5:44	5:47	6:51	2:23	6:25	1:20	1:18	0:25	
14	Paul Taunton	63:54	3:04	7:08	12:38	15:59	20:29	21:48	25:46	28:45	31:18	37:54	45:20	52:16	54:34	60:48	62:04	63:21	63:54	
	NGOC		3:04	4:04	5:30	3:21	4:30	1:19	3:58	2:59	2:33	6:36	7:26	6:56	2:18	6:14	1:16	1:17	0:33	
15	Steven Harris	64:19	4:09	7:10	10:06	12:10	22:06	24:28	26:32	30:53	34:44	40:57	44:53	49:27	58:50	62:25	63:05	64:01	64:19	
	NGOC		4:09	3:01	2:56	2:04	9:56	2:22	2:04	4:21	3:51	6:13	3:56	4:34	9:23	3:35	0:40	0:56	0:18	
16	Ted Mcdonald	65:04	3:19	7:29	11:46	14:35	20:22	21:17	25:13	28:50	31:05	40:03	46:54	53:31	55:14	61:20	62:32	64:32	65:04	
	BOK		3:19	4:10	4:17	2:49	5:47	0:55	3:56	3:37	2:15	8:58	6:51	6:37	1:43	6:06	1:12	2:00	0:32	
17	Laurence Gossage	65:11	4:19	8:41	12:58	15:30	18:38	19:50	23:20	26:56	29:40	35:04	47:20	53:50	56:15	61:59	63:13	64:41	65:11	
	BOK		4:19	4:22	4:17	2:32	3:08	1:12	3:30	3:36	2:44	5:24	12:16	6:30	2:25	5:44	1:14	1:28	0:30	
18	Philip Bostock	70:04	3:55	16:15	21:15	24:17	27:53	29:23	33:23	37:55	40:51	45:43	52:11	58:16	60:40	66:26	67:54	69:23	70:04	
	NGOC		3:55	12:20	5:00	3:02	3:36	1:30	4:00	4:32	2:56	4:52	6:28	6:05	2:24	5:46	1:28	1:29	0:41	
19	Roger Coe	70:36	5:43	9:24	13:41	16:15	20:12	22:03	26:50	34:38	37:08	46:30	52:11	60:20	61:41	66:51	68:51	70:09	70:36	
	NGOC		5:43	3:41	4:17	2:34	3:57	1:51	4:47	7:48	2:30	9:22	5:41	8:09	1:21	5:10	2:00	1:18	0:27	
20	Mike Wilkinson	70:59	6:17	10:16	15:04	17:56	22:04	24:58	29:14	33:01	38:02	44:33	51:27	58:55	61:27	67:26	69:02	70:30	70:59	
	HOC		6:17	3:59	4:48	2:52	4:08	2:54	4:16	3:47	5:01	6:31	6:54	7:28	2:32	5:59	1:36	1:28	0:29	
21	David Potter	71:08	3:50	6:50	16:42	19:28	23:18	31:47	35:28	39:55	42:53	49:06	54:39	60:35	62:50	67:50	69:33	70:45	71:08	
	BOK		3:50	3:00	9:52	2:46	3:50	8:29	3:41	4:27	2:58	6:13	5:33	5:56	2:15	5:00	1:43	1:12	0:23	
22	John Fallows	71:10	3:39	7:14	12:26	15:29	19:57	21:21	25:57	30:46	33:15	38:23	45:40	52:25	61:25	68:00	69:17	70:41	71:10	
	NGOC		3:39	3:35	5:12	3:03	4:28	1:24	4:36	4:49	2:29	5:08	7:17	6:45	9:00	6:35	1:17	1:24	0:29	
23	David Andrews	77:30	6:20	12:35	17:41	21:18	25:54	27:16	32:29	36:21	40:00	48:09	56:37	64:59	67:31	73:24	74:56	76:49	77:30	
	NGOC		6:20	6:15	5:06	3:37	4:36	1:22	5:13	3:52	3:39	8:09	8:28	8:22	2:32	5:53	1:32	1:53	0:41	
24	Richard Worrin	77:40	4:37	8:31	13:26	16:45	20:32	23:38	27:35	30:31	32:50	38:55	47:22	64:15	66:15	73:41	75:36	77:05	77:40	
	IND		4:37	3:54	4:55	3:19	3:47	3:06	3:57	2:56	2:19	6:05	8:27	16:53	2:00	7:26	1:55	1:29	0:35	
25	Alex Evans	78:38	6:05	10:52	18:44	22:34	27:39	33:26	44:37	48:15	51:05	55:29	60:48	67:19	69:07	75:03	76:36	78:06	78:38	
	NGOC		6:05	4:47	7:52	3:50	5:05	5:47	11:11	3:38	2:50	4:24	5:19	6:31	1:48	5:56	1:33	1:30	0:32	
26	Jane Holcombe	79:04	4:24	9:39	17:30	20:57	28:01	29:42	34:40	42:15	45:18	51:10	59:03	66:47	69:14	75:30	76:57	78:31	79:04	
	BOK		4:24	5:15	7:51	3:27	7:04	1:41	4:58	7:35	3:03	5:52	7:53	7:44	2:27	6:16	1:27	1:34	0:33	
27	Gordon Smillie	79:09	4:46	8:44	13:55	17:28	37:08	38:13	42:35	46:01	49:55	56:24	64:08	69:57	71:42	76:05	77:18	78:32	79:09	
	NGOC		4:46	3:58	5:11	3:33	19:40	1:05	4:22	3:26	3:54	6:29	7:44	5:49	1:45	4:23	1:13	1:14	0:37	
28	John Weyman	79:56	5:37	9:23	15:04	20:00	24:35	26:13	31:10	35:32	47:52	53:58	62:39	68:36	70:58	76:52	78:05	79:25	79:56	
	NWO		5:37	3:46	5:41	4:56	4:35	1:38	4:57	4:22	12:20	6:06	8:41	5:57	2:22	5:54	1:13	1:20	0:31	
29	Hilary Nicholls	87:32	4:47	9:32	15:31	19:20	25:23	26:52	30:54	42:07	46:43	57:42	65:25	73:08	75:40	83:18	84:54	86:52	87:32	
	NGOC		4:47	4:45	5:59	3:49	6:03	1:29	4:02	11:13	4:36	10:59	7:43	7:43	2:32	7:38	1:36	1:58	0:40	
30	Richard Higgs	91:22	4:39	9:34	16:13	21:22	26:52	29:04	34:34	40:01	43:45	51:08	60:58	77:37	80:57	87:28	89:11	90:45	91:22	
	NGOC		4:39	4:55	6:39	5:09	5:30	2:12	5:30	5:27	3:44	7:23	9:50	16:39	3:20	6:31	1:43	1:34	0:37	
31	Ian Phillips	92:12	12:06	15:58	22:01	25:49	30:13	31:46	39:00	43:10	46:14	53:19	72:35	80:03	82:11	88:07	89:34	91:30	92:12	
	NGOC		12:06	3:52	6:03	3:48	4:24	1:33	7:14	4:10	3:04	7:05	19:16	7:28	2:08	5:56	1:27	1:56	0:42	
32	Chris Hasler	98:12	4:26	9:15	14:46	18:44	33:56	36:01	40:32	44:26	48:53	63:09	70:59	81:23	84:31	91:40	96:20	97:41	98:12	
	QO		4:26	4:49	5:31	3:58	15:12	2:05	4:31	3:54	4:27	14:16	7:50	10:24	3:08	7:09	4:40	1:21	0:31	
33	Karen Lewis	102:37	5:11	10:17	19:10	23:17	28:41	31:01	37:28	46:28	53:19	61:44	74:33	85:37	88:35	96:47	98:50	101:23	102:37	
	QO		5:11	5:06	8:53	4:07	5:24	2:20	6:27	9:00	6:51	8:25	12:49	11:04	2:58	8:12	2:03	2:33	1:14	
34	Gary Wakerley	106:18	5:16	10:17	25:04	29:47	36:28	38:42	44:10	48:59	56:50	65:47	75:23	86:30	90:35	100:52	102:46	105:17	106:18	
	NGOC		5:16	5:01	14:47	4:43	6:41	2:14	5:28	4:49	7:51	8:57	9:36	11:07	4:05	10:17	1:54	2:31	1:01	
35	Alan Marshall	110:49	8:58	15:18	23:41	29:18	34:22	38:04	43:06	48:53	53:50	73:10	81:36	92:33	96:10	104:25	107:19	109:42	110:49	
	IND		8:58	6:20	8:23	5:37	5:04	3:42	5:02	5:47	4:57	19:20	8:26	10:57	3:37	8:15	2:54	2:23	1:07	
36	Rachel Ganz	110:54	9:08	15:25	23:41	29:17	34:33	38:00	43:18	48:53	53:49	73:07	81:35	92:31	96:09	104:48	107:19	109:45	110:54	
	IND		9:08	6:17	8:16	5:36	5:16	3:27	5:18	5:35	4:56	19:18	8:28	10:56	3:38	8:39	2:31	2:26	1:09	
37	Si Read	121:49	6:47	10:52	15:38	42:18	57:27	58:49	61:28	66:16	83:36	88:31	97:36	109:54	112:01	115:57	119:56	121:18	121:49	

Pl	Name	Time																	
Green (37)			4.5 km 145 m				16 C		(cont.)										
			1(36)	2(34)	3(35)	4(55)	5(46)	6(53)	7(32)	8(64)	9(42)	10(57)	11(65)	12(52)	13(51)	14(58)	15(59)	16(39)	Finish
	IND		6:47	4:05	4:46	26:40	15:09	1:22	2:39	4:48	17:20	4:55	9:05	12:18	2:07	3:56	3:59	1:22	0:31
Short Green (16)			3.3 km 130 m				13 C												
			1(34)	2(46)	3(53)	4(55)	5(56)	6(38)	7(57)	8(48)	9(60)	10(44)	11(52)	12(59)	13(39)	Finish			
1	Alex Agombar NGOC	57:17	3:59 3:59	13:28 9:29	14:17 0:49	18:09 3:52	22:23 4:14	26:29 4:06	30:18 3:49	37:54 7:36	40:56 3:02	46:41 5:45	48:06 1:25	55:38 7:32	56:51 1:13	57:17 0:26			
2	Daniel Grace NGOC	58:57	4:31 4:31	7:18 2:47	8:46 1:28	13:35 4:49	24:15 10:40	28:18 4:03	31:23 3:05	40:10 8:47	44:52 4:42	50:20 5:28	51:32 1:12	57:07 5:35	58:32 1:25	58:57 0:25			
3	Lin Callard NGOC	60:04	4:58 4:58	7:54 2:56	9:35 1:41	14:41 5:06	19:43 5:02	24:42 4:59	27:30 2:48	33:27 5:57	37:57 4:30	45:01 7:04	46:52 1:51	57:30 10:38	59:27 1:57	60:04 0:37			
4	Peter Maloney NGOC	62:06	15:17 15:17	18:19 3:02	19:35 1:16	24:12 4:37	29:33 5:21	34:08 4:35	36:37 2:29	41:33 4:56	45:47 4:14	51:05 5:18	52:46 1:41	59:48 7:02	61:30 1:42	62:06 0:36			
5	Sheila Miklausic NGOC	62:29	5:01 5:01	7:36 2:35	9:05 1:29	13:53 4:48	19:41 5:48	24:18 4:37	29:27 5:09	36:34 7:07	42:32 5:58	49:02 6:30	50:37 1:35	60:05 9:28	61:49 1:44	62:29 0:40			
6	Robert Teed NGOC	62:34	4:48 4:48	7:41 2:53	9:21 1:40	14:10 4:49	19:23 5:13	23:44 4:21	30:11 6:27	36:47 6:36	41:57 5:10	49:19 7:22	51:16 1:57	59:54 8:38	61:51 1:57	62:34 0:43			
7	Anne Palmer BOK	63:26	5:38 5:38	8:22 2:44	10:05 1:43	15:09 5:04	22:44 7:35	33:09 10:25	35:58 2:49	40:53 4:55	45:39 4:46	52:01 6:22	53:41 1:40	61:28 7:47	62:52 1:24	63:26 0:34			
8	Ewan Thompson IND	66:40	5:20 5:20	8:06 2:46	9:53 1:47	13:46 3:53	19:22 5:36	35:15 15:53	39:13 3:58	43:33 4:20	48:40 5:07	53:40 5:00	55:06 1:26	64:53 9:47	66:13 1:20	66:40 0:27			
9	Kim Liggett NGOC	67:04	4:39 4:39	6:40 2:01	8:38 1:58	14:27 5:49	20:03 5:36	24:47 4:44	28:25 3:38	40:56 12:31	47:15 6:19	54:38 7:23	56:20 1:42	65:12 8:52	66:30 1:18	67:04 0:34			
10	Helen Young IND	68:45	7:05 7:05	10:32 3:27	12:34 2:02	17:49 5:15	22:14 4:25	31:52 9:38	34:59 3:07	46:31 11:32	51:11 4:40	59:07 7:56	60:25 1:18	66:49 6:24	68:15 1:26	68:45 0:30			
11	Greg+Helen Young IND	68:48	7:08 7:08	10:35 3:27	12:39 2:04	17:48 5:09	22:19 4:31	31:46 9:27	34:44 2:58	46:11 11:27	50:51 4:40	58:17 7:26	60:18 2:01	66:54 6:36	68:15 1:21	68:48 0:33			
12	Julia Wilkinson HOC	73:33	5:28 5:28	8:21 2:53	9:55 1:34	16:02 6:07	29:29 13:27	35:27 5:58	37:57 2:30	51:19 13:22	57:56 6:37	63:23 5:27	64:56 1:33	71:09 6:13	73:01 1:52	73:33 0:32			
13	Adrian Dawson SARUM	80:24	8:00 8:00	11:44 3:44	14:43 2:59	21:36 6:53	30:00 8:24	39:30 9:30	44:11 4:41	51:11 7:00	57:28 6:17	65:42 8:14	67:55 2:13	76:48 8:53	79:30 2:42	80:24 0:54			
14	Brian Laycock HOC	81:07	13:13 13:13	15:03 1:50	16:26 1:23	21:27 5:01	30:11 8:44	39:56 9:45	43:23 3:27	55:47 12:24	62:51 7:04	70:29 7:38	72:05 1:36	78:44 6:39	80:30 1:46	81:07 0:37			
15	John Burrows KERNO	91:17	20:16 20:16	23:06 2:50	24:46 1:40	31:22 6:36	37:04 5:42	42:47 5:43	46:53 4:06	57:13 10:20	65:08 7:55	75:15 10:07	78:00 2:45	87:31 9:31	90:07 2:36	91:17 1:10			
	Peter Wilson BKO	mp	4:18 4:18	5:54 1:36	7:01 1:07	11:56 4:55	16:02 4:06	19:56 3:54	-----	38:12 18:16	41:57 3:45	48:15 6:18	49:51 1:36	57:19 7:28	59:12 1:53	59:44 0:32			
Orange (12)			3.5 km 145 m				12 C												
			1(37)	2(34)	3(46)	4(54)	5(64)	6(38)	7(40)	8(60)	9(41)	10(51)	11(47)	12(39)	Finish				
1	Jess Miklausic NGOC	39:00	2:01 2:01	3:55 1:54	6:31 2:36	9:34 3:03	13:37 4:03	17:55 4:18	21:37 3:42	24:23 2:46	27:25 3:02	31:43 4:18	37:23 5:40	38:32 1:09	39:00 0:28				
2	Rose Taylor HOC	44:34	2:12 2:12	4:13 2:01	6:00 1:47	8:50 2:50	14:59 6:09	21:43 6:44	24:43 3:00	27:41 2:58	33:17 5:36	37:21 4:04	43:23 6:02	44:12 0:49	44:34 0:22				
3	Ashleigh Denman NGOC	45:51	2:13 2:13	5:07 2:54	8:23 3:16	12:21 3:58	16:04 3:43	19:42 3:38	23:26 3:44	31:01 7:35	34:16 3:15	38:35 4:19	44:06 5:31	45:23 1:17	45:51 0:28				
4	Sharon Finch IND	51:34	6:16 6:16	9:29 3:13	12:00 2:31	15:32 3:32	20:02 4:30	27:14 7:12	30:40 3:26	35:35 4:55	39:15 3:40	43:45 4:30	49:37 5:52	51:06 1:29	51:34 0:28				
5	Emma Wilson NGOC	52:55	2:31 2:31	5:17 2:46	8:38 3:21	13:29 4:51	20:14 6:45	26:53 6:39	32:19 5:26	35:43 3:24	40:12 4:29	46:21 6:09	51:15 4:54	52:25 1:10	52:55 0:30				
6	Rhiannon Fadeyibi NGOC	58:22	5:56 5:56	7:53 1:57	10:48 2:55	14:23 3:35	23:52 9:29	29:03 5:11	34:02 4:59	37:36 3:34	43:15 5:39	48:02 4:47	56:31 8:29	57:45 1:14	58:22 0:37				
7	Claire Garai NGOC	59:24	3:08 3:08	5:15 2:07	7:29 2:14	11:32 4:03	29:03 17:31	33:24 4:21	39:39 6:15	42:43 3:04	45:59 3:16	51:33 5:34	57:28 5:55	58:49 1:21	59:24 0:35				
8	Gaye Callard NGOC	80:14	3:44 3:44	8:39 4:55	14:52 6:13	19:13 4:21	28:38 9:25	35:51 7:13	42:16 6:25	47:52 5:36	57:59 10:07	66:34 8:35	77:24 10:50	79:35 2:11	80:14 0:39				

Pl	Name	Time													
Orange (12)			3.5 km 145 m				12 C	<i>(cont.)</i>							
			1(37)	2(34)	3(46)	4(54)	5(64)	6(38)	7(40)	8(60)	9(41)	10(51)	11(47)	12(39)	Finish
9	Hannah agombar	82:00	3:55	8:42	13:43	19:40	28:29	35:22	42:49	49:12	57:20	66:54	78:27	81:35	82:00
	NGOC		3:55	4:47	5:01	5:57	8:49	6:53	7:27	6:23	8:08	9:34	11:33	3:08	0:25
	Mark Roderick	mp	3:49	6:22	8:45	-----	16:44	20:55	23:41	26:01	28:53	32:14	36:14	37:08	37:33
	NGOC		3:49	2:33	2:23		7:59	4:11	2:46	2:20	2:52	3:21	4:00	0:54	0:25
	Seth Lawson	mp	2:53	5:19	8:00	-----	25:10	-----	37:50	43:26	48:54	56:58	67:10	99:53	101:10
	NGOC		2:53	2:26	2:41		17:10		12:40	5:36	5:28	8:04	10:12	32:43	1:17
	Nick Thompson	dnf	3:12	7:51	22:10	27:56	-----	-----	-----	-----	-----	-----	-----	-----	
	IND		3:12	4:39	14:19	5:46									
Yellow (15)			2.0 km 85 m				11 C								
			1(31)	2(37)	3(36)	4(65)	5(50)	6(33)	7(41)	8(44)	9(45)	10(47)	11(39)	Finish	
1	Oliver Lewis	18:15	0:28	1:40	2:29	3:40	5:47	6:54	9:04	11:15	14:39	16:50	17:49	18:15	
	QO		0:28	1:12	0:49	1:11	2:07	1:07	2:10	2:11	3:24	2:11	0:59	0:26	
2	Thomas Agombar	18:46	0:34	1:57	3:02	4:15	6:22	7:29	9:43	11:43	15:09	17:19	18:21	18:46	
	NGOC		0:34	1:23	1:05	1:13	2:07	1:07	2:14	2:00	3:26	2:10	1:02	0:25	
3	Katie Agombar	23:16	0:35	2:17	3:05	5:00	7:22	8:20	10:41	13:35	19:43	21:48	22:50	23:16	
	NGOC		0:35	1:42	0:48	1:55	2:22	0:58	2:21	2:54	6:08	2:05	1:02	0:26	
4	Caroline Jones	31:37	1:08	2:36	4:02	5:54	9:24	11:17	15:17	18:39	24:34	27:25	30:43	31:37	
	IND		1:08	1:28	1:26	1:52	3:30	1:53	4:00	3:22	5:55	2:51	3:18	0:54	
5	Olive Jones	31:53	1:27	2:46	4:08	6:00	9:32	11:32	15:28	18:11	24:04	27:27	31:11	31:53	
	IND		1:27	1:19	1:22	1:52	3:32	2:00	3:56	2:43	5:53	3:23	3:44	0:42	
6	Richard Jones	33:30	1:15	2:36	3:58	6:04	9:33	11:25	15:18	18:30	24:43	27:37	32:25	33:30	
	IND		1:15	1:21	1:22	2:06	3:29	1:52	3:53	3:12	6:13	2:54	4:48	1:05	
7	Charlie Jones	33:33	1:15	2:45	4:02	5:59	9:46	11:26	15:19	18:11	24:06	27:33	32:18	33:33	
	IND		1:15	1:30	1:17	1:57	3:47	1:40	3:53	2:52	5:55	3:27	4:45	1:15	
8	Emma Wilson	33:41	0:37	2:25	10:35	11:52	13:59	15:32	18:38	20:45	29:36	32:09	33:18	33:41	
	IND		0:37	1:48	8:10	1:17	2:07	1:33	3:06	2:07	8:51	2:33	1:09	0:23	
9	Alice Young	34:38	0:39	3:10	5:08	9:27	12:35	14:12	18:39	22:15	27:57	32:33	34:03	34:38	
	IND		0:39	2:31	1:58	4:19	3:08	1:37	4:27	3:36	5:42	4:36	1:30	0:35	
10	Beccy&Xander Hyat	36:35	1:00	3:15	4:34	7:07	11:04	13:32	17:32	21:38	29:45	33:47	35:42	36:35	
	IND		1:00	2:15	1:19	2:33	3:57	2:28	4:00	4:06	8:07	4:02	1:55	0:53	
11	Annabelle Lewis	38:53	1:00	2:53	4:11	7:06	10:52	12:34	20:18	23:12	31:36	36:32	38:25	38:53	
	QO		1:00	1:53	1:18	2:55	3:46	1:42	7:44	2:54	8:24	4:56	1:53	0:28	
12	Tom Johansson	40:59	1:18	5:40	6:46	9:40	14:09	14:56	20:21	22:58	27:31	38:54	40:19	40:59	
	NGOC		1:18	4:22	1:06	2:54	4:29	0:47	5:25	2:37	4:33	11:23	1:25	0:40	
13	Matthew Fletcher	44:41	0:52	2:39	3:59	8:07	11:13	12:39	24:09	28:31	35:41	40:20	43:42	44:41	
	IND		0:52	1:47	1:20	4:08	3:06	1:26	11:30	4:22	7:10	4:39	3:22	0:59	
14	Samuel Horsfall	44:51	1:26	5:07	7:30	10:23	14:39	16:44	23:45	28:44	36:36	40:58	44:01	44:51	
	NGOC		1:26	3:41	2:23	2:53	4:16	2:05	7:01	4:59	7:52	4:22	3:03	0:50	
15	Richard Gray	69:17	2:36	7:38	11:13	17:55	24:02	26:34	35:03	41:32	54:48	64:12	67:37	69:17	
	IND		2:36	5:02	3:35	6:42	6:07	2:32	8:29	6:29	13:16	9:24	3:25	1:40	