

| Pl               | Name               | Time    |       |       | 6.9 km |       | 285 m |       | 18 C  |       |       |        |         |         |         |         |         |         |         |         |         |       | Finish |
|------------------|--------------------|---------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-------|--------|
|                  |                    |         | 1(64) | 2(66) | 3(65)  | 4(68) | 5(67) | 6(69) | 7(52) | 8(63) | 9(39) | 10(40) | 11(43)  | 12(44)  | 13(45)  | 14(53)  | 15(61)  | 16(47)  | 17(54)  | 18(38)  |         |       |        |
| <b>Brown (9)</b> |                    |         |       |       |        |       |       |       |       |       |       |        |         |         |         |         |         |         |         |         |         |       |        |
| 1                | Ben Mitchell       | 46:22   | 1:44  | 4:12  | 9:45   | 10:39 | 12:30 | 15:41 | 18:33 | 19:49 | 21:42 | 25:52  | 33:16   | 35:47   | 37:35   | 39:50   | 40:46   | 40:20   | 44:29   | 45:59   | 46:22   |       |        |
|                  | SBOC               |         | 1:44  | 2:28  | 5:33   | 0:54  | 1:51  | 3:11  | 2:52  | 1:16  | 1:53  | 4:10   | 7:24    | 2:31    | 1:48    | 2:15    | 0:56    |         | 4:09    | 1:30    | 0:23    |       |        |
| 2                | Megan Carter-Davie | 53:46   | 2:06  | 5:05  | 10:04  | 11:14 | 13:13 | 17:14 | 20:31 | 22:13 | 24:25 | 29:14  | 37:45   | 40:06   | 42:56   | 45:24   | 46:30   | 47:41   | 51:42   | 53:20   | 53:46   |       |        |
|                  | UBOC               |         | 2:06  | 2:59  | 4:59   | 1:10  | 1:59  | 4:01  | 3:17  | 1:42  | 2:12  | 4:49   | 8:31    | 2:21    | 2:50    | 2:28    | 1:06    | 1:11    | 4:01    | 1:38    | 0:26    |       |        |
| 3                | Richard Purkis     | 1:02:19 | 2:19  | 4:35  | 11:48  | 13:20 | 15:40 | 20:20 | 23:52 | 25:35 | 27:59 | 33:03  | 43:24   | 45:17   | 48:20   | 51:21   | 52:31   | 55:41   | 59:53   | 1:01:52 | 1:02:19 | 35:43 |        |
|                  | NGOC               |         | 2:19  | 2:16  | 7:13   | 1:32  | 2:20  | 4:40  | 3:32  | 1:43  | 2:24  | 5:04   | 10:21   | 1:53    | 3:03    | 3:01    | 1:10    | 3:10    | 4:12    | 1:59    | 0:27    | *41   |        |
| 4                | Jason Howell       | 1:03:20 | 2:19  | 6:07  | 11:55  | 13:19 | 16:32 | 21:38 | 25:14 | 26:58 | 29:45 | 35:19  | 45:35   | 48:24   | 50:48   | 53:53   | 55:20   | 55:19   | 1:00:36 | 1:02:48 | 1:03:20 |       |        |
|                  | HOC                |         | 2:19  | 3:48  | 5:48   | 1:24  | 3:13  | 5:06  | 3:36  | 1:44  | 2:47  | 5:34   | 10:16   | 2:49    | 2:24    | 3:05    | 1:27    |         | 5:17    | 2:12    | 0:32    |       |        |
| 5                | Nick Gracie        | 1:04:13 | 2:43  | 5:01  | 10:32  | 11:52 | 14:30 | 20:40 | 24:24 | 27:49 | 30:16 | 36:02  | 46:58   | 49:31   | 51:50   | 55:24   | 57:07   | 56:58   | 1:01:19 | 1:03:46 | 1:04:13 |       |        |
|                  | BOK                |         | 2:43  | 2:18  | 5:31   | 1:20  | 2:38  | 6:10  | 3:44  | 3:25  | 2:27  | 5:46   | 10:56   | 2:33    | 2:19    | 3:34    | 1:43    |         | 4:21    | 2:27    | 0:27    |       |        |
| 6                | Lorenzo Calabro    | 1:06:21 | 1:59  | 4:13  | 10:16  | 11:26 | 13:39 | 18:36 | 22:03 | 30:21 | 33:16 | 38:13  | 47:51   | 50:22   | 52:26   | 55:39   | 59:12   | 59:46   | 1:04:00 | 1:05:51 | 1:06:21 |       |        |
|                  | BOK                |         | 1:59  | 2:14  | 6:03   | 1:10  | 2:13  | 4:57  | 3:27  | 8:18  | 2:55  | 4:57   | 9:38    | 2:31    | 2:04    | 3:13    | 3:33    | 0:34    | 4:14    | 1:51    | 0:30    |       |        |
| 7                | Keith Agmen        | 1:10:52 | 2:00  | 4:25  | 11:02  | 12:26 | 15:18 | 22:00 | 26:35 | 28:55 | 32:30 | 38:50  | 51:29   | 54:20   | 57:16   | 1:00:48 | 1:02:45 | 1:03:08 | 1:08:14 | 1:10:19 | 1:10:52 |       |        |
|                  | BOK                |         | 2:00  | 2:25  | 6:37   | 1:24  | 2:52  | 6:42  | 4:35  | 2:20  | 3:35  | 6:20   | 12:39   | 2:51    | 2:56    | 3:32    | 1:57    | 0:23    | 5:06    | 2:05    | 0:33    |       |        |
| 8                | Ben Lonsdale       | 1:39:32 | 3:18  | 9:54  | 19:21  | 22:00 | 26:12 | 34:18 | 40:38 | 43:50 | 47:37 | 56:40  | 1:14:10 | 1:17:53 | 1:21:21 | 1:26:09 | 1:29:03 | 1:29:53 | 1:35:45 | 1:39:01 | 1:39:32 |       |        |
|                  | RAFO               |         | 3:18  | 6:36  | 9:27   | 2:39  | 4:12  | 8:06  | 6:20  | 3:12  | 3:47  | 9:03   | 17:30   | 3:43    | 3:28    | 4:48    | 2:54    | 0:50    | 5:52    | 3:16    | 0:31    |       |        |
|                  | Allan McCall       | mp      | 4:25  | 10:43 | 21:53  | 24:05 | 27:37 | 34:05 | ----  | 40:44 | 51:42 | 58:50  | 1:11:58 | 1:15:04 | 1:18:02 | 1:22:05 | 1:27:44 | 1:28:20 | 1:36:54 | 1:40:42 | 1:41:15 | 45:15 |        |
|                  | NGOC               |         | 4:25  | 6:18  | 11:10  | 2:12  | 3:32  | 6:28  |       | 6:39  | 10:58 | 7:08   | 13:08   | 3:06    | 2:58    | 4:03    | 5:39    | 0:36    | 8:34    | 3:48    | 0:33    | *62   |        |
| <b>Blue (23)</b> |                    |         |       |       |        |       |       |       |       |       |       |        |         |         |         |         |         |         |         |         |         |       |        |
|                  |                    |         | 1(56) | 2(50) | 3(51)  | 4(68) | 5(63) | 6(52) | 7(55) | 8(40) | 9(42) | 10(43) | 11(48)  | 12(53)  | 13(61)  | 14(57)  | 15(38)  | Finish  |         |         |         |       |        |
| 1                | Andy Creber        | 43:51   | 1:29  | 2:55  | 7:23   | 8:32  | 11:48 | 13:28 | 16:02 | 19:50 | 22:17 | 29:37  | 33:50   | 36:35   | 38:06   | 40:32   | 43:23   | 43:51   |         |         |         |       |        |
|                  | NGOC               |         | 1:29  | 1:26  | 4:28   | 1:09  | 3:16  | 1:40  | 2:34  | 3:48  | 2:27  | 7:20   | 4:13    | 2:45    | 1:31    | 2:26    | 2:51    | 0:28    |         |         |         |       |        |
| 2                | David May          | 52:27   | 1:39  | 3:50  | 9:26   | 11:03 | 15:15 | 17:36 | 20:51 | 24:18 | 27:39 | 35:39  | 40:40   | 43:45   | 45:35   | 48:40   | 51:55   | 52:27   |         |         |         |       |        |
|                  | SLOW               |         | 1:39  | 2:11  | 5:36   | 1:37  | 4:12  | 2:21  | 3:15  | 3:27  | 3:21  | 8:00   | 5:01    | 3:05    | 1:50    | 3:05    | 3:15    | 0:32    |         |         |         |       |        |
| 3                | Paul Horsfall      | 54:41   | 1:34  | 5:44  | 14:03  | 15:44 | 23:41 | 25:25 | 27:33 | 31:10 | 33:07 | 41:43  | 45:05   | 48:20   | 49:43   | 51:39   | 54:11   | 54:41   |         |         |         |       |        |
|                  | NGOC               |         | 1:34  | 4:10  | 8:19   | 1:41  | 7:57  | 1:44  | 2:08  | 3:37  | 1:57  | 8:36   | 3:22    | 3:15    | 1:23    | 1:56    | 2:32    | 0:30    |         |         |         |       |        |
| 4                | Greg Best          | 56:01   | 1:51  | 4:09  | 10:08  | 11:43 | 15:53 | 18:30 | 22:19 | 25:46 | 28:56 | 37:28  | 41:56   | 45:32   | 47:33   | 51:59   | 55:26   | 56:01   |         |         |         |       |        |
|                  | NGOC               |         | 1:51  | 2:18  | 5:59   | 1:35  | 4:10  | 2:37  | 3:49  | 3:27  | 3:10  | 8:32   | 4:28    | 3:36    | 2:01    | 4:26    | 3:27    | 0:35    |         |         |         |       |        |
| 5                | Katharine Atkins   | 56:53   | 2:06  | 4:40  | 9:54   | 12:11 | 19:48 | 22:05 | 25:13 | 28:55 | 31:47 | 40:51  | 44:54   | 47:50   | 49:41   | 52:13   | 56:18   | 56:53   |         |         |         |       |        |
|                  | HOC                |         | 2:06  | 2:34  | 5:14   | 2:17  | 7:37  | 2:17  | 3:08  | 3:42  | 2:52  | 9:04   | 4:03    | 2:56    | 1:51    | 2:32    | 4:05    | 0:35    |         |         |         |       |        |
| 6                | Vanessa Lawson     | 59:03   | 2:53  | 5:54  | 12:22  | 14:18 | 18:43 | 21:04 | 24:25 | 28:14 | 30:41 | 39:29  | 44:57   | 50:29   | 52:16   | 54:51   | 58:31   | 59:03   |         |         |         |       |        |
|                  | NGOC               |         | 2:53  | 3:01  | 6:28   | 1:56  | 4:25  | 2:21  | 3:21  | 3:49  | 2:27  | 8:48   | 5:28    | 5:32    | 1:47    | 2:35    | 3:40    | 0:32    |         |         |         |       |        |
| 7                | Richard Davies     | 59:52   | 1:53  | 4:05  | 10:11  | 11:33 | 16:53 | 19:31 | 23:34 | 27:05 | 30:14 | 41:08  | 46:16   | 49:59   | 52:34   | 55:58   | 59:18   | 59:52   |         |         |         |       |        |
|                  | HOC                |         | 1:53  | 2:12  | 6:06   | 1:22  | 5:20  | 2:38  | 4:03  | 3:31  | 3:09  | 10:54  | 5:08    | 3:43    | 2:35    | 3:24    | 3:20    | 0:34    |         |         |         |       |        |
| 8                | Mike Goldthorpe    | 1:00:30 | 1:59  | 5:22  | 12:01  | 13:29 | 17:34 | 19:51 | 23:07 | 31:38 | 34:28 | 42:28  | 47:37   | 51:16   | 53:07   | 56:38   | 59:58   | 1:00:30 |         |         |         |       |        |
|                  | SOC                |         | 1:59  | 3:23  | 6:39   | 1:28  | 4:05  | 2:17  | 3:16  | 8:31  | 2:50  | 8:00   | 5:09    | 3:39    | 1:51    | 3:31    | 3:20    | 0:32    |         |         |         |       |        |
| 9                | Russell Finch      | 1:01:04 | 2:23  | 6:54  | 13:52  | 15:37 | 22:28 | 24:51 | 28:02 | 31:49 | 34:24 | 42:24  | 48:05   | 51:47   | 54:07   | 57:17   | 1:00:35 | 1:01:04 |         |         |         |       |        |
|                  | SWOC               |         | 2:23  | 4:31  | 6:58   | 1:45  | 6:51  | 2:23  | 3:11  | 3:47  | 2:35  | 8:00   | 5:41    | 3:42    | 2:20    | 3:10    | 3:18    | 0:29    |         |         |         |       |        |
| 10               | Robert Atkins      | 1:01:44 | 2:25  | 5:49  | 18:16  | 19:37 | 23:17 | 25:27 | 28:10 | 33:34 | 36:19 | 46:16  | 50:02   | 53:21   | 55:15   | 58:12   | 1:01:18 | 1:01:44 |         |         |         |       |        |
|                  | HOC                |         | 2:25  | 3:24  | 12:27  | 1:21  | 3:40  | 2:10  | 2:43  | 5:24  | 2:45  | 9:57   | 3:46    | 3:19    | 1:54    | 2:57    | 3:06    | 0:26    |         |         |         |       |        |
| 11               | Tom Birthwright    | 1:02:44 | 2:11  | 6:03  | 12:21  | 13:59 | 20:35 | 23:08 | 26:06 | 29:58 | 33:22 | 45:24  | 49:57   | 53:30   | 55:48   | 58:46   | 1:02:12 | 1:02:44 |         |         |         |       |        |
|                  | NGOC               |         | 2:11  | 3:52  | 6:18   | 1:38  | 6:36  | 2:33  | 2:58  | 3:52  | 3:24  | 12:02  | 4:33    | 3:33    | 2:18    | 2:58    | 3:26    | 0:32    |         |         |         |       |        |
| 12               | Ian Kennett        | 1:02:50 | 2:05  | 4:32  | 10:31  | 17:02 | 23:26 | 25:50 | 29:01 | 32:48 | 35:26 | 43:26  | 50:08   | 53:29   | 55:35   | 58:48   | 1:02:16 | 1:02:50 |         |         |         |       |        |
|                  | SWOC               |         | 2:05  | 2:27  | 5:59   | 6:31  | 6:24  | 2:24  | 3:11  | 3:47  | 2:38  | 8:00   | 6:42    | 3:21    | 2:06    | 3:13    | 3:28    | 0:34    |         |         |         |       |        |
| 13               | Ginny Hudson       | 1:04:47 | 1:53  | 4:10  | 9:36   | 11:18 | 15:44 | 17:53 | 21:13 | 24:56 | 28:17 | 38:01  | 50:58   | 54:27   | 58:01   | 1:01:06 | 1:04:14 | 1:04:47 |         |         | 56:53   | *46   |        |
|                  | NGOC               |         | 1:53  | 2:17  | 5:26   | 1:42  | 4:26  | 2:09  | 3:20  | 3:43  | 3:21  | 9:44   | 12:57   | 3:29    | 3:34    | 3:05    | 3:08    | 0:33    |         |         |         |       |        |
| 14               | Siobhan Lock       | 1:06:17 | 1:51  | 5:43  | 12:09  | 14:22 | 22:36 | 24:22 | 28:30 | 32:18 | 35:59 | 47:18  | 52:06   | 55:31   | 58:20   | 1:02:09 | 1:05:49 | 1:06:17 |         |         |         |       |        |
|                  | SBOC               |         | 1:51  | 3:52  | 6:26   | 2:13  | 8:14  | 1:46  | 4:08  | 3:48  | 3:41  | 11:19  | 4:48    | 3:25    | 2:49    | 3:49    | 3:40    | 0:28    |         |         |         |       |        |
| 15               | Nick Dennis        | 1:08:00 | 2:26  | 5:07  | 11:55  | 15:47 | 25:41 | 30:08 | 33:00 | 36:29 | 38:42 | 47:35  | 55:57   | 59:57   | 1:01:34 | 1:04:26 | 1:07:30 | 1:08:00 |         |         |         |       |        |
|                  | BOK                |         | 2:26  | 2:41  | 6:48   | 3:52  | 9:54  | 4:27  | 2:52  | 3:29  | 2:13  | 8:53   | 8:22    | 4:00    | 1:37    | 2:52    | 3:04    | 0:30    |         |         |         |       |        |
| 16               | Gill Lock          | 1:10:40 | 2:49  | 5:48  | 14:23  | 17:16 | 22:05 | 24:35 | 27:59 | 33:24 | 36:21 | 46:55  | 57:14   | 1:01:13 | 1:03:36 | 1:06:27 | 1:10:06 | 1:10:40 |         |         |         |       |        |
|                  | SBOC               |         | 2:49  | 2:59  | 8:35   | 2:53  | 4:49  | 2:30  | 3:24  | 5:25  | 2:57  | 10:34  | 10:19   | 3:59    | 2:23    | 2:51    | 3:39    | 0:34    |         |         |         |       |        |
| 17               | Rachel Dennis      | 1:13:39 | 2:56  | 6:32  | 13:11  | 24:04 | 28:52 | 31:20 | 34:21 | 39:07 | 42:30 | 54:09  | 59:24   | 1:03:38 | 1:05:54 | 1:09:10 | 1:13:03 | 1:13:39 |         |         |         |       |        |
|                  | BOK                |         | 2:56  | 3:36  | 6:39   | 10:53 | 4:48  | 2:28  | 3:01  | 4:46  | 3:23  | 11:39  | 5:15    | 4:1     |         |         |         |         |         |         |         |       |        |



| Pl                     | Name                      | Time    |       |       | 3.0 km |         | 140 m   |         | 9 C     |         |         |         |         |         |         |
|------------------------|---------------------------|---------|-------|-------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|                        |                           |         | 1(64) | 2(50) | 3(69)  | 4(51)   | 5(67)   | 6(59)   | 7(49)   | 8(54)   | 9(38)   | Finish  |         |         |         |
| <b>Short Green (8)</b> |                           |         |       |       |        |         |         |         |         |         |         |         |         |         |         |
| 1                      | Peter Maloney<br>NGOC     | 50:26   | 6:08  | 8:52  | 15:08  | 21:35   | 25:15   | 31:47   | 44:53   | 46:49   | 49:49   | 50:26   |         |         |         |
|                        |                           |         | 6:08  | 2:44  | 6:16   | 6:27    | 3:40    | 6:32    | 13:06   | 1:56    | 3:00    | 0:37    |         |         |         |
| 2                      | Brian Laycock<br>HOC      | 54:16   | 6:57  | 9:11  | 15:39  | 23:20   | 27:48   | 35:28   | 47:47   | 50:01   | 53:35   | 54:16   |         |         |         |
|                        |                           |         | 6:57  | 2:14  | 6:28   | 7:41    | 4:28    | 7:40    | 12:19   | 2:14    | 3:34    | 0:41    |         |         |         |
| 3                      | Jim Hayles+ 1<br>IND      | 1:04:29 | 9:19  | 11:53 | 20:58  | 31:06   | 36:13   | 44:48   | 1:00:23 | 1:01:39 | 1:03:38 | 1:04:29 |         |         |         |
|                        |                           |         | 9:19  | 2:34  | 9:05   | 10:08   | 5:07    | 8:35    | 15:35   | 1:16    | 1:59    | 0:51    |         |         |         |
| 4                      | Lou Ciotti + 1<br>IND     | 1:06:23 | 5:56  | 7:52  | 19:20  | 25:48   | 30:34   | 38:35   | 59:47   | 1:02:12 | 1:05:42 | 1:06:23 |         |         |         |
|                        |                           |         | 5:56  | 1:56  | 11:28  | 6:28    | 4:46    | 8:01    | 21:12   | 2:25    | 3:30    | 0:41    |         |         |         |
| 5                      | Harry Bishop<br>IND       | 1:12:30 | 8:35  | 11:18 | 19:49  | 27:46   | 32:52   | 47:55   | 1:04:54 | 1:07:05 | 1:11:37 | 1:12:30 |         |         |         |
|                        |                           |         | 8:35  | 2:43  | 8:31   | 7:57    | 5:06    | 15:03   | 16:59   | 2:11    | 4:32    | 0:53    |         |         |         |
|                        | Nathan McAuliffe<br>IND   | mp      | 11:15 | 13:21 | 22:17  | 30:40   | 34:25   | 50:23   | 1:06:47 | 1:08:48 | -----   | 1:12:32 |         |         |         |
|                        |                           |         | 11:15 | 2:06  | 8:56   | 8:23    | 3:45    | 15:58   | 16:24   | 2:01    |         | 3:44    |         |         |         |
|                        | Fred Bishop<br>IND        | mp      | 11:02 | 13:28 | 23:21  | 30:32   | 33:45   | 50:06   | 1:06:34 | 1:08:41 | -----   | 1:13:06 |         |         |         |
|                        |                           |         | 11:02 | 2:26  | 9:53   | 7:11    | 3:13    | 16:21   | 16:28   | 2:07    |         | 4:25    |         |         |         |
|                        | Tegan McAuliffe<br>IND    | dnf     | ----- | ----- | -----  | -----   | -----   | -----   | -----   | -----   | -----   |         |         |         |         |
|                        |                           |         |       |       |        |         |         |         |         |         |         |         |         |         |         |
| <b>Orange (8)</b>      |                           |         |       |       |        |         |         |         |         |         |         |         |         |         |         |
|                        |                           |         | 1(60) | 2(39) | 3(62)  | 4(65)   | 5(51)   | 6(67)   | 7(59)   | 8(46)   | 9(49)   | 10(54)  | 11(45)  | 12(38)  | Finish  |
| 1                      | John Wickson<br>NGOC      | 58:55   | 4:09  | 7:49  | 11:20  | 24:21   | 26:21   | 29:06   | 35:28   | 44:38   | 46:33   | 48:24   | 54:24   | 58:16   | 58:55   |
|                        |                           |         | 4:09  | 3:40  | 3:31   | 13:01   | 2:00    | 2:45    | 6:22    | 9:10    | 1:55    | 1:51    | 6:00    | 3:52    | 0:39    |
| 2                      | Claire Garai<br>NGOC      | 59:33   | 6:21  | 11:03 | 14:25  | 20:43   | 24:11   | 27:23   | 35:02   | 44:07   | 46:39   | 48:32   | 54:52   | 58:55   | 59:33   |
|                        |                           |         | 6:21  | 4:42  | 3:22   | 6:18    | 3:28    | 3:12    | 7:39    | 9:05    | 2:32    | 1:53    | 6:20    | 4:03    | 0:38    |
| 3                      | Reuben Lawson<br>NGOC     | 1:24:55 | 4:13  | 8:54  | 14:00  | 23:28   | 26:55   | 32:37   | 47:09   | 1:02:12 | 1:06:13 | 1:09:06 | 1:19:18 | 1:24:29 | 1:24:55 |
|                        |                           |         | 4:13  | 4:41  | 5:06   | 9:28    | 3:27    | 5:42    | 14:32   | 15:03   | 4:01    | 2:53    | 10:12   | 5:11    | 0:26    |
| 4                      | Ewan Thompson<br>IND      | 1:24:57 | 4:13  | 8:56  | 14:02  | 23:34   | 27:00   | 32:38   | 46:56   | 1:02:14 | 1:06:13 | 1:09:08 | 1:19:12 | 1:24:30 | 1:24:57 |
|                        |                           |         | 4:13  | 4:43  | 5:06   | 9:32    | 3:26    | 5:38    | 14:18   | 15:18   | 3:59    | 2:55    | 10:04   | 5:18    | 0:27    |
| 5                      | Pam Suter + 1<br>IND      | 1:35:36 | 8:48  | 16:37 | 27:40  | 43:05   | 46:09   | 51:37   | 1:02:31 | 1:14:07 | 1:18:28 | 1:20:31 | 1:28:57 | 1:34:28 | 1:35:36 |
|                        |                           |         | 8:48  | 7:49  | 11:03  | 15:25   | 3:04    | 5:28    | 10:54   | 11:36   | 4:21    | 2:03    | 8:26    | 5:31    | 1:08    |
| 6                      | Paul Downie and gr<br>IND | 1:55:36 | 9:15  | 17:03 | 25:13  | 48:51   | 1:02:52 | 1:09:24 | 1:21:07 | 1:32:38 | 1:35:14 | 1:37:00 | 1:47:10 | 1:54:08 | 1:55:36 |
|                        |                           |         | 9:15  | 7:48  | 8:10   | 23:38   | 14:01   | 6:32    | 11:43   | 11:31   | 2:36    | 1:46    | 10:10   | 6:58    | 1:28    |
|                        | Paul Hobby<br>NGOC        | dnf     | 5:16  | 9:32  | 13:44  | 30:57   | 34:21   | 38:40   | -----   | -----   | -----   | -----   | -----   | -----   |         |
|                        |                           |         | 5:16  | 4:16  | 4:12   | 17:13   | 3:24    | 4:19    |         |         |         |         |         |         |         |
|                        | Sam Roderick<br>NGOC      | dnf     | 9:10  | 19:12 | 27:06  | 1:01:52 | 1:06:33 | 1:11:07 | 1:21:16 | -----   | -----   | -----   | -----   | -----   |         |
|                        |                           |         | 9:10  | 10:02 | 7:54   | 34:46   | 4:41    | 4:34    | 10:09   |         |         |         |         |         |         |
|                        |                           |         |       |       |        |         |         |         |         |         |         |         |         |         |         |
| <b>Yellow (9)</b>      |                           |         |       |       |        |         |         |         |         |         |         |         |         |         |         |
|                        |                           |         | 1(31) | 2(32) | 3(33)  | 4(34)   | 5(35)   | 6(36)   | 7(37)   | 8(38)   | Finish  |         |         |         |         |
| 1                      | Katie Agombar<br>NGOC     | 17:05   | 0:27  | 2:40  | 3:55   | 5:55    | 8:31    | 9:40    | 11:15   | 16:29   | 17:05   |         |         |         |         |
|                        |                           |         | 0:27  | 2:13  | 1:15   | 2:00    | 2:36    | 1:09    | 1:35    | 5:14    | 0:36    |         |         |         |         |
| 2                      | Seth Lawson<br>NGOC       | 17:22   | 0:24  | 2:45  | 4:03   | 5:28    | 8:25    | 9:57    | 11:42   | 16:54   | 17:22   |         |         |         |         |
|                        |                           |         | 0:24  | 2:21  | 1:18   | 1:25    | 2:57    | 1:32    | 1:45    | 5:12    | 0:28    |         |         |         |         |
| 3                      | George Gracie<br>BOK      | 20:46   | 1:39  | 4:37  | 6:23   | 7:49    | 9:58    | 11:20   | 13:44   | 20:16   | 20:46   |         |         |         |         |
|                        |                           |         | 1:39  | 2:58  | 1:46   | 1:26    | 2:09    | 1:22    | 2:24    | 6:32    | 0:30    |         |         |         |         |
| 4                      | James Agombar<br>NGOC     | 21:54   | 1:14  | 4:30  | 6:14   | 7:57    | 11:06   | 12:26   | 17:25   | 21:22   | 21:54   |         |         |         |         |
|                        |                           |         | 1:14  | 3:16  | 1:44   | 1:43    | 3:09    | 1:20    | 4:59    | 3:57    | 0:32    |         |         |         |         |
| 5                      | Tom Dilley<br>IND         | 24:48   | 0:35  | 4:04  | 6:54   | 9:07    | 12:18   | 13:58   | 17:50   | 23:54   | 24:48   |         |         |         |         |
|                        |                           |         | 0:35  | 3:29  | 2:50   | 2:13    | 3:11    | 1:40    | 3:52    | 6:04    | 0:54    |         |         |         |         |
| 6                      | Tamasine Leighton<br>IND  | 24:56   | 0:40  | 4:14  | 6:53   | 8:41    | 11:50   | 13:53   | 16:48   | 24:07   | 24:56   |         |         |         |         |
|                        |                           |         | 0:40  | 3:34  | 2:39   | 1:48    | 3:09    | 2:03    | 2:55    | 7:19    | 0:49    |         |         |         |         |
| 7                      | Hannah Agombar<br>NGOC    | 27:01   | 0:48  | 4:13  | 6:45   | 9:42    | 13:19   | 16:23   | 19:46   | 26:24   | 27:01   |         |         |         |         |
|                        |                           |         | 0:48  | 3:25  | 2:32   | 2:57    | 3:37    | 3:04    | 3:23    | 6:38    | 0:37    |         |         |         |         |
| 8                      | Sam Horsfall<br>NGOC      | 31:04   | 1:01  | 5:49  | 8:55   | 11:43   | 16:15   | 18:39   | 22:35   | 29:55   | 31:04   |         |         |         |         |
|                        |                           |         | 1:01  | 4:48  | 3:06   | 2:48    | 4:32    | 2:24    | 3:56    | 7:20    | 1:09    |         |         |         |         |
| 9                      | Rowan Murrin<br>NGOC      | 34:01   | 0:53  | 5:52  | 8:30   | 12:18   | 17:26   | 20:09   | 25:29   | 32:40   | 34:01   |         |         |         |         |
|                        |                           |         | 0:53  | 4:59  | 2:38   | 3:48    | 5:08    | 2:43    | 5:20    | 7:11    | 1:21    |         |         |         |         |