

Pl	Name	Age Group	Club	Time	Comment
Long (8)				6.0 km	16 C
1	Paul Horsfall	M35	NGOC	35:01	
2	Christopher Green	M21	BOK	35:09	
3	Thomas Cochrane	M21	NGOC	36:09	
4	Richard Cronin	M21	NGOC	38:04	
5	Anders Johansson	M45	NGOC	42:41	
6	Steve Williams	M60	NGOC	54:33	
7	Chris Vallence	M45	IND	56:37	
	Joseph Kennedy	M30	IND		mp
Short (5)				3.4 km	8 C
1	Tom Birthwright	M35	NGOC	28:49	
2	John Fallows	M60	NGOC	30:36	
3	Brian Laycock	M70	HOC	34:13	
4	Ashleigh Denman	W50	NGOC	34:34	
5	Judith Taylor	W50	HOC	34:56	