

Pl	Name	Time															Comment
	Long	6.0 km	16 C														
		1(217) 16(205)	2(211) Finish	3(216)	4(201)	5(213)	6(204)	7(214)	8(206)	9(209)	10(210)	11(221)	12(220)	13(203)	14(202)	15(207)	
1	Paul Horsfall NGOC	35:01	2:49 2:49 33:04	5:19 2:30 35:01	7:41 2:22	10:10 2:29	12:09 1:59	13:55 1:46	17:48 3:53	20:29 2:41	22:15 1:46	26:33 4:18	27:08 0:35	27:41 0:33	28:18 0:37	29:26 1:08	31:10 1:44
2	Christopher Green BOK	35:09	2:30 2:30 33:23 1:50	5:00 2:30 35:09 1:46	7:28 2:28	9:41 2:13	11:59 2:18	13:46 1:47	17:59 4:13	20:44 2:45	22:27 1:43	27:08 4:41	27:37 0:29	28:05 0:28	28:44 0:39	29:42 0:58	31:33 1:51
3	Thomas Cochrane NGOC	36:09	2:25 2:25 34:04 2:01	4:53 2:28 36:09 2:05	7:29 2:36	9:45 2:16	11:48 2:03	13:38 1:50	18:16 4:38	21:11 2:55	23:03 1:52	27:41 4:38	28:06 0:25	28:57 0:51	29:32 0:35	30:32 1:00	32:03 1:31
4	Richard Cronin NGOC	38:04	2:43 2:43 35:59 2:21	5:24 2:41 38:04 2:05	8:07 2:43	10:32 2:25	12:45 2:13	14:40 1:55	19:02 4:22	21:59 2:57	23:52 1:53	29:23 5:31	29:51 0:28	30:22 0:31	31:00 0:38	32:12 1:12	33:38 1:26
5	Anders Johansson NGOC	42:41	2:39 2:39 40:31 2:17	5:26 2:47 42:41 2:10	8:20 2:54	10:54 2:34	14:13 3:19	16:27 2:14	21:17 4:50	24:37 3:20	26:40 2:03	32:12 5:32	32:48 0:36	34:03 1:15	34:50 0:47	36:08 1:18	38:14 2:06
6	Steve Williams NGOC	54:33	3:24 3:24 51:50 2:44	6:42 3:18 54:33 2:43	10:10 3:28	13:58 3:48	16:58 3:00	19:41 2:43	27:38 7:57	31:27 3:49	34:29 3:02	41:18 6:49	42:35 1:17	43:43 1:08	45:05 1:22	46:45 1:40	49:06 2:21
7	Chris Vallence IND	56:37	4:16 4:16 53:39 3:08	7:44 3:28 56:37 2:58	11:49 4:05	15:18 3:29	19:04 3:46	21:39 2:35	28:06 6:27	33:02 4:56	35:54 2:52	43:05 7:11	43:55 0:50	44:44 0:49	45:59 1:15	47:58 1:59	50:31 2:33
	Joseph Kennedy IND	mp	3:54 3:54 ----- 49:21 3:24	7:17 3:23 ----- 49:21 3:24	11:01 3:44	14:43 3:42	32:32 17:49	35:23 2:51	-----	-----	-----	39:29 4:06	40:08 0:39	42:57 2:49	44:08 1:11	45:57 1:49	-----

Pl	Name	Time										Comment
Short		3.4 km	8 C									
		1(205)	2(202)	3(207)	4(221)	5(216)	6(213)	7(215)	8(208)	Finish		
1	Tom Birthwright	28:49	2:34	4:54	6:37	8:38	15:03	17:52	22:08	25:37	28:49	
	NGOC		2:34	2:20	1:43	2:01	6:25	2:49	4:16	3:29	3:12	
2	John Fallows	30:36	2:49	5:17	7:23	10:01	15:42	20:19	24:35	27:51	30:36	
	NGOC		2:49	2:28	2:06	2:38	5:41	4:37	4:16	3:16	2:45	
3	Brian Laycock	34:13	3:42	6:45	9:05	11:50	18:27	22:01	27:14	31:07	34:13	
	HOC		3:42	3:03	2:20	2:45	6:37	3:34	5:13	3:53	3:06	
4	Ashleigh Denman	34:34	3:29	6:21	9:53	13:01	19:32	23:54	28:13	31:49	34:34	
	NGOC		3:29	2:52	3:32	3:08	6:31	4:22	4:19	3:36	2:45	
5	Judith Taylor	34:56	3:35	6:56	9:13	13:56	20:16	23:16	28:00	31:58	34:56	
	HOC		3:35	3:21	2:17	4:43	6:20	3:00	4:44	3:58	2:58	