

Pl	Name	Time	Short (33)															Finish					
			1(213)	2(215)	2.5 km 3(230)	100 m 4(216)	15 C 5(229)	6(219)	7(227)	8(220)	9(217)	10(218)	11(226)	12(214)	13(216)	14(211)	15(212)						
1	Megan Carter-Davie: MWOC	17:48	0:43	1:51	2:32	3:05	4:30	6:29	6:58	7:44	8:23	9:46	11:47	14:39	15:52	16:34	17:20	17:48					
2	Kin Kwan Kwok OD	20:55	1:45	2:44	3:24	4:04	5:38	9:22	9:56	10:44	11:26	12:57	14:22	17:18	18:35	19:30	20:24	20:55					
3	Janet Adams SYO	27:49	1:04	3:12	4:12	5:01	7:02	10:39	11:20	13:17	14:09	16:21	18:14	23:22	25:02	25:58	27:11	27:49					
4	Heather Fellbaum MDOC	28:00	1:01	2:56	3:48	4:47	7:45	11:21	12:05	13:10	14:09	16:15	18:09	22:01	23:57	26:02	27:13	28:00					
5	Linda Pakuls WIM	30:20	0:58	3:04	3:56	4:51	9:07	12:22	13:07	14:18	15:31	17:44	20:05	23:46	27:32	28:26	29:37	30:20	5:53	26:26			
6	Tony Hext QO	30:41	1:18	4:01	4:54	5:56	9:03	12:36	13:23	14:35	15:43	17:54	20:43	25:12	27:25	28:40	30:03	30:41	*211	*211			
7	Ian Macklin IND	31:06	1:20	5:11	6:07	7:15	9:33	13:17	14:35	15:26	16:30	18:20	22:18	25:45	27:43	28:59	30:04	31:06					
8	Tim Sands BOK	32:08	2:07	4:43	5:33	6:30	9:01	12:58	13:40	14:48	15:57	17:59	20:36	25:49	27:50	30:17	31:25	32:08					
9	Mark Dyer BOK	34:19	1:23	3:29	4:46	5:56	10:20	14:24	15:13	16:40	18:00	20:27	22:50	28:13	30:35	31:45	33:30	34:19					
10	Tim Hulley SO	34:35	1:39	3:41	4:37	5:40	9:09	13:06	13:57	15:25	16:38	19:35	22:07	27:51	31:07	32:23	33:44	34:35					
11	Paul Taunton NGOC	35:50	1:08	4:01	5:15	6:22	9:44	14:14	15:24	17:09	18:29	21:00	24:02	29:29	31:50	33:18	34:53	35:50					
12	Arthur Boyt KERNO	35:53	1:30	3:30	4:49	6:07	9:04	13:25	14:43	16:59	18:22	21:12	23:49	29:31	31:33	33:31	34:58	35:53					
13	Keith Henderson WIM	36:33	1:26	4:19	5:44	6:47	9:34	15:27	16:12	17:30	18:35	20:56	23:07	29:11	31:45	34:12	35:40	36:33					
14	Eleri Cowen +1 MDOC	38:03	1:59	5:29	6:58	8:20	11:53	17:28	18:47	19:51	21:50	23:43	26:23	31:59	33:59	35:46	37:09	38:03					
15	Katy Dyer BOK	38:05	1:54	5:28	6:40	8:10	11:13	16:36	17:25	19:17	20:26	22:57	25:49	30:46	33:19	34:54	37:00	38:05					
16	Rosie Wych QO	39:32	1:35	4:28	5:46	6:57	12:29	17:38	18:37	20:11	21:28	24:25	26:50	32:26	35:15	36:32	38:00	39:32					
17	Rowan Purkis SAX	39:47	1:18	4:04	5:14	6:29	9:39	13:57	14:59	16:34	18:00	20:55	25:54	31:54	34:39	36:20	38:18	39:47					
18	Rosalind Taunton NGOC	40:02	1:17	4:09	6:01	8:08	11:41	16:06	17:15	18:52	20:09	22:44	25:34	31:12	35:35	37:03	39:01	40:02					
19	Linda Hulley SO	41:34	1:27	4:50	6:10	7:28	11:43	16:09	17:19	19:14	20:37	24:13	28:02	34:37	37:34	38:58	40:39	41:34					
20	Robert Teed NGOC	42:26	1:51	5:16	6:35	7:45	10:32	15:48	21:09	22:37	24:04	27:11	29:43	35:54	37:39	39:35	41:19	42:26	18:29	*226			
21	Claire Sanders NOC	42:50	3:40	11:40	12:58	14:05	17:01	21:04	21:58	23:27	24:39	27:12	29:39	35:15	37:32	40:24	42:02	42:50					
22	Ruth Rhodes SO	47:05	1:44	6:24	8:00	9:37	12:58	18:04	19:19	21:27	23:07	26:07	30:20	38:11	41:10	43:26	45:45	47:05					
23	Jean Payne DEE	49:08	2:31	4:34	5:45	7:08	9:59	27:07	28:11	29:33	30:42	33:20	36:04	41:40	43:44	46:34	48:05	49:08	14:52	16:24	17:33	20:17	23:30
24	Callum Jones +2 IND	58:50	4:42	8:40	10:42	12:54	16:29	26:25	27:37	29:49	31:36	35:18	40:18	49:05	53:01	55:08	57:18	58:50	*227	*220	*217	*218	*226
25	Peter Maloney NGOC	1:05:04	4:00	10:03	11:27	14:03	19:35	26:48	28:12	30:03	31:31	39:36	43:37	54:59	1:00:16	1:01:53	1:03:59	1:05:04					
26	Jane Boyd NGOC	1:07:07	9:51	14:30	16:07	17:51	22:36	29:39	31:30	33:55	35:39	38:37	44:30	54:04	56:45	1:01:48	1:06:17	1:07:07					
27	John Fielder BOK	1:08:46	3:36	11:52	13:42	15:08	18:36	38:10	39:16	41:13	42:40	46:16	50:05	58:21	1:01:53	1:05:27	1:07:26	1:08:46	26:22	*217			
28	Alan Mackenzie BOK	1:19:06	2:37	9:18	11:03	12:56	17:46	25:59	27:39	31:19	33:39	39:18	49:40	1:05:40	1:10:29	1:13:52	1:17:25	1:19:06					
29	Aneira Hughes +1 NGOC	1:20:27	2:44	10:58	16:51	22:01	27:33	37:32	39:15	42:13	44:40	50:00	54:32	1:06:24	1:11:14	1:14:21	1:18:05	1:20:27					
	Vicky Thornton MDOC	mp	1:04	2:48	3:54	5:01	10:48	----	14:36	15:40	16:39	18:41	20:41	24:41	26:32	27:27	28:34	29:22	6:45	8:09			
			1:04	1:44	1:06	1:07	5:47		3:48	1:04	0:59	2:02	2:00	4:00	1:51	0:55	1:07	0:48	*211	*212			





Pl	Name	Time																				
<b>Long (62)</b>			<b>3.5 km</b>		<b>150 m</b>		<b>19 C</b>		<i>(cont.)</i>													
			1(215)	2(230)	3(212)	4(211)	5(216)	6(229)	7(228)	8(224)	9(222)	10(223)	11(221)	12(225)	13(227)	14(219)	15(217)	16(218)	17(226)	18(214)	19(213)	Finish
<b>56</b>	<b>Julie Astin</b>	<b>44:53</b>	2:31	3:37	6:23	7:52	9:06	11:42	13:50	14:53	17:53	19:01	20:55	23:40	26:59	28:23	31:09	33:45	36:25	42:48	43:59	44:53
	<b>WSX</b>		2:31	1:06	2:46	1:29	1:14	2:36	2:08	1:03	3:00	1:08	1:54	2:45	3:19	1:24	2:46	2:36	2:40	6:23	1:11	0:54
<b>57</b>	<b>Andrew Payne</b>	<b>50:19</b>	9:40	10:34	12:46	14:01	15:14	18:10	20:09	21:05	24:41	25:40	27:48	30:01	32:46	33:50	36:36	39:00	41:17	47:37	49:33	50:19
	<b>DEE</b>		9:40	0:54	2:12	1:15	1:13	2:56	1:59	0:56	3:36	0:59	2:08	2:13	2:45	1:04	2:46	2:24	2:17	6:20	1:56	0:46
<b>58</b>	<b>Simon Lott</b>	<b>51:26</b>	2:05	3:17	6:30	8:17	9:28	12:30	15:11	16:24	19:51	21:33	23:54	26:59	30:58	33:00	35:57	38:49	43:15	49:31	50:41	51:26
	<b>BOK</b>		2:05	1:12	3:13	1:47	1:11	3:02	2:41	1:13	3:27	1:42	2:21	3:05	3:59	2:02	2:57	2:52	4:26	6:16	1:10	0:45
<b>59</b>	<b>Richard Rossington</b>	<b>52:13</b>	6:08	7:32	9:44	11:47	13:11	15:51	18:21	19:24	22:32	23:45	25:30	27:40	30:41	32:09	34:22	36:53	41:42	48:15	50:34	52:13
	<b>BOK</b>		6:08	1:24	2:12	2:03	1:24	2:40	2:30	1:03	3:08	1:13	1:45	2:10	3:01	1:28	2:13	2:31	4:49	6:33	2:19	1:39
<b>60</b>	<b>Caroline Potter</b>	<b>52:58</b>	4:04	5:21	9:20	10:40	12:01	15:30	18:15	19:42	23:20	25:03	26:37	28:40	32:56	35:24	37:59	40:29	43:07	50:44	51:53	52:58
	<b>BOK</b>		4:04	1:17	3:59	1:20	1:21	3:29	2:45	1:27	3:38	1:43	1:34	2:03	4:16	2:28	2:35	2:30	2:38	7:37	1:09	1:05
<b>61</b>	<b>Jenny Selley</b>	<b>53:44</b>	5:17	6:49	9:55	11:11	12:51	16:39	19:04	21:28	24:33	25:59	28:02	30:45	33:55	37:15	40:00	43:07	46:01	51:42	52:56	53:44
	<b>BOK</b>		5:17	1:32	3:06	1:16	1:40	3:48	2:25	2:24	3:05	1:26	2:03	2:43	3:10	3:20	2:45	3:07	2:54	5:41	1:14	0:48
<b>62</b>	<b>Colin Swallow</b>	<b>58:33</b>	14:09	15:26	18:26	19:42	21:19	23:43	27:01	28:08	31:04	32:09	34:24	36:59	40:17	41:41	44:24	47:08	50:57	56:41	57:35	58:33
	<b>SN</b>		14:09	1:17	3:00	1:16	1:37	2:24	3:18	1:07	2:56	1:05	2:15	2:35	3:18	1:24	2:43	2:44	3:49	5:44	0:54	0:58