

Pl	Name	Time	Comment														
			<i>Blue</i>			<i>5.8 km 300 m</i>			<i>17 C</i>			<i>(cont.)</i>					
			1(31) 16(50)	2(33) 17(51)	3(32) Finish	4(37)	5(36)	6(40)	7(41)	8(43)	9(45)	10(47)	11(35)	12(48)	13(60)	14(49)	15(38)
14	Neil Grant SWOC	78:49	2:51 2:51 73:06 4:20	6:14 3:23 77:18 4:12	9:54 3:40 78:49 1:31	14:49 4:55	17:59 3:10	28:39 10:40	32:42 4:03	39:54 7:12	46:00 6:06	48:44 2:44	51:55 3:11	56:25 4:30	61:59 5:34	64:54 2:55	68:46 3:52
15	John Wells 16SR	80:44	2:00 2:00 75:05 5:11	4:36 2:36 79:06 4:01	7:43 3:07 80:44 1:38	13:07 5:24	15:45 2:38	20:53 5:08	26:15 5:22	36:50 10:35	42:58 6:08	46:59 4:01	49:40 2:41	56:31 6:51	62:40 6:09	65:45 3:05	69:54 4:09
16	Ashley Cooper BOK	86:48	2:15 2:15 80:15 4:42	5:24 3:09 84:21 4:06	9:20 3:56 86:48 2:27	15:20 6:00	19:54 4:34	27:16 7:22	31:42 4:26	38:36 6:54	46:07 7:31	49:21 3:14	52:34 3:13	57:16 4:42	67:11 9:55	70:46 3:35	75:33 4:47
17	John Miklausic NGOC	87:20	2:17 2:17 81:05 5:13	5:43 3:26 85:14 4:09	8:52 3:09 87:20 2:06	17:01 8:09	24:21 7:20	30:17 5:56	36:37 6:20	42:46 6:09	49:59 7:13	53:24 3:25	56:50 3:26	61:33 4:43	66:50 5:17	72:06 5:16	75:52 3:46
18	Ben Powell 22SR	87:44	1:56 1:56 80:29 6:17	6:11 4:15 85:38 5:09	9:35 3:24 87:44 2:06	14:26 4:51	18:16 3:50	24:55 6:39	29:11 4:16	35:08 5:57	41:10 6:02	44:14 3:04	47:18 3:04	51:53 4:35	65:59 14:06	69:36 3:37	74:12 4:36
19	Arjun . 22SR	92:06	1:45 1:45 86:54 4:09	4:22 2:37 90:31 3:37	7:19 2:57 92:06 1:35	13:00 5:41	17:32 4:32	22:54 5:22	27:07 4:13	35:30 8:23	41:28 5:58	44:16 2:48	47:08 2:52	51:46 4:38	76:00 24:14	78:56 2:56	82:45 3:49
20	Andrew White HOC	94:51	2:50 2:50 85:48 6:03	6:40 3:50 92:43 6:55	11:19 4:39 94:51 2:08	17:37 6:18	21:49 4:12	29:26 7:37	34:36 5:10	43:49 9:13	51:54 8:05	54:55 3:01	58:20 3:25	63:14 4:54	70:49 7:35	74:59 4:10	79:45 4:46
21	Allan Darwell BOK	95:10	2:24 2:24 88:31 4:51	5:19 2:55 92:53 4:22	12:41 7:22 95:10 2:17	19:06 6:25	27:25 8:19	35:06 7:41	39:57 4:51	48:08 8:11	55:06 6:58	57:52 2:46	61:12 3:20	66:14 5:02	76:06 9:52	79:13 3:07	83:40 4:27
22	Steve Chiverton HOC	95:59	2:22 2:22 88:56 4:56	5:45 3:23 93:33 4:37	9:29 3:44 95:59 2:26	14:55 5:26	18:34 3:39	25:32 6:58	34:19 8:47	46:29 12:10	53:16 6:47	57:18 4:02	59:48 2:30	64:48 5:00	73:02 8:14	79:07 6:05	84:00 4:53
23	Tom Mills NGOC	97:02	2:28 2:28 89:36 4:55	5:14 2:46 94:48 5:12	8:56 3:42 97:02 2:14	13:38 4:42	18:36 4:58	26:28 7:52	30:53 4:25	38:19 7:26	46:31 8:12	50:22 3:51	54:50 4:28	63:36 8:46	75:26 11:50	79:31 4:05	84:41 5:10
24	Trevor Griffiths BOK	99:00	9:04 9:04 92:59 4:34	12:08 3:04 97:12 4:13	18:57 6:49 99:00 1:48	23:43 4:46	27:13 3:30	34:08 6:55	38:39 4:31	49:29 10:50	57:35 8:06	60:46 3:11	64:10 3:24	69:08 4:58	80:07 10:59	83:31 3:24	88:25 4:54
25	David Dunn 30SR	101:22	2:05 2:05 94:43 3:57	7:06 5:01 99:28 4:45	17:38 10:32 101:22 1:54	21:45 4:07	24:49 3:04	29:57 5:08	32:21 2:24	38:15 5:54	44:46 6:31	47:27 2:41	50:51 3:24	55:05 4:14	79:15 24:10	84:20 5:05	90:46 6:26

Pl	Name	Time	Comment														
	Light Green	3.7 km 170 m	15 C														
			1(33) Finish	2(32)	3(54)	4(58)	5(55)	6(37)	7(39)	8(48)	9(49)	10(44)	11(38)	12(53)	13(50)	14(59)	15(51)
1	Geff Trewin HOC	44:40	3:07 3:07 44:40	6:34 3:27	8:24 1:50	12:22 3:58	14:01 1:39	15:57 1:56	20:13 4:16	23:53 3:40	26:39 2:46	29:44 3:05	32:00 2:16	34:35 2:35	37:45 3:10	39:05 1:20	42:05 3:00
2	David Palmer BOK	47:22	3:00 3:00 47:22	6:23 3:23	8:13 1:50	12:57 4:44	14:51 1:54	17:16 2:25	22:46 5:30	26:48 4:02	29:55 3:07	33:18 3:23	35:15 1:57	37:56 2:41	41:01 3:05	42:21 1:20	45:15 2:54
3	Mike Baggott HOC	49:24	3:31 3:31 49:24	7:09 3:38	9:33 2:24	14:30 4:57	16:12 1:42	18:02 1:50	24:23 6:21	28:46 4:23	31:32 2:46	34:57 3:25	36:53 1:56	39:24 2:31	42:29 3:05	43:52 1:23	47:13 3:21
4	Barry Houghton HOC	50:42	2:54 2:54 50:42	6:11 3:17	7:54 1:43	16:29 8:35	18:25 1:56	20:31 2:06	25:23 4:52	28:41 3:18	33:14 4:33	35:59 2:45	38:08 2:09	41:04 2:56	43:50 2:46	45:13 1:23	49:00 3:47
5	Charles Nelson HOC	51:48	3:05 3:05 51:48	7:06 4:01	9:03 1:57	14:29 5:26	16:24 1:55	18:55 2:31	24:30 5:35	28:25 3:55	31:42 3:17	35:15 3:33	37:45 2:30	40:47 3:02	44:38 3:51	46:12 1:34	49:25 3:13
6	Alan Richards NGOC	52:28	3:20 3:20 52:28	7:24 4:04	9:33 2:09	15:40 6:07	17:48 2:08	21:05 3:17	26:37 5:32	30:15 3:38	33:41 3:26	37:14 3:33	39:16 2:02	42:00 2:44	45:11 3:11	46:37 1:26	50:12 3:35
7	Laurence Gossage BOK	54:42	3:23 3:23 54:42	7:18 3:55	9:34 2:16	16:46 7:12	20:09 3:23	22:55 2:46	29:45 6:50	33:06 3:21	36:54 3:48	40:03 3:09	41:52 1:49	45:06 3:14	48:02 2:56	49:41 1:39	52:53 3:12
8	Suman . 22SR	56:53	3:51 3:51 56:53	7:22 3:31	9:41 2:19	14:26 4:45	23:37 9:11	26:12 2:35	30:20 4:08	33:37 3:17	38:01 4:24	41:34 3:33	43:12 1:38	45:55 2:43	49:28 3:33	51:53 2:25	55:17 3:24
9	Philip Warry BOK	59:06	3:40 3:40 59:06	7:20 3:40	11:16 3:56	18:58 7:42	21:13 2:15	24:22 3:09	30:04 5:42	33:30 3:26	39:29 5:59	43:07 3:38	45:25 2:18	48:29 3:04	51:40 3:11	53:30 1:50	56:31 3:01
10	Howard Thomas BOK	59:49	3:32 3:32 59:49	8:06 4:34	10:11 2:05	15:15 5:04	17:29 2:14	21:01 3:32	31:05 10:04	34:41 3:36	38:10 3:29	41:39 3:29	44:35 2:56	48:01 3:26	51:33 3:32	53:34 2:01	57:41 4:07
11	Ted Mcdonald BOK	60:53	3:35 3:35 60:53	8:11 4:36	10:37 2:26	21:50 11:13	23:58 2:08	28:48 4:50	34:34 5:46	38:23 3:49	41:47 3:24	44:58 3:11	47:13 2:15	50:14 3:01	53:13 2:59	54:53 1:40	58:16 3:23
12	David Andrews NGOC	61:00	4:18 4:18 61:00	8:34 4:16	14:07 5:33	20:16 6:09	22:47 2:31	26:33 3:46	32:54 6:21	37:04 4:10	41:20 4:16	44:25 3:05	46:09 1:44	49:44 3:35	52:42 2:58	54:34 1:52	58:23 3:49
13	Barry McGowan HOC	62:04	3:57 3:57 62:04	8:06 4:09	10:23 2:17	16:37 6:14	19:07 2:30	22:59 3:52	28:59 6:00	35:17 6:18	38:58 3:41	42:46 3:48	45:23 2:37	49:31 4:08	53:34 4:03	55:56 2:22	59:17 3:21

Pl	Name	Time															Comment	
Light Green			3.7 km	170 m	15 C	<i>(cont.)</i>												
			1(33) Finish	2(32)	3(54)	4(58)	5(55)	6(37)	7(39)	8(48)	9(49)	10(44)	11(38)	12(53)	13(50)	14(59)	15(51)	
14	Sally Thomas BOK	68:44	4:00 4:00 68:44 2:23	8:43 4:43	13:19 4:36	21:01 7:42	28:50 7:49	32:40 3:50	39:54 7:14	43:43 3:49	47:04 3:21	50:35 3:31	53:16 2:41	56:48 3:32	60:33 3:45	62:13 1:40	66:21 4:08	
15	Brian Laycock HOC	68:45	5:13 5:13 68:45 3:02	9:58 4:45	13:46 3:48	20:20 6:34	22:35 2:15	25:37 3:02	33:47 8:10	38:30 4:43	42:45 4:15	46:49 4:04	49:22 2:33	53:54 4:32	58:17 4:23	61:01 2:44	65:43 4:42	
16	Robert Vickers HOC	71:10	3:58 3:58 71:10 2:43	9:15 5:17	11:57 2:42	26:34 14:37	29:29 2:55	33:52 4:23	40:14 6:22	44:53 4:39	48:40 3:47	52:00 3:20	54:44 2:44	58:43 3:59	63:17 4:34	65:00 1:43	68:27 3:27	
17	Greville Mills BOK	74:54	3:36 3:36 74:54 2:52	8:31 4:55	12:13 3:42	22:06 9:53	24:44 2:38	28:03 3:19	38:41 10:38	42:34 3:53	45:53 3:19	49:20 3:27	51:20 2:00	57:09 5:49	61:29 4:20	63:45 2:16	72:02 8:17	
18	Andrew Law NWO	76:10	3:58 3:58 76:10 2:36	9:03 5:05	11:35 2:32	20:36 9:01	23:20 2:44	27:48 4:28	48:05 20:17	52:16 4:11	56:12 3:56	59:15 3:03	61:30 2:15	64:57 3:27	68:01 3:04	69:44 1:43	73:34 3:50	
19	Mark Blackstone BOK	77:38	5:08 5:08 77:38 3:02	10:15 5:07	12:53 2:38	29:41 16:48	32:35 2:54	36:37 4:02	43:21 6:44	47:59 4:38	52:35 4:36	57:01 4:26	59:36 2:35	63:34 3:58	67:41 4:07	69:51 2:10	74:36 4:45	
20	Neil Johnson NWO	78:56	6:27 6:27 78:56 1:57	10:53 4:26	15:43 4:50 76:59 *51	25:27 9:44	28:32 3:05	33:27 4:55	39:27 6:00	45:53 6:26	50:21 4:28	54:13 3:52	57:39 3:26	62:52 5:13	70:13 7:21	73:13 3:00	76:59 3:46	
21	John Ward OD	86:15	5:15 5:15 86:15 2:57	11:16 6:01	14:00 2:44	26:50 12:50	30:08 3:18	33:56 3:48	40:55 6:59	45:20 4:25	59:17 13:57	63:06 3:49	65:49 2:43	71:11 5:22	75:44 4:33	79:01 3:17	83:18 4:17	
22	Sheila Miklausic NGOC	92:32	4:33 4:33 92:32 3:13	10:28 5:55	13:11 2:43	31:10 17:59	34:21 3:11	39:48 5:27	48:42 8:54	55:47 7:05	62:17 6:30	67:09 4:52	70:00 2:51	76:19 6:19	81:12 4:53	83:36 2:24	89:19 5:43	
23	Rhiannon Fadeyibi NGOC	135:11	8:09 8:09 135:11 4:10	13:53 5:44	16:38 2:45	24:07 7:29	35:32 11:25	41:07 5:35	76:52 35:45	81:18 4:26	96:49 15:31	103:32 6:43	106:51 3:19	116:17 9:26	120:56 4:39	123:22 2:26	131:01 7:39	
	Nigel Ferrand SWOC	mp	3:27 3:27 63:26 2:58	7:25 3:58	9:11 1:46	14:43 5:32	16:46 2:03	19:36 2:50	24:55 5:19	28:39 3:44	----- -----	47:41 19:02	51:24 3:43	54:22 2:58	56:36 2:14	60:28 3:52	M49, 44	
	Bikash . 22SR	mp	3:33 3:33 71:15 1:53	7:08 3:35	11:45 4:37 29:02 *36	16:27 4:42	18:31 2:04	22:40 4:09	----- 24:34	47:14 3:17	50:31 3:17	53:56 3:25	58:31 4:35	61:26 2:55	64:35 3:09	66:01 1:26	69:22 3:21	36 for 39

Pl	Name	Time													Comment	
	Long Orange	3.9 km	170 m	12 C												
				1(52)	2(34)	3(54)	4(55)	5(62)	6(39)	7(47)	8(46)	9(56)	10(57)	11(53)	12(59)	Finish
1	Jess Miklausic	52:29	2:32	4:52	6:43	11:47	18:16	20:18	24:11	28:11	32:51	38:54	44:29	48:33	52:29	
	NGOC		2:32	2:20	1:51	5:04	6:29	2:02	3:53	4:00	4:40	6:03	5:35	4:04	3:56	
	Olivia Buckler	dnf	4:25	8:48	11:09	24:41	27:54	36:31	41:35	62:12	-----	-----	-----	-----		
	16SR		4:25	4:23	2:21	13:32	3:13	8:37	5:04	20:37						