

I	Name	Club	Age Group		Time	Comment
			8.1 km	30 m		
1	Thomas Cochrane	NGOC	M21		37:23	
2	Chloe Potter	BOK	W21		37:37	
3	Simon Denman	NGOC	M50		40:06	
4	John Miklausic	NGOC	M40		42:27	
5	Anders Johansson	NGOC	M45		44:20	
6	Ben Lonsdale	RAFO	M35		44:57	
7	Doug Wilson	NGOC	M50		46:19	
8	Tom Hards	NGOC	M21		47:27	
9	Tom Baker	IND	M35		48:26	
10	Declan Lees-Smith	IND	M21		48:51	
11	Steve Williams	NGOC	M60		50:01	
12	Andrew Ryan	IND	M21		52:19	
13	David Faulkner	BOK	M55		52:46	
14	Greg Best	NGOC	M55		54:03	
15	Ryan Hickman	IND	M21		54:43	
16	Hannah Bradley	NGOC	W45		56:14	
17	Chris Tongue	IND	M21		56:27	
18	Virginie Lapendry	IND	W35		57:46	
	Liselette Adams	FODAC	W40		mp	
	Caroline Rickards	FODAC	W40		mp	

I	Name	Club	Age Group		Time	Comment
			5.5 km	20 m		
1	Caroline Craig	NGOC	W35		27:59	
2	Tom Birthwright	NGOC	M40		37:29	
3	Nicky Staniforth	IND	W21		39:27	
4	John Fallows	NGOC	M60		39:35	
5	Steve + Jo + John	NGOC	M55		39:38	
6	Ian Phillips	NGOC	M60		39:43	
6	Paul Hammond	HOC	M55		39:43	
8	Caroline Potter	BOK	W55		45:52	
9	Rebecca Ward	NGOC	W16		46:40	
10	Kathy Lewis + 3	IND	W40		48:52	
11	Brian Laycock	HOC	M70		49:01	
12	Sam Rooney	IND	M21		49:40	
13	Kim Liggett	NGOC	W55		49:43	
14	Ros Taunton	NGOC	W65		51:37	
15	Robert Teed	NGOC	M80		53:42	
16	Ashleigh Denman	NGOC	W50		56:23	
17	Peter Wilson	BKO	M60		58:03	
18	Nathan Fernandes	BOK	M21		1:44:05	
	Hilary Nicholls	NGOC	W50		dnf	