Pl	Name	Time																Comment
Long		**8.1 km**	**30 m**	**16 C**														
			1(210)	2(213)	3(216)	4(204)	5(215)	6(212)	7(214)	8(208)	9(203)	10(206)	11(211)	12(205)	13(201)	14(207)	15(209)	
			16(202)	Finish														
1	**Thomas Cochrane**	**37:23**	1:00	3:06	4:10	**6:32**	**9:58**	**10:50**	12:33	13:41	17:51	**20:44**	**24:02**	**26:40**	28:51	31:15	**33:11**	
	NGOC		1:00	2:06	1:04	***2:22***	3:26	***0:52***	1:43	***1:08***	4:10	2:53	***3:18***	2:38	2:11	***2:24***	1:56	
			35:09	**37:23**														
			1:58	2:14														
2	**Chloe Potter**	**37:37**	**0:55**	**2:57**	**4:03**	6:50	10:23	11:18	**12:11**	**13:20**	**17:30**	20:52	24:10	26:43	**28:45**	**31:12**	33:16	
	BOK		***0:55***	2:02	1:06	2:47	3:33	0:55	0:53	1:09	4:10	3:22	***3:18***	***2:33***	***2:02***	2:27	2:04	
			35:13	37:37														
			1:57	2:24														
3	**Simon Denman**	**40:06**	1:15	3:37	4:53	7:38	11:11	12:20	13:11	14:25	18:40	21:31	25:43	28:19	30:59	33:29	35:27	
	NGOC		1:15	2:22	1:16	2:45	3:33	1:09	0:51	1:14	4:15	2:51	4:12	2:36	2:40	2:30	1:58	
			37:53	40:06														
			2:26	2:13														
4	**John Miklausic**	**42:27**	1:36	3:53	5:02	7:41	11:04	14:23	15:13	16:49	21:05	23:54	28:09	30:55	33:04	35:45	37:58	
	NGOC		1:36	2:17	1:09	2:39	***3:23***	3:19	***0:50***	1:36	4:16	***2:49***	4:15	2:46	2:09	2:41	2:13	
			40:09	42:27														
			2:11	2:18														
5	**Anders Johansson**	**44:20**	0:58	3:12	4:22	7:26	11:34	12:46	13:41	14:55	20:08	23:22	27:46	30:58	33:39	36:38	39:01	
	NGOC		0:58	2:14	1:10	3:04	4:08	1:12	0:55	1:14	5:13	3:14	4:24	3:12	2:41	2:59	2:23	
			41:29	44:20														
			2:28	2:51														
6	**Ben Lonsdale**	**44:57**	1:14	3:42	4:52	7:37	11:43	12:46	13:43	14:58	20:38	23:46	27:42	31:32	33:52	36:43	39:00	
	RAFO		1:14	2:28	1:10	2:45	4:06	1:03	0:57	1:15	5:40	3:08	3:56	3:50	2:20	2:51	2:17	
			42:06	44:57														
			3:06	2:51														
7	**Doug Wilson**	**46:19**	1:19	3:42	5:00	8:07	12:07	13:28	14:32	15:48	21:06	24:55	30:22	33:38	36:05	39:08	41:28	
	NGOC		1:19	2:23	1:18	3:07	4:00	1:21	1:04	1:16	5:18	3:49	5:27	3:16	2:27	3:03	2:20	
			44:18	46:19														
			2:50	***2:01***														
8	**Tom Hards**	**47:27**	2:15	4:13	5:15	8:19	13:06	19:12	21:46	23:27	27:31	30:40	34:06	36:49	39:02	41:30	43:21	
	NGOC		2:15	***1:58***	***1:02***	3:04	4:47	6:06	2:34	1:41	***4:04***	3:09	3:26	2:43	2:13	2:28	***1:51***	
			45:13	47:27														
			1:52	2:14														
9	**Tom Baker**	**48:26**	1:03	3:34	5:05	8:09	12:07	13:05	15:23	17:21	23:12	27:44	32:36	35:43	38:25	41:08	43:41	
	IND		1:03	2:31	1:31	3:04	3:58	0:58	2:18	1:58	5:51	4:32	4:52	3:07	2:42	2:43	2:33	
			46:02	48:26														
			2:21	2:24														
10	**Declan Lees-Smith**	**48:51**	1:35	4:45	6:10	9:16	14:16	16:23	17:24	19:14	24:49	28:09	32:26	35:42	38:37	41:41	44:02	
	IND		1:35	3:10	1:25	3:06	5:00	2:07	1:01	1:50	5:35	3:20	4:17	3:16	2:55	3:04	2:21	
			46:28	48:51														
			2:26	2:23														
11	**Steve Williams**	**50:01**	1:17	4:20	5:43	8:57	13:15	14:57	16:15	17:44	23:10	26:56	31:19	34:33	38:42	41:38	43:54	
	NGOC		1:17	3:03	1:23	3:14	4:18	1:42	1:18	1:29	5:26	3:46	4:23	3:14	4:09	2:56	2:16	
			46:14	50:01														
			2:20	3:47														
12	**Andrew Ryan**	**52:19**	1:12	3:41	5:00	8:16	12:30	14:14	15:11	16:34	22:51	26:34	31:34	35:50	38:46	42:11	45:12	
	IND		1:12	2:29	1:19	3:16	4:14	1:44	0:57	1:23	6:17	3:43	5:00	4:16	2:56	3:25	3:01	
			49:14	52:19														
			4:02	3:05														
13	**David Faulkner**	**52:46**	1:37	4:47	6:12	9:49	14:21	16:09	17:27	18:52	25:05	29:07	34:03	37:31	40:28	43:59	46:36	
	BOK		1:37	3:10	1:25	3:37	4:32	1:48	1:18	1:25	6:13	4:02	4:56	3:28	2:57	3:31	2:37	
			49:38	52:46														
			3:02	3:08														

Pl	Name	Time															Comment
Long		***8.1 km***	***30 m***	***16 C***	*(cont.)*												
			1(210)	2(213)	3(216)	4(204)	5(215)	6(212)	7(214)	8(208)	9(203)	10(206)	11(211)	12(205)	13(201)	14(207)	15(209)
			16(202)	Finish													
14	**Greg Best**	**54:03**	1:18	4:50	6:19	9:30	13:41	14:56	16:13	18:00	23:55	27:39	32:52	37:05	40:09	45:45	48:26
	NGOC		1:18	3:32	1:29	3:11	4:11	1:15	1:17	1:47	5:55	3:44	5:13	4:13	3:04	5:36	2:41
			51:05	54:03													
			2:39	2:58													
15	**Ryan Hickman**	**54:43**	2:20	4:57	6:19	9:34	14:24	16:12	17:19	18:47	24:18	27:57	34:55	38:35	42:57	46:26	49:11
	IND		2:20	2:37	1:22	3:15	4:50	1:48	1:07	1:28	5:31	3:39	6:58	3:40	4:22	3:29	2:45
			51:49	54:43													
			2:38	2:54													
16	**Hannah Bradley**	**56:14**	1:40	5:01	6:39	10:32	15:51	17:26	18:26	20:11	26:38	30:52	35:53	39:50	43:00	46:51	49:49
	NGOC		1:40	3:21	1:38	3:53	5:19	1:35	1:00	1:45	6:27	4:14	5:01	3:57	3:10	3:51	2:58
			53:01	56:14													
			3:12	3:13													
17	**Chris Tongue**	**56:27**	1:28	5:15	6:55	11:04	16:31	18:27	19:39	21:09	27:35	31:39	37:12	41:15	44:09	47:31	50:42
	IND		1:28	3:47	1:40	4:09	5:27	1:56	1:12	1:30	6:26	4:04	5:33	4:03	2:54	3:22	3:11
			53:36	56:27													
			2:54	2:51													
18	**Virginie Lapendry**	**57:46**	3:36	6:36	9:35	14:19	19:17	20:49	22:00	23:41	29:52	33:37	38:33	42:00	45:29	48:54	51:48
	IND		3:36	3:00	2:59	4:44	4:58	1:32	1:11	1:41	6:11	3:45	4:56	3:27	3:29	3:25	2:54
			55:01	57:46													
			3:13	2:45													
	Liselette Adams	**mp**	1:40	5:30	7:28	12:26	21:39	23:47	25:09	36:32	43:00	49:09	1:11:53	1:17:12	-----	-----	-----
	FODAC		1:40	3:50	1:58	4:58	9:13	2:08	1:22	11:23	6:28	6:09	22:44	5:19			
			-----	1:24:20													
				7:08													
	Caroline Rickards	**mp**	1:44	5:29	7:32	12:29	21:42	23:50	25:13	36:36	43:04	49:13	1:11:56	1:17:12	-----	-----	-----
	FODAC		1:44	3:45	2:03	4:57	9:13	2:08	1:23	11:23	6:28	6:09	22:43	5:16			
			-----	1:24:21													
				7:09													

Pl	Name	Time													Comment
Short		**5.5 km**	**20 m**	**12 C**											
			1(202)	2(211)	3(205)	4(201)	5(203)	6(208)	7(214)	8(212)	9(216)	10(209)	11(213)	12(210)	Finish
1	**Caroline Craig**	**27:59**	**2:40**	**4:31**	**7:07**	**9:16**	**11:29**	**16:08**	**17:21**	**18:09**	**21:27**	**23:23**	**24:44**	**27:00**	**27:59**
	NGOC		***2:40***	***1:51***	***2:36***	***2:09***	***2:13***	***4:39***	***1:13***	***0:48***	***3:18***	***1:56***	***1:21***	***2:16***	***0:59***
2	**Tom Birthwright**	**37:29**	3:01	5:14	8:23	11:08	14:07	20:12	21:50	22:57	28:39	31:12	33:02	36:15	37:29
	NGOC		3:01	2:13	3:09	2:45	2:59	6:05	1:38	1:07	5:42	2:33	1:50	3:13	1:14
3	**Nicky Staniforth**	**39:27**	3:14	5:41	9:00	11:42	14:38	21:08	22:44	26:30	31:16	33:56	35:33	38:15	39:27
	IND		3:14	2:27	3:19	2:42	2:56	6:30	1:36	3:46	4:46	2:40	1:37	2:42	1:12
4	**John Fallows**	**39:35**	3:19	5:49	9:24	12:28	15:35	21:58	23:20	24:43	29:50	32:50	34:52	38:12	39:35
	NGOC		3:19	2:30	3:35	3:04	3:07	6:23	1:22	1:23	5:07	3:00	2:02	3:20	1:23
5	**Steve + Jo + John**	**39:38**	3:28	6:27	9:51	13:18	16:25	22:10	24:17	25:42	30:49	33:16	35:17	38:29	39:38
	NGOC		3:28	2:59	3:24	3:27	3:07	5:45	2:07	1:25	5:07	2:27	2:01	3:12	1:09
6	**Ian Phillips**	**39:43**	3:26	6:13	9:28	12:22	16:45	23:09	24:53	26:11	30:30	33:04	34:50	38:23	39:43
	NGOC		3:26	2:47	3:15	2:54	4:23	6:24	1:44	1:18	4:19	2:34	1:46	3:33	1:20
6	**Paul Hammond**	**39:43**	2:57	5:53	9:05	12:02	15:17	22:43	24:12	25:46	30:38	33:10	35:03	38:34	39:43
	HOC		2:57	2:56	3:12	2:57	3:15	7:26	1:29	1:34	4:52	2:32	1:53	3:31	1:09
8	**Caroline Potter**	**45:52**	5:51	8:10	11:31	14:10	18:18	28:36	30:20	31:35	37:35	40:18	41:51	44:38	45:52
	BOK		5:51	2:19	3:21	2:39	4:08	10:18	1:44	1:15	6:00	2:43	1:33	2:47	1:14
9	**Rebecca Ward**	**46:40**	3:28	6:10	9:39	13:09	16:44	27:26	29:41	31:08	37:38	40:04	42:07	45:12	46:40
	NGOC		3:28	2:42	3:29	3:30	3:35	10:42	2:15	1:27	6:30	2:26	2:03	3:05	1:28
10	**Kathy Lewis + 3**	**48:52**	4:19	7:20	11:50	15:54	19:40	27:24	29:34	31:03	36:33	38:58	43:50	47:32	48:52
	IND		4:19	3:01	4:30	4:04	3:46	7:44	2:10	1:29	5:30	2:25	4:52	3:42	1:20
11	**Brian Laycock**	**49:01**	4:26	7:37	12:05	15:51	19:41	27:13	30:05	31:31	37:28	40:43	43:54	47:39	49:01
	HOC		4:26	3:11	4:28	3:46	3:50	7:32	2:52	1:26	5:57	3:15	3:11	3:45	1:22
12	**Sam Rooney**	**49:40**	4:27	8:31	13:14	16:59	21:00	28:44	30:54	32:32	38:22	41:42	44:01	47:55	49:40
	IND		4:27	4:04	4:43	3:45	4:01	7:44	2:10	1:38	5:50	3:20	2:19	3:54	1:45
13	**Kim Liggett**	**49:43**	4:36	7:41	12:02	15:46	19:27	26:52	29:51	31:19	38:22	41:28	43:49	48:00	49:43
	NGOC		4:36	3:05	4:21	3:44	3:41	7:25	2:59	1:28	7:03	3:06	2:21	4:11	1:43
14	**Ros Taunton**	**51:37**	4:14	7:53	12:48	16:49	21:12	29:31	32:29	34:26	40:14	43:39	45:56	49:53	51:37
	NGOC		4:14	3:39	4:55	4:01	4:23	8:19	2:58	1:57	5:48	3:25	2:17	3:57	1:44
15	**Robert Teed**	**53:42**	4:52	8:52	13:40	17:49	23:16	32:24	35:25	36:52	42:23	45:43	48:06	51:55	53:42
	NGOC		4:52	4:00	4:48	4:09	5:27	9:08	3:01	1:27	5:31	3:20	2:23	3:49	1:47
16	**Ashleigh Denman**	**56:23**	4:34	7:12	10:28	14:33	18:15	33:55	36:33	38:05	46:56	49:30	51:30	55:08	56:23
	NGOC		4:34	2:38	3:16	4:05	3:42	15:40	2:38	1:32	8:51	2:34	2:00	3:38	1:15
17	**Peter Wilson**	**58:03**	4:43	7:52	12:33	26:02	29:32	38:02	39:30	40:42	46:30	50:00	52:29	56:25	58:03
	BKO		4:43	3:09	4:41	13:29	3:30	8:30	1:28	1:12	5:48	3:30	2:29	3:56	1:38
18	**Nathan Fernandes**	**1:44:05**	6:26	11:40	19:23	27:21	37:48	55:33	1:04:11	1:12:00	1:21:46	1:29:28	1:32:58	1:40:44	1:44:05
	BOK		6:26	5:14	7:43	7:58	10:27	17:45	8:38	7:49	9:46	7:42	3:30	7:46	3:21
	Hilary Nicholls	**dnf**	7:20	12:22	20:32	27:19	-----	-----	-----	-----	-----	-----	-----	-----	
	NGOC		7:20	5:02	8:10	6:47									