Pl	Name	Time																Comment
Long		**7.2 km**	**45 m**	**16 C**														
			1(205)	2(207)	3(201)	4(202)	5(203)	6(204)	7(206)	8(225)	9(208)	10(209)	11(210)	12(211)	13(212)	14(213)	15(214)	
			16(218)	Finish														
1	**Richard Mawer**	**34:32**	**1:13**	**2:47**	**3:44**	**6:10**	**6:59**	10:13	**12:57**	**17:01**	**18:54**	21:31	22:42	24:19	26:18	28:24	**32:41**	
	BAOC		***1:13***	1:34	0:57	***2:26***	***0:49***	3:14	***2:44***	***4:04***	***1:53***	2:37	***1:11***	1:37	***1:59***	***2:06***	***4:17***	
			33:53	**34:32**														
			1:12	***0:39***														
2	**Thomas Cochrane**	**35:31**	1:26	2:53	3:49	6:21	7:19	**10:06**	13:03	17:22	19:18	**21:11**	**22:27**	**23:49**	**25:57**	**28:10**	**32:41**	
	NGOC		1:26	***1:27***	***0:56***	2:32	0:58	***2:47***	2:57	4:19	1:56	***1:53***	1:16	***1:22***	2:08	2:13	4:31	
			34:35	35:31														
			1:54	0:56														
3	**Caroline Craig**	**38:36**	1:35	3:23	4:26	7:17	8:16	11:18	14:47	19:31	21:43	23:54	25:16	26:41	28:56	31:19	36:10	
	NGOC		1:35	1:48	1:03	2:51	0:59	3:02	3:29	4:44	2:12	2:11	1:22	1:25	2:15	2:23	4:51	
			37:41	38:36														
			1:31	0:55														
4	**Charles Nell**	**38:55**	1:43	3:30	4:34	7:46	8:40	11:43	15:09	19:48	21:58	24:06	25:41	27:15	29:28	31:50	36:36	
	RAFO		1:43	1:47	1:04	3:12	0:54	3:03	3:26	4:39	2:10	2:08	1:35	1:34	2:13	2:22	4:46	
			38:14	38:55														
			1:38	0:41														
5	**Tom Hards**	**40:34**	1:20	3:13	4:17	8:04	8:58	11:56	15:24	20:01	21:59	24:10	25:27	26:53	29:16	31:33	36:04	
	NGOC		1:20	1:53	1:04	3:47	0:54	2:58	3:28	4:37	1:58	2:11	1:17	1:26	2:23	2:17	4:31	
			39:51	40:34														
			3:47	0:43														
6	**Anders Johansson**	**42:58**	1:47	3:26	4:28	7:39	8:48	12:27	16:03	21:41	24:04	26:19	27:49	29:33	32:09	34:58	40:31	
	NGOC		1:47	1:39	1:02	3:11	1:09	3:39	3:36	5:38	2:23	2:15	1:30	1:44	2:36	2:49	5:33	
			41:59	42:58														
			1:28	0:59														
7	**Si Read**	**43:14**	1:50	3:47	4:53	8:32	10:05	13:26	17:03	22:32	24:46	26:51	28:55	30:38	33:04	35:36	40:40	
	IND		1:50	1:57	1:06	3:39	1:33	3:21	3:37	5:29	2:14	2:05	2:04	1:43	2:26	2:32	5:04	
			42:27	43:14														
			1:47	0:47														
8	**Philip Eeles**	**43:41**	1:37	3:14	4:20	7:29	8:34	12:04	15:53	21:08	23:27	25:43	28:12	29:53	32:20	35:00	40:47	
	SOC		1:37	1:37	1:06	3:09	1:05	3:30	3:49	5:15	2:19	2:16	2:29	1:41	2:27	2:40	5:47	
			42:37	43:41														
			1:50	1:04														
9	**Tom Baker**	**46:58**	1:20	3:10	4:19	7:49	8:52	12:15	16:11	22:14	27:30	29:55	31:29	33:12	35:42	39:00	44:14	
	IND		1:20	1:50	1:09	3:30	1:03	3:23	3:56	6:03	5:16	2:25	1:34	1:43	2:30	3:18	5:14	
			46:07	46:58														
			1:53	0:51														
10	**Andrew Ryan**	**48:13**	1:38	3:29	4:40	8:05	9:16	13:01	17:21	23:57	26:29	29:23	31:12	33:08	36:02	39:04	45:13	
	IND		1:38	1:51	1:11	3:25	1:11	3:45	4:20	6:36	2:32	2:54	1:49	1:56	2:54	3:02	6:09	
			47:11	48:13														
			1:58	1:02														
11	**David Faulkner**	**54:22**	2:19	4:38	6:56	10:43	12:05	17:07	21:35	27:56	30:59	33:38	35:43	37:48	41:08	44:21	50:51	
	BOK		2:19	2:19	2:18	3:47	1:22	5:02	4:28	6:21	3:03	2:39	2:05	2:05	3:20	3:13	6:30	
			53:00	54:22														
			2:09	1:22														
12	**Ricky Chan**	**54:41**	3:14	5:47	7:25	11:36	13:10	17:37	22:01	28:30	30:51	33:21	35:35	37:16	39:52	43:42	50:25	
	IND		3:14	2:33	1:38	4:11	1:34	4:27	4:24	6:29	2:21	2:30	2:14	1:41	2:36	3:50	6:43	
			53:33	54:41														
			3:08	1:08														
13	**Greg Best**	**56:17**	1:48	5:04	6:40	11:22	12:42	16:50	21:55	28:20	31:22	34:25	36:22	39:53	43:01	46:23	53:10	
	NGOC		1:48	3:16	1:36	4:42	1:20	4:08	5:05	6:25	3:02	3:03	1:57	3:31	3:08	3:22	6:47	
			55:05	56:17														
			1:55	1:12														

Pl	Name	Time															Comment
Long		***7.2 km***	***45 m***	***16 C***	*(cont.)*												
			1(205)	2(207)	3(201)	4(202)	5(203)	6(204)	7(206)	8(225)	9(208)	10(209)	11(210)	12(211)	13(212)	14(213)	15(214)
			16(218)	Finish													
14	**Paul Taunton**	**1:03:02**	2:10	4:56	6:38	11:57	13:46	18:37	24:07	31:43	34:59	38:22	40:24	42:57	46:38	50:29	58:30
	NGOC		2:10	2:46	1:42	5:19	1:49	4:51	5:30	7:36	3:16	3:23	2:02	2:33	3:41	3:51	8:01
			1:01:15	1:03:02													
			2:45	1:47													

Pl	Name	Time															Comment
Short		**5.6 km**	**35 m**	**11 C**													
			1(201)	2(224)	3(202)	4(213)	5(203)	6(216)	7(225)	8(209)	9(211)	10(214)	11(218)	Finish			
1	**Ashleigh Denman**	**39:17**	2:12	4:25	9:35	11:14	12:57	17:11	20:07	**24:52**	**27:21**	**36:04**	**38:09**	**39:17**			
	NGOC		2:12	2:13	5:10	1:39	1:43	***4:14***	2:56	***4:45***	2:29	8:43	2:05	1:08			
2	**David Palmer**	**39:35**	2:20	5:37	10:57	12:20	13:59	18:14	21:05	26:22	28:30	36:51	38:40	39:35			
	BOK		2:20	3:17	5:20	1:23	***1:39***	4:15	***2:51***	5:17	2:08	***8:21***	1:49	0:55			
3	**Tom Birthwright**	**40:25**	**1:58**	**3:37**	**8:12**	**9:44**	**11:32**	**16:45**	**20:03**	25:57	28:00	37:15	39:24	40:25			
	NGOC		***1:58***	***1:39***	***4:35***	1:32	1:48	5:13	3:18	5:54	***2:03***	9:15	2:09	1:01			
4	**Eric Heritage**	**42:30**	2:18	4:12	9:40	11:00	12:56	17:44	21:14	27:07	29:47	39:42	41:35	42:30			
	WRE		2:18	1:54	5:28	***1:20***	1:56	4:48	3:30	5:53	2:40	9:55	1:53	0:55			
5	**Eilidh Bruers**	**43:15**	2:28	5:22	10:11	12:11	14:10	18:52	21:54	27:35	30:17	39:52	41:40	43:15			
	IND		2:28	2:54	4:49	2:00	1:59	4:42	3:02	5:41	2:42	9:35	1:48	1:35			
6	**John Fallows**	**43:25**	2:17	4:14	9:13	10:48	12:40	17:27	21:45	27:53	30:25	40:15	42:25	43:25			
	NGOC		2:17	1:57	4:59	1:35	1:52	4:47	4:18	6:08	2:32	9:50	2:10	1:00			
7	**Laurence Gossage**	**43:37**	2:17	4:34	9:45	13:41	15:21	19:47	22:41	28:05	31:17	40:55	42:40	43:37			
	BOK		2:17	2:17	5:11	3:56	1:40	4:26	2:54	5:24	3:12	9:38	***1:45***	0:57			
8	**Paul Hammond**	**44:38**	2:23	6:13	11:14	14:42	16:28	20:46	23:52	29:07	32:06	41:35	43:47	44:38			
	HOC		2:23	3:50	5:01	3:28	1:46	4:18	3:06	5:15	2:59	9:29	2:12	***0:51***			
9	**Sam Rooney**	**54:12**	3:02	5:28	12:05	13:46	16:17	22:42	26:39	34:11	37:28	49:43	52:48	54:12			
	IND		3:02	2:26	6:37	1:41	2:31	6:25	3:57	7:32	3:17	12:15	3:05	1:24			
10	**Ros Taunton**	**55:36**	3:11	5:43	13:49	15:57	18:38	25:02	29:24	36:11	39:56	51:32	54:10	55:36			
	NGOC		3:11	2:32	8:06	2:08	2:41	6:24	4:22	6:47	3:45	11:36	2:38	1:26			
11	**Hilary Nicholls**	**57:19**	3:11	5:40	12:33	14:51	17:01	24:17	28:31	35:42	39:16	52:27	55:18	57:19			
	NGOC		3:11	2:29	6:53	2:18	2:10	7:16	4:14	7:11	3:34	13:11	2:51	2:01			
12	**Rhiannon Fadeyibi**	**1:01:05**	3:12	6:21	14:10	16:20	18:57	26:43	30:39	39:21	43:03	56:12	58:55	1:01:05			
	NGOC		3:12	3:09	7:49	2:10	2:37	7:46	3:56	8:42	3:42	13:09	2:43	2:10			
	Paul Hockey + Raj Read	**mp**	7:01	10:26	20:19	21:48	23:33	28:33	32:02	37:49	41:04	-----	-----	53:51	*50:27*	*52:34*	
	IND		7:01	3:25	9:53	1:29	1:45	5:00	3:29	5:47	3:15			12:47	**223*	**215*	

Pl	Name	Time															Comment
V. Short		**1.1 km**	**5 m**	**8 C**													
			1(222)	2(215)	3(219)	4(221)	5(220)	6(217)	7(218)	8(223)	Finish						
	Nathan Fernandes	**mp**	-----	15:15	-----	24:06	-----	-----	-----	27:47	31:20	*14:48*	*16:30*	*18:01*	*19:56*	*23:15*	
	BOK			15:15		8:51				3:41	3:33	**219*	**218*	**220*	**217*	**218*	
			24:23														
			**215*														