







PI	Stno	Name	Club	Age Class	Pts	Time	Pty	Xtra	Score									
<b>Score (82)</b>																		
			30 C	600 Pts	75:00	(cont.)												
1	84	Nick Gracie	BOK	M45	495	75:22	-4		491									
34	34	Ginny Hudson	NGOC	W55	330	67:27			330									
	209(15)	206(15)	207(15)	211(15)	220(15)	225(30)	226(30)	223(30)	205(15)	203(15)	221(30)	204(15)	208(15)	201(15)	202(15)	202(15)	212(15)	215(15)
	2:02	3:42	6:08	8:33	24:17	26:26	34:29	38:46	41:03	45:32	47:20	49:22	51:59	55:54	58:04	59:46	61:08	
	2:02	1:40	2:26	2:25	15:44	2:09	8:03	4:17	2:17	4:29	1:48	2:02	2:37	3:55	2:10	1:42	1:22	
	213(15)	Finish																
	65:43	67:27																
	4:35	1:44																
35	17	Marie-Anne Fischer	TVOC	W55	330	71:09			330									
	213(15)	215(15)	212(15)	202(15)	221(30)	203(15)	223(30)	226(30)	225(30)	220(15)	224(30)	207(15)	208(15)	204(15)	201(15)	206(15)	209(15)	
	4:01	7:13	9:43	12:18	16:11	19:14	24:43	30:06	36:35	40:52	47:54	53:22	57:21	60:26	63:00	67:10	69:04	
	4:01	3:12	2:30	2:35	3:53	3:03	5:29	5:23	6:29	4:17	7:02	5:28	3:59	3:05	2:34	4:10	1:54	
	Finish																	
	71:09																	
	2:05																	
36	6	Clive Caffall	NGOC	M55	330	72:46			330									
	209(15)	206(15)	210(15)	207(15)	211(15)	224(30)	220(15)	225(30)	226(30)	223(30)	205(15)	203(15)	221(30)	204(15)	201(15)	202(15)	212(15)	
	3:19	5:11	9:05	11:48	17:21	21:40	29:12	32:16	40:52	47:22	50:44	56:13	58:27	60:53	64:06	67:15	69:43	
	3:19	1:52	3:54	2:43	5:33	4:19	7:32	3:04	8:36	6:30	3:22	5:29	2:14	2:26	3:13	3:09	2:28	
	Finish																	
	72:46																	
	3:03																	
37	40	Luke De Marco	NGOC	M35	330	75:29	-5		325									
	202(15)	221(30)	203(15)	223(30)	226(30)	225(30)	220(15)	224(30)	207(15)	208(15)	206(15)	210(15)	211(15)	209(15)	201(15)	212(15)	213(15)	
	5:16	9:30	11:49	15:50	21:37	27:49	31:29	36:21	41:04	45:37	50:38	53:36	56:59	62:10	65:39	70:05	73:53	
	5:16	4:14	2:19	4:01	5:47	6:12	3:40	4:52	4:43	4:33	5:01	2:58	3:23	5:11	3:29	4:26	3:48	
	Finish																	
	75:29																	
	1:36																	
38	41	Abigail Hookey	NGOC	W21	330	75:40	-7		323									
	202(15)	221(30)	203(15)	223(30)	226(30)	225(30)	220(15)	224(30)	207(15)	208(15)	206(15)	210(15)	211(15)	209(15)	201(15)	212(15)	213(15)	
	5:37	9:39	12:02	16:03	21:51	28:18	31:55	36:34	41:18	45:38	50:51	53:56	57:08	62:19	65:45	70:18	74:01	
	5:37	4:02	2:23	4:01	5:48	6:27	3:37	4:39	4:44	4:20	5:13	3:05	3:12	5:11	3:26	4:33	3:43	
	Finish																	
	75:40																	
	1:39																	
39	67	Gary Mills	TVOC	M65	360	78:42	-37		323									
	202(15)	221(30)	203(15)	223(30)	226(30)	225(30)	220(15)	224(30)	211(15)	207(15)	201(15)	228(30)	222(30)	229(30)	214(15)	215(15)	Finish	
	3:37	7:05	9:26	13:19	18:50	24:30	27:24	32:20	34:53	40:29	47:50	60:24	63:12	68:23	74:51	76:26	78:42	
	3:37	3:28	2:21	3:53	5:31	5:40	2:54	4:56	2:33	5:36	7:21	12:34	2:48	5:11	6:28	1:35	2:16	
40	78	David Potter	BOK	M55	315	72:27			315									
	202(15)	221(30)	204(15)	205(15)	223(30)	226(30)	225(30)	220(15)	224(30)	211(15)	207(15)	206(15)	210(15)	209(15)	201(15)	213(15)	Finish	
	5:09	9:31	13:27	18:08	21:36	30:16	37:39	41:09	47:33	50:59	54:24	58:16	60:49	63:23	66:25	70:43	72:27	
	5:09	4:22	3:56	4:41	3:28	8:40	7:23	3:30	6:24	3:26	3:25	3:52	2:33	2:34	3:02	4:18	1:44	
41	61	Janusz Holender	TVOC	M60	315	73:44			315									
	209(15)	206(15)	207(15)	211(15)	220(15)	225(30)	226(30)	205(15)	223(30)	203(15)	221(30)	202(15)	212(15)	215(15)	214(15)	216(15)	213(15)	
	3:24	5:30	8:37	12:52	22:06	25:32	34:09	40:28	44:21	49:28	52:07	56:10	57:59	61:29	63:43	66:35	71:54	
	3:24	2:06	3:07	4:15	9:14	3:26	8:37	6:19	3:53	5:07	2:39	4:03	1:49	3:30	2:14	2:52	5:19	
	Finish																	
	73:44																	
	1:50																	
42	2	Rachel Dennis	BOK	W50	300	67:47			300									
	209(15)	210(15)	207(15)	206(15)	208(15)	204(15)	205(15)	223(30)	203(15)	221(30)	222(30)	228(30)	215(15)	214(15)	216(15)	213(15)	Finish	
	3:28	6:17	9:01	12:04	16:21	19:28	24:16	27:44	32:35	35:05	45:14	49:15	55:48	58:00	60:05	65:35	67:47	
	3:28	2:49	2:44	3:03	4:17	3:07	4:48	3:28	4:51	2:30	10:09	4:01	6:33	2:12	2:05	5:30	2:12	
43	33	David Palmer	BOK	M70	300	70:53			300									
	209(15)	206(15)	207(15)	205(15)	223(30)	203(15)	222(30)	219(15)	230(30)	229(30)	228(30)	221(30)	202(15)	201(15)	Finish			
	3:05	5:20	8:24	18:18	21:35	25:49	34:05	38:39	42:00	51:04	56:58	63:37	66:35	69:05	70:53			
	3:05	2:15	3:04	9:54	3:17	4:14	8:16	4:34	3:21	9:04	5:54	6:39	2:58	2:30	1:48			
44	73	Martin Wilson	BKO	M70	300	72:27			300									
	215(15)	214(15)	216(15)	217(15)	227(30)	218(15)	229(30)	222(30)	228(30)	221(30)	202(15)	209(15)	205(15)	204(15)	201(15)	Finish		
	3:13	4:58	6:47	13:56	16:19	21:08	23:51	30:02	32:27	38:49	41:15	45:45	62:24	67:29	70:34	72:27		
	3:13	1:45	1:49	7:09	2:23	4:49	2:43	6:11	2:25	6:22	2:26	4:30	16:39	5:05	3:05	1:53		
45	15	Hilary Nicholls	NGOC	W50	300	73:06			300									
	213(15)	215(15)	214(15)	216(15)	217(15)	227(30)	218(15)	229(30)	222(30)	228(30)	221(30)	204(15)	208(15)	206(15)	209(15)	Finish		
	3:51	7:10	9:51	12:11	24:25	27:39	34:53	38:26	45:41	51:35	60:32	62:56	66:16	69:17	70:54	73:06		
	3:51	3:19	2:41	2:20	12:14	3:14	7:14	3:33	7:15	5:54	8:57	2:24	3:20	3:01	1:37	2:12		
46	13	Sue Hands	WIM	W70	300	75:18	-3		297									
	202(15)	221(30)	203(15)	223(30)	205(15)	226(30)	225(30)	220(15)	224(30)	211(15)	207(15)	208(15)	206(15)	209(15)	213(15)	Finish		
	3:04	7:29	10:35	16:30	19:54	30:22	39:03	42:53	50:36	54:24	58:49	63:05	66:33	68:56	73:24	75:18		
	3:04	4:25	3:06	5:55	3:24	10:28	8:41	3:50	7:43	3:48	4:25	4:16	3:28	2:23	4:28	1:54		
47	85	Sandy Burgon	BOK	M60	315	76:48	-18		297									
	215(15)	212(15)	202(15)	221(30)	203(15)	223(30)	226(30)	228(30)	222(30)	219(15)	230(30)	218(15)	229(30)	214(15)	Finish	*215		
	3:38	5:47	8:17	12:12	14:41	18:58	23:26	37:52	42:03	49:21	52:38	60:52	63:22	73:09	76:48	74:36		
	3:38	2:09	2:30	3:55	2:29	4:17	4:28	14:26	4:11	7:18	3:17	8:14	2:30	9:47	3:39			
48	28	Kirsten Gerrard	BAOC	W21	285	59:39			285									
	209(15)	206(15)	207(15)	210(15)	211(15)	224(30)	205(15)	223(30)	203(15)	221(30)	204(15)	201(15)	202(15)	212(15)	215(15)	213(15)	Finish	
	4:22	6:38	9:19	16:46	19:37	23:29	30:58	34:32	39:01	41:51	45:22	47:45	50:34	52:26	55:15	57:52	59:39	
	4:22	2:16	2:41	7:27	2:51	3:52	7:29	3:34	4:29	2:50	3:31	2:23	2:49	1:52	2:49	2:37	1:47	

PI	Stno	Name	Club	Age Class	Pts	Time	Pty	Xtra	Score								
<b>Score (82)</b>																	
			30 C 600 Pts	75:00		(cont.)											
1	84	Nick Gracie	BOK	M45	495	75:22	-4		491								
49	20	Ashleigh Denman	NGOC	W50	285	66:54			285								
	209(15)	206(15)	207(15)	211(15)	224(30)	220(15)	225(30)	226(30)	223(30)	205(15)	203(15)	221(30)	212(15)	202(15)	Finish		
	3:26	5:23	8:38	14:59	18:40	25:53	29:04	36:50	42:23	45:07	50:38	52:41	62:26	65:09	66:54		
	3:26	1:57	3:15	6:21	3:41	7:13	3:11	7:46	5:33	2:44	5:31	2:03	9:45	2:43	1:45		
50	45	David Hanstock	BOK	M60	285	69:54			285								
	209(15)	206(15)	210(15)	207(15)	208(15)	204(15)	205(15)	226(30)	223(30)	203(15)	221(30)	201(15)	202(15)	212(15)	215(15)	213(15)	Finish
	3:04	5:33	8:17	11:27	16:26	20:21	26:48	33:59	41:42	47:52	50:26	55:00	58:38	61:01	63:13	67:01	69:54
	3:04	2:29	2:44	3:10	4:59	3:55	6:27	7:11	7:43	6:10	2:34	4:34	3:38	2:23	2:12	3:48	2:53
51	38	Mark Thompson	TVOC	M65	285	72:56			285								
	209(15)	210(15)	211(15)	224(30)	220(15)	225(30)	226(30)	223(30)	205(15)	204(15)	208(15)	207(15)	206(15)	201(15)	202(15)	Finish	
	3:40	7:04	10:32	15:09	24:43	28:53	38:19	44:44	48:22	53:29	56:48	59:52	63:26	67:56	70:56	72:56	
	3:40	3:24	3:28	4:37	9:34	4:10	9:26	6:25	3:38	5:07	3:19	3:04	3:34	4:30	3:00	2:00	
52	55	Mike Wilkinson	HOC	M60	270	71:12			270								
	209(15)	206(15)	207(15)	208(15)	204(15)	205(15)	223(30)	203(15)	221(30)	201(15)	202(15)	212(15)	215(15)	214(15)	216(15)	213(15)	Finish
	2:49	4:58	9:18	18:43	24:29	29:53	33:44	38:23	40:44	45:44	49:45	52:01	56:22	58:42	61:47	68:36	71:12
	2:49	2:09	4:20	9:25	5:46	5:24	3:51	4:39	2:21	5:00	4:01	2:16	4:21	2:20	3:05	6:49	2:36
53	72	Gill Sharp	SN	W60	270	73:03			270								
	213(15)	202(15)	221(30)	203(15)	223(30)	205(15)	204(15)	208(15)	206(15)	207(15)	210(15)	209(15)	201(15)	215(15)	214(15)	212(15)	Finish
	3:44	9:46	14:33	17:40	23:08	26:18	35:36	39:07	43:02	46:48	49:58	53:16	57:09	63:16	65:48	70:04	73:03
	3:44	6:02	4:47	3:07	5:28	3:10	9:18	3:31	3:55	3:46	3:10	3:18	3:53	6:07	2:32	4:16	2:59
54	64	John Weyman	NWO	M60	270	74:24			270								
	209(15)	206(15)	208(15)	204(15)	221(30)	201(15)	202(15)	212(15)	215(15)	214(15)	216(15)	217(15)	227(30)	218(15)	229(30)	Finish	
	3:45	6:13	10:27	13:58	17:01	22:46	26:36	28:53	31:47	34:46	37:57	51:15	54:29	60:44	63:39	74:24	
	3:45	2:28	4:14	3:31	3:03	5:45	3:50	2:17	2:54	2:59	3:11	13:18	3:14	6:15	2:55	10:45	
55	1	Nick Dennis	BOK	M60	375	86:31	-116		259								
	209(15)	206(15)	207(15)	208(15)	204(15)	205(15)	223(30)	203(15)	221(30)	202(15)	212(15)	228(30)	222(30)	219(15)	230(30)	227(30)	217(15)
	3:00	5:15	9:00	13:21	16:01	19:56	22:50	28:51	30:41	35:24	38:13	48:07	51:40	56:21	61:04	72:03	74:43
	3:00	2:15	3:45	4:21	2:40	3:55	2:54	6:01	1:50	4:43	2:49	9:54	3:33	4:41	4:43	10:59	2:40
	214(15)	215(15)	Finish														
	82:15	84:04	86:31														
	7:32	1:49	2:27														
56	59	Joanna Howell	BOK	W21	255	68:38			255								
	209(15)	206(15)	208(15)	204(15)	221(30)	202(15)	212(15)	215(15)	214(15)	216(15)	213(15)	210(15)	211(15)	224(30)	207(15)	Finish	
	6:23	11:03	15:42	18:52	21:50	25:11	28:14	31:27	34:23	37:09	43:04	48:53	52:52	56:45	62:26	68:38	
	6:23	4:40	4:39	3:10	2:58	3:21	3:03	3:13	2:56	2:46	5:55	5:49	3:59	3:53	5:41	6:12	
57	56	Julia Wilkinson	HOC	W60	255	73:29			255								
	209(15)	206(15)	207(15)	208(15)	204(15)	203(15)	221(30)	222(30)	228(30)	229(30)	218(15)	217(15)	214(15)	Finish			
	3:25	6:37	10:18	14:49	18:05	22:09	24:44	34:22	38:59	51:03	53:27	57:14	68:37	73:29			
	3:25	3:12	3:41	4:31	3:16	4:04	2:35	9:38	4:37	12:04	2:24	3:47	11:23	4:52			
58	77	Caroline Potter	BOK	W55	255	74:15			255								
	213(15)	209(15)	210(15)	211(15)	224(30)	205(15)	223(30)	203(15)	221(30)	204(15)	208(15)	207(15)	206(15)	202(15)	Finish		
	2:37	7:01	11:27	14:33	21:57	40:28	43:39	49:11	51:29	54:41	57:35	60:42	65:55	72:44	74:15		
	2:37	4:24	4:26	3:06	7:24	18:31	3:11	5:32	2:18	3:12	2:54	3:07	5:13	6:49	1:31		
59	46	Fiona Hanstock	BOK	W60	255	75:10	-2		253								
	209(15)	206(15)	208(15)	204(15)	205(15)	223(30)	203(15)	221(30)	222(30)	228(30)	229(30)	214(15)	Finish				
	3:58	6:20	11:40	15:19	21:25	25:40	31:52	34:28	46:09	50:04	59:59	70:43	75:10				
	3:58	2:22	5:20	3:39	6:06	4:15	6:12	2:36	11:41	3:55	9:55	10:44	4:27				
60	43	Rosalind Taunton	NGOC	W70	240	62:43			240								
	209(15)	206(15)	210(15)	208(15)	204(15)	205(15)	223(30)	203(15)	221(30)	202(15)	212(15)	215(15)	213(15)	Finish			
	3:23	6:10	9:21	17:40	21:34	27:54	32:12	38:23	41:33	46:59	48:58	53:31	56:27	60:23	62:43	*223	
	3:23	2:47	3:11	8:19	3:54	6:20	4:18	6:11	3:10	5:26	1:59	4:33	2:56	3:56	2:20	32:15	
61	87	Kim Liggett	NGOC	W55	240	63:00			240								
	209(15)	206(15)	207(15)	211(15)	224(30)	208(15)	204(15)	203(15)	221(30)	202(15)	212(15)	214(15)	215(15)	213(15)	Finish		
	2:33	4:58	8:36	12:24	22:47	32:38	36:47	40:55	43:28	46:59	49:43	53:58	56:29	60:17	63:00		
	2:33	2:25	3:38	3:48	10:23	9:51	4:09	4:08	2:33	3:31	2:44	4:15	2:31	3:48	2:43		
62	44	Paul Taunton	NGOC	M70	240	69:56			240								
	213(15)	215(15)	214(15)	216(15)	217(15)	227(30)	218(15)	229(30)	222(30)	228(30)	212(15)	202(15)	Finish				
	3:50	7:27	11:15	13:58	28:03	31:20	39:57	44:10	52:10	55:32	63:41	67:47	69:56				
	3:50	3:37	3:48	2:43	14:05	3:17	8:37	4:13	8:00	3:22	8:09	4:06	2:09				
63	36	Sally Thomas	BOK	W75	240	71:33			240								
	209(15)	206(15)	208(15)	203(15)	221(30)	228(30)	229(30)	218(15)	227(30)	217(15)	214(15)	215(15)	Finish				
	3:24	6:07	10:41	19:30	22:29	32:22	41:14	44:02	48:33	51:51	65:26	68:40	71:33				
	3:24	2:43	4:34	8:49	2:59	9:53	8:52	2:48	4:31	3:18	13:35	3:14	2:53				
64	35	Howard Thomas	BOK	M75	225	71:09			225								
	209(15)	206(15)	207(15)	211(15)	205(15)	223(30)	203(15)	221(30)	202(15)	212(15)	214(15)	215(15)	213(15)	Finish			
	9:25	12:02	15:29	19:02	37:23	40:51	46:05	48:55	52:50	56:04	60:46	63:37	66:50	71:09			
	9:25	2:37	3:27	3:33	18:21	3:28	5:14	2:50	3:55	3:14	4:42	2:51	3:13	4:19			
65	9	Ruth Rhodes	SO	W75	225	71:22			225								
	215(15)	212(15)	202(15)	221(30)	203(15)	223(30)	205(15)	204(15)	201(15)	209(15)	206(15)	207(15)	210(15)	Finish			
	5:12	8:35	13:00	18:56	23:40	31:40	36:23	44:33	50:02	53:51	56:46	61:06	65:00	71:22	*209		
	5:12	3:23	4:25	5:56	4:44	8:00	4:43	8:10	5:29	3:49	2:55	4:20	3:54	6:22	68:49		
66	51	Marissa Hughes	TVOC	W50	285	81:04	-61		224								
	202(15)	212(15)	221(30)	203(15)	223(30)	205(15)	226(30)	225(30)	220(15)	224(30)	211(15)	207(15)	206(15)	201(15)	Finish		
	4:29	7:29	13:48	18:19	25:44	30:09	37:55	45:46	52:09	59:39	63:14	67:35	72:43	78:30	81:04		
	4:29	3:00	6:19	4:31	7:25	4:25	7:46	7:51	6:23	7:30	3:35	4:21	5:08	5:47	2:34		
67	11	Andy MacGregor	BADO	M80	210	52:04			210								
	209(15)	206(15)	207(15)	208(15)	204(15)	203(15)	221(30)	202(15)	212(15)	215(15)	214(15)	216(15)	213(15)	Finish			
	2:20	5:36	9:34	14:50	18:49	22:46	26:17	29:08	31:20	34:38	37:40	40:22	49:05	52:04	*2		

PI	Stno	Name	Club	Age Class	Pts	Time	Pty	Xtra	Score								
<b>Score (82)</b>																	
			30 C	600 Pts	75:00	(cont.)											
1	84	Nick Gracie	BOK	M45	495	75:22	-4		491								
68	53	Carol Sands	BOK	W65	195	67:02			195								
	212(15)	221(30)	203(15)	223(30)	226(30)	220(15)	224(30)	205(15)	204(15)	Finish							
	4:09	10:56	13:52	18:33	24:42	32:31	40:51	53:38	59:17	67:02							
	4:09	6:47	2:56	4:41	6:09	7:49	8:20	12:47	5:39	7:45							
69	32	Anne Palmer	BOK	W70	195	70:57			195								
	209(15)	206(15)	208(15)	205(15)	223(30)	203(15)	221(30)	212(15)	216(15)	214(15)	215(15)	Finish					
	5:08	7:34	13:06	23:20	28:22	34:22	42:12	49:45	58:08	64:05	66:46	70:57					
	5:08	2:26	5:32	10:14	5:02	6:00	7:50	7:33	8:23	5:57	2:41	4:11					
70	65	Jane Weyman	NWO	W60	195	72:27			195								
	209(15)	211(15)	220(15)	225(30)	226(30)	223(30)	203(15)	221(30)	202(15)	Finish							
	5:41	19:26	31:09	36:44	45:36	53:26	63:32	66:24	70:33	72:27							
	5:41	13:45	11:43	5:35	8:52	7:50	10:06	2:52	4:09	1:54							
71	79	Ted McDonald	BOK	M75	240	79:38	-47		193								
	209(15)	206(15)	207(15)	224(30)	220(15)	225(30)	226(30)	223(30)	203(15)	228(30)	215(15)	Finish					
	5:22	8:38	12:42	22:17	30:53	34:25	45:41	54:11	60:05	70:41	76:55	79:38					
	5:22	3:16	4:04	9:35	8:36	3:32	11:16	8:30	5:54	10:36	6:14	2:43					
72	8	Rafferty Britton	BOK	M10	180	65:05			180								
	213(15)	212(15)	202(15)	221(30)	203(15)	204(15)	208(15)	207(15)	206(15)	209(15)	201(15)	Finish					
	2:55	7:37	11:36	18:55	24:46	31:28	41:21	46:16	52:14	54:59	61:24	65:05					
	2:55	4:42	3:59	7:19	5:51	6:42	9:53	4:55	5:58	2:45	6:25	3:41					
73	7	Maya Britton	BOK	W10	165	71:39			165								
	202(15)	212(15)	215(15)	214(15)	216(15)	217(15)	227(30)	218(15)	229(30)	Finish							
	3:40	6:36	10:39	18:17	23:02	43:12	49:04	57:51	61:29	71:39							
	3:40	2:56	4:03	7:38	4:45	20:10	5:52	8:47	3:38	10:10							
74	24	Joanne Leigh	OD	W50	165	73:48			165								
	209(15)	206(15)	207(15)	211(15)	224(30)	220(15)	225(30)	226(30)	Finish								
	3:28	6:06	9:29	13:57	21:08	31:37	35:34	45:52	73:48								
	3:28	2:38	3:23	4:28	7:11	10:29	3:57	10:18	27:56								
75	21	Charlotte Cheetham	RAFO	W55	150	57:42			150								
	202(15)	221(30)	203(15)	204(15)	208(15)	207(15)	210(15)	206(15)	209(15)	Finish							
	4:58	11:42	16:00	20:11	27:37	33:12	37:54	42:40	46:16	57:42							
	4:58	6:44	4:18	4:11	7:26	5:35	4:42	4:46	3:36	11:26							
76	22	Peter Cheetham	RAFO	M60	150	57:44			150								
	202(15)	221(30)	203(15)	204(15)	208(15)	207(15)	210(15)	206(15)	209(15)	Finish							
	5:00	11:39	15:55	20:07	27:40	32:56	37:57	42:44	46:18	57:44							
	5:00	6:39	4:16	4:12	7:33	5:16	5:01	4:47	3:34	11:26							
77	5	Jamie Atkins	HOC	M10	135	72:06			135								
	210(15)	207(15)	206(15)	208(15)	204(15)	221(30)	202(15)	201(15)	Finish								
	12:19	21:03	29:25	41:43	50:02	55:35	62:22	67:12	72:06								
	12:19	8:44	8:22	12:18	8:19	5:33	6:47	4:50	4:54								
78	63	Amanda Swannell	BOK	W55	120	58:52			120								
	209(15)	206(15)	207(15)	208(15)	204(15)	221(30)	212(15)	Finish									
	3:02	5:40	14:52	19:10	23:53	32:50	44:20	58:52									
	3:02	2:38	9:12	4:18	4:43	8:57	11:30	14:32									
79	30	Alys Gerrard	IND	W10	75	53:40			75								
	209(15)	206(15)	208(15)	204(15)	201(15)	Finish											
	7:15	12:36	24:09	35:43	46:57	53:40											
	7:15	5:21	11:33	11:34	11:14	6:43											
80	70	Carol Stewart	NGOC	W75	180	104:19	-294		0								
	202(15)	221(30)	203(15)	222(30)	228(30)	219(15)	230(30)	214(15)	Finish								
	6:22	13:32	18:39	33:02	38:39	50:02	56:44	96:26	104:19								
	6:22	7:10	5:07	14:23	5:37	11:23	6:42	39:42	7:53								
	68	John Thompson	TVOC	M85	0				dnf								
	Finish																
	81:58																
	81:58																
nc	82	Greg Best	NGOC	M55	450	75:24	-4		446								
	213(15)	215(15)	214(15)	216(15)	227(30)	217(15)	218(15)	229(30)	219(15)	230(30)	222(30)	228(30)	203(15)	221(30)	204(15)	208(15)	206(15)
	1:30	3:46	5:30	7:15	15:34	17:40	21:25	23:57	28:42	31:49	39:07	41:23	48:02	49:56	52:08	54:23	56:39
	1:30	2:16	1:44	1:45	8:19	2:06	3:45	2:32	4:45	3:07	7:18	2:16	6:39	1:54	2:12	2:15	2:16
	207(15)	211(15)	210(15)	209(15)	201(15)	202(15)	212(15)	Finish									
	59:08	62:00	64:35	66:36	69:22	71:50	73:19	75:24									
	2:29	2:52	2:35	2:01	2:46	2:28	1:29	2:05									