

Pl	Name	Time																						
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			1(33) 23(67)	2(68) 24(73)	6.9 km 25(35)	100 m 26(41)	26 C 5(45) Finish	6(40)	7(63)	8(76)	9(36)	10(39)	11(31)	12(72)	13(48)	14(69)	15(61)	16(38)	17(57)	18(53)	19(60)	20(32)	21(44)	22(56)
1	Owain Jones BOK	31:17	0:38 0:38 25:48	1:26 0:48 26:48	2:03 0:37 29:12	3:29 1:26 30:20	4:55 1:26 31:17	7:08 2:13	7:55 0:47	9:59 2:04	11:04 1:05 1:11	12:15 1:11 1:21	13:36 1:21 1:21	14:56 1:20 1:20	16:25 1:29	17:02 0:37	18:24 1:22	19:38 1:14	20:18 0:40	20:48 0:30	21:51 1:03	22:30 0:39	24:07 1:37	24:52 0:45
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3	Tim Britton BOK	35:04	1:06 1:21 1:21 28:46	1:11 2:34 1:13 29:56	2:39 3:18 0:44 32:31	1:23 4:46 1:28 33:52	1:18 6:07 1:21 35:04	7:27 1:20	8:25 0:58	10:35 2:10	11:42 1:07	13:10 1:28	14:52 1:42	16:23 1:31	18:04 1:41	18:54 0:50	20:14 1:20	21:21 1:07	22:09 0:48	22:45 0:36	23:55 1:10	24:41 0:46	26:44 2:03	27:40 0:56
4	Phil Murray BOK	35:49	1:06 0:46 0:46 29:07	1:10 1:47 1:01 30:19	2:35 2:30 0:43 33:11	1:21 3:56 1:26 34:33	1:12 5:25 1:29 35:49	6:57 1:32	7:53 0:56	10:12 2:19	11:23 1:11	12:56 1:33	14:34 1:38	16:17 1:43	18:03 1:46	18:51 0:48	20:15 1:24	21:35 1:20	22:20 0:45	22:54 0:34	24:06 1:12	24:52 0:46	26:58 2:06	27:52 0:54
5	Alexander Mitchell HOC	36:04	1:15 0:48 0:48 29:23	1:12 2:00 1:12 30:36	2:52 2:45 0:45 33:22	1:22 4:14 1:29 34:47	1:16 5:37 1:23 36:04	7:07 1:30	8:05 0:58	10:27 2:22	11:35 1:08	13:11 1:36	14:55 1:44	16:34 1:39	18:21 1:47	19:11 0:50	20:36 1:25	21:51 1:15	22:35 0:44	23:11 0:36	24:29 1:18	25:14 0:45	27:18 2:04	28:16 0:58
6	Nick Nourse NWO	38:04	1:07 0:57 0:57 31:11	1:13 2:07 1:10 32:26	2:46 2:58 0:51 35:14	1:25 4:49 1:51 36:41	1:17 6:23 1:34 38:04	8:01 1:38	9:01 1:00	11:32 2:31	12:52 1:20	14:26 1:34	16:13 1:47	17:55 1:42	19:44 1:49	20:37 0:53	22:03 1:26	23:16 1:13	24:08 0:52	24:48 0:40	26:09 1:21	26:55 0:46	29:02 2:07	30:02 1:00
7	Oliver Paulin OUOC	38:23	1:09 1:04 1:04 32:38	1:15 2:15 1:11 33:43	2:48 4:04 1:49 36:03	1:27 6:13 2:09 37:15	1:23 10:24 4:11 38:23	13:06 12:05 1:41	13:06 1:01 2:23	15:29 16:54 1:25	18:13 18:13 1:19	19:47 21:12 1:25	21:47 22:45 1:33	23:29 23:29 0:44	24:51 25:52 1:22	25:52 26:34 1:01	27:06 27:06 0:42	28:14 28:14 1:08	28:55 28:55 0:41	30:47 30:47 1:52	31:39 31:39 0:52			
8	Adam Hampshire BOK	38:30	0:59 0:43 0:43 31:33	1:05 2:00 1:17 32:50	2:20 2:54 0:54 35:39	1:12 4:36 1:42 37:08	1:08 6:11 1:35 38:30	9:07 8:03 1:52	9:07 1:04 2:32	11:39 13:01 1:22	14:36 14:36 1:35	16:25 16:25 1:49	18:08 18:08 1:43	20:03 20:03 1:55	20:56 20:56 0:53	22:25 22:25 1:29	23:39 23:39 1:14	24:29 24:29 0:50	25:07 25:07 0:38	26:30 26:30 1:23	27:18 27:18 0:48	29:26 29:26 2:08	30:24 30:24 0:58	
9	Rebecca Ward NGOC	39:08	1:09 0:44 0:44 31:53	1:17 1:53 1:09 33:15	2:49 2:37 0:44 36:16	1:29 4:00 1:23 37:58	1:22 5:25 1:25 39:08	7:03 1:38	8:02 0:59	10:49 2:47	12:06 1:17	13:49 1:43	15:40 1:51	17:19 1:39	19:13 1:54	20:09 0:56	21:38 1:29	23:00 1:22	23:47 0:47	24:27 0:40	26:15 1:48	27:12 0:57	29:29 2:17	30:28 0:59
10	Matthew Owen BOK	39:34	1:25 0:46 0:46 32:11	1:22 1:51 1:05 33:31	3:01 2:37 0:46 36:30	1:42 4:11 1:34 38:07	1:10 5:40 1:29 39:34	7:21 1:41	8:26 1:05	11:14 2:48	12:32 1:18	14:14 1:42	16:11 1:57	17:54 1:43	19:49 1:55	20:47 0:58	22:23 1:36	23:44 1:21	24:39 0:55	25:19 0:40	26:54 1:35	27:42 0:48	29:59 2:17	30:59 1:00
11	Ben Green TVOC	40:12	1:12 0:42 0:42 33:06	1:20 1:52 1:10 34:28	2:59 2:41 0:49 37:24	1:37 4:16 1:35 38:58	1:27 5:51 1:35 40:12	8:17 2:26	9:11 0:54	11:57 2:46	13:22 1:25	15:05 1:43	16:51 1:46	18:39 1:48	20:34 1:55	21:28 0:54	23:12 1:44	24:30 1:18	25:23 0:53	26:04 0:41	27:43 1:39	28:33 0:50	30:42 2:09	31:45 1:03
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13	Chris McCartney OD	40:30	1:18 0:44 0:44 33:10	1:32 3:42 2:58 34:26	3:04 4:32 0:50 37:29	1:35 6:02 1:30 39:07	1:17 7:29 1:27 40:30	9:27 1:58	10:27 1:00	13:23 2:56	14:39 1:16	16:20 1:41	18:15 1:55	19:55 1:40	21:47 1:52	22:39 0:52	24:09 1:30	25:21 1:12	26:12 0:51	26:49 0:37	28:04 1:15	28:49 0:45	31:02 2:13	32:01 0:59
14	Rob Woods RAFO	41:04	1:09 0:48 0:48 33:55	1:16 2:00 1:12 35:14	3:03 2:55 0:55 38:13	1:38 4:41 1:46 39:48	1:23 6:32 1:51 41:04	8:53 2:21	9:56 1:03	12:48 2:52	14:21 1:33	16:01 1:40	17:53 1:52	19:39 1:46	21:39 2:00	22:34 0:55	24:12 1:38	25:33 1:21	26:24 0:51	27:03 0:39	28:26 1:23	29:19 0:53	31:39 2:20	32:41 1:02

Pl	Name	Time																						
Brown (39)			6.9 km		100 m	26 C	(cont.)																	
			1(33) 23(67)	2(68) 24(73)	3(64) 25(35)	4(34) 26(41)	5(45) Finish	6(40)	7(63)	8(76)	9(36)	10(39)	11(31)	12(72)	13(48)	14(69)	15(61)	16(38)	17(57)	18(53)	19(60)	20(32)	21(44)	22(56)
15	Chaitanya Ijam RSOC	41:07	0:58 0:58 33:51 1:12	2:22 1:24 35:13 1:22	3:14 0:52 38:16 3:03	4:56 1:42 39:49 1:33	6:45 1:49 41:07 1:18	8:31 1:46 34:34 *51	9:37 1:06 34:34 *51	12:34 2:57 34:34 *51	13:55 1:21 34:34 *51	15:44 1:49 34:34 *51	17:43 1:59 34:34 *51	19:32 1:49 34:34 *51	21:32 2:00 34:34 *51	22:28 0:56 34:34 *51	24:06 1:38 34:34 *51	25:28 1:22 34:34 *51	26:27 0:59 34:34 *51	27:07 0:40 34:34 *51	28:27 1:20 34:34 *51	29:18 0:51 34:34 *51	31:32 2:14 34:34 *51	32:39 1:07 34:34 *51
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18	James Leith BOK	41:46	1:03 1:03 34:06 1:04	2:23 1:20 35:37 1:31	3:06 0:43 39:09 3:32	4:27 1:21 40:29 1:20	5:55 1:28 41:46 1:17	7:38 1:43 41:46 1:17	8:44 1:06 41:46 1:17	11:46 3:02 41:46 1:17	12:53 1:07 41:46 1:17	14:26 1:33 41:46 1:17	16:09 1:43 41:46 1:17	17:46 1:37 41:46 1:17	19:32 1:46 41:46 1:17	20:21 0:49 41:46 1:17	25:32 5:11 41:46 1:17	26:52 1:20 41:46 1:17	27:36 0:44 41:46 1:17	28:15 0:39 41:46 1:17	29:29 1:14 41:46 1:17	30:10 0:41 41:46 1:17	32:07 1:57 41:46 1:17	33:02 0:55 41:46 1:17
19	Jack Millar IND	42:18	1:21 1:21 36:10 1:05	3:27 2:06 37:17 1:07	4:14 0:47 39:48 2:31	6:06 1:52 41:22 1:34	8:59 2:53 42:18 0:56	13:57 4:58 42:18 0:56	15:01 1:04 42:18 0:56	17:44 2:43 42:18 0:56	19:56 2:12 42:18 0:56	21:18 1:22 42:18 0:56	22:55 1:37 42:18 0:56	24:27 1:32 42:18 0:56	26:06 1:39 42:18 0:56	26:54 0:48 42:18 0:56	28:11 1:17 42:18 0:56	29:14 1:03 42:18 0:56	29:54 0:40 42:18 0:56	30:27 0:33 42:18 0:56	31:34 1:07 42:18 0:56	32:14 0:40 42:18 0:56	34:11 1:57 42:18 0:56	35:05 0:54 42:18 0:56
20	Scott Johnson NGOC	42:51	0:35 0:35 35:12 1:16	1:42 1:07 36:39 1:27	2:39 0:57 39:43 3:04	4:38 1:59 41:27 1:44	6:19 1:41 42:51 1:24	8:20 2:01 42:51 1:24	9:33 1:13 42:51 1:24	12:23 2:50 42:51 1:24	13:52 1:29 42:51 1:24	15:45 1:53 42:51 1:24	17:46 2:01 42:51 1:24	19:52 2:06 42:51 1:24	22:00 2:08 42:51 1:24	22:56 0:56 42:51 1:24	24:45 1:49 42:51 1:24	26:23 1:38 42:51 1:24	27:23 1:00 42:51 1:24	28:05 0:42 42:51 1:24	29:28 1:23 42:51 1:24	30:20 0:52 42:51 1:24	32:52 2:32 42:51 1:24	33:56 1:04 42:51 1:24
21	Peter Dobra UBOC	43:29	0:58 0:58 35:41 1:41	1:57 0:59 37:04 1:23	2:41 0:44 40:26 3:22	4:20 1:39 42:03 1:37	5:42 1:22 43:29 1:26	9:10 3:28 43:29 1:26	10:07 0:57 43:29 1:26	12:51 2:44 43:29 1:26	14:07 1:16 43:29 1:26	15:50 1:43 43:29 1:26	18:03 2:13 43:29 1:26	19:54 1:51 43:29 1:26	21:59 2:05 43:29 1:26	22:54 0:55 43:29 1:26	24:35 1:41 43:29 1:26	26:08 1:33 43:29 1:26	27:02 0:54 43:29 1:26	27:42 0:40 43:29 1:26	29:06 1:24 43:29 1:26	30:04 0:58 43:29 1:26	32:51 2:47 43:29 1:26	34:00 1:09 43:29 1:26
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24	David Williams HOC	43:58	0:57 0:57 36:00 1:20	2:08 1:11 37:31 1:31	3:02 0:54 40:48 3:17	4:48 1:46 42:34 1:46	6:22 1:34 43:58 1:24	9:04 2:42 43:58 1:24	10:17 1:13 43:58 1:24	13:08 2:51 43:58 1:24	14:39 1:31 43:58 1:24	16:30 1:51 43:58 1:24	18:33 2:03 43:58 1:24	20:26 1:53 43:58 1:24	22:36 2:10 43:58 1:24	23:38 1:02 43:58 1:24	25:19 1:41 43:58 1:24	26:49 1:30 43:58 1:24	27:52 1:03 43:58 1:24	28:35 0:43 43:58 1:24	30:03 1:28 43:58 1:24	30:58 0:55 43:58 1:24	33:30 2:32 43:58 1:24	34:40 1:10 43:58 1:24
25	Tim Hughes TVOC	44:04	1:06 1:06 36:40 1:10	3:15 2:09 38:03 1:23	4:17 1:02 41:10 3:07	6:14 1:57 42:42 1:32	8:05 1:51 44:04 1:22	10:08 2:03 44:04 1:22	11:19 1:11 44:04 1:22	15:18 3:59 44:04 1:22	16:55 1:37 44:04 1:22	18:42 1:47 44:04 1:22	20:33 1:51 44:04 1:22	22:20 1:47 44:04 1:22	24:21 2:01 44:04 1:22	25:18 0:57 44:04 1:22	26:59 1:41 44:04 1:22	28:21 1:22 44:04 1:22	29:13 0:52 44:04 1:22	29:52 0:39 44:04 1:22	31:24 1:32 44:04 1:22	32:16 0:52 44:04 1:22	34:28 2:12 44:04 1:22	35:30 1:02 44:04 1:22
26	Charles Daniel BOK	45:44	0:59 0:59 37:49 1:25	2:49 1:50 39:21 1:32	3:41 0:52 42:39 3:18	5:26 1:45 44:25 1:46	7:18 1:52 45:44 1:19	9:19 2:01 45:44 1:19	10:26 1:07 45:44 1:19	13:30 3:04 45:44 1:19	15:22 1:52 45:44 1:19	17:15 1:53 45:44 1:19	19:12 1:57 45:44 1:19	21:29 2:17 45:44 1:19	23:31 2:02 45:44 1:19	24:31 1:00 45:44 1:19	26:28 1:57 45:44 1:19	28:41 2:13 45:44 1:19	29:35 0:54 45:44 1:19	30:16 0:41 45:44 1:19	31:58 1:42 45:44 1:19	32:57 0:59 45:44 1:19	35:17 2:20 45:44 1:19	36:24 1:07 45:44 1:19
27	Rob Hick WSX	46:08	1:18 1:18 37:40 1:40	2:56 1:38 39:30 1:50	3:49 0:53 42:59 3:29	5:40 1:51 44:43 1:44	7:38 1:58 46:08 1:25	9:56 2:18 46:08 1:25	11:04 1:08 46:08 1:25	13:57 2:53 46:08 1:25	15:21 1:24 46:08 1:25	17:14 1:53 46:08 1:25	19:20 2:06 46:08 1:25	21:13 1:53 46:08 1:25	23:19 2:06 46:08 1:25	24:22 1:03 46:08 1:25	26:14 1:52 46:08 1:25	27:43 1:29 46:08 1:25	28:42 0:59 46:08 1:25	29:37 0:55 46:08 1:25	31:23 1:46 46:08 1:25	32:20 0:57 46:08 1:25	34:48 2:28 46:08 1:25	36:00 1:12 46:08 1:25
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			1(33) 23(67)	2(68) 24(73)	3(64) 25(35)	4(34) 26(41)	5(45) Finish	6(40)	7(63)	8(76)	9(36)	10(39)	11(31)	12(72)	13(48)	14(69)	15(61)	16(38)	17(57)	18(53)	19(60)	20(32)	21(44)	22(56)
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30	Neil Albert NGOC	47:09	1:00 1:00 39:08	2:51 1:51 40:33	3:46 0:55 43:42	6:17 2:31 45:33	7:56 1:39 47:09	10:10 2:14	11:19 1:09	14:03 2:44	15:29 1:26	17:16 1:47	19:22 2:06	22:55 3:33	25:15 2:20	26:18 1:03	27:53 1:35	30:06 2:13	31:01 0:55	31:46 0:45	33:16 1:30	34:10 0:54	36:37 2:27	37:46 1:09
31	Bernhard Hagen BOK	47:14	1:05 1:05 39:15	2:16 1:11 40:49	4:54 2:38 43:58	6:43 1:49 45:42	11:03 4:20 47:14	13:11 2:08	14:19 1:08	17:10 2:51	18:24 1:14	20:00 1:36	21:58 1:58	24:05 2:07	26:09 2:04	27:09 1:00	28:56 1:47	30:27 1:31	31:21 0:54	32:01 0:40	33:30 1:29	34:22 0:52	36:52 2:30	37:56 1:04
32	Michael James NGOC	47:43	0:47 0:47 40:00	1:57 1:10 41:25	2:53 0:56 44:35	4:31 1:38 46:18	7:47 3:16 47:43	9:44 1:57	10:51 1:07	17:01 6:10	19:13 2:12	21:01 1:48	23:02 2:01	25:06 2:04	27:11 2:05	28:11 1:00	29:59 1:48	31:27 1:28	32:23 0:56	33:05 0:42	34:26 1:21	35:17 0:51	37:37 2:20	38:45 1:08
33	Greg Best NGOC	49:06	1:00 1:00 40:07	2:25 1:25 41:42	3:24 0:59 45:26	5:29 2:05 47:21	7:25 1:56 49:06	10:08 2:43	11:19 1:11	14:52 3:33	16:34 1:42	18:35 2:01	20:53 2:18	23:06 2:13	25:23 2:17	26:27 1:04	28:19 1:52	29:55 1:36	30:52 0:57	31:39 0:47	33:27 1:48	34:29 1:02	37:12 2:43	38:28 1:16
34	Tom Hards NGOC	49:48	1:07 1:07 42:46	2:50 1:43 44:14	3:44 0:54 47:08	6:09 2:25 48:40	9:28 3:19 49:48	13:49 4:21	14:54 1:05	17:45 2:51	19:08 1:23	21:10 2:02	23:06 1:56	25:15 2:09	27:13 1:58	28:09 0:56	29:50 1:41	33:03 3:13	33:57 0:54	34:33 0:36	37:25 2:52	38:19 0:54	40:32 2:13	41:30 0:58
35	Tilly Woods OUOC	51:12	1:26 1:26 42:47	4:29 3:03 44:48	5:28 0:59 48:11	7:24 1:56 49:48	9:29 2:05 51:12	12:23 2:54	13:41 1:18	16:55 3:14	18:34 1:39	20:27 1:53	22:37 2:10	24:50 2:13	27:07 2:17	28:05 0:58	30:35 2:30	33:05 2:30	34:09 1:04	34:55 0:46	37:12 2:17	38:04 0:52	40:21 2:17	41:25 1:04
36	Tom Birthwright NGOC	52:04	0:51 0:51 42:35	2:08 1:17 44:13	3:06 0:58 48:18	4:55 1:49 50:26	6:41 1:46 52:04	10:40 3:59	11:52 1:12	15:23 3:31	16:59 1:36	19:07 2:08	21:33 2:26	23:40 2:07	26:11 2:31	27:23 1:12	29:24 2:01	31:05 1:41	32:12 1:07	33:09 0:57	35:09 2:00	36:40 1:31	39:36 2:56	40:53 1:17
37	Steve Williams NGOC	54:52	1:13 1:13 42:49	2:31 1:18 44:23	3:29 0:58 51:32	5:17 1:48 53:18	8:29 3:12 54:52	11:03 2:34	12:10 1:07	15:50 3:40	17:18 1:28	19:08 1:50	21:16 2:08	23:21 2:05	25:43 2:22	26:45 1:02	28:47 2:02	30:47 2:00	31:48 1:01	32:36 0:48	36:34 3:58	37:35 1:01	40:09 2:34	41:22 1:13
38	Carolyn Dent BOK	59:12	1:27 1:30 48:31	1:34 3:22 50:27	7:09 4:36 55:08	1:46 7:10 57:27	1:34 10:10 59:12																	
39	Alec Linton NGOC	59:58	1:32 1:32 51:07	2:48 1:16 52:47	3:46 0:58 56:25	5:34 1:48 58:24	16:36 11:02 59:58	20:08 3:32	21:15 1:07	24:37 3:22	26:10 1:33	28:01 1:51	30:14 2:13	32:29 2:15	35:23 2:54	36:31 1:08	38:40 2:09	40:28 1:48	41:41 1:13	42:37 0:56	44:41 2:04	45:38 0:57	48:17 2:39	49:33 1:16
Blue (35)			1(74)	2(68)	3(64)	4(34)	5(58)	6(65)	7(76)	8(36)	9(39)	10(31)	11(48)	12(51)	13(53)	14(32)	15(67)	16(61)	17(35)	18(66)	Finish			
1	Paul Gebbett BOK	31:50	0:43 0:43	1:52 1:09	2:37 0:45	4:15 1:38	5:51 1:36	7:50 1:59	9:20 1:30	10:38 1:18	12:18 1:40	14:10 1:52	16:46 2:36	18:26 1:40	21:05 2:39	22:33 1:28	24:42 2:09	26:46 2:04	29:18 2:32	31:11 1:53	31:50 0:39			
2	Doug Wilson NGOC	32:24	0:46 0:46	2:14 1:28	3:02 0:48	4:37 1:35	6:15 1:38	8:26 2:11	10:04 1:38	11:27 1:23	13:07 1:40	15:03 1:56	18:04 3:01	19:41 1:37	22:22 2:41	23:52 1:30	25:55 2:03	27:36 1:41	30:05 2:29	31:55 1:50	32:24 0:29			
3	Sebastian Mitchell HOC	32:43	1:02 1:02	2:35 1:33	3:20 0:45	4:53 1:33	7:13 2:20	9:07 1:54	10:59 1:52	12:14 1:15	13:52 1:38	15:54 2:02	18:34 2:40	20:06 1:32	22:58 2:52	24:28 1:30	26:35 2:07	28:18 1:43	30:34 2:16	32:11 1:37	32:43 0:32			
4	John Simmons BOK	34:24	0:43 0:43	2:02 1:19	3:04 1:02	4:58 1:54	6:40 1:42	9:04 2:24	10:37 1:33	12:08 1:31	14:09 2:01	16:07 1:58	18:55 2:48	21:12 2:17	24:00 2:48	25:38 1:38	27:49 2:11	29:25 1:36	31:55 2:30	33:49 1:54	34:24 0:35			

Pl	Name	Time																						
Blue (35)			5.5 km		80 m		18 C		(cont.)															
			1(74)	2(68)	3(64)	4(34)	5(58)	6(65)	7(76)	8(36)	9(39)	10(31)	11(48)	12(51)	13(53)	14(32)	15(67)	16(61)	17(35)	18(66)	Finish			
5	Alison Simmons	34:48	0:52	2:30	3:26	5:12	6:56	9:09	10:51	12:12	14:02	16:07	19:01	20:46	23:32	25:18	27:34	29:19	31:59	34:10	34:48			
	BOK		0:52	1:38	0:56	1:46	1:44	2:13	1:42	1:21	1:50	2:05	2:54	1:45	2:46	1:46	2:16	1:45	2:40	2:11	0:38			
6	Vanessa Lawson	36:18	0:55	2:39	3:36	5:37	7:19	11:20	13:13	14:30	16:14	18:12	20:55	22:33	25:14	26:48	28:58	30:54	33:32	35:39	36:18			
	NGOC		0:55	1:44	0:57	2:01	1:42	4:01	1:53	1:17	1:44	1:58	2:43	1:38	2:41	1:34	2:10	1:56	2:38	2:07	0:39			
7	Ginny Hudson	36:29	0:47	2:14	3:03	4:39	6:37	8:51	10:36	12:14	14:10	16:27	19:44	21:45	24:49	26:34	28:58	30:39	33:27	35:48	36:29			
	NGOC		0:47	1:27	0:49	1:36	1:58	2:14	1:45	1:38	1:56	2:17	3:17	2:01	3:04	1:45	2:24	1:41	2:48	2:21	0:41			
8	Jackie Hallett	38:26	0:55	2:20	3:17	5:03	7:07	9:35	11:30	13:11	15:14	17:37	20:48	22:46	25:57	27:49	30:27	32:18	35:18	37:47	38:26			
	BOK		0:55	1:25	0:57	1:46	2:04	2:28	1:55	1:41	2:03	2:23	3:11	1:58	3:11	1:52	2:38	1:51	3:00	2:29	0:39			
9	David Palmer	38:50	0:59	2:41	3:40	5:35	7:40	10:02	12:06	13:50	15:53	18:20	21:32	23:42	27:15	28:58	31:23	33:12	36:01	38:08	38:50			
	BOK		0:59	1:42	0:59	1:55	2:05	2:22	2:04	1:44	2:03	2:27	3:12	2:10	3:33	1:43	2:25	1:49	2:49	2:07	0:42			
10	Karl Kingsman	39:12	1:11	3:50	4:52	6:41	8:34	12:26	14:11	15:39	17:31	19:48	23:05	24:54	28:00	29:40	31:55	33:37	36:18	38:31	39:12			
	HOC		1:11	2:39	1:02	1:49	1:53	3:52	1:45	1:28	1:52	2:17	3:17	1:49	3:06	1:40	2:15	1:42	2:41	2:13	0:41			
11	David May	39:51	1:07	2:41	3:45	5:41	8:00	10:11	12:08	14:08	16:14	18:40	22:01	23:57	27:18	29:04	31:47	33:37	36:47	39:07	39:51			
	SLOW		1:07	1:34	1:04	1:56	2:19	2:11	1:57	2:00	2:06	2:26	3:21	1:56	3:21	1:46	2:43	1:50	3:10	2:20	0:44			
12	Richard Davies	40:03	0:53	2:09	3:10	4:45	6:34	11:36	13:12	14:41	16:33	18:38	21:27	23:26	26:34	30:07	32:39	34:23	37:07	39:26	40:03			
	HOC		0:53	1:16	1:01	1:35	1:49	5:02	1:36	1:29	1:52	2:05	2:49	1:59	3:08	3:33	2:32	1:44	2:44	2:19	0:37			
13	Rob Taylor	40:35	0:49	2:16	3:21	5:23	8:13	10:44	12:46	14:28	16:30	19:07	22:25	24:31	27:52	29:45	32:28	34:28	37:30	40:02	40:35			
	NGOC		0:49	1:27	1:05	2:02	2:50	2:31	2:02	1:42	2:02	2:37	3:18	2:06	3:21	1:53	2:43	2:00	3:02	2:32	0:33			
14	Philip Grace	40:49	1:27	3:34	4:29	6:17	8:25	10:57	13:00	14:40	16:52	19:16	22:30	24:33	27:51	29:56	32:36	34:36	37:58	40:10	40:49			
	IND		1:27	2:07	0:55	1:48	2:08	2:32	2:03	1:40	2:12	2:24	3:14	2:03	3:18	2:05	2:40	2:00	3:22	2:12	0:39			
15	Steve Lee	40:52	1:11	3:18	4:46	6:57	9:07	11:44	13:35	15:12	17:16	19:41	22:58	24:56	28:04	30:16	32:47	34:39	37:40	40:03	40:52			
	NGOC		1:11	2:07	1:28	2:11	2:10	2:37	1:51	1:37	2:04	2:25	3:17	1:58	3:08	2:12	2:31	1:52	3:01	2:23	0:49			
16	Si Read	41:04	1:17	3:06	4:01	5:52	7:42	10:46	12:36	14:13	16:01	18:13	21:08	22:51	25:41	32:02	34:10	35:47	38:15	40:32	41:04			
	NGOC		1:17	1:49	0:55	1:51	1:50	3:04	1:50	1:37	1:48	2:12	2:55	1:43	2:50	6:21	2:08	1:37	2:28	2:17	0:32			
17	David Faulkner	41:14	0:53	2:38	3:38	5:39	8:08	11:32	13:33	15:32	17:34	19:56	23:28	25:35	28:49	30:48	33:16	35:03	38:07	40:26	41:14			
	BOK		0:53	1:45	1:00	2:01	2:29	3:24	2:01	1:59	2:02	2:22	3:32	2:07	3:14	1:59	2:28	1:47	3:04	2:19	0:48			
18	Rachel Dennis	41:25	1:03	2:47	3:52	6:05	8:18	10:49	12:53	14:36	16:41	19:10	23:11	25:15	28:34	30:30	33:09	35:03	38:12	40:38	41:25			
	BOK		1:03	1:44	1:05	2:13	2:13	2:31	2:04	1:43	2:05	2:29	4:01	2:04	3:19	1:56	2:39	1:54	3:09	2:26	0:47			
19	Joe Parkinson	41:39	0:52	2:24	3:23	5:24	9:00	11:36	13:53	15:26	17:37	19:59	23:27	25:32	28:55	30:58	33:35	35:37	38:37	41:02	41:39			
	NGOC		0:52	1:32	0:59	2:01	3:36	2:36	2:17	1:33	2:11	2:22	3:28	2:05	3:23	2:03	2:37	2:02	3:00	2:25	0:37			
20	Ian Prosser	41:53	0:50	2:09	3:09	5:09	7:04	9:44	11:56	13:49	15:49	17:57	24:26	26:20	29:22	31:05	33:35	35:41	38:50	41:02	41:53			
	BAOC		0:50	1:19	1:00	2:00	1:55	2:40	2:12	1:53	2:00	2:08	6:29	1:54	3:02	1:43	2:30	2:06	3:09	2:12	0:51			
21	Luke & Abby	42:44	0:54	2:09	3:06	4:43	9:39	14:05	15:47	17:30	19:21	21:21	24:17	26:47	29:49	32:57	35:18	37:13	39:53	42:04	42:44			
	NGOC		0:54	1:15	0:57	1:37	4:56	4:26	1:42	1:43	1:51	2:00	2:56	2:30	3:02	3:08	2:21	1:55	2:40	2:11	0:40			
22	Carol Prosser	43:01	1:09	2:37	3:36	5:28	7:44	13:27	15:31	17:14	19:19	21:44	24:58	26:52	30:08	31:54	34:33	36:38	39:59	42:15	43:01			
	BAOC		1:09	1:28	0:59	1:52	2:16	5:43	2:04	1:43	2:05	2:25	3:14	1:54	3:16	1:46	2:39	2:05	3:21	2:16	0:46			
23	Martin Lewis	43:27	1:09	2:43	3:37	5:34	7:40	11:50	13:55	15:35	17:45	20:24	24:21	26:32	29:46	32:42	35:12	36:59	40:06	42:48	43:27			
	QO		1:09	1:34	0:54	1:57	2:06	4:10	2:05	1:40	2:10	2:39	3:57	2:11	3:14	2:56	2:30	1:47	3:07	2:42	0:39			
24	Richard Rossington	43:46	1:13	3:13	4:14	6:44	9:23	11:55	14:04	16:16	18:46	21:21	25:01	27:10	30:22	32:45	35:20	37:23	40:41	43:08	43:46			
	BOK		1:13	2:00	1:01	2:30	2:39	2:32	2:09	2:12	2:30	2:35	3:40	2:09	3:12	2:23	2:35	2:03	3:18	2:27	0:38			
25	Duncan Milne	45:03	0:56	2:17	3:13	5:13	8:47	11:21	13:19	15:02	17:10	19:37	22:56	24:56	28:14	33:43	36:30	38:34	41:56	44:20	45:03			
	IND		0:56	1:21	0:56	2:00	3:34	2:34	1:58	1:43	2:08	2:27	3:19	2:00	3:18	5:29	2:47	2:04	3:22	2:24	0:43			
26	Jess Miklausic	45:19	1:00	2:59	3:54	5:53	9:49	12:53	17:46	20:27	22:23	24:31	27:33	29:23	32:14	35:18	37:40	39:32	42:17	44:39	45:19			
	NGOC		1:00	1:59	0:55	1:59	3:56	3:04	4:53	2:41	1:56	2:08	3:02	1:50	2:51	3:04	2:22	1:52	2:45	2:22	0:40			
27	Kelvin Davies	45:23	0:59	2:49	3:51	6:07	8:43	11:36	13:56	15:38	18:27	21:07	25:00	27:25	31:07	33:13								

Pl	Name	Time																					
Blue (35)					5.5 km	80 m	18 C	(cont.)															
			1(74)	2(68)	3(64)	4(34)	5(58)	6(65)	7(76)	8(36)	9(39)	10(31)	11(48)	12(51)	13(53)	14(32)	15(67)	16(61)	17(35)	18(66)	Finish		
34	David Hanstock	52:50	1:12	5:24	6:45	9:14	12:04	15:21	17:55	19:56	22:44	25:47	29:47	32:23	36:29	38:54	42:15	44:41	48:41	51:55	52:50		
	BOK		1:12	4:12	1:21	2:29	2:50	3:17	2:34	2:01	2:48	3:03	4:00	2:36	4:06	2:25	3:21	2:26	4:00	3:14	0:55		
35	Gwen Tanner	54:47	1:22	3:55	5:15	7:47	10:41	13:57	16:39	19:52	22:48	26:09	30:29	33:14	37:29	40:19	43:44	46:22	50:26	53:49	54:47		
	BOK		1:22	2:33	1:20	2:32	2:54	3:16	2:42	3:13	2:56	3:21	4:20	2:45	4:15	2:50	3:25	2:38	4:04	3:23	0:58		
Green (52) Voided legs: 50-70, 70-50					3.9 km	45 m	20 C																
			1(74)	2(70)	3(50)	4(43)	5(64)	6(34)	7(45)	8(40)	9(63)	10(75)	11(65)	12(50)	13(70)	14(31)	15(49)	16(46)	17(76)	18(72)	19(37)	20(66)	Finish
1	Lyra Medlock	23:23	0:39	1:09	1:19	2:09	3:02	4:37	6:18	8:12	9:16	9:58	12:14	13:07	13:33	14:28	16:35	13:31	18:21	20:25	22:01	23:25	23:59
	WSX		0:39	0:30	0:40	0:50	0:53	1:35	1:41	1:54	1:04	0:42	2:16	0:53	0:26	0:55	2:07		4:50	2:04	1:36	1:24	0:34
2	Arthur Mitchell	24:35	1:18	1:52	2:00	2:56	3:58	5:35	7:28	9:45	10:49	11:31	14:01	15:07	15:15	16:06	17:48	14:39	19:28	21:36	23:08	24:16	24:51
	HOC		1:18	0:34	0:08	0:56	1:02	1:37	1:53	2:17	1:04	0:42	2:30	1:06	0:08	0:51	1:42		4:49	2:08	1:32	1:08	0:35
			20:42																				
			*41																				
3	Jessica Ward	25:45	1:39	2:12	2:22	3:18	4:16	5:56	7:44	10:15	11:21	12:04	14:21	15:29	15:39	16:33	18:31	15:25	20:17	22:39	24:19	25:34	26:05
	NGOC		1:39	0:33	0:40	0:56	0:58	1:40	1:48	2:31	1:06	0:43	2:17	1:08	0:40	0:54	1:58		4:52	2:22	1:40	1:15	0:31
4	Amy Lee-Jones	26:45	0:52	1:23	1:34	2:34	3:34	5:19	6:57	9:42	10:47	11:53	14:21	15:20	15:32	16:36	19:21	16:19	21:07	23:30	25:10	26:35	27:08
	BOK		0:52	0:31	0:44	1:00	1:00	1:45	1:38	2:45	1:05	1:06	2:28	0:59	0:42	1:04	2:45		4:48	2:23	1:40	1:25	0:33
5	Nick Dennis	26:56	0:55	1:30	1:44	2:49	3:56	5:58	8:21	10:21	11:41	12:24	14:35	15:42	15:57	17:01	19:29	16:35	21:34	23:47	25:25	26:46	27:25
	BOK		0:55	0:35	0:44	1:05	1:07	2:02	2:23	2:00	1:20	0:43	2:11	1:07	0:45	1:04	2:28		4:59	2:13	1:38	1:21	0:39
6	Laura Britton	26:59	1:04	1:55	2:09	3:26	4:30	6:14	8:02	10:07	11:25	12:16	14:48	15:46	16:00	17:09	19:26	16:28	21:22	23:45	25:23	26:50	27:27
	BOK		1:04	0:51	0:44	1:17	1:04	1:44	1:48	2:05	1:18	0:51	2:32	0:58	0:44	1:09	2:17		4:54	2:23	1:38	1:27	0:37
7	Emily Elms	27:13	0:50	1:21	1:34	2:29	3:31	5:09	6:58	9:02	10:15	11:03	15:05	17:19	17:27	18:17	20:22	17:27	22:17	24:13	25:41	26:59	27:34
	BOK		0:50	0:31	0:43	0:55	1:02	1:38	1:49	2:04	1:13	0:48	4:02	2:14	0:08	0:50	2:05		4:50	1:56	1:28	1:18	0:35
8	Caroline Potter	29:15	1:17	2:00	2:12	3:36	5:06	7:04	9:04	11:37	12:57	13:47	16:16	17:33	17:50	18:55	21:23	18:27	23:24	25:51	27:34	29:00	29:44
	BOK		1:17	0:43	0:42	1:24	1:30	1:58	2:00	2:33	1:20	0:50	2:29	1:17	0:47	1:05	2:28		4:57	2:27	1:43	1:26	0:44
9	Dave Hartley	29:32	0:42	1:23	1:39	2:46	3:48	5:53	7:53	11:17	12:33	13:28	16:04	17:13	17:32	18:40	20:55	18:07	23:06	25:58	27:46	29:23	30:07
	NGOC		0:42	0:41	0:46	1:07	1:02	2:05	2:00	3:24	1:16	0:55	2:36	1:09	0:49	1:08	2:15		4:59	2:52	1:48	1:37	0:44
10	Finlay Anderson	29:33	1:25	1:48	1:58	2:58	3:44	5:12	6:52	14:30	15:29	16:09	18:09	19:00	19:13	20:02	22:28	19:39	24:26	26:35	28:01	29:18	29:56
	BOK		1:25	0:23	0:40	1:00	0:46	1:28	1:40	7:38	0:59	0:40	2:00	0:51	0:43	0:49	2:26		4:47	2:09	1:26	1:17	0:38
11	Reuben Lawson	29:39	0:53	1:21	1:29	2:30	3:23	4:57	7:20	15:03	16:01	16:38	18:58	19:47	20:08	21:01	23:11	20:01	24:50	26:37	28:09	29:32	30:08
	NGOC		0:53	0:28	0:08	1:01	0:53	1:34	2:23	7:43	0:58	0:37	2:20	0:49	0:24	0:53	2:10		4:49	1:47	1:32	1:23	0:36
			6:32	11:25																			
			*58	*71																			
12	David Potter	29:59	0:58	1:32	1:49	3:07	4:21	6:23	8:22	10:47	12:08	13:53	16:43	17:55	18:09	19:19	21:52	19:03	24:08	26:21	28:07	29:43	30:30
	BOK		0:58	0:34	0:47	1:18	1:14	2:02	1:59	2:25	1:21	1:45	2:50	1:12	0:44	1:10	2:33		5:05	2:13	1:46	1:36	0:47
13	Max Johansson	31:59	2:02	2:37	2:58	4:12	5:21	7:37	9:52	12:37	13:56	15:05	18:13	19:23	19:43	20:49	23:46	21:13	26:24	28:41	30:21	32:01	32:40
	NGOC		2:02	0:35	0:24	1:14	1:09	2:16	2:15	2:45	1:19	1:09	3:08	1:10	0:20	1:06	2:57		5:11	2:17	1:40	1:40	0:39
			23:04																				
			*42																				
14	William Teth	32:42	0:50	1:17	1:29	2:26	3:14	4:57	7:37	13:50	15:46	16:36	19:01	20:00	20:13	21:21	23:20	20:24	25:42	28:25	30:37	32:28	33:07
	IND		0:50	0:27	0:42	0:57	0:48	1:43	2:40	6:13	1:56	0:50	2:25	0:59	0:43	1:08	1:59		5:18	2:43	2:12	1:51	0:39
15	Rebecca Medlock	32:54	1:12	1:51	2:03	3:54	5:14	7:19	10:54	13:16	14:35	15:41	18:22	19:41	19:54	21:11	23:56	21:19	26:16	28:53	30:50	32:33	33:19
	WSX		1:12	0:39	0:42	1:51	1:20	2:05	3:35	2:22	1:19	1:06	2:41	1:19	0:43	1:17	2:45		4:57	2:37	1:57	1:43	0:46
16	Christopher Moon	33:20	1:25	2:10	2:24	3:49	5:20	7:31	9:43	13:51	15:17	16:10	18:50	20:20	20:32	21:45	24:25	21:41	26:55	29:29	31:28	33:03	33:46
	BOK		1:25	0:45	0:44	1:25	1:31	2:11	2:12	4:08	1:26	0:53	2:40	1:30	0:42	1:13	2:40		5:14	2:34	1:59	1:35	0:43
17	Kerstin Mitchell	34:05	1:09	1:54	2:07	3:25	4:49	7:31	9:42	14:00	15:21	16:22	19:12	20:47	21:00	22:11	24:59	22:14	27:16	29:51	31:50	33:35	34:31
	HOC		1:09	0:45	0:43	1:18	1:24	2:42	2:11	4:18	1:21	1:01	2:50	1:35	0:43	1:11	2:48						

Pl	Name	Time																					
Green (52) Voided legs: 50-70, 70-50			3.9 km		45 m	20 C	(cont.)																
			1(74)	2(70)	3(50)	4(43)	5(64)	6(34)	7(45)	8(40)	9(63)	10(75)	11(65)	12(50)	13(70)	14(31)	15(49)	16(46)	17(76)	18(72)	19(37)	20(66)	Finish
23	John Fallows	34:55	1:04	1:39	1:51	3:01	4:08	6:28	9:18	12:18	13:43	14:53	18:05	19:28	19:51	21:27	24:32	21:53	27:08	30:12	32:34	34:47	35:30
	NGOC		1:04	0:35	0:42	1:10	1:07	2:20	2:50	3:00	1:25	1:10	3:12	1:23	0:23	1:36	3:05		5:15	3:04	2:22	2:13	0:43
24	Judith Taylor	35:30	1:03	1:45	2:00	3:29	4:42	7:14	9:48	13:27	15:09	16:58	19:57	21:29	21:47	23:04	26:00	23:24	28:35	31:26	33:25	35:20	36:03
	NGOC		1:03	0:42	0:45	1:29	1:13	2:32	2:34	3:39	1:42	1:49	2:59	1:32	0:48	1:17	2:56		5:11	2:51	1:59	1:55	0:43
25	Sally Thomas	35:47	1:35	2:23	2:41	4:22	5:45	8:11	11:04	14:19	15:52	17:21	20:38	21:48	22:04	23:20	26:18	23:40	29:09	31:50	33:52	35:33	36:21
	BOK		1:35	0:48	0:48	1:41	1:23	2:26	2:53	3:15	1:33	1:29	3:17	1:10	0:46	1:16	2:58		5:29	2:41	2:02	1:41	0:48
26	Ewan Thompson	35:59	1:12	1:52	2:07	3:12	4:14	6:08	13:26	19:11	20:10	21:01	23:18	24:30	24:46	25:47	27:54	24:51	30:04	32:13	34:18	35:55	36:30
	IND		1:12	0:40	0:46	1:05	1:02	1:54	7:18	5:45	0:59	0:51	2:17	1:12	0:46	1:01	2:07		5:13	2:09	2:05	1:37	0:35
27	Ashleigh Denman	36:15	0:59	1:36	1:58	3:12	4:14	6:08	8:44	13:23	15:59	16:50	19:25	20:35	20:48	22:40	25:34	22:53	27:53	32:26	34:29	36:09	36:50
	NGOC		0:59	0:37	0:22	1:14	1:02	1:54	2:36	4:39	2:36	0:51	2:35	1:10	0:43	1:52	2:54		5:00	4:33	2:03	1:40	0:41
28	Andy MacGregor	37:00	0:59	1:41	1:57	3:11	4:29	6:42	9:39	13:41	15:11	16:28	19:43	21:23	21:44	23:13	25:52	24:03	29:28	32:15	34:25	36:43	37:37
	BADO		0:59	0:42	0:46	1:14	1:18	2:13	2:57	4:02	1:30	1:17	3:15	1:40	0:24	1:29	2:39		5:25	2:47	2:10	2:18	0:54
29	Ashley Ford	37:29	1:09	1:52	2:18	3:42	5:10	7:50	10:51	14:39	16:28	17:38	20:57	22:14	22:43	24:00	27:17	25:00	30:13	33:15	35:44	37:36	38:24
	HOC		1:09	0:43	0:26	1:24	1:28	2:40	3:01	3:48	1:49	1:10	3:19	1:17	0:29	1:17	3:17		5:13	3:02	2:29	1:52	0:48
30	Kevin Beale	37:47	1:15	1:56	2:12	3:28	4:43	7:02	9:13	16:50	18:24	19:31	22:28	23:45	24:08	25:24	28:05	25:37	31:09	34:00	35:57	37:41	38:26
	NWO		1:15	0:41	0:46	1:16	1:15	2:19	2:11	7:37	1:34	1:07	2:57	1:17	0:23	1:16	2:41		5:32	2:51	1:57	1:44	0:45
31	Seth Lawson	37:49	0:55	1:28	1:44	2:39	3:35	5:33	9:45	16:16	17:24	18:33	21:13	23:00	23:07	24:17	27:18	26:22	32:01	34:35	36:21	37:42	38:12
	NGOC		0:55	0:33	0:46	0:55	0:56	1:58	4:12	6:31	1:08	1:09	2:40	1:47	0:07	1:10	3:01		5:39	2:34	1:46	1:21	0:30
32	Frank Ince	38:25	1:08	1:46	2:18	3:36	4:59	8:05	10:18	13:35	15:05	16:03	19:14	20:41	21:21	22:39	25:57	23:06	28:11	31:45	33:43	38:47	39:37
	SWOC		1:08	0:38	0:32	1:18	1:23	3:06	2:13	3:17	1:30	0:58	3:11	1:27	0:40	1:18	3:18		5:05	3:34	1:58	5:04	0:50
33	John Weyman	38:44	1:38	2:35	2:55	4:23	5:56	8:14	10:53	17:57	19:33	20:35	23:34	24:59	25:11	26:53	29:17	26:40	31:59	34:49	36:49	38:28	39:16
	NWO		1:38	0:57	0:20	1:28	1:33	2:18	2:39	7:04	1:36	1:02	2:59	1:25	0:42	1:42	2:24		5:19	2:50	2:00	1:39	0:48
34	Tony Lloyd	39:16	1:35	2:20	2:33	3:52	5:01	7:11	13:52	17:13	18:33	19:51	23:01	24:19	24:39	26:09	30:09	27:21	32:27	35:20	37:17	38:55	39:49
	BOK		1:35	0:45	0:43	1:19	1:09	2:10	6:41	3:21	1:20	1:18	3:10	1:18	0:20	1:30	4:00		5:06	2:53	1:57	1:38	0:54
			27:57	24:53																			
			*76	*46																			
35	Hilary Nicholls	39:20	1:17	2:03	2:24	3:46	5:13	8:06	12:44	15:39	17:24	18:34	21:57	23:20	24:09	25:21	28:46	26:22	31:30	34:33	37:08	39:32	40:30
	NGOC		1:17	0:46	0:24	1:22	1:27	2:53	4:38	2:55	1:45	1:10	3:23	1:23	0:49	1:12	3:25		5:08	3:03	2:35	2:24	0:58
36	Jack Hobby	39:30	1:09	1:46	1:57	3:11	4:17	6:17	15:26	18:34	19:54	20:41	23:05	24:38	24:51	25:55	28:19	25:26	30:44	35:09	36:58	39:26	39:54
	NGOC		1:09	0:37	0:44	1:14	1:06	2:00	9:09	3:08	1:20	0:47	2:24	1:33	0:43	1:04	2:24		5:18	4:25	1:49	2:28	0:28
37	Debbie Anderson	39:45	1:17	1:58	2:17	3:41	5:05	7:44	10:51	14:08	15:56	17:18	21:56	23:32	23:52	25:28	29:06	26:23	31:40	34:58	37:32	39:31	40:24
	BOK		1:17	0:41	0:49	1:24	1:24	2:39	3:07	3:17	1:48	1:22	4:38	1:36	0:20	1:36	3:38		5:17	3:18	2:34	1:59	0:53
38	Nigel Britton	40:12	2:17	3:03	3:35	5:26	6:52	9:22	12:15	15:17	16:42	17:51	21:43	23:18	23:45	25:11	28:25	25:59	31:55	35:59	38:23	40:27	41:11
	JOK		2:17	0:46	0:32	1:51	1:26	2:30	2:53	3:02	1:25	1:09	3:52	1:35	0:27	1:26	3:14		5:56	4:04	2:24	2:04	0:44
39	Claire Horsfall	40:16	1:24	2:13	2:28	4:33	6:06	8:34	11:32	16:09	18:15	19:33	22:59	24:29	24:42	25:59	29:40	26:54	32:31	35:31	37:56	39:56	40:44
	IND		1:24	0:49	0:45	2:05	1:33	2:28	2:58	4:37	2:06	1:18	3:26	1:30	0:43	1:17	3:41		5:37	3:00	2:25	2:00	0:48
40	Roger Craddock	40:38	1:21	2:12	3:04	4:22	5:55	8:32	13:23	17:08	18:49	20:16	23:37	25:11	25:54	27:14	30:42	28:11	33:30	36:37	39:12	41:22	42:13
	QO		1:21	0:51	0:52	1:18	1:33	2:37	4:51	3:45	1:41	1:27	3:21	1:34	0:43	1:20	3:28		5:19	3:07	2:35	2:10	0:51
41	Alex Evans	40:39	1:32	2:14	2:29	4:06	5:26	8:01	11:16	14:53	16:34	18:26	21:44	23:41	24:11	25:30	29:02	27:26	33:15	36:31	38:45	40:39	41:24
	NGOC		1:32	0:42	0:45	1:37	1:20	2:35	3:15	3:37	1:41	1:52	3:18	1:57	0:30	1:19	3:32		5:49	3:16	2:14	1:54	0:45
42	Fiona Hanstock	41:13	1:40	2:31	2:45	4:33	6:02	8:49	12:20	16:28	18:08	19:27	22:49	24:43	25:12	26:33	30:20	27:55	33:36	36:37	39:04	41:01	41:56
	BOK		1:40	0:51	0:44	1:48	1:29	2:47	3:31	4:08	1:40	1:19	3:22	1:54	0:29	1:21	3:47		5:41	3:01	2:27	1:57	0:55
43	Pete Colbert	42:10	1:21	2:08	2:24	3:54	5:33	8:37	12:14	15:35	17:24	18:57	22:28	24:17	24:30	26:09	29:43	27:17	32:36	36:55	39:34	41:46	42:39
	SWOC		1:21	0:47	0:46	1:30	1:39	3:04	3:37	3:21	1:49	1:33	3:31	1:49	0:43	1:39	3:34		5:19	4:19	2:39	2:12	0:53
44	Kim Liggett	42:41	1:33	2:18	2:46	4:04	5:14	8:34	11:16	18:24	19:57	21:09	24:47	26:20	26:32	28:18	32:08	29:54	35:27	38:15	40:36	42:28	43:21
	NGOC		1:33	0:45	0:28	1:18	1:10	3:20	2:42	7:08	1:33	1:12	3:38	1:33	0:42	1:46	3:50		5:33	2:48	2:21	1:52	0:53
45	Dave Andrews	42:44	1:18	2:06	2:21	3:55	5:19	7:41	11:41	21:42	23:09	24:14	27:04	28:36	28:56	30:16	32:48	30:11	35:53	38:35	40:37	42:21	43:19
	NGOC		1:18	0:48	0:45	1:34	1:24	2:22	4:00	10:01	1:27	1:05	2:50	1:32	0:20	1:20	2:32		5:42	2:42	2:02	1:44	0:58
46	Jane Weyman	45:37	1:05	1:50	2:09	3:54	5:14	8:20	11:16	19:12	21:00	22:25	25:57	27:47	28:05	30:06	34:29	32:00	37:13	40:33	43:06	45:25	46:14
	NWO		1:05	0:45	0:49	1:45	1:20	3:06	2:56	7:56	1:48	1:25	3:32	1:50	0:48	2:01	4:23		5:13	3:20	2:33	2:19	0:49
47	Ellen Starling	47:16	1:39	2:39	3:11	5:11	6:50	9:32	12:21	21:47	23:40	25:03	28:36	30:13	30:27	32:07	35:59	33:37	38:57	42:15	44:47	47:04	48:02
	NGOC		1:39	1:00	0:32	2:00	1:39	2:42	2:49	9:26	1:53	1:23	3:33	1:37	0:44	1:40	3:52		5:20	3:18	2:32	2:17	0:58
48	Joanne Leigh	47:35	3:52	4:40	4:54	6:17	12:30	18:22	21:33	25:51	27:11	28:07	30:53	32:20	32:39	33:46	36:22	33:37	38:38	41:10	45:33	47:17	48:08
	OD		3:52	0:48	0:44	1:23	6:13	5:52	3:11	4:18	1:20	0:56	2:46	1:27	0:49	1:07	2:36						

Pl	Name	Time																					
Green (52) Voided legs: 50-70, 70-50					3.9 km 45 m		20 C		(cont.)														
			1(74)	2(70)	3(50)	4(43)	5(64)	6(34)	7(45)	8(40)	9(63)	10(75)	11(65)	12(50)	13(70)	14(31)	15(49)	16(46)	17(76)	18(72)	19(37)	20(66)	Finish
51	Alan Starling NGOC	56:40	1:27	2:36	2:53	8:34	10:31	14:09	17:54	22:42	25:06	26:39	33:59	36:05	36:35	38:20	43:04	40:56	46:37	50:39	53:43	56:25	57:27
			1:27	1:09	0:47	5:41	1:57	3:38	3:45	4:48	2:24	1:33	7:20	2:06	0:30	1:45	4:44		5:41	4:02	3:04	2:42	1:02
52	Karen Lewis QO	56:48	2:13	3:16	3:36	5:40	8:01	12:14	16:09	22:14	24:56	26:30	31:05	33:41	33:58	36:19	40:50	39:07	44:46	49:12	52:34	55:35	57:25
			2:13	1:03	0:20	2:04	2:21	4:13	3:55	6:05	2:42	1:34	4:35	2:36	0:47	2:21	4:31		5:39	4:26	3:22	3:01	1:50
Short Green (24)			1(33)	2(51)	3.2 km 25 m		13 C																
			1(33)	2(51)	3(69)	4(61)	5(38)	6(53)	7(57)	8(44)	9(56)	10(67)	11(73)	12(37)	13(66)	Finish							
1	Matthew Cook BOK	18:05	0:59	3:18	4:08	5:55	7:21	8:35	9:19	10:20	11:25	12:45	14:06	16:09	17:29	18:05							
			0:59	2:19	0:50	1:47	1:26	1:14	0:44	1:01	1:05	1:20	1:21	2:03	1:20	0:36							
2	Peter Hambleton SARUM	24:36	1:15	4:15	5:20	7:27	9:50	11:21	12:31	14:00	15:25	17:12	19:11	22:09	23:57	24:36							
			1:15	3:00	1:05	2:07	2:23	1:31	1:10	1:29	1:25	1:47	1:59	2:58	1:48	0:39							
3	Gill Tindall IND	25:28	2:10	4:58	6:18	8:55	10:51	12:31	13:36	15:05	16:31	18:15	20:02	23:00	24:39	25:28							
			2:10	2:48	1:20	2:37	1:56	1:40	1:05	1:29	1:26	1:44	1:47	2:58	1:39	0:49							
4	Carol Sands BOK	26:16	2:12	5:22	6:35	9:33	11:35	13:12	14:15	15:21	16:56	18:49	20:40	23:29	25:17	26:16							
			2:12	3:10	1:13	2:58	2:02	1:37	1:03	1:06	1:35	1:53	1:51	2:49	1:48	0:59							
5	Neil Cameron NGOC	28:05	1:21	4:27	5:40	9:04	11:07	12:54	14:08	15:42	17:32	19:37	21:58	25:08	27:15	28:05							
			1:21	3:06	1:13	3:24	2:03	1:47	1:14	1:34	1:50	2:05	2:21	3:10	2:07	0:50							
6	Julia Wilkinson HOC	28:57	1:45	5:07	6:25	8:53	12:08	13:50	15:16	16:35	18:17	20:17	22:37	25:44	27:58	28:57							
			1:45	3:22	1:18	2:28	3:15	1:42	1:26	1:19	1:42	2:00	2:20	3:07	2:14	0:59							
7	Brian Laycock HOC	29:02	2:11	5:51	7:08	10:36	12:52	14:43	15:38	16:58	18:41	20:49	23:00	26:04	28:10	29:02							
			2:11	3:40	1:17	3:28	2:16	1:51	0:55	1:20	1:43	2:08	2:11	3:04	2:06	0:52							
8	James Hayles IND	29:44	1:43	5:22	6:56	10:07	12:18	14:39	15:56	17:33	19:34	21:59	24:12	26:54	29:06	29:44							
			1:43	3:39	1:34	3:11	2:11	2:21	1:17	1:37	2:01	2:25	2:13	2:42	2:12	0:38							
9	Paul Hobby NGOC	30:24	2:20	6:44	8:18	11:41	14:28	16:00	17:11	18:45	20:16	22:31	24:46	27:38	29:35	30:24							
			2:20	4:24	1:34	3:23	2:47	1:32	1:11	1:34	1:31	2:15	2:15	2:52	1:57	0:49							
10	Mark Blackstone BOK	31:55	2:12	6:03	7:26	10:09	12:36	14:45	15:56	17:24	19:33	21:53	24:34	28:19	30:44	31:55							
			2:12	3:51	1:23	2:43	2:27	2:09	1:11	1:28	2:09	2:20	2:41	3:45	2:25	1:11							
11	Peter Maloney NGOC	33:18	2:20	6:12	7:34	11:38	14:30	16:35	17:49	19:25	21:26	23:45	26:18	29:51	32:16	33:18							
			2:20	3:52	1:22	4:04	2:52	2:05	1:14	1:36	2:01	2:19	2:33	3:33	2:25	1:02							
12	Joan Hambleton SARUM	33:39	1:35	5:39	7:12	10:32	13:15	15:16	16:40	18:38	20:49	23:11	26:04	30:00	32:33	33:39							
			1:35	4:04	1:33	3:20	2:43	2:01	1:24	1:58	2:11	2:22	2:53	3:56	2:33	1:06							
13	Ian Phillips NGOC	34:34	2:17	6:22	7:49	11:12	14:00	16:10	17:26	19:13	21:25	23:49	26:36	30:38	33:05	34:34							
			2:17	4:05	1:27	3:23	2:48	2:10	1:16	1:47	2:12	2:24	2:47	4:02	2:27	1:29							
14	Anne May SWOC	34:42	4:07	8:26	9:51	13:03	15:30	17:31	18:39	20:11	22:12	24:29	27:06	30:51	33:24	34:42							
			4:07	4:19	1:25	3:12	2:27	2:01	1:08	1:32	2:01	2:17	2:37	3:45	2:33	1:18							
15	Robert Teed NGOC	34:58	2:00	6:15	7:47	10:48	13:30	15:47	17:13	18:56	21:10	23:45	27:38	31:21	33:45	34:58							
			2:00	4:15	1:32	3:01	2:42	2:17	1:26	1:43	2:14	2:35	3:53	3:43	2:24	1:13							
16	Jane Milne BOK	35:03	7:28	11:06	12:20	14:52	17:50	19:30	20:44	22:01	23:38	26:20	28:32	31:51	34:06	35:03							
			7:28	3:38	1:14	2:32	2:58	1:40	1:14	1:17	1:37	2:42	2:12	3:19	2:15	0:57	34:09 *66						
17	Megan Wareing BOK	35:35	4:46	8:36	9:46	15:08	17:54	20:09	21:57	24:21	25:47	27:47	30:30	33:21	34:59	35:35							
			4:46	3:50	1:10	5:22	2:46	2:15	1:48	2:24	1:26	2:00	2:43	2:51	1:38	0:36							
18	Sue Colbert SWOC	37:22	2:52	7:17	9:01	12:34	16:09	18:14	19:46	21:38	23:56	27:19	29:58	33:53	36:18	37:22							
			2:52	4:25	1:44	3:33	3:35	2:05	1:32	1:52	2:18	3:23	2:39	3:55	2:25	1:04							
19	Tony Noott BOK	38:28	2:01	6:38	8:25	12:03	15:05	17:43	19:09	21:04	23:26	26:23	29:24	33:55	36:47	38:28							
			2:01	4:37	1:47	3:38	3:02	2:38	1:26	1:55	2:22	2:57	3:01	4:31	2:52	1:41							
20	David Lee NGOC	38:37	4:26	9:00	10:51	14:12	17:00	19:23	20:49	22:34	24:47	27:24	30:49	34:49	37:23	38:37							
			4:26	4:34	1:51	3:21	2:48	2:23	1:26	1:45	2:13	2:37	3:25	4:00	2:34	1:14	2:38 *74						
21	Louise Ciotti IND	46:32	6:32	13:26	16:10	19:39	23:22	26:10	27:23	28:32	30:58	32:58	38:28	43:15	45:46	46:32							
			6:32	6:54	2:44	3:29	3:43	2:48	1:13	1:09	2:26	2:00	5:30	4:47	2:31	0:46	4:00 *70						
22	Barbara Ford HOC	51:26	3:58	9:52	12:03	16:49	21:43	25:09	27:02	29:43	33:02	36:34	40:45	46:28	50:06	51:26							
			3:58	5:54	2:11	4:46	4:54	3:26	1:53	2:41	3:19	3:32	4:11	5:43	3:38	1:20							
23	James Ian Hayward BOK	64:54	5:26	19:20	22:14	29:40	34:20	38:17	40:10	43:00	46:19	50:01	53:35	59:26	63:08	64:54							
			5:26	13:54	2:54	7:26	4:40	3:57	1:53	2:50	3:19	3:42	3:34	5:51	3:42	1:46							
	Eleri Cowen NGOC	mp	-----	-----	-----	-----	-----	6:54	7:38	9:28	10:58	13:15	15:10	17:43	19:02	19:37							
								6:54	0:44	1:50	1:30	2:17	1:55	2:33	1:19	0:35							

Pl	Name	Time															
Orange (22) Voided legs: 50-70, 70-50			1(70)	2(50)	2.8 km 3(71)	40 m 4(58)	14 C 5(62)	6(43)	7(50)	8(70)	9(31)	10(49)	11(46)	12(72)	13(37)	14(66)	Finish
1	Matt Cook	23:25	1:50	2:10	4:30	5:52	7:14	8:51	10:22	11:05	12:13	14:54	12:18	19:34	21:45	23:52	24:28
	BOK		1:50	0:20	2:20	1:22	1:22	1:37	1:31	0:43	1:08	2:41	7:16	2:11	2:07	0:36	
2	Martin Mitchell	25:49	2:12	2:28	4:09	5:53	7:35	10:15	11:57	12:18	13:40	17:04	14:30	21:33	23:46	25:42	26:26
	HOC		2:12	0:16	1:41	1:44	1:42	2:40	1:42	0:21	1:22	3:24	7:03	2:13	1:56	0:44	
3	George Gracie	27:33	1:41	1:59	3:30	9:21	10:35	12:02	13:49	14:16	15:56	19:10	16:33	23:19	25:43	27:42	28:18
	BOK		1:41	0:18	1:31	5:51	1:14	1:27	1:47	0:27	1:40	3:14	6:46	2:24	1:59	0:36	
4	Alan Powell	27:41	1:20	1:34	6:35	7:47	9:44	12:26	14:06	14:18	15:35	18:27	15:48	22:46	25:03	27:14	28:07
	IND		1:20	0:14	5:01	1:12	1:57	2:42	1:40	0:12	1:17	2:52	6:58	2:17	2:11	0:53	
5	Daniel Wareing	28:21	1:34	2:07	4:31	6:11	7:53	13:19	14:44	14:59	16:56	20:14	18:13	24:52	27:00	28:35	29:09
	BOK		1:34	0:33	2:24	1:40	1:42	5:26	1:25	0:15	1:57	3:18	6:39	2:08	1:35	0:34	
6	Oliver Lewis	29:00	2:02	2:17	4:08	5:51	11:28	13:06	14:49	15:06	16:42	20:15	17:25	24:45	26:51	29:00	29:32
	QO		2:02	0:15	1:51	1:43	5:37	1:38	1:43	0:17	1:36	3:33	7:20	2:06	2:09	0:32	
7	Tom Johansson	29:37	2:07	2:18	6:05	8:23	9:34	12:28	14:14	14:29	16:01	21:06	18:06	24:46	26:56	29:30	30:03
	NGOC		2:07	0:11	3:47	2:18	1:11	2:54	1:46	0:15	1:32	5:05	6:40	2:10	2:34	0:33	
8	Eskarina Medlock	30:36	2:41	3:00	5:54	8:19	9:59	12:05	13:40	14:00	15:26	19:42	17:14	25:10	28:34	30:35	31:15
	WSX		2:41	0:19	2:54	2:25	1:40	2:06	1:35	0:20	1:26	4:16	7:56	3:24	2:01	0:40	
9	Nick Thompson	30:51	3:02	3:35	7:59	10:09	12:12	15:57	17:09	17:28	18:41	21:43	19:27	25:54	28:25	30:48	31:43
	IND		3:02	0:33	4:24	2:10	2:03	3:45	1:12	0:19	1:13	3:02	6:27	2:31	2:23	0:55	
10	Lewis Culver	31:05	1:52	2:08	4:56	9:56	11:54	13:40	15:10	15:35	16:32	22:01	19:17	26:01	29:34	31:11	31:46
	NGOC		1:52	0:16	2:48	5:00	1:58	1:46	1:30	0:25	0:57	5:29	6:44	3:33	1:37	0:35	12:56 *68
11	Freya Beynon	32:35	2:03	2:22	4:53	8:31	10:26	12:50	14:52	15:09	19:11	21:56	19:33	27:06	29:12	32:35	33:11
	BOK		2:03	0:19	2:31	3:38	1:55	2:24	2:02	0:17	4:02	2:45	7:33	2:06	3:23	0:36	
12	Christopher Tritton	32:57	1:42	2:07	8:31	9:31	17:45	19:56	21:12	21:30	22:39	26:20	23:27	29:38	31:27	33:02	33:40
	IND		1:42	0:25	6:24	1:00	8:14	2:11	1:16	0:18	1:09	3:41	6:11	1:49	1:35	0:38	
13	Sam Cowen	34:15	3:42	4:26	7:35	10:08	12:30	16:42	18:23	18:39	20:24	24:08	22:18	29:48	32:44	34:37	35:15
	NGOC		3:42	0:44	3:09	2:33	2:22	4:12	1:41	0:16	1:45	3:44	7:30	2:56	1:53	0:38	1:56 *74
14	Leni Hagen	35:44	1:45	2:02	4:13	13:20	14:45	16:49	19:12	19:33	20:39	24:29	21:38	29:01	33:16	35:37	36:22
	BOK		1:45	0:17	2:11	9:07	1:25	2:04	2:23	0:21	1:06	3:50	7:23	4:15	2:21	0:45	1:08 *74 *68
15	Freya Milne	37:54	1:34	2:02	4:31	7:45	9:41	11:46	13:42	13:58	15:45	21:55	20:22	29:17	34:07	38:02	38:38
	IND		1:34	0:28	2:29	3:14	1:56	2:05	1:56	0:16	1:47	6:10	8:55	4:50	3:55	0:36	
16	Emily Keenan	37:58	1:38	2:03	4:35	7:48	9:45	11:53	13:48	14:03	15:51	21:43	20:22	29:22	34:15	38:02	38:38
	IND		1:38	0:25	2:32	3:13	1:57	2:08	1:55	0:15	1:48	5:52	9:00	4:53	3:47	0:36	
17	Otis&Xander Evans	39:20	2:13	2:33	6:18	8:02	11:01	14:09	16:21	16:59	19:12	25:35	23:28	32:02	35:34	38:56	40:18
	IND		2:13	0:20	3:45	1:44	2:59	3:08	2:12	0:38	2:13	6:23	8:34	3:32	3:22	1:22	
18	Annabelle Lewis	40:28	1:57	2:12	5:26	14:36	17:52	20:20	23:04	23:23	25:21	30:09	28:07	35:31	38:40	40:30	41:02
	QO		1:57	0:15	3:14	9:10	3:16	2:28	2:44	0:19	1:58	4:48	7:24	3:09	1:50	0:32	
19	Marion Stutzriemer	50:30	2:04	2:26	5:36	31:24	33:10	35:43	37:20	37:35	39:39	42:31	39:55	46:32	48:19	50:23	51:07
	BOK		2:04	0:22	3:10	25:48	1:46	2:33	1:37	0:15	2:04	2:52	6:37	1:47	2:04	0:44	
20	Alexander Kirk	52:06	3:02	3:54	10:41	12:40	15:34	18:56	21:59	22:42	25:03	31:56	33:15	41:30	47:16	51:23	53:41
	BOK		3:02	0:52	6:47	1:59	2:54	3:22	3:03	0:43	2:21	6:53	1:19	8:15	5:46	4:07	2:18
21	Miriam Simpson	52:48	4:21	4:54	11:03	13:04	15:25	20:07	23:15	23:40	25:50	31:14	33:21	42:53	48:25	52:12	53:46
	IND		4:21	0:33	6:09	2:01	2:21	4:42	3:08	0:25	2:10	5:24	2:07	9:32	5:32	3:47	1:34
22	Katy Lee	56:34	3:34	3:53	11:59	16:20	20:26	33:20	34:49	35:11	40:03	44:37	42:32	50:19	54:02	56:18	57:15
	IND		3:34	0:19	8:06	4:21	4:06	12:54	1:29	0:22	4:52	4:34	7:47	3:43	2:16	0:57	
Yellow (9) Voided legs: 50-70, 70-50			1(70)	2(50)	2.4 km 3(71)	25 m 4(62)	12 C 5(64)	6(50)	7(70)	8(31)	9(42)	10(59)	11(41)	12(66)			
1	Ben Gracie	20:13	1:24	1:39	3:24	5:41	6:56	10:56	11:16	12:51	15:14	16:12	19:04	20:06	20:48		
	BOK		1:24	0:15	1:45	2:17	1:15	4:00	0:20	1:35	2:23	0:58	2:52	1:02	0:42		
2	Thomas Simpson	31:19	1:55	2:21	5:56	9:56	12:20	18:18	18:47	21:03	23:45	24:51	29:39	31:07	32:14		
	NGOC		1:55	0:26	3:35	4:00	2:24	5:58	0:29	2:16	2:42	1:06	4:48	1:28	1:07		
3	Nolan Phillips	37:13	2:01	2:44	15:29	18:54	20:34	25:19	25:42	27:56	30:53	32:10	35:43	37:11	38:19		
	IND		2:01	0:43	12:45	3:25	1:40	4:45	0:23	2:14	2:57	1:17	3:33	1:28	1:08		
4	Alan Kempton	37:32	2:29	2:48	5:08	8:50	10:52	15:43	16:02	22:58	26:55	30:46	34:51	36:35	38:10		
	BOK		2:29	0:19	2:20	3:42	2:02	4:51	0:19	6:56	3:57	3:51	4:05	1:44	1:35		
5	Sophie Constantin	39:07	1:00	1:46	11:46	16:00	19:38	24:25	26:10	27:54	32:12	33:51	39:08	40:55	41:38	7:37	
	HOC		1:00	0:46	10:00	4:14	3:38	4:47	1:45	1:44	4:18	1:39	5:17	1:47	0:43	*65	

[illegible]