

Pl	Name	Time																						
M16 (7)			6.3 km			220 m			14 C															
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish							
1	Adam Methven BKO	50:45	1:27	2:49	5:32	7:37	9:51	17:34	21:04	22:55	27:27	39:28	41:12	45:51	48:50	50:18	50:45	50:47						
			1:27	1:22	2:43	2:05	2:14	7:43	3:30	1:51	4:32	12:01	1:44	4:39	2:59	1:28	0:27	*220						
2	Robbie Lightfoot SYO	53:39	1:06	2:52	5:16	7:52	10:38	20:45	25:47	28:27	34:15	40:15	41:28	47:48	51:33	53:04	53:39	53:41						
			1:06	1:46	2:24	2:36	2:46	10:07	5:02	2:40	5:48	6:00	1:13	6:20	3:45	1:31	0:35	*220						
3	Conrad Reuber SYO	54:57	1:07	2:47	5:10	7:18	9:28	21:30	25:54	29:31	35:12	41:34	43:07	49:41	52:54	54:28	54:57	55:03						
			1:07	1:40	2:23	2:08	2:10	12:02	4:24	3:37	5:41	6:22	1:33	6:34	3:13	1:34	0:29	*220						
4	Freddie Lake SBOC	62:07	2:04	3:48	6:32	8:37	11:38	25:20	30:26	33:05	39:36	46:13	48:19	54:27	60:02	61:39	62:07	62:12						
			2:04	1:44	2:44	2:05	3:01	13:42	5:06	2:39	6:31	6:37	2:06	6:08	5:35	1:37	0:28	*220						
5	Daniel Heppell WCOB	68:18	1:08	2:46	8:08	17:02	19:12	35:12	39:27	42:13	48:57	55:53	57:18	63:16	66:18	67:42	68:18	9:32	68:21					
			1:08	1:38	5:22	8:54	2:10	16:00	4:15	2:46	6:44	6:56	1:25	5:58	3:02	1:24	0:36	*60	*220					
6	Thomas Rollins SN	68:55	1:34	3:15	7:06	11:25	13:38	29:07	33:24	35:33	41:07	55:29	56:46	63:41	67:13	68:28	68:55	69:01						
			1:34	1:41	3:51	4:19	2:13	15:29	4:17	2:09	5:34	14:22	1:17	6:55	3:32	1:15	0:27	*220						
7	Reuben Lawson NGOC	70:31	1:19	3:11	6:08	8:24	11:08	20:37	25:04	31:33	38:10	55:08	56:24	65:24	68:18	70:03	70:31	70:37						
			1:19	1:52	2:57	2:16	2:44	9:29	4:27	6:29	6:37	16:58	1:16	9:00	2:54	1:45	0:28	*220						
M18L (4)			7.4 km			280 m			14 C															
			1(69)	2(44)	3(55)	4(56)	5(64)	6(74)	7(63)	8(54)	9(59)	10(58)	11(71)	12(48)	13(38)	14(49)	Finish							
1	Benjamin Squire NOC	49:22	3:55	5:53	11:24	14:41	21:33	26:50	31:11	34:35	38:13	39:38	40:54	46:46	48:01	48:53	49:22	2:00	49:29					
			3:55	1:58	5:31	3:17	6:52	5:17	4:21	3:24	3:38	1:25	1:16	5:52	1:15	0:52	0:29	*51	*220					
2	Max Mobus SYO	50:26	4:05	5:59	11:51	15:16	21:37	26:17	31:08	34:40	38:44	40:23	41:40	47:30	49:04	49:53	50:26	2:00	50:30					
			4:05	1:54	5:52	3:25	6:21	4:40	4:51	3:32	4:04	1:39	1:17	5:50	1:34	0:49	0:33	*51	*220					
3	Adam Conway GO	53:10	3:21	5:27	11:54	15:37	21:57	26:18	31:33	35:38	40:06	41:27	43:31	50:17	51:50	52:40	53:10	2:00	53:15					
			3:21	2:06	6:27	3:43	6:20	4:21	5:15	4:05	4:28	1:21	2:04	6:46	1:33	0:50	0:30	*51	*220					
4	Jake Powell AIRE	54:01	4:30	6:45	15:36	19:18	26:04	30:21	34:54	38:42	42:16	43:47	44:54	51:28	52:54	53:37	54:01	52:16	54:06					
			4:30	2:15	8:51	3:42	6:46	4:17	4:33	3:48	3:34	1:31	1:07	6:34	1:26	0:43	0:24	*37	*220					
M20L (1)			9.2 km			375 m			19 C															
			1(34)	2(35)	3(44)	4(54)	5(57)	6(56)	7(74)	8(64)	9(73)	10(67)	11(68)	12(72)	13(60)	14(46)	15(58)	16(41)	17(39)	18(52)	19(49)	Finish		
1	Alexander Mitchell HOC	83:17	1:00	3:48	6:29	13:03	17:45	20:15	27:47	37:02	42:19	45:04	48:28	56:14	58:16	66:33	69:25	72:57	77:13	80:42	82:38	83:17	82:39	
			1:00	2:48	2:41	6:34	4:42	2:30	7:32	9:15	5:17	2:45	3:24	7:46	2:02	8:17	2:52	3:32	4:16	3:29	1:56	0:39	*49	
			83:23																					
			*220																					
M21L (20)			11.2 km			430 m			21 C															
			1(62)	2(35)	3(70)	4(31)	5(41)	6(58)	7(46)	8(64)	9(65)	10(75)	11(47)	12(45)	13(36)	14(63)	15(74)	16(56)	17(59)	18(203)	19(39)	20(37)	21(49)	Finish
1	Philip Vokes OD	62:57	0:47	3:04	4:20	6:36	10:44	12:22	15:24	22:26	24:39	32:37	34:42	36:13	38:19	43:14	46:45	51:11	53:21	55:45	59:18	61:50	62:32	62:57
			0:47	2:17	1:16	2:16	4:08	1:38	3:02	7:02	2:13	7:58	2:05	1:31	2:06	4:55	3:31	4:26	2:10	2:24	3:33	2:32	0:42	0:25
			62:59																					
			*220																					
2	Joe Woodley AIRE	63:33	0:47	3:05	4:13	6:49	10:55	12:28	15:27	22:48	25:06	33:16	35:05	36:46	38:43	43:56	47:56	52:25	54:41	57:36	60:08	62:24	63:05	63:33
			0:47	2:18	1:08	2:36	4:06	1:33	2:59	7:21	2:18	8:10	1:49	1:41	1:57	5:13	4:00	4:29	2:16	2:55	2:32	2:16	0:41	0:28
			63:41																					
			*220																					
3	Ben Mitchell SBOC	65:15	0:48	3:11	4:18	6:54	10:48	12:11	14:50	21:46	26:45	34:29	37:55	39:34	41:30	46:24	49:55	54:29	56:36	59:05	61:52	64:02	64:50	65:15
			0:48	2:23	1:07	2:36	3:54	1:23	2:39	6:56	4:59	7:44	3:26	1:39	1:56	4:54	3:31	4:34	2:07	2:29	2:47	2:10	0:48	0:25
			65:19																					
			*220																					
4	David Bunn EUOC	74:15	0:50	3:46	5:15	8:02	12:30	14:37	17:54	26:28	29:05	39:26	41:23	43:46	47:24	53:05	57:13	62:41	65:36	68:22	70:48	73:04	73:45	74:15
			0:50	2:56	1:29	2:47	4:28	2:07	3:17	8:34	2:37	10:21	1:57	2:23	3:38	5:41	4:08	5:28	2:55	2:46	2:26	2:16	0:41	0:30
			74:18																					
			*220																					

Pl	Name	Time																			Finish				
M21L (20)			11.2 km 430 m 21 C (cont.)																						
			1(62)	2(35)	3(70)	4(31)	5(41)	6(58)	7(46)	8(64)	9(65)	10(75)	11(47)	12(45)	13(36)	14(63)	15(74)	16(56)	17(59)	18(203)	19(39)	20(37)	21(49)	Finish	
	Richard Cronin	mp	1:07	6:00	8:14	12:10	19:32	22:17	26:34	37:31	40:16	-----	55:59	58:48	61:19	67:03	71:29	76:57	80:25	-----	-----	-----	-----	92:14	
	NGOC		1:07	4:53	2:14	3:56	7:22	2:45	4:17	10:57	2:45		15:43	2:49	2:31	5:44	4:26	5:28	3:28					11:49	
	James Thomas	dnf	2:40	9:08	17:14	23:07	41:38	45:09	56:22	72:54	77:49	-----	101:05	-----	-----	-----	-----	-----	-----	-----	-----	-----	118:46	122:27	123:25
	COBOC		2:40	6:28	8:06	5:53	18:31	3:31	11:13	16:32	4:55		23:16									17:41	3:41	0:58	
				123:27																					
				*220																					
	Richard Price	dnf	1:38	9:47	12:40	17:13	27:31	32:10	39:19	57:56	89:18	106:38	110:54	114:29	124:24	155:17	-----	-----	-----	-----	-----	-----	-----	-----	167:41
	HOC		1:38	8:09	2:53	4:33	10:18	4:39	7:09	18:37	31:22	17:20	4:16	3:35	9:55	30:53									12:24
				167:51																					
				*220																					
M21S (5)			7.4 km 280 m 14 C																						
			1(69)	2(44)	3(55)	4(56)	5(64)	6(74)	7(63)	8(54)	9(59)	10(58)	11(71)	12(48)	13(38)	14(49)	Finish								
1	Thomas Jarvis	80:02	6:12	8:54	16:50	22:04	31:52	37:48	44:57	50:45	56:12	63:29	66:15	75:58	78:10	79:27	80:02		1:52	80:09					
	RAFO		6:12	2:42	7:56	5:14	9:48	5:56	7:09	5:48	5:27	7:17	2:46	9:43	2:12	1:17	0:35		*34	*220					
2	Michael Wagstaff	84:51	8:34	11:03	20:03	24:18	32:06	38:22	46:24	52:33	60:31	62:49	65:37	74:44	78:13	84:09	84:51		84:59						
	UBOC		8:34	2:29	9:00	4:15	7:48	6:16	8:02	6:09	7:58	2:18	2:48	9:07	3:29	5:56	0:42		*220						
3	Matt Haines	88:18	5:55	9:56	18:04	27:54	36:41	42:29	49:58	55:02	65:26	68:31	74:15	84:00	86:28	87:45	88:18		2:00	88:25					
	UBOC		5:55	4:01	8:08	9:50	8:47	5:48	7:29	5:04	10:24	3:05	5:44	9:45	2:28	1:17	0:33		*51	*220					
4	Robert Elston	95:38	8:38	30:43	40:01	44:15	52:10	60:16	67:43	73:21	78:40	80:29	81:50	92:13	94:05	95:07	95:38		2:00	95:44					
	UBOC		8:38	22:05	9:18	4:14	7:55	8:06	7:27	5:38	5:19	1:49	1:21	10:23	1:52	1:02	0:31		*51	*220					
5	Daniel Figg	107:07	11:51	21:22	32:51	49:43	57:54	65:13	71:22	77:24	85:57	88:48	90:15	102:42	105:07	106:36	107:07		2:00	107:17					
	HH		11:51	9:31	11:29	16:52	8:11	7:19	6:09	6:02	8:33	2:51	1:27	12:27	2:25	1:29	0:31		*51	*220					
M35L (6)			9.2 km 375 m 19 C																						
			1(34)	2(35)	3(44)	4(54)	5(57)	6(56)	7(74)	8(64)	9(73)	10(67)	11(68)	12(72)	13(60)	14(46)	15(58)	16(41)	17(39)	18(52)	19(49)	Finish			
1	Nick Barrable	64:54	0:59	3:52	6:23	11:24	14:30	16:47	23:01	26:43	31:22	33:33	36:28	42:55	44:58	52:05	54:52	56:58	60:00	62:36	64:24	64:54	65:01		
	SYO		0:59	2:53	2:31	5:01	3:06	2:17	6:14	3:42	4:39	2:11	2:55	6:27	2:03	7:07	2:47	2:06	3:02	2:36	1:48	0:30	*220		
2	Simon Evans	76:56	1:08	4:21	6:46	12:27	15:50	18:30	24:46	29:29	34:53	38:45	43:23	50:32	52:40	62:08	65:42	68:42	72:17	74:45	76:25	76:56	76:57		
	KERNO		1:08	3:13	2:25	5:41	3:23	2:40	6:16	4:43	5:24	3:52	4:38	7:09	2:08	9:28	3:34	3:00	3:35	2:28	1:40	0:31	*220		
3	Rhys Manning	81:08	1:02	3:34	5:57	11:57	15:54	18:24	24:29	30:06	42:31	44:56	47:50	55:12	56:55	63:42	70:28	72:47	76:10	78:55	80:37	81:08	81:13		
	SWOC		1:02	2:32	2:23	6:00	3:57	2:30	6:05	5:37	12:25	2:25	2:54	7:22	1:43	6:47	6:46	2:19	3:23	2:45	1:42	0:31	*220		
4	Ben Lonsdale	96:41	1:34	5:17	8:45	15:33	19:49	22:55	31:07	42:26	48:59	51:33	55:45	65:35	68:19	77:32	81:12	86:59	91:04	94:09	96:07	96:41	96:46		
	RAFO		1:34	3:43	3:28	6:48	4:16	3:06	8:12	11:19	6:33	2:34	4:12	9:50	2:44	9:13	3:40	5:47	4:05	3:05	1:58	0:34	*220		
5	Andrew Biffen	101:10	3:01	10:45	14:33	22:41	28:26	31:49	39:25	44:15	50:28	52:50	56:25	66:07	69:30	81:29	85:23	90:46	95:05	98:49	100:45	101:10	101:17		
	KERNO		3:01	7:44	3:48	8:08	5:45	3:23	7:36	4:50	6:13	2:22	3:35	9:42	3:23	11:59	3:54	5:23	4:19	3:44	1:56	0:25	*220		
	Andrew Pitcher	mp	1:31	7:03	15:33	37:20	41:47	49:01	64:08	83:14	89:55	94:46	99:10	109:57	113:14	124:40	-----	143:04	-----	-----	-----	-----	-----	-----	
	DFOK		1:31	5:32	8:30	21:47	4:27	7:14	15:07	19:06	6:41	4:51	4:24	10:47	3:17	11:26		18:24							
M40L (10)			9.2 km 375 m 19 C																						
			1(34)	2(35)	3(44)	4(54)	5(57)	6(56)	7(74)	8(64)	9(73)	10(67)	11(68)	12(72)	13(60)	14(46)	15(58)	16(41)	17(39)	18(52)	19(49)	Finish			
1	Anthony Squire	68:00	1:07	3:37	7:19	13:09	16:22	18:56	25:20	29:01	33:59	36:07	39:07	46:21	48:01	55:44	57:54	59:58	62:53	65:40	67:29	68:00	68:04		
	NOC		1:07	2:30	3:42	5:50	3:13	2:34	6:24	3:41	4:58	2:08	3:00	7:14	1:40	7:43	2:10	2:04	2:55	2:47	1:49	0:31	*220		
2	Will Hensman	68:12	1:03	4:56	7:23	12:33	15:30	17:41	23:16	27:50	32:04	37:54	40:47	47:20	49:08	56:00	58:25	60:25	63:36	65:54	67:44	68:12	68:18		
	FVO		1:03	3:53	2:27	5:10	2:57	2:11	5:35	4:34	4:14	5:50	2:53	6:33	1:48	6:52	2:25	2:00	3:11	2:18	1:50	0:28	*220		
3	Juraj Hammer	73:00	1:13	3:45	6:15	13:03	16:39	19:01	26:09	30:43	35:41	37:55	40:45	48:26	50:20	58:09	60:49	63:55	67:09	70:25	72:27	73:00	73:05		
	BOF		1:13	2:32	2:30	6:48	3:36	2:22	7:08	4:34	4:58	2:14	2:50	7:41	1:54	7:49	2:40	3:06	3:14	3:16	2:02	0:33	*220		
4	OWain Jones	75:22	2:49	6:20	8:54	14:57	17:52	20:01	25:29	29:31	35:12	37:39	44:01	51:38	53:35	60:37	64:00	66:40	70:36	73:06	74:57	75:22	75:27		
	BOK		2:49	3:31	2:34	6:03	2:55	2:09	5:28	4:02	5:41	2:27	6:22	7:37	1:57	7:02	3:23	2:40	3:56	2:30	1:51	0:25	*220		

Pl	Name	Time																		Finish			
M40L (10)																							
			9.2 km 375 m			19 C			<i>(cont.)</i>														
			1(34)	2(35)	3(44)	4(54)	5(57)	6(56)	7(74)	8(64)	9(73)	10(67)	11(68)	12(72)	13(60)	14(46)	15(58)	16(41)	17(39)	18(52)	19(49)	Finish	
5	Kristof Nowicki	75:38	3:37	7:07	9:23	14:49	18:53	20:54	26:50	31:04	35:22	37:44	42:32	49:07	51:00	57:39	60:11	65:09	68:35	71:10	75:07	75:38	75:39
	WRE		3:37	3:30	2:16	5:26	4:04	2:01	5:56	4:14	4:18	2:22	4:48	6:35	1:53	6:39	2:32	4:58	3:26	2:35	3:57	0:31	*220
6	Tom Davies	76:04	0:56	6:53	9:04	14:37	18:25	20:31	27:15	31:08	36:15	41:30	44:07	51:01	52:54	59:47	62:16	66:11	71:07	73:52	75:34	76:04	76:06
	SLOW		0:56	5:57	2:11	5:33	3:48	2:06	6:44	3:53	5:07	5:15	2:37	6:54	1:53	6:53	2:29	3:55	4:56	2:45	1:42	0:30	*220
7	Thomas Foord	90:27	1:19	8:16	13:13	19:35	23:52	27:25	34:01	38:45	45:27	51:22	54:50	63:56	66:08	74:40	78:06	80:28	84:27	87:47	89:49	90:27	90:32
	SWOC		1:19	6:57	4:57	6:22	4:17	3:33	6:36	4:44	6:42	5:55	3:28	9:06	2:12	8:32	3:26	2:22	3:59	3:20	2:02	0:38	*220
8	Mark Saunders	104:02	2:33	7:09	10:25	17:52	21:48	24:42	32:08	37:54	44:18	47:00	51:47	67:53	70:50	80:05	84:29	88:01	93:59	97:29	103:23	104:02	50:42
	TVOC		2:33	4:36	3:16	7:27	3:56	2:54	7:26	5:46	6:24	2:42	4:47	16:06	2:57	9:15	4:24	3:32	5:58	3:30	5:54	0:39	*63
			104:07																				
			*220																				
9	John Miklausic	121:30	4:41	10:05	13:21	20:46	25:34	30:29	38:02	42:51	49:19	53:06	58:56	70:39	73:11	98:42	104:14	111:02	115:30	118:43	120:47	121:30	121:33
	NGOC		4:41	5:24	3:16	7:25	4:48	4:55	7:33	4:49	6:28	3:47	5:50	11:43	2:32	25:31	5:32	6:48	4:28	3:13	2:04	0:43	*220
10	Gary Davies	155:56	4:45	13:29	16:51	30:50	38:02	45:05	53:45	62:18	68:55	76:34	84:53	94:24	98:27	121:43	127:47	140:21	147:03	152:15	155:17	155:56	81:16
	SWOC		4:45	8:44	3:22	13:59	7:12	7:03	8:40	8:33	6:37	7:39	8:19	9:31	4:03	23:16	6:04	12:34	6:42	5:12	3:02	0:39	*63
			81:57																				
			*63																				
			156:03																				
			*220																				
M40S (3)																							
			6.3 km 220 m			14 C														Finish			
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)						Finish	
1	David Esson	82:11	3:04	5:59	9:08	13:39	17:02	35:53	42:44	46:01	54:17	61:47	64:27	73:06	78:48	81:22	82:11						82:21
	Gramp		3:04	2:55	3:09	4:31	3:23	18:51	6:51	3:17	8:16	7:30	2:40	8:39	5:42	2:34	0:49						*220
2	Simon Branford	89:46	1:42	5:53	9:05	13:59	17:41	36:59	44:06	47:52	57:16	67:48	69:52	81:06	86:26	89:01	89:46			65:40	89:50		
	WIM		1:42	4:11	3:12	4:54	3:42	19:18	7:07	3:46	9:24	10:32	2:04	11:14	5:20	2:35	0:45			*58	*220		
3	Thomas Agombar	121:50	4:44	9:00	13:05	18:27	23:52	49:17	58:34	63:57	76:40	89:51	95:28	111:54	118:17	120:58	121:50			122:02			
	NGOC		4:44	4:16	4:05	5:22	5:25	25:25	9:17	5:23	12:43	13:11	5:37	16:26	6:23	2:41	0:52			*220			
M45L (14)																							
			7.4 km 280 m			14 C														Finish			
			1(69)	2(44)	3(55)	4(56)	5(64)	6(74)	7(63)	8(54)	9(59)	10(58)	11(71)	12(48)	13(38)	14(49)						Finish	
1	Paul Couldridge	53:49	4:34	6:34	13:13	16:55	23:06	27:23	32:04	35:45	39:30	41:08	44:42	51:01	52:30	53:22	53:49			2:00	53:54		
	SLOW		4:34	2:00	6:39	3:42	6:11	4:17	4:41	3:41	3:45	1:38	3:34	6:19	1:29	0:52	0:27			*51	*220		
2	Peter Suba	58:56	5:38	7:49	14:37	18:19	25:18	29:55	35:04	40:20	44:38	46:36	48:10	55:44	57:26	58:23	58:56			2:30	59:00		
	WSX		5:38	2:11	6:48	3:42	6:59	4:37	5:09	5:16	4:18	1:58	1:34	7:34	1:42	0:57	0:33			*51	*220		
3	Tommi Grover	60:49	4:07	6:31	13:19	17:10	23:53	29:14	34:14	39:20	44:45	46:43	49:17	57:42	59:15	60:16	60:49			2:00	60:55		
	BOK		4:07	2:24	6:48	3:51	6:43	5:21	5:00	5:06	5:25	1:58	2:34	8:25	1:33	1:01	0:33			*51	*220		
4	Andrew Monro	61:50	6:06	8:32	15:08	19:31	26:17	32:43	37:54	41:59	46:24	48:41	50:44	57:58	60:01	61:18	61:50			62:03			
	NGOC		6:06	2:26	6:36	4:23	6:46	6:26	5:11	4:05	4:25	2:17	2:03	7:14	2:03	1:17	0:32			*220			
5	Mark Stodgell	63:47	5:00	7:49	14:57	19:01	27:16	32:52	39:05	43:26	48:02	49:47	51:26	60:23	62:03	63:11	63:47			63:54			
	WCH		5:00	2:49	7:08	4:04	8:15	5:36	6:13	4:21	4:36	1:45	1:39	8:57	1:40	1:08	0:36			*220			
6	Richard Collyer	67:37	4:02	6:04	13:08	16:54	27:19	32:48	38:06	41:57	47:16	53:08	54:27	62:29	66:02	67:02	67:37			2:00	51:51	67:43	
	GO		4:02	2:02	7:04	3:46	10:25	5:29	5:18	3:51	5:19	5:52	1:19	8:02	3:33	1:00	0:35			*51	*71	*220	
7	Peter Shirvington	71:34	4:48	8:48	16:54	21:05	30:52	35:55	42:23	47:01	52:32	54:35	57:37	67:52	69:51	71:01	71:34			2:00	71:42		
	QO		4:48	4:00	8:06	4:11	9:47	5:03	6:28	4:38	5:31	2:03	3:02	10:15	1:59	1:10	0:33			*51	*220		
8	James Rhodes	76:41	14:53	17:39	25:29	30:55	38:34	43:58	49:48	55:45	61:07	62:54	64:45	73:10	75:04	76:12	76:41			2:00	76:47		
	BAOC		14:53	2:46	7:50	5:26	7:39	5:24	5:50	5:57	5:22	1:47	1:51	8:25	1:54	1:08	0:29			*51	*220		
9	Scott Bailey	78:02	5:48	8:34	18:20	23:55	32:55	39:50	46:06	52:09	58:20	61:08	64:05	74:09	76:18	77:26	78:02			2:00	78:13		
	BOK		5:48	2:46	9:46	5:35	9:00	6:55	6:16	6:03	6:11	2:48	2:57	10:04	2:09	1:08	0:36			*51	*220		
10	Alec Linton	84:52	11:12	14:01	24:06	29:06	39:08	45:24	52:30	59:08	65:28	70:21	72:22	81:06	83:12	84:16	84:52			85:02			
	NGOC		11:12	2:49	10:05	5:00	10:02	6:16	7:06	6:38	6:20	4:53	2:01	8:44	2:06	1:04	0:36			*220			
11	Anthony Covey-Cru	91:32	5:56	8:52	19:06	27:16	37:44	44:16	52:46	59:36	66:39	69:46	72:28	85:36	88:23	90:42	91:32			91:36			
	SLOW		5:56	2:56	10:14	8:10	10:28	6:32	8:30	6:50	7:03	3:07	2:42	13:08	2:47	2:19	0:50			*220			

Pl	Name	Time																		
M50L (19)			7.4 km 280 m 14 C (cont.)																	
			1(69)	2(44)	3(55)	4(56)	5(64)	6(74)	7(63)	8(54)	9(59)	10(58)	11(71)	12(48)	13(38)	14(49)	Finish			
19	Rob Woods RAFO	97:24	8:38 8:38	13:09 4:31	23:48 10:39	29:59 6:11	39:22 9:23	50:42 11:20	56:50 6:08	62:58 6:08	69:17 6:19	78:01 8:44	80:52 2:51	90:09 9:17	95:29 5:20	96:50 1:21	97:24 0:34	2:00 *51	97:27 *220	
M50S (4)			4.9 km 230 m 13 C																	
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish				
1	Edward Mellor SELOC	69:50	3:56 3:56	11:45 7:49	14:18 2:33	20:35 6:17	30:00 9:25	36:54 6:54	41:12 4:18	44:31 3:19	52:59 8:28	55:12 2:13	62:48 7:36	67:09 4:21	69:06 1:57	69:50 0:44	69:54 *220			
2	Peter Langmaid HOC	72:37	3:56 3:56	8:50 4:54	14:12 5:22	19:56 5:44	27:38 7:42	34:19 6:41	39:17 4:58	43:26 4:09	53:09 9:43	58:42 5:33	65:40 6:58	69:57 4:17	71:59 2:02	72:37 0:38	72:43 *220			
3	Christopher Ashend SN	77:11	4:01 4:01	12:25 8:24	18:06 5:41	23:00 4:54	33:11 10:11	39:56 6:45	44:03 4:07	47:34 3:31	60:02 12:28	62:27 2:25	69:53 7:26	73:59 4:06	76:32 2:33	77:11 0:39	77:22 *220			
	Stuart Fisher NWO	dnf	5:59 5:59	16:31 10:32	20:12 3:41	26:38 6:26	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
M55L (20)			6.3 km 220 m 14 C																	
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish			
1	Charlie Adams SYO	45:42	0:58 0:58	2:40 1:42	4:36 1:56	6:41 2:05	8:49 2:08	16:58 8:09	21:02 4:04	23:34 2:32	28:50 5:16	33:47 4:57	35:05 1:18	40:39 5:34	43:44 3:05	45:08 1:24	45:42 0:34	45:46 *220		
2	Duncan Harris DEE	47:00	1:45 1:45	3:25 1:40	5:24 1:59	7:25 2:01	9:36 2:11	18:39 9:03	22:54 4:15	25:06 2:12	30:47 5:41	35:56 5:09	37:36 1:40	43:03 5:27	46:05 3:02	47:29 1:24	47:57 0:28	48:03 *220		
3	Matthew Owen BOK	51:34	1:15 1:15	3:05 1:50	5:29 2:24	7:59 2:30	10:33 2:34	19:59 9:26	25:04 5:05	27:11 2:07	33:00 5:49	38:10 5:10	39:40 1:30	45:23 5:43	49:25 4:02	50:59 1:34	51:34 0:35	51:41 *220		
4	Jon Hateley DEE	52:38	1:00 1:00	2:59 1:59	5:12 2:13	7:57 2:45	10:35 2:38	20:21 9:46	25:05 4:44	27:31 2:26	33:29 5:58	38:54 5:25	40:44 1:50	46:45 6:01	50:37 3:52	52:05 1:28	52:38 0:33	52:42 *220		
5	Greg Best NGOC	62:18	1:44 1:44	3:55 2:11	6:39 2:44	9:50 3:11	13:12 3:22	23:08 9:56	28:15 5:07	32:58 4:43	40:13 7:15	45:55 5:42	48:07 2:12	55:23 7:16	59:56 4:33	61:39 1:43	62:18 0:39	61:40 *49	62:21 *220	
6	David Williams HOC	62:31	1:29 1:29	3:29 2:00	6:25 2:56	9:45 3:20	12:43 2:58	23:47 11:04	29:14 5:27	31:46 2:32	39:06 7:20	47:05 7:59	48:51 1:46	55:53 7:02	59:56 4:03	61:57 2:01	62:31 0:34	62:39 *220		
7	Hugh Nicholson Gramp	64:05	6:01 6:01	10:53 4:52	14:58 4:05	18:29 3:31	21:41 3:12	31:12 9:31	36:17 5:05	38:27 2:10	44:09 5:42	49:27 5:18	50:50 1:23	56:38 5:48	60:40 4:02	63:12 2:32	64:05 0:53	64:14 *220		
8	Phil Newall KERNO	64:19	1:17 1:17	3:32 2:15	6:21 2:49	11:08 4:47	13:47 2:39	25:48 12:01	32:03 6:15	34:50 2:47	41:06 6:16	48:18 7:12	50:25 2:07	57:16 6:51	61:49 4:33	63:39 1:50	64:19 0:40	63:40 *49	64:27 *220	
9	Neil Speers DFOK	64:31	1:28 1:28	3:50 2:22	6:47 2:57	10:18 3:31	13:16 2:58	25:20 12:04	31:50 6:30	34:34 2:44	41:32 6:58	48:03 6:31	49:56 1:53	57:26 7:30	62:11 4:45	63:56 1:45	64:31 0:35	64:35 *220		
10	Robert Lines SO	65:01	1:39 1:39	4:26 2:47	7:12 2:46	10:50 3:38	13:30 2:40	24:58 11:28	30:21 5:23	33:01 2:40	40:26 7:25	48:06 7:40	50:23 2:17	57:34 7:11	61:45 4:11	64:19 2:34	65:01 0:42	65:06 *220		
11	David Pilling BOK	67:26	2:00 2:00	4:31 2:31	7:27 2:56	11:33 4:06	14:40 3:07	25:31 10:51	30:29 4:58	33:39 3:10	41:11 7:32	50:06 8:55	52:08 2:02	60:23 8:15	64:48 4:25	66:48 2:00	67:26 0:38	67:33 *220		
12	Chris Turner WIM	67:27	1:49 1:49	4:14 2:25	7:50 3:36	12:39 4:49	15:53 3:14	28:06 12:13	33:22 5:16	35:59 2:37	43:24 7:25	50:55 7:31	52:44 1:49	60:46 8:02	65:02 4:16	66:50 1:48	67:27 0:37	67:34 *220		
13	Joe Parkinson NGOC	71:02	1:25 1:25	6:40 5:15	9:38 2:58	12:54 3:16	15:48 2:54	27:02 11:14	32:38 5:36	35:08 2:30	42:36 7:28	52:12 9:36	53:57 1:45	62:51 8:54	67:36 4:45	70:21 2:45	71:02 0:41	71:04 *220		
14	Pauly-D Jones DEE	75:57	1:46 1:46	4:14 2:28	7:56 3:42	11:59 4:03	15:21 3:22	31:05 15:44	37:01 5:56	39:47 2:46	50:43 10:56	59:09 8:26	61:43 2:34	69:15 7:32	73:29 4:14	75:18 1:49	75:57 0:39	76:02 *220		
15	Markus Reuber SYO	77:51	8:20 8:20	10:33 2:13	13:07 2:34	17:23 4:16	20:27 3:04	32:36 12:09	37:53 5:17	40:25 2:32	46:25 6:00	52:28 6:03	54:08 1:40	71:41 17:33	75:34 3:53	77:21 1:47	77:51 0:30	77:56 *220		
16	Christian Saxtoft BOK	79:11	6:25 6:25	10:39 4:14	15:28 4:49	18:48 3:20	22:22 3:34	34:33 12:11	40:03 5:30	42:31 2:28	53:31 11:00	59:41 6:10	61:39 1:58	70:53 9:14	76:09 5:16	78:39 2:30	79:11 0:32	79:19 *220		
17	Mark Rookledge OD	94:47	2:11 2:11	5:05 2:54	8:15 3:10	29:17 21:02	33:06 3:49	51:32 18:26	57:27 5:55	60:19 2:52	67:46 7:27	75:37 7:51	79:59 4:22	86:59 7:00	91:01 4:02	94:13 3:12	94:47 0:34	94:56 *220		

Pl	Name	Time																						
M55L (20)					6.3 km 220 m		14 C		<i>(cont.)</i>															
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish							
	Andrew McRoyall EBOR	dnf	5:57	8:15	17:08	33:18	36:20	-----	-----	-----	-----	-----	-----	-----	-----	-----	71:53	72:04						
			5:57	2:18	8:53	16:10	3:02										35:33	*220						
	Steve Dempsey SYO	dnf	1:25	6:39	8:45	11:08	13:59	-----	-----	-----	-----	-----	-----	-----	-----	-----								
			1:25	5:14	2:06	2:23	2:51																	
	Lap On Leung COBOC	dnf	2:45	5:38	9:39	28:39	33:47	83:08	93:16	-----	-----	-----	-----	-----	-----	-----								
			2:45	2:53	4:01	19:00	5:08	49:21	10:08															
M55S (5)					4.6 km 200 m		9 C																	
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish												
1	Phil Conway GO	63:43	12:52	23:54	30:43	34:47	40:19	45:55	55:05	60:30	62:52	63:43		8:07	63:49									
			12:52	11:02	6:49	4:04	5:32	5:36	9:10	5:25	2:22	0:51		*35	*220									
2	Andrew Reynolds DEVON	64:32	14:47	23:52	30:21	39:37	44:36	49:00	56:39	61:22	63:54	64:32		2:00	8:43	64:37								
			14:47	9:05	6:29	9:16	4:59	4:24	7:39	4:43	2:32	0:38		*51	*35	*220								
3	Steve Edgar LEI	73:05	14:30	26:49	32:57	37:34	44:14	51:25	62:12	69:09	72:12	73:05		2:00	9:02	73:09								
			14:30	12:19	6:08	4:37	6:40	7:11	10:47	6:57	3:03	0:53		*51	*35	*220								
4	Jon Darley GO	79:25	20:47	31:48	37:36	42:20	54:14	62:35	71:29	76:57	78:46	79:25		2:00	15:13	79:28								
			20:47	11:01	5:48	4:44	11:54	8:21	8:54	5:28	1:49	0:39		*51	*35	*220								
	Si Read NGOC	dnf	25:58	41:14	-----	-----	-----	-----	-----	-----	-----	112:43		21:15	112:49									
			25:58	15:16								71:29		*35	*220									
M60L (14)					6.3 km 220 m		14 C																	
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish							
1	Mark Saunders BOK	54:15	1:11	3:10	5:40	8:39	11:20	21:03	25:39	28:02	34:06	39:29	41:26	48:08	51:57	53:34	54:15	54:21						
			1:11	1:59	2:30	2:59	2:41	9:43	4:36	2:23	6:04	5:23	1:57	6:42	3:49	1:37	0:41	*220						
2	John Embrey SROC	54:57	1:07	3:48	6:31	10:14	12:45	22:54	27:41	29:57	35:44	41:31	43:02	49:03	52:46	54:24	54:57	40:26	55:05					
			1:07	2:41	2:43	3:43	2:31	10:09	4:47	2:16	5:47	5:47	1:31	6:01	3:43	1:38	0:33	*58	*220					
3	Mike Pedley EPOC	58:12	1:18	3:36	5:57	8:49	12:04	21:00	25:32	31:06	36:56	43:13	44:57	52:07	55:43	57:37	58:12	58:18						
			1:18	2:18	2:21	2:52	3:15	8:56	4:32	5:34	5:50	6:17	1:44	7:10	3:36	1:54	0:35	*220						
4	Nicholas Lightfoot SYO	62:10	1:25	3:39	5:59	8:54	11:42	22:52	28:42	31:26	38:35	44:59	46:49	54:29	59:24	61:25	62:10	62:18						
			1:25	2:14	2:20	2:55	2:48	11:10	5:50	2:44	7:09	6:24	1:50	7:40	4:55	2:01	0:45	*220						
5	Adrian Moir SWOC	63:38	1:23	3:35	6:40	9:41	12:28	25:45	31:02	33:33	40:36	47:16	49:16	56:45	61:05	62:59	63:38	63:45						
			1:23	2:12	3:05	3:01	2:47	13:17	5:17	2:31	7:03	6:40	2:00	7:29	4:20	1:54	0:39	*220						
6	Rob Hick WSX	79:18	1:43	4:12	7:30	11:21	14:55	27:25	34:27	37:17	48:06	61:57	63:47	72:07	76:40	78:38	79:18	79:24						
			1:43	2:29	3:18	3:51	3:34	12:30	7:02	2:50	10:49	13:51	1:50	8:20	4:33	1:58	0:40	*220						
7	Mick Lucking NOC	85:52	1:14	3:23	5:52	9:10	14:24	28:54	34:09	42:25	57:20	68:23	70:48	78:26	83:19	85:11	85:52	85:59						
			1:14	2:09	2:29	3:18	5:14	14:30	5:15	8:16	14:55	11:03	2:25	7:38	4:53	1:52	0:41	*220						
8	Chris Hooker SO	90:36	1:35	4:13	6:45	18:20	20:49	43:39	48:08	50:32	56:13	70:38	72:13	84:04	87:50	89:57	90:36	90:40						
			1:35	2:38	2:32	11:35	2:29	22:50	4:29	2:24	5:41	14:25	1:35	11:51	3:46	2:07	0:39	*220						
9	John Leeson HOC	97:54	2:30	5:07	8:12	14:08	17:29	47:07	54:35	57:58	67:26	77:26	79:30	90:39	94:53	97:12	97:54	98:00						
			2:30	2:37	3:05	5:56	3:21	29:38	7:28	3:23	9:28	10:00	2:04	11:09	4:14	2:19	0:42	*220						
10	Peter Foster BOK	107:37	11:40	30:47	33:02	35:53	39:06	53:31	59:10	63:13	75:22	85:31	88:41	97:55	102:08	106:50	107:37	3:21	83:46					
			11:40	19:07	2:15	2:51	3:13	14:25	5:39	4:03	12:09	10:09	3:10	9:14	4:13	4:42	0:47	*62	*58					
11	Kevin Parkes HH	115:16	4:25	7:28	10:59	16:24	19:53	37:40	45:16	52:07	63:30	90:33	92:47	106:50	112:18	114:25	115:16	115:19						
			4:25	3:03	3:31	5:25	3:29	17:47	7:36	6:51	11:23	27:03	2:14	14:03	5:28	2:07	0:51	*220						
12	Brian Pearson QO	117:30	43:47	46:27	51:57	54:39	57:53	71:17	76:32	78:56	87:23	94:28	96:59	108:13	114:39	116:43	117:30	84:05	117:38					
			43:47	2:40	5:30	2:42	3:14	13:24	5:15	2:24	8:27	7:05	2:31	11:14	6:26	2:04	0:47	*67	*220					
	Alan Phillips BKO	dnf	2:14	7:07	11:55	23:46	27:09	-----	-----	-----	-----	-----	-----	-----	-----	-----	55:06	55:13						
			2:14	4:53	4:48	11:51	3:23										27:57	*220						
	Alan Pucill	dnf	16:28	19:01	24:36	28:09	31:18	48:22	56:48	-----	-----	-----	-----	-----	-----	-----								

Pl	Name	Time															
M60L (14)		6.3 km 220 m				14 C				<i>(cont.)</i>							
		1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish	
	NGOC	16:28	2:33	5:35	3:33	3:09	17:04	8:26									
M60S (4)		4.6 km 200 m				9 C											
		1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish						
1	Niall Reynolds	54:56	11:51	21:28	26:28	30:35	35:30	38:52	46:44	51:40	54:07	54:56	3:54	7:55	55:02		
	SBOC		11:51	9:37	5:00	4:07	4:55	3:22	7:52	4:56	2:27	0:49	*51	*35	*220		
2	Ronan Cleary	64:53	13:33	25:13	32:37	36:22	41:41	45:49	56:17	61:13	64:07	64:53	2:00	8:07	65:00		
	LOK		13:33	11:40	7:24	3:45	5:19	4:08	10:28	4:56	2:54	0:46	*51	*35	*220		
3	Richard Higgs	95:46	22:11	36:20	53:50	57:40	64:35	73:19	85:03	91:31	94:43	95:46	11:59	95:55			
	NGOC		22:11	14:09	17:30	3:50	6:55	8:44	11:44	6:28	3:12	1:03	*35	*220			
	Stephen Bingham	mp	12:36	23:01	27:57	31:26	45:42	----	----	----	68:21	69:03	7:54	36:23	55:43	65:14	
	MDOC		12:36	10:25	4:56	3:29	14:16				22:39	0:42	*35	*71	*71	*52	
M65L (19)		4.9 km 230 m				13 C											
		1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish		
1	Michael Napier	50:46	2:32	6:18	8:16	13:07	19:51	24:54	28:27	31:17	37:35	39:29	44:39	48:25	50:07	50:46	50:51
	NOC		2:32	3:46	1:58	4:51	6:44	5:03	3:33	2:50	6:18	1:54	5:10	3:46	1:42	0:39	*220
2	Ian Ditchfield	53:25	2:42	6:43	8:36	12:34	19:06	24:48	27:59	31:51	40:03	41:54	47:28	50:44	52:50	53:25	53:29
	MV		2:42	4:01	1:53	3:58	6:32	5:42	3:11	3:52	8:12	1:51	5:34	3:16	2:06	0:35	*220
3	Philip Eeles	54:35	3:28	7:50	10:03	14:19	23:16	28:05	32:05	34:50	41:04	42:27	48:48	52:12	53:57	54:35	54:44
	SOC		3:28	4:22	2:13	4:16	8:57	4:49	4:00	2:45	6:14	1:23	6:21	3:24	1:45	0:38	*220
4	Bruce Bryant	55:08	3:29	7:22	9:49	15:17	22:17	27:13	31:32	34:55	41:43	44:00	49:22	52:41	54:31	55:08	55:16
	OD		3:29	3:53	2:27	5:28	7:00	4:56	4:19	3:23	6:48	2:17	5:22	3:19	1:50	0:37	*220
5	Alan Rosen	56:08	4:01	7:39	9:41	14:32	20:54	25:45	30:39	33:26	40:12	42:11	49:19	53:40	55:37	56:08	56:13
	HH		4:01	3:38	2:02	4:51	6:22	4:51	4:54	2:47	6:46	1:59	7:08	4:21	1:57	0:31	*220
6	Ray Collins	58:19	3:24	7:08	9:37	14:38	22:04	26:45	31:44	35:31	42:47	44:50	52:03	55:44	57:45	58:19	58:25
	WCH		3:24	3:44	2:29	5:01	7:26	4:41	4:59	3:47	7:16	2:03	7:13	3:41	2:01	0:34	*220
7	Gavin Clegg	60:23	3:12	7:32	9:44	14:42	20:30	27:35	31:05	36:42	45:29	47:35	54:25	57:55	59:44	60:23	60:29
	WSX		3:12	4:20	2:12	4:58	5:48	7:05	3:30	5:37	8:47	2:06	6:50	3:30	1:49	0:39	*220
8	Charles Daniel	61:18	3:22	7:22	11:21	15:29	23:14	29:10	32:55	37:43	48:00	49:48	54:50	58:16	60:44	61:18	61:26
	BOK		3:22	4:00	3:59	4:08	7:45	5:56	3:45	4:48	10:17	1:48	5:02	3:26	2:28	0:34	*220
9	David Downes	64:13	5:05	9:56	12:06	17:12	24:15	29:44	33:31	36:52	50:25	52:20	58:21	61:47	63:34	64:13	64:24
	WCOC		5:05	4:51	2:10	5:06	7:03	5:29	3:47	3:21	13:33	1:55	6:01	3:26	1:47	0:39	*220
10	Simon Greenwood	66:51	3:26	7:43	10:44	15:47	24:05	29:49	35:24	38:50	47:35	49:55	59:13	64:10	66:03	66:51	66:56
	SAX		3:26	4:17	3:01	5:03	8:18	5:44	5:35	3:26	8:45	2:20	9:18	4:57	1:53	0:48	*220
11	Mikhail Gryaznevich	67:47	6:06	10:52	13:28	18:41	26:28	32:40	37:32	40:42	50:23	52:39	60:06	64:21	67:01	67:47	68:04
	TVOOC		6:06	4:46	2:36	5:13	7:47	6:12	4:52	3:10	9:41	2:16	7:27	4:15	2:40	0:46	*220
12	Eddie Speak	73:20	3:47	7:22	9:46	15:48	23:44	36:21	40:55	44:15	54:20	56:21	64:23	70:04	72:39	73:20	73:26
	MDOC		3:47	3:35	2:24	6:02	7:56	12:37	4:34	3:20	10:05	2:01	8:02	5:41	2:35	0:41	*68
13	Kevin Pickering	74:19	2:48	6:34	8:44	14:03	21:38	27:31	37:09	43:34	55:20	57:21	67:57	71:46	73:47	74:19	74:23
	WIM		2:48	3:46	2:10	5:19	7:35	5:53	9:38	6:25	11:46	2:01	10:36	3:49	2:01	0:32	*220
14	Colin Matheson	75:26	13:34	17:54	20:36	26:12	34:32	40:32	44:40	50:42	58:46	60:49	68:24	72:34	74:42	75:26	75:33
	FVO		13:34	4:20	2:42	5:36	8:20	6:00	4:08	6:02	8:04	2:03	7:35	4:10	2:08	0:44	*220
15	Andy Robinson	79:12	3:45	8:34	11:43	17:24	25:48	41:58	47:18	52:22	61:22	64:02	71:32	75:39	78:30	79:12	79:18
	LOC		3:45	4:49	3:09	5:41	8:24	16:10	5:20	5:04	9:00	2:40	7:30	4:07	2:51	0:42	*220
16	Steve Williams	87:21	4:57	10:48	13:41	19:33	30:20	38:15	42:40	47:12	67:15	69:49	79:19	83:50	86:33	87:21	87:26
	NGOC		4:57	5:51	2:53	5:52	10:47	7:55	4:25	4:32	20:03	2:34	9:30	4:31	2:43	0:48	*220
17	Jonathan Howell	92:26	4:57	11:35	18:14	25:03	35:08	41:38	48:38	56:49	68:29	73:24	83:12	88:11	91:43	92:26	92:34
	WCH		4:57	6:38	6:39	6:49	10:05	6:30	7:00	8:11	11:40	4:55	9:48	4:59	3:32	0:43	*220

Pl	Name	Time														Finish	
M65L (19)			4.9 km 230 m 13 C (cont.)														
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish	
18	David Rosen SROC	93:10	5:20	12:27	17:56	24:36	35:07	44:05	51:54	57:29	69:29	73:03	82:14	87:57	91:55	93:10	93:23
			5:20	7:07	5:29	6:40	10:31	8:58	7:49	5:35	12:00	3:34	9:11	5:43	3:58	1:15	*220
	Mike Snell ERYRI	dnf	5:34	-----	39:18	49:25	-----	-----	-----	-----	-----	-----	-----	73:16	-----	75:51	75:59
			5:34		33:44	10:07								23:51		2:35	*220
M65S (1)			3.9 km 130 m 10 C														
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish				
	Andrew White HOC	mp	2:50	-----	-----	-----	-----	-----	-----	-----	-----	12:55	14:12				
			2:50									10:05	1:17				
M70L (15)			4.6 km 200 m 9 C														
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish					
1	Steve Whitehead EBOR	44:53	8:07	16:30	21:27	24:13	30:03	32:54	38:27	42:25	44:20	44:53		2:00	4:37	44:59	
			8:07	8:23	4:57	2:46	5:50	2:51	5:33	3:58	1:55	0:33		*51	*35	*220	
2	Mike Wimpenny DEVON	54:29	10:38	20:34	28:09	31:37	36:16	39:31	46:48	51:32	53:46	54:29		6:03	54:35		
			10:38	9:56	7:35	3:28	4:39	3:15	7:17	4:44	2:14	0:43		*35	*220		
3	Mark Glaisher SAX	55:05	12:55	21:53	28:10	31:45	36:20	40:59	47:46	52:23	54:23	55:05		2:00	8:14	55:13	
			12:55	8:58	6:17	3:35	4:35	4:39	6:47	4:37	2:00	0:42		*51	*35	*220	
4	Andy Hemsted HOC	57:45	12:01	20:47	27:09	30:33	39:07	42:47	49:19	54:45	57:02	57:45		2:00	6:52	57:50	
			12:01	8:46	6:22	3:24	8:34	3:40	6:32	5:26	2:17	0:43		*51	*35	*220	
5	John Simmons BOK	65:18	16:17	24:14	29:00	32:30	39:01	45:21	56:56	62:55	64:41	65:18		3:00	11:41	36:29	65:27
			16:17	7:57	4:46	3:30	6:31	6:20	11:35	5:59	1:46	0:37		*51	*35	*58	*220
6	Peter Gorvett SYO	66:27	23:20	31:50	38:10	40:55	46:56	50:55	57:03	63:53	65:38	66:27		14:28	66:30		
			23:20	8:30	6:20	2:45	6:01	3:59	6:08	6:50	1:45	0:49		*35	*220		
7	Chris Rostron MDOC	69:49	19:02	30:02	36:32	40:33	46:25	50:43	60:50	66:25	69:05	69:49		2:00	12:59	69:55	
			19:02	11:00	6:30	4:01	5:52	4:18	10:07	5:35	2:40	0:44		*51	*35	*220	
8	John Britton MDOC	69:54	15:11	24:47	32:07	35:59	48:57	53:22	62:02	67:03	69:04	69:54		2:00	9:17	70:08	
			15:11	9:36	7:20	3:52	12:58	4:25	8:40	5:01	2:01	0:50		*51	*35	*220	
9	Heikki Palosuo SLOW	69:57	17:40	28:41	34:56	38:46	45:04	51:30	60:55	66:32	69:07	69:57		11:11	70:09		
			17:40	11:01	6:15	3:50	6:18	6:26	9:25	5:37	2:35	0:50		*35	*220		
10	Barry Houghton HOC	80:02	17:13	26:08	33:12	36:57	46:49	63:09	71:38	76:41	79:19	80:02		11:14	80:14		
			17:13	8:55	7:04	3:45	9:52	16:20	8:29	5:03	2:38	0:43		*35	*220		
11	Mike Baggott OD	80:22	16:24	28:31	36:06	40:51	49:40	58:36	69:05	76:31	79:19	80:22		2:00	9:39	80:27	
			16:24	12:07	7:35	4:45	8:49	8:56	10:29	7:26	2:48	1:03		*51	*35	*220	
12	John Harrison BADO	86:02	30:14	41:54	50:44	54:38	62:04	66:41	77:21	82:56	85:21	86:02		2:00	9:46	86:08	
			30:14	11:40	8:50	3:54	7:26	4:37	10:40	5:35	2:25	0:41		*51	*35	*220	
13	Tony Hext QO	86:19	17:04	29:01	37:35	42:12	55:24	62:27	75:44	82:49	85:27	86:19		9:48	86:29		
			17:04	11:57	8:34	4:37	13:12	7:03	13:17	7:05	2:38	0:52		*35	*220		
14	Robert Brandon OD	97:24	23:24	37:36	48:57	54:12	66:15	71:26	84:29	92:45	96:06	97:24		2:23	11:57	97:30	
			23:24	14:12	11:21	5:15	12:03	5:11	13:03	8:16	3:21	1:18		*34	*35	*220	
	Chris Virgo DEVON	mp	24:36	35:55	46:23	50:32	-----	65:16	76:11	81:30	84:05	84:51		2:00	18:02	55:12	85:07
			24:36	11:19	10:28	4:09		14:44	10:55	5:19	2:35	0:46		*51	*35	*58	*220
M75L (11)			3.9 km 130 m 10 C														
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish				
1	David May SLOW	52:32	2:08	6:57	10:14	18:00	23:08	29:00	38:26	43:36	50:26	51:47	52:32		52:38		
			2:08	4:49	3:17	7:46	5:08	5:52	9:26	5:10	6:50	1:21	0:45		*220		
2	Tom Mills NGOC	53:53	2:01	6:21	9:49	14:37	20:26	26:50	36:54	43:51	51:23	53:10	53:53		53:59		
			2:01	4:20	3:28	4:48	5:49	6:24	10:04	6:57	7:32	1:47	0:43		*220		

Pl	Name	Time																	
M75L (11)			3.9 km 130 m			10 C			<i>(cont.)</i>										
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish						
3	John Parfitt BOK	67:42	2:34 2:34	7:45 5:11	11:31 3:46	17:48 6:17	23:39 5:51	30:33 6:54	51:37 21:04	58:15 6:38	64:48 6:33	66:44 1:56	67:42 0:58	67:50 *220					
4	Christopher Branfo WIM	81:10	4:06 4:06	10:20 6:14	13:51 3:31	22:10 8:19	27:30 5:20	35:37 8:07	52:31 16:54	60:39 8:08	78:25 17:46	80:18 1:53	81:10 0:52	67:30 *48	81:16 *220				
5	Peter Carey OD	88:38	4:48 4:48	9:37 4:49	12:58 3:21	21:49 8:51	26:55 5:06	59:14 32:19	69:43 10:29	75:38 5:55	83:38 8:00	87:42 4:04	88:38 0:56	88:43 *220					
6	Ian Peirce SARUM	94:43	18:12 18:12	22:30 4:18	28:08 5:38	38:37 10:29	45:31 6:54	57:16 11:45	69:01 11:45	79:40 10:39	91:59 12:19	93:46 1:47	94:43 0:57	94:52 *220					
7	Brian Yates ESOC	98:17	3:52 3:52	9:20 5:28	24:07 14:47	35:12 11:05	43:32 8:20	54:59 11:27	69:56 14:57	84:29 14:33	94:16 9:47	97:21 3:05	98:17 0:56	19:24 *44	98:22 *220				
8	Julian Lailey SROC	105:52	3:43 3:43	8:29 4:46	11:45 3:16	35:56 24:11	41:48 5:52	49:57 8:09	71:03 21:06	80:41 9:38	103:29 22:48	105:09 1:40	105:52 0:43	106:02 *220					
9	Anthony Barrable RAFO	109:09	5:51 5:51	27:47 21:56	34:00 6:13	41:30 7:30	47:23 5:53	55:44 8:21	72:29 16:45	82:23 9:54	106:12 23:49	107:59 1:47	109:09 1:10	109:16 *220					
	Ted McDonald BOK	mp	31:16 31:16	45:01 13:45	48:53 3:52	55:13 6:20	62:27 7:14	72:03 9:36	84:00 11:57	91:22 7:22	----- -----	99:33 8:11	100:41 1:08	100:45 *220					
	Jim Prowting TVOC	dnf	2:00 2:00	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----						
M80 (2)			3.1 km 120 m			11 C													
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish					
1	Roger Maher SO	54:04	4:17 4:17	8:43 4:26	14:55 6:12	20:13 5:18	23:42 3:29	32:50 9:08	35:35 2:45	42:24 6:49	48:05 5:41	51:41 3:36	53:23 1:42	54:04 0:41	54:12 *220				
	Colin Powell AIRE	dnf	5:21 5:21	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----						
W16 (6)			4.6 km 200 m			9 C													
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish							
1	Daisy Rennie WCOC	46:10	12:01 12:01	20:03 8:02	24:32 4:29	27:04 2:32	30:59 3:55	34:00 3:01	40:10 6:10	43:52 3:42	45:36 1:44	46:10 0:34	2:30 *51	5:37 *35	46:16 *220				
2	Rose Taylor NGOC	53:53	10:57 8:48	19:45 8:48	24:48 5:03	27:43 2:55	36:01 8:18	39:53 3:52	47:04 7:11	51:37 4:33	53:19 1:42	53:53 0:34	4:00 *51	6:25 *35	54:05 *220				
3	Hannah Mather LOG	62:21	12:57 12:57	23:39 10:42	28:40 5:01	34:38 5:58	42:07 7:29	47:23 5:16	55:34 8:11	59:55 4:21	61:48 1:53	62:21 0:33	2:00 *51	6:48 *35	62:26 *220				
4	Sarah Darley GO	64:17	15:03 15:03	24:21 9:18	29:42 5:21	32:34 2:52	43:07 10:33	48:52 5:45	57:08 8:16	61:21 4:13	63:39 2:18	64:17 0:38	2:00 *51	9:16 *35	9:16 *35	9:17 *35	63:40 *49	64:21 *220	
5	Hannah Goldswain PFO	69:10	15:39 15:39	24:14 8:35	31:19 7:05	33:50 2:31	38:54 5:04	42:35 3:41	62:00 19:25	65:51 3:51	68:42 2:51	69:10 0:28	8:19 *35	10:40 *70	69:16 *220				
6	Laura Barrett SN	69:40	11:42 11:42	22:08 10:26	33:48 11:40	36:17 2:29	41:10 4:53	52:38 11:28	60:55 8:17	67:25 6:30	69:03 1:38	69:40 0:37	2:00 *51	7:05 *35	69:45 *220				
W18L (3)			4.9 km 230 m			13 C													
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish			
1	Rebecca Ward NGOC	49:06	3:04 3:04	7:41 4:37	10:20 2:39	14:39 4:19	20:19 5:40	25:31 5:12	28:10 2:39	30:58 2:48	37:14 6:16	38:40 1:26	44:17 5:37	47:12 2:55	48:36 1:24	49:06 0:30	49:10 *220		
2	Emily Turner LOC	59:02	3:04 3:04	7:45 4:41	10:35 2:50	15:26 4:51	22:07 6:41	29:19 7:12	33:10 3:51	36:10 3:00	42:28 6:18	44:17 1:49	51:11 6:54	55:06 3:55	58:25 3:19	59:02 0:37	59:11 *220		
3	Aimee Darley	59:28	3:11	8:12	12:22	16:55	24:07	28:43	32:52	35:41	43:06	45:41	52:34	56:34	58:49	59:28	58:50	58:50	59:33

Pl	Name	Time																			
W18L (3)			4.9 km 230 m			13 C			<i>(cont.)</i>												
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish					
	SN		3:11	5:01	4:10	4:33	7:12	4:36	4:09	2:49	7:25	2:35	6:53	4:00	2:15	0:39		*49	*49	*220	
W20L (1)			6.3 km 220 m			14 C															
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish				
1	Mairi Eades EUOC	59:15	1:10	2:53	5:15	8:22	11:02	21:12	25:44	28:38	35:13	45:24	46:59	53:43	57:05	58:43	59:15		59:19		
			1:10	1:43	2:22	3:07	2:40	10:10	4:32	2:54	6:35	10:11	1:35	6:44	3:22	1:38	0:32		*220		
W21L (9)			7.4 km 280 m			14 C															
			1(69)	2(44)	3(55)	4(56)	5(64)	6(74)	7(63)	8(54)	9(59)	10(58)	11(71)	12(48)	13(38)	14(49)	Finish				
1	Megan Carter-Davie SBOC	44:16	4:02	5:42	10:30	13:27	18:33	22:59	27:39	30:42	34:14	35:25	36:37	41:45	43:05	43:50	44:16		2:00	44:21	
2	Cecilie Andersen BOK	47:33	4:02	1:40	4:48	2:57	5:06	4:26	4:40	3:03	3:32	1:11	1:12	5:08	1:20	0:45	0:26		*51	*220	
3	Anne Edwards LOC	57:30	3:07	1:45	5:37	3:24	5:35	4:09	4:31	3:41	3:39	2:33	1:15	5:39	1:26	0:46	0:26		*51	*220	
4	Rona Lindsay ESOC	60:05	4:22	6:32	13:23	17:59	24:41	29:26	34:22	38:40	43:21	45:17	46:46	53:51	55:59	56:59	57:30		2:00	57:36	
5	Tamsin Moran SOC	61:05	4:22	2:10	6:51	4:36	6:42	4:45	4:56	4:18	4:41	1:56	1:29	7:05	2:08	1:00	0:31		*51	*220	
6	Hannah Hateley DEE	69:45	4:03	6:16	14:39	18:31	26:02	30:57	36:37	41:09	45:49	47:30	49:04	56:58	58:41	59:35	60:05		2:00	60:11	
7	Rebecca Aspin CLOK	72:20	4:03	2:13	8:23	3:52	7:31	4:55	5:40	4:32	4:40	1:41	1:34	7:54	1:43	0:54	0:30		*51	*220	
8	Bethany Kippin TVOC	79:48	4:44	7:42	14:35	18:25	25:43	31:06	36:53	41:22	46:32	49:17	50:55	57:45	59:29	60:31	61:05		2:30	61:11	
9	Laura Parkes HH	82:40	4:44	2:58	6:53	3:50	7:18	5:23	5:47	4:29	5:10	2:45	1:38	6:50	1:44	1:02	0:34		*51	*220	
			5:10	2:27	7:38	4:08	9:50	5:35	6:30	5:30	5:47	2:19	1:42	9:30	2:00	1:03	0:36		*51	*220	
			4:22	6:53	14:52	19:55	28:18	36:05	43:21	49:06	54:26	56:36	58:34	68:38	70:34	71:37	72:20		72:25		
			4:22	2:31	7:59	5:03	8:23	7:47	7:16	5:45	5:20	2:10	1:58	10:04	1:56	1:03	0:43		*220		
			7:49	9:57	17:48	23:01	33:20	39:34	46:28	51:50	58:38	62:06	65:08	75:29	77:58	79:14	79:48		79:53		
			7:49	2:08	7:51	5:13	10:19	6:14	6:54	5:22	6:48	3:28	3:02	10:21	2:29	1:16	0:34		*220		
			7:00	10:01	19:55	26:03	35:18	41:30	49:10	54:50	61:56	66:32	68:32	78:21	80:40	82:05	82:40		2:00	82:46	
			7:00	3:01	9:54	6:08	9:15	6:12	7:40	5:40	7:06	4:36	2:00	9:49	2:19	1:25	0:35		*51	*220	
W21S (1)			4.9 km 230 m			13 C															
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish					
1	Rachel Perry UBOC	115:29	7:30	15:26	25:26	32:34	44:40	52:02	57:24	69:09	87:14	91:55	105:08	111:54	114:41	115:29		115:37	*220		
			7:30	7:56	10:00	7:08	12:06	7:22	5:22	11:45	18:05	4:41	13:13	6:46	2:47	0:48					
W35L (1)			6.3 km 220 m			14 C															
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish				
1	Sarah-Jane Barrabl SLOW	58:33	1:46	3:34	5:52	8:25	11:02	20:01	24:30	27:39	33:16	41:42	43:23	50:10	53:31	57:34	58:33		58:23		
			1:46	1:48	2:18	2:33	2:37	8:59	4:29	3:09	5:37	8:26	1:41	6:47	3:21	4:03	0:59		*220		
W35S (1)			4.6 km 200 m			9 C															
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish									
1	Laura Evans KERNO	72:40	26:24	35:07	43:02	48:02	54:21	59:09	66:16	70:27	72:03	72:40		18:38	72:46						
			26:24	8:43	7:55	5:00	6:19	4:48	7:07	4:11	1:36	0:37		*35	*220						
W40L (6)			6.3 km 220 m			14 C															
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish				
1	Anne Straube OD	61:00	1:18	3:46	6:52	9:38	12:36	23:35	29:02	31:48	38:49	45:07	46:57	54:36	58:30	60:18	61:00		61:03		
			1:18	2:28	3:06	2:46	2:58	10:59	5:27	2:46	7:01	6:18	1:50	7:39	3:54	1:48	0:42		*220		

Pl	Name	Time																					
W40L (6)			6.3 km 220 m			14 C			<i>(cont.)</i>														
			1(34)	2(69)	3(44)	4(72)	5(47)	6(67)	7(74)	8(65)	9(56)	10(42)	11(71)	12(40)	13(48)	14(49)	Finish						
2	Kerina Lake	67:41	1:40	3:59	6:49	10:14	13:26	24:37	30:42	33:19	41:05	50:23	52:23	60:50	65:15	67:02	67:41	67:47					
	SBOC		1:40	2:19	2:50	3:25	3:12	11:11	6:05	2:37	7:46	9:18	2:00	8:27	4:25	1:47	0:39	*220					
3	Sian Mitchell	74:45	1:54	4:27	7:54	11:28	14:41	28:14	34:31	37:42	45:30	54:34	56:43	66:57	71:47	73:58	74:45	52:41	52:41	52:42	52:42	52:42	
	HH		1:54	2:33	3:27	3:34	3:13	13:33	6:17	3:11	7:48	9:04	2:09	10:14	4:50	2:11	0:47	*58	*58	*58	*58	*58	*58
			52:42	52:42	52:43	52:43	52:43	52:43	52:44	52:44	52:44	52:44	52:45	52:45	52:45	52:45	52:46	73:58					
			*58	*58	*58	*58	*58	*58	*58	*58	*58	*58	*58	*58	*58	*58	*58	*49					
4	Sara Currie	95:32	2:16	9:55	12:59	20:00	23:06	36:34	43:49	46:23	53:34	71:28	73:27	89:24	93:21	95:02	95:32	61:24	86:36	95:35			
	BOK		2:16	7:39	3:04	7:01	3:06	13:28	7:15	2:34	7:11	17:54	1:59	15:57	3:57	1:41	0:30	*58	*48	*220			
5	Victoria Mccreadie	109:47	2:14	4:29	7:50	16:40	19:34	33:16	40:45	44:47	59:01	90:50	93:16	102:22	106:55	109:04	109:47	13:50	109:51				
	SOS		2:14	2:15	3:21	8:50	2:54	13:42	7:29	4:02	14:14	31:49	2:26	9:06	4:33	2:09	0:43	*60	*220				
6	Heidi Lloyd	164:51	5:09	14:25	24:41	33:56	40:18	71:50	83:02	90:48	104:59	120:58	124:47	139:54	147:51	163:30	164:51	164:55					
	TVOC		5:09	9:16	10:16	9:15	6:22	31:32	11:12	7:46	14:11	15:59	3:49	15:07	7:57	15:39	1:21	*220					
W40S (1)			4.6 km 200 m			9 C																	
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish											
1	Alex Agombar	84:30	18:22	28:13	38:26	43:34	60:18	63:30	75:06	80:30	83:50	84:30		2:00	9:39	50:12	84:41						
	NGOC		18:22	9:51	10:13	5:08	16:44	3:12	11:36	5:24	3:20	0:40		*51	*35	*41	*220						
W45L (5)			4.9 km 230 m			13 C																	
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish							
1	Sarah Rollins	38:59	2:19	4:47	6:33	10:11	14:51	18:26	21:02	23:00	28:13	29:31	34:01	36:50	38:28	38:59	39:04						
	SN		2:19	2:28	1:46	3:38	4:40	3:35	2:36	1:58	5:13	1:18	4:30	2:49	1:38	0:31	*220						
2	Emma Harrison	59:42	4:25	8:55	12:19	16:45	23:50	28:37	32:05	35:25	43:26	45:21	51:34	55:09	59:05	59:42	59:46						
	EPOC		4:25	4:30	3:24	4:26	7:05	4:47	3:28	3:20	8:01	1:55	6:13	3:35	3:56	0:37	*220						
3	Sally Calland	62:06	2:53	7:12	10:20	14:24	22:41	32:20	36:01	40:23	48:47	50:22	56:38	59:54	61:35	62:06	28:04	62:08					
	RSOC		2:53	4:19	3:08	4:04	8:17	9:39	3:41	4:22	8:24	1:35	6:16	3:16	1:41	0:31	*68	*220					
4	Vesela Chokoeva	66:51	3:42	8:46	11:20	15:56	23:58	29:07	33:33	38:37	50:52	52:31	60:18	64:24	66:10	66:51	66:59						
	SLOW		3:42	5:04	2:34	4:36	8:02	5:09	4:26	5:04	12:15	1:39	7:47	4:06	1:46	0:41	*220						
5	Rachel Leathwood	72:33	3:46	9:02	22:28	27:40	34:36	40:24	43:53	47:31	58:11	60:01	66:55	70:15	72:00	72:33	72:40						
	BOK		3:46	5:16	13:26	5:12	6:56	5:48	3:29	3:38	10:40	1:50	6:54	3:20	1:45	0:33	*220						
W50L (12)			4.9 km 230 m			13 C																	
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish							
1	Jenny Peel	49:34	2:29	5:30	8:56	13:18	19:27	24:00	27:16	29:34	35:45	37:58	43:47	47:13	48:56	49:34	49:35						
	SYO		2:29	3:01	3:26	4:22	6:09	4:33	3:16	2:18	6:11	2:13	5:49	3:26	1:43	0:38	*220						
2	Lucy Wiegand	52:00	3:10	7:18	9:42	14:22	20:14	25:00	28:24	31:39	38:21	40:15	45:59	49:24	51:22	52:00	52:05						
	SYO		3:10	4:08	2:24	4:40	5:52	4:46	3:24	3:15	6:42	1:54	5:44	3:25	1:58	0:38	*220						
3	Amanda Crawshaw	52:29	2:39	6:43	9:05	13:25	19:38	24:29	28:32	30:55	39:32	41:10	46:55	50:06	51:56	52:29	52:37						
	SYO		2:39	4:04	2:22	4:20	6:13	4:51	4:03	2:23	8:37	1:38	5:45	3:11	1:50	0:33	*220						
4	Lulu Williams	63:52	2:54	7:06	9:52	14:41	22:57	28:00	32:08	35:33	46:23	48:53	57:01	60:51	63:13	63:52	63:56						
	SLOW		2:54	4:12	2:46	4:49	8:16	5:03	4:08	3:25	10:50	2:30	8:08	3:50	2:22	0:39	*220						
5	Karen Crawford	64:49	3:32	8:12	10:56	16:59	25:08	30:54	35:26	38:48	46:56	49:13	57:00	61:47	64:03	64:49	64:59						
	BOK		3:32	4:40	2:44	6:03	8:09	5:46	4:32	3:22	8:08	2:17	7:47	4:47	2:16	0:46	*220						
6	Lucy Giles	72:12	6:55	11:57	20:56	26:20	34:30	39:55	43:20	45:46	56:12	58:35	65:20	69:09	71:35	72:12	72:18						
	BAOC		6:55	5:02	8:59	5:24	8:10	5:25	3:25	2:26	10:26	2:23	6:45	3:49	2:26	0:37	*220						
7	Vanessa Lawson	72:21	8:58	14:50	17:26	21:46	36:45	41:45	45:06	48:37	56:51	58:32	64:38	68:04	71:44	72:21	72:25						
	NGOC		8:58	5:52	2:36	4:20	14:59	5:00	3:21	3:31	8:14	1:41	6:06	3:26	3:40	0:37	*220						
8	Diane Jacks	76:49	5:24	12:41	16:12	22:22	30:57	38:20	43:46	47:05	60:34	63:24	69:49	74:11	76:07	76:49	76:53						
	WRE		5:24	7:17	3:31	6:10	8:35	7:23	5:26	3:19	13:29	2:50	6:25	4:22	1:56	0:42	*220						

Pl	Name	Time															
W50L (12)			4.9 km 230 m			13 C			<i>(cont.)</i>								
			1(69)	2(35)	3(70)	4(31)	5(54)	6(63)	7(67)	8(73)	9(58)	10(71)	11(39)	12(48)	13(49)	Finish	
9	Dawn Figg PFO	83:00	4:58	12:48	16:01	22:20	29:47	35:41	39:54	44:22	56:44	59:29	73:30	78:19	82:22	83:00	83:12
			4:58	7:50	3:13	6:19	7:27	5:54	4:13	4:28	12:22	2:45	14:01	4:49	4:03	0:38	*220
10	Lisa Methven BKO	87:56	13:53	19:35	23:53	29:16	40:07	47:23	52:34	60:26	71:32	73:27	81:34	85:35	87:21	87:56	88:06
			13:53	5:42	4:18	5:23	10:51	7:16	5:11	7:52	11:06	1:55	8:07	4:01	1:46	0:35	*220
11	Ruth Harris DEE	100:29	10:40	19:20	22:24	28:26	37:52	44:43	49:38	54:26	80:06	82:15	91:46	97:10	99:40	100:29	100:33
			10:40	8:40	3:04	6:02	9:26	6:51	4:55	4:48	25:40	2:09	9:31	5:24	2:30	0:49	*220
	Elaine Baker DEE	dnf	3:22	7:54	11:03	18:07	39:56	-----	-----	-----	-----	-----	79:19	84:33	87:19	88:16	88:22
			3:22	4:32	3:09	7:04	21:49						39:23	5:14	2:46	0:57	*220
W50S (1)			3.9 km 130 m			10 C											
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish				
1	Lesley Ward SYO	79:15	3:02	24:08	28:09	38:33	44:52	51:43	61:31	69:00	76:09	78:14	79:15		79:21		
			3:02	21:06	4:01	10:24	6:19	6:51	9:48	7:29	7:09	2:05	1:01		*220		
W55L (11)			4.6 km 200 m			9 C											
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish					
1	Susan Skinner WCOC	55:51	10:14	19:28	27:05	31:21	36:37	40:53	48:27	52:54	55:07	55:51		2:00	6:01	55:56	
			10:14	9:14	7:37	4:16	5:16	4:16	7:34	4:27	2:13	0:44		*51	*35	*220	
2	Liz Phillips OD	63:11	14:53	25:24	31:19	35:10	41:01	45:32	53:43	59:54	62:21	63:11		2:00	9:47	63:17	
			14:53	10:31	5:55	3:51	5:51	4:31	8:11	6:11	2:27	0:50		*51	*35	*220	
3	Dorte Torpe Hansen SLOW	66:00	16:44	30:31	35:42	39:05	45:25	48:53	57:08	63:14	65:18	66:00		11:20	66:02		
			16:44	13:47	5:11	3:23	6:20	3:28	8:15	6:06	2:04	0:42		*35	*220		
4	Janet Adams SYO	71:22	14:45	28:41	34:38	39:13	47:32	52:00	61:05	65:55	70:36	71:22		9:46	71:29		
			14:45	13:56	5:57	4:35	8:19	4:28	9:05	4:50	4:41	0:46		*35	*220		
5	Helen Ashenden SN	80:58	26:03	36:07	41:46	45:30	51:59	59:42	69:33	76:08	80:17	80:58		11:55	81:02		
			26:03	10:04	5:39	3:44	6:29	7:43	9:51	6:35	4:09	0:41		*35	*220		
6	Miranda Mackereth HOC	85:12	24:12	38:14	46:20	51:17	57:57	63:58	73:58	80:05	84:20	85:12		2:00	16:33	85:18	
			24:12	14:02	8:06	4:57	6:40	6:01	10:00	6:07	4:15	0:52		*51	*35	*220	
7	Maggie Hateley DEE	88:49	23:24	33:11	55:35	59:09	66:16	69:50	77:40	86:26	88:10	88:49		17:33	89:00		
			23:24	9:47	22:24	3:34	7:07	3:34	7:50	8:46	1:44	0:39		*35	*220		
	Rosslyn Nicholson Gramp	mp	15:50	27:50	35:25	39:25	-----	-----	-----	63:43	66:42	67:55		9:20	68:07		
			15:50	12:00	7:35	4:00				24:18	2:59	1:13		*35	*220		
	Judith Taylor NGOC	mp	-----	32:03	50:48	56:58	65:53	70:00	80:35	86:11	88:27	89:13		62:47	89:22		
				32:03	18:45	6:10	8:55	4:07	10:35	5:36	2:16	0:46		*58	*220		
	Kerstin Mitchell HOC	mp	31:18	44:48	52:52	57:33	66:05	89:16	-----	-----	-----			18:02			
			31:18	13:30	8:04	4:41	8:32	23:11						*35			
	Carolyn Dent BOK	dnf	32:32	45:44	-----	-----	-----	-----	-----	-----	-----			22:35			
			32:32	13:12										*35			
W55S (3)			3.1 km 120 m			11 C											
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish			
1	Julie Cleary LOK	56:02	2:16	12:23	16:55	22:19	26:06	34:06	37:17	44:58	50:37	53:33	55:13	56:02		56:11	
			2:16	10:07	4:32	5:24	3:47	8:00	3:11	7:41	5:39	2:56	1:40	0:49		*220	
2	Susanne Andersen BOK	71:12	3:20	15:30	19:43	26:13	30:10	45:37	48:55	57:46	63:44	68:18	70:17	71:12		71:20	
			3:20	12:10	4:13	6:30	3:57	15:27	3:18	8:51	5:58	4:34	1:59	0:55		*220	
3	Alison Reynolds DEVON	91:37	2:22	12:06	15:55	20:21	23:25	31:16	34:25	40:47	70:37	89:37	90:51	91:37		91:40	
			2:22	9:44	3:49	4:26	3:04	7:51	3:09	6:22	29:50	19:00	1:14	0:46		*220	

Pl	Name	Time																
W60L (11)				4.6 km	200 m	9 C												
			1(60)	2(55)	3(56)	4(57)	5(42)	6(41)	7(40)	8(48)	9(49)	Finish						
1	Charlotte Somers-C LOC	50:03	11:09	19:26	24:41	27:56	32:39	36:11	43:25	47:38	49:26	50:03	2:00	5:43	50:09			
2	Jackie Hallett BOK	54:23	14:20	23:45	28:07	31:20	36:31	39:27	47:03	51:47	53:43	54:23	2:00	7:34	54:29			
3	Alice Bedwell BOK	57:55	14:29	23:28	30:39	33:52	39:28	45:05	51:11	55:24	57:13	57:55	2:00	6:39	9:22	58:06		
4	Sarah Howes SAX	67:51	16:46	31:42	39:23	42:29	48:15	53:32	60:44	65:13	67:11	67:51	2:00	11:04	67:54			
5	Margaret Reynolds SBOC	68:17	14:29	24:15	30:25	33:14	37:38	41:31	61:02	65:12	67:37	68:17	7:01	68:23				
6	Anne Tynegate BADO	72:56	15:26	27:00	33:19	37:08	42:15	48:04	52:49	63:41	69:16	72:56	9:24	73:02				
7	Gwen Tanner BOK	75:47	18:02	31:00	37:59	43:00	49:04	55:10	65:13	71:42	74:57	75:47	10:39	75:54				
8	Marian White HOC	76:49	18:38	31:10	38:19	42:15	49:20	54:52	65:44	73:17	76:06	76:49	2:00	11:16	76:56			
9	Jacqueline Embrey SROC	87:52	20:26	33:55	40:27	44:18	52:08	57:08	79:09	84:28	86:54	87:52	2:37	13:58	49:42	54:39	87:56	
10	Jill Blount SO	96:55	20:26	33:55	40:27	44:18	52:08	57:08	79:09	84:28	86:54	87:52	2:37	13:58	49:42	54:39	87:56	
	Adele Newall KERNO	mp	27:04	41:49	50:05	56:11	68:03	75:17	84:51	91:45	96:55	2:00	18:07	97:04				
			27:04	14:45	8:16	6:06	11:52	7:14	9:34	6:54	4:18	0:52	*51	*35	*220			
			29:51	39:33	45:24	49:21	57:17	61:49	72:39	77:48	-----	81:04	11:38	11:38	11:38	11:40	11:41	11:41
			29:51	9:42	5:51	3:57	7:56	4:32	10:50	5:09		3:16	*35	*35	*35	*35	*35	*35
W60S (1)				3.1 km	120 m	11 C												
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish				
	Penny Parkes HH	dnf	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
W65L (4)				3.9 km	130 m	10 C												
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish					
1	Alison Simmons BOK	49:45	1:46	7:22	10:10	16:22	22:02	29:02	36:57	42:26	48:02	49:10	49:45	49:48				
2	Janet Rosen HH	58:40	8:51	12:18	15:35	22:40	27:00	36:27	44:24	50:27	56:15	57:57	58:40	1:55	58:46			
3	Christine Robinson LOC	59:07	8:51	3:27	3:17	7:05	4:20	9:27	7:57	6:03	5:48	1:42	0:43	*34	*220			
4	Janice Nisbet ESOC	59:14	2:26	4:40	3:30	10:33	5:19	5:59	9:53	6:06	8:27	1:34	0:40	59:14				
			2:44	7:02	10:59	16:33	21:18	28:11	36:26	45:44	57:34	58:31	59:14	49:56	59:21	59:35		
			2:44	4:18	3:57	5:34	4:45	6:53	8:15	9:18	11:50	0:57	0:43	*37	*220	*220		
W70L (5)				3.9 km	130 m	10 C												
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish					
1	Jill Manning SWOC	60:37	2:05	6:22	13:14	18:49	23:53	31:16	44:41	51:34	58:21	59:52	60:37	60:41				
2	Diana McClure SBOC	72:59	3:22	9:04	14:55	22:00	28:22	37:01	56:51	63:41	70:14	72:02	72:59	73:08				
3	Miriam Rosen SROC	78:13	3:22	5:42	5:51	7:05	6:22	8:39	19:50	6:50	6:33	1:48	0:57	*220				
4	Denise Harper BKO	107:16	5:31	19:30	23:25	29:54	35:43	42:18	57:41	66:32	74:51	77:17	78:13	78:16				
			5:31	13:59	3:55	6:29	5:49	6:35	15:23	8:51	8:19	2:26	0:56	*220				
			5:18	11:38	23:07	32:16	41:17	58:03	77:39	88:28	103:09	106:06	107:16	107:22				
			5:18	6:20	11:29	9:09	9:01	16:46	19:36	10:49	14:41	2:57	1:10	*220				

Pl	Name	Time																						
W70L (5)			3.9 km 130 m			10 C			<i>(cont.)</i>															
			1(62)	2(33)	3(31)	4(53)	5(55)	6(56)	7(203)	8(39)	9(38)	10(49)	Finish											
5	Rosalind Taunton NGOC	122:18	3:55 3:55	26:30 22:35	30:42 4:12	48:12 17:30	55:46 7:34	66:15 10:29	81:02 14:47	89:23 8:21	119:45 30:22	121:26 1:41	122:18 0:52	20:39 *69	97:48 *48	122:26 *220								
W70S (1)			3.1 km 120 m			11 C																		
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish										
	Lynn Branford WIM	dnf	19:25 19:25	25:23 5:58	31:32 6:09	38:25 6:53	43:31 5:06	-----	-----	-----	-----	-----	-----	129:01 85:30	129:06 *220									
W75 (2)			3.1 km 120 m			11 C																		
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish										
1	Sheila Carey OD	63:27	3:16 3:16	7:53 4:37	13:51 5:58	28:01 14:10	31:00 2:59	41:23 10:23	44:55 3:32	52:11 7:16	57:17 5:06	60:40 3:23	62:39 1:59	63:27 0:48	63:32 *220									
2	Charlotte Thornton SARUM	141:00	7:51 7:51	44:42 36:51	52:15 7:33	59:22 7:07	65:06 5:44	95:38 30:32	105:56 10:18	117:16 11:20	127:46 10:30	134:18 6:32	139:31 5:13	141:00 1:29	141:09 *220									
W80 (2)			3.1 km 120 m			11 C																		
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish										
1	Judith Powell AIRE	112:35	5:18 5:18	16:19 11:01	32:57 16:38	43:21 10:24	50:25 7:04	68:37 18:12	73:54 5:17	88:29 14:35	98:20 9:51	105:17 6:57	110:25 5:08	112:35 2:10	112:52 *220									
	Freda Peirce SARUM	dnf	38:26 38:26	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	0.00	0.00 *169	0.00 *45	0.00 *37	0.00 *148	0.00 *66					
W85 (1)			3.1 km 120 m			11 C																		
			1(34)	2(33)	3(44)	4(45)	5(53)	6(46)	7(203)	8(39)	9(52)	10(37)	11(49)	Finish										
1	Alison Sloman HOC	116:07	7:31 7:31	19:16 11:45	26:56 7:40	34:59 8:03	41:47 6:48	70:28 28:41	76:06 5:38	89:56 13:50	103:52 13:56	111:12 7:20	114:27 3:15	116:07 1:40	116:15 *220									