

Pl	Name	Time																															
Brown (37)			8.3 km 385 m				25 C	<i>(cont.)</i>																									
			1(51)	2(52)	3(44)	4(45)	5(59)	6(39)	7(53)	8(61)	9(41)	10(64)	11(42)	12(55)	13(56)	14(43)	15(38)	16(36)	17(65)	18(66)	19(67)	20(68)	21(70)	22(49)									
			23(60)	24(54)	25(46)	Finish																											
15	James Trott BAOC	1:24:48	4:55	7:31	12:10	14:34	17:07	24:37	33:42	41:02	42:57	44:28	47:12	53:05	55:07	0.00	58:00	1:01:43	1:09:47	1:14:03	1:15:16	1:17:54	1:19:26	1:20:59									
			4:55	2:36	4:39	2:24	2:33	7:30	9:05	7:20	1:55	1:31	2:44	5:53	2:02		2:53	3:43	8:04	4:16	1:13	2:38	1:32	1:33									
			1:22:40	1:23:26	1:24:25	1:24:48	1:41	0:46	0:59	0:23																							
16	Jason Howell HOC	1:25:41	5:04	6:50	10:01	13:01	16:19	25:06	29:34	38:27	40:25	42:16	45:30	51:58	54:00	0.00	56:58	59:30	1:08:03	1:13:03	1:14:30	1:17:58	1:19:27	1:21:11									
			5:04	1:46	3:11	3:00	3:18	8:47	4:28	8:53	1:58	1:51	3:14	6:28	2:02		2:58	2:32	8:33	5:00	1:27	3:28	1:29	1:44									
			1:23:10	1:23:59	1:25:13	1:25:41	1:59	0:49	1:14	0:28																							
17	Ben Green TVOC	1:26:25	5:17	7:00	10:55	13:36	16:43	24:39	28:49	36:09	37:46	39:34	42:44	48:44	50:54	0.00	54:06	57:04	1:08:07	1:13:24	1:14:40	1:17:39	1:19:12	1:21:13									
			5:17	1:43	3:55	2:41	3:07	7:56	4:10	7:20	1:37	1:48	3:10	6:00	2:10		3:12	2:58	11:03	5:17	1:16	2:59	1:33	2:01									
			1:23:12	1:24:26	1:25:53	1:26:25	1:59	1:14	1:27	0:32																							
18	Nick Nourse NWO	1:29:10	5:57	8:14	12:32	15:34	18:37	25:43	30:10	38:35	41:01	42:44	45:48	52:39	54:27	1:13:58	57:24	1:01:58	1:10:44	1:16:21	1:18:10	1:20:52	1:22:23	1:24:14									
			5:57	2:17	4:18	3:02	3:03	7:06	4:27	8:25	2:26	1:43	3:04	6:51	1:48	0:19:31		4:34	8:46	5:37	1:49	2:42	1:31	1:51									
			1:26:02	1:27:03	1:28:41	1:29:10	1:48	1:01	1:38	0:29																							
19	James Wilkinson BKO	1:30:06	6:18	8:10	11:58	14:48	18:00	25:41	30:21	39:00	40:53	42:35	46:09	53:10	56:00	0.00	59:04	1:01:41	1:10:44	1:16:15	1:17:39	1:21:14	1:22:59	1:25:06									
			6:18	1:52	3:48	2:50	3:12	7:41	4:40	8:39	1:53	1:42	3:34	7:01	2:50		3:04	2:37	9:03	5:31	1:24	3:35	1:45	2:07									
			1:27:14	1:28:27	1:29:42	1:30:06	2:08	1:13	1:15	0:24																							
20	Ben Lonsdale NGOC	1:31:52	6:09	8:20	15:01	17:53	21:16	28:51	33:38	44:02	45:57	47:31	50:51	57:20	59:18	0.00	1:02:09	1:04:49	1:13:07	1:18:44	1:20:22	1:23:44	1:25:29	1:27:12									
			6:09	2:11	6:41	2:52	3:23	7:35	4:47	10:24	1:55	1:34	3:20	6:29	1:58		2:51	2:40	8:18	5:37	1:38	3:22	1:45	1:43									
			1:29:17	1:30:20	1:31:32	1:31:52	2:05	1:03	1:12	0:20	1:29:51	*69																					
21	Nick Gracie BOK	1:32:31	8:11	10:25	15:26	18:39	21:50	29:48	34:19	43:30	45:23	47:15	50:17	57:08	59:08	0.00	1:02:22	1:05:00	1:13:26	1:18:57	1:20:53	1:23:50	1:25:23	1:27:11									
			8:11	2:14	5:01	3:13	3:11	7:58	4:31	9:11	1:53	1:52	3:02	6:51	2:00		3:14	2:38	8:26	5:31	1:56	2:57	1:33	1:48									
			1:29:46	1:30:50	1:32:07	1:32:31	2:35	1:04	1:17	0:24																							
22	Paul Gebbett BOK	1:34:02	7:09	9:29	15:00	17:26	20:17	28:12	32:20	41:52	44:29	47:24	50:36	57:05	59:00	0.00	1:02:41	1:05:24	1:14:40	1:21:24	1:22:49	1:25:48	1:27:17	1:29:14									
			7:09	2:20	5:31	2:26	2:51	7:55	4:08	9:32	2:37	2:55	3:12	6:29	1:55		3:41	2:43	9:16	6:44	1:25	2:59	1:29	1:57									
			1:31:19	1:32:20	1:33:33	1:34:02	2:05	1:01	1:13	0:29	1:03:50	*50																					
23	Scott Johnson NGOC	1:34:41	5:06	6:47	9:48	13:27	16:57	26:33	32:21	41:17	43:11	44:57	48:32	55:38	57:28	0.00	1:01:40	1:04:32	1:14:25	1:19:25	1:21:03	1:26:04	1:27:46	1:29:33									
			5:06	1:41	3:01	3:39	3:30	9:36	5:48	8:56	1:54	1:46	3:35	7:06	1:50		4:12	2:52	9:53	5:00	1:38	5:01	1:42	1:47									
			1:31:40	1:32:54	1:34:16	1:34:41	2:07	1:14	1:22	0:25																							
24	Neville Baker TVOC	1:35:16	6:32	8:29	12:30	15:17	18:31	29:08	34:15	42:51	44:48	46:27	50:09	57:37	1:00:01	0.00	1:03:15	1:05:36	1:16:16	1:21:46	1:23:14	1:26:21	1:28:12	1:30:14									
			6:32	1:57	4:01	2:47	3:14	10:37	5:07	8:36	1:57	1:39	3:42	7:28	2:24		3:14	2:21	10:40	5:30	1:28	3:07	1:51	2:02									
			1:32:14	1:33:16	1:34:43	1:35:16	2:00	1:02	1:27	0:33																							
25	Peter Dobra UBOC	1:38:24	5:30	7:30	12:07	15:50	20:00	28:36	33:35	42:24	44:36	47:10	50:29	57:41	59:47	0.00	1:03:01	1:05:44	1:15:36	1:22:42	1:24:35	1:28:20	1:30:09	1:32:03									
			5:30	2:00	4:37	3:43	4:10	8:36	4:59	8:49	2:12	2:34	3:19	7:12	2:06		3:14	2:43	9:52	7:06	1:53	3:45	1:49	1:54									
			1:35:34	1:36:36	1:38:00	1:38:24	3:31	1:02	1:24	0:24																							
26	Anne Straube OD	1:38:33	6:09	8:26	12:38	15:56	19:26	28:31	33:45	44:03	46:23	48:21	52:24	59:39	1:02:42	0.00	1:05:48	1:08:35	1:17:58	1:24:30	1:26:27	1:30:03	1:31:40	1:33:38									
			6:09	2:17	4:12	3:18	3:30	9:05	5:14	10:18	2:20	1:58	4:03	7:15	3:03		3:06	2:47	9:23	6:32	1:57	3:36	1:37	1:58									
			1:35:38	1:36:35	1:38:02	1:38:33	2:00	0:57	1:27	0:31																							
27	Robert Mills BOK	1:39:26	5:37	7:51	12:40	15:52	22:04	30:56	35:17	43:24	45:31	47:19	50:24	57:18	59:27	1:18:56	1:02:34	1:06:03	1:15:11	1:21:14	1:23:32	1:26:44	1:28:20	1:30:26									
			5:37	2:14	4:49	3:12	6:12	8:52	4:21	8:07	2:07	1:48	3:05	6:54	2:09	0:19:29		3:29	9:08	6:03	2:18	3:12	1:36	2:06									
			1:36:35	1:37:45	1:39:04	1:39:26	6:09	1:10	1:19	0:22																							
28	Sam Scott IND	1:44:33	6:04	8:17	13:15	15:53	19:56	29:42	33:54	43:29	46:15	48:49	52:34	59:02	1:00:53	1:20:46	1:09:11	1:12:02	1:21:11	1:28:13	1:30:06	1:33:09	1:34:49	1:36:50									
			6:04	2:13	4:58	2:38	4:03	9:46	4:12	9:35	2:46	2:34	3:45	6:28	1:51	0:19:53		2:51	9:09	7:02	1:53	3:03	1:40	2:01									
			1:41:29	1:42:43	1:44:10	1:44:33	4:39	1:14	1:27	0:23	25:58	*53																					

Pl	Name	Time																									
Brown (37)			8.3 km 385 m				25 C		<i>(cont.)</i>																		
			1(51) 23(60)	2(52) 24(54)	3(44) 25(46)	4(45) Finish	5(59)	6(39)	7(53)	8(61)	9(41)	10(64)	11(42)	12(55)	13(56)	14(43)	15(38)	16(36)	17(65)	18(66)	19(67)	20(68)	21(70)	22(49)			
29	Thomas Cochrane NGOC	1:45:17	6:34 6:34 1:42:27	9:15 2:41 1:43:24	17:51 8:36 1:44:44	21:21 3:30 1:45:17	24:35 3:14 1:05:34	33:20 8:45 *50	37:32 4:12 1:05:34	46:16 8:44 1:05:34	48:28 2:12 1:05:34	50:12 1:44 1:05:34	53:10 2:58 1:05:34	59:09 5:59 1:05:34	1:01:14 2:05 1:05:34	0.00	1:04:13 2:59	1:09:41 5:28	1:18:55 9:14	1:29:28 10:33	1:31:54 2:26	1:36:41 4:47	1:38:31 1:50	1:40:23 1:52			
30	Neil Albert NGOC	1:45:19	2:04 8:15 8:15 1:42:03	0:57 10:23 2:08 1:43:17	1:20 15:32 5:09 1:44:55	0:33 19:01 3:29 1:45:19	22:59 3:58	31:06 8:07	36:26 5:20	45:48 9:22	48:07 2:19	50:42 2:35	54:28 3:46	1:03:00 8:32	1:06:15 3:15	0.00	1:09:33 3:18	1:12:38 3:05	1:22:55 10:17	1:29:12 6:17	1:31:14 2:02	1:35:19 4:05	1:37:21 2:02	1:39:28 2:07			
31	Rob Woods RAFO	1:47:57	2:35 7:24 7:24 1:44:57	1:14 9:48 2:24 1:46:18	1:38 14:36 4:48 1:47:30	0:24 19:00 4:24 1:47:57	23:23 4:23	31:14 7:51	36:31 5:17	48:40 12:09	51:29 2:49	53:47 2:18	57:26 3:39	1:05:25 7:59	1:07:53 2:28	0.00	1:11:32 3:39	1:14:21 2:49	1:24:39 10:18	1:31:10 6:31	1:33:11 2:01	1:38:45 5:34	1:40:51 2:06	1:42:40 1:49			
32	Alec Linton NGOC	1:49:50	2:17 8:08 8:08 1:44:42	1:21 10:25 2:17 1:47:32	1:12 15:26 5:01 1:49:19	0:27 19:19 3:53 1:49:50	23:38 4:19	32:59 9:21	38:13 5:14	47:53 9:40	50:26 2:33	52:39 2:13	56:47 4:08	1:04:54 8:07	1:07:14 2:20	0.00	1:10:48 3:34	1:13:46 2:58	1:23:07 9:21	1:29:51 6:44	1:32:13 2:22	1:37:13 5:00	1:39:39 2:26	1:41:52 2:13			
	John Miklausic NGOC	mp	5:40 5:40 1:21:53	7:54 2:14 1:22:44	11:52 3:58 1:23:59	14:55 3:03 1:24:25	18:00 3:05	25:30 7:30	30:07 4:37	37:45 7:38	----	41:04 3:19	44:01 2:57	50:02 6:01	52:50 2:48	0.00	56:09 3:19	58:23 2:14	1:06:44 8:21	1:11:29 4:45	1:13:17 1:48	1:16:21 3:04	1:17:58 1:37	1:19:47 1:49			
	Charles Daniel BOK	mp	2:06 6:07 6:07 1:31:19	0:51 8:11 2:04 1:32:36	1:15 12:39 4:28 1:33:52	0:26 16:07 3:28 1:34:18	19:15 28:25	28:25 9:10	----	38:41 10:16	40:44 2:03	42:38 1:54	45:58 3:20	53:18 7:20	56:41 3:23	0.00	1:01:26 4:45	1:05:11 3:45	1:15:05 9:54	1:21:27 6:22	1:23:06 1:39	1:26:12 3:06	1:27:47 1:35	1:29:27 1:40			
	Jessie Brown IND	mp	1:52 7:23 7:23 1:39:13	1:17 9:53 2:30 1:40:04	1:16 14:31 4:38 1:40:59	0:26 17:33 3:02 1:40:59	20:34 29:03	29:03 0:55	34:43 50:41	44:41 *48	46:27 8:29	48:59 5:40	52:43 9:58	1:01:06 1:46	1:04:28 3:22	0.00	1:07:36 3:08	1:11:39 4:03	1:20:13 8:34	1:26:52 6:39	1:29:02 2:10	1:32:14 3:12	1:33:54 1:40	1:36:27 2:33			
	Neill Williamson IND	mp	2:46 6:56 6:56 1:52:00	0:51 8:44 1:48 1:53:27	0:55 31:35 3:25 1:54:57	0:55 35:00 3:25 1:55:24	37:48 47:24	47:24 *67	51:22 1:01:06	1:01:06 1:03:30	1:03:30 1:05:41	1:08:39 1:15:53	1:15:53 1:17:39	1:17:39 1:37:30	1:37:30 1:21:10	0.00	1:24:07 1:24:07	1:32:49 8:42	1:42:38 9:49	----	1:45:50	1:47:17	1:49:06	1:49:06			
	Alan Brown NGOC	dnf	2:54 7:36 7:36 -----	1:27 12:23 4:47 -----	1:30 18:46 6:23 -----	0:27 24:37 5:51 -----	30:13 41:26	41:26 11:13	47:17 5:51	1:02:11 14:54	1:06:00 3:49	1:09:08 3:08	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
Blue (40)			5.8 km 325 m				19 C																				
			1(52)	2(44)	3(45)	4(59)	5(61)	6(42)	7(55)	8(56)	9(38)	10(36)	11(65)	12(66)	13(67)	14(68)	15(70)	16(49)	17(60)	18(54)	19(46)	Finish					
1	Andy Creber NGOC	1:07:27	5:41 5:41	8:22 2:41	11:04 2:42	19:03 7:59	25:07 6:04	28:39 3:32	35:54 7:15	37:49 1:55	39:18 1:29	41:12 1:54	49:13 8:01	53:46 4:33	55:14 1:28	59:39 4:25	1:01:08 1:29	1:02:41 1:33	1:04:41 2:00	1:05:28 0:47	1:06:57 1:29	1:07:27 0:30					
2	Dave Kingham TVOC	1:07:54	6:37 6:37	11:05 4:28	14:12 3:07	17:43 3:31	24:00 6:17	27:53 3:53	34:35 6:42	37:00 2:25	37:54 0:54	40:50 2:56	49:31 8:41	55:23 5:52	56:54 1:31	1:00:11 3:17	1:01:42 1:31	1:03:24 1:42	1:05:25 2:01	1:06:18 0:53	1:07:31 1:13	1:07:54 0:23					
3	Iain Mennie CLYDE	1:10:20	6:50 6:50	11:11 4:21	14:06 2:55	17:18 3:12	22:16 4:58	29:53 7:37	36:23 6:30	38:10 1:47	39:03 0:53	42:39 3:36	50:50 8:11	56:41 5:51	58:14 1:33	1:01:22 3:08	1:02:46 1:24	1:04:30 1:44	1:06:26 1:56	1:08:26 2:00	1:09:55 1:29	1:10:20 0:25	1:07:18 *69				
4	Joe Parkinson NGOC	1:13:16	7:11 7:11	12:27 5:16	15:37 3:10	19:06 3:29	25:20 6:14	30:04 4:44	37:25 7:21	39:46 2:21	40:34 0:48	43:26 2:52	52:43 9:17	58:41 5:58	1:00:43 2:02	1:04:12 3:29	1:06:02 1:50	1:08:04 2:02	1:10:11 2:07	1:11:29 1:18	1:12:44 1:15	1:13:16 0:32	41:40 *50				
5	Richard Davies HOC	1:14:44	7:00 7:00	11:13 4:13	14:28 3:15	18:25 3:57	23:52 5:27	29:27 5:35	37:16 7:49	39:24 2:08	40:46 1:22	43:38 2:52	53:50 10:12	59:56 6:06	1:01:53 1:57	1:05:21 3:28	1:07:14 1:53	1:09:18 2:04	1:11:29 2:11	1:12:46 1:17	1:14:19 1:33	1:14:44 0:25					
6	Andrew Stott NGOC	1:15:20	6:27 6:27	11:46 5:19	15:30 3:44	19:16 3:46	24:31 5:15	29:23 4:52	36:56 7:33	38:52 1:56	40:19 1:27	43:36 3:17	52:43 9:07	58:47 6:04	1:00:25 1:38	1:06:05 5:40	1:07:53 1:48	1:09:41 1:48	1:12:13 2:32	1:13:20 1:07	1:14:45 1:25	1:15:20 0:35					
7	Duncan Innes SWOC	1:15:58	6:53 6:53	11:22 4:29	14:51 3:29	18:46 3:55	24:34 5:48	29:42 5:08	37:35 7:53	39:44 2:09	40:35 0:51	44:04 3:29	54:25 10:21	59:48 5:23	1:01:35 1:47	1:05:23 3:48	1:07:01 1:38	1:09:17 2:16	1:11:28 2:11	1:13:22 1:54	1:15:06 1:44	1:15:58 0:52					
8	Ginny Hudson NGOC	1:16:16	7:07 7:07	13:21 6:14	16:17 2:56	20:15 3:58	26:17 6:02	30:20 4:03	38:21 8:01	40:36 2:15	43:12 2:36	45:58 2:46	56:10 10:12	1:01:55 5:45	1:03:37 1:42	1:07:22 3:45	1:09:14 1:52	1:11:06 1:52	1:13:22 2:16	1:14:17 0:55	1:15:38 1:21	1:16:16 0:38					

PI	Name	Time																			Finish		
Blue (40)			5.8 km 325 m				19 C			<i>(cont.)</i>													
			1(52)	2(44)	3(45)	4(59)	5(61)	6(42)	7(55)	8(56)	9(38)	10(36)	11(65)	12(66)	13(67)	14(68)	15(70)	16(49)	17(60)	18(54)	19(46)	Finish	
37	Jenni Manning IND	2:24:16	18:46 18:46	28:34 9:48	34:54 6:20	40:31 5:37	52:07 11:36	1:08:22 16:15	1:17:50 9:28	1:22:07 4:17	1:23:00 0:53	1:29:44 6:44	1:45:10 15:26	2:01:31 16:21	2:04:43 3:12	2:10:37 5:54	2:13:14 2:37	2:16:55 3:41	2:20:13 3:18	2:21:59 1:46	2:23:37 1:38	2:24:16 0:39	
38	Ian Morgan IND	2:31:09	12:35 12:35	29:16 16:41	34:42 5:26	40:54 6:12	48:52 7:58	56:56 8:04	1:11:25 14:29	1:16:10 4:45	1:18:01 1:51	1:26:19 8:18	1:46:34 20:15	1:59:57 13:23	2:04:34 4:37	2:11:20 6:46	2:14:31 3:11	2:19:03 4:32	2:24:01 4:58	2:27:22 3:21	2:30:16 2:54	2:31:09 0:53	
39	Charlie Manning TVOC	2:42:37	12:50 12:50	30:05 17:15	37:28 7:23	43:29 6:01	59:26 15:57	1:15:03 15:37	1:27:01 11:58	1:31:05 4:04	1:32:59 1:54	1:43:09 10:10	1:58:23 15:14	2:12:05 13:42	2:15:29 3:24	2:25:49 10:20	2:28:33 2:44	2:31:50 3:17	2:36:11 4:21	2:39:32 3:21	2:42:05 2:33	2:42:37 0:32	2:37:57 *69
	Matthew Lawson NGOC	dnf	8:14 8:14	12:27 4:13	16:09 3:42	19:53 3:44	26:12 6:19	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
Green (56)			1(51)	2(59)	3(61)	4(41)	5(48)	6(42)	7(34)	8(55)	9(56)	10(62)	11(43)	12(57)	13(69)	14(46)	15(70)	16(47)	17(49)	18(60)	Finish		
1	Alan Honey BOK	49:40	7:04 7:04	9:15 2:11	14:36 5:21	16:50 2:14	19:40 2:50	21:30 1:50	25:39 4:09	28:18 2:39	30:19 2:01	32:07 1:48	0.00	36:40 4:33	39:40 3:00	40:59 1:19	42:50 1:51	43:45 0:55	46:18 2:33	48:49 2:31	49:40 0:51		
2	Stefan Peykov SLOW	53:42	6:24 6:24	8:24 2:00	14:19 5:55	16:34 2:15	19:00 2:26	21:00 2:00	27:12 6:12	30:00 2:48	32:35 2:35	33:52 1:17	0.00	38:59 5:07	42:34 3:35	43:41 1:07	45:17 1:36	46:57 1:40	49:22 2:25	52:53 3:31	53:42 0:49		
3	Rose Taylor NGOC	55:48	8:15 8:15	10:59 2:44	17:25 6:26	19:42 2:17	22:22 2:40	24:34 2:12	31:35 7:01	34:31 2:56	36:42 2:11	38:13 1:31	0.00	42:47 4:34	46:09 3:22	47:24 1:15	49:26 2:02	50:32 1:06	52:56 2:24	55:16 2:20	55:48 0:32		
4	David Palmer BOK	56:59	7:13 7:13	10:05 2:52	17:10 7:05	19:40 2:30	22:16 2:36	24:15 1:59	29:17 5:02	31:59 2:42	34:46 2:47	36:15 1:29	0.00	40:57 4:42	46:40 5:43	48:10 1:30	50:03 1:53	51:04 1:01	53:22 2:18	56:11 2:49	56:59 0:48	45:06 *49	
5	Mick Smith HH	58:31	8:27 8:27	11:55 3:28	20:01 8:06	22:54 2:53	25:38 2:44	27:54 2:16	33:38 5:44	36:05 2:27	38:23 2:18	40:43 2:20	0.00	44:46 4:03	47:56 3:10	49:08 1:12	51:06 1:58	52:19 1:13	55:16 2:57	58:03 2:47	58:31 0:28		
6	Nick Dennis BOK	1:01:47	7:45 7:45	11:21 3:36	19:18 7:57	23:52 4:34	28:04 4:12	30:01 1:57	35:22 5:21	37:41 2:19	40:21 2:40	42:09 1:48	1:03:29 0:21:20	47:16 3:26	50:42 3:26	51:57 1:15	53:53 1:56	54:50 0:57	57:40 2:50	1:00:58 3:18	1:01:47 0:49		
7	Esther Woods RAFO	1:01:52	8:27 8:27	12:43 4:16	19:09 6:26	21:11 2:02	25:38 4:27	27:54 2:16	33:35 5:41	36:44 3:09	39:34 2:50	41:28 1:54	0.00	46:41 5:13	49:37 2:56	50:37 1:00	53:12 2:35	56:03 2:51	58:20 2:17	1:01:09 2:49	1:01:52 0:43		
8	Juliette Soulard OD	1:01:57	7:09 7:09	9:10 2:01	16:47 7:37	19:31 2:44	22:18 2:47	24:58 2:40	32:09 7:11	35:47 3:38	38:49 3:02	40:22 1:33	0.00	46:10 5:48	50:24 4:14	51:52 1:28	53:58 2:06	55:17 1:19	58:06 2:49	1:00:54 2:48	1:01:57 1:03		
9	Hannah Bradley NGOC	1:02:04	8:25 8:25	11:49 3:24	20:21 8:32	23:08 2:47	25:52 2:44	27:53 2:01	32:42 4:49	35:21 2:39	40:59 5:38	42:37 1:38	1:04:04 0:21:27	47:43 3:07	50:50 1:19	52:09 1:57	54:06 1:57	55:30 1:24	57:57 2:27	1:01:07 3:10	1:02:04 0:57		
10	Tom Birthwright NGOC	1:02:30	7:18 7:18	10:07 2:49	16:39 6:32	19:28 2:49	22:22 2:54	24:41 2:19	30:53 6:12	34:42 3:49	38:05 3:23	40:24 2:19	0.00	46:08 5:44	50:11 4:03	51:53 1:42	54:11 2:18	55:22 1:11	58:31 3:09	1:01:27 2:56	1:02:30 1:03		
11	Dave Hartley NGOC	1:03:25	7:36 7:36	11:38 4:02	18:03 6:25	20:24 2:21	25:19 4:55	27:26 2:07	32:51 5:25	36:04 3:13	38:40 2:36	40:55 2:15	1:02:12 0:21:17	46:00 2:15	51:24 5:24	53:40 2:16	56:08 2:28	57:16 1:08	1:00:06 2:50	1:02:31 2:25	1:03:25 0:54		
12	Cherry Fowler IND	1:03:54	10:11 10:11	15:29 5:18	22:40 7:11	26:11 3:31	28:44 2:33	30:33 1:49	37:11 6:38	40:50 3:39	43:15 2:25	45:01 1:46	0.00	49:14 4:13	52:44 3:30	54:15 1:31	56:06 1:51	57:29 1:23	59:57 2:28	1:03:14 3:17	1:03:54 0:40		
13	Paul Hobby NGOC	1:03:55	7:41 7:41	10:58 3:17	18:54 7:56	22:00 3:06	24:55 2:55	27:04 2:09	33:16 6:12	36:38 3:22	39:49 3:11	41:38 1:49	0.00	47:02 5:24	51:09 4:07	52:47 1:38	55:11 2:24	56:53 1:42	1:00:01 3:08	1:03:11 3:10	1:03:55 0:44		
14	Rachel Dennis BOK	1:05:16	8:15 8:15	14:19 6:04	22:02 7:43	25:12 3:10	29:38 4:26	31:43 2:05	37:17 5:34	40:25 3:08	44:09 3:44	46:23 2:14	1:07:25 0:21:02	51:20 3:27	54:47 3:27	56:02 1:15	57:51 1:49	58:56 1:05	1:01:37 2:41	1:04:13 2:36	1:05:16 1:03		
15	Kieron Bates NGOC	1:05:27	7:44 7:44	14:00 6:16	21:37 7:37	23:52 2:15	26:21 2:29	28:19 1:58	34:00 5:41	37:10 3:10	39:13 2:03	41:35 2:22	1:02:46 0:21:11	46:33 8:02	54:35 8:02	56:04 1:29	57:55 1:51	58:59 1:04	1:01:29 2:30	1:04:37 3:08	1:05:27 0:50		
16	Philip Bostock NGOC	1:06:46	8:50 8:50	13:01 4:11	21:07 8:06	24:16 3:09	27:16 3:00	29:17 2:01	35:24 6:07	38:57 3:33	42:23 3:26	44:48 2:25	1:06:22 0:21:34	50:48 3:59	54:47 3:59	56:37 1:50	58:43 2:06	59:51 1:08	1:02:51 3:00	1:05:56 3:05	1:06:46 0:50		
17	Hilary Nicholls NGOC	1:07:08	8:39 8:39	13:18 4:39	21:57 8:39	24:42 2:45	27:55 3:13	31:07 3:12	36:52 5:45	39:45 2:53	43:36 3:51	45:22 1:46	0.00	50:54 5:32	54:40 3:46	56:11 1:31	59:00 2:49	1:00:08 1:08	1:03:00 2:52	1:06:18 3:18	1:07:08 0:50		
18	Carol Sands BOK	1:07:29	8:47 8:47	12:31 3:44	21:31 9:00	25:20 3:49	28:39 3:19	31:22 2:43	37:23 6:01	40:45 3:22	43:38 2:53	45:22 1:44	0.00	50:38 5:16	55:33 4:55	57:00 1:27	59:14 2:14	1:00:16 1:02	1:03:05 2:49	1:06:28 3:23	1:07:29 1:01		
19	Katie Swalwell DVO	1:08:05	8:45 8:45	11:47 3:02	20:23 8:36	25:10 4:47	28:23 3:13	31:00 2:37	37:34 6:34	40:35 3:01	43:50 3:15	46:09 2:19	1:09:07 0:22:58	52:56 4:08	57:04 4:08	58:25 1:21	1:00:14 1:49	1:01:22 1:08	1:04:06 2:44	1:07:06 3:00	1:08:05 0:59		
20	Allan Darwell BOK	1:08:28	8:35 8:35	11:29 2:54	19:34 8:05	22:34 3:00	26:33 3:59	31:32 4:59	37:29 5:57	40:43 3:14	44:35 3:52	46:45 2:10	0.00	52:28 5:43	56:39 4:11	58:17 1:38	1:00:29 2:12	1:01:59 1:30	1:04:35 2:36	1:07:19 2:44	1:08:28 1:09		
21	Richard Steptoe TVOC	1:09:13	9:08 9:08	12:23 3:15	20:47 8:24	24:42 3:55	28:13 3:31	30:49 2:36	37:33 6:44	40:52 3:19	43:35 2:43	46:09 2:34	0.00	51:50 5:41	56:14 4:24	57:51 1:37	1:00:09 2:18	1:01:30 1:21	1:04:52 3:22	1:08:10 3:18	1:09:13 1:03		
22	Si Read NGOC	1:09:46	9:26 9:26	14:31 5:05	22:06 7:35	31:55 9:49	34:36 2:41	36:33 1:57	44:11 7:38	46:52 2:41	49:46 2:54	51:13 1:27	1:12:32 0:21:19	56:01 3:22	59:23 3:22	1:00:50 1:27	1:02:54 2:04	1:04:10 1:16	1:06:25 2:15	1:08:58 2:33	1:09:46 0:48		
23	Ian Weaver DEE	1:09:48	10:00 10:00	13:54 3:54	21:25 7:31	25:14 3:49	28:43 3:29	31:16 2:33	38:39 7:23	41:49 3:10	44:45 2:56	47:11 2:26	0.00	52:40 5:29	56:45 4:05	58:32 1:47	1:00:43 2:11	1:02:12 1:29	1:05:50 3:38	1:08:52 3:02	1:09:48 0:56		

PI	Name	Time																	
Short Green (22)			3.5 km 150 m				16 C			<i>(cont.)</i>									
			1(40)	2(41)	3(48)	4(42)	5(34)	6(55)	7(56)	8(62)	9(43)	10(57)	11(69)	12(46)	13(70)	14(47)	15(49)	16(60)	Finish
	NGOC	3:28	2:35	3:12	2:03	8:00	2:30	2:40	1:26		4:46	3:15	2:32	1:58	0:53	2:13	2:20	0:50	

Orange (18)			3.0 km 150 m				11 C												
			1(40)	2(63)	3(64)	4(48)	5(58)	6(34)	7(62)	8(43)	9(35)	10(57)	11(60)	Finish					
1	James Askew	41:15	4:40	8:15	11:53	14:26	18:17	22:40	27:40	0.00	33:40	35:52	40:17	41:15					
	TVOC		4:40	3:35	3:38	2:33	3:51	4:23	5:00		6:00	2:12	4:25	0:58					
2	Max Straube-Roth	48:18	4:54	8:21	11:26	13:43	18:02	22:25	34:14	0.00	40:28	43:04	47:32	48:18					
	OD		4:54	3:27	3:05	2:17	4:19	4:23	11:49		6:14	2:36	4:28	0:46					
3	Megan Wareing	1:00:37	9:40	18:24	23:10	24:54	29:25	35:38	46:37	1:09:52	53:42	55:38	59:46	1:00:37					
	BOK		9:40	8:44	4:46	1:44	4:31	6:13	10:59	0:23:15		1:56	4:08	0:51					
4	Adam Landels	1:02:18	3:29	12:25	16:38	18:50	23:56	30:35	39:31	0.00	49:11	51:44	1:00:30	1:02:18	42:56				
	OD		3:29	8:56	4:13	2:12	5:06	6:39	8:56		9:40	2:33	8:46	1:48	*55				
5	Thomas Simpson	1:05:12	6:16	11:47	17:35	21:55	27:15	36:06	45:38	1:09:16	54:46	58:10	1:04:05	1:05:12	1:04:05				
	NGOC		6:16	5:31	5:48	4:20	5:20	8:51	9:32	0:23:38		3:24	5:55	1:07	*60				
6	Douglas Innes-Farr	1:08:19	7:23	12:15	17:12	21:01	30:03	38:07	45:17	1:08:45	55:35	59:02	1:06:33	1:08:19					
	SWOC		7:23	4:52	4:57	3:49	9:02	8:04	7:10	0:23:28		3:27	7:31	1:46					
7	Katie Lonsdale	1:09:06	4:50	9:01	16:59	20:00	33:45	38:55	49:42	0.00	59:00	1:01:25	1:07:37	1:09:06					
	NGOC		4:50	4:11	7:58	3:01	13:45	5:10	10:47		9:18	2:25	6:12	1:29					
8	Alan Stringer	1:12:20	6:17	10:33	13:48	16:47	38:47	43:41	49:29	1:11:57	57:51	1:00:45	1:11:21	1:12:20					
	NGOC		6:17	4:16	3:15	2:59	22:00	4:54	5:48	0:22:28		2:54	10:36	0:59					
9	Christine Wilson	1:18:05	4:54	9:40	12:10	14:18	29:07	33:49	48:56	0.00	55:28	57:56	1:16:19	1:18:05	38:23	1:06:38			
	IND		4:54	4:46	2:30	2:08	14:49	4:42	15:07		6:32	2:28	18:23	1:46	*38	*69			
10	Tamasine Leighton-	1:18:11	7:53	19:14	23:34	27:35	33:29	41:47	54:02	0.00	1:04:58	1:08:33	1:16:25	1:18:11					
	BOK		7:53	11:21	4:20	4:01	5:54	8:18	12:15		10:56	3:35	7:52	1:46					
11	Max Johansson	1:19:22	5:20	17:41	25:42	29:10	35:08	43:27	57:13	0.00	1:09:28	1:11:56	1:18:00	1:19:22					
	NGOC		5:20	12:21	8:01	3:28	5:58	8:19	13:46		12:15	2:28	6:04	1:22					
12	Tom Johansson	1:20:09	2:52	7:19	10:05	13:28	38:24	47:16	1:01:10	0.00	1:12:30	1:14:28	1:19:09	1:20:09					
	NGOC		2:52	4:27	2:46	3:23	24:56	8:52	13:54		11:20	1:58	4:41	1:00					
13	Kate Smeeton	1:20:48	7:56	14:23	18:24	23:14	32:32	40:21	52:04	1:17:22	1:06:04	1:09:46	1:18:52	1:20:48					
	NGOC		7:56	6:27	4:01	4:50	9:18	7:49	11:43	0:25:18		3:42	9:06	1:56					
14	Anna Bryce	1:22:54	7:25	12:02	17:28	20:15	32:11	37:53	1:00:22	0.00	1:07:36	1:10:41	1:22:08	1:22:54	43:59				
	NGOC		7:25	4:37	5:26	2:47	11:56	5:42	22:29		7:14	3:05	11:27	0:46	*55				
15	Rhiannon Fadeyibi	1:48:15	5:24	11:03	15:14	19:36	35:46	43:56	1:28:17	1:51:38	1:36:53	1:40:04	1:46:43	1:48:15					
	NGOC		5:24	5:39	4:11	4:22	16:10	8:10	44:21	0:23:21		3:11	6:39	1:32					
	Ashleigh Denman	mp	4:43	8:03	11:46	13:43	21:10	24:49	29:17	-----	30:49	32:53	40:35	41:18					
	NGOC		4:43	3:20	3:43	1:57	7:27	3:39	4:28		1:32	2:04	7:42	0:43					
	George Gracie	mp	9:42	13:14	17:09	20:20	30:49	35:07	-----	1:12:01	56:23	58:07	1:02:46	1:03:20	47:50				
	BOK		9:42	3:32	3:55	3:11	10:29	4:18	-----	0:36:54		1:44	4:39	0:34	*38				
	Freddy Linton	dnf	55:42	59:22	1:02:06	1:04:56	1:11:25	1:18:45	-----	-----	-----	-----	-----	-----					
	IND		55:42	3:40	2:44	2:50	6:29	7:20											

Yellow (18)			2.1 km 100 m				10 C												
			1(31)	2(63)	3(32)	4(33)	5(34)	6(50)	7(62)	8(35)	9(37)	10(54)	Finish						
1	James Agombar	17:55	0:32	1:30	3:11	5:12	6:23	9:37	11:07	12:20	14:15	16:53	17:55						
	NGOC		0:32	0:58	1:41	2:01	1:11	3:14	1:30	1:13	1:55	2:38	1:02						
2	Daniel Wareing	17:59	1:00	2:28	4:32	6:42	8:04	11:17	12:16	13:36	15:28	16:26	17:59						
	BOK		1:00	1:28	2:04	2:10	1:22	3:13	0:59	1:20	1:52	0:58	1:33						
3	Katie Agombar	22:01	0:34	2:19	4:13	6:59	8:22	14:41	15:33	17:22	19:21	20:35	22:01						
	NGOC		0:34	1:45	1:54	2:46	1:23	6:19	0:52	1:49	1:59	1:14	1:26						
4	Hannah Agombar	27:15	0:58	2:17	5:19	8:33	10:13	15:47	17:25	20:09	24:01	26:11	27:15						
	NGOC		0:58	1:19	3:02	3:14	1:40	5:34	1:38	2:44	3:52	2:10	1:04						
5	Ben Gracie	33:45	0:59	3:20	5:30	8:11	9:57	17:03	18:23	21:33	31:03	32:58	33:45						
	BOK		0:59	2:21	2:10	2:41	1:46	7:06	1:20	3:10	9:30	1:55	0:47						
6	Olivia Gracie	35:21	1:28	4:28	7:12	12:39	14:48	20:00	21:54	27:26	32:02	33:54	35:21						
	BOK		1:28	3:00	2:44	5:27	2:09	5:12	1:54	5:32	4:36	1:52	1:27						

Pl	Name	Time												
Yellow (18)			2.1 km 100 m		10 C		<i>(cont.)</i>							
			1(31)	2(63)	3(32)	4(33)	5(34)	6(50)	7(62)	8(35)	9(37)	10(54)	Finish	
7	Maya Britton BOK	42:08	1:50	3:56	7:01	11:21	13:59	21:54	24:22	30:31	37:22	40:21	42:08	
			1:50	2:06	3:05	4:20	2:38	7:55	2:28	6:09	6:51	2:59	1:47	
8	Rose Cameron NGOC	48:25	1:41	4:05	8:05	12:35	14:40	22:58	24:44	27:28	42:07	46:23	48:25	
			1:41	2:24	4:00	4:30	2:05	8:18	1:46	2:44	14:39	4:16	2:02	
9	Barthelemy Albert NGOC	51:04	1:16	3:26	7:19	10:40	12:29	22:55	23:51	25:50	47:06	48:53	51:04	20:03
			1:16	2:10	3:53	3:21	1:49	10:26	0:56	1:59	21:16	1:47	2:11	*55
10	Johannes Albert NGOC	54:24	1:21	3:07	7:26	12:10	14:12	23:29	24:39	34:57	40:22	49:36	54:24	
			1:21	1:46	4:19	4:44	2:02	9:17	1:10	10:18	5:25	9:14	4:48	
11	Charlotte Scott NGOC	59:14	3:44	7:32	13:41	20:18	24:22	35:23	37:40	45:21	52:03	56:16	59:14	
			3:44	3:48	6:09	6:37	4:04	11:01	2:17	7:41	6:42	4:13	2:58	
12	Luke Miklausic NGOC	1:01:27	1:00	2:47	6:19	13:11	17:19	36:43	39:57	45:58	52:53	58:40	1:01:27	
			1:00	1:47	3:32	6:52	4:08	19:24	3:14	6:01	6:55	5:47	2:47	
13	Ilyas Akal IND	1:01:33	1:25	3:31	6:37	18:53	20:31	34:38	35:12	37:25	57:08	59:20	1:01:33	16:30
			1:25	2:06	3:06	12:16	1:38	14:07	0:34	2:13	19:43	2:12	2:13	*34
14	Aziz Goktug Akal IND	1:01:35	1:29	3:38	6:46	19:00	20:40	34:39	35:30	37:27	57:05	59:55	1:01:35	16:30
			1:29	2:09	3:08	12:14	1:40	13:59	0:51	1:57	19:38	2:50	1:40	*34
15	Ayse Akal IND	1:01:55	1:29	3:44	6:47	19:00	20:36	34:38	35:22	37:23	57:07	59:24	1:01:55	16:30
			1:29	2:15	3:03	12:13	1:36	14:02	0:44	2:01	19:44	2:17	2:31	*34
16	Ella Miklausic NGOC	1:02:19	1:30	3:22	7:12	14:21	17:57	38:07	41:20	47:16	53:25	58:16	1:02:19	
			1:30	1:52	3:50	7:09	3:36	20:10	3:13	5:56	6:09	4:51	4:03	
17	Seren Brett DVO	1:10:53	2:15	5:41	10:28	15:09	18:00	31:38	33:46	37:39	57:43	1:08:53	1:10:53	
			2:15	3:26	4:47	4:41	2:51	13:38	2:08	3:53	20:04	11:10	2:00	
18	Dylan Miklausic NGOC	1:13:25	2:49	6:59	16:58	33:55	38:20	49:07	51:06	58:11	1:05:09	1:10:05	1:13:25	
			2:49	4:10	9:59	16:57	4:25	10:47	1:59	7:05	6:58	4:56	3:20	