

Pl	Name	Time																			
<i>Blue (47)</i>			<i>5.3 km</i>		<i>170 m</i>		<i>15 C</i>		<i>(cont.)</i>												
			1(59)	2(43)	3(42)	4(41)	5(58)	6(63)	7(54)	8(49)	9(50)	10(56)	11(47)	12(48)	13(64)	14(51)	15(62)	Finish			
8	Peter Maliphant BOK	1:08:35	4:18	6:14	10:36	14:44	21:49	25:24	30:02	35:30	36:21	44:53	49:47	55:41	1:00:41	1:05:14	1:07:07	1:08:35			
9	Ian Hopkins WRE	1:10:47	4:59	6:55	11:40	15:47	23:26	26:18	30:35	35:18	36:19	43:15	48:17	55:21	59:26	1:05:38	1:08:50	1:10:47			
10	Richard Davies HOC	1:12:15	4:57	7:02	11:19	14:46	22:12	25:29	30:17	34:35	36:54	44:14	48:18	55:40	1:00:37	1:08:29	1:10:33	1:12:15			
11	Ray Collins WCH	1:13:52	3:47	5:35	9:50	14:47	20:41	26:18	30:41	36:49	37:46	48:27	54:08	1:00:10	1:04:42	1:10:05	1:12:17	1:13:52			
12	Paul Horsfall NGOC	1:17:42	5:35	7:22	11:11	14:08	20:20	25:58	29:46	33:44	34:26	52:38	58:09	1:02:59	1:06:28	1:13:51	1:16:20	1:17:42			
13	Tim Sands BOK	1:19:20	6:44	9:32	14:36	18:28	25:21	30:03	35:07	40:52	42:46	51:10	55:51	1:02:24	1:07:48	1:14:08	1:17:25	1:19:20		1:18:59	
14	Michelle Scott NGOC	1:22:54	5:37	7:38	12:20	15:53	21:57	28:55	33:38	38:26	42:00	51:34	55:21	1:03:29	1:08:56	1:17:51	1:20:38	1:22:54		*60	
15	Kevin Brooker NGOC	1:23:04	5:25	7:40	12:37	16:22	23:23	26:07	30:34	38:05	39:13	48:32	55:17	1:02:46	1:07:07	1:19:09	1:21:15	1:23:04			
16	Mike Goldthorpe SOC	1:24:50	5:29	7:38	21:46	26:24	31:27	36:09	41:17	47:08	48:18	56:18	1:00:02	1:07:18	1:13:00	1:20:07	1:22:59	1:24:50		1:24:32	
17	Clive Caffall NGOC	1:24:51	5:07	7:40	14:48	18:56	24:45	29:10	34:36	41:49	46:10	54:20	58:57	1:06:38	1:13:54	1:20:16	1:23:04	1:24:51		*60	
18	Mykyta Chubynsky OD	1:25:13	5:25	7:54	13:34	19:25	24:39	29:16	34:50	41:37	43:20	53:39	59:39	1:07:06	1:12:07	1:18:53	1:21:48	1:25:13			
19	David Faulkner BOK	1:25:56	6:59	9:20	13:59	20:14	32:52	36:03	40:26	44:57	46:05	54:02	58:02	1:05:02	1:09:49	1:21:50	1:24:12	1:25:56			
20	Geoff Trewin HOC	1:26:33	14:11	16:21	21:03	24:52	31:29	37:14	42:33	47:56	50:09	58:48	1:04:05	1:10:21	1:16:26	1:21:51	1:24:38	1:26:33			
20	Doug Wilson NGOC	1:26:33	11:14	12:53	17:29	21:22	28:28	34:03	38:42	43:43	44:36	56:16	1:02:06	1:08:14	1:12:21	1:22:28	1:25:05	1:26:33		1:26:20	
22	Rob Hick WSX	1:28:46	6:33	8:56	14:56	18:52	27:40	32:01	40:33	46:19	47:34	56:40	1:01:35	1:12:28	1:18:18	1:24:40	1:27:20	1:28:46		*60	
23	Tony Cockbain NGOC	1:28:48	6:22	8:41	13:55	18:09	25:17	30:07	35:44	42:40	46:05	56:53	1:02:34	1:09:42	1:15:16	1:23:49	1:26:47	1:28:48		1:28:31	
24	Vanessa Lawson NGOC	1:29:13	8:11	10:06	15:01	18:37	24:42	28:35	33:15	40:00	42:16	52:22	58:58	1:05:24	1:11:22	1:23:23	1:27:35	1:29:13		1:28:48	
25	Ian Buxton TVOC	1:29:32	6:37	10:05	15:32	19:45	28:45	35:14	40:58	46:21	48:12	57:45	1:02:13	1:08:33	1:13:58	1:23:28	1:27:56	1:29:32		*60	
26	Paul Bryce NGOC	1:30:28	10:52	12:38	17:02	23:29	30:10	33:22	38:50	43:34	45:10	1:00:31	1:07:05	1:15:09	1:20:02	1:25:56	1:28:37	1:30:28			
27	Katie Swalwell DVO	1:32:10	7:40	10:43	16:05	21:32	30:55	35:46	41:48	47:33	48:47	59:16	1:05:50	1:14:25	1:21:07	1:27:32	1:30:36	1:32:10			
28	Alan Pucill NGOC	1:32:25	7:09	9:08	14:11	18:04	23:29	28:08	33:58	49:33	53:23	1:00:44	1:08:20	1:15:59	1:21:03	1:27:30	1:30:38	1:32:25			
29	Chris Johnson BOK	1:33:08	6:54	10:12	15:27	19:55	25:45	31:43	37:27	44:22	47:46	58:14	1:04:53	1:12:48	1:18:33	1:27:53	1:30:50	1:33:08			
30	Anders Johansson NGOC	1:34:11	7:50	10:17	16:18	21:04	27:38	33:05	39:25	46:17	47:55	57:04	1:03:45	1:13:33	1:19:45	1:27:42	1:31:52	1:34:11			
31	Rob Taylor NGOC	1:35:22	6:04	8:44	13:39	17:25	22:40	27:19	32:25	38:57	39:49	59:38	1:10:14	1:17:55	1:23:45	1:30:28	1:33:01	1:35:22		1:35:03	
32	Steve Williams NGOC	1:35:53	5:46	9:01	14:16	19:12	25:44	31:38	36:48	42:49	44:40	55:55	1:04:24	1:12:04	1:17:49	1:29:57	1:33:49	1:35:53		1:35:35	
33	Sue Buxton TVOC	1:36:12	9:11	11:55	19:50	24:54	31:19	38:15	44:45	53:12	54:35	1:04:21	1:10:27	1:18:26	1:24:19	1:31:25	1:34:27	1:36:12			
34	Chris Harrison NGOC	1:36:29	4:13	5:51	10:12	13:22	24:20	30:24	34:51	39:39	40:24	59:13	1:12:26	1:21:38	1:26:24	1:32:33	1:34:52	1:36:29			
35	Steve Chiverton HOC	1:37:04	5:47	8:18	13:59	18:14	24:56	29:24	35:04	42:31	46:25	1:04:09	1:09:53	1:18:18	1:23:58	1:31:57	1:34:56	1:37:04			
36	Matt Scriven IND	1:43:26	6:11	9:24	15:06	20:17	30:52	37:23	43:06	48:40	49:57	59:53	1:04:41	1:11:52	1:17:56	1:38:18	1:41:40	1:43:26		8:16 1:43:08	
			6:11	3:13	5:42	5:11	10:35	6:31	5:43	5:34	1:17	9:56	4:48	7:11	6:04	20:22	3:22	1:46		*40 *60	

PI	Name	Time																					
			1(59)	2(43)	3(42)	4(41)	5(58)	6(63)	7(54)	8(49)	9(50)	10(56)	11(47)	12(48)	13(64)	14(51)	15(62)	Finish					
Blue (47)			5.3 km 170 m			15 C			<i>(cont.)</i>														
37	Dave Marr OD	1:44:39	17:45	20:01	25:45	31:53	40:25	44:29	50:02	55:44	59:07	1:09:15	1:17:09	1:25:49	1:32:05	1:39:23	1:42:24	1:44:39					
38	Nicky Staniforth IND	1:45:05	17:45	20:38	24:47	29:39	37:17	40:24	45:20	51:37	53:06	1:03:17	1:14:47	1:21:00	1:26:22	1:38:34	1:42:01	1:45:05					
39	Debbie Manning SWOC	1:50:47	8:29	10:40	16:36	20:38	31:13	35:27	40:40	46:54	47:58	56:53	1:10:42	1:27:29	1:32:38	1:46:49	1:48:46	1:50:47					
40	Stuart Swalwell DVO	1:52:03	13:57	15:59	23:46	29:13	39:24	44:58	51:40	59:32	1:01:02	1:15:39	1:22:11	1:30:29	1:36:52	1:46:59	1:49:42	1:52:03	6:00	11:08	1:51:42		
41	Victoria Harvey NGOC	2:00:32	6:37	9:24	18:03	24:29	35:55	44:02	50:45	58:20	59:44	1:13:23	1:22:33	1:34:17	1:41:42	1:53:49	1:57:15	2:00:32	*31	*43	*60		
42	Ian Phillips NGOC	2:03:32	7:43	10:54	17:20	23:06	29:54	36:40	43:02	50:39	54:34	1:16:08	1:28:19	1:36:49	1:43:39	1:51:46	1:59:56	2:03:32					
43	Jenni Manning IND	2:17:24	7:28	3:11	6:26	5:46	6:48	6:46	6:22	7:37	3:55	21:34	12:11	8:30	6:50	8:07	8:10	3:36					
44	Richard Rossington BOK	2:34:51	8:12	10:53	34:51	41:09	1:02:12	1:13:51	1:22:45	1:33:59	1:41:03	1:53:06	2:03:18	2:14:23	2:20:38	2:29:37	2:32:44	2:34:51	2:34:24				
	Ginny Hudson NGOC	mp	----	14:21	19:11	22:48	33:23	37:22	41:46	45:08	47:03	53:37	1:01:00	1:07:37	1:12:16	1:17:00	1:19:26	1:21:28	1:21:09				
	John Cameron NGOC	mp	8:56	10:59	20:44	24:24	37:42	41:52	----	1:08:14	1:09:28	1:21:39	1:27:54	1:34:33	1:41:46	1:47:35	1:50:31	1:52:08	*60				
	Charlie Manning TVOC	dnf	11:47	20:35	28:30	36:20	51:50	56:53	1:06:14	1:15:19	1:17:10	1:31:57	----	----	----	1:53:50	2:00:16	2:02:48	1:45:30		*62		

Green (68)			3.6 km 105 m			11 C																
			1(59)	2(40)	3(41)	4(32)	5(54)	6(61)	7(53)	8(47)	9(52)	10(56)	11(60)	Finish								
1	Alison Simmons BOK	39:57	4:03	7:13	12:43	18:10	22:10	25:25	31:26	32:36	34:45	36:33	39:42	39:57								
2	Alan Honey BOK	41:24	5:43	7:54	13:09	18:55	23:07	26:47	32:18	33:37	35:44	38:22	41:04	41:24								
3	Rose Taylor NGOC	41:47	4:39	6:37	12:27	19:05	23:21	26:59	34:22	35:29	37:12	39:10	41:34	41:47							40:34	*37
4	Jackie Hallett BOK	47:06	8:43	10:54	17:34	23:56	28:10	32:26	38:17	39:46	41:30	43:49	46:48	47:06								
5	David Palmer BOK	47:12	5:06	7:29	14:06	20:40	25:05	29:54	37:58	39:40	42:07	44:21	46:55	47:12								
6	Emily Elms BOK	48:44	5:30	7:33	15:34	21:01	24:53	33:33	40:32	42:04	44:02	45:51	48:32	48:44								
7	Tom Agombar NGOC	48:53	6:19	8:43	14:11	20:43	25:05	29:24	37:53	41:34	44:26	46:25	48:39	48:53								
8	Kieron Bates NGOC	49:22	9:35	11:48	17:25	24:19	28:30	35:02	41:46	43:00	44:32	46:32	49:05	49:22								
9	Rachel Dennis BOK	49:28	7:16	9:56	16:49	23:14	27:42	33:32	40:37	42:14	44:16	46:33	49:11	49:28								
10	Simon Denman NGOC	49:44	6:34	8:35	14:43	19:41	27:11	32:44	39:07	42:47	45:01	47:10	49:31	49:44								
11	Finlay Anderson BOK	49:48	4:25	5:48	11:56	19:36	25:55	35:25	42:18	43:22	44:43	47:05	49:37	49:48								
12	David May SLOW	49:55	5:22	7:15	13:32	21:12	26:14	32:03	40:43	42:19	44:45	46:46	49:34	49:55								
13	Dave Hartley NGOC	50:28	5:21	8:39	17:25	24:38	28:51	34:31	41:55	43:18	45:06	47:30	50:12	50:28								
14	Byron Crook NGOC	53:10	6:42	8:47	17:18	23:45	28:11	34:54	45:24	46:12	48:00	50:02	52:54	53:10								
15	Rod Postlethwaite WRE	53:14	5:59	8:01	15:08	23:53	29:27	34:25	41:34	43:02	46:03	48:37	52:55	53:14								
16	David Potter BOK	53:24	5:35	8:43	15:01	22:07	26:53	33:51	43:05	45:53	48:18	50:24	53:09	53:24								

PI	Name	Time													
Green (68)			3.6 km		105 m		11 C		(cont.)						
			1(59)	2(40)	3(41)	4(32)	5(54)	6(61)	7(53)	8(47)	9(52)	10(56)	11(60)	Finish	
46	Shirley Robinson NGOC	1:12:41	8:29	11:56	19:56	27:43	33:48	43:26	55:04	57:54	1:01:00	1:08:27	1:12:17	1:12:41	
			8:29	3:27	8:00	7:47	6:05	9:38	11:38	2:50	3:06	7:27	3:50	0:24	
47	Mike Wilkinson HOC	1:12:53	9:37	13:18	22:23	30:27	35:57	44:40	53:53	56:22	1:01:55	1:09:19	1:12:36	1:12:53	
			9:37	3:41	9:05	8:04	5:30	8:43	9:13	2:29	5:33	7:24	3:17	0:17	
48	Duncan Perry BOK	1:13:13	8:32	11:27	18:31	25:48	31:03	45:16	1:01:42	1:03:43	1:07:14	1:09:37	1:12:56	1:13:13	
			8:32	2:55	7:04	7:17	5:15	14:13	16:26	2:01	3:31	2:23	3:19	0:17	
49	Hannah Bradley NGOC	1:13:44	8:07	10:33	26:25	33:25	38:27	45:12	54:38	57:07	1:04:56	1:06:59	1:13:24	1:13:44	
			8:07	2:26	15:52	7:00	5:02	6:45	9:26	2:29	7:49	2:03	6:25	0:20	
50	Philip Kirk OD	1:17:37	11:52	15:19	22:59	31:31	42:49	51:21	1:05:26	1:07:20	1:10:13	1:13:15	1:17:10	1:17:37	
			11:52	3:27	7:40	8:32	11:18	8:32	14:05	1:54	2:53	3:02	3:55	0:27	
50	Judith Taylor NGOC	1:17:37	7:42	11:59	21:24	30:21	35:37	54:35	1:03:38	1:07:29	1:10:12	1:13:53	1:17:18	1:17:37	
			7:42	4:17	9:25	8:57	5:16	18:58	9:03	3:51	2:43	3:41	3:25	0:19	
52	Ellen Starling NGOC	1:18:09	10:48	16:31	26:24	37:17	43:48	52:01	1:04:46	1:07:39	1:10:12	1:13:43	1:17:45	1:18:09	
			10:48	5:43	9:53	10:53	6:31	8:13	12:45	2:53	2:33	3:31	4:02	0:24	
53	Cherry Fowler IND	1:18:15	6:48	11:56	17:28	38:33	42:28	53:51	1:05:55	1:08:18	1:12:10	1:14:28	1:17:54	1:18:15	59:35
			6:48	5:08	5:32	21:05	3:55	11:23	12:04	2:23	3:52	2:18	3:26	0:21	*56
54	Gwen Tanner BOK	1:21:05	6:56	10:30	18:41	29:21	35:36	52:09	1:05:49	1:07:52	1:11:35	1:15:51	1:20:36	1:21:05	
			6:56	3:34	8:11	10:40	6:15	16:33	13:40	2:03	3:43	4:16	4:45	0:29	
55	Ted McDonald BOK	1:21:38	8:38	11:13	19:38	28:16	33:56	43:31	55:54	57:29	1:01:29	1:14:51	1:21:15	1:21:38	
			8:38	2:35	8:25	8:38	5:40	9:35	12:23	1:35	4:00	13:22	6:24	0:23	
56	Nicky Wareing BOK	1:22:45	14:00	16:48	24:39	32:28	37:24	44:57	1:02:23	1:11:21	1:13:29	1:18:27	1:22:22	1:22:45	
			14:00	2:48	7:51	7:49	4:56	7:33	17:26	8:58	2:08	4:58	3:55	0:23	
57	Robert Brandon OD	1:23:50	6:17	12:21	22:07	33:39	41:15	48:35	1:07:21	1:09:21	1:13:38	1:17:54	1:23:25	1:23:50	
			6:17	6:04	9:46	11:32	7:36	7:20	18:46	2:00	4:17	4:16	5:31	0:25	
58	Caroline Potter BOK	1:26:38	9:35	12:49	21:06	30:44	35:52	44:05	1:08:30	1:12:00	1:18:59	1:23:03	1:26:17	1:26:38	28:55
			9:35	3:14	8:17	9:38	5:08	8:13	24:25	3:30	6:59	4:04	3:14	0:21	*57
59	Daniel Edwards NGOC	1:27:25	10:31	13:38	19:10	23:50	43:46	1:07:18	1:17:28	1:19:05	1:21:39	1:23:49	1:27:06	1:27:25	
			10:31	3:07	5:32	4:40	19:56	23:32	10:10	1:37	2:34	2:10	3:17	0:19	
60	Allan Darwell BOK	1:32:13	5:45	11:34	19:50	29:53	35:20	44:23	1:13:33	1:23:26	1:25:22	1:28:00	1:31:50	1:32:13	
			5:45	5:49	8:16	10:03	5:27	9:03	29:10	9:53	1:56	2:38	3:50	0:23	
61	Joanna Howell BOK	1:39:12	9:11	19:10	28:40	40:41	54:22	1:14:54	1:27:05	1:29:32	1:33:04	1:35:33	1:38:49	1:39:12	16:17 1:20:42
			9:11	9:59	9:30	12:01	13:41	20:32	12:11	2:27	3:32	2:29	3:16	0:23	*43 *56
62	Thomas Kennedy NGOC	1:40:03	21:00	26:50	34:07	40:33	45:53	55:31	1:05:45	1:08:55	1:11:34	1:13:59	1:39:47	1:40:03	
			21:00	5:50	7:17	6:26	5:20	9:38	10:14	3:10	2:39	2:25	25:48	0:16	
63	Susanne Andersen BOK	1:44:13	11:32	14:47	23:40	34:41	41:26	59:38	1:25:33	1:32:59	1:36:09	1:39:50	1:43:50	1:44:13	
			11:32	3:15	8:53	11:01	6:45	18:12	25:55	7:26	3:10	3:41	4:00	0:23	
	Stephen Robinson NGOC	dnf	8:24	12:25	23:06	33:05	39:20	-----	-----	-----	-----	-----	1:04:52	1:05:28	
			8:24	4:01	10:41	9:59	6:15						25:32	0:36	
	Vlad Boev IND	dnf	7:22	12:13	20:44	29:57	36:06	1:18:09	-----	-----	-----	-----	1:28:48	1:29:12	
			7:22	4:51	8:31	9:13	6:09	42:03					10:39	0:24	
	Gary Wakerley NGOC	dnf	21:54	26:11	37:44	49:55	58:37	-----	-----	-----	-----	-----	-----	-----	
			21:54	4:17	11:33	12:11	8:42								
	Paul Hobby NGOC	dnf	10:10	13:36	21:17	28:50	34:13	-----	-----	-----	-----	-----	-----	-----	
			10:10	3:26	7:41	7:33	5:23								
	Kim Liggett NGOC	dnf	8:43	16:54	25:04	34:36	40:10	-----	-----	-----	-----	-----	1:28:25	-----	
			8:43	8:11	8:10	9:32	5:34						48:15		

Short Green (27)			2.9 km		100 m		11 C								
			1(39)	2(59)	3(43)	4(58)	5(63)	6(54)	7(64)	8(36)	9(61)	10(51)	11(62)	Finish	
1	Matthew Fautley NGOC	44:46	2:03	6:57	9:41	14:38	18:25	24:17	28:31	30:47	35:27	38:11	42:12	44:46	
			2:03	4:54	2:44	4:57	3:47	5:52	4:14	2:16	4:40	2:44	4:01	2:34	
2	Frank Ince SWOC	53:00	2:08	6:45	9:26	13:37	18:48	27:38	33:24	36:17	44:50	47:11	50:39	53:00	
			2:08	4:37	2:41	4:11	5:11	8:50	5:46	2:53	8:33	2:21	3:28	2:21	
3	Graham Tough SWOC	56:03	3:36	9:15	13:43	18:46	25:56	32:44	38:48	41:27	45:21	48:44	54:03	56:03	
			3:36	5:39	4:28	5:03	7:10	6:48	6:04	2:39	3:54	3:23	5:19	2:00	
4	Janet Richardson OD	59:33	1:52	8:41	12:25	17:54	23:34	30:31	36:54	40:21	46:37	49:47	56:22	59:33	
			1:52	6:49	3:44	5:29	5:40	6:57	6:23	3:27	6:16	3:10	6:35	3:11	

Pl	Name	Time												
Short Green (27)			2.9 km 100 m		11 C		<i>(cont.)</i>							
			1(39)	2(59)	3(43)	4(58)	5(63)	6(54)	7(64)	8(36)	9(61)	10(51)	11(62)	Finish
5	Roger Hailey OD	1:01:30	2:24	8:39	12:29	17:32	22:08	31:36	37:33	41:11	48:49	52:32	57:45	1:01:30
			2:24	6:15	3:50	5:03	4:36	9:28	5:57	3:38	7:38	3:43	5:13	3:45
6	John Middler OD	1:08:26	3:31	10:00	14:59	22:35	29:04	38:11	44:33	48:30	56:36	1:00:16	1:05:57	1:08:26
			3:31	6:29	4:59	7:36	6:29	9:07	6:22	3:57	8:06	3:40	5:41	2:29
7	Christine Collins WCH	1:08:47	2:52	11:11	15:09	20:26	27:27	36:46	44:02	48:43	54:49	59:53	1:05:34	1:08:47
			2:52	8:19	3:58	5:17	7:01	9:19	7:16	4:41	6:06	5:04	5:41	3:13
8	Carolyn Marr OD	1:10:45	2:39	12:19	16:29	24:10	29:40	38:31	46:08	51:20	57:16	1:01:30	1:07:24	1:10:45
			2:39	9:40	4:10	7:41	5:30	8:51	7:37	5:12	5:56	4:14	5:54	3:21
9	Clare Fletcher BOK	1:10:48	2:07	8:52	12:43	20:23	27:15	36:54	44:17	50:24	55:27	59:24	1:05:35	1:10:48
			2:07	6:45	3:51	7:40	6:52	9:39	7:23	6:07	5:03	3:57	6:11	5:13
10	Gareth Beynon BOK	1:10:58	2:22	17:17	22:11	30:23	38:51	44:24	49:38	51:57	1:02:52	1:06:18	1:08:51	1:10:58
			2:22	14:55	4:54	8:12	8:28	5:33	5:14	2:19	10:55	3:26	2:33	2:07
11	Robert Teed NGOC	1:15:02	2:46	9:48	13:22	21:44	31:27	40:22	47:37	51:42	58:11	1:03:26	1:10:45	1:15:02
			2:46	7:02	3:34	8:22	9:43	8:55	7:15	4:05	6:29	5:15	7:19	4:17
12	Trevor Simpson OD	1:17:21	3:36	9:27	12:30	18:35	25:46	36:07	43:01	47:04	1:05:29	1:10:17	1:13:56	1:17:21
			3:36	5:51	3:03	6:05	7:11	10:21	6:54	4:03	18:25	4:48	3:39	3:25
13	Jen Williamson IND	1:22:55	2:50	15:08	17:54	24:05	31:05	45:18	54:22	58:25	1:04:58	1:10:02	1:17:35	1:22:55
			2:50	12:18	2:46	6:11	7:00	14:13	9:04	4:03	6:33	5:04	7:33	5:20
14	Brian Laycock HOC	1:23:33	2:31	11:52	16:01	24:13	33:02	43:09	52:01	56:57	1:09:40	1:15:23	1:20:13	1:23:33
			2:31	9:21	4:09	8:12	8:49	10:07	8:52	4:56	12:43	5:43	4:50	3:20
15	Karin Kirk OD	1:27:57	7:00	21:02	25:15	31:40	40:36	49:46	59:33	1:02:59	1:11:57	1:16:11	1:24:38	1:27:57
			7:00	14:02	4:13	6:25	8:56	9:10	9:47	3:26	8:58	4:14	8:27	3:19
16	Seth Lawson NGOC	1:32:54	1:04	4:47	7:26	26:46	43:00	47:35	53:01	54:55	1:25:21	1:28:40	1:31:42	1:32:54
			1:04	3:43	2:39	19:20	16:14	4:35	5:26	1:54	30:26	3:19	3:02	1:12
17	Anne-Marie Hillier BKO	1:45:07	4:01	14:28	21:52	30:33	38:01	49:33	1:02:21	1:07:07	1:20:08	1:30:25	1:37:45	1:45:07
			4:01	10:27	7:24	8:41	7:28	11:32	12:48	4:46	13:01	10:17	7:20	7:22
18	Joanne Leigh OD	1:45:54	5:53	36:27	39:37	48:42	55:32	1:07:04	1:12:29	1:15:18	1:20:43	1:40:02	1:43:11	1:45:54
			5:53	30:34	3:10	9:05	6:50	11:32	5:25	2:49	5:25	19:19	3:09	2:43
19	Lesley Norton WRE	1:46:13	2:49	23:57	29:12	36:01	43:04	53:21	1:03:57	1:09:40	1:17:55	1:22:52	1:38:46	1:46:13
			2:49	21:08	5:15	6:49	7:03	10:17	10:36	5:43	8:15	4:57	15:54	7:27
20	Jacqueline Stevens WRE	2:10:28	3:29	14:23	25:21	43:27	54:42	1:30:05	1:38:21	1:45:15	1:55:23	1:59:18	2:05:25	2:10:28
			3:29	10:54	10:58	18:06	11:15	35:23	8:16	6:54	10:08	3:55	6:07	5:03
	Sheila Miklausic NGOC	mp	2:52	9:26	13:16	20:39	27:30	36:06	42:22	-----	49:37	52:39	57:27	1:02:01
			2:52	6:34	3:50	7:23	6:51	8:36	6:16	-----	7:15	3:02	4:48	4:34
	Julia Wilkinson HOC	mp	2:31	9:49	13:07	18:08	35:12	41:44	47:46	51:02	-----	-----	1:16:21	1:18:53
			2:31	7:18	3:18	5:01	17:04	6:32	6:02	3:16	-----	-----	25:19	2:32
	Joanne Kennedy IND	mp	-----	21:56	27:28	33:47	43:33	57:22	1:03:49	1:07:02	1:17:58	-----	1:24:18	1:28:43
			-----	21:56	5:32	6:19	9:46	13:49	6:27	3:13	10:56	-----	6:20	4:25
	Jonathan Kennedy IND	mp	-----	23:06	28:34	34:40	44:27	58:14	1:04:26	1:07:59	1:19:01	-----	1:25:14	1:29:39
			-----	23:06	5:28	6:06	9:47	13:47	6:12	3:33	11:02	-----	6:13	4:25
	Hilary Simpson OD	mp	-----	19:00	24:28	36:15	43:50	56:33	1:04:28	1:09:24	1:14:39	1:21:11	1:29:39	1:36:08
			-----	19:00	5:28	11:47	7:35	12:43	7:53	4:58	5:15	6:32	8:28	6:29
	Anne May SWOC	dnf	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
nc	Pat MacLeod NGOC	42:25	1:05	4:17	6:20	13:41	17:46	22:36	28:23	30:42	36:02	38:06	40:42	42:25
			1:05	3:12	2:03	7:21	4:05	4:50	5:47	2:19	5:20	2:04	2:36	1:43

1:32:40
*60

32:01 1:01:33
*33 *60

Orange (31)			2.7 km 90 m		8 C									
			1(38)	2(44)	3(33)	4(64)	5(35)	6(61)	7(56)	8(62)	Finish			
1	Davide Cerrato IND	29:58	4:23	8:57	13:02	17:19	18:46	21:15	24:14	27:05	29:58			
			4:23	4:34	4:05	4:17	1:27	2:29	2:59	2:51	2:53			
2	Andy Wareing BOK	33:05	3:14	7:52	13:48	18:05	19:24	22:10	28:16	31:46	33:05			
			3:14	4:38	5:56	4:17	1:19	2:46	6:06	3:30	1:19			
3	Eilidh Bryers IND	37:51	4:14	9:39	15:17	25:41	26:28	29:28	32:57	35:24	37:51			
			4:14	5:25	5:38	10:24	0:47	3:00	3:29	2:27	2:27			
4	James Agombar NGOC	40:26	3:53	11:32	16:32	21:26	22:35	33:18	36:39	39:06	40:26			
			3:53	7:39	5:00	4:54	1:09	10:43	3:21	2:27	1:20			

Pl	Name	Time			2.7 km 90 m		8 C		<i>(cont.)</i>		
			1(38)	2(44)	3(33)	4(64)	5(35)	6(61)	7(56)	8(62)	Finish
Orange (31)											
5	Marcus Perry	45:59	6:50	23:11	28:41	32:47	33:51	37:41	40:17	44:15	45:59
	BOK		6:50	16:21	5:30	4:06	1:04	3:50	2:36	3:58	1:44
6	Ashleigh Denman	46:54	3:42	19:32	24:16	29:13	30:20	33:52	41:51	44:03	46:54
	NGOC		3:42	15:50	4:44	4:57	1:07	3:32	7:59	2:12	2:51
7	Christine Wilson	47:17	6:48	14:11	21:58	27:13	28:39	36:18	40:17	44:05	47:17
	IND		6:48	7:23	7:47	5:15	1:26	7:39	3:59	3:48	3:12
											46:57 *60
8	Katie Agombar	49:23	3:57	16:08	22:28	27:31	28:43	32:25	46:00	47:48	49:23
	NGOC		3:57	12:11	6:20	5:03	1:12	3:42	13:35	1:48	1:35
9	Dougal Anderson	54:10	4:27	10:08	15:45	23:14	24:45	28:35	47:00	52:20	54:10
	BOK		4:27	5:41	5:37	7:29	1:31	3:50	18:25	5:20	1:50
10	Forbes MacDougall	57:02	6:11	11:49	19:02	24:59	27:05	38:58	44:50	54:07	57:02
	BOK		6:11	5:38	7:13	5:57	2:06	11:53	5:52	9:17	2:55
11	Megan Wareing	59:01	8:06	28:46	34:04	39:30	40:45	48:11	52:26	55:59	59:01
	BOK		8:06	20:40	5:18	5:26	1:15	7:26	4:15	3:33	3:02
12	Anna Bryce	59:30	6:29	12:04	19:11	26:02	28:11	38:47	54:54	57:19	59:30
	NGOC		6:29	5:35	7:07	6:51	2:09	10:36	16:07	2:25	2:11
13	Max Straube-Roth	59:34	3:46	10:04	19:18	24:17	25:23	32:40	55:04	56:31	59:34
	OD		3:46	6:18	9:14	4:59	1:06	7:17	22:24	1:27	3:03
											5:50 *58
											22:35 *34
											36:08 *62
14	Anne Palmer	59:41	7:12	14:16	24:12	31:51	33:58	42:03	52:32	56:56	59:41
	BOK		7:12	7:04	9:56	7:39	2:07	8:05	10:29	4:24	2:45
15	Diana Hailey	1:01:58	6:40	14:11	25:46	34:29	37:08	46:28	54:03	58:49	1:01:58
	OD		6:40	7:31	11:35	8:43	2:39	9:20	7:35	4:46	3:09
16	Max Johansson	1:04:38	4:28	19:13	30:10	36:28	38:32	46:35	56:15	1:01:56	1:04:38
	NGOC		4:28	14:45	10:57	6:18	2:04	8:03	9:40	5:41	2:42
17	Samuel Horsfall	1:04:49	6:57	15:36	24:37	33:12	38:15	44:13	57:21	1:00:14	1:04:49
	NGOC		6:57	8:39	9:01	8:35	5:03	5:58	13:08	2:53	4:35
18	Adam Landels	1:04:59	4:40	34:31	40:11	45:21	46:42	54:16	58:20	1:01:54	1:04:59
	OD		4:40	29:51	5:40	5:10	1:21	7:34	4:04	3:34	3:05
											7:03 *58
19	Gillian Lee-Jones	1:05:29	5:28	11:54	23:13	29:19	31:18	41:34	55:29	1:00:24	1:05:29
	BOK		5:28	6:26	11:19	6:06	1:59	10:16	13:55	4:55	5:05
											1:05:06 *60
20	Tom Johansson	1:06:40	21:17	27:12	34:42	47:06	47:53	55:29	1:00:49	1:04:35	1:06:40
	NGOC		21:17	5:55	7:30	12:24	0:47	7:36	5:20	3:46	2:05
21	Rhiannon Fadeyibi	1:08:16	6:38	13:20	21:45	28:52	31:03	38:58	58:39	1:03:50	1:08:16
	NGOC		6:38	6:42	8:25	7:07	2:11	7:55	19:41	5:11	4:26
22	Caroline Rickards	1:14:58	8:59	18:10	34:44	42:04	44:10	50:42	1:07:58	1:11:00	1:14:58
	IND		8:59	9:11	16:34	7:20	2:06	6:32	17:16	3:02	3:58
											22:09 *58
23	Liselette Adams	1:17:56	11:53	21:04	37:39	45:02	47:05	53:35	1:10:51	1:13:58	1:17:56
	IND		11:53	9:11	16:35	7:23	2:03	6:30	17:16	3:07	3:58
24	Joseph Bryce	1:18:03	13:31	53:25	1:00:08	1:07:06	1:08:04	1:11:04	1:14:40	1:16:29	1:18:03
	NGOC		13:31	39:54	6:43	6:58	0:58	3:00	3:36	1:49	1:34
25	Kate Smeeton	1:23:11	10:28	19:08	32:45	43:38	47:49	1:08:53	1:16:06	1:19:52	1:23:11
	NGOC		10:28	8:40	13:37	10:53	4:11	21:04	7:13	3:46	3:19
26	Matilda MacDougall	2:14:47	12:48	55:16	1:04:21	1:17:00	1:19:01	1:56:53	2:05:23	2:11:49	2:14:47
	BOK		12:48	42:28	9:05	12:39	2:01	37:52	8:30	6:26	2:58
	Ali Fallon	mp	5:25	9:49	14:59	19:39	21:42	-----	36:35	39:21	41:25
	IND		5:25	4:24	5:10	4:40	2:03	-----	14:53	2:46	2:04
	George Gracie	mp	10:09	-----	33:40	40:46	43:02	49:22	57:20	1:01:18	1:02:40
	BOK		10:09	-----	23:31	7:06	2:16	6:20	7:58	3:58	1:22
	Janine Hargreaves	mp	25:08	38:44	59:52	1:13:56	1:16:19	-----	1:25:40	1:29:55	1:36:04
	BOK		25:08	13:36	21:08	14:04	2:23	-----	9:21	4:15	6:09
	Alan Starling	mp	4:21:40	4:32:18	4:42:19	4:52:27	4:54:37	-----	-----	5:14:27	5:21:27
	NGOC		4:21:40	10:38	10:01	10:08	2:10	-----	-----	19:50	7:00
	Zoe MacDougall	dnf	42:31	58:26	1:11:54	1:43:28	1:47:21	1:57:00	-----	-----	-----
	BOK		42:31	15:55	13:28	31:34	3:53	9:39	-----	-----	-----

Pl	Name	Time	1(31)	2(38)	2.4 km 3(57)	85 m 4(32)	10 C 5(33)	6(34)	7(35)	8(36)	9(37)	10(60)	Finish
Yellow (15)													
1	Hannah Agombar NGOC	24:37	2:28	5:02	7:41	9:15	12:46	16:22	17:38	19:12	22:16	24:23	24:37
2	Ben Gracie BOK	28:43	4:28	7:14	9:15	11:28	15:04	18:59	20:38	21:46	27:02	28:26	28:43
3	Daniel Wareing BOK	33:21	15:04	16:36	19:17	20:36	23:24	25:59	28:08	29:20	31:36	33:05	33:21
4	Rose Cameron NGOC	35:24	5:29	9:03	11:11	13:21	16:55	20:58	23:01	25:12	31:53	35:05	35:24
5	Barthelemy Albert NGOC	35:31	2:06	4:54	10:50	13:01	16:31	21:20	23:35	25:49	32:24	35:06	35:31
6	Maya Britton BOK	38:40	2:34	6:20	12:33	15:22	19:05	23:41	27:03	29:24	34:44	38:24	38:40
7	Emily Horsfall NGOC	44:46	9:14	13:30	16:44	19:47	24:14	29:54	32:55	35:10	40:29	44:12	44:46
8	Seren Brett DVO	47:12	12:29	18:07	21:13	23:37	29:19	33:33	35:48	38:32	44:11	46:49	47:12
9	Freya Beynon BOK	56:14	4:47	8:37	26:06	28:53	33:03	37:43	41:43	43:47	53:35	55:54	56:14
10	Charlotte Scott NGOC	58:57	9:13	16:16	22:43	27:30	34:13	42:55	47:07	50:10	55:17	58:14	58:57
11	Luke Miklausic NGOC	1:08:26	7:00	15:47	28:51	37:47	43:53	50:04	55:27	1:01:10	1:04:59	1:08:04	1:08:26
12	Ella Miklausic NGOC	1:08:35	7:21	15:44	28:48	37:45	43:59	50:22	56:47	1:01:11	1:04:49	1:08:13	1:08:35
13	Dylan Miklausic NGOC	1:19:56	6:13	16:01	29:02	37:02	44:57	53:42	57:14	1:00:52	1:10:18	1:19:10	1:19:56
	Francis Cameron IND	mp	-----	8:58	-----	52:10	57:08	1:04:33	1:31:02	1:33:57	1:46:10	1:49:04	1:49:26
	Johannes Albert NGOC	dnf	7:12	16:59	23:30	28:26	34:26	42:30	-----	-----	-----	1:20:56	1:21:26
			7:12	9:47	6:31	4:56	6:00	8:04				38:26	0:30