

Pl	Name	Time																						
Brown (28)			3.5 km		220 m	25 C																		
			1(201)	2(33)	3(56)	4(47)	5(37)	6(42)	7(57)	8(69)	9(203)	10(43)	11(63)	12(204)	13(210)	14(209)	15(54)	16(31)	17(50)	18(213)	19(36)	20(32)	21(212)	22(60)
			23(59)	24(39)	25(206)	Finish																		
1	Clive Hallett BOK	31:48	1:23 1:23 29:36	2:54 1:31 30:16	3:46 0:52 31:13	6:10 2:24 31:48	6:51 0:41	8:31 1:40	9:50 1:19	10:52 1:02	11:33 0:41	12:17 0:44	13:04 0:47	14:56 1:52	16:19 1:23	19:44 3:25	20:39 0:55	22:16 1:37	22:39 0:23	24:09 1:30	25:11 1:02	26:19 1:08	27:23 1:04	28:28 1:05
2	Andrew Monro NGOC	33:28	1:04 1:04	3:11 2:07 0:45	3:56 2:50 0:45	6:46 2:50 0:32	7:18 1:52 0:32	9:10 1:31	10:41 0:58	11:39 0:49	12:28 0:40	13:08 0:57	14:05 1:38	15:43 1:21	17:04 3:32	20:36 0:59	21:35 1:21	22:56 0:20	23:16 2:02	25:18 1:27	26:45 1:17	28:02 1:08	29:10 1:08	30:16 1:06
3	Richard Mawer BAOC	34:55	1:09 1:09	2:15 1:06	3:00 0:45	5:43 2:43	6:15 0:32	7:51 1:36	9:11 1:20	10:05 0:54	10:47 0:42	11:20 0:33	12:06 0:46	17:42 5:36	19:04 1:22	22:19 3:15	23:19 1:00	24:52 1:33	25:13 0:21	26:38 1:25	27:28 0:50	28:42 1:14	29:29 0:47	30:36 1:07
4	Jan Travnicek TVOC	38:24	1:36 1:36	3:26 1:50	4:19 0:53	7:06 2:47	7:40 0:34	10:14 2:34	11:46 1:32	12:57 1:11	14:12 1:15	14:57 0:45	15:48 0:51	18:14 2:26	19:34 1:20	23:26 3:52	24:45 1:19	26:29 1:44	26:55 0:26	28:41 1:46	29:43 1:02	32:23 2:40	33:26 1:03	34:32 1:06
5	Chris McCartney OD	40:03	1:04 1:04	3:07 2:03	4:51 1:44	9:36 4:45	10:09 0:33	12:08 1:59	13:38 1:30	14:43 1:05	16:03 1:20	16:45 0:42	17:41 0:56	19:48 2:07	21:40 1:52	26:21 4:41	27:24 1:03	28:56 1:32	29:20 0:24	30:47 1:27	31:45 0:58	33:36 1:51	34:52 1:16	36:22 1:30
6	Ben Green TVOC	41:25	1:24 1:24	2:57 1:33	4:07 1:10	7:36 3:29	8:32 0:56	10:49 2:17	12:32 1:43	13:47 1:15	15:01 1:14	15:47 0:46	16:49 1:02	18:51 2:02	20:54 2:03	25:49 4:55	26:49 1:00	28:45 1:56	29:31 0:46	31:33 2:02	32:55 1:22	34:32 1:37	35:54 1:22	37:24 1:30
7	Anne Straube OD	45:14	1:18 1:18	3:15 1:57	4:14 0:59	7:45 3:31	8:39 0:54	11:08 2:29	14:26 3:18	15:47 1:21	17:12 1:25	18:08 0:56	19:16 1:08	21:46 2:30	23:45 1:59	28:21 4:36	29:43 1:22	31:42 1:59	32:09 0:27	34:20 2:11	35:40 1:20	37:32 1:52	39:03 1:31	40:25 1:22
8	Paul Gebbett BOK	45:58	1:29 1:29	3:20 1:51	4:31 1:11	9:03 4:32	9:44 0:41	12:30 2:46	14:36 2:06	15:46 1:10	17:03 1:17	17:50 0:47	18:54 1:04	21:18 2:24	23:15 1:57	27:19 4:04	28:31 1:12	31:48 3:17	32:21 0:33	34:29 2:08	35:45 1:16	37:57 2:12	39:28 1:31	40:44 1:16
9	Scott Johnson NGOC	46:05	1:54 1:54	3:36 1:42	4:31 0:55	7:38 3:07	8:16 0:38	11:40 3:24	15:33 3:53	16:57 1:24	18:21 1:24	19:13 0:52	20:20 1:07	22:13 1:53	23:58 1:45	29:37 5:39	30:58 1:21	34:09 3:11	34:26 0:17	36:27 2:01	37:45 1:18	39:29 1:44	40:38 1:09	41:46 1:08
10	Robert Atkins HOC	46:41	1:30 1:30	3:21 1:51	4:16 0:55	7:24 3:08	8:03 0:39	11:09 3:06	13:08 1:59	14:33 1:25	19:53 5:20	20:45 0:52	21:40 0:55	24:02 2:22	26:06 2:04	30:17 4:11	31:37 1:20	33:26 1:49	33:58 0:32	36:11 2:13	37:43 1:32	39:40 1:57	41:00 1:20	42:46 1:46
11	Kath Atkins HOC	46:46	1:45 1:45	6:25 4:40	7:35 1:10	11:23 3:48	12:27 1:04	14:59 2:32	16:50 1:51	18:38 1:48	19:42 1:04	20:36 0:54	21:58 1:22	24:29 2:31	26:29 2:00	31:02 4:33	32:14 1:12	34:13 1:59	34:44 0:31	37:11 2:27	38:23 1:12	39:58 1:35	40:59 1:01	42:20 1:21
12	Adrian Pickles WRE	47:27	1:32 1:32	4:09 2:37	5:25 1:16	9:35 4:10	10:27 0:52	13:10 2:43	15:13 2:03	16:55 1:42	17:57 1:02	18:55 0:58	20:04 1:09	22:29 2:25	24:56 2:27	29:23 4:27	30:42 1:19	33:01 2:19	33:44 0:43	35:41 1:57	36:47 1:06	38:20 1:33	39:35 1:15	41:07 1:32
13	Greg Best NGOC	49:23	1:33 1:33	3:27 1:54	4:27 1:00	9:04 4:37	9:55 0:51	12:56 3:01	15:00 2:04	16:22 1:22	17:30 1:08	18:22 0:52	19:29 1:07	25:49 6:20	27:57 2:08	32:45 4:48	34:02 1:17	35:54 1:52	36:21 0:27	38:15 1:54	39:31 1:16	40:58 1:27	42:24 1:26	43:47 1:23
14	David Harper DEVON	50:10	1:27 1:27	2:51 1:24	4:12 1:21	7:34 3:22	8:14 0:40	10:45 2:31	13:40 2:55	15:48 2:08	21:10 5:22	22:07 0:57	23:18 1:11	25:25 2:07	27:22 1:57	32:15 4:53	33:32 1:17	35:59 2:27	36:35 0:36	39:50 3:15	41:10 1:20	42:40 1:30	44:15 1:35	45:37 1:22
			47:14 1:37	47:46 0:32	49:25 1:39	50:10 0:45	20:01 *46	30:21 *33	43:29 *207															

Pl	Name	Time			2.9 km	200 m	25 C																		
			1(55)	2(58)	3(43)	4(52)	5(63)	6(33)	7(42)	8(210)	9(47)	10(37)	11(204)	12(209)	13(201)	14(54)	15(61)	16(53)	17(36)	18(32)	19(35)	20(212)	21(60)	22(31)	
			23(59)	24(39)	25(206)	Finish																			
Blue (31)																									
1	Andrew Hartley NGOC	35:59	1:52 1:52 33:53	2:23 0:31 34:15	4:38 2:15 35:21	5:10 0:32 35:59	6:10 1:00	7:55 1:45	9:55 2:00	11:10 1:15	12:38 1:28	13:28 0:50	16:28 3:00	18:57 2:29	19:55 0:58	21:44 1:49	23:18 1:34	26:10 2:52	27:21 1:11	28:55 1:34	30:04 1:09	30:33 0:29	31:58 1:25	32:18 0:20	
2	Joe Parkinson NGOC	41:46	1:35 2:07 2:07 39:00	2:36 0:29 0:37	4:22 1:46 41:03	5:10 0:48 41:46	5:50 0:40	7:37 1:47	11:47 4:10	12:57 1:10	15:44 2:47	16:33 0:49	19:25 2:52	22:06 2:41	23:12 1:06	24:37 1:25	26:14 1:37	28:55 2:41	30:03 1:08	31:38 1:35	32:44 1:06	33:21 0:37	34:48 1:27	35:20 0:32	
3	Rob Taylor NGOC	44:04	3:40 2:21 2:21 41:03	0:37 0:43 0:43	1:26 1:52 43:14	0:43 1:00 44:04	6:41 0:45	9:25 2:44	11:46 2:21	13:54 2:08	15:39 1:45	16:29 0:50	19:35 3:06	22:47 3:12	24:09 1:22	26:31 2:22	28:09 1:38	31:01 2:52	32:17 1:16	34:13 1:56	35:16 1:03	35:51 0:35	37:23 1:32	37:46 0:23	
4	Vanessa Lawson NGOC	44:29	3:17 3:04 3:04 42:16	0:26 3:25 0:21	1:45 5:58 2:33	0:50 7:01 1:03	7:43 0:42	11:00 3:17	13:24 2:24	14:31 1:07	17:13 2:42	17:54 0:41	20:51 2:57	24:15 3:24	25:19 1:04	27:02 1:43	28:59 1:57	31:44 2:45	32:42 0:58	36:46 4:04	37:39 0:53	38:34 0:55	39:58 1:24	40:19 0:21	
5	Jackie Hallett BOK	44:37	1:57 1:50 41:18	0:30 0:41	1:09 2:46	0:34 0:54	6:55 0:44	8:49 1:54	11:05 2:16	13:03 1:58	14:57 1:54	15:56 0:59	19:09 3:13	22:34 3:25	23:56 1:22	25:46 1:50	27:48 2:02	30:53 3:05	32:09 1:16	34:06 1:57	35:14 1:08	36:00 0:46	37:34 1:34	38:00 0:26	
6	Ginny Hudson NGOC	47:15	3:18 2:26 2:26 44:26	0:33 0:31	1:49 1:40	0:57 0:42	5:58 0:39	7:45 1:47	14:44 6:59	16:03 1:19	18:30 2:27	19:27 0:57	21:42 2:15	24:57 3:15	26:37 1:40	28:55 2:18	30:17 1:22	33:06 2:49	34:16 1:10	36:21 2:05	38:19 1:58	38:52 0:33	40:39 1:47	43:06 2:27	
7	Reuben Lawson NGOC	47:28	1:59 1:59 44:56	2:44 0:45 45:42	4:20 1:36 46:58	4:57 0:37 47:28	5:27 0:30	7:22 1:55	9:25 2:03	10:35 1:10	16:07 5:32	16:43 0:36	19:34 2:51	24:18 4:44	28:13 3:55	29:21 1:08	30:45 1:24	34:46 4:01	36:39 1:53	38:28 1:49	39:17 0:49	40:13 0:56	42:09 1:56	43:04 0:55	
8	John Simmons BOK	49:03	1:52 2:45 2:45 46:30	0:46 1:07 1:07	1:16 2:21 48:29	0:30 1:03 49:03	8:12 0:56	10:26 2:14	12:40 2:14	14:39 1:59	17:13 2:34	18:27 1:14	22:00 3:33	25:46 3:46	27:36 1:50	29:47 2:11	34:13 4:26	38:37 4:24	39:51 1:14	41:21 1:30	42:26 1:05	43:10 0:44	44:41 1:31	45:04 0:23	
9	Michelle Scott NGOC	50:05	1:26 2:02 2:02 46:50	0:34 0:38 0:38	1:25 4:02 49:18	0:34 1:00 50:05	9:53 2:11	12:17 2:24	15:36 3:19	17:31 1:55	19:38 2:07	20:27 0:49	23:19 2:52	27:20 4:01	29:08 1:48	30:56 1:48	32:59 2:03	36:02 3:03	37:35 1:33	40:00 2:25	41:23 1:23	42:19 0:56	44:15 1:56	44:43 0:28	
10	Tim Sands BOK	50:09	2:07 2:33 2:33 46:01	0:39 0:41 0:41	1:49 2:46 49:23	0:47 1:13 50:09	7:57 0:44	10:19 2:22	12:49 2:30	14:58 2:09	17:10 2:12	18:14 1:04	20:43 2:29	27:51 7:08	29:36 1:45	31:23 1:47	33:16 1:53	36:29 3:13	38:06 1:37	40:01 1:55	41:14 1:13	42:02 0:48	43:53 1:51	44:20 0:27	
11	David Faulkner BOK	50:49	1:41 1:59 1:59 47:58	0:43 0:41 0:41	2:39 2:15 50:10	0:46 0:50 50:49	6:28 0:43	9:06 2:38	13:29 4:23	15:13 1:44	17:30 2:17	18:33 1:03	21:53 3:20	25:32 3:39	27:45 2:13	29:16 1:31	31:34 2:18	34:45 3:11	36:15 1:30	38:31 2:16	39:45 1:14	40:34 0:49	42:20 1:46	42:50 0:30	
12	Richard Davies HOC	55:37	5:08 3:31 3:31 52:24	0:43 0:22 0:22	1:29 3:22 54:54	0:39 0:52 55:37	12:42 4:35	13:56 1:14	18:08 4:12	19:28 1:20	23:26 3:58	24:07 0:41	31:23 7:16	34:45 3:22	35:59 1:14	38:03 2:04	39:50 1:47	42:23 2:33	43:48 1:25	45:27 1:39	46:50 1:23	48:00 1:10	49:38 1:38	50:19 0:41	
13	Hal Young NGOC	56:33	2:05 3:22 3:22 53:33	0:45 0:34 0:34	1:45 1:52 55:49	0:43 1:01 56:33	7:26 0:37	9:29 2:03	12:02 2:33	13:30 1:28	15:31 2:01	16:36 1:05	31:16 14:40	34:21 3:05	35:27 1:06	37:40 2:13	39:58 2:18	44:02 4:04	45:10 1:08	47:08 1:58	48:23 1:15	49:22 0:59	50:54 1:32	51:27 0:33	
14	Tom Birthwright NGOC	57:22	2:06 2:28 2:28 53:03	0:49 0:36 0:36	1:27 2:15 56:23	0:44 1:06 57:22	7:25 1:00	9:55 2:30	15:43 5:48	17:58 2:15	20:50 2:52	22:09 1:19	25:58 3:49	29:49 3:51	31:41 1:52	34:02 2:21	36:43 2:41	40:44 4:01	42:26 1:42	45:06 2:40	46:54 1:48	48:04 1:10	50:19 2:15	50:57 0:38	

Pl	Name	Time																						
Blue (31)			2.9 km 200 m				25 C				<i>(cont.)</i>													
			1(55) 23(59)	2(58) 24(39)	3(43) 25(206)	4(52) Finish	5(63)	6(33)	7(42)	8(210)	9(47)	10(37)	11(204)	12(209)	13(201)	14(54)	15(61)	16(53)	17(36)	18(32)	19(35)	20(212)	21(60)	22(31)
	Duncan Innes	mp	3:23	4:15	6:32	7:24	8:10	10:09	12:58	15:00	17:21	18:16	27:42	31:08	32:27	33:49	----	39:08	41:42	43:27	45:28	46:12	47:54	48:30
	SWOC		3:23	0:52	2:17	0:52	0:46	1:59	2:49	2:02	2:21	0:55	9:26	3:26	1:19	1:22		5:19	2:34	1:45	2:01	0:44	1:42	0:36
			51:50	52:26	53:58	54:43		36:15																
			3:20	0:36	1:32	0:45		*50																
	Fiona Clough	mp	4:59	6:09	8:42	10:16	11:19	15:27	19:18	21:33	25:08	26:26	32:42	----	38:30	41:15	44:27	48:37	50:33	53:02	54:55	56:48	58:58	59:35
	BKO		4:59	1:10	2:33	1:34	1:03	4:08	3:51	2:15	3:35	1:18	6:16		5:48	2:45	3:12	4:10	1:56	2:29	1:53	1:53	2:10	0:37
			1:02:31	1:03:44	1:05:41	1:06:50		55:35																
			2:56	1:13	1:57	1:09		*207																
	Christine Farr	dnf	2:26	3:09	5:58	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	SWOC		2:26	0:43	2:49																			
			-----	-----	-----																			
Green (28)			2.6 km 160 m				20 C																	
			1(209)	2(58)	3(33)	4(52)	5(63)	6(57)	7(37)	8(210)	9(204)	10(56)	11(208)	12(45)	13(54)	14(61)	15(213)	16(53)	17(32)	18(35)	19(60)	20(206)	Finish	
1	Emily Elms	44:01	2:02	2:56	4:32	6:45	8:32	10:47	15:01	17:39	20:05	21:40	24:56	26:30	30:05	32:40	35:15	36:25	38:22	39:33	42:39	43:37	44:01	
	BOK		2:02	0:54	1:36	2:13	1:47	2:15	4:14	2:38	2:26	1:35	3:16	1:34	3:35	2:35	2:35	1:10	1:57	1:11	3:06	0:58	0:24	
2	Pat MacLeod	50:55	1:58	3:16	5:00	7:53	8:54	10:58	16:17	19:22	28:17	29:45	31:43	34:05	36:30	38:40	41:32	42:50	45:51	47:01	49:01	50:16	50:55	
	NGOC		1:58	1:18	1:44	2:53	1:01	2:04	5:19	3:05	8:55	1:28	1:58	2:22	2:25	2:10	2:52	1:18	3:01	1:10	2:00	1:15	0:39	
3	John Fallows	52:31	2:05	3:26	5:16	7:53	8:47	11:19	14:23	17:10	27:01	28:32	30:21	31:56	36:03	38:50	42:07	43:18	46:21	47:58	50:36	51:49	52:31	
	NGOC		2:05	1:21	1:50	2:37	0:54	2:32	3:04	2:47	9:51	1:31	1:49	1:35	4:07	2:47	3:17	1:11	3:03	1:37	2:38	1:13	0:42	
4	David Battison	55:05	2:33	4:04	6:25	9:27	10:32	13:12	17:41	20:06	26:58	31:25	33:45	35:07	38:24	40:20	45:40	46:58	49:16	50:45	53:18	54:24	55:05	
	SARUM		2:33	1:31	2:21	3:02	1:05	2:40	4:29	2:25	6:52	4:27	2:20	1:22	3:17	1:56	5:20	1:18	2:18	1:29	2:33	1:06	0:41	
			23:50																					
			*42																					
5	Chris Johnson	55:43	2:26	3:43	6:56	9:50	10:59	14:11	17:52	22:20	27:06	29:44	31:46	34:28	37:48	40:26	44:10	45:48	48:24	50:25	53:19	54:57	55:43	
	BOK		2:26	1:17	3:13	2:54	1:09	3:12	3:41	4:28	4:46	2:38	2:02	2:42	3:20	2:38	3:44	1:38	2:36	2:01	2:54	1:38	0:46	
			24:27	50:54																				
			*42	*207																				
6	Hannah Bradley	57:17	2:46	4:12	6:33	10:33	11:35	14:20	18:05	25:26	31:36	33:26	35:15	36:54	39:03	41:07	45:05	46:13	48:17	49:32	51:57	56:39	57:17	
	NGOC		2:46	1:26	2:21	4:00	1:02	2:45	3:45	7:21	6:10	1:50	1:49	1:39	2:09	2:04	3:58	1:08	2:04	1:15	2:25	4:42	0:38	
7	Carol Sands	58:18	5:10	6:19	7:54	11:05	12:17	15:18	19:34	23:00	31:31	33:24	36:14	37:44	42:10	44:24	47:45	48:50	50:58	52:25	55:20	57:24	58:18	
	BOK		5:10	1:09	1:35	3:11	1:12	3:01	4:16	3:26	8:31	1:53	2:50	1:30	4:26	2:14	3:21	1:05	2:08	1:27	2:55	2:04	0:54	
8	Si Read	59:46	3:07	4:40	7:09	10:20	11:36	18:51	24:43	29:11	32:43	34:57	37:34	39:16	42:44	46:42	49:51	51:03	52:55	54:41	57:41	59:03	59:46	
	NGOC		3:07	1:33	2:29	3:11	1:16	7:15	5:52	4:28	3:32	2:14	2:37	1:42	3:28	3:58	3:09	1:12	1:52	1:46	3:00	1:22	0:43	
9	John Parfitt	1:00:39	3:02	4:57	8:19	14:26	15:35	18:36	22:01	29:54	34:41	36:54	39:09	40:42	43:55	46:03	49:30	50:40	53:10	54:57	58:02	59:55	1:00:39	
	BOK		3:02	1:55	3:22	6:07	1:09	3:01	3:25	7:53	4:47	2:13	2:15	1:33	3:13	2:08	3:27	1:10	2:30	1:47	3:05	1:53	0:44	
10	Paul Hobby	1:01:02	2:39	3:56	7:18	11:07	12:08	15:23	18:38	22:04	32:00	35:39	37:37	40:06	43:48	46:35	49:48	51:12	54:01	56:02	59:13	1:00:24	1:01:02	
	NGOC		2:39	1:17	3:22	3:49	1:01	3:15	3:15	3:26	9:56	3:39	1:58	2:29	3:42	2:47	3:13	1:24	2:49	2:01	3:11	1:11	0:38	
11	Ian Barrett	1:01:41	2:35	3:50	10:24	13:17	14:04	16:41	20:42	27:48	31:05	32:42	35:00	36:20	41:20	44:49	49:31	52:21	55:34	56:49	59:38	1:00:59	1:01:41	
	BOK		2:35	1:15	6:34	2:53	0:47	2:37	4:01	7:06	3:17	1:37	2:18	1:20	5:00	3:29	4:42	2:50	3:13	1:15	2:49	1:21	0:42	
12	Ellen Starling	1:02:59	3:36	5:20	8:39	12:35	13:53	18:13	23:12	27:20	31:03	33:36	36:11	38:11	41:45	44:44	49:11	50:36	54:02	56:11	1:00:09	1:02:03	1:02:59	
	NGOC		3:36	1:44	3:19	3:56	1:18	4:20	4:59	4:08	3:43	2:33	2:35	2:00	3:34	2:59	4:27	1:25	3:26	2:09	3:58	1:54	0:56	
13	Neil Cameron	1:05:54	2:45	4:18	9:56	13:22	14:34	18:17	22:29	27:26	30:52	41:06	43:23	45:28	48:30	51:06	54:35	56:08	58:35	1:00:50	1:04:01	1:05:20	1:05:54	
	NGOC		2:45	1:33	5:38	3:26	1:12	3:43	4:12	4:57	3:26	10:14	2:17	2:05	3:02	2:36	3:29	1:33	2:27	2:15	3:11	1:19	0:34	
14	Peter Colbert	1:07:40	2:29	4:24	8:26	12:05	14:01	17:45	22:13	26:17	35:10	39:15	41:55	43:28	46:56	50:17	53:51	55:08	57:49	59:35	1:03:25	1:06:37	1:07:40	
	SWOC		2:29	1:55	4:02	3:39	1:56	3:44	4:28	4:04	8:53	4:05	2:40	1:33	3:28	3:21	3:34	1:17	2:41	1:46	3:50	3:12	1:03	
15	Steve Lee	1:10:27	4:25	6:08	9:01	12:26	13:38	17:31	24:57	31:32	41:34	44:36	47:56	50:13	54:19	56:34	59:39	1:00:56	1:03:21	1:05:03	1:08:07	1:09:53	1:10:27	
	NGOC		4:25	1:43	2:53	3:25	1:12	3:53	7:26	6:35	10:02	3:02	3:20	2:17	4:06	2:15	3:05	1:17	2:25	1:42	3:04	1:46	0:34	
16	Judith Taylor	1:13:10	2:50	4:35	8:54	12:15	17:51	24:53	28:33	39:55	43:06	45:33	50:28	51:49	55:36	57:55	1:01:16	1:02:56	1:05:58	1:07:31	1:11:06	1:12:24	1:13:10	
	NGOC		2:50	1:45	4:19	3:21	5:36	7:02	3:40	11:22	3:11	2:27	4:55	1:21	3:47	2:19	3:21	1:40	3:02	1:33	3:35	1:18	0:46	
17	Kim Liggett	1:14:02	7:47	10:09	12:53	16:51	17:57	21:47	29:57	35:35	38:55	41:39	43:52	45:45	49:40	52:44	59:00	1:01:41	1:05:38	1:07:58				

Pl	Name	Time	2.6 km 160 m 20 C (cont.)																						
			1(209)	2(58)	3(33)	4(52)	5(63)	6(57)	7(37)	8(210)	9(204)	10(56)	11(208)	12(45)	13(54)	14(61)	15(213)	16(53)	17(32)	18(35)	19(60)	20(206)	Finish		
19	Hilary Nicholls NGOC	1:27:23	2:52	4:22	6:42	10:22	11:33	15:12	19:41	25:40	42:27	56:37	1:01:50	1:03:52	1:08:40	1:11:48	1:16:02	1:17:52	1:20:21	1:22:01	1:25:18	1:26:41	1:27:23		
			2:52	1:30	2:20	3:40	1:11	3:39	4:29	5:59	16:47	14:10	5:13	2:02	4:48	3:08	4:14	1:50	2:29	1:40	3:17	1:23	0:42		
20	Nicky Wareing BOK	1:28:09	4:48	9:38	12:34	21:08	23:13	32:36	40:11	50:42	54:20	56:56	59:44	1:03:04	1:06:37	1:10:08	1:13:41	1:15:37	1:18:36	1:20:09	1:24:53	1:27:32	1:28:09		
			4:48	4:50	2:56	8:34	2:05	9:23	7:35	10:31	3:38	2:36	2:48	3:20	3:33	3:31	3:33	1:56	2:59	1:33	4:44	2:39	0:37		
21	Alan Starling NGOC	1:28:58	2:40	4:20	6:44	11:01	12:18	22:07	29:30	44:29	47:50	50:33	52:30	54:48	59:20	1:01:50	1:07:45	1:09:24	1:17:06	1:18:44	1:22:44	1:27:44	1:28:58		
			2:40	1:40	2:24	4:17	1:17	9:49	7:23	14:59	3:21	2:43	1:57	2:18	4:32	2:30	5:55	1:39	7:42	1:38	4:00	5:00	1:14		
22	Polly Atherton BOK	1:33:33	3:34	5:13	7:28	11:34	13:03	20:16	24:04	47:20	56:55	58:46	1:06:19	1:08:46	1:12:25	1:17:52	1:21:53	1:23:18	1:26:16	1:28:21	1:31:32	1:33:01	1:33:33		
			3:34	1:39	2:15	4:06	1:29	7:13	3:48	23:16	9:35	1:51	7:33	2:27	3:39	5:27	4:01	1:25	2:58	2:05	3:11	1:29	0:32		
			1:28:41																						
			*207																						
23	Joanne Leigh OD	1:41:36	3:39	5:14	7:47	14:04	15:11	19:44	27:42	55:12	1:06:28	1:08:20	1:11:51	1:13:44	1:21:22	1:26:40	1:29:54	1:31:18	1:35:24	1:36:42	1:39:37	1:40:59	1:41:36		
			3:39	1:35	2:33	6:17	1:07	4:33	7:58	27:30	11:16	1:52	3:31	1:53	7:38	5:18	3:14	1:24	4:06	1:18	2:55	1:22	0:37		
24	Gary Wakerley NGOC	2:20:36	6:17	8:28	14:55	22:16	24:48	40:39	54:04	1:01:09	1:13:14	1:18:25	1:22:50	1:34:21	1:41:09	1:47:15	1:54:37	1:57:26	2:04:20	2:08:05	2:15:14	2:18:53	2:20:36		
			6:17	2:11	6:27	7:21	2:32	15:51	13:25	7:05	12:05	5:11	4:25	11:31	6:48	6:06	7:22	2:49	6:54	3:45	7:09	3:39	1:43		
	Rose Taylor NGOC	mp	1:51	2:32	6:12	8:38	9:31	----	14:20	17:36	21:49	23:12	24:44	26:02	27:53	29:36	32:12	34:27	36:41	37:49	39:55	40:39	41:02		
			1:51	0:41	3:40	2:26	0:53	----	4:49	3:16	4:13	1:23	1:32	1:18	1:51	1:43	2:36	2:15	2:14	1:08	2:06	0:44	0:23		
			2:13	5:03	19:14																				
			*55	*57	*42																				
	Jack Hobby NGOC	mp	4:31	7:39	9:01	12:43	13:49	16:41	20:07	----	36:04	39:27	42:01	43:47	50:27	52:28	55:44	57:07	59:00	1:00:06	1:01:58	1:02:45	1:03:06		
			4:31	3:08	1:22	3:42	1:06	2:52	3:26	----	15:57	3:23	2:34	1:46	6:40	2:01	3:16	1:23	1:53	1:06	1:52	0:47	0:21		
	Daniel Edwards NGOC	mp	7:33	11:56	15:17	19:21	20:10	22:57	31:43	----	50:05	52:18	54:24	55:52	1:02:16	1:05:41	1:09:22	1:10:35	1:12:52	1:14:05	1:16:44	1:17:50	1:18:18		
			7:33	4:23	3:21	4:04	0:49	2:47	8:46	----	18:22	2:13	2:06	1:28	6:24	3:25	3:41	1:13	2:17	1:13	2:39	1:06	0:28		
	Dave Hartley NGOC	dnf	2:06	3:52	5:11	7:48	9:19	12:31	15:35	21:22	----	----	----	----	----	----	----	----	----	----	----	----	----		
			2:06	1:46	1:19	2:37	1:31	3:12	3:04	5:47															

Pl	Name	Time	2.0 km 100 m 18 C																		
			1(43)	2(63)	3(58)	4(33)	5(204)	6(210)	7(47)	8(37)	9(57)	10(52)	11(201)	12(66)	13(54)	14(59)	15(61)	16(34)	17(60)	18(206)	Finish
1	John Miklausic NGOC	32:40	1:59	4:08	5:36	7:05	8:38	11:40	13:39	14:19	18:56	22:00	24:35	26:30	27:25	27:53	29:02	30:47	31:06	32:06	32:40
			1:59	2:09	1:28	1:29	1:33	3:02	1:59	0:40	4:37	3:04	2:35	1:55	0:55	0:28	1:09	1:45	0:19	1:00	0:34
2	Alison Simmons BOK	32:54	2:43	4:14	6:13	8:10	9:26	12:54	15:35	16:42	20:03	22:44	24:24	25:46	26:32	27:22	29:05	30:40	31:11	32:22	32:54
			2:43	1:31	1:59	1:57	1:16	3:28	2:41	1:07	3:21	2:41	1:40	1:22	0:46	0:50	1:43	1:35	0:31	1:11	0:32
3	Seth Lawson NGOC	38:39	1:59	3:24	4:49	6:15	8:58	11:19	14:17	15:07	21:14	25:28	26:55	31:07	31:59	32:34	34:44	36:31	37:11	38:18	38:39
			1:59	1:25	1:25	1:26	2:43	2:21	2:58	0:50	6:07	4:14	1:27	4:12	0:52	0:35	2:10	1:47	0:40	1:07	0:21
4	Frank Ince SWOC	44:57	3:10	4:53	7:18	10:33	13:26	17:22	20:20	21:20	26:38	29:59	32:06	35:23	36:36	37:58	40:07	42:08	42:51	44:14	44:57
			3:10	1:43	2:25	3:15	2:53	3:56	2:58	1:00	5:18	3:21	2:07	3:17	1:13	1:22	2:09	2:01	0:43	1:23	0:43
5	Andy Pedder NGOC	49:32	2:35	4:10	5:42	7:06	8:45	13:14	15:53	17:13	21:17	34:59	36:59	38:30	40:07	42:09	43:46	45:59	46:45	48:31	49:32
			2:35	1:35	1:32	1:24	1:39	4:29	2:39	1:20	4:04	13:42	2:00	1:31	1:37	2:02	1:37	2:13	0:46	1:46	1:01
6	Megan Wareing BOK	50:28	2:35	6:28	9:10	12:30	14:48	19:34	25:16	27:16	33:19	37:00	39:49	42:01	43:11	44:13	45:36	47:37	48:24	50:01	50:28
			2:35	3:53	2:42	3:20	2:18	4:46	5:42	2:00	6:03	3:41	2:49	2:12	1:10	1:02	1:23	2:01	0:47	1:37	0:27
7	Matthew Fautley NGOC	52:01	2:45	5:12	6:55	8:42	10:59	15:13	18:18	19:49	24:24	27:38	42:07	43:05	43:59	44:56	46:54	49:14	50:03	51:10	52:01
			2:41	2:31	1:43	1:47	2:17	4:14	3:05	1:31	4:35	3:14	14:29	0:58	0:54	0:57	1:58	2:20	0:49	1:07	0:51
8	Howard Thomas BOK	52:32	4:12	7:15	9:56	13:43	15:55	19:25	22:06	23:11	31:39	38:05	40:25	42:05	43:20	44:28	46:29	49:19	50:15	51:47	52:32
			4:12	3:03	2:41	3:47	2:12	3:30	2:41	1:05	8:28	6:26	2:20	1:40	1:15	1:08	2:01	2:50	0:56	1:32	0:45
9	Gregory Young NGOC	53:03	6:26	8:18	9:59	12:27	16:14	19:37	23:27	24:26	30:00	33:08	37:01	39:33	40:44	41:58	48:44	50:32	51:25	52:40	53:03
			6:26	1:52	1:41	2:28	3:47	3:23	3:50	0:59	5:34	3:08	3:53	2:32	1:11	1:14	6:46	1:48	0:53	1:15	0:23
10	George Mather NGOC	53:05	6:30	8:19	9:57	12:14	15:40	19:27	23:24	24:22	29:53	33:13	36:52	39:31	40:39	41:51	48:43	50:36	51:24	52:39	53:05
			6:30	1:49	1:38	2:17	3:26	3:47	3:57	0:58	5:31	3:20	3:39	2:39	1:08	1:12	6:52	1:53	0:48	1:15	0:26
11	Helen Young NGOC	53:44	6:28	8:16	10:01	12:23	16:10	19:41	23:29	24:38	29:58	33:12	37:09	39:36	40:48	42:04	48:42	50:44	51:36	52:55	53:44
			6:28	1:48	1:45	2:22	3:47	3:31	3:48	1:09	5:20	3:14	3:57	2:27	1:12	1:16	6:38	2:02	0:52	1:19	0:49
12	Graham Tough SWOC	56:18	2:48	4:59	8:21	10:49	16:47	24:27	30:07	31:47	36:00	40:07	41:57	44:18	45:43	46:57	49:23	52:58	53:46	55:19	56:18
			2:48	2:11	3:22	2:28	5:58	7:40	5:40	4:13	4:07	1:50	2:21	1:25	1:14	2:26	3:35	0:48	1:33	0:59	
13	Sheila Miklausic NGOC	1:05:09	6:18	8:40	11:59	16:43	20:28	24:42	29:26	30:50	41:40	45:41	48:34	50:06	51:54	54:14	56:28	1:01:09	1:02:17	1:04:15	1:05:09
			6:18	2:22	3:19	4:44	3:45	4:14	4:44	1:24	10:50	4:01	2:53	1:32	1:48	2:20	2:14	4:41	1:08	1:58	0:54
14	Sally Thomas BOK	1:11:07	3:47	5:58	9:31	12:32	26:26	33:02	37:01	38:21	50:25	54:18	56:51	58:27	59:55	1:02:35	1:04:51	1:07:37	1:08:23	1:10:20	1:11:07
			3:47	2:11	3:33	3:01	13:54	6:36	3:59	1:20	12:04	3:53	2:33	1:36	1:28	2:40	2:16	2:46	0:46	1:57	0:47
15	Alice Parfitt BOK	1:14:06	3:36	6:09	9:17	11:55	17:24	21:47	27:56	30:02	41:03	45:48	49:08	59:06	1:00:35	1:01:45	1:04:26	1:08:32	1:09:35	1:13:01	1:14:06
			3:36	2:33	3:08	2:38	5:29	4:23	6:09	2:06	11:01	4:45	3:20	9:58	1:29	1:10	2:41	4:06	1:03	3:26	1:05

PI	Name	Time																				
Short Green (19)																						
			2.0 km 100 m				18 C			<i>(cont.)</i>												
			1(43)	2(63)	3(58)	4(33)	5(204)	6(210)	7(47)	8(37)	9(57)	10(52)	11(201)	12(66)	13(54)	14(59)	15(61)	16(34)	17(60)	18(206)	Finish	
16	John Thompson	1:19:28	4:27	6:55	17:34	20:28	23:35	28:36	32:59	34:48	55:04	59:43	1:02:43	1:05:31	1:07:16	1:08:58	1:12:02	1:15:07	1:16:09	1:18:21	1:19:28	
	TVOC		4:27	2:28	10:39	2:54	3:07	5:01	4:23	1:49	20:16	4:39	3:00	2:48	1:45	1:42	3:04	3:05	1:02	2:12	1:07	
17	Susan Colbert	1:24:45	9:34	16:23	21:33	25:03	28:31	34:04	40:22	41:40	55:55	1:00:51	1:04:04	1:07:16	1:09:07	1:11:10	1:14:13	1:20:51	1:21:38	1:23:47	1:24:45	
	SWOC		9:34	6:49	5:10	3:30	3:28	5:33	6:18	1:18	14:15	4:56	3:13	3:12	1:51	2:03	3:03	6:38	0:47	2:09	0:58	
18	Robert Teed	1:30:07	5:17	9:03	13:18	16:34	19:31	29:44	38:30	40:25	51:22	58:26	1:08:39	1:12:02	1:13:21	1:18:50	1:21:00	1:25:52	1:27:00	1:28:59	1:30:07	
	NGOC		5:17	3:46	4:15	3:16	2:57	10:13	8:46	1:55	10:57	7:04	10:13	3:23	1:19	5:29	2:10	4:52	1:08	1:59	1:08	
19	Peter Maloney	1:32:27	9:39	12:27	16:36	19:15	27:10	33:24	37:04	38:34	49:41	56:32	59:43	1:15:11	1:16:54	1:18:38	1:23:12	1:27:44	1:28:52	1:31:16	1:32:27	
	NGOC		9:39	2:48	4:09	2:39	7:55	6:14	3:40	1:30	11:07	6:51	3:11	15:28	1:43	1:44	4:34	4:32	1:08	2:24	1:11	
Orange (15)																						
			1.7 km 100 m				13 C															
			1(38)	2(64)	3(34)	4(50)	5(48)	6(51)	7(208)	8(58)	9(52)	10(46)	11(66)	12(39)	13(206)	Finish						
1	Max Johansson	31:27	1:01	3:08	4:30	6:07	8:25	11:16	14:27	17:23	19:58	22:14	24:09	29:15	30:50	31:27						
	NGOC		1:01	2:07	1:22	1:37	2:18	2:51	3:11	2:56	2:35	2:16	1:55	5:06	1:35	0:37						
2	Ashleigh Denman	32:38	0:58	2:04	3:47	5:39	7:31	9:37	11:44	13:55	17:21	20:37	22:24	29:49	31:49	32:38						
	NGOC		0:58	1:06	1:43	1:52	1:52	2:06	2:07	2:11	3:26	3:16	1:47	7:25	2:00	0:49						
3	Jess Miklausic	32:56	1:21	2:30	4:17	7:39	9:48	12:04	15:07	17:53	20:06	21:52	24:19	29:15	32:16	32:56						
	NGOC		1:21	1:09	1:47	3:22	2:09	2:16	3:03	2:46	2:13	1:46	2:27	4:56	3:01	0:40						
4	Tom Johansson	33:25	1:33	3:22	5:30	8:11	10:20	13:16	16:33	19:37	22:12	24:12	25:52	30:42	32:43	33:25						
	NGOC		1:33	1:49	2:08	2:41	2:09	2:56	3:17	3:04	2:35	2:00	1:40	4:50	2:01	0:42						
5	Hugh Garai	34:25	1:52	3:12	7:28	9:36	11:28	14:11	16:20	18:28	20:49	23:47	25:48	30:30	33:42	34:25						
	IND		1:52	1:20	4:16	2:08	1:52	2:43	2:09	2:08	2:21	2:58	2:01	4:42	3:12	0:43						
6	Max Straube-Roth	36:25	0:51	2:18	4:04	7:39	11:58	14:12	16:30	22:25	25:17	29:57	31:55	34:43	35:40	36:25						
	OD		0:51	1:27	1:46	3:35	4:19	2:14	2:18	5:55	2:52	4:40	1:58	2:48	0:57	0:45						
7	Charlotte Wilson	39:38	1:54	3:10	5:19	8:00	11:27	13:33	15:54	18:42	22:45	27:09	29:16	35:04	38:47	39:38						
	IND		1:54	1:16	2:09	2:41	3:27	2:06	2:21	2:48	4:03	4:24	2:07	5:48	3:43	0:51						
8	Christine Wilson	39:41	1:57	3:14	5:22	8:04	11:24	13:38	15:58	18:34	22:28	26:29	29:17	34:46	38:49	39:41						
	IND		1:57	1:17	2:08	2:42	3:20	2:14	2:20	2:36	3:54	4:01	2:48	5:29	4:03	0:52						
9	Yvonne Green	42:18	2:23	3:31	9:45	12:41	15:49	18:55	21:21	25:21	28:33	30:18	32:16	39:37	41:37	42:18						
	TVOC		2:23	1:08	6:14	2:56	3:08	3:06	2:26	4:00	3:12	1:45	1:58	7:21	2:00	0:41						
10	Andy Wareing	45:15	1:13	2:12	3:33	13:08	16:34	18:45	22:15	26:27	31:08	32:24	34:01	43:06	44:34	45:15						
	BOK		1:13	0:59	1:21	9:35	3:26	2:11	3:30	4:12	4:41	1:16	1:37	9:05	1:28	0:41						
11	Alan Stringer	46:29	2:07	3:55	6:19	15:38	18:04	20:44	23:17	25:45	28:37	30:32	32:57	42:48	45:35	46:29						
	NGOC		2:07	1:48	2:24	9:19	2:26	2:40	2:33	2:28	2:52	1:55	2:25	9:51	2:47	0:54						
12	Ann Brown	55:46	3:46	5:45	9:27	11:34	15:54	20:01	24:14	28:59	33:08	35:42	38:46	50:51	54:06	55:46						
	NGOC		3:46	1:59	3:42	2:07	4:20	4:07	4:13	4:45	4:09	2:34	3:04	12:05	3:15	1:40						
13	Rhiannon Fadeyibi	1:00:02	1:57	3:10	8:40	10:50	13:38	17:30	20:51	26:01	30:59	33:26	37:14	55:20	58:44	1:00:02						
	NGOC		1:57	1:13	5:30	2:10	2:48	3:52	3:21	5:10	4:58	2:27	3:48	18:06	3:24	1:18						
14	Barthelemy Albert	1:21:53	2:09	3:27	10:44	13:47	19:07	23:44	28:20	35:02	40:25	44:11	47:15	1:01:43	1:20:53	1:21:53						
	IND		2:09	1:18	7:17	3:03	5:20	4:37	4:36	6:42	5:23	3:46	3:04	14:28	19:10	1:00						
15	Jo Leggett	1:25:33	4:11	5:11	7:07	10:42	12:41	14:39	42:55	45:01	51:33	1:14:00	1:18:12	1:22:33	1:24:41	1:25:33						
	IND		4:11	1:00	1:56	3:35	1:59	1:58	28:16	2:06	6:32	22:27	4:12	4:21	2:08	0:52	38:49					
Yellow (10)																						
			1.7 km 70 m				14 C															
			1(202)	2(64)	3(41)	4(207)	5(49)	6(40)	7(62)	8(44)	9(68)	10(67)	11(211)	12(48)	13(65)	14(206)	Finish					
1	Daniel Wareing	25:00	1:09	2:00	2:45	3:16	4:55	6:15	13:19	14:35	16:35	17:17	17:56	21:18	23:11	24:18	25:00					
	BOK		1:09	0:51	0:45	0:31	1:39	1:20	7:04	1:16	2:00	0:42	0:39	3:22	1:53	1:07	0:42					
2	Samuel Horsfall	25:34	2:07	3:13	4:20	5:10	7:39	9:03	11:35	13:29	15:56	17:12	18:06	21:35	22:43	24:51	25:34					
	NGOC		2:07	1:06	1:07	0:50	2:29	1:24	2:32	1:54	2:27	1:16	0:54	3:29	1:08	2:08	0:43					
3	Luke Miklausic	27:19	1:17	3:18	4:48	5:53	8:58	11:05	14:02	16:03	18:32	19:29	20:12	22:47	24:11	25:50	27:19					
	NGOC		1:17	2:01	1:30	1:05	3:05	2:07	2:57	2:01	2:29	0:57	0:43	2:35	1:24	1:39	1:29					
4	Ella Miklausic	27:37	1:37	3:26	4:51	5:59	9:08	11:19	14:24	16:08	18:35	19:42	20:19	22:41	24:20	26:55	27:37					
	NGOC		1:37	1:49	1:25	1:08	3:09	2:11	3:05	1:44	2:27	1:07	0:37	2:22	1:39	2:35	0:42					
5	Emily Horsfall	31:37	1:16	2:37	4:05	4:56	7:29	9:44	13:08	15:26	18:48	20:02	21:13	25:23	27:15	29:51	31:37					
	NGOC		1:16	1:21	1:28	0:51	2:33	2:15	3:24	2:18	3:22	1:14	1:11	4:10	1:52	2:36	1:46					
6	Johannes Albert	32:43	2:00	2:59	5:10	6:15	11:45	14:06	17:23	19:40	23:02	24:38	25:41	28:43	30:02	31:54	32:43					
	IND		2:00	0:59	2:11	1:05	5:30	2:21	3:17	2:17	3:22	1:36	1:03	3:02	1:19	1:52	0:49					

Pl	Name	Time															
Yellow (10)			1.7 km 70 m		14 C		<i>(cont.)</i>										
			1(202)	2(64)	3(41)	4(207)	5(49)	6(40)	7(62)	8(44)	9(68)	10(67)	11(211)	12(48)	13(65)	14(206)	Finish
7	Ada Atkins	47:53	3:06	6:02	10:15	12:00	19:22	23:20	28:10	31:14	34:21	35:37	37:13	41:50	43:30	45:54	47:53
	HOC		3:06	2:56	4:13	1:45	7:22	3:58	4:50	3:04	3:07	1:16	1:36	4:37	1:40	2:24	1:59
8	Dylan Miklausic	55:41	3:01	5:22	7:40	9:11	13:54	19:24	24:56	29:08	35:48	39:32	41:33	48:29	50:35	53:38	55:41
	NGOC		3:01	2:21	2:18	1:31	4:43	5:30	5:32	4:12	6:40	3:44	2:01	6:56	2:06	3:03	2:03
9	Timothy Green	1:04:12	3:45	6:17	10:19	12:10	21:09	30:57	36:07	38:30	45:21	47:49	49:45	54:56	57:46	1:01:24	1:04:12
	TVOC		3:45	2:32	4:02	1:51	8:59	9:48	5:10	2:23	6:51	2:28	1:56	5:11	2:50	3:38	2:48
10	Charlotte Scott	1:10:48	3:19	6:09	9:00	10:44	20:10	23:55	30:08	34:32	43:04	48:26	51:04	58:58	1:02:02	1:06:11	1:10:48
	NGOC		3:19	2:50	2:51	1:44	9:26	3:45	6:13	4:24	8:32	5:22	2:38	7:54	3:04	4:09	4:37