

Pl	Name	Time														
Red 3 (41)			6.4 km 0 m 16 C			<i>(cont.)</i>										
			1(75) 15(93)	2(53) 16(88)	3(40) F	4(46)	5(55)	6(70)	7(57)	8(58)	9(59)	10(64)	11(67)	12(31)	13(35)	14(52)
14	Phillippa Poole NWOC	48:57	0:55 43:10 5:05	3:14 47:14 4:04	6:57 48:57 1:43	9:27 2:30	12:51 3:24	15:16 2:25	17:15 1:59	18:50 1:35	20:10 1:20	23:38 3:28	26:53 3:15	34:31 7:38	36:04 1:33	38:05 2:01
15	Annette Orchard AOC	49:00	0:47 42:38 5:28	3:07 47:16 4:38	6:41 49:00 1:44	9:13 2:32	12:56 3:43	15:16 2:20	17:03 1:47	18:28 1:25	19:29 1:01	22:01 2:32	25:06 3:05	33:28 8:22	35:03 1:35	37:10 2:07
16	Connor Cleary CMOC	49:31	0:42 43:35 5:46	3:06 47:57 4:22	6:38 49:31 1:34	9:06 2:28	12:17 3:11	14:25 2:08	16:10 1:45	18:48 2:38	20:12 1:24	23:05 2:53	26:00 2:55	34:01 8:01	35:53 1:52	37:49 1:56
17	Matthew Hopkinsor NWOC	49:43	0:31 44:16 4:35	2:42 48:14 3:58	6:07 49:43 1:29	8:28 2:21	11:43 3:15	13:49 2:06	20:11 6:22	21:27 1:16	22:37 1:10	25:28 2:51	28:31 3:03	36:03 7:32	37:39 1:36	39:41 2:02
18	Trevor Murray NWOC	50:45	0:41 43:33 5:27	2:40 49:03 5:30	6:00 50:45 1:42	8:18 2:18	11:42 3:24	13:58 2:16	15:47 1:49	17:55 2:08	19:14 1:19	22:23 3:09	25:34 3:11	33:51 8:17	35:44 1:53	38:06 2:22
19	Peter Bakos AOC	52:44	0:56 46:38 5:25	3:10 51:01 4:23	6:59 52:44 1:43	9:37 2:38	13:56 4:19	16:19 2:23	18:40 2:21	20:39 1:59	21:57 1:18	25:41 3:44	28:59 3:18	37:15 8:16	38:56 1:41	41:13 2:17
20	Norm Jager AOC	53:02	0:41 47:00 5:51	3:09 51:25 4:25	7:27 53:02 1:37	9:55 2:28	13:05 3:10	15:07 2:02	17:24 2:17	18:36 1:12	19:36 1:00	25:05 5:29	28:48 3:43	37:02 8:14	38:43 1:41	41:09 2:26
21	Suzanne Stolberger NWOC	53:10	0:53 47:01 5:19	3:24 51:37 4:36	7:29 53:10 1:33	10:09 2:40	13:38 3:29	16:01 2:23	18:06 2:05	20:24 2:18	22:23 1:59	26:19 3:56	29:21 3:02	37:28 8:07	39:12 1:44	41:42 2:30
22	Ken Taylor NWOC	53:21	1:00 45:59 5:41	3:12 51:47 5:48	6:49 53:21 1:34	9:22 2:33	12:38 3:16	14:57 2:19	18:33 3:36	21:36 3:03	22:58 1:22	25:42 2:44	28:55 3:13	36:41 7:46	38:09 1:28	40:18 2:09
23	Lisbeth Hornell NWOC	54:53	0:43 48:03 7:07	3:01 53:04 5:01	6:52 54:53 1:49	9:19 2:27	13:07 3:48	15:25 2:18	17:22 1:57	19:57 2:35	21:20 1:23	24:40 3:20	27:47 3:07	36:58 9:11	38:41 1:43	40:56 2:15
24	Angela Levet CMOC	54:59	1:12 48:53 6:14	3:37 53:11 4:18	8:20 54:59 1:48	10:45 2:25	16:07 5:22	18:30 2:23	20:27 1:57	22:37 2:10	23:41 1:04	27:00 3:19	30:09 3:09	38:43 8:34	40:21 1:38	42:39 2:18
25	John Barrett NWOC	56:32	0:48 50:28 5:50	3:18 54:58 4:30	10:41 56:32 1:34	13:00 2:19	18:27 5:27	20:41 2:14	22:59 2:18	24:46 1:47	26:05 1:19	29:17 3:12	32:17 3:00	40:29 8:12	41:58 1:29	44:38 2:40
26	John Robinson AOC	56:38	0:47 50:26 5:29	3:04 54:57 4:31	9:37 56:38 1:41	12:28 2:51	16:52 4:24	19:23 2:31	21:39 2:16	23:51 2:12	25:28 1:37	28:38 3:10	31:30 2:52	41:23 9:53	42:52 1:29	44:57 2:05
27	Phil Johansen NWOC	56:55	1:07 50:31 5:34	3:46 55:00 4:29	10:46 56:55 1:55	13:46 3:00	17:25 3:39	19:32 2:07	22:00 2:28	25:17 3:17	26:49 1:32	29:32 2:43	32:30 2:58	41:04 8:34	42:38 1:34	44:57 2:19
28	Darren Gosse NWOC	57:31	1:04 50:18 6:17	3:12 55:40 5:22	6:36 57:31 1:51	9:26 2:50	12:46 3:20	14:35 1:49	20:59 6:24	22:35 1:36	23:34 0:59	26:35 3:01	29:16 2:41	40:40 11:24	42:07 1:27	44:01 1:54
29	Kate Salmon NW NW	59:23	1:42 53:00 6:11	4:17 57:37 4:37	8:39 59:23 1:46	11:49 3:10	17:01 5:12	19:36 2:35	21:53 2:17	24:51 2:58	26:19 1:28	30:16 3:57	33:56 3:40	42:42 8:46	44:28 1:46	46:49 2:21
30	Nick Monteith AOC	1:00:05	0:50 53:45 6:43	3:49 58:25 4:40	8:43 1:00:05 1:40	12:17 3:34	16:46 4:29	19:30 2:44	21:50 2:20	24:37 2:47	25:59 1:22	29:14 3:15	32:46 3:32	42:37 9:51	44:38 2:01	47:02 2:24
31	Wayne Munro AOC	1:01:35	1:04 54:24 7:38	3:44 59:36 5:12	8:03 1:01:35 1:59	10:57 2:54	15:40 4:43	18:11 2:31	21:18 3:07	23:31 2:13	24:59 1:28	28:46 3:47	32:46 4:00	42:30 9:44	44:19 1:49	46:46 2:27
32	Terje Moen NWOC	1:02:27	1:06 54:58 7:03	3:53 1:00:37 5:39	8:28 1:02:27 1:50	11:35 3:07	16:10 4:35	19:11 3:01	22:17 3:06	24:16 1:59	26:06 1:50	29:37 3:31	33:21 3:44	43:40 10:19	45:27 1:47	47:55 2:28
33	Tom Duffett	1:04:20	0:38 58:13 5:07	2:15 1:03:04 4:51	19:52 1:04:20 1:16	22:05 2:13	25:41 3:36	27:55 2:14	29:47 1:52	34:14 4:27	35:56 1:42	38:29 2:33	41:24 2:55	49:59 8:35	51:14 1:15	53:06 1:52
34	Mike Roigard NWOC	1:04:39	1:07 57:48 6:11	3:37 1:02:37 4:49	11:44 1:04:39 2:02	14:33 2:49	18:56 4:23	22:05 3:09	25:30 3:25	28:07 2:37	29:36 1:29	34:18 4:42	38:06 3:48	47:29 9:23	49:12 1:43	51:37 2:25

Pl Name	Time														
Orange Short (17)		3.3 km 0 m 12 C											<i>(cont.)</i>		
		1(53)	2(45)	3(48)	4(41)	5(37)	6(35)	7(32)	8(31)	9(33)	10(75)	11(92)	12(85)	F	
Marie Hogan NWOC	dnf	18:14 18:14	23:20 5:06	28:23 5:03	32:42 4:19	37:57 5:15	47:53 9:56	51:40 3:47	53:02 1:22	58:06 5:04	1:07:08 9:02	1:15:49 8:41	1:17:36 1:47		
Yellow (32)		3.0 km 0 m 15 C													
		1(50) 15(72)	2(52) F	3(53)	4(54)	5(44)	6(35)	7(43)	8(50)	9(74)	10(77)	11(85)	12(82)	13(87)	14(83)
1 Oliver Pike	17:21	1:06 1:06	1:44 0:38	2:32 0:48	3:17 0:45	4:42 1:25	6:08 1:26	7:16 1:08	8:05 0:49	10:20 2:15	11:23 1:03	12:40 1:17	13:43 1:03	14:43 1:00	15:39 0:56
2 Toby Gentil	19:13	1:37 1:37	2:34 0:57	4:05 1:31	4:52 0:47	6:24 1:32	7:44 1:20	8:58 1:14	9:52 0:54	11:59 2:07	13:11 1:12	14:25 1:14	15:23 0:58	16:25 1:02	17:22 0:57
3 Jon More	19:16	1:30 1:30	2:05 0:35	3:03 0:58	3:46 0:43	5:13 1:27	6:34 1:21	7:40 1:06	8:34 0:54	10:43 2:09	12:11 1:28	13:18 1:07	14:19 1:01	15:29 1:10	16:29 1:00
4 Frankie Sturney	21:11	1:36 1:36	2:29 0:53	3:42 1:13	4:42 1:00	5:45 1:03	8:28 2:43	9:35 1:07	10:28 0:53	12:31 2:03	14:06 1:35	15:11 1:05	16:16 1:05	17:23 1:07	18:24 1:01
5 Abhishek Rughani	21:15	1:12 1:12	1:57 0:45	2:59 1:02	3:50 0:51	5:18 1:28	6:50 1:32	8:19 1:29	9:10 0:51	11:37 2:27	13:10 1:33	14:32 1:22	16:46 2:14	17:45 0:59	19:05 1:20
6 Luca Sturney	21:29	1:38 1:38	2:20 0:42	3:21 1:01	4:09 0:48	5:15 1:06	8:43 3:28	9:45 1:02	10:38 0:53	12:36 1:58	13:48 1:12	14:47 0:59	16:29 1:42	17:29 1:00	18:24 0:55
7 Jenny Eade NW NW	21:51	2:05 2:05	2:48 0:43	4:09 1:21	5:10 1:01	6:23 1:13	8:07 1:44	9:31 1:24	10:34 1:03	13:10 2:36	14:35 1:25	15:50 1:15	17:14 1:24	18:33 1:19	19:40 1:07
8 Ciaran Sykes	22:20	2:30 2:30	3:27 0:57	4:31 1:04	5:23 0:52	6:49 1:26	8:29 1:40	9:57 1:28	10:46 0:49	13:34 2:48	14:49 1:15	15:49 1:00	17:12 1:23	18:27 1:15	19:38 1:11
9 Clare Sykes	22:23	2:32 2:32	3:31 0:59	4:36 1:05	5:24 0:48	6:55 1:31	8:33 1:38	9:59 1:26	10:52 0:53	13:35 2:43	14:54 1:19	16:01 1:07	17:19 1:18	18:29 1:10	19:42 1:13
10 William Hayes AOC	23:00	1:45 1:45	2:27 0:42	3:38 1:11	4:31 0:53	6:21 1:50	7:53 1:32	9:26 1:33	10:17 0:51	12:14 1:57	13:31 1:17	16:35 3:04	17:43 1:08	19:12 1:29	20:28 1:16
11 Jaime Vaughan	24:19	1:25 1:04	1:07 0:30	2:30 0:56	3:17 0:47	4:37 1:20	9:29 4:52	10:50 1:21	12:11 1:21	16:25 4:14	18:08 1:43	19:20 1:12	20:09 0:49	21:20 1:11	22:13 0:53
12 Liam Stolberger NW NW	26:59	1:17 1:17	3:19 2:02	4:06 0:47	5:06 1:00	6:13 1:07	10:41 4:28	12:16 1:35	13:15 0:59	16:11 2:56	17:40 1:29	18:55 1:15	20:26 1:31	23:03 2:37	24:23 1:20
13 Kiri Bhana	28:06	1:41 1:41	2:54 1:13	4:13 1:19	5:08 0:55	7:10 2:02	9:46 2:36	12:16 2:30	13:19 1:03	15:36 2:17	17:11 1:35	19:33 2:22	21:07 1:34	24:14 3:07	25:55 1:41
14 Emily Hayes AOC	28:30	2:12 2:12	3:08 0:56	4:36 1:28	6:07 1:31	7:52 1:45	9:54 2:02	11:59 2:05	12:57 0:58	15:49 2:52	17:44 1:55	19:53 2:09	22:01 2:08	23:25 1:24	24:52 1:27
15 Patrick Hayes AOC	28:46	2:35 2:35	3:34 0:59	4:53 1:19	6:27 1:34	8:11 1:44	10:16 2:05	12:06 1:50	13:18 1:12	16:35 3:17	18:04 1:29	20:31 2:27	22:47 2:16	24:22 1:35	25:29 1:07
16 Troy McLaren	28:52	1:15 1:15	1:58 0:43	10:37 8:39	11:27 0:50	12:28 1:01	14:01 1:33	15:20 1:19	16:13 0:53	18:32 2:19	19:59 1:27	20:54 0:55	24:41 3:47	25:51 1:10	26:51 1:00
17 Claudia Bridger	29:04	1:23 1:23	2:10 0:47	3:35 1:25	4:33 0:58	6:02 1:29	15:06 9:04	16:25 1:19	17:21 0:56	19:42 2:21	20:59 1:17	22:28 1:29	23:47 1:19	25:10 1:23	26:49 1:39
18 Josie Jackson AOC	30:08	2:20 2:20	3:08 0:48	5:02 1:54	6:00 0:58	8:24 2:24	9:45 1:21	11:50 2:05	12:53 1:03	15:58 3:05	17:41 1:43	19:38 1:57	24:33 4:55	25:44 1:11	27:17 1:33
19 Maegan Handcock CMOC	30:27	1:14 1:14	2:13 0:59	3:46 1:33	4:41 0:55	7:11 2:30	17:04 9:53	18:36 1:32	19:10 0:34	21:16 2:06	22:57 1:41	24:39 1:42	26:00 1:21	27:11 1:11	28:25 1:14
20 Ryan Mercer	38:44	2:44 2:44	4:17 1:33	6:29 2:12	7:44 1:15	10:33 2:49	13:16 2:43	15:37 2:21	17:08 1:31	21:27 4:19	25:25 3:58	27:58 2:33	30:14 2:16	32:14 2:00	34:17 2:03

Pl Name	Time	3.0 km 0 m 15 C													
		(cont.)													
		1(50)	2(52)	3(53)	4(54)	5(44)	6(35)	7(43)	8(50)	9(74)	10(77)	11(85)	12(82)	13(87)	14(83)
Yellow (32)		15(72)	F												
21 Ella Mitchel	41:00	3:38 3:38 38:49 1:58	4:49 1:11 41:00 2:11	7:10 2:21	9:03 1:53	11:48 2:45	14:19 2:31	16:26 2:07	18:13 1:47	22:48 4:35	26:57 4:09	30:36 3:39	32:46 2:10	34:27 1:41	36:51 2:24
22 Mika Hill NWOC	41:07	12:43 12:43 40:11 5:04	13:26 0:43 41:07 0:56	14:46 1:20	16:15 1:29 6:44 *153	18:11 1:56	21:42 3:31	22:54 1:12	23:45 0:51	26:11 2:26	27:52 1:41	30:02 2:10	31:08 1:06	32:33 1:25	35:07 2:34
23 Demi Fredrick	41:28	3:28 3:28 39:10 2:21	4:54 1:26 41:28 2:18	6:57 2:03	8:40 1:43	11:14 2:34	13:43 2:29	16:16 2:33	18:10 1:54	22:38 4:28	26:26 3:48	29:38 3:12	32:17 2:39	34:38 2:21	36:49 2:11
24 Val Griffiths NWOC	42:58	3:03 3:03 40:56 2:17	4:39 1:36 42:58 2:02	7:55 3:16	9:53 1:58	12:52 2:59	16:27 3:35	19:12 2:45	20:50 1:38	25:19 4:29	28:17 2:58	31:23 3:06	33:58 2:35	36:32 2:34	38:39 2:07
25 Anna Cory-Wright AOC	43:35	4:12 4:12 42:20 1:27	5:13 1:01 43:35 1:15	7:05 1:52	8:50 1:45	13:33 4:43	17:59 4:26	20:51 2:52	23:02 2:11	28:26 5:24	31:32 3:06	34:32 3:00	36:25 1:53	38:45 2:20	40:53 2:08
26 Cheyenne Vaughan	45:26	6:34 6:34 43:58 1:06	8:26 1:52 45:26 1:28	9:57 1:31	11:31 1:34 44:09 *72	13:34 2:03	27:25 13:51	28:58 1:33	30:05 1:07	33:30 3:25	36:35 3:05	38:18 1:43	39:36 1:18	41:21 1:45	42:52 1:31
27 Mani Gosse NWOC	49:29	3:04 3:04 ----- 49:29 5:44	4:29 1:25 49:29 5:44	7:31 3:02	9:43 2:12	13:50 4:07	17:27 3:37	20:36 3:09	23:00 2:24	27:47 4:47	30:58 3:11	33:42 2:44	36:59 3:17	40:20 3:21	43:45 3:25
28 Lana and Erin Goss NWOC	53:40	9:21 9:21 52:04 1:24	10:24 1:03 53:40 1:36	11:55 1:31	13:15 1:20	15:07 1:52	18:35 3:28	27:42 9:07	29:15 1:33	34:20 5:05	39:21 5:01	41:41 2:20	43:33 1:52	48:42 5:09	50:40 1:58
29 Juliet Frater AOC	56:29	3:55 3:55 54:11 3:26	5:12 1:17 56:29 2:18	7:05 1:53	9:05 2:00	13:35 4:30	19:23 5:48	22:36 3:13	26:32 3:56	35:31 8:59	40:40 5:09	43:55 3:15	45:53 1:58	48:11 2:18	50:45 2:34
Peter Godfrey NWOC	mp	3:16 3:16 -----	8:27 5:11	11:49 3:22	13:47 1:58	16:58 3:11	20:18 3:20	23:00 2:42	25:07 2:07	29:28 4:21	32:45 3:17	35:24 2:39	38:21 2:57	40:42 2:21	42:45 2:03
Lucy Barker NWOC	mp	3:58 3:58 48:01 2:42	5:47 1:49 51:09 3:08	9:17 3:30	11:23 2:06 38:25 *204	15:36 4:13	18:44 3:08	23:14 4:30	25:12 1:58	35:18 10:06	38:38 3:20	42:28 3:50	-----	-----	45:19 2:51
Alex Barker NWOC	mp	3:57 3:57 48:21 2:55	5:50 1:53 51:27 3:06	9:23 3:33	11:30 2:07	15:33 4:03	18:43 3:10	23:06 4:23	25:20 2:14	35:28 10:08	38:39 3:11	42:26 3:47	-----	-----	45:26 3:00
White (11)		1(77)	2(80)	3(81)	4(78)	5(79)	6(82)	7(153)	8(151)	9(87)	10(92)	11(84)	12(83)	13(73)	14(74)
1 Anna Cory-Wright AOC	10:33	1:07 1:07 10:33 0:33	1:48 0:41	2:02 0:14	2:44 0:42	3:38 0:54	4:36 0:58	5:08 0:32	6:27 1:19	7:13 0:46	-----	7:56 0:43	8:37 0:41	9:45 1:08	10:00 0:15
2 Darius Mortimer-Wc	12:00	0:35 0:35 12:00 0:22	1:29 0:54	2:03 0:34	3:06 1:03	4:21 1:15	4:56 0:35	5:34 0:38	7:18 1:44	8:04 0:46	8:40 0:36	9:02 0:22	10:08 1:06	11:15 1:07	11:38 0:23
3 Bethany Yates	15:11	0:04 0:04 15:11 0:38	0:47 0:43	1:08 0:21	2:09 1:01	3:20 1:11	4:11 0:51	6:11 2:00	8:25 2:14	9:27 1:02	10:16 0:49	10:58 0:42	12:01 1:03	14:12 2:11	14:33 0:21
4 Sylvie Frater	15:34	1:25 1:25 15:34 0:31	2:44 1:19	2:54 0:10	4:22 1:28	5:19 0:57	6:19 1:00	8:20 2:01	9:30 1:10	10:12 0:42	10:46 0:34	-----	12:51 2:05	14:33 1:42	15:03 0:30
5 Ella Mitchell	15:35	1:08 1:08 15:35 1:00	2:23 1:15	2:54 0:31	3:57 1:03	5:07 1:10	5:53 0:46	6:43 0:50	8:38 1:55	9:38 1:00	10:19 0:41	10:54 0:35	12:11 1:17	14:14 2:03	14:35 0:21
6 Juliet Frater AOC	15:38	0:47 0:47 15:38 0:47	2:40 1:53	2:53 0:13	4:19 1:26	5:29 1:10	7:05 1:36	7:40 0:35	9:08 1:28	10:04 0:56	10:40 0:36	11:11 0:31	12:25 1:14	14:35 2:10	14:51 0:16
7 Tabitha Yates	15:40	0:16 0:16 15:40 0:44	1:19 1:03	1:39 0:20	2:45 1:06	3:58 1:13	4:54 0:56	6:52 1:58	8:58 2:06	9:56 0:58	10:54 0:58	11:24 0:30	12:30 1:06	14:31 2:01	14:56 0:25
8 Nelson Mitchell	15:42	1:14 1:14 15:42 0:42	2:30 1:16	3:02 0:32	4:04 1:02	5:13 1:09	6:02 0:49	6:50 0:48	8:44 1:54	9:43 0:59	10:29 0:46	11:07 0:38	12:17 1:10	14:24 2:07	15:00 0:36

