

Swindale North Regional Event
Split time results

Wed 24/09/2008 15:23
 created by [OE2003 © Stephan Krämer 2007](#)

Pl Name						Time		
M21S (4)						7.4 km	230 m	15 C
							1 (178)	2 (179)
3 (182)	4 (150)	5 (185)	6 (180)	7 (184)	8 (188)	9 (162)	10 (163)	11 (187)
12 (177)	13 (171)	14 (134)						
							15 (167)	F
1 Peter Murphy						55:33	1:52	6:53
11:34	13:20	16:57	18:43	29:19	31:29	34:53	39:22	42:58
49:16	51:10	52:13						
INT							1:52	5:01
4:41	1:46	3:37	1:46	10:36	2:10	3:24	4:29	3:36
6:18	1:54	1:03						
							53:53	55:33
							1:40	1:40
2 Jason Simpson						69:01	1:49	8:42
12:35	15:09	20:37	22:54	35:35	38:52	43:22	49:40	54:25
61:39	64:32	65:38						
TNT0							1:49	6:53
3:53	2:34	5:28	2:17	12:41	3:17	4:30	6:18	4:45
7:14	2:53	1:06						
							67:27	69:01
							1:49	1:34
3 Lee Scott						69:02	1:52	7:38
11:37	14:16	18:52	21:17	33:37	36:23	40:24	46:40	52:11
60:13	62:42	63:56						
SYO							1:52	5:46
3:59	2:39	4:36	2:25	12:20	2:46	4:01	6:16	5:31
8:02	2:29	1:14						
							66:00	69:02
							2:04	3:02
4 Steve Fisher						75:23	2:33	9:03
13:29	15:40	21:02	23:20	36:57	40:07	44:28	51:02	57:04
66:45	69:47	71:07						
JOK							2:33	6:30
4:26	2:11	5:22	2:18	13:37	3:10	4:21	6:34	6:02
9:41	3:02	1:20						
							73:14	75:23
							2:07	2:09
M21L (17)						10.5 km	355 m	22 C
							1 (168)	2 (170)
3 (146)	4 (145)	5 (151)	6 (188)	7 (153)	8 (154)	9 (156)	10 (157)	11 (158)
12 (159)	13 (160)	14 (161)						
							15 (162)	16 (163)
17 (164)	18 (172)	19 (177)	20 (171)	21 (134)	22 (167)	F		
1 Matthew Speake						58:40	1:41	3:10
5:26	6:56	9:39	18:02	22:18	23:43	28:47	29:43	30:54
33:12	37:33	40:41						

EBOR							1:41	1:29
2:16	1:30	2:43	8:23	4:16	1:25	5:04	0:56	1:11
2:18	4:21	3:08						
							43:11	46:41
50:41	52:22	53:59	55:28	56:10	57:21	58:40		
							2:30	3:30
4:00	1:41	1:37	1:29	0:42	1:11	1:19		
2 Steve Birkinshaw							64:54	
6:31	8:19	11:26	21:05	25:19	26:53	33:25	1:47	3:53
38:21	42:49	46:03					34:28	35:39
KNOBOC								
2:38	1:48	3:07	9:39	4:14	1:34	6:32	1:47	2:06
2:42	4:28	3:14					1:03	1:11
							48:49	52:40
56:48	58:11	60:08	61:45	62:31	63:45	64:54		
							2:46	3:51
4:08	1:23	1:57	1:37	0:46	1:14	1:09		
3 Mark Saunders							70:16	
6:15	8:05	12:22	22:44	27:30	29:20	35:43	1:44	3:27
40:49	46:02	49:23					36:49	38:05
SROC								
2:48	1:50	4:17	10:22	4:46	1:50	6:23	1:44	1:43
2:44	5:13	3:21					1:06	1:16
							52:26	56:44
61:25	63:06	65:05	67:01	67:51	69:15	70:16		
							3:03	4:18
4:41	1:41	1:59	1:56	0:50	1:24	1:01		
4 Chris Heppenstall							73:52	
6:40	8:57	12:31	24:12	28:43	30:33	36:55	1:48	3:42
41:49	47:00	50:37					38:07	39:11
LOC								
2:58	2:17	3:34	11:41	4:31	1:50	6:22	1:48	1:54
2:38	5:11	3:37					1:12	1:04
							53:54	58:24
63:35	65:27	67:46	69:52	70:58	72:35	73:52		
							3:17	4:30
5:11	1:52	2:19	2:06	1:06	1:37	1:17		
5 Will Hensman							74:30	
6:28	8:24	11:44	22:59	27:32	29:14	36:32	1:49	3:37
42:11	48:03	51:46					38:00	39:12
FVO								
2:51	1:56	3:20	11:15	4:33	1:42	7:18	1:49	1:48
2:59	5:52	3:43					1:28	1:12
							54:51	59:02
63:50	65:35	67:52	69:36	70:32	73:12	74:30		
							3:05	4:11
4:48	1:45	2:17	1:44	0:56	2:40	1:18		
6 Graeme Ackland							79:56	
6:33	9:30	12:44	27:10	33:02	34:55	41:50	2:00	3:50
46:46	52:24	56:56					42:53	44:00
INT								
2:43	2:57	3:14	14:26	5:52	1:53	6:55	2:00	1:50
2:46	5:38	4:32					1:03	1:07
							60:23	64:47
69:51	71:39	73:55	75:53	76:49	78:32	79:56		
							3:27	4:24
5:04	1:48	2:16	1:58	0:56	1:43	1:24		
7 Stephen Lang							80:40	
7:56	9:55	14:10	28:02	35:42	37:28	43:59	2:39	4:25
48:49	53:54	58:01					45:05	46:09

	MDOC						2:39	1:46
3:31	1:59	4:15	13:52	7:40	1:46	6:31	1:06	1:04
2:40	5:05	4:07						
							60:58	65:24
70:18	72:25	74:45	76:43	77:44	79:22	80:40		
							2:57	4:26
4:54	2:07	2:20	1:58	1:01	1:38	1:18		
8 Andrew Dalglish						82:31	2:25	4:13
7:05	9:00	12:17	23:47	31:33	33:39	42:27	43:42	45:24
48:30	54:27	59:23						
	ESOC						2:25	1:48
2:52	1:55	3:17	11:30	7:46	2:06	8:48	1:15	1:42
3:06	5:57	4:56						
							62:58	67:36
72:29	74:16	76:48	78:46	79:40	81:10	82:31		
							3:35	4:38
4:53	1:47	2:32	1:58	0:54	1:30	1:21		
9 Matthew Rooke						83:01	2:10	3:56
7:19	9:13	13:36	27:34	34:18	36:26	45:20	46:21	47:37
50:26	56:00	59:57						
	UWOC						2:10	1:46
3:23	1:54	4:23	13:58	6:44	2:08	8:54	1:01	1:16
2:49	5:34	3:57						
							63:16	67:52
72:53	74:48	77:17	79:20	80:15	81:50	83:01		
							3:19	4:36
5:01	1:55	2:29	2:03	0:55	1:35	1:11		
10 Phil Winskill						83:02	2:18	6:43
9:21	12:18	15:52	27:20	35:42	37:31	45:16	46:34	48:24
51:00	57:00	60:21						
	SYO						2:18	4:25
2:38	2:57	3:34	11:28	8:22	1:49	7:45	1:18	1:50
2:36	6:00	3:21						
							64:34	69:04
73:46	75:36	77:42	79:34	80:24	81:50	83:02		
							4:13	4:30
4:42	1:50	2:06	1:52	0:50	1:26	1:12		
11 Mark Chapman						83:15	2:56	4:43
7:32	10:45	14:11	25:59	33:01	35:03	43:23	44:39	46:00
49:26	55:34	59:54						
	SYO						2:56	1:47
2:49	3:13	3:26	11:48	7:02	2:02	8:20	1:16	1:21
3:26	6:08	4:20						
							63:24	68:29
73:37	75:21	77:28	79:29	80:22	81:55	83:15		
							3:30	5:05
5:08	1:44	2:07	2:01	0:53	1:33	1:20		
12 Jeff Powell Davies						85:26	2:36	4:44
8:02	10:04	15:03	27:18	33:23	35:18	44:11	45:30	46:53
50:13	57:00	61:07						
	SOS						2:36	2:08
3:18	2:02	4:59	12:15	6:05	1:55	8:53	1:19	1:23
3:20	6:47	4:07						
							64:29	69:33
75:03	77:15	79:39	81:39	82:34	84:05	85:26		
							3:22	5:04
5:30	2:12	2:24	2:00	0:55	1:31	1:21		
13 Ian Webb						86:23	2:08	4:36
8:28	10:34	14:57	27:41	34:10	36:18	44:08	45:32	46:44
50:02	57:21	61:23						

	OUOC						2:08	2:28
3:52	2:06	4:23	12:44	6:29	2:08	7:50	1:24	1:12
3:18	7:19	4:02						
							66:21	70:59
76:05	78:07	80:26	82:22	83:23	85:07	86:23		
							4:58	4:38
5:06	2:02	2:19	1:56	1:01	1:44	1:16		
14 Nicholas Evans						89:40	2:33	4:38
7:45	9:54	14:22	26:44	34:00	36:07	43:49	45:21	46:56
51:18	57:31	62:08						
	NOC						2:33	2:05
3:07	2:09	4:28	12:22	7:16	2:07	7:42	1:32	1:35
4:22	6:13	4:37						
							66:44	72:04
77:53	80:10	83:05	85:19	86:22	88:08	89:40		
							4:36	5:20
5:49	2:17	2:55	2:14	1:03	1:46	1:32		
15 Jon Cross						92:22	2:09	4:10
7:11	9:14	13:40	26:09	33:26	35:31	45:40	47:48	49:11
52:30	59:29	63:52						
	FVO						2:09	2:01
3:01	2:03	4:26	12:29	7:17	2:05	10:09	2:08	1:23
3:19	6:59	4:23						
							67:42	73:11
79:25	81:51	84:33	87:26	88:36	90:35	92:22		
							3:50	5:29
6:14	2:26	2:42	2:53	1:10	1:59	1:47		
16 Jon Marsden						92:57	2:28	4:19
7:42	11:36	16:03	30:25	36:34	38:47	46:59	49:04	50:29
54:58	61:51	68:14						
	JOK						2:28	1:51
3:23	3:54	4:27	14:22	6:09	2:13	8:12	2:05	1:25
4:29	6:53	6:23						
							71:48	76:47
81:57	84:00	86:34	88:35	89:38	91:22	92:57		
							3:34	4:59
5:10	2:03	2:34	2:01	1:03	1:44	1:35		
17 Alan Hartley						95:11	2:24	4:42
8:16	10:32	15:09	29:32	35:58	38:21	48:40	49:54	51:17
55:00	61:59	67:12						
	WSX						2:24	2:18
3:34	2:16	4:37	14:23	6:26	2:23	10:19	1:14	1:23
3:43	6:59	5:13						
							70:58	76:38
83:11	85:36	88:13	90:54	91:56	93:38	95:11		
							3:46	5:40
6:33	2:25	2:37	2:41	1:02	1:42	1:33		

M35S (1)

6.1 km 190 m 14 C

							1 (168)	2 (170)
3 (146)	4 (145)	5 (180)	6 (181)	7 (184)	8 (141)	9 (163)	10 (164)	11 (172)
12 (177)	13 (134)	14 (174)						

F

1 Michael Inglis						68:12	3:04	5:54
10:15	13:03	19:19	22:32	33:49	39:16	41:45	48:43	51:42
61:36	64:15	66:42						

	IND						3:04	2:50
4:21	2:48	6:16	3:13	11:17	5:27	2:29	6:58	2:59
9:54	2:39	2:27						
							68:12	
							1:30	

M35L	(8)					8.9 km	305 m	16 C
							1 (178)	2 (170)
3 (193)	4 (182)	5 (183)	6 (141)	7 (154)	8 (194)	9 (160)	10 (161)	11 (152)
12 (187)	13 (166)	14 (191)						
							15 (134)	16 (167)

F

	1 Andrew Quickfall					74:24	1:34	3:52
8:53	10:05	22:38	27:08	36:18	39:30	45:20	49:11	54:24
61:12	67:01	70:33						

	SROC						1:34	2:18
5:01	1:12	12:33	4:30	9:10	3:12	5:50	3:51	5:13
6:48	5:49	3:32						

							71:27	73:07
74:24								
							0:54	1:40

1:17								
	2 Brad Connor					75:26	1:46	3:50
8:21	9:29	22:18	26:21	35:23	38:06	42:31	47:26	52:51

64:52	70:02	71:52						
	FVO						1:46	2:04
4:31	1:08	12:49	4:03	9:02	2:43	4:25	4:55	5:25

12:01	5:10	1:50						
							72:35	74:03
75:26								

							0:43	1:28
--	--	--	--	--	--	--	------	------

1:23								
	3 Paul Neild					77:36	1:53	4:12
13:46	15:01	25:05	29:15	37:03	39:16	43:37	49:12	58:30

65:00	70:43	74:06						
	IND						1:53	2:19
9:34	1:15	10:04	4:10	7:48	2:13	4:21	5:35	9:18

6:30	5:43	3:23						
							74:56	76:28
77:36								

							0:50	1:32
1:08								

	4 John Slater					81:05	2:16	4:33
11:11	12:23	25:04	29:40	39:20	42:15	47:26	52:17	58:27
65:49	73:59	76:59						

	WCOC						2:16	2:17
6:38	1:12	12:41	4:36	9:40	2:55	5:11	4:51	6:10
7:22	8:10	3:00						

							77:52	79:42
81:05								
							0:53	1:50

1:23								
	5 Patrick Smyth					81:50	4:23	6:25
11:33	12:40	25:31	29:55	47:29	49:50	54:21	58:54	64:22

71:14	76:29	78:09						
	NATO						4:23	2:02
5:08	1:07	12:51	4:24	17:34	2:21	4:31	4:33	5:28

6:52	5:15	1:40						
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3 Stuart Parker						54:01	2:26	4:38
7:58	10:13	16:15	18:53	29:37	33:52	35:25	41:28	44:04
46:35	49:03	52:26						
WAROC							2:26	2:12
3:20	2:15	6:02	2:38	10:44	4:15	1:33	6:03	2:36
2:31	2:28	3:23						
							54:01	
							1:35	
4 Alistair Tinto						55:48	2:16	4:17
7:37	10:32	16:34	19:20	32:48	37:42	39:03	44:47	46:58
49:35	52:14	54:24						
EPOC							2:16	2:01
3:20	2:55	6:02	2:46	13:28	4:54	1:21	5:44	2:11
2:37	2:39	2:10						
							55:48	
							1:24	
5 Paul Jarvis						58:03	2:39	5:08
9:23	12:33	19:51	22:57	33:19	38:33	40:04	46:57	49:25
52:03	54:51	56:30						
MDOC							2:39	2:29
4:15	3:10	7:18	3:06	10:22	5:14	1:31	6:53	2:28
2:38	2:48	1:39						
							58:03	
							1:33	
6 Andrew Whitehead						60:16	2:47	5:24
9:25	11:52	19:35	23:06	34:21	40:06	42:03	48:52	51:31
54:45	57:11	59:05						
WAROC							2:47	2:37
4:01	2:27	7:43	3:31	11:15	5:45	1:57	6:49	2:39
3:14	2:26	1:54						
							60:16	
							1:11	
7 Tim Palmer						63:07	2:53	5:37
12:27	15:12	22:01	25:05	35:59	40:44	42:39	49:48	52:44
56:08	59:09	61:28						
DEE							2:53	2:44
6:50	2:45	6:49	3:04	10:54	4:45	1:55	7:09	2:56
3:24	3:01	2:19						
							63:07	
							1:39	
8 Karl Bryers						80:32	4:58	7:43
12:07	15:56	23:30	26:44	40:18	47:13	49:21	57:04	60:33
64:53	74:41	79:23						
DEE							4:58	2:45
4:24	3:49	7:34	3:14	13:34	6:55	2:08	7:43	3:29
4:20	9:48	4:42						
							80:32	
							1:09	

M40L (12) **8.9 km 305 m 16 C**

1 (178) 2 (170)

3 (193) 4 (182) 5 (183) 6 (141) 7 (154) 8 (194) 9 (160) 10 (161) 11 (152)

12 (187) 13 (166) 14 (191)

15 (134) 16 (167)

F

1 Alan Irving						65:34	1:49	3:59
8:25	9:30	21:33	24:59	32:27	34:47	39:22	43:11	48:01
54:04	59:35	61:32						

	WCOC						1:49	2:10
4:26	1:05	12:03	3:26	7:28	2:20	4:35	3:49	4:50
6:03	5:31	1:57						
							62:26	64:04
65:34								
							0:54	1:38
1:30								
	2 Charles Mayes						67:31	1:25
9:03	10:10	22:11	26:32	34:20	37:01	41:28	45:48	3:54
57:03	62:32	64:12					50:39	
	CLOK						1:25	2:29
5:09	1:07	12:01	4:21	7:48	2:41	4:27	4:20	4:51
6:24	5:29	1:40						
							65:00	66:19
67:31								
							0:48	1:19
1:12								
	3 Jim Trueman						70:28	1:40
8:21	9:27	21:27	26:09	34:47	37:07	41:35	47:03	3:51
59:16	64:44	66:38					52:35	
	MDOC						1:40	2:11
4:30	1:06	12:00	4:42	8:38	2:20	4:28	5:28	5:32
6:41	5:28	1:54						
							67:30	69:08
70:28								
							0:52	1:38
1:20								
	4 David McCann						70:31	1:44
8:24	9:37	20:45	24:46	33:43	36:01	41:13	45:02	3:53
58:24	65:10	66:54					51:21	
	MDOC						1:44	2:09
4:31	1:13	11:08	4:01	8:57	2:18	5:12	3:49	6:19
7:03	6:46	1:44						
							67:43	69:19
70:31								
							0:49	1:36
1:12								
	5 Jonathan Brown						74:26	1:42
8:55	10:03	19:37	23:27	30:43	33:09	37:17	44:00	3:58
59:48	66:42	70:29					53:52	
	BL						1:42	2:16
4:57	1:08	9:34	3:50	7:16	2:26	4:08	6:43	9:52
5:56	6:54	3:47						
							71:26	73:05
74:26								
							0:57	1:39
1:21								
	6 Nick Howlett						74:50	1:33
8:14	9:34	25:31	29:26	37:45	40:23	45:34	50:04	3:41
62:28	68:41	70:43					55:33	
	LOC						1:33	2:08
4:33	1:20	15:57	3:55	8:19	2:38	5:11	4:30	5:29
6:55	6:13	2:02						
							71:38	73:18
74:50								
							0:55	1:40
1:32								
	7 Richard Hill						79:03	2:04
10:07	11:29	24:21	29:18	39:45	42:43	48:16	52:40	4:16
66:06	72:31	75:15					58:53	

	DEE						2:04	2:12
5:51	1:22	12:52	4:57	10:27	2:58	5:33	4:24	6:13
7:13	6:25	2:44						
							76:06	77:43
79:03								
							0:51	1:37
1:20								
	8 Dave Coustick					81:47	2:01	4:49
9:46	11:17	22:56	27:18	36:00	38:42	43:22	47:24	54:08
68:18	74:53	77:19						
	FVO						2:01	2:48
4:57	1:31	11:39	4:22	8:42	2:42	4:40	4:02	6:44
14:10	6:35	2:26						
							78:28	80:14
81:47								
							1:09	1:46
1:33								
	9 Martin Skinner					82:39	2:02	4:23
14:10	15:29	28:49	33:08	43:13	45:48	50:41	55:40	63:23
70:05	75:55	78:41						
	WCOC						2:02	2:21
9:47	1:19	13:20	4:19	10:05	2:35	4:53	4:59	7:43
6:42	5:50	2:46						
							79:44	81:25
82:39								
							1:03	1:41
1:14								
	10 Darren Baker					88:39	2:05	4:28
10:24	11:55	26:22	31:25	42:22	47:14	52:28	57:30	63:23
71:32	78:33	83:22						
	DEE						2:05	2:23
5:56	1:31	14:27	5:03	10:57	4:52	5:14	5:02	5:53
8:09	7:01	4:49						
							84:15	86:33
88:39								
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2:06								
	11 Mark Edwards					115:39	2:17	5:05
12:36	14:32	30:45	36:46	47:36	50:39	59:18	81:15	92:36
100:35	107:19	109:40						
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7:31	1:56	16:13	6:01	10:50	3:03	8:39	21:57	11:21
7:59	6:44	2:21						
							111:28	113:46
115:39								
							1:48	2:18
1:53								
	12 Mark Jesson					116:41	2:36	5:58
20:07	21:49	37:22	43:19	63:56	67:12	73:12	78:31	87:13
97:15	108:02	111:03						
	PFO						2:36	3:22
14:09	1:42	15:33	5:57	20:37	3:16	6:00	5:19	8:42
10:02	10:47	3:01						
							112:09	114:39
116:41								
							1:06	2:30
2:02								

							1 (169)	2 (170)
3 (179)	4 (182)	5 (150)	6 (185)	7 (180)	8 (187)	9 (164)	10 (172)	11 (166)
12 (134)	13 (174)	14 (175)						

F

	1 Roger Thomas					41:16	2:19	4:38
7:50	11:51	13:28	18:11	20:14	26:15	29:27	31:55	33:59
37:11	38:56	40:45						
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3:12	1:45	1:49						
							41:16	
							0:31	
	2 Julian Warren					44:34	2:24	4:32
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39:44	41:53	43:53						
	NN						2:24	2:08
3:02	4:15	2:46	4:09	2:07	5:40	3:44	2:25	3:51
3:13	2:09	2:00						
							44:34	
							0:41	
	3 Paul Wright					50:27	2:22	5:00
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3:34	5:21	2:17	5:16	2:12	10:11	4:37	2:39	2:10
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							50:27	
							0:36	
	4 Richard Cummings					53:43	2:29	4:56
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3:35	2:13	1:57						
							53:43	
							0:46	
	5 Paul Van-Calster					60:31	2:26	5:04
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52:48	55:43	59:25						
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4:52	4:54	2:54	6:13	2:56	8:15	4:31	3:42	4:46
4:41	2:55	3:42						
							60:31	
							1:06	
	6 Jeff Cowton					60:32	4:27	6:47
10:24	15:44	18:21	24:14	26:48	34:37	39:17	42:11	44:35
55:43	57:41	59:48						
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3:37	5:20	2:37	5:53	2:34	7:49	4:40	2:54	2:24
11:08	1:58	2:07						
							60:32	
46:59								
							0:44	
*195								
	7 Tony Mason					81:09	3:05	6:06
24:54	29:36	32:00	38:35	41:46	52:34	61:18	65:12	68:29
74:02	77:30	80:24						
	MDOC						3:05	3:01
18:48	4:42	2:24	6:35	3:11	10:48	8:44	3:54	3:17
5:33	3:28	2:54						

81:09
0:45

M45L (19)

7.4 km 230 m 15 C

1 (178) 2 (179)
3 (182) 4 (150) 5 (185) 6 (180) 7 (184) 8 (188) 9 (162) 10 (163) 11 (187)
12 (177) 13 (171) 14 (134)
15 (167) F

1 Quentin Harding

44:49

1:20

5:13

7:58 9:20 12:27 13:53 21:31 23:27 26:49 31:03 34:09
39:37 41:19 42:10

SROC

1:20

3:53

2:45 1:22 3:07 1:26 7:38 1:56 3:22 4:14 3:06
5:28 1:42 0:51

43:32 44:49

1:22

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2 Richard Wilson

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9:12 10:55 14:46 16:22 25:03 27:16 30:48 35:47 39:43
45:40 47:53 48:53

LOC

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4:35

2:54 1:43 3:51 1:36 8:41 2:13 3:32 4:59 3:56
5:57 2:13 1:00

50:43 52:06

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3 Andy Thornton

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9:22 11:09 14:50 16:36 25:13 27:32 31:28 36:16 40:09
46:42 48:58 49:55

MDOC

1:41

4:49

2:52 1:47 3:41 1:46 8:37 2:19 3:56 4:48 3:53
6:33 2:16 0:57

51:37 53:22

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4 Andrew Hyslop

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9:02

13:40 15:07 18:49 20:28 28:57 31:02 34:01 38:45 42:14
47:56 50:07 51:01

WAROC

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7:28

4:38 1:27 3:42 1:39 8:29 2:05 2:59 4:44 3:29
5:42 2:11 0:54

52:38 53:59

1:37

1:21

5 Kenneth Daly

58:26

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7:16

11:10 13:04 17:09 18:59 29:12 31:39 35:39 40:51 45:19
51:56 54:24 55:25

INT

1:58

5:18

3:54 1:54 4:05 1:50 10:13 2:27 4:00 5:12 4:28
6:37 2:28 1:01

56:57 58:26

1:32

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6 Dan Parker

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1:48

6:33

11:05 12:40 16:44 18:42 27:54 30:10 35:11 40:22 44:47
51:32 53:53 54:56

MDOC

1:48

4:45

4:32 1:35 4:04 1:58 9:12 2:16 5:01 5:11 4:25
6:45 2:21 1:03

57:24 58:59

2:28

1:35

7 Howard Leslie						60:03	2:10	6:44
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6:24	2:37	1:00						
							58:45	60:03
							1:44	1:18
8 Gavin Smith						60:56	1:55	7:15
11:18	14:12	18:04	19:51	30:01	33:12	37:50	42:40	46:57
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7:37	2:05	0:58						
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							1:30	1:49
9 Chris Pollitt						60:59	1:54	7:03
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							1:49	1:40
10 Ian Maxwell						64:29	2:11	7:17
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11 Andy Campbell						65:07	1:49	7:30
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58:09	60:29	61:42						
DEE							1:49	5:41
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							1:49	1:36
12 Rob Marriott						68:03	2:03	7:59
11:29	13:37	18:28	20:26	31:53	34:52	38:46	44:57	50:24
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LOC							2:03	5:56
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							66:02	68:03
							2:19	2:01
13 Paul Flynn						71:30	2:39	8:38
12:19	14:22	19:46	21:51	38:03	40:51	46:03	51:23	56:21
64:22	67:09	68:12						
NATO							2:39	5:59
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8:01	2:47	1:03						
							69:58	71:30
							1:46	1:32
14 Stephen Fellbaum						72:41	1:53	7:47
11:08	15:26	20:21	22:15	33:42	42:54	47:00	53:00	58:15
65:42	68:07	69:13						

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7:27	2:25	1:06							
							71:06	72:41	
							1:53	1:35	
	15 Eric Pye					75:09	2:34	9:06	
15:15	17:32	23:05	25:32	38:34	42:15	46:58	53:23	58:51	
67:15	70:07	71:24							
	LOC						2:34	6:32	
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8:24	2:52	1:17							
							73:23	75:09	
							1:59	1:46	
	16 Pete Owens					83:10	2:23	8:51	
14:52	17:00	22:14	24:32	38:52	44:57	52:47	59:20	66:03	
75:08	77:52	79:04							
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9:05	2:44	1:12							
							81:17	83:10	
							2:13	1:53	
	17 Steve Murdoch					84:24	2:25	10:24	
14:25	17:28	23:09	25:50	39:24	42:52	47:24	54:50	61:52	
73:22	76:37	78:18							
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							81:16	84:24	
							2:58	3:08	
	18 Rory O'Conor					88:20	2:35	11:10	
15:57	18:17	24:21	27:10	42:59	46:42	52:12	59:54	66:32	
78:01	81:25	83:07							
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	Dave Jones						mp	3:31	9:21
13:12	15:26	20:06	22:08	42:01	44:17	48:33	55:05	60:15	---
--	-----	-----							
	LOC						3:31	5:50	
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								26:13	

M50S (10) 4.7 km 140 m 14 C

1 (169) 2 (170)

3 (179) 4 (182) 5 (150) 6 (185) 7 (180) 8 (187) 9 (164) 10 (172) 11 (166)

12 (134) 13 (174) 14 (175)

F

1 Blair Young 36:09

6:44 9:31 11:14 15:12 17:08 22:22 25:28 27:29 29:04

32:05 33:46 35:43

TINTO

2:40 2:47 1:43 3:58 1:56 5:14 3:06 2:05 1:59

3:01 1:41 1:57

36:09

2 Terry O'Brien						40:04	0:26 2:15	4:20
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35:59	37:49	39:30						
STAG							2:15	2:05
2:37	2:50	3:23	4:16	1:40	5:55	3:51	2:02	1:44
3:21	1:50	1:41						
3 Alan Poxon						46:18	40:04 0:34 2:18	5:00
8:16	12:23	14:56	19:49	21:54	27:57	31:48	34:44	37:04
40:19	43:28	45:32						
MDOC							2:18	2:42
3:16	4:07	2:33	4:53	2:05	6:03	3:51	2:56	2:20
3:15	3:09	2:04						
4 Tony Horsewill						47:47	46:18 0:46 2:30	4:50
8:13	12:27	14:45	20:45	23:17	30:18	34:34	37:27	39:37
43:03	45:31	47:14						
NOC							2:30	2:20
3:23	4:14	2:18	6:00	2:32	7:01	4:16	2:53	2:10
3:26	2:28	1:43						
5 Richard Evans						55:56	47:47 0:33 2:56	5:37
9:43	14:11	16:46	23:02	25:48	33:51	39:03	42:04	45:39
50:08	52:53	55:15						
BL							2:56	2:41
4:06	4:28	2:35	6:16	2:46	8:03	5:12	3:01	3:35
4:29	2:45	2:22						
6 Ken Weston						58:37	55:56 0:41 2:35	4:37
10:23	13:56	16:30	21:28	24:12	34:13	39:48	42:49	45:00
49:58	56:05	57:59						
MDOC							2:35	2:02
5:46	3:33	2:34	4:58	2:44	10:01	5:35	3:01	2:11
4:58	6:07	1:54						
7 Colin Pocklington						68:13	58:37 0:38 8:21	11:20
17:30	23:02	25:58	32:31	35:13	44:17	49:00	52:12	57:08
62:34	65:07	67:28						
CLOK							8:21	2:59
6:10	5:32	2:56	6:33	2:42	9:04	4:43	3:12	4:56
5:26	2:33	2:21						
8 David Hicks						69:55	68:13 0:45 3:18	7:19
13:38	18:54	21:56	28:26	32:39	42:02	48:59	52:52	56:10
62:03	66:03	68:56						
BL							3:18	4:01
6:19	5:16	3:02	6:30	4:13	9:23	6:57	3:53	3:18
5:53	4:00	2:53						
9 Paul Tickner						79:50	69:55 0:59 3:27	6:05
9:31	13:56	17:12	23:26	26:00	58:24	63:03	65:57	68:16
74:07	76:49	79:02						

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6 Chris Emerson							59:06	1:37	
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WCOC							1:37	4:27	
5:42	1:40	3:40	1:37	12:50	2:18	3:23	4:54	3:55	
6:23	2:07	1:31							
							57:48	59:06	
							1:44	1:18	
7 Richard Tiley							61:02	1:56	
11:09	12:54	18:09	20:10	30:29	33:04	36:57	42:37	47:03	
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LOC							1:56	5:20	
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7:06	2:35	1:07							
							59:31	61:02	
							1:40	1:31	
8 Robin Thomas							63:54	1:58	
11:14	13:04	17:21	19:14	29:24	32:05	36:19	41:35	46:06	
53:10	56:06	57:22							
BL							1:58	5:52	
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7:04	2:56	1:16							
							62:05	63:54	
							4:43	1:49	
9 Graham Walkden							64:21	2:02	
11:01	13:05	17:48	19:57	30:44	33:57	40:06	45:44	50:19	
57:13	59:50	61:02							
LOC							2:02	5:34	
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6:54	2:37	1:12							
							62:47	64:21	
							1:45	1:34	
10 Andy McLeod							64:50	1:54	
10:48	12:50	17:45	19:45	31:29	34:10	38:15	44:28	49:37	
57:48	60:21	61:30							
ESOC							1:54	5:23	
3:31	2:02	4:55	2:00	11:44	2:41	4:05	6:13	5:09	
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							63:13	64:50	
							1:43	1:37	
11 Simon Filmore							65:09	2:27	
12:38	14:37	19:33	21:41	34:21	37:04	40:55	46:10	50:28	
57:45	60:28	61:34							
LOC							2:27	5:35	
4:36	1:59	4:56	2:08	12:40	2:43	3:51	5:15	4:18	
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							2:12	1:23	
12 Andy Lewsley							66:29	1:34	
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BL							1:34	4:41	
3:11	4:11	3:58	1:41	11:54	3:38	5:42	4:56	4:12	
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							4:23	1:42	
13 David Downes							68:15	1:52	
10:20	12:06	16:27	18:23	33:24	36:05	44:25	49:49	54:23	
60:46	63:11	64:14							

	WCOC						1:52	5:21
3:07	1:46	4:21	1:56	15:01	2:41	8:20	5:24	4:34
6:23	2:25	1:03						
							66:53	68:15
							2:39	1:22
							2:27	8:32
14 Philip Green						68:45		
12:28	14:16	18:27	20:08	36:43	39:08	44:34	49:42	54:11
61:12	63:38	64:46						
	WCH						2:27	6:05
3:56	1:48	4:11	1:41	16:35	2:25	5:26	5:08	4:29
7:01	2:26	1:08						
							66:38	68:45
							1:52	2:07
							2:12	9:02
15 Michael Burt						73:02		
12:59	15:34	21:29	24:25	36:01	39:46	44:38	50:30	55:20
64:28	66:53	68:08						
	RR-A						2:12	6:50
3:57	2:35	5:55	2:56	11:36	3:45	4:52	5:52	4:50
9:08	2:25	1:15						
							70:55	73:02
							2:47	2:07
							2:28	10:46
16 Malcolm Ruckledge						78:47		
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69:58	72:55	74:13						
	WCOC						2:28	8:18
6:26	2:21	5:32	2:14	13:26	3:09	4:43	6:52	5:53
8:36	2:57	1:18						
							76:27	78:47
							2:14	2:20
							2:17	7:56
17 Paul Williams						86:38		
16:04	18:07	23:01	25:18	39:12	42:18	55:29	61:08	67:24
74:49	77:48	78:54						
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7:25	2:59	1:06						
							85:15	86:38
81:05								
							6:21	1:23
*174								
	18 Michael Owen					92:20	2:11	9:26
14:44	17:51	23:41	25:49	41:10	46:00	51:36	59:42	68:34
79:33	84:49	86:38						
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10:59	5:16	1:49						
							89:56	92:20
							3:18	2:24
							2:26	8:40
19 Selwyn Wright						93:05		
18:51	21:06	26:25	28:46	44:31	47:46	59:19	67:06	74:05
84:44	87:46	89:09						
	LOC						2:26	6:14
10:11	2:15	5:19	2:21	15:45	3:15	11:33	7:47	6:59
10:39	3:02	1:23						
							91:16	93:05
							2:07	1:49

							1 (169)	2 (170)
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)	F							

	1 David Rosen					41:08	2:54	5:23
9:29	13:01	18:38	20:38	23:14	29:11	32:03	35:57	38:21
39:23	41:08							
	SROC						2:54	2:29
4:06	3:32	5:37	2:00	2:36	5:57	2:52	3:54	2:24
1:02	1:45							
	2 John Pullin					41:52	3:00	5:09
9:10	13:10	19:04	20:56	23:45	29:02	32:01	35:59	38:38
40:14	41:52							
	LOC						3:00	2:09
4:01	4:00	5:54	1:52	2:49	5:17	2:59	3:58	2:39
1:36	1:38							
	3 Les Smithard					43:06	2:43	5:35
10:19	13:54	20:10	22:32	25:46	31:04	34:25	38:14	40:28
41:33	43:06							
	KFO						2:43	2:52
4:44	3:35	6:16	2:22	3:14	5:18	3:21	3:49	2:14
1:05	1:33							
	4 Dave Walton					57:07	3:20	6:12
11:23	17:01	30:07	32:15	38:09	44:03	46:59	51:32	54:03
55:09	57:07							
	AIRE						3:20	2:52
5:11	5:38	13:06	2:08	5:54	5:54	2:56	4:33	2:31
1:06	1:58							

M55L	(13)					6.1 km	190 m	14 C	
								1 (168)	2 (170)
3 (146)	4 (145)	5 (180)	6 (181)	7 (184)	8 (141)	9 (163)	10 (164)	11 (172)	
12 (177)	13 (134)	14 (174)							

							F	
1 John Britton						45:54	2:20	4:18
7:40	9:38	15:03	17:07	25:46	29:21	30:48	35:56	37:59
40:42	43:11	44:48						
MDOC							2:20	1:58
3:22	1:58	5:25	2:04	8:39	3:35	1:27	5:08	2:03
2:43	2:29	1:37						
							45:54	
							1:06	
2 Martyn Roome						47:07	2:09	4:10
7:35	9:41	15:16	17:37	26:02	30:52	32:12	37:51	39:50
42:12	44:17	45:55						
SROC							2:09	2:01
3:25	2:06	5:35	2:21	8:25	4:50	1:20	5:39	1:59
2:22	2:05	1:38						
							47:07	
							1:12	
3 Tony Carlyle						50:13	2:24	4:30
8:00	10:26	16:25	18:46	27:46	31:51	33:26	39:24	41:39
44:28	46:47	48:43						
AIRE							2:24	2:06
3:30	2:26	5:59	2:21	9:00	4:05	1:35	5:58	2:15
2:49	2:19	1:56						
							50:13	
							1:30	

4 David Hargreaves						53:26	3:03	5:12
8:46	11:02	17:25	19:57	30:24	34:38	36:08	42:32	44:41
47:08	50:04	51:55						
SROC							3:03	2:09
3:34	2:16	6:23	2:32	10:27	4:14	1:30	6:24	2:09
2:27	2:56	1:51						
							53:26	
48:43								
							1:31	
*195								
5 John Taylor						54:46	2:48	5:15
8:45	11:05	17:32	20:08	30:58	35:44	38:31	44:52	47:08
49:32	51:53	53:30						
SROC							2:48	2:27
3:30	2:20	6:27	2:36	10:50	4:46	2:47	6:21	2:16
2:24	2:21	1:37						
							54:46	
							1:16	
6 Paul Johnson						55:05	7:39	10:02
13:21	15:27	21:43	24:03	34:07	37:56	39:27	45:10	47:06
49:47	52:14	53:50						
BL							7:39	2:23
3:19	2:06	6:16	2:20	10:04	3:49	1:31	5:43	1:56
2:41	2:27	1:36						
							55:05	
							1:15	
7 Tim O'Donoghue						56:46	2:26	6:22
9:50	12:32	20:13	22:52	31:28	35:24	37:15	43:36	46:33
50:03	53:07	55:13						
SOLWAY							2:26	3:56
3:28	2:42	7:41	2:39	8:36	3:56	1:51	6:21	2:57
3:30	3:04	2:06						
							56:46	
							1:33	
8 Richard Payne						57:35	2:13	4:16
7:41	9:48	15:05	17:16	25:34	39:08	40:30	46:31	48:37
51:52	54:18	56:12						
EPOC							2:13	2:03
3:25	2:07	5:17	2:11	8:18	13:34	1:22	6:01	2:06
3:15	2:26	1:54						
							57:35	
							1:23	
9 David Rose						57:50	2:41	4:57
9:20	11:43	18:21	21:09	31:07	37:13	38:54	46:03	48:31
52:27	54:55	56:35						
PFO							2:41	2:16
4:23	2:23	6:38	2:48	9:58	6:06	1:41	7:09	2:28
3:56	2:28	1:40						
							57:50	
							1:15	
10 Bob Barnby						59:16	2:32	5:05
9:07	11:32	18:11	20:54	29:52	35:57	37:35	44:09	47:01
50:06	52:50	57:33						
WCOC							2:32	2:33
4:02	2:25	6:39	2:43	8:58	6:05	1:38	6:34	2:52
3:05	2:44	4:43						
							59:16	
							1:43	
11 Leslie Dalglish						62:18	3:13	5:24
10:14	13:15	20:25	23:40	34:57	39:16	41:21	49:04	51:44
55:16	58:04	60:34						

	ESOC						3:13	2:11
4:50	3:01	7:10	3:15	11:17	4:19	2:05	7:43	2:40
3:32	2:48	2:30						

							62:18	
							1:44	
12 Steven Round						62:40	2:47	5:18

9:19	11:57	18:33	21:27	32:01	36:42	38:17	45:31	48:18
56:03	59:16	61:15						

	SELOC						2:47	2:31
4:01	2:38	6:36	2:54	10:34	4:41	1:35	7:14	2:47
7:45	3:13	1:59						

							62:40	
							1:25	
13 Chris Hardy						71:52	2:56	5:39

10:37	13:26	21:38	24:27	35:21	43:15	45:37	53:32	57:11
61:34	65:11	69:49						

	AIRE						2:56	2:43
4:58	2:49	8:12	2:49	10:54	7:54	2:22	7:55	3:39
4:23	3:37	4:38						

							71:52	
							2:03	

M60S	(5)					3.5 km	125 m	11 C
							1 (178)	2 (132)
3 (179)	4 (145)	5 (166)	6 (165)	7 (173)	8 (140)	9 (134)	10 (167)	11 (174)
F								

	1 Geoff Price					36:44	2:32	4:35
9:48	14:15	20:08	23:27	27:12	29:54	31:33	34:01	35:11
36:44								

	LOC						2:32	2:03
5:13	4:27	5:53	3:19	3:45	2:42	1:39	2:28	1:10
1:33								

	2 Mike Cumpstey					37:18	2:20	4:21
9:10	13:02	18:27	21:43	25:25	28:11	30:42	34:34	35:24
37:18								

	BL						2:20	2:01
4:49	3:52	5:25	3:16	3:42	2:46	2:31	3:52	0:50
1:54								

	3 Stephen Beresford					40:21	2:47	4:54
10:58	15:34	21:50	25:22	29:05	32:09	34:07	36:55	38:19
40:21								

	MDOC						2:47	2:07
6:04	4:36	6:16	3:32	3:43	3:04	1:58	2:48	1:24
2:02								

	4 Grahame Crawshaw					40:30	2:45	4:46
10:23	14:48	21:19	24:52	28:51	32:05	34:04	36:58	38:16
40:30								

	MDOC						2:45	2:01
5:37	4:25	6:31	3:33	3:59	3:14	1:59	2:54	1:18
2:14								

	5 Jim Knox					58:43	2:17	4:13
9:10	13:12	41:46	45:42	49:18	51:37	53:21	55:53	57:16
58:43								

	RR						2:17	1:56
4:57	4:02	28:34	3:56	3:36	2:19	1:44	2:32	1:23
1:27								

M60L (26)**6.1 km 190 m 14 C**

1(168) 2(170)
 3(146) 4(145) 5(180) 6(181) 7(184) 8(141) 9(163) 10(164) 11(172)
 12(177) 13(134) 14(174)

F

1 Julian Lailey								
					45:49	4:10	5:52	
8:55	12:19	17:02	19:04	26:54	30:29	31:41	37:06	39:01
41:09	43:04	44:37						
SROC								
3:03	3:24	4:43	2:02	7:50	3:35	1:12	4:10	1:42
2:08	1:55	1:33					5:25	1:55
							45:49	
							1:12	
2 Roy Dawson								
					46:04	2:17	4:11	
7:18	9:24	14:53	17:12	25:20	29:09	30:30	36:02	38:01
40:36	43:03	44:50						
NATO								
3:07	2:06	5:29	2:19	8:08	3:49	1:21	2:17	1:54
2:35	2:27	1:47					5:32	1:59
							46:04	
							1:14	
3 Brian Hughes								
					47:11	2:06	3:56	
6:48	8:45	13:58	16:12	26:51	30:41	32:09	37:34	39:27
41:58	44:08	46:05						
HOC								
2:52	1:57	5:13	2:14	10:39	3:50	1:28	2:06	1:50
2:31	2:10	1:57					5:25	1:53
							47:11	
							1:06	
4 Raymond Wren								
					51:33	2:44	5:37	
9:09	11:51	17:46	20:11	27:45	31:27	33:11	39:25	41:55
45:22	47:51	50:00						
BL								
3:32	2:42	5:55	2:25	7:34	3:42	1:44	2:44	2:53
3:27	2:29	2:09					6:14	2:30
							51:33	
							1:33	
5 Antony Richardson								
					52:30	2:21	4:39	
7:59	10:22	15:27	17:40	30:21	33:59	35:30	41:31	43:45
46:21	49:20	51:03						
LOC								
3:20	2:23	5:05	2:13	12:41	3:38	1:31	2:21	2:18
2:36	2:59	1:43					6:01	2:14
							52:30	
							1:27	
6 Clyde Mitchell								
					55:27	2:59	5:43	
9:44	12:31	18:56	21:40	31:11	35:40	37:28	43:58	46:19
48:59	52:00	54:00						
BL								
4:01	2:47	6:25	2:44	9:31	4:29	1:48	2:59	2:44
2:40	3:01	2:00					6:30	2:21
							55:27	
							1:27	
7 Tony Davies								
					57:28	2:15	4:39	
8:29	11:05	17:48	20:35	30:52	36:26	38:12	45:18	47:48
51:21	54:11	56:00						
SELOC								
3:50	2:36	6:43	2:47	10:17	5:34	1:46	2:15	2:24
3:33	2:50	1:49					7:06	2:30

							57:28	
							1:28	
8 Ian Couch						59:00	2:37	5:03
8:56	11:22	17:35	23:07	32:20	39:03	40:55	47:22	49:56
52:52	55:25	57:27						
EPOC							2:37	2:26
3:53	2:26	6:13	5:32	9:13	6:43	1:52	6:27	2:34
2:56	2:33	2:02						
							59:00	
							1:33	
9 Bill Hopkins						59:07	3:27	5:40
9:31	11:49	20:02	22:56	33:42	38:25	40:03	47:16	49:37
52:54	55:41	57:43						
LVO							3:27	2:13
3:51	2:18	8:13	2:54	10:46	4:43	1:38	7:13	2:21
3:17	2:47	2:02						
							59:07	
							1:24	
10 Cliff Etherden						59:13	2:47	4:58
11:49	13:58	20:09	22:41	37:09	41:43	43:13	49:04	51:06
53:22	56:15	57:56						
MDOC							2:47	2:11
6:51	2:09	6:11	2:32	14:28	4:34	1:30	5:51	2:02
2:16	2:53	1:41						
							59:13	
							1:17	
11 Michael Isherwood						59:29	3:20	5:41
9:28	12:17	19:00	21:50	33:25	37:47	39:29	47:04	49:48
53:43	56:23	58:10						
LOC							3:20	2:21
3:47	2:49	6:43	2:50	11:35	4:22	1:42	7:35	2:44
3:55	2:40	1:47						
							59:29	
							1:19	
12 David Binks						60:30	3:31	5:54
9:50	12:29	19:23	22:30	33:35	38:27	40:31	47:59	50:30
54:00	57:02	59:02						
WAROC							3:31	2:23
3:56	2:39	6:54	3:07	11:05	4:52	2:04	7:28	2:31
3:30	3:02	2:00						
							60:30	
							1:28	
13 Roger Jackson						61:42	2:46	4:59
9:08	12:31	19:25	22:16	31:51	36:48	38:35	46:03	48:55
51:56	55:49	59:59						
WCOC							2:46	2:13
4:09	3:23	6:54	2:51	9:35	4:57	1:47	7:28	2:52
3:01	3:53	4:10						
							61:42	
							1:43	
14 Trevor Roberts						61:58	4:58	7:36
12:03	15:06	21:33	24:13	34:12	38:30	40:44	48:51	51:47
54:56	58:07	60:19						
MDOC							4:58	2:38
4:27	3:03	6:27	2:40	9:59	4:18	2:14	8:07	2:56
3:09	3:11	2:12						
							61:58	
							1:39	
15 Peter Ross						64:59	2:55	5:51
10:28	13:16	20:33	23:39	35:04	41:41	43:27	50:49	54:10
58:04	61:10	63:16						

9 David Mawdsley						49:51	2:55	5:41
9:19	13:34	15:32	20:57	23:32	30:55	36:21	39:13	41:33
44:57	47:09	49:12						
MDOC							2:55	2:46
3:38	4:15	1:58	5:25	2:35	7:23	5:26	2:52	2:20
3:24	2:12	2:03						
							49:51	
							0:39	
10 Chris James						50:33	2:33	5:06
8:32	11:59	14:37	19:59	22:29	31:01	35:08	37:40	39:41
45:42	48:00	49:54						
NGOC							2:33	2:33
3:26	3:27	2:38	5:22	2:30	8:32	4:07	2:32	2:01
6:01	2:18	1:54						
							50:33	
							0:39	
11 Steve Burge						50:57	3:08	5:44
9:26	15:44	18:03	23:12	25:18	34:33	38:32	41:07	43:17
46:20	48:21	50:15						
LOC							3:08	2:36
3:42	6:18	2:19	5:09	2:06	9:15	3:59	2:35	2:10
3:03	2:01	1:54						
							50:57	
							0:42	
12 John Padget						51:44	3:08	5:24
12:46	16:25	18:35	26:05	28:29	34:40	38:26	41:12	43:11
46:59	49:07	51:02						
DEE							3:08	2:16
7:22	3:39	2:10	7:30	2:24	6:11	3:46	2:46	1:59
3:48	2:08	1:55						
							51:44	
							0:42	
13 David Brook						52:57	2:54	5:33
9:32	14:19	16:36	22:28	25:15	33:12	38:17	41:40	44:24
48:00	50:24	52:19						
NN							2:54	2:39
3:59	4:47	2:17	5:52	2:47	7:57	5:05	3:23	2:44
3:36	2:24	1:55						
							52:57	
							0:38	
14 Barry Harrison						55:02	2:37	5:05
8:44	15:01	17:33	24:40	26:51	36:44	41:17	44:15	46:45
50:06	52:07	54:15						
CLOK							2:37	2:28
3:39	6:17	2:32	7:07	2:11	9:53	4:33	2:58	2:30
3:21	2:01	2:08						
							55:02	
							0:47	
15 Robin Stansfield						55:51	3:18	6:05
9:53	14:40	17:09	23:33	26:27	34:27	39:29	42:36	45:15
50:13	52:33	55:04						
BL							3:18	2:47
3:48	4:47	2:29	6:24	2:54	8:00	5:02	3:07	2:39
4:58	2:20	2:31						
							55:51	
							0:47	
16 Peter Lomas						57:45	3:17	5:35
9:04	14:00	16:18	21:15	23:35	34:30	38:11	41:10	46:37
52:04	55:02	57:02						

	MDOC						3:17	2:18
3:29	4:56	2:18	4:57	2:20	10:55	3:41	2:59	5:27
5:27	2:58	2:00						
							57:45	
							0:43	
17 Jim Mitchell						61:25	3:38	6:34
10:50	17:09	19:46	26:58	29:33	38:21	43:52	47:45	50:41
54:52	57:44	60:33						
	PFO						3:38	2:56
4:16	6:19	2:37	7:12	2:35	8:48	5:31	3:53	2:56
4:11	2:52	2:49						
							61:25	
							0:52	
18 Malcolm McIvor						67:48	3:03	5:34
9:57	13:55	16:43	33:44	35:58	44:06	48:34	51:41	55:00
62:12	64:45	66:58						
	DEE						3:03	2:31
4:23	3:58	2:48	17:01	2:14	8:08	4:28	3:07	3:19
7:12	2:33	2:13						
							67:48	
							0:50	
19 Richard Moss						68:08	3:26	6:15
16:18	20:57	25:00	30:51	33:32	40:56	45:33	49:02	56:00
60:40	64:33	67:16						
	BL						3:26	2:49
10:03	4:39	4:03	5:51	2:41	7:24	4:37	3:29	6:58
4:40	3:53	2:43						
							68:08	
							0:52	
20 Roger Mawby						73:58	3:36	6:37
11:09	24:35	27:29	34:16	37:27	47:36	54:07	57:30	61:16
65:56	70:16	73:11						
	EBOR						3:36	3:01
4:32	13:26	2:54	6:47	3:11	10:09	6:31	3:23	3:46
4:40	4:20	2:55						
							73:58	
							0:47	
21 Ted Smith						76:20	3:58	6:43
26:12	30:35	33:27	40:07	43:18	52:13	58:18	62:05	64:53
69:58	72:35	75:22						
	MDOC						3:58	2:45
19:29	4:23	2:52	6:40	3:11	8:55	6:05	3:47	2:48
5:05	2:37	2:47						
							76:20	
							0:58	
22 Robert Ian Robb						79:37	4:53	8:04
13:18	18:32	22:08	43:21	46:18	54:26	60:40	64:46	68:32
73:28	76:10	78:44						
	CLOK						4:53	3:11
5:14	5:14	3:36	21:13	2:57	8:08	6:14	4:06	3:46
4:56	2:42	2:34						
							79:37	
							0:53	
	David Moorat					mp	7:31	10:38
38:32	50:51	54:42	59:48	62:06	69:31	74:54	77:52	80:07
85:46	97:15	-----						
	BL						7:31	3:07
27:54	12:19	3:51	5:06	2:18	7:25	5:23	2:58	2:15
5:39	11:29							

88:34 103:54
 *167 6:39

M70L (4)		4.0 km 125 m 12 C						
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)	F							
1 Andrew Suddaby								
10:14	14:59	20:53	22:53	25:46	32:42	35:41	39:14	41:04
41:58	43:24							
BL								
4:54	4:45	5:54	2:00	2:53	6:56	2:59	3:33	1:50
0:54	1:26							
2 Alan Heron								
11:22	15:55	22:55	26:02	29:25	35:46	39:16	43:36	46:25
47:19	49:16							
SELOC								
5:18	4:33	7:00	3:07	3:23	6:21	3:30	4:20	2:49
0:54	1:57							
3 Ronald Williams								
10:22	14:26	29:30	31:24	34:29	40:23	43:52	47:42	49:52
52:29	54:04							
DEE								
5:07	4:04	15:04	1:54	3:05	5:54	3:29	3:50	2:10
2:37	1:35							
4 Peter Edwards								
11:12	15:47	41:30	43:39	47:18	56:53	60:37	66:19	69:27
70:38	72:28							
DEE								
5:18	4:35	25:43	2:09	3:39	9:35	3:44	5:42	3:08
1:11	1:50							

M75L (2)		3.5 km 125 m 11 C						
3 (179)	4 (145)	5 (166)	6 (165)	7 (173)	8 (140)	9 (134)	10 (167)	11 (174)
F								
1 Bob Stewardson								
11:52	16:53	24:05	27:59	32:49	36:09	38:01	40:36	42:58
45:11								
LOC								
6:11	5:01	7:12	3:54	4:50	3:20	1:52	2:35	2:22
2:13								
2 Ian Campbell								
18:25	24:49	32:33	36:16	40:55	44:46	46:57	50:19	51:59
54:34								
CLOK								
11:33	6:24	7:44	3:43	4:39	3:51	2:11	3:22	1:40
2:35								

W21S (1) 4.7 km 140 m 14 C

							2:22	2:08
6 Kate Charles						102:33	2:45	10:34
14:20	16:55	21:58	23:56	53:27	56:28	66:26	74:04	80:07
93:20	96:26	97:43						
WCOC							2:45	7:49
3:46	2:35	5:03	1:58	29:31	3:01	9:58	7:38	6:03
13:13	3:06	1:17						
							100:01	102:33
							2:18	2:32

W35S (6)						4.0 km 125 m 12 C		
							1 (169)	2 (170)
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)	F							

1 Jane Hodgson						42:16	2:31	4:35
9:51	13:44	21:32	23:18	26:02	30:57	33:52	37:27	39:36
40:30	42:16							
EPOC							2:31	2:04
5:16	3:53	7:48	1:46	2:44	4:55	2:55	3:35	2:09
0:54	1:46							
2 Diane Mayes						48:33	3:06	5:41
10:41	14:58	22:38	25:02	28:29	35:21	39:00	43:00	45:32
46:38	48:33							
CLOK							3:06	2:35
5:00	4:17	7:40	2:24	3:27	6:52	3:39	4:00	2:32
1:06	1:55							
3 Penny Clay						52:48	4:29	8:25
13:44	17:44	24:59	27:30	30:38	37:41	42:25	46:29	49:00
51:18	52:48							
BL							4:29	3:56
5:19	4:00	7:15	2:31	3:08	7:03	4:44	4:04	2:31
2:18	1:30							
4 Natalie Ruane						53:09	3:22	6:17
11:54	16:35	27:00	29:32	33:11	40:19	43:49	47:25	49:33
51:29	53:09							
EDEN RUNNERS							3:22	2:55
5:37	4:41	10:25	2:32	3:39	7:08	3:30	3:36	2:08
1:56	1:40							
5 Kerry Willacy						58:02	3:11	6:22
11:51	16:53	26:54	29:21	33:29	40:38	44:23	48:51	51:51
55:48	58:02							
SOLWAY							3:11	3:11
5:29	5:02	10:01	2:27	4:08	7:09	3:45	4:28	3:00
3:57	2:14							
6 Jenny Palmer						80:34	3:10	6:20
15:50	23:09	37:36	40:54	45:57	65:14	69:17	74:30	77:26
78:37	80:34							
DEE							3:10	3:10
9:30	7:19	14:27	3:18	5:03	19:17	4:03	5:13	2:56
1:11	1:57							

W35L (4)						6.1 km 190 m 14 C		
							1 (168)	2 (170)
3 (146)	4 (145)	5 (180)	6 (181)	7 (184)	8 (141)	9 (163)	10 (164)	11 (172)
12 (177)	13 (134)	14 (174)						

F

1 Stella Lewsley						50:43	2:31	4:43
8:09	10:36	16:31	18:53	28:39	32:23	33:50	39:58	42:19
44:49	47:38	49:25						
BL							2:31	2:12
3:26	2:27	5:55	2:22	9:46	3:44	1:27	6:08	2:21
2:30	2:49	1:47						
							50:43	
							1:18	
2 Becky Osborn						54:09	2:47	5:16
9:04	11:28	18:00	20:39	30:56	35:13	36:45	42:54	45:04
47:44	50:17	52:39						
FVO							2:47	2:29
3:48	2:24	6:32	2:39	10:17	4:17	1:32	6:09	2:10
2:40	2:33	2:22						
							54:09	
							1:30	
3 Kate Hampshire						58:51	2:50	5:30
9:35	12:10	18:51	21:26	32:45	37:10	39:59	47:03	49:27
52:14	54:50	57:07						
NN							2:50	2:40
4:05	2:35	6:41	2:35	11:19	4:25	2:49	7:04	2:24
2:47	2:36	2:17						
							58:51	
							1:44	
4 Lynne Thomas						59:45	3:06	5:30
9:55	12:44	19:43	22:54	32:56	37:52	39:29	46:48	49:44
53:30	56:18	58:15						
WCOC							3:06	2:24
4:25	2:49	6:59	3:11	10:02	4:56	1:37	7:19	2:56
3:46	2:48	1:57						
							59:45	
							1:30	

W40L (14) **6.1 km 190 m 14 C**

1(168) 2(170)

3(146) 4(145) 5(180) 6(181) 7(184) 8(141) 9(163) 10(164) 11(172)

12(177) 13(134) 14(174)

F

1 Karen Parker						44:53	2:22	4:28
7:32	9:50	14:58	17:06	24:48	28:34	29:59	35:32	37:31
40:05	42:09	43:42						
MDOC							2:22	2:06
3:04	2:18	5:08	2:08	7:42	3:46	1:25	5:33	1:59
2:34	2:04	1:33						
							44:53	
							1:11	
2 Heather Fellbaum						49:38	2:49	4:52
8:31	10:38	16:27	18:49	27:41	31:26	32:55	39:35	41:42
44:21	46:32	48:11						
MDOC							2:49	2:03
3:39	2:07	5:49	2:22	8:52	3:45	1:29	6:40	2:07
2:39	2:11	1:39						
							49:38	
							1:27	
3 Vicky Thornton						51:58	2:21	4:37
8:13	10:34	16:18	18:36	28:08	31:55	33:31	39:25	41:40
44:20	46:50	50:33						

11 Catherine Hill						66:39	3:10	5:42
10:12	13:16	20:26	23:32	33:34	39:11	41:32	49:53	53:37
57:51	61:48	64:31						
DEE							3:10	2:32
4:30	3:04	7:10	3:06	10:02	5:37	2:21	8:21	3:44
4:14	3:57	2:43						
							66:39	
65:31								
							2:08	
*143								
12 Jane McCann						66:42	3:08	5:31
9:51	12:49	20:00	25:42	35:24	40:27	42:26	50:23	53:16
58:08	62:50	65:00						
MDOC							3:08	2:23
4:20	2:58	7:11	5:42	9:42	5:03	1:59	7:57	2:53
4:52	4:42	2:10						
							66:42	
							1:42	
13 Helen Livesey						83:32	4:35	7:29
13:26	16:25	24:49	28:45	41:56	55:28	57:42	67:19	70:50
75:01	78:31	81:23						
LOC							4:35	2:54
5:57	2:59	8:24	3:56	13:11	13:32	2:14	9:37	3:31
4:11	3:30	2:52						
							83:32	
							2:09	
14 Elaine Sutton						86:22	3:27	6:39
13:50	20:10	28:58	32:24	45:21	51:06	53:31	63:49	67:21
72:28	81:56	84:21						
DEE							3:27	3:12
7:11	6:20	8:48	3:26	12:57	5:45	2:25	10:18	3:32
5:07	9:28	2:25						
							86:22	
							2:01	

W45S (5)						3.5 km 125 m 11 C		
							1 (178)	2 (132)
3 (179)	4 (145)	5 (166)	6 (165)	7 (173)	8 (140)	9 (134)	10 (167)	11 (174)
F								
1 Heather Walton						51:30	3:24	5:57
13:24	18:31	28:37	32:59	40:03	43:20	45:22	47:52	49:26
51:30		25:34						
SLOW							3:24	2:33
7:27	5:07	10:06	4:22	7:04	3:17	2:02	2:30	1:34
2:04		*177						
2 Joyce Hemingway						54:34	3:16	5:55
12:44	24:42	32:25	36:29	41:59	45:36	47:44	50:48	52:05
54:34								
WCOC							3:16	2:39
6:49	11:58	7:43	4:04	5:30	3:37	2:08	3:04	1:17
2:29								
3 Jane Cherry						55:33	4:00	6:55
15:12	21:59	30:46	35:42	41:26	45:20	47:48	51:16	52:48
55:33								
AYROC							4:00	2:55
8:17	6:47	8:47	4:56	5:44	3:54	2:28	3:28	1:32
2:45								

6 Gill Adams						50:17	2:43	5:20
9:07	13:45	16:06	21:42	24:05	31:16	35:37	38:21	40:32
44:14	46:50	49:42						
MEROC							2:43	2:37
3:47	4:38	2:21	5:36	2:23	7:11	4:21	2:44	2:11
3:42	2:36	2:52						
							50:17	
							0:35	
7 Lindsey Knox						51:20	2:57	5:05
11:00	14:10	17:38	25:08	27:34	33:40	37:32	40:15	42:32
46:44	48:44	50:36						
RR							2:57	2:08
5:55	3:10	3:28	7:30	2:26	6:06	3:52	2:43	2:17
4:12	2:00	1:52						
							51:20	
							0:44	
8 Kim Leslie						56:31	2:53	5:25
9:11	13:32	15:46	21:47	24:02	34:03	40:26	43:22	46:17
50:28	53:29	55:47						
WCOC							2:53	2:32
3:46	4:21	2:14	6:01	2:15	10:01	6:23	2:56	2:55
4:11	3:01	2:18						
							56:31	
48:26								
							0:44	
*195								
9 Karen Quickfall						58:08	2:46	5:31
9:38	15:31	18:00	24:23	27:07	35:06	40:09	43:35	46:47
51:43	54:24	57:08						
SROC							2:46	2:45
4:07	5:53	2:29	6:23	2:44	7:59	5:03	3:26	3:12
4:56	2:41	2:44						
							58:08	
							1:00	
10 Karen Farley						59:22	3:15	5:52
9:08	16:15	18:12	22:51	24:56	39:09	44:06	47:05	50:10
54:03	56:36	58:37						
LOC							3:15	2:37
3:16	7:07	1:57	4:39	2:05	14:13	4:57	2:59	3:05
3:53	2:33	2:01						
							59:22	
							0:45	
11 Jacqui Higgs						59:40	3:15	5:33
10:41	18:18	21:15	27:10	29:46	37:34	43:24	46:31	49:03
53:24	56:00	58:52						
BL							3:15	2:18
5:08	7:37	2:57	5:55	2:36	7:48	5:50	3:07	2:32
4:21	2:36	2:52						
							59:40	
							0:48	
12 Debby Warren						60:21	3:05	6:29
11:45	16:38	20:13	26:10	28:54	36:33	41:11	44:51	48:58
53:39	56:48	59:28						
NN							3:05	3:24
5:16	4:53	3:35	5:57	2:44	7:39	4:38	3:40	4:07
4:41	3:09	2:40						
							60:21	
							0:53	
13 Sarah Hiscoke						62:26	3:27	6:25
11:33	16:59	20:01	26:19	29:04	37:41	43:30	47:11	50:34
55:44	58:38	61:28						

	BL						3:27	2:58
5:08	5:26	3:02	6:18	2:45	8:37	5:49	3:41	3:23
5:10	2:54	2:50						
							62:26	
							0:58	
	14 Caroline Mackenzie					63:48	3:10	6:03
11:02	16:03	18:33	25:06	27:58	37:57	43:37	47:08	50:01
54:17	60:06	62:57						
	CLOK						3:10	2:53
4:59	5:01	2:30	6:33	2:52	9:59	5:40	3:31	2:53
4:16	5:49	2:51						
							63:48	
							0:51	
	15 Jane Malley					64:27	2:23	4:37
8:19	25:30	28:13	33:29	35:54	44:36	50:12	53:10	55:24
59:18	61:27	63:44						
	NATO						2:23	2:14
3:42	17:11	2:43	5:16	2:25	8:42	5:36	2:58	2:14
3:54	2:09	2:17						
							64:27	
							0:43	
	16 Janet Evans					74:54	3:15	6:34
11:15	29:44	32:58	39:20	42:34	49:49	54:56	58:48	62:23
67:07	70:57	73:55						
	NOC						3:15	3:19
4:41	18:29	3:14	6:22	3:14	7:15	5:07	3:52	3:35
4:44	3:50	2:58						
							74:54	
							0:59	
	17 Ann Cummings					76:30	8:54	11:17
14:49	18:45	21:29	26:37	28:58	57:58	61:55	64:49	66:59
71:33	73:49	75:47						
	WCOC						8:54	2:23
3:32	3:56	2:44	5:08	2:21	29:00	3:57	2:54	2:10
4:34	2:16	1:58						
							76:30	
							0:43	

W50S	(5)					3.0 km	125 m	9 C
							1 (168)	2 (170)
3 (146)	4 (193)	5 (165)	6 (173)	7 (140)	8 (134)	9 (175)	F	
	1 Patricia Davies					33:24	3:15	6:13
11:07	13:39	20:02	24:08	26:55	28:36	32:41	33:24	
	NATO						3:15	2:58
4:54	2:32	6:23	4:06	2:47	1:41	4:05	0:43	
	2 Annette Milburn					36:55	3:02	6:05
11:49	14:58	21:20	25:21	28:18	30:11	35:46	36:55	
	WCOC						3:02	3:03
5:44	3:09	6:22	4:01	2:57	1:53	5:35	1:09	
	3 Pat Moody					40:14	3:47	6:59
12:18	15:18	23:52	28:27	31:48	33:30	39:08	40:14	
	DEE						3:47	3:12
5:19	3:00	8:34	4:35	3:21	1:42	5:38	1:06	
	4 Clare Evans					45:05	3:52	7:49
14:20	18:23	28:25	33:17	36:40	38:37	44:19	45:05	
	LOC						3:52	3:57
6:31	4:03	10:02	4:52	3:23	1:57	5:42	0:46	

5 Anita Evans						57:28	6:16	10:09
16:19	20:17	35:25	40:38	44:19	46:27	54:20	57:28	
BL							6:16	3:53
6:10	3:58	15:08	5:13	3:41	2:08	7:53	3:08	

W50L (17)	4.7 km 140 m 14 C							
							1 (169)	2 (170)
3 (179)	4 (182)	5 (150)	6 (185)	7 (180)	8 (187)	9 (164)	10 (172)	11 (166)
12 (134)	13 (174)	14 (175)						

F

1 Debbie Thompson						43:35	2:15	4:27
7:52	11:22	13:51	18:20	20:20	27:36	31:24	34:02	35:59
39:10	41:06	42:55						
WCOC							2:15	2:12
3:25	3:30	2:29	4:29	2:00	7:16	3:48	2:38	1:57
3:11	1:56	1:49						

43:35

0:40

2 Julie Couch						45:15	2:38	4:52
8:11	12:14	14:30	19:21	21:39	28:09	31:47	34:30	36:54
40:15	42:29	44:32						
EPOC							2:38	2:14
3:19	4:03	2:16	4:51	2:18	6:30	3:38	2:43	2:24
3:21	2:14	2:03						

45:15

0:43

3 Jackie Chapman						47:14	3:16	5:29
9:28	13:13	16:11	20:48	22:47	28:50	32:48	35:43	38:34
42:04	44:19	46:17						
LOC							3:16	2:13
3:59	3:45	2:58	4:37	1:59	6:03	3:58	2:55	2:51
3:30	2:15	1:58						

47:14

0:57

4 Penny Bibby						47:28	2:43	4:40
10:13	13:19	15:13	20:11	22:44	31:10	35:16	37:44	39:37
42:57	45:01	46:54						
WCOC							2:43	1:57
5:33	3:06	1:54	4:58	2:33	8:26	4:06	2:28	1:53
3:20	2:04	1:53						

47:28

0:34

5 Judy Burge						49:23	2:37	5:00
8:38	13:19	15:36	20:59	23:24	30:48	35:18	38:25	40:35
44:15	46:24	48:38						
LOC							2:37	2:23
3:38	4:41	2:17	5:23	2:25	7:24	4:30	3:07	2:10
3:40	2:09	2:14						

49:23

0:45

6 Gill Browne						52:52	3:27	5:51
9:28	13:55	16:34	21:51	24:37	32:02	37:56	41:02	43:44
47:33	49:48	52:13						
LOC							3:27	2:24
3:37	4:27	2:39	5:17	2:46	7:25	5:54	3:06	2:42
3:49	2:15	2:25						

52:52

0:39

7 Ruth Charles						53:11	2:49	5:05
9:01	14:19	16:58	22:13	24:40	33:07	37:55	41:05	43:41
48:19	50:30	52:31						
LOC							2:49	2:16
3:56	5:18	2:39	5:15	2:27	8:27	4:48	3:10	2:36
4:38	2:11	2:01						
							53:11	
							0:40	
8 Marion Inchmore						54:14	3:01	5:39
9:43	14:23	16:51	23:11	26:15	33:25	38:08	41:17	44:07
48:29	51:17	53:39						
LOC							3:01	2:38
4:04	4:40	2:28	6:20	3:04	7:10	4:43	3:09	2:50
4:22	2:48	2:22						
							54:14	
							0:35	
9 Wendy Carlyle						57:15	3:17	6:08
10:33	15:22	18:23	25:32	28:19	35:58	40:38	44:33	47:16
51:25	53:54	56:32						
AIRE							3:17	2:51
4:25	4:49	3:01	7:09	2:47	7:39	4:40	3:55	2:43
4:09	2:29	2:38						
							57:15	
							0:43	
10 Judy Johnson						58:21	3:20	5:41
9:34	13:26	15:55	20:45	23:12	38:09	43:26	46:07	48:51
52:46	55:01	57:40						
BL							3:20	2:21
3:53	3:52	2:29	4:50	2:27	14:57	5:17	2:41	2:44
3:55	2:15	2:39						
							58:21	
							0:41	
11 Pat Hyslop						59:19	2:46	5:26
8:52	12:59	15:53	21:57	24:20	31:44	36:39	39:47	42:04
47:52	56:24	58:40						
WAROC							2:46	2:40
3:26	4:07	2:54	6:04	2:23	7:24	4:55	3:08	2:17
5:48	8:32	2:16						
							59:19	
							0:39	
12 Elaine Weston						63:42	2:46	5:09
11:47	16:01	18:20	23:57	34:56	42:15	49:10	52:13	54:30
58:12	60:33	63:08						
MDOC							2:46	2:23
6:38	4:14	2:19	5:37	10:59	7:19	6:55	3:03	2:17
3:42	2:21	2:35						
							63:42	
							0:34	
13 Anne Wilson						69:58	4:27	7:45
12:32	19:23	22:54	30:29	33:37	43:38	49:26	53:31	57:25
62:48	65:58	68:57						
LOC							4:27	3:18
4:47	6:51	3:31	7:35	3:08	10:01	5:48	4:05	3:54
5:23	3:10	2:59						
							69:58	
							1:01	
14 Pauline Richardson						70:56	5:59	8:55
15:56	29:26	31:45	37:05	39:54	49:01	54:04	57:50	60:57
65:12	67:37	70:00						

	LOC						5:59	2:56
7:01	13:30	2:19	5:20	2:49	9:07	5:03	3:46	3:07
4:15	2:25	2:23						
							70:56	
							0:56	
	15 Marie Roberts						72:13	6:13 9:14
13:22	18:40	21:34	27:57	30:45	45:25	52:50	56:23	59:37
64:41	68:00	70:57						
	MDOC						6:13	3:01
4:08	5:18	2:54	6:23	2:48	14:40	7:25	3:33	3:14
5:04	3:19	2:57						
							72:13	
							1:16	
	16 Judith Filmore						72:42	3:26 6:38
14:03	18:47	22:33	28:56	32:01	40:48	46:20	50:19	53:55
60:22	67:59	71:42						
	LOC						3:26	3:12
7:25	4:44	3:46	6:23	3:05	8:47	5:32	3:59	3:36
6:27	7:37	3:43						
							72:42	
							1:00	
	17 Alison Doyle						89:03	6:34 10:40
21:09	27:21	31:02	40:03	44:05	56:37	64:22	68:57	72:42
80:27	84:21	87:47						
	MDOC						6:34	4:06
10:29	6:12	3:41	9:01	4:02	12:32	7:45	4:35	3:45
7:45	3:54	3:26						
							89:03	
							1:16	

W55S (3)			3.0 km 125 m 9 C					
							1 (168)	2 (170)
3 (146)	4 (193)	5 (165)	6 (173)	7 (140)	8 (134)	9 (175)	F	
	1 Sally Rollo						43:38	4:37 8:47
14:55	18:11	26:08	30:47	34:29	36:44	42:46	43:38	
	SOLWAY						4:37	4:10
6:08	3:16	7:57	4:39	3:42	2:15	6:02	0:52	
	2 Catherine Dawson						48:01	4:41 9:59
15:42	23:43	31:29	36:03	39:21	41:17	47:07	48:01	
	NATO						4:41	5:18
5:43	8:01	7:46	4:34	3:18	1:56	5:50	0:54	
	3 Sue Emerson						58:13	4:10 11:06
18:10	22:07	34:15	43:17	47:20	49:57	56:59	58:13	
	WCOC						4:10	6:56
7:04	3:57	12:08	9:02	4:03	2:37	7:02	1:14	

W55L (11)			4.0 km 125 m 12 C					
							1 (169)	2 (170)
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)		F						
	1 Margaret Dalglish						47:44	2:36 5:15
9:56	16:25	25:52	27:34	30:57	36:02	38:56	42:35	45:11
46:08	47:44							

	ESOC						2:36	2:39
4:41	6:29	9:27	1:42	3:23	5:05	2:54	3:39	2:36
0:57	1:36							
							24:07	
							*180	
	2 Jan Clenaghan					48:55	2:55	5:40
10:32	14:27	22:47	25:02	28:24	35:52	39:11	43:17	46:00
47:06	48:55							
	SOLWAY						2:55	2:45
4:52	3:55	8:20	2:15	3:22	7:28	3:19	4:06	2:43
1:06	1:49							
	3 Janet Nash					49:00	2:54	5:43
10:47	14:32	22:09	24:31	29:10	35:27	39:07	43:13	45:51
47:12	49:00							
	LOC						2:54	2:49
5:04	3:45	7:37	2:22	4:39	6:17	3:40	4:06	2:38
1:21	1:48							
	4 Miriam Rosen					51:10	3:43	6:51
12:33	16:44	23:35	26:01	29:17	35:59	41:41	45:41	48:25
49:24	51:10							
	SROC						3:43	3:08
5:42	4:11	6:51	2:26	3:16	6:42	5:42	4:00	2:44
0:59	1:46							
	5 Linda Collison					52:13	3:43	6:38
12:29	17:19	24:29	26:54	30:43	37:24	41:17	45:38	48:26
49:56	52:13							
	BL						3:43	2:55
5:51	4:50	7:10	2:25	3:49	6:41	3:53	4:21	2:48
1:30	2:17							
	6 Jenny Wren					53:46	2:53	5:11
9:56	14:23	20:48	28:42	34:26	39:47	42:59	47:03	50:51
51:57	53:46							
	BL						2:53	2:18
4:45	4:27	6:25	7:54	5:44	5:21	3:12	4:04	3:48
1:06	1:49							
	7 Jillyan Dobby					54:33	3:11	6:12
11:45	15:57	23:14	25:59	29:43	36:18	39:56	44:46	47:29
52:09	54:33							
	MDOC						3:11	3:01
5:33	4:12	7:17	2:45	3:44	6:35	3:38	4:50	2:43
4:40	2:24							
	8 Diana McClure					57:06	3:01	5:49
11:04	16:41	24:30	26:48	36:26	43:00	46:43	51:17	53:50
55:01	57:06							
	LOC						3:01	2:48
5:15	5:37	7:49	2:18	9:38	6:34	3:43	4:34	2:33
1:11	2:05							
	9 Barbara Heathcote					57:17	3:22	6:27
11:41	16:08	29:04	31:18	34:48	42:11	45:57	50:14	53:08
54:58	57:17							
	WCH						3:22	3:05
5:14	4:27	12:56	2:14	3:30	7:23	3:46	4:17	2:54
1:50	2:19							
	10 Susan Denmark					59:53	3:21	6:38
12:26	18:12	26:35	29:25	33:30	40:07	44:14	50:59	55:32
57:25	59:53							
	SROC						3:21	3:17
5:48	5:46	8:23	2:50	4:05	6:37	4:07	6:45	4:33
1:53	2:28							

11 Janis Mingay						59:55	3:12	6:02
13:29	18:25	27:26	30:02	34:10	41:35	45:22	50:25	53:26
57:59	59:55							
LOC							3:12	2:50
7:27	4:56	9:01	2:36	4:08	7:25	3:47	5:03	3:01
4:33	1:56							

W60S (1)						3.0 km	125 m	9 C
							1 (168)	2 (170)
3 (146)	4 (193)	5 (165)	6 (173)	7 (140)	8 (134)	9 (175)	F	
1 Angela Towler						91:50	6:17	34:40
43:19	49:41	62:08	68:54	75:21	79:13	89:17	91:50	
LOC							6:17	28:23
8:39	6:22	12:27	6:46	6:27	3:52	10:04	2:33	

W60L (11)						4.0 km	125 m	12 C
							1 (169)	2 (170)
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)	F							

1 Jean Lochhead						41:26	2:47	5:09
9:17	12:39	18:35	20:44	24:11	30:36	33:40	37:08	39:01
40:00	41:26							
EPOC							2:47	2:22
4:08	3:22	5:56	2:09	3:27	6:25	3:04	3:28	1:53
0:59	1:26							
2 Jill Gorvett						47:24	3:31	6:09
11:10	15:43	22:24	24:46	28:14	33:57	37:34	41:34	43:54
45:26	47:24							
SYO							3:31	2:38
5:01	4:33	6:41	2:22	3:28	5:43	3:37	4:00	2:20
1:32	1:58							
3 Joan Cumpstey						49:23	3:38	6:18
11:51	17:20	23:55	26:12	30:12	36:11	39:42	43:43	46:28
47:33	49:23							
BL							3:38	2:40
5:33	5:29	6:35	2:17	4:00	5:59	3:31	4:01	2:45
1:05	1:50							
4 Gill Mawby						49:27	2:42	10:10
14:59	19:14	25:22	27:41	31:06	36:30	39:38	43:24	45:55
47:26	49:27							
EBOR							2:42	7:28
4:49	4:15	6:08	2:19	3:25	5:24	3:08	3:46	2:31
1:31	2:01							
5 Helen Neild						49:30	2:55	5:27
11:22	15:15	21:32	25:16	30:18	36:04	39:11	43:40	46:33
47:35	49:30							
LOC							2:55	2:32
5:55	3:53	6:17	3:44	5:02	5:46	3:07	4:29	2:53
1:02	1:55							
6 Jan Ellis						51:11	4:01	6:50
12:04	19:29	26:12	28:56	32:11	37:51	41:35	45:43	48:18
49:44	51:11							
MDOC							4:01	2:49
5:14	7:25	6:43	2:44	3:15	5:40	3:44	4:08	2:35
1:26	1:27							

	DEE						2:56	2:28
5:57	4:40	9:26	3:56	4:37	2:59	1:55	2:59	1:23
1:52								
2	Judy Douglas					45:46	3:14	5:31
12:20	18:07	25:23	29:44	34:14	37:29	39:11	42:12	43:30
45:46								
	POTOC						3:14	2:17
6:49	5:47	7:16	4:21	4:30	3:15	1:42	3:01	1:18
2:16								
3	Rae Lomas					46:05	3:07	5:31
11:56	17:05	25:52	29:40	34:07	37:27	39:40	42:27	43:58
46:05								
	MDOC						3:07	2:24
6:25	5:09	8:47	3:48	4:27	3:20	2:13	2:47	1:31
2:07								
4	Jane McQuillen					46:28	3:11	5:37
12:23	18:18	26:04	29:36	33:49	37:06	39:15	42:15	43:43
46:28								
	SOLWAY						3:11	2:26
6:46	5:55	7:46	3:32	4:13	3:17	2:09	3:00	1:28
2:45								
5	Shirley Moss					49:42	3:03	5:22
14:12	20:54	29:18	33:33	37:31	40:31	42:43	45:54	47:23
49:42								
	BL						3:03	2:19
8:50	6:42	8:24	4:15	3:58	3:00	2:12	3:11	1:29
2:19								
6	Frances Heron					52:24	3:06	5:45
12:41	19:19	27:50	34:29	40:02	43:31	45:43	48:34	49:57
52:24								
	SELOC						3:06	2:39
6:56	6:38	8:31	6:39	5:33	3:29	2:12	2:51	1:23
2:27								
7	Louise Wilson					57:11	3:00	5:01
18:50	28:58	36:52	40:46	45:40	48:50	50:35	53:45	55:07
57:11								
	BL						3:00	2:01
13:49	10:08	7:54	3:54	4:54	3:10	1:45	3:10	1:22
2:04								
8	Judy Suddaby					57:15	3:17	5:58
17:21	23:15	31:49	36:07	44:59	48:12	50:17	53:27	54:47
57:15								
	BL						3:17	2:41
11:23	5:54	8:34	4:18	8:52	3:13	2:05	3:10	1:20
2:28								
9	Marguerite Pennell					61:40	5:06	7:44
15:11	20:30	37:37	43:28	48:16	51:54	53:50	56:32	59:25
61:40								
	WCOC						5:06	2:38
7:27	5:19	17:07	5:51	4:48	3:38	1:56	2:42	2:53
2:15								
10	Judith Robb					73:53	6:08	9:12
30:17	37:51	47:10	51:24	57:02	61:07	64:02	69:09	70:49
73:53								
	CLOK						6:08	3:04
21:05	7:34	9:19	4:14	5:38	4:05	2:55	5:07	1:40
3:04								

3 (179)	4 (145)	5 (166)	6 (165)	7 (173)	8 (140)	9 (134)	1 (178) 10 (167)	2 (132) 11 (174)
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F

1 Clarissa Napier							53:52	3:07	5:44
13:02	19:00	28:35	32:55	40:32	44:27	46:50	49:57	51:30	
53:52									
CLOK							3:07	2:37	
7:18	5:58	9:35	4:20	7:37	3:55	2:23	3:07	1:33	
2:22									
2 Barbara Plant							55:04	5:13	7:46
14:48	20:54	30:39	35:18	40:55	44:43	47:13	50:31	52:31	
55:04									
BL							5:13	2:33	
7:02	6:06	9:45	4:39	5:37	3:48	2:30	3:18	2:00	
2:33									
3 Joan Arnold							56:35	3:18	6:45
16:42	22:32	30:50	36:04	41:19	44:45	46:32	49:30	54:35	
56:35									
SELOC							3:18	3:27	
9:57	5:50	8:18	5:14	5:15	3:26	1:47	2:58	5:05	
2:00									
4 Sue Birkinshaw							63:50	4:59	7:59
15:38	22:20	30:59	41:50	47:15	51:04	53:31	57:06	60:58	
63:50									
MDOC							4:59	3:00	
7:39	6:42	8:39	10:51	5:25	3:49	2:27	3:35	3:52	
2:52									

JM1 (3)							1.6 km	75 m	9 C
							1 (131)	2 (132)	
3 (137)	4 (196)	5 (197)	6 (134)	7 (189)	8 (198)	9 (143)	F		
1 James McCann							19:00	1:35	3:56
6:58	7:53	12:46	13:48	15:11	16:37	18:14	19:00		
MDOC							1:35	2:21	
3:02	0:55	4:53	1:02	1:23	1:26	1:37	0:46		
2 Thomas Edmonds							19:54	1:23	3:20
5:27	6:11	9:17	10:27	14:58	16:14	18:32	19:54		
BARRO							1:23	1:57	
2:07	0:44	3:06	1:10	4:31	1:16	2:18	1:22		
3 Alastair Thomas							27:16	2:54	7:52
10:33	11:24	19:09	20:38	23:25	24:45	26:31	27:16		
WCOC							2:54	4:58	
2:41	0:51	7:45	1:29	2:47	1:20	1:46	0:45		

JM2 (1)							2.2 km	115 m	12 C
							1 (131)	2 (132)	
3 (133)	4 (192)	5 (195)	6 (138)	7 (144)	8 (190)	9 (134)	10 (189)	11 (198)	
12 (143)	F								
1 James Ackland							20:09	1:22	3:05
6:16	7:23	8:53	11:00	12:23	14:03	15:07	16:47	17:44	
19:10	20:09								
INT							1:22	1:43	
3:11	1:07	1:30	2:07	1:23	1:40	1:04	1:40	0:57	
1:26	0:59								

JM3 (11)

2.8 km 130 m 12 C

1 (148) 2 (132)
 3 (133) 4 (171) 5 (191) 6 (142) 7 (149) 8 (139) 9 (140) 10 (134) 11 (135)
 12 (143) F

1 Alistair Thornton		26:42	1:27	2:52
5:37	6:57	9:50	15:26	17:16
18:49	19:45	21:05	23:29	
26:09	26:42			
MDOC			1:27	1:25
2:45	1:20	2:53	5:36	1:50
2:40	0:33	1:33	0:56	1:20
				2:24
2 Paul Eaton		31:12	1:56	3:46
7:32	9:14	15:56	20:43	22:41
24:29	25:11	26:39	28:35	
30:30	31:12			
WCOC			1:56	1:50
3:46	1:42	6:42	4:47	1:58
1:55	0:42	1:48	0:42	1:28
				1:56
3 Harry Rogerson		33:33	1:43	3:30
7:15	9:13	13:24	19:03	21:26
23:42	25:10	26:59	30:01	
32:38	33:33			
LOC			1:43	1:47
3:45	1:58	4:11	5:39	2:23
2:37	0:55	2:16	1:28	1:49
				3:02
4 Angus Dobson		33:49	1:40	3:16
7:01	8:37	15:21	20:29	22:47
25:32	26:21	27:43	30:20	
32:59	33:49			
LOC			1:40	1:36
3:45	1:36	6:44	5:08	2:18
2:39	0:50	2:45	0:49	1:22
				2:37
5 Barnaby Warren		35:02	1:56	4:01
7:51	10:25	14:32	20:42	22:29
25:23	26:50	28:35	31:49	
34:10	35:02			
NN			1:56	2:05
3:50	2:34	4:07	6:10	1:47
2:21	0:52	2:54	1:27	1:45
				3:14
6 Matthew Fellbaum		36:42	2:27	4:18
8:27	10:38	14:10	21:20	24:10
26:57	28:32	30:05	33:43	
36:05	36:42			
MDOC			2:27	1:51
4:09	2:11	3:32	7:10	2:50
2:22	0:37	2:47	1:35	1:33
				3:38
7 Adam Perry		41:25	1:58	3:53
7:08	9:10	18:23	25:06	30:49
32:42	33:31	35:10	38:01	
40:24	41:25			
LOC			1:58	1:55
3:15	2:02	9:13	6:43	5:43
2:23	1:01	1:53	0:49	1:39
				2:51
8 Ben Hewson		49:21	1:56	4:00
7:14	9:20	27:46	34:14	36:03
38:31	39:49	41:55	46:04	
48:29	49:21			
LOC			1:56	2:04
3:14	2:06	18:26	6:28	1:49
2:25	0:52	2:28	1:18	2:06
				4:09
9 Jonathan Crabbe		92:36	3:27	5:19
9:27	12:07	63:42	76:59	79:29
81:59	82:50	84:44	89:42	
91:55	92:36			

	LOC						3:27	1:52
4:08	2:40	51:35	13:17	2:30	2:30	0:51	1:54	4:58
2:13	0:41							
	Christopher Brown					mp	1:21	3:01
5:57	7:53	15:11	26:36	31:26	34:14	-----	39:55	41:50
44:18	44:56							
	BL						1:21	1:40
2:56	1:56	7:18	11:25	4:50	2:48		5:41	1:55
2:28	0:38							
							34:46	
							*144	
	Tom McCann					mp	2:06	4:26
8:50	11:17	14:33	22:55	33:59	36:37	37:33	-----	41:50
44:25	45:21							
	MDOC						2:06	2:20
4:24	2:27	3:16	8:22	11:04	2:38	0:56		4:17
2:35	0:56							

JM4 (5)						3.1 km	130 m	10 C
							1 (169)	2 (170)
3 (171)	4 (193)	5 (165)	6 (173)	7 (140)	8 (134)	9 (174)	10 (175)	F
	1 Maxwell O'Hara					32:15	2:31	4:45
8:49	13:43	19:31	22:37	24:26	26:00	29:01	31:48	32:15
	LOC						2:31	2:14
4:04	4:54	5:48	3:06	1:49	1:34	3:01	2:47	0:27
	2 Malachy Buck					32:48	2:20	4:35
9:06	12:38	19:50	23:06	25:36	27:30	30:21	32:21	32:48
	LOC						2:20	2:15
4:31	3:32	7:12	3:16	2:30	1:54	2:51	2:00	0:27
	3 Andrew Benson					35:53	2:34	4:58
10:37	14:24	21:12	24:36	27:25	28:54	33:05	35:21	35:53
	LOC						2:34	2:24
5:39	3:47	6:48	3:24	2:49	1:29	4:11	2:16	0:32
	4 Michael Sherwen					46:01	2:59	5:57
12:20	19:30	30:46	35:00	37:29	39:30	42:31	45:22	46:01
	LOC						2:59	2:58
6:23	7:10	11:16	4:14	2:29	2:01	3:01	2:51	0:39
	5 Sam Lyons					61:08	2:31	5:01
10:14	21:03	33:57	37:49	40:48	42:38	57:37	60:30	61:08
	PFO						2:31	2:30
5:13	10:49	12:54	3:52	2:59	1:50	14:59	2:53	0:38

JM5S (9)						4.0 km	125 m	12 C
							1 (169)	2 (170)
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)		F						
	1 Ben Emerson					31:46	1:53	3:28
7:01	9:31	14:48	16:08	18:32	22:04	24:21	27:15	29:13
30:29	31:46							
	WCOC						1:53	1:35
3:33	2:30	5:17	1:20	2:24	3:32	2:17	2:54	1:58
1:16	1:17							

2 Jack Filmore						38:34	2:05	3:56
7:17	10:44	15:40	18:23	23:52	29:29	31:55	34:48	36:37
37:25	38:34							
LOC							2:05	1:51
3:21	3:27	4:56	2:43	5:29	5:37	2:26	2:53	1:49
0:48	1:09							
3 Alastair Pollitt						43:59	2:19	4:15
8:32	11:51	18:39	21:49	24:59	30:34	35:41	39:02	41:09
42:52	43:59							
WCOC							2:19	1:56
4:17	3:19	6:48	3:10	3:10	5:35	5:07	3:21	2:07
1:43	1:07							
4 Jack Perry						44:27	1:56	3:55
7:21	11:29	20:12	21:52	23:47	32:08	34:19	37:41	39:54
42:59	44:27							
LOC							1:56	1:59
3:26	4:08	8:43	1:40	1:55	8:21	2:11	3:22	2:13
3:05	1:28							
5 Tom Adams						44:55	3:04	5:27
11:06	14:36	23:07	25:19	28:38	33:58	37:15	40:59	42:44
43:38	44:55							
LOC							3:04	2:23
5:39	3:30	8:31	2:12	3:19	5:20	3:17	3:44	1:45
0:54	1:17							
6 Zephaniah Buck						46:00	2:37	5:10
11:11	14:40	23:47	25:49	28:46	33:48	36:43	40:55	43:16
44:23	46:00							
LOC							2:37	2:33
6:01	3:29	9:07	2:02	2:57	5:02	2:55	4:12	2:21
1:07	1:37							
7 Joshua Jenkinson						47:04	2:31	5:24
11:27	18:13	24:36	26:49	30:00	34:54	38:00	41:30	43:43
45:26	47:04							
LOC							2:31	2:53
6:03	6:46	6:23	2:13	3:11	4:54	3:06	3:30	2:13
1:43	1:38							
8 Nathan Metcalfe						50:48	2:19	4:33
12:06	16:14	26:58	29:07	32:05	37:41	41:30	45:17	47:39
48:59	50:48							
LOC							2:19	2:14
7:33	4:08	10:44	2:09	2:58	5:36	3:49	3:47	2:22
1:20	1:49							
9 Michael Hudson						60:01	3:53	6:14
23:23	27:19	36:53	38:22	41:05	45:56	50:21	53:28	55:45
58:47	60:01							
LOC							3:53	2:21
17:09	3:56	9:34	1:29	2:43	4:51	4:25	3:07	2:17
3:02	1:14							

JM5M (6)

6.1 km 190 m 14 C

1(168) 2(170)
3(146) 4(145) 5(180) 6(181) 7(184) 8(141) 9(163) 10(164) 11(172)
12(177) 13(134) 14(174)

F

1 Robert Browne						46:52	1:59	3:53
7:00	8:57	13:57	15:59	27:02	30:25	31:40	37:07	39:00
41:43	43:45	45:42						

							1:35	1:00
	2 Jonathan Malley					50:15	1:29	6:47
9:35	11:00	14:28	15:56	24:29	26:55	30:30	34:42	38:16
44:30	46:21	47:07						
	EBOR						1:29	5:18
2:48	1:25	3:28	1:28	8:33	2:26	3:35	4:12	3:34
6:14	1:51	0:46						
							49:08	50:15
							2:01	1:07
	3 Mark McLeod					53:12	1:37	5:56
8:37	10:08	14:18	15:57	25:19	27:34	31:45	36:47	40:39
47:18	49:28	50:23						
	ESOC						1:37	4:19
2:41	1:31	4:10	1:39	9:22	2:15	4:11	5:02	3:52
6:39	2:10	0:55						
							52:00	53:12
							1:37	1:12
	4 Steven Bragg					54:13	1:33	5:55
9:40	11:13	15:28	17:18	27:40	29:46	32:55	37:38	41:42
48:05	50:02	50:54						
	LOC						1:33	4:22
3:45	1:33	4:15	1:50	10:22	2:06	3:09	4:43	4:04
6:23	1:57	0:52						
							52:16	54:13
							1:22	1:57
	5 David Smyth					59:57	1:41	6:25
10:09	15:31	19:30	21:12	31:22	33:57	37:42	42:19	46:26
53:52	55:56	56:53						
	NATO						1:41	4:44
3:44	5:22	3:59	1:42	10:10	2:35	3:45	4:37	4:07
7:26	2:04	0:57						
							58:23	59:57
							1:30	1:34
	6 Philip Metcalfe					66:35	1:55	7:22
13:19	14:59	19:24	21:17	34:44	37:43	41:46	48:12	52:36
60:00	62:36	63:38						
	LOC						1:55	5:27
5:57	1:40	4:25	1:53	13:27	2:59	4:03	6:26	4:24
7:24	2:36	1:02						
							65:23	66:35
							1:45	1:12
	7 Christopher Marshall					79:07	2:08	8:19
16:45	18:25	22:47	24:52	40:19	44:05	51:48	57:17	63:23
72:05	74:52	75:55						
	LOC						2:08	6:11
8:26	1:40	4:22	2:05	15:27	3:46	7:43	5:29	6:06
8:42	2:47	1:03						
							77:35	79:07
							1:40	1:32
	8 Douglas Tickner					90:26	2:37	8:24
17:01	19:20	24:37	26:20	44:52	48:44	53:46	59:53	64:57
81:51	85:23	86:39						
	WCOC						2:37	5:47
8:37	2:19	5:17	1:43	18:32	3:52	5:02	6:07	5:04
16:54	3:32	1:16						
							88:39	90:26
77:50								
							2:00	1:47
*165								

JW1 (1)		1.6 km 75 m 9 C						
							1 (131)	2 (132)
3 (137)	4 (196)	5 (197)	6 (134)	7 (189)	8 (198)	9 (143)	F	
1 Emily Brown						13:57	1:11	2:40
4:23	6:09	8:20	9:15	10:50	11:39	13:05	13:57	
BL							1:11	1:29
1:43	1:46	2:11	0:55	1:35	0:49	1:26	0:52	

JW2 (6)		2.2 km 115 m 12 C						
							1 (131)	2 (132)
3 (133)	4 (192)	5 (195)	6 (138)	7 (144)	8 (190)	9 (134)	10 (189)	11 (198)
12 (143)	F							
1 Hannah Cleary Hughes						20:09	1:39	3:05
6:17	7:23	8:57	11:21	12:37	14:17	15:11	16:45	17:23
19:29	20:09							
LOC							1:39	1:26
3:12	1:06	1:34	2:24	1:16	1:40	0:54	1:34	0:38
2:06	0:40							
2 Anne Ockenden						22:52	1:25	2:55
6:19	7:34	9:21	12:08	13:45	16:34	17:43	19:18	20:27
22:08	22:52							
SROC							1:25	1:30
3:24	1:15	1:47	2:47	1:37	2:49	1:09	1:35	1:09
1:41	0:44							
3 Kate Skinner						26:30	2:05	3:51
8:35	10:12	12:21	16:10	17:49	19:39	20:48	22:28	24:00
25:43	26:30							
WCOC							2:05	1:46
4:44	1:37	2:09	3:49	1:39	1:50	1:09	1:40	1:32
1:43	0:47							
4 Phoebe Jesson						29:22	2:00	3:50
8:31	10:16	13:06	16:47	18:57	21:29	22:55	24:52	25:57
28:04	29:22							
PFO							2:00	1:50
4:41	1:45	2:50	3:41	2:10	2:32	1:26	1:57	1:05
2:07	1:18							
5 Evelyn Elmes						34:57	2:07	4:01
9:13	11:23	14:12	18:44	21:33	23:43	25:06	27:31	29:59
33:13	34:57							
DEE							2:07	1:54
5:12	2:10	2:49	4:32	2:49	2:10	1:23	2:25	2:28
3:14	1:44							
6 Ailsa O'Donoghue						70:56	4:17	8:20
22:26	28:45	35:04	44:08	51:52	55:53	58:56	62:42	65:15
68:53	70:56							
SOLWAY							4:17	4:03
14:06	6:19	6:19	9:04	7:44	4:01	3:03	3:46	2:33
3:38	2:03							

JW3 (4)		2.8 km 130 m 12 C						
							1 (148)	2 (132)
3 (133)	4 (171)	5 (191)	6 (142)	7 (149)	8 (139)	9 (140)	10 (134)	11 (135)
12 (143)	F							

1 Natalie Beadle						30:36	1:32	3:05
5:57	8:59	14:29	18:43	19:58	22:05	24:15	25:38	27:42
29:37	30:36							
LOC							1:32	1:33
2:52	3:02	5:30	4:14	1:15	2:07	2:10	1:23	2:04
1:55	0:59							
2 Helen Ockenden						34:24	1:59	3:42
7:35	9:56	12:32	19:05	24:37	26:38	27:26	29:03	31:28
33:37	34:24							
SROC							1:59	1:43
3:53	2:21	2:36	6:33	5:32	2:01	0:48	1:37	2:25
2:09	0:47							
3 Chloe Bell						50:10	2:16	4:31
9:04	11:34	15:27	26:50	28:51	31:51	32:51	35:22	46:53
49:20	50:10							
LOC							2:16	2:15
4:33	2:30	3:53	11:23	2:01	3:00	1:00	2:31	11:31
2:27	0:50							
4 Rebecca Cummings						54:01	3:09	6:14
11:48	15:22	20:33	29:34	33:02	36:43	38:25	41:46	48:13
52:54	54:01							
WCOC							3:09	3:05
5:34	3:34	5:11	9:01	3:28	3:41	1:42	3:21	6:27
4:41	1:07							
							2:29	
							*131	

8 Amelia Elliott						46:35	3:24	5:54
11:00	20:32	27:22	35:53	38:10	39:50	42:52	45:45	46:35
LOC							3:24	2:30
5:06	9:32	6:50	8:31	2:17	1:40	3:02	2:53	0:50
9 Hannah Horsewill						58:34	4:46	9:10
18:37	24:29	37:43	43:54	48:43	51:03	54:37	57:56	58:34
NOC							4:46	4:24
9:27	5:52	13:14	6:11	4:49	2:20	3:34	3:19	0:38
10 Kathryn Brown						59:18	4:38	6:48
16:29	23:58	34:14	38:57	42:09	45:02	53:27	57:57	59:18
LOC							4:38	2:10
9:41	7:29	10:16	4:43	3:12	2:53	8:25	4:30	1:21
11 Lisa Quickfall						63:16	2:38	5:49
14:27	25:46	36:41	44:04	48:54	51:03	58:52	62:37	63:16
SROC							2:38	3:11
8:38	11:19	10:55	7:23	4:50	2:09	7:49	3:45	0:39
Helen Elmes						mp	2:49	6:20
-----	-----	-----	-----	-----	43:58	46:45	-----	49:29
DEE							2:49	3:31
37:38	2:47		2:44					

JW5S (3)						4.0 km 125 m 12 C		
							1 (169)	2 (170)
3 (146)	4 (150)	5 (151)	6 (180)	7 (181)	8 (172)	9 (173)	10 (134)	11 (167)
12 (174)		F						

1 Jessica Myers						51:51	3:10	5:35
11:50	16:16	25:16	28:08	31:57	39:08	42:26	46:44	49:09
50:25	51:51							
LOC							3:10	2:25
6:15	4:26	9:00	2:52	3:49	7:11	3:18	4:18	2:25
1:16	1:26							
2 Rebecca Quickfall						58:46	2:42	5:27
11:23	16:23	30:08	32:14	36:10	43:25	47:22	51:51	54:52
56:48	58:46							
SROC							2:42	2:45
5:56	5:00	13:45	2:06	3:56	7:15	3:57	4:29	3:01
1:56	1:58							
3 Danielle Gabbert						62:15	3:16	5:55
11:05	16:00	34:00	36:23	39:46	47:39	51:33	56:00	59:05
60:17	62:15							
LOC							3:16	2:39
5:10	4:55	18:00	2:23	3:23	7:53	3:54	4:27	3:05
1:12	1:58							

JW5L (2)						6.1 km 190 m 14 C		
							1 (168)	2 (170)
3 (146)	4 (145)	5 (180)	6 (181)	7 (184)	8 (141)	9 (163)	10 (164)	11 (172)
12 (177)	13 (134)	14 (174)						
F								
1 Alison Fryer						66:51	3:03	5:39
10:40	13:35	21:28	25:04	37:15	42:24	44:14	52:27	55:30
59:32	62:44	65:15						

	WAROC						7:24	3:15
5:13		7:55	2:41			9:26	13:37	
*143								
	Hazel Laverack					mp	4:38	9:37
15:09	-----	23:22	26:08	-----	-----	37:01	46:50	
37:08	39:06	39:12						
	WAROC						4:38	4:59
5:32		8:13	2:46			10:53	9:49	
*143	*143	*143						
							40:49	41:23
94:06								
							*143	*143
*102								

YELLOW	(8)					2.2 km	115 m	12 C
							1 (131)	2 (132)
3 (133)	4 (192)	5 (195)	6 (138)	7 (144)	8 (190)	9 (134)	10 (189)	11 (198)
12 (143)	F							
	1 Amy Whitehead					35:53	1:40	3:49
8:23	10:11	12:26	15:57	21:11	27:52	28:52	30:58	32:23
34:42	35:53							
	WAROC						1:40	2:09
4:34	1:48	2:15	3:31	5:14	6:41	1:00	2:06	1:25
2:19	1:11							
	2 Rachel Whitehead					43:33	3:00	6:32
12:15	14:49	18:18	22:57	25:07	30:16	33:02	36:15	37:45
41:13	43:33							
	WAROC						3:00	3:32
5:43	2:34	3:29	4:39	2:10	5:09	2:46	3:13	1:30
3:28	2:20							
	3 Jennifer Ramsay					50:01	3:16	6:16
13:52	16:11	19:38	25:23	27:47	31:15	34:11	38:14	39:39
45:49	50:01							
	WAROC						3:16	3:00
7:36	2:19	3:27	5:45	2:24	3:28	2:56	4:03	1:25
6:10	4:12							
	4 Charlotte Robinson					50:26	2:25	7:13
15:57	18:34	23:13	27:22	32:53	34:46	40:07	43:38	45:25
48:46	50:26							
	IND						2:25	4:48
8:44	2:37	4:39	4:09	5:31	1:53	5:21	3:31	1:47
3:21	1:40							
	5 Lucy Davis					50:46	3:19	6:23
14:06	16:16	19:58	24:30	28:11	32:23	36:26	40:41	43:24
47:24	50:46							
	WAROC						3:19	3:04
7:43	2:10	3:42	4:32	3:41	4:12	4:03	4:15	2:43
4:00	3:22							
	6 Heather Eaton					51:10	2:26	5:42
15:23	18:14	22:07	28:08	31:41	37:00	39:25	42:21	45:41
49:16	51:10							
	WCOC						2:26	3:16
9:41	2:51	3:53	6:01	3:33	5:19	2:25	2:56	3:20
3:35	1:54							
	7 Dougal Vecqueray					63:11	4:20	9:24
17:42	20:08	26:22	40:35	45:51	48:59	50:52	55:47	57:14
60:53	63:11							

	IND						4:20	5:04
8:18	2:26	6:14	14:13	5:16	3:08	1:53	4:55	1:27
3:39	2:18							
	Anna Davies					mp	-----	-----
-----	-----	-----	-----	-----	-----	-----	-----	-----
16:17	29:50							
	WAROC							
16:17	13:33							
							17:49	20:02
20:53	22:06	22:26	23:42	24:14				
							*143	*143
*143	*143	*143	*143	*143				

ORANGE	(7)					2.8 km	130 m	12 C
							1 (148)	2 (132)
3 (133)	4 (171)	5 (191)	6 (142)	7 (149)	8 (139)	9 (140)	10 (134)	11 (135)
12 (143)	F							
	1 Jon Eaton					41:45	1:48	3:56
7:32	9:27	12:32	24:06	27:09	29:55	31:01	33:57	38:03
40:29	41:45							
	WCOC						1:48	2:08
3:36	1:55	3:05	11:34	3:03	2:46	1:06	2:56	4:06
2:26	1:16							
	2 Kirsten Bell					61:04	4:13	6:10
10:43	12:25	38:09	45:41	49:17	51:26	52:24	54:17	57:36
60:17	61:04							
	LOC						4:13	1:57
4:33	1:42	25:44	7:32	3:36	2:09	0:58	1:53	3:19
2:41	0:47							
	3 Peter Huzan					62:46	5:05	43:09
45:42	47:19	49:33	53:56	55:04	56:40	57:19	58:40	60:15
62:03	62:46							
	SLOW						5:05	38:04
2:33	1:37	2:14	4:23	1:08	1:36	0:39	1:21	1:35
1:48	0:43							
							6:26	8:41
12:34	14:55	19:57	28:25	30:58	33:37	35:56	37:06	38:54
							*168	*170
*146	*145	*151	*164	*172	*177	*171	*134	*167
	4 Fergus & India Spiller					63:45	2:33	4:40
9:11	11:30	37:57	45:46	48:58	52:13	53:43	56:36	60:17
62:59	63:45							
	NATO						2:33	2:07
4:31	2:19	26:27	7:49	3:12	3:15	1:30	2:53	3:41
2:42	0:46							
	5 3 Scottish Dancers					67:09	2:58	6:28
13:25	17:17	25:50	35:16	39:49	45:34	47:43	53:09	59:13
64:22	67:09							
	NGOC						2:58	3:30
6:57	3:52	8:33	9:26	4:33	5:45	2:09	5:26	6:04
5:09	2:47							
	6 Pamela Martley					93:36	13:03	15:54
21:53	25:47	31:00	61:04	63:36	67:13	69:07	71:42	86:50
92:15	93:36							
	MDOC						13:03	2:51
5:59	3:54	5:13	30:04	2:32	3:37	1:54	2:35	15:08
5:25	1:21							

	Jenny Jones					mp	10:51	18:29	
23:21	28:03	-----	-----	-----	-----	-----	-----	-----	---
--									
	LOC						10:51	7:38	
4:52	4:42								

LIGHT GREEN (20)						3.1 km	130 m	10 C
							1 (169)	2 (170)
3 (171)	4 (193)	5 (165)	6 (173)	7 (140)	8 (134)	9 (174)	10 (175)	F
	1 Thomas Ryding					33:47	2:36	5:08
10:18	13:41	20:01	23:35	26:29	27:56	30:35	33:06	33:47
	DEE						2:36	2:32
5:10	3:23	6:20	3:34	2:54	1:27	2:39	2:31	0:41
	2 Natalie Burns					36:47	4:24	7:03
12:27	15:42	22:17	26:50	29:46	31:26	33:51	36:01	36:47
	WCOC						4:24	2:39
5:24	3:15	6:35	4:33	2:56	1:40	2:25	2:10	0:46
	3 Moira Chapman					37:59	3:16	6:07
12:01	16:44	23:43	27:38	30:19	32:01	34:36	37:10	37:59
	SYO						3:16	2:51
5:54	4:43	6:59	3:55	2:41	1:42	2:35	2:34	0:49
	4 Simon Lewis					38:25	4:38	6:56
11:11	15:33	27:11	30:37	32:31	33:53	36:00	37:52	38:25
	LOC						4:38	2:18
4:15	4:22	11:38	3:26	1:54	1:22	2:07	1:52	0:33
	5 Stan Johnston					39:03	3:06	6:23
12:43	16:46	24:14	28:35	31:26	33:13	35:44	38:18	39:03
	LOC						3:06	3:17
6:20	4:03	7:28	4:21	2:51	1:47	2:31	2:34	0:45
	6 Michael Austin					42:02	3:08	6:03
12:58	16:37	24:36	29:34	32:46	34:50	38:15	41:11	42:02
	BARRO						3:08	2:55
6:55	3:39	7:59	4:58	3:12	2:04	3:25	2:56	0:51
	7 Ann Metcalfe					44:33	4:19	7:34
13:53	18:01	25:49	30:17	33:54	36:06	40:54	43:52	44:33
	LOC						4:19	3:15
6:19	4:08	7:48	4:28	3:37	2:12	4:48	2:58	0:41
	8 Verena Johnston					45:30	3:26	6:49
13:52	18:33	26:22	31:38	35:39	38:02	41:31	44:37	45:30
	LOC						3:26	3:23
7:03	4:41	7:49	5:16	4:01	2:23	3:29	3:06	0:53
	9 Eileen Maxwell					49:52	3:23	11:20
17:46	23:03	30:46	35:13	38:13	39:59	45:49	49:00	49:52
	RR						3:23	7:57
6:26	5:17	7:43	4:27	3:00	1:46	5:50	3:11	0:52
	10 Elizabeth Watton					50:57	3:05	8:29
15:30	20:35	29:02	34:11	37:48	40:06	45:56	50:09	50:57
	LOC						3:05	5:24
7:01	5:05	8:27	5:09	3:37	2:18	5:50	4:13	0:48
	11 Robert Watton					51:12	3:00	9:02
15:46	20:22	28:58	34:14	38:00	40:33	45:53	50:05	51:12
	LOC						3:00	6:02
6:44	4:36	8:36	5:16	3:46	2:33	5:20	4:12	1:07
	12 Michael Purcell					52:50	3:52	6:46
22:16	26:27	34:12	38:30	41:46	43:53	49:15	52:06	52:50
	DEE						3:52	2:54
15:30	4:11	7:45	4:18	3:16	2:07	5:22	2:51	0:44

13 Margaret Buckley						53:29	3:22	6:52
13:14	23:29	35:07	39:58	43:38	45:35	49:19	52:35	53:29
LOC							3:22	3:30
6:22	10:15	11:38	4:51	3:40	1:57	3:44	3:16	0:54
14 Jonathan Poirrette						54:32	3:09	5:40
10:03	23:35	30:12	34:25	37:58	39:54	51:02	53:44	54:32
IND							3:09	2:31
4:23	13:32	6:37	4:13	3:33	1:56	11:08	2:42	0:48
15 Christine Mahony						57:47	3:56	7:47
15:28	20:58	33:35	39:44	44:07	46:42	52:33	56:37	57:47
FVO							3:56	3:51
7:41	5:30	12:37	6:09	4:23	2:35	5:51	4:04	1:10
16 Ewan Mahony						59:47	5:52	10:04
17:25	23:41	35:43	41:40	46:13	49:27	54:38	58:41	59:47
FVO							5:52	4:12
7:21	6:16	12:02	5:57	4:33	3:14	5:11	4:03	1:06
17 Maurice Collett						63:05	4:56	9:49
18:22	25:04	34:56	41:51	47:27	51:18	56:57	61:32	63:05
SROC							4:56	4:53
8:33	6:42	9:52	6:55	5:36	3:51	5:39	4:35	1:33
18 K & S Jonesrick						72:12	12:38	20:57
28:04	38:25	51:07	57:02	61:08	63:35	67:43	71:04	72:12
IND							12:38	8:19
7:07	10:21	12:42	5:55	4:06	2:27	4:08	3:21	1:08
Yvonne Brittain						mp	3:43	7:54
37:40	-----	-----	-----	-----	-----	-----	-----	
SROC							3:43	4:11
29:46								
Katie Mycock						mp	2:28	4:50
9:18	28:43	35:40	-----	48:14	50:28	54:54	56:59	57:41
MDOC							2:28	2:22
4:28	19:25	6:57		12:34	2:14	4:26	2:05	0:42