

BINSEY CUMBRIAN GALOPPEN November 7th 2010

Mon 08/11/2010 21:33

Split time results

created by [OE2003 © Stephan Krämer 2008](#)

Pl Name						Time		
Yellow (32)						2.4 km	75 m	13 C
							1 (163)	2 (147)
3 (152)	4 (168)	5 (158)	6 (118)	7 (160)	8 (159)	9 (119)	10 (146)	11 (162)
12 (154)	13 (164)		F					
1 Callum Mitchell						21:53	0:22	1:58
5:13	6:01	7:39	10:04	11:41	13:06	15:08	17:01	18:57
20:16	21:32	21:53						
LOC							0:22	1:36
3:15	0:48	1:38	2:25	1:37	1:25	2:02	1:53	1:56
1:19	1:16	0:21						
2 Daisy Fletcher-Coone						22:08	0:38	2:42
5:23	6:27	8:55	10:59	12:08	13:28	14:28	16:20	18:55
20:24	21:47	22:08						
LOC							0:38	2:04
2:41	1:04	2:28	2:04	1:09	1:20	1:00	1:52	2:35
1:29	1:23	0:21						
3 Chris Telford						22:41	0:35	2:34
5:14	6:20	8:41	10:46	11:57	13:31	14:42	16:34	19:03
20:46	22:17	22:41						
WCOC							0:35	1:59
2:40	1:06	2:21	2:05	1:11	1:34	1:11	1:52	2:29
1:43	1:31	0:24						
4 George Hudson-Chang						23:02	0:29	2:17
4:51	5:47	7:52	9:30	10:42	12:24	13:44	15:56	18:24
21:03	22:34	23:02						
LOC							0:29	1:48
2:34	0:56	2:05	1:38	1:12	1:42	1:20	2:12	2:28
2:39	1:31	0:28						
5 Kenny Wilson						23:59	0:24	2:14
4:26	5:28	7:20	9:08	10:07	11:27	16:15	18:16	20:40
22:10	23:26	23:59						
BL							0:24	1:50
2:12	1:02	1:52	1:48	0:59	1:20	4:48	2:01	2:24
1:30	1:16	0:33						
6 Sam Campion						24:16	0:45	2:44
5:19	6:26	8:36	10:49	12:34	14:21	15:53	17:51	20:30
22:07	23:43	24:16						
IND							0:45	1:59
2:35	1:07	2:10	2:13	1:45	1:47	1:32	1:58	2:39
1:37	1:36	0:33						
7 Katie Dixon						25:00	0:34	2:32
5:28	6:34	9:01	11:07	12:51	14:28	15:56	17:57	21:18
23:01	24:32	25:00						
LOC							0:34	1:58
2:56	1:06	2:27	2:06	1:44	1:37	1:28	2:01	3:21
1:43	1:31	0:28						
8 Niamh Hunter						25:43	0:39	2:55
5:57	6:53	9:06	11:11	12:49	15:36	17:19	19:37	21:49
23:51	25:22	25:43						

	WCOC						0:39	2:16
3:02	0:56	2:13	2:05	1:38	2:47	1:43	2:18	2:12
2:02	1:31	0:21						
	9 Lucy Ball				26:20		0:35	3:19
6:09	7:03	9:57	11:57	12:59	14:24	15:49	18:07	21:50
23:57	25:50	26:20						
	LOC						0:35	2:44
2:50	0:54	2:54	2:00	1:02	1:25	1:25	2:18	3:43
2:07	1:53	0:30						
	10 Charlie Butterworth				26:22		0:27	2:51
6:50	7:46	10:33	12:53	14:12	15:45	17:07	19:07	22:41
24:26	25:57	26:22						
	LOC						0:27	2:24
3:59	0:56	2:47	2:20	1:19	1:33	1:22	2:00	3:34
1:45	1:31	0:25						
	11 Matthew Taplin				27:36		0:33	2:52
7:21	8:29	10:49	13:04	15:12	16:57	18:33	20:22	23:40
25:32	27:03	27:36						
	LOC						0:33	2:19
4:29	1:08	2:20	2:15	2:08	1:45	1:36	1:49	3:18
1:52	1:31	0:33						
	12 Mary Barron				27:40		0:41	2:50
5:43	6:42	9:15	11:42	13:29	15:29	17:41	20:11	23:06
25:16	27:08	27:40						
	LOC						0:41	2:09
2:53	0:59	2:33	2:27	1:47	2:00	2:12	2:30	2:55
2:10	1:52	0:32						
	13 Ruth Jennings				28:44		1:01	3:36
7:16	8:29	11:17	14:20	16:46	19:14	20:29	22:50	25:38
27:05	28:20	28:44						
	WCOC						1:01	2:35
3:40	1:13	2:48	3:03	2:26	2:28	1:15	2:21	2:48
1:27	1:15	0:24						
	14 Grace Pugh				30:54		0:52	3:19
6:16	7:31	10:03	12:31	15:17	18:23	20:07	22:40	25:21
28:06	30:16	30:54						
	LOC						0:52	2:27
2:57	1:15	2:32	2:28	2:46	3:06	1:44	2:33	2:41
2:45	2:10	0:38						
	15 Kate Gillies				31:21		0:33	2:38
5:31	6:39	9:21	12:26	14:18	17:09	20:27	23:02	26:33
28:55	30:44	31:21						
	LOC						0:33	2:05
2:53	1:08	2:42	3:05	1:52	2:51	3:18	2:35	3:31
2:22	1:49	0:37						
	16 Elisa Jarvis-Todd				31:22		0:33	2:42
5:35	6:38	9:25	12:22	14:21	17:04	20:27	22:57	26:30
28:51	30:45	31:22						
	LOC						0:33	2:09
2:53	1:03	2:47	2:57	1:59	2:43	3:23	2:30	3:33
2:21	1:54	0:37						
	17 Ben Cooper				33:01		0:27	3:10
6:55	8:21	11:37	14:01	15:53	17:51	18:55	21:20	26:11
29:04	32:11	33:01						
	LOC						0:27	2:43
3:45	1:26	3:16	2:24	1:52	1:58	1:04	2:25	4:51
2:53	3:07	0:50						
	18 Kirsten Ramsay				33:10		0:36	3:28
7:15	9:56	13:02	16:06	18:00	20:23	22:03	24:24	28:34
30:54	32:43	33:10						

	WAROC						0:36	2:52
3:47	2:41	3:06	3:04	1:54	2:23	1:40	2:21	4:10
2:20	1:49	0:27						
	19 Freya McDowell						34:16	1:05 4:27
8:26	9:39	13:11	16:18	18:29	20:47	22:31	25:07	29:18
31:49	33:46	34:16						
	WCOC						1:05	3:22
3:59	1:13	3:32	3:07	2:11	2:18	1:44	2:36	4:11
2:31	1:57	0:30						
	20 India Cassley						35:51	0:46 3:30
7:08	9:16	12:13	14:46	17:42	20:43	22:52	27:09	30:54
33:28	35:25	35:51						
	LOC						0:46	2:44
3:38	2:08	2:57	2:33	2:56	3:01	2:09	4:17	3:45
2:34	1:57	0:26						
	21 Harvey Thompson						38:24	0:37 3:12
7:35	9:01	12:01	16:31	19:06	21:16	23:49	26:40	31:17
36:07	37:52	38:24						
	IND						0:37	2:35
4:23	1:26	3:00	4:30	2:35	2:10	2:33	2:51	4:37
4:50	1:45	0:32						
	22 Phoebe Burch						41:39	0:38 3:36
14:39	16:14	20:16	23:54	25:53	28:09	30:12	33:21	37:06
39:21	41:10	41:39						
	LOC						0:38	2:58
11:03	1:35	4:02	3:38	1:59	2:16	2:03	3:09	3:45
2:15	1:49	0:29						
	22 Catherine Steur						41:39	0:42 3:42
14:54	16:19	20:40	24:00	25:58	28:28	30:17	33:25	37:11
39:24	41:14	41:39						
	LOC						0:42	3:00
11:12	1:25	4:21	3:20	1:58	2:30	1:49	3:08	3:46
2:13	1:50	0:25						
	24 Carys Thomas						42:54	1:13 4:40
9:59	11:41	16:20	20:15	22:54	24:52	26:29	34:04	38:22
40:19	42:19	42:54						
	WCOC						1:13	3:27
5:19	1:42	4:39	3:55	2:39	1:58	1:37	7:35	4:18
1:57	2:00	0:35						
	25 James Birkinshaw						46:10	2:02 6:18
13:03	14:39	18:02	21:42	23:47	25:38	27:55	32:16	38:45
42:10	44:53	46:10						
	WCOC						2:02	4:16
6:45	1:36	3:23	3:40	2:05	1:51	2:17	4:21	6:29
3:25	2:43	1:17						
	26 Bethan Cross						49:36	0:46 4:25
9:06	11:28	15:21	18:46	22:01	28:07	32:06	36:51	41:03
43:28	48:37	49:36						
	LOC						0:46	3:39
4:41	2:22	3:53	3:25	3:15	6:06	3:59	4:45	4:12
2:25	5:09	0:59						
	27 Emily Wainwright						49:41	0:44 4:24
9:26	11:34	15:30	19:00	22:10	28:06	31:58	36:54	41:07
43:28	48:43	49:41						
	LOC						0:44	3:40
5:02	2:08	3:56	3:30	3:10	5:56	3:52	4:56	4:13
2:21	5:15	0:58						
	28 Anna 'Natch' Champion						50:07	1:34 4:53
10:35	12:11	16:43	21:20	24:39	28:18	30:29	35:58	42:03
45:43	49:13	50:07						

	IND						1:34	3:19
5:42	1:36	4:32	4:37	3:19	3:39	2:11	5:29	6:05
3:40	3:30	0:54						
	29 Khadeeja Simpson				59:05		0:50	3:33
13:44	15:06	19:47	24:20	28:48	34:11	36:24	42:15	50:46
54:24	58:30	59:05						
	LOC						0:50	2:43
10:11	1:22	4:41	4:33	4:28	5:23	2:13	5:51	8:31
3:38	4:06	0:35						
	30 Helena Ghuman				59:14		0:48	3:35
13:45	15:09	19:49	24:22	28:49	34:08	36:26	42:12	50:48
54:31	58:34	59:14						
	LOC						0:48	2:47
10:10	1:24	4:40	4:33	4:27	5:19	2:18	5:46	8:36
3:43	4:03	0:40						
	31 Matthew Birkinshaw				67:20		4:14	15:18
23:24	26:00	32:03	38:36	42:31	46:35	49:05	54:22	59:11
63:09	66:25	67:20						
	WCOC						4:14	11:04
8:06	2:36	6:03	6:33	3:55	4:04	2:30	5:17	4:49
3:58	3:16	0:55						
	32 Ella+Sebastiaan Smits				73:27		2:24	10:01
20:01	22:32	31:22	37:45	44:06	47:26	49:48	56:55	65:04
68:49	72:05	73:27						
	IND						2:24	7:37
10:00	2:31	8:50	6:23	6:21	3:20	2:22	7:07	8:09
3:45	3:16	1:22						

Orange (17)					2.9 km	115 m	16 C	
						1 (170)	2 (162)	
3 (146)	4 (119)	5 (137)	6 (120)	7 (118)	8 (158)	9 (168)	10 (152)	11 (105)
12 (147)	13 (151)	14 (109)						
							15 (145)	16 (164)

F

	1 Alastair Thomas				23:59		0:44	1:52
3:18	5:50	6:27	8:36	13:39	14:51	15:57	17:01	17:52
19:00	19:57	20:42						
	WCOC						0:44	1:08
1:26	2:32	0:37	2:09	5:03	1:12	1:06	1:04	0:51
1:08	0:57	0:45						
							22:07	23:41
23:59								
0:18							1:25	1:34
	2 Emily Brown				25:25		0:42	1:16
2:55	5:24	6:21	8:27	13:47	15:12	16:13	17:24	18:28
19:34	21:23	22:06						
	BL						0:42	0:34
1:39	2:29	0:57	2:06	5:20	1:25	1:01	1:11	1:04
1:06	1:49	0:43						
							23:26	25:07
25:25								
							1:20	1:41
0:18								
	3 Kristian De Vries				25:50		0:50	1:35
3:56	6:04	6:43	8:38	13:40	15:10	16:20	17:18	18:10
19:17	20:18	21:08						

	LOC						0:50	0:45
2:21	2:08	0:39	1:55	5:02	1:30	1:10	0:58	0:52
1:07	1:01	0:50						
							22:39	25:22
25:50								
							1:31	2:43
0:28								
	4 Matthew Whitby					31:02	1:58	2:53
4:56	7:24	7:58	10:38	17:14	18:51	20:06	21:25	22:47
24:03	25:22	26:26						
	WCOC						1:58	0:55
2:03	2:28	0:34	2:40	6:36	1:37	1:15	1:19	1:22
1:16	1:19	1:04						
							27:51	30:37
31:02								
							1:25	2:46
0:25								
	5 Alex Chaudhri					32:03	3:47	4:18
5:59	8:24	9:44	12:08	18:30	20:01	21:22	22:35	23:42
25:07	26:33	27:37						
	WCOC						3:47	0:31
1:41	2:25	1:20	2:24	6:22	1:31	1:21	1:13	1:07
1:25	1:26	1:04						
							29:08	31:35
32:03								
							1:31	2:27
0:28								
	6 Philip Jennings					32:39	4:38	5:17
7:38	10:20	11:09	13:29	18:53	21:08	22:24	23:26	24:22
25:29	26:51	27:58						
	WCOC						4:38	0:39
2:21	2:42	0:49	2:20	5:24	2:15	1:16	1:02	0:56
1:07	1:22	1:07						
							29:23	32:18
32:39								
							1:25	2:55
0:21								
	7 Katie Lowles					34:32	1:06	2:02
3:53	6:16	12:27	14:43	20:45	22:24	24:10	25:18	26:18
27:38	28:54	29:45						
	WCOC						1:06	0:56
1:51	2:23	6:11	2:16	6:02	1:39	1:46	1:08	1:00
1:20	1:16	0:51						
							31:33	34:10
34:32								
							1:48	2:37
0:22								
	8 Jenny Bradley					34:36	0:42	1:52
3:39	6:48	7:40	10:33	18:06	19:53	21:12	22:21	25:45
27:02	28:23	29:55						
	WCOC						0:42	1:10
1:47	3:09	0:52	2:53	7:33	1:47	1:19	1:09	3:24
1:17	1:21	1:32						
							31:25	34:10
34:36								
							1:30	2:45
0:26								
	9 Morna McDowell					36:33	1:11	2:14
4:47	8:00	8:53	11:45	18:47	21:09	23:05	24:16	25:39
26:55	28:28	29:34						

	WCOC						1:11	1:03
2:33	3:13	0:53	2:52	7:02	2:22	1:56	1:11	1:23
1:16	1:33	1:06						
							32:08	36:04
36:33								
							2:34	3:56
0:29								
	10 Faye Hall					37:48	1:00	1:34
5:19	8:26	9:23	12:05	19:17	21:34	23:40	24:39	26:13
27:41	30:19	31:34						
	LOC						1:00	0:34
3:45	3:07	0:57	2:42	7:12	2:17	2:06	0:59	1:34
1:28	2:38	1:15						
							34:04	37:21
37:48								
							2:30	3:17
0:27								
	11 Ben Nicholl					42:36	0:37	3:13
10:28	13:14	14:11	16:58	24:27	26:45	28:30	29:29	31:05
32:35	35:04	36:30						
	LOC						0:37	2:36
7:15	2:46	0:57	2:47	7:29	2:18	1:45	0:59	1:36
1:30	2:29	1:26						
							38:54	42:14
42:36								
							2:24	3:20
0:22								
	12 Saskia Warren					47:40	7:50	8:31
10:46	13:44	14:39	17:24	25:37	28:52	30:17	31:46	38:42
39:43	41:34	42:35						
	NN						7:50	0:41
2:15	2:58	0:55	2:45	8:13	3:15	1:25	1:29	6:56
1:01	1:51	1:01						
							44:22	46:52
47:40								
							1:47	2:30
0:48								
	13 Ben Breeze					59:12	2:01	3:39
7:35	13:14	14:53	19:45	29:45	32:11	36:53	39:28	41:57
46:47	48:56	50:22						
	WCOC						2:01	1:38
3:56	5:39	1:39	4:52	10:00	2:26	4:42	2:35	2:29
4:50	2:09	1:26						
							53:24	58:39
59:12								
							3:02	5:15
0:33								
	14 Jennifer Dunn					71:23	0:47	1:28
4:01	6:55	7:58	9:54	51:02	57:47	59:09	60:15	61:24
62:32	64:17	65:44						
	IND						0:47	0:41
2:33	2:54	1:03	1:56	41:08	6:45	1:22	1:06	1:09
1:08	1:45	1:27						
							67:53	70:55
71:23								
							2:09	3:02
0:28								
	15 Shirley Wilson					102:14	1:01	1:46
14:01	17:41	18:46	21:54	82:01	84:13	85:56	87:21	89:01
91:02	93:04	94:12						

	IND						1:01	0:45
12:15	3:40	1:05	3:08	60:07	2:12	1:43	1:25	1:40
2:01	2:02	1:08						
							97:25	101:45
102:14								
							3:13	4:20
0:29								
	Angela Towler					mp	2:27	4:36
10:34	15:43	-----	26:46	42:00	46:41	50:45	54:03	56:31
59:22	62:38	65:12						
	LOC						2:27	2:09
5:58	5:09		11:03	15:14	4:41	4:04	3:18	2:28
2:51	3:16	2:34						
							71:33	81:49
83:03								
							6:21	10:16
1:14								
	Aengus McDowell					mp	1:40	2:40
6:03	10:00	11:03	14:14	22:27	24:45	26:41	28:02	29:30
31:39	33:40	35:21						
	WCOC						1:40	1:00
3:23	3:57	1:03	3:11	8:13	2:18	1:56	1:21	1:28
2:09	2:01	1:41						
							-----	51:06
52:27								
								15:45
1:21								

Light Green (17)						3.3 km	130 m	7 C
							1 (166)	2 (148)
3 (118)	4 (135)	5 (108)	6 (145)	7 (164)	F			
	1 Jonathon Crabbe					29:28	2:49	8:26
14:50	20:35	22:57	26:59	29:13	29:28			
	LOC						2:49	5:37
6:24	5:45	2:22	4:02	2:14	0:15			
	2 Tom Spencer					31:12	2:53	9:12
15:22	21:35	24:46	28:51	30:51	31:12			
	LOC						2:53	6:19
6:10	6:13	3:11	4:05	2:00	0:21			
	3 Christopher Brown					35:23	3:11	9:16
16:14	22:53	28:34	33:00	35:07	35:23			
	BL						3:11	6:05
6:58	6:39	5:41	4:26	2:07	0:16			
	4 Matt Edge					38:26	3:49	11:22
20:14	27:41	30:44	35:24	38:10	38:26			
	LOC						3:49	7:33
8:52	7:27	3:03	4:40	2:46	0:16			
	5 Dan Miller					40:13	4:35	11:12
19:02	27:23	31:27	36:54	39:53	40:13			
	LOC						4:35	6:37
7:50	8:21	4:04	5:27	2:59	0:20			
	6 Chris Whitby					45:51	4:25	11:49
21:49	29:06	31:59	42:13	45:29	45:51			
	WCOC						4:25	7:24
10:00	7:17	2:53	10:14	3:16	0:22			
	7 Andrew Brockbank					47:24	3:04	8:59
26:55	32:28	36:32	45:03	46:57	47:24			

	LOC						3:04	5:55
17:56	5:33	4:04	8:31	1:54	0:27			
8 Rachel Osborn					48:02		5:25	13:34
22:08	31:49	35:54	42:36	47:14	48:02			
	WAROC						5:25	8:09
8:34	9:41	4:05	6:42	4:38	0:48			
9 Steve Telford					48:36		2:34	8:32
23:57	29:29	32:05	46:18	48:17	48:36			
	WCOC						2:34	5:58
15:25	5:32	2:36	14:13	1:59	0:19			
10 Kate Skinner					50:38		3:17	12:52
24:02	38:20	41:35	46:33	50:09	50:38			
	WCOC						3:17	9:35
11:10	14:18	3:15	4:58	3:36	0:29			
11 Ian Lowles					51:14		4:44	11:11
24:06	34:16	37:20	45:31	50:52	51:14		32:57	
	WCOC						4:44	6:27
12:55	10:10	3:04	8:11	5:21	0:22		*105	
12 Anne Burbidge					51:53		4:19	10:04
16:22	31:06	35:07	45:41	50:53	51:53		29:54	
	WCOC						4:19	5:45
6:18	14:44	4:01	10:34	5:12	1:00		*105	
13 Sara Iversen					53:38		7:21	15:42
25:36	36:34	40:24	48:22	53:08	53:38			
	IND						7:21	8:21
9:54	10:58	3:50	7:58	4:46	0:30			
14 Katie Mitchell					53:42		18:05	25:12
35:52	42:52	45:44	50:49	53:22	53:42			
	LOC						18:05	7:07
10:40	7:00	2:52	5:05	2:33	0:20			
15 Margaret Angus					60:00		14:30	24:22
33:38	44:37	47:55	54:52	59:24	60:00			
	WCOC						14:30	9:52
9:16	10:59	3:18	6:57	4:32	0:36			
16 Emily Dunn					67:29		14:40	24:09
36:50	49:50	54:35	62:27	66:43	67:29			
	IND						14:40	9:29
12:41	13:00	4:45	7:52	4:16	0:46			
17 Dave Ball					76:59		9:11	18:02
54:14	64:31	67:50	74:01	76:34	76:59			
	IND						9:11	8:51
36:12	10:17	3:19	6:11	2:33	0:25			

Short Green (10)

3.7 km 130 m 11 C

1 (121) 2 (135)

3 (105) 4 (102) 5 (110) 6 (132) 7 (104) 8 (137) 9 (165) 10 (154) 11 (164)
F

1 Patrick Rigg					40:32		1:58	3:12
4:44	17:06	21:41	27:40	31:08	34:11	37:47	39:16	40:18
40:32								
	LOC						1:58	1:14
1:32	12:22	4:35	5:59	3:28	3:03	3:36	1:29	1:02
0:14								
2 Louise Wilson					52:18		3:27	6:00
8:35	17:01	24:07	32:01	37:45	42:17	47:34	50:13	51:51
52:18								

	BL						3:27	2:33
2:35	8:26	7:06	7:54	5:44	4:32	5:17	2:39	1:38
0:27								
	3 Bob Stewardson					58:35	3:53	6:26
9:06	17:26	25:22	35:50	41:59	47:19	52:43	55:51	57:58
58:35								
	LOC						3:53	2:33
2:40	8:20	7:56	10:28	6:09	5:20	5:24	3:08	2:07
0:37								
	4 Judy Suddaby					68:32	3:37	6:21
9:08	19:57	27:17	40:33	49:36	55:41	62:06	65:18	67:56
68:32								
	BL						3:37	2:44
2:47	10:49	7:20	13:16	9:03	6:05	6:25	3:12	2:38
0:36								
	5 Roy Malley					71:57	5:34	8:17
11:04	21:30	29:58	44:06	51:46	57:48	65:08	68:33	71:11
71:57								
	NATO						5:34	2:43
2:47	10:26	8:28	14:08	7:40	6:02	7:20	3:25	2:38
0:46								
	6 Alan Heppenstall					72:24	3:50	6:34
9:27	20:47	30:22	42:20	50:06	57:04	65:12	68:49	71:45
72:24								
	LOC						3:50	2:44
2:53	11:20	9:35	11:58	7:46	6:58	8:08	3:37	2:56
0:39								
	7 Marguerite Pennell					74:26	4:04	7:03
9:47	19:11	31:00	45:05	57:54	62:45	68:43	72:00	73:57
74:26								
	WCOC						4:04	2:59
2:44	9:24	11:49	14:05	12:49	4:51	5:58	3:17	1:57
0:29								
	8 Barbara Plant					79:22	10:12	13:03
16:03	27:59	37:21	50:51	59:08	65:20	72:38	76:26	78:44
79:22								
	BL						10:12	2:51
3:00	11:56	9:22	13:30	8:17	6:12	7:18	3:48	2:18
0:38								
	Anita Evans					mp	3:40	6:00
8:33	18:55	33:49	47:12	53:56	-----	68:04	71:15	72:55
73:21		60:21						
	BL						3:40	2:20
2:33	10:22	14:54	13:23	6:44		14:08	3:11	1:40
0:26		*119						
	Angela Whitworth					mp	20:07	27:24
29:58	39:12	47:05	-----	-----	-----	-----	82:11	84:31
87:13		14:16						
	BL						20:07	7:17
2:34	9:14	7:53					35:06	2:20
2:42		*151						
							16:58	
							*109	

Green (41)
4.6 km 185 m 10 C

1 (166) 2 (148)

3 (134) 4 (110) 5 (117) 6 (104) 7 (169) 8 (121) 9 (145) 10 (164) F

	1 Paul Jennings				41:00	2:18	7:32	
15:33	24:20	25:36	29:41	34:13	36:43	38:48	40:42	41:00
	WCOC						2:18	5:14
8:01	8:47	1:16	4:05	4:32	2:30	2:05	1:54	0:18
	2 Martin Skinner				41:51	2:23	7:10	
15:40	24:46	25:57	29:44	34:42	37:38	39:37	41:34	41:51
	WCOC						2:23	4:47
8:30	9:06	1:11	3:47	4:58	2:56	1:59	1:57	0:17
	3 Tim Lawrence				45:16	3:02	7:26	
14:10	23:39	27:53	32:54	37:51	40:38	42:58	44:36	45:16
	IND						3:02	4:24
6:44	9:29	4:14	5:01	4:57	2:47	2:20	1:38	0:40
	4 Ian Ramsay				45:57	2:42	8:13	
17:41	27:52	29:19	33:32	38:39	41:08	43:23	45:37	45:57
	WAROC						2:42	5:31
9:28	10:11	1:27	4:13	5:07	2:29	2:15	2:14	0:20
	5 Michael Green				45:58	2:17	7:45	
16:43	27:45	28:52	33:44	38:47	41:25	43:36	45:39	45:58
	WCOC						2:17	5:28
8:58	11:02	1:07	4:52	5:03	2:38	2:11	2:03	0:19
	6 Roger Thomas				46:13	2:16	8:18	
18:03	27:47	28:53	32:35	37:40	41:49	43:51	45:54	46:13
	WCOC						2:16	6:02
9:45	9:44	1:06	3:42	5:05	4:09	2:02	2:03	0:19
	7 Ged Hagan				50:20	2:26	8:32	
18:37	30:31	32:06	36:57	41:56	45:35	47:43	50:00	50:20
	WCOC						2:26	6:06
10:05	11:54	1:35	4:51	4:59	3:39	2:08	2:17	0:20
	8 Bob Forster				52:44	2:36	9:22	
19:50	30:28	31:57	37:19	44:06	47:13	49:38	52:18	52:44
	LOC						2:36	6:46
10:28	10:38	1:29	5:22	6:47	3:07	2:25	2:40	0:26
	9 David Binks				54:23	3:04	9:41	
20:03	32:46	34:19	40:40	45:56	48:54	51:29	54:02	54:23
	WAROC						3:04	6:37
10:22	12:43	1:33	6:21	5:16	2:58	2:35	2:33	0:21
	10 John Pullin				54:47	3:14	9:24	
20:36	33:38	35:05	40:19	46:20	49:40	52:02	54:26	54:47
	LOC						3:14	6:10
11:12	13:02	1:27	5:14	6:01	3:20	2:22	2:24	0:21
	11 Tim Field				58:40	5:28	13:31	
24:25	35:31	38:42	43:08	49:23	52:45	55:18	58:15	58:40
	LOC						5:28	8:03
10:54	11:06	3:11	4:26	6:15	3:22	2:33	2:57	0:25
	12 Dave Fenwick				59:02	2:54	10:41	
22:54	35:17	36:58	42:07	48:38	52:33	56:11	58:39	59:02
	WCOC						2:54	7:47
12:13	12:23	1:41	5:09	6:31	3:55	3:38	2:28	0:23
	13 Sean Penellum				59:22	4:40	10:56	
21:24	36:10	38:59	45:04	50:10	54:31	56:39	59:02	59:22
	BARRO						4:40	6:16
10:28	14:46	2:49	6:05	5:06	4:21	2:08	2:23	0:20
	14 Debby Warren				59:43	4:00	10:42	
21:39	34:59	36:50	42:53	49:01	52:37	56:32	59:19	59:43
	NN						4:00	6:42
10:57	13:20	1:51	6:03	6:08	3:36	3:55	2:47	0:24
	15 Sydney Thomas				60:43	4:26	10:49	
22:01	33:53	36:02	44:22	50:47	54:41	57:22	60:20	60:43
	WCOC						4:26	6:23
11:12	11:52	2:09	8:20	6:25	3:54	2:41	2:58	0:23

16 David Brook					60:52	3:10	10:17
23:11	37:31	39:22	46:00	52:10	55:39	58:15	60:33
	NN						3:10
12:54	14:20	1:51	6:38	6:10	3:29	2:36	2:18
17 Joyce Hemingway					61:00		11:24
23:53	36:56	38:59	44:47	51:06	54:38	57:46	60:37
	WCOC						3:28
12:29	13:03	2:03	5:48	6:19	3:32	3:08	2:51
18 Andrew Suddaby					61:05		10:02
21:01	33:06	34:42	43:16	49:43	55:23	58:10	60:37
	BL						3:30
10:59	12:05	1:36	8:34	6:27	5:40	2:47	2:27
19 Dick Whitworth					61:29		10:59
23:33	36:05	37:53	44:47	51:08	55:26	58:24	61:03
	BL						3:23
12:34	12:32	1:48	6:54	6:21	4:18	2:58	2:39
20 David Moorat					62:20		10:26
25:17	39:40	41:08	46:39	52:46	56:00	58:27	61:55
	BL						4:09
14:51	14:23	1:28	5:31	6:07	3:14	2:27	3:28
21 Melanie Bradley					62:30		9:49
21:19	34:16	36:26	45:26	52:03	56:17	58:42	62:06
	WCOC						3:38
11:30	12:57	2:10	9:00	6:37	4:14	2:25	3:24
22 Kim Leslie					62:34		14:18
25:42	38:27	40:31	47:27	53:16	56:10	59:35	62:13
	WCOC						5:49
11:24	12:45	2:04	6:56	5:49	2:54	3:25	2:38
23 Andrew Whitehead					62:40		10:25
23:58	38:51	41:02	46:53	52:47	56:23	60:01	62:19
	WAROC						3:39
13:33	14:53	2:11	5:51	5:54	3:36	3:38	2:18
24 Fran McDonald					63:13		10:29
22:01	34:57	36:27	45:17	52:53	57:12	60:01	62:45
	WCOC						3:31
11:32	12:56	1:30	8:50	7:36	4:19	2:49	2:44
25 Bethan Mason					63:16		10:56
25:43	39:05	40:46	47:41	53:59	57:11	60:02	62:56
	WCOC						3:39
14:47	13:22	1:41	6:55	6:18	3:12	2:51	2:54
26 Brian Carey					64:01		10:37
22:07	35:36	37:16	43:54	51:43	58:12	61:37	63:40
	IND						4:09
11:30	13:29	1:40	6:38	7:49	6:29	3:25	2:03
27 Gill Browne					65:19		10:18
21:32	35:42	38:05	45:41	55:07	59:18	62:20	64:53
42:52							
	LOC						3:18
11:14	14:10	2:23	7:36	9:26	4:11	3:02	2:33
*118							
28 Jim Connell					65:30		11:15
21:24	32:21	34:34	40:19	49:45	59:17	62:05	65:07
	IND						4:18
10:09	10:57	2:13	5:45	9:26	9:32	2:48	3:02
29 Philip Nichols					66:56		10:39
22:35	36:58	38:44	50:06	56:28	60:40	63:27	66:30
	BL						3:09
11:56	14:23	1:46	11:22	6:22	4:12	2:47	3:03
30 Jim Knox					67:02		11:36
23:04	35:40	39:40	47:48	57:52	61:31	64:24	66:39

	RR						4:35	7:01
11:28	12:36	4:00	8:08	10:04	3:39	2:53	2:15	0:23
31 Katherine Horder					68:05		5:14	13:14
26:37	40:09	42:18	50:00	57:37	61:11	64:28	67:40	68:05
	WCOC						5:14	8:00
13:23	13:32	2:09	7:42	7:37	3:34	3:17	3:12	0:25
32 Barnaby Warren					69:06		4:38	10:06
21:20	34:17	38:32	48:31	58:14	62:00	66:21	68:48	69:06
	NN						4:38	5:28
11:14	12:57	4:15	9:59	9:43	3:46	4:21	2:27	0:18
33 Juliet Bentley					69:48		7:23	15:01
27:48	43:27	45:14	52:01	59:50	63:26	66:27	69:24	69:48
	SROC						7:23	7:38
12:47	15:39	1:47	6:47	7:49	3:36	3:01	2:57	0:24
34 Colin Southall					69:54		4:29	11:56
24:41	39:31	41:59	50:50	59:11	62:54	66:07	69:32	69:54
	WCOC						4:29	7:27
12:45	14:50	2:28	8:51	8:21	3:43	3:13	3:25	0:22
35 Brian Wilson					71:00		4:33	12:06
27:08	41:19	43:29	51:17	58:12	62:36	66:18	70:19	71:00
	WCOC						4:33	7:33
15:02	14:11	2:10	7:48	6:55	4:24	3:42	4:01	0:41
36 Helen Neild					71:11		4:05	11:04
22:00	34:40	37:43	51:35	59:48	64:19	67:21	70:44	71:11
	LOC						4:05	6:59
10:56	12:40	3:03	13:52	8:13	4:31	3:02	3:23	0:27
37 Joan Cumpstey					72:54		3:49	12:23
26:27	40:17	44:17	51:03	61:23	65:24	68:52	72:22	72:54
	BL						3:49	8:34
14:04	13:50	4:00	6:46	10:20	4:01	3:28	3:30	0:32
38 Anita Laird					73:33		5:35	14:39
28:39	44:06	46:23	55:01	62:15	66:27	69:44	73:03	73:33
	BL						5:35	9:04
14:00	15:27	2:17	8:38	7:14	4:12	3:17	3:19	0:30
39 Mike Atherton					73:46		5:04	14:17
27:58	42:11	45:06	53:24	60:53	65:02	69:16	73:12	73:46
	LOC						5:04	9:13
13:41	14:13	2:55	8:18	7:29	4:09	4:14	3:56	0:34
40 Jon Eaton					75:08		3:28	14:14
29:13	47:28	49:52	58:12	66:10	69:27	72:21	74:37	75:08
	WCOC						3:28	10:46
14:59	18:15	2:24	8:20	7:58	3:17	2:54	2:16	0:31
41 Judith Filmore					90:35		4:23	12:54
29:49	48:45	52:24	67:35	77:24	82:08	86:04	89:56	90:35
	LOC						4:23	8:31
16:55	18:56	3:39	15:11	9:49	4:44	3:56	3:52	0:39

Blue (35) 6.4 km 240 m 13 C
1 (135) 2 (104)
3 (117) 4 (130) 5 (107) 6 (125) 7 (114) 8 (106) 9 (132) 10 (165) 11 (122)
12 (113) 13 (164) F

1 Andy Lewsley					61:11		2:14	6:28
13:13	22:18	26:18	32:21	35:08	40:05	48:37	54:44	58:06
59:03	60:53	61:11						
	BL						2:14	4:14
6:45	9:05	4:00	6:03	2:47	4:57	8:32	6:07	3:22
0:57	1:50	0:18						

2 Richard Towler					63:38	2:40	7:49
14:34	24:19	28:45	36:09	38:05	42:27	50:43	56:28
61:32	63:12	63:38					
LOC							2:40
6:45	9:45	4:26	7:24	1:56	4:22	8:16	5:45
1:05	1:40	0:26					5:09
3 Howard Leslie					63:50	2:51	7:43
14:10	24:26	28:35	36:31	38:49	42:50	50:05	56:02
61:38	63:29	63:50					
WCOC							2:51
6:27	10:16	4:09	7:56	2:18	4:01	7:15	5:57
1:06	1:51	0:21					4:30
4 Jeff Goodwin					64:42	2:04	6:30
12:56	27:22	31:25	37:15	39:04	42:49	52:08	58:12
62:59	64:24	64:42					62:06
WCOC							2:04
6:26	14:26	4:03	5:50	1:49	3:45	9:19	6:04
0:53	1:25	0:18					4:26
5 Richard Tiley					65:26	2:46	7:18
13:43	24:06	28:48	36:01	38:14	42:49	50:52	57:30
62:59	65:03	65:26					
LOC							2:46
6:25	10:23	4:42	7:13	2:13	4:35	8:03	6:38
1:08	2:04	0:23					4:32
6 Matthew Ball					66:22	2:27	6:10
12:10	21:18	34:18	41:12	43:10	46:49	54:42	60:16
64:34	66:05	66:22					63:43
WCOC							2:27
6:00	9:08	13:00	6:54	1:58	3:39	7:53	5:34
0:51	1:31	0:17					3:43
7 Julian Warren					67:04	3:04	8:04
15:17	25:51	30:49	37:42	39:58	44:11	52:44	59:16
64:33	66:42	67:04					
NN							3:04
7:13	10:34	4:58	6:53	2:16	4:13	8:33	6:32
1:14	2:09	0:22					5:00
8 Chris Pollitt					69:51	2:40	7:41
15:20	27:07	32:26	38:47	41:01	45:29	54:45	62:06
67:42	69:30	69:51					
WCOC							2:40
7:39	11:47	5:19	6:21	2:14	4:28	9:16	7:21
1:15	1:48	0:21					5:01
9 Robin Thomas					70:13	2:39	8:42
16:28	27:27	32:39	39:10	41:30	45:59	55:28	62:23
67:38	69:51	70:13					
BL							2:39
7:46	10:59	5:12	6:31	2:20	4:29	9:29	6:55
1:12	2:13	0:22					6:03
10 Bob Cooper					72:40	3:25	8:19
15:31	32:52	37:16	43:39	45:59	50:10	59:29	65:31
70:34	72:21	72:40					
NN							3:25
7:12	17:21	4:24	6:23	2:20	4:11	9:19	6:02
1:00	1:47	0:19					4:54
11 David Downes					72:48	2:43	7:29
14:10	29:41	34:10	40:36	43:50	50:00	58:28	65:19
70:36	72:27	72:48					
WCOC							2:43
6:41	15:31	4:29	6:26	3:14	6:10	8:28	6:51
1:03	1:51	0:21					4:46

12 Simon Filmore				73:43		2:56	7:56
18:09	29:24	37:30	45:17	48:06	52:08	60:27	66:10
71:42	73:26	73:43					70:46
LOC						2:56	5:00
10:13	11:15	8:06	7:47	2:49	4:02	8:19	5:43
0:56	1:44	0:17					4:36
13 Paul Fussell				73:56		4:40	9:28
17:47	30:31	35:42	42:05	44:09	48:26	59:41	67:03
72:05	73:36	73:56					71:06
BL						4:40	4:48
8:19	12:44	5:11	6:23	2:04	4:17	11:15	7:22
0:59	1:31	0:20					4:03
14 Martyn Roome				74:13		2:24	7:45
14:07	30:13	34:19	40:47	42:51	47:03	61:04	67:13
72:06	73:54	74:13					71:03
SROC						2:24	5:21
6:22	16:06	4:06	6:28	2:04	4:12	14:01	6:09
1:03	1:48	0:19					3:50
							6:53
							*129
15 Mike Cumpstey				76:16		2:42	8:33
16:50	29:51	36:15	43:37	46:39	51:51	60:31	68:05
73:52	75:53	76:16					72:40
BL						2:42	5:51
8:17	13:01	6:24	7:22	3:02	5:12	8:40	7:34
1:12	2:01	0:23					4:35
16 Tony Duncan				77:36		2:59	9:05
23:13	33:21	38:53	45:44	48:23	52:42	62:13	69:28
75:01	77:09	77:36					73:37
WCOC						2:59	6:06
14:08	10:08	5:32	6:51	2:39	4:19	9:31	7:15
1:24	2:08	0:27					4:09
17 Pauline Richardson				79:05		2:56	8:59
17:01	28:45	35:51	42:42	45:51	51:22	61:55	69:58
76:21	78:41	79:05					74:31
LOC						2:56	6:03
8:02	11:44	7:06	6:51	3:09	5:31	10:33	8:03
1:50	2:20	0:24					4:33
18 Debbie Watson				79:28		3:13	9:54
19:41	34:48	40:28	48:31	50:53	55:42	64:55	71:42
76:46	79:04	79:28					75:38
WCOC						3:13	6:41
9:47	15:07	5:40	8:03	2:22	4:49	9:13	6:47
1:08	2:18	0:24					3:56
19 Lynne Thomas				79:29		2:46	7:28
15:24	34:36	39:13	47:00	49:06	54:05	65:20	71:48
77:25	79:10	79:29					76:31
WCOC						2:46	4:42
7:56	19:12	4:37	7:47	2:06	4:59	11:15	6:28
0:54	1:45	0:19					4:43
20 Debbie Thompson				80:25		2:52	8:23
15:30	27:06	39:36	46:27	49:24	54:46	65:27	73:04
77:55	80:01	80:25					76:52
WCOC						2:52	5:31
7:07	11:36	12:30	6:51	2:57	5:22	10:41	7:37
1:03	2:06	0:24					3:48
							7:00
							*129
21 Stephen Edge				81:05		2:49	8:23
16:15	27:13	38:51	47:14	50:06	54:59	66:15	73:12
78:56	80:46	81:05					77:22

		LOC						2:49	5:34
7:52	10:58	11:38	8:23	2:52	4:53	11:16		6:57	4:10
1:34	1:50	0:19							
	22 Andrew Nicoll					81:29		3:32	10:54
19:09	31:06	36:39	44:05	47:17	52:54	63:35		72:17	77:00
78:47	81:05	81:29							
	NATO							3:32	7:22
8:15	11:57	5:33	7:26	3:12	5:37	10:41		8:42	4:43
1:47	2:18	0:24							
	23 Roger Jackson					82:03		2:42	7:49
17:11	34:07	42:44	49:28	52:04	57:23	67:29		73:38	78:14
79:36	81:40	82:03							
	WCOC							2:42	5:07
9:22	16:56	8:37	6:44	2:36	5:19	10:06		6:09	4:36
1:22	2:04	0:23							
	24 Kate Charles					82:40		5:31	11:04
20:19	32:44	39:18	47:38	51:03	59:08	69:37		75:53	79:33
80:37	82:21	82:40							
	WCOC							5:31	5:33
9:15	12:25	6:34	8:20	3:25	8:05	10:29		6:16	3:40
1:04	1:44	0:19							
	25 Stephen Round					82:50		3:39	9:08
17:21	31:57	39:07	46:35	49:44	55:08	66:13		74:25	78:58
80:17	82:28	82:50							
	SELOC							3:39	5:29
8:13	14:36	7:10	7:28	3:09	5:24	11:05		8:12	4:33
1:19	2:11	0:22							
	26 Rick Browne					84:15		6:23	11:14
18:15	44:00	48:45	55:27	58:04	62:14	70:53		76:59	81:00
81:57	83:51	84:15							
	LOC							6:23	4:51
7:01	25:45	4:45	6:42	2:37	4:10	8:39		6:06	4:01
0:57	1:54	0:24							
	27 Richard Evans					85:21		3:27	9:51
18:43	33:04	39:25	47:39	51:18	56:37	67:48		76:04	81:19
82:38	84:53	85:21							
	BL							3:27	6:24
8:52	14:21	6:21	8:14	3:39	5:19	11:11		8:16	5:15
1:19	2:15	0:28							
	28 Roy McGregor					90:06		2:43	8:58
21:25	35:13	41:27	49:56	53:01	63:26	72:52		80:19	85:44
87:11	89:42	90:06							
	SROC							2:43	6:15
12:27	13:48	6:14	8:29	3:05	10:25	9:26		7:27	5:25
1:27	2:31	0:24							
	29 Angela Jacksn					91:52		3:03	9:22
16:55	27:25	36:11	54:55	62:46	67:14	77:40		84:16	88:20
89:35	91:29	91:52							
	WCOC							3:03	6:19
7:33	10:30	8:46	18:44	7:51	4:28	10:26		6:36	4:04
1:15	1:54	0:23							
	30 John Dunn					92:12		3:55	10:17
18:17	38:49	45:24	52:02	54:35	60:27	75:03		82:51	87:37
89:01	91:37	92:12							
	IND							3:55	6:22
8:00	20:32	6:35	6:38	2:33	5:52	14:36		7:48	4:46
1:24	2:36	0:35							
	31 Jenny Wren					94:16		4:22	10:01
19:54	40:54	46:45	57:40	60:50	66:46	78:12		85:37	90:39
91:56	93:55	94:16							

	BL						4:22	5:39
9:53	21:00	5:51	10:55	3:10	5:56	11:26	7:25	5:02
1:17	1:59	0:21						
	32 Jason Taylor				97:56		3:49	8:43
22:04	52:34	58:16	64:50	67:03	71:44	82:07	89:28	93:48
95:34	97:33	97:56						
	IND						3:49	4:54
13:21	30:30	5:42	6:34	2:13	4:41	10:23	7:21	4:20
1:46	1:59	0:23						
	33 Zephan Buck				120:04		3:15	14:27
24:50	45:20	54:28	74:15	77:51	85:03	100:42	110:14	115:36
117:07	119:41	120:04						
	LOC						3:15	11:12
10:23	20:30	9:08	19:47	3:36	7:12	15:39	9:32	5:22
1:31	2:34	0:23						

20:20
*102

	Stella Lewsley					mp	2:41	7:41
14:17	-----	-----	45:54	47:59	51:56	62:40	70:00	73:50
74:52	76:45	77:16						
	BL						2:41	5:00
6:36			31:37	2:05	3:57	10:44	7:20	3:50
1:02	1:53	0:31						
	Dave Neild					mp	8:28	14:45
23:02	-----	48:02	55:40	57:58	63:33	80:30	87:55	92:47
94:13	96:22	96:46						
	LOC						8:28	6:17
8:17		25:00	7:38	2:18	5:35	16:57	7:25	4:52
1:26	2:09	0:24						

Brown (19)						7.9 km	290 m	17 C
							1 (166)	2 (115)
3 (134)	4 (133)	5 (131)	6 (202)	7 (125)	8 (114)	9 (117)	10 (127)	11 (129)
12 (169)	13 (108)	14 (103)						
							15 (126)	16 (122)
17 (164)	F							

	1 Steve Birkinshaw				53:04		1:39	11:14
13:58	18:05	20:46	23:12	26:46	28:31	34:16	38:32	40:52
43:17	46:06	48:16						
	WCOC						1:39	9:35
2:44	4:07	2:41	2:26	3:34	1:45	5:45	4:16	2:20
2:25	2:49	2:10						
							49:09	51:29
52:48	53:04							
							0:53	2:20
1:19	0:16							
	2 Chris Naylor				60:04		2:04	13:36
16:32	21:07	24:15	27:40	31:54	33:42	38:20	41:48	44:26
47:34	51:19	54:19						
	WCOC						2:04	11:32
2:56	4:35	3:08	3:25	4:14	1:48	4:38	3:28	2:38
3:08	3:45	3:00						
							55:18	58:22
59:48	60:04							
							0:59	3:04
1:26	0:16							

3 Alan Irving					63:44	2:06	14:26
18:33	23:23	26:40	30:03	34:11	36:30	41:29	45:43
51:17	54:41	57:28					48:27
WCOC							2:06
4:07	4:50	3:17	3:23	4:08	2:19	4:59	4:14
2:50	3:24	2:47					12:20
							2:44
							58:26
63:27	63:44						
							61:39
							0:58
1:48	0:17						
4 Mike Harrison					65:42	1:58	13:54
17:41	22:53	26:10	29:28	33:44	36:03	40:30	45:35
51:27	56:38	59:27					48:19
WCOC							1:58
3:47	5:12	3:17	3:18	4:16	2:19	4:27	5:05
3:08	5:11	2:49					11:56
							2:44
							60:32
65:26	65:42						
							63:47
							1:05
1:39	0:16						
5 Dan Parker					67:14	2:09	15:46
19:16	24:47	28:29	34:25	38:31	40:34	45:37	49:21
54:57	58:35	61:13					51:59
BL							2:09
3:30	5:31	3:42	5:56	4:06	2:03	5:03	3:44
2:58	3:38	2:38					13:37
							2:38
							62:05
66:57	67:14						
							65:20
							0:52
1:37	0:17						
6 Karen Parker					68:38	2:15	15:27
18:57	24:05	27:11	30:09	34:19	36:19	41:13	48:55
56:46	60:08	62:46					53:28
BL							2:15
3:30	5:08	3:06	2:58	4:10	2:00	4:54	7:42
3:18	3:22	2:38					13:12
							4:33
							63:46
68:21	68:38						
							66:47
							1:00
1:34	0:17						
7 John Slater					70:01	2:11	14:29
17:36	22:16	25:14	28:11	32:36	34:32	39:04	52:13
57:45	61:26	64:10					54:49
WCOC							2:11
3:07	4:40	2:58	2:57	4:25	1:56	4:32	13:09
2:56	3:41	2:44					12:18
							2:36
							64:59
69:42	70:01						
							68:03
							0:49
1:39	0:19						
8 Andrew Reynolds					73:57	2:10	15:24
18:47	24:11	28:00	31:00	35:18	37:21	42:18	50:04
57:45	64:17	67:12					54:34
BAOC							2:10
3:23	5:24	3:49	3:00	4:18	2:03	4:57	7:46
3:11	6:32	2:55					13:14
							4:30
							68:36
73:39	73:57						
							71:54
							1:24
1:45	0:18						
							3:18

9 Stuart Parker						77:04	3:12	16:36
20:33	26:32	29:57	33:43	38:46	41:32	47:08	56:27	59:22
62:49	66:55	69:53						
WAROC							3:12	13:24
3:57	5:59	3:25	3:46	5:03	2:46	5:36	9:19	2:55
3:27	4:06	2:58						
							71:00	74:34
76:42	77:04							
							1:07	3:34
2:08	0:22							
10 Bobbie Hagan						79:10	2:23	16:18
21:23	26:56	31:08	35:40	40:56	42:59	53:22	58:10	61:21
64:42	68:35	71:13						
WCOC							2:23	13:55
5:05	5:33	4:12	4:32	5:16	2:03	10:23	4:48	3:11
3:21	3:53	2:38						
							72:27	76:56
78:50	79:10							
							1:14	4:29
1:54	0:20							
11 Antony Richardson						81:32	2:42	16:36
20:56	26:42	30:52	34:31	39:28	41:46	50:25	59:23	63:12
67:07	71:27	74:31						
LOC							2:42	13:54
4:20	5:46	4:10	3:39	4:57	2:18	8:39	8:58	3:49
3:55	4:20	3:04						
							75:36	79:11
81:08	81:32							
							1:05	3:35
1:57	0:24							
12 John Taylor						81:39	2:05	17:49
21:52	28:52	32:51	36:42	42:25	44:42	50:17	60:59	63:55
67:24	71:46	74:46						
WCOC							2:05	15:44
4:03	7:00	3:59	3:51	5:43	2:17	5:35	10:42	2:56
3:29	4:22	3:00						
							75:52	79:36
81:19	81:39							
							1:06	3:44
1:43	0:20							
13 Francis Shillitoe						85:47	2:51	15:41
19:44	25:30	30:27	33:53	38:34	40:44	53:15	57:31	62:11
66:06	74:17	77:18						
IND							2:51	12:50
4:03	5:46	4:57	3:26	4:41	2:10	12:31	4:16	4:40
3:55	8:11	3:01						
							79:22	83:55
85:27	85:47							
							2:04	4:33
1:32	0:20							
14 Mike Hind						85:58	2:45	17:15
20:50	26:13	29:38	33:19	38:44	40:44	57:27	64:58	68:38
72:19	76:03	78:59						
WCOC							2:45	14:30
3:35	5:23	3:25	3:41	5:25	2:00	16:43	7:31	3:40
3:41	3:44	2:56						
							80:06	83:49
85:36	85:58							
							1:07	3:43
1:47	0:22							

15 Joanne Taylor					86:34		3:30	18:13
24:01	31:51	36:05	40:47	46:35	49:09	58:00	64:04	68:17
72:11	76:17	79:11						
SROC							3:30	14:43
5:48	7:50	4:14	4:42	5:48	2:34	8:51	6:04	4:13
3:54	4:06	2:54						
							80:16	83:58
86:03	86:34							
							1:05	3:42
2:05	0:31							
16 John Taylor					87:22		2:53	18:07
22:39	29:50	34:18	39:11	44:04	46:27	57:05	66:03	70:00
73:36	77:23	80:15						
SROC							2:53	15:14
4:32	7:11	4:28	4:53	4:53	2:23	10:38	8:58	3:57
3:36	3:47	2:52						
							81:20	85:11
87:03	87:22							
							1:05	3:51
1:52	0:19							
17 Colin Valentine					93:33		2:11	21:36
24:45	30:36	33:30	36:44	40:57	42:52	49:37	65:57	69:00
72:19	83:24	85:57						
WCOC							2:11	19:25
3:09	5:51	2:54	3:14	4:13	1:55	6:45	16:20	3:03
3:19	11:05	2:33						
							87:57	91:21
93:11	93:33							
							2:00	3:24
1:50	0:22							
18 Graham Watson					95:12		2:25	18:56
23:27	33:05	37:19	41:34	48:16	50:50	63:33	70:34	75:20
78:58	83:30	86:47						
WCOC							2:25	16:31
4:31	9:38	4:14	4:15	6:42	2:34	12:43	7:01	4:46
3:38	4:32	3:17						
							88:13	92:41
94:51	95:12							
							1:26	4:28
2:10	0:21							
19 Ray Johnstone					95:20		3:24	20:15
25:20	38:14	42:11	46:19	51:50	54:54	61:46	67:47	71:56
75:53	81:39	84:54						
WCOC							3:24	16:51
5:05	12:54	3:57	4:08	5:31	3:04	6:52	6:01	4:09
3:57	5:46	3:15						
							86:22	93:07
95:02	95:20							
							1:28	6:45
1:55	0:18							

Yellow 2nd Run (20) **2.4 km 75 m 13 C**
1 (163) 2 (147)
3 (152) 4 (168) 5 (158) 6 (118) 7 (160) 8 (159) 9 (119) 10 (146) 11 (162)
12 (154) 13 (164) F

1 Kristian De Vries (2) **16:30** 0:28 **2:07**
4:00 4:49 6:27 7:50 8:42 9:42 10:48 12:15 13:54
15:10 16:11 16:30

	LOC						0:28	1:39
1:53	0:49	1:38	1:23	0:52	1:00	1:06	1:27	1:39
1:16	1:01	0:19						
	2 Callum Mitchell (2)					17:26	0:27	2:24
4:29	5:23	7:12	8:39	9:31	10:30	11:43	13:15	14:47
16:01	17:07	17:26						
	LOC						0:27	1:57
2:05	0:54	1:49	1:27	0:52	0:59	1:13	1:32	1:32
1:14	1:06	0:19						
	3 George Hudson-Chang (2)					20:19	0:31	2:16
4:34	5:29	7:36	9:11	10:09	11:25	12:40	14:34	16:55
18:25	19:55	20:19						
	LOC						0:31	1:45
2:18	0:55	2:07	1:35	0:58	1:16	1:15	1:54	2:21
1:30	1:30	0:24						
	4 Daisy Fletcher-Coone (2)					20:47	0:34	2:29
4:48	5:53	8:08	9:54	10:44	11:50	12:44	15:02	17:26
18:54	20:23	20:47						
	LOC						0:34	1:55
2:19	1:05	2:15	1:46	0:50	1:06	0:54	2:18	2:24
1:28	1:29	0:24						
	5 Katie Dixon (2)					24:26	0:34	2:30
4:45	5:37	7:52	9:57	11:22	13:18	15:18	17:53	20:21
22:22	23:59	24:26						
	LOC						0:34	1:56
2:15	0:52	2:15	2:05	1:25	1:56	2:00	2:35	2:28
2:01	1:37	0:27						
	6 Matthew Taplin (2)					24:41	0:33	2:51
6:36	7:46	10:08	12:13	13:21	14:36	16:00	18:05	20:54
22:54	24:20	24:41						
	LOC						0:33	2:18
3:45	1:10	2:22	2:05	1:08	1:15	1:24	2:05	2:49
2:00	1:26	0:21						
	7 Mary Barron (2)					27:30	1:00	3:25
6:26	7:39	10:31	12:40	13:58	15:54	17:32	20:25	23:32
25:24	27:02	27:30						
	LOC						1:00	2:25
3:01	1:13	2:52	2:09	1:18	1:56	1:38	2:53	3:07
1:52	1:38	0:28						
	8 Kate Gillies (2)					27:49	0:52	2:59
5:45	7:01	9:31	11:43	13:09	15:11	17:24	20:02	22:57
25:22	27:24	27:49						
	LOC						0:52	2:07
2:46	1:16	2:30	2:12	1:26	2:02	2:13	2:38	2:55
2:25	2:02	0:25						
	8 Elisa Jarvis-Todd (2)					27:49	0:51	2:59
5:45	6:58	9:18	11:21	13:01	14:59	17:27	20:01	22:57
25:18	27:14	27:49						
	LOC						0:51	2:08
2:46	1:13	2:20	2:03	1:40	1:58	2:28	2:34	2:56
2:21	1:56	0:35						
	10 Grace Pugh (2)					28:34	0:54	3:45
7:28	8:54	11:46	13:40	15:16	16:43	18:07	20:20	24:03
26:16	28:09	28:34						
	LOC						0:54	2:51
3:43	1:26	2:52	1:54	1:36	1:27	1:24	2:13	3:43
2:13	1:53	0:25						
	11 Ben Nicholl (2)					31:51	0:46	3:56
8:14	10:06	14:03	17:31	19:09	20:59	22:27	24:53	28:13
29:43	31:23	31:51						

