

Results for Border Liners High Pike Galoppen

Split times for Brown

9.2km 475m

Pos	Name	Age Class	Time	(S1)	1 (103)	2 (141)	3 (148)	4 (157)	5 (162)	6 (160)	7 (138)	8 (145)	9 (124)	10 (159)	11 (152)	12 (167)	13 (149)	14 (170)	15 (143)	16 (121)	(F1)
1st	Andy Simpson OD	M40	64:36	0:00 0:00	7:20 7:20	9:25 2:05	13:00 3:35	14:22 1:22	20:02 5:40	30:03 10:01	33:35 3:32	36:10 2:35	43:16 7:06	49:26 6:10	52:46 3:20	55:36 2:50	58:48 3:12	61:26 2:38	63:25 1:59	64:23 0:58	64:36 0:13
2nd	John Slater WCOC	M40	69:05	0:00 0:00	7:21 7:21	9:31 2:10	13:36 4:05	15:04 1:28	21:44 6:40	32:46 11:02	36:35 3:49	39:30 2:55	46:44 7:14	52:39 5:55	56:24 3:45	59:27 3:03	62:46 3:19	65:24 2:38	67:49 2:25	68:52 1:03	69:05 0:13
3rd	Alastair Mackenzie CLOK	M55	72:17	0:00 0:00	7:29 7:29	9:44 2:15	14:02 4:18	15:23 1:21	24:04 8:41	34:47 10:43	38:45 3:58	41:50 3:05	49:17 7:27	55:12 5:55	59:36 4:24	62:50 3:14	66:19 3:29	69:11 2:52	71:11 2:00	72:04 0:53	72:17 0:13
4th	James Daplyn BL	M21	73:45	0:00 0:00	7:14 7:14	9:23 2:09	13:10 3:47	14:50 1:40	21:28 6:38	33:54 12:26	38:05 4:11	40:42 2:37	47:50 7:08	54:27 6:37	58:22 3:55	62:01 3:39	67:05 5:04	70:44 3:39	72:40 1:56	73:35 0:55	73:45 0:10
5th	Mike Harrison WCOC	M40	74:47	0:00 0:00	7:30 7:30	9:36 2:06	13:48 4:12	15:08 1:20	23:08 8:00	35:23 12:15	39:49 4:26	42:52 3:03	50:43 7:51	56:47 6:04	61:33 4:46	64:52 3:19	68:28 3:36	71:27 2:59	73:36 2:09	74:34 0:58	74:47 0:13
6th	Simon Hunter WCOC	M45	76:05	0:00 0:00	6:45 6:45	8:47 2:02	12:29 3:42	14:04 1:35	21:10 7:06	33:08 11:58	38:31 5:23	42:19 3:48	48:50 6:31	54:19 5:29	62:38 8:19	66:28 3:50	69:57 3:29	72:43 2:46	74:51 2:08	75:53 1:02	76:05 0:12
7th	Richard Lecky-Thompson LOC	M50	76:16	0:00 0:00	8:15 8:15	10:27 2:12	14:48 4:21	16:19 1:31	22:55 6:36	34:55 12:00	39:12 4:17	42:17 3:05	50:08 7:51	56:50 6:42	61:19 4:29	64:53 3:34	69:40 4:47	72:42 3:02	74:57 2:15	76:01 1:04	76:16 0:15
8th	Alan Irving WCOC	M45	76:56	0:00 0:00	8:35 8:35	11:13 2:38	15:54 4:41	17:11 1:17	24:23 7:12	36:23 12:00	40:56 4:33	44:02 3:06	52:05 8:03	58:54 6:49	62:54 4:00	66:30 3:36	70:08 3:38	73:01 2:53	75:33 2:32	76:43 1:10	76:56 0:13
9th	Katie Wright LOC	W18	80:49	0:00 0:00	8:35 8:35	11:07 2:32	16:37 5:30	18:20 1:43	25:36 7:16	38:38 13:02	43:34 4:56	46:31 2:57	55:03 8:32	62:04 7:01	66:43 4:39	70:27 3:44	74:56 4:29	77:27 2:31	79:37 2:10	80:36 0:59	80:49 0:13
10th	Nicholas Evans NOC	M50	81:01	0:00 0:00	8:09 8:09	10:16 2:07	14:44 4:28	16:27 1:43	25:28 9:01	37:39 12:11	42:09 4:30	45:05 2:56	53:25 8:20	59:57 6:32	64:18 4:21	68:38 4:20	72:28 3:50	76:15 3:47	79:28 3:13	80:44 1:16	81:01 0:17
11th	Martin Skinner WCOC	M50	81:29	0:00 0:00	8:15 8:15	10:35 2:20	15:23 4:48	17:01 1:38	23:48 6:47	37:12 13:24	41:32 4:20	44:41 3:09	53:46 9:05	61:01 7:15	65:54 4:53	69:29 3:35	73:54 4:25	77:28 3:34	80:17 2:49	81:16 0:59	81:29 0:13
12th	Peter Stobbs PFO	M50	83:51	0:00 0:00	8:40 8:40	10:54 2:14	15:26 4:32	17:06 1:40	25:09 8:03	37:55 12:46	43:34 5:39	46:29 2:55	55:22 8:53	61:03 5:41	65:51 4:48	72:51 7:00	76:56 4:05	79:57 3:01	82:31 2:34	83:39 1:08	83:51 0:12
13th	Richard Wilson LOC	M60	85:25	0:00 0:00	9:21 9:21	11:43 2:22	17:27 5:44	19:02 1:35	25:19 6:17	37:35 12:16	42:35 5:00	46:31 3:56	55:17 8:46	62:16 6:59	66:31 4:15	70:22 3:51	75:57 5:35	80:11 4:14	83:50 3:39	85:08 1:18	85:25 0:17
14th	Colin Valentine WCOC	M50	85:27	0:00 0:00	9:54 9:54	12:35 2:41	20:11 7:36	21:44 1:33	28:55 7:11	41:28 12:33	45:46 4:18	48:45 2:59	56:36 7:51	63:53 7:17	68:48 4:55	73:13 4:25	76:51 3:38	81:24 4:33	84:02 2:38	85:12 1:10	85:27 0:15
15th	John Taylor SROC	M65	87:34	0:00 0:00	10:46 10:46	13:26 2:40	18:18 4:52	19:59 1:41	28:32 8:33	42:07 13:35	46:48 4:41	50:17 3:29	59:39 9:22	66:26 6:47	72:05 5:39	75:56 3:51	80:10 4:14	83:26 3:16	86:08 2:42	87:18 1:10	87:34 0:16

16th	Ray Johnstone WCOC	M60	88:40	0:00 0:00	10:10 10:10	12:34 2:24	17:33 4:59	19:23 1:50	27:53 8:30	41:44 13:51	46:14 4:30	51:42 5:28	61:11 9:29	68:54 7:43	73:31 4:37	77:25 3:54	81:56 4:31	84:57 3:01	87:27 2:30	88:27 1:00	88:40 0:13
17th	Heather Hartman INT	W40	89:05	0:00 0:00	9:09 9:09	11:40 2:31	16:37 4:57	18:28 1:51	26:55 8:27	40:16 13:21	45:06 4:50	48:36 3:30	57:54 9:18	65:50 7:56	72:42 6:52	76:38 3:56	80:56 4:18	84:32 3:36	87:29 2:57	88:49 1:20	89:05 0:16
18th	Simon Austin LOC	M21	91:20	0:00 0:00	10:19 10:19	12:55 2:36	18:12 5:17	20:02 1:50	28:21 8:19	41:53 13:32	46:05 4:12	49:20 3:15	59:14 9:54	66:50 7:36	72:00 5:10	75:47 3:47	82:02 6:15	87:27 5:25	90:01 2:34	91:06 1:05	91:20 0:14
19th	Susan Skinner WCOC	W50	91:58	0:00 0:00	9:31 9:31	12:11 2:40	17:08 4:57	18:57 1:49	26:29 7:32	41:08 14:39	46:08 5:00	50:18 4:10	60:46 10:28	68:34 7:48	74:32 5:58	78:33 4:01	83:38 5:05	87:27 3:49	90:25 2:58	91:41 1:16	91:58 0:17
20th	Stephen Edge LOC	M50	95:11	0:00 0:00	10:10 10:10	12:49 2:39	17:59 5:10	19:54 1:55	28:05 8:11	43:45 15:40	49:49 6:04	54:02 4:13	63:46 9:44	71:36 7:50	76:35 4:59	80:43 4:08	85:34 4:51	90:17 4:43	93:38 3:21	94:56 1:18	95:11 0:15
21st	Mark Edwards SROC	M45	95:32	0:00 0:00	8:50 8:50	11:23 2:33	16:54 5:31	18:39 1:45	26:58 8:19	42:09 15:11	47:36 5:27	52:02 4:26	62:46 10:44	70:55 8:09	75:55 5:00	80:47 4:52	84:51 4:04	90:57 6:06	93:57 3:00	95:17 1:20	95:32 0:15
22nd	Alan Hartley BL	M40	99:15	0:00 0:00	10:46 10:46	13:54 3:08	19:35 5:41	21:13 1:38	31:08 9:55	44:41 13:33	49:58 5:17	54:03 4:05	65:54 11:51	75:20 9:26	81:22 6:02	86:03 4:41	91:37 5:34	94:49 3:12	97:42 2:53	98:59 1:17	99:15 0:16
23rd	Malcolm Ruckledge WCOC	M70	124:21	0:00 0:00	12:20 12:20	15:46 3:26	22:21 6:35	25:06 2:45	35:59 10:53	55:34 19:35	61:01 5:27	65:52 4:51	79:19 13:27	89:32 10:13	100:10 10:38	106:02 5:52	113:05 7:03	118:24 5:19	122:16 3:52	123:58 1:42	124:21 0:23

Split times for Blue

6.4km 350m

Pos	Name	Age	Time	(S1)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	(F1)
					(147)	(156)	(157)	(158)	(142)	(163)	(105)	(159)	(151)	(167)	(149)	(164)	(143)	(121)	
1st	David Spencer WCOC	M45	47:00	0:00 0:00	5:23 5:23	8:37 3:14	11:35 2:58	16:51 5:16	24:02 7:11	25:32 1:30	28:43 3:11	30:51 2:08	33:58 3:07	37:34 3:36	40:50 3:16	44:38 3:48	45:44 1:06	46:48 1:04	47:00 0:12
2nd	Michael Billinghamurst WCOC	M50	52:59	0:00 0:00	6:11 6:11	9:45 3:34	13:31 3:46	19:19 5:48	27:10 7:51	28:40 1:30	32:14 3:34	34:47 2:33	38:03 3:16	42:13 4:10	46:35 4:22	50:38 4:03	51:39 1:01	52:44 1:05	52:59 0:15
3rd	Chris Heppenstall LOC	M35	54:10	0:00 0:00	6:25 6:25	10:12 3:47	13:58 3:46	20:18 6:20	28:40 8:22	30:18 1:38	33:59 3:41	36:44 2:45	39:59 3:15	44:01 4:02	48:02 4:01	51:52 3:50	52:56 1:04	53:57 1:01	54:10 0:13
4th	Chris Emerson WCOC	M60	55:29	0:00 0:00	5:51 5:51	9:45 3:54	13:32 3:47	20:25 6:53	29:07 8:42	30:49 1:42	34:51 4:02	37:21 2:30	41:09 3:48	45:10 4:01	49:08 3:58	53:02 3:54	54:11 1:09	55:15 1:04	55:29 0:14
5th	Gavin Smith SROC	M55	55:47	0:00 0:00	6:40 6:40	10:24 3:44	14:00 3:36	20:30 6:30	28:38 8:08	30:13 1:35	33:59 3:46	36:36 2:37	39:55 3:19	44:37 4:42	48:17 3:40	53:33 5:16	54:34 1:01	55:34 1:00	55:47 0:13
6th	Jeff Goodwin WCOC	M50	56:30	0:00 0:00	6:15 6:15	10:12 3:57	14:21 4:09	21:10 6:49	29:06 7:56	30:37 1:31	34:41 4:04	37:38 2:57	40:51 3:13	44:55 4:04	50:23 5:28	54:21 3:58	55:22 1:01	56:18 0:56	56:30 0:12
7th	Francis Shillitoe NATO	M40	58:07	0:00 0:00	6:11 6:11	10:38 4:27	14:24 3:46	21:30 7:06	29:41 8:11	31:14 1:33	35:29 4:15	38:07 2:38	41:19 3:12	45:14 3:55	49:21 4:07	55:58 6:37	56:58 1:00	57:55 0:57	58:07 0:12
8th	Hugh Potter NATO	M45	58:11	0:00 0:00	6:43 6:43	10:27 3:44	14:07 3:40	20:59 6:52	30:13 9:14	31:59 1:46	36:00 4:01	38:31 2:31	42:42 4:11	47:10 4:28	51:45 4:35	55:45 4:00	56:55 1:10	58:00 1:05	58:11 0:11
9th	Howard Leslie WCOC	M50	58:46	0:00 0:00	7:26 7:26	11:35 4:09	15:17 3:42	22:16 6:59	30:22 8:06	32:58 2:36	37:11 4:13	39:48 2:37	43:26 3:38	47:25 3:59	51:51 4:26	56:10 4:19	57:19 1:09	58:30 1:11	58:46 0:16
10th	Andy Lewsley BL	M55	58:56	0:00 0:00	6:22 6:22	10:14 3:52	14:08 3:54	20:49 6:41	32:06 11:17	33:55 1:49	37:58 4:03	40:29 2:31	43:47 3:18	47:50 4:03	52:00 4:10	56:21 4:21	57:32 1:11	58:41 1:09	58:56 0:15

11th	John Taylor WCOC	M50	59:06	0:00	6:52	11:00	14:43	21:41	30:39	32:24	36:36	39:44	43:28	48:01	52:28	56:41	57:44	58:52	59:06
				0:00	6:52	4:08	3:43	6:58	8:58	1:45	4:12	3:08	3:44	4:33	4:27	4:13	1:03	1:08	0:14
12th	Graham Watson WCOC	M50	59:18	0:00	6:33	10:27	14:13	22:00	31:20	33:07	37:13	40:40	44:22	48:47	52:45	56:53	58:02	59:05	59:18
				0:00	6:33	3:54	3:46	7:47	9:20	1:47	4:06	3:27	3:42	4:25	3:58	4:08	1:09	1:03	0:13
13th	Rob Bailey CLOK	M55	59:19	0:00	6:27	10:46	14:44	23:02	31:26	33:17	37:08	39:57	43:29	47:43	51:45	56:32	57:57	59:05	59:19
				0:00	6:27	4:19	3:58	8:18	8:24	1:51	3:51	2:49	3:32	4:14	4:02	4:47	1:25	1:08	0:14
14th	Kate Charles WCOC	W45	60:07	0:00	6:58	13:21	17:24	24:12	32:44	34:42	38:34	41:19	45:12	49:29	53:19	57:30	58:43	59:53	60:07
				0:00	6:58	6:23	4:03	6:48	8:32	1:58	3:52	2:45	3:53	4:17	3:50	4:11	1:13	1:10	0:14
15th	Steven Breeze WCOC	M40	60:27	0:00	6:54	11:03	15:02	22:33	32:30	34:15	38:25	41:22	45:07	49:28	53:29	57:51	58:57	60:11	60:27
				0:00	6:54	4:09	3:59	7:31	9:57	1:45	4:10	2:57	3:45	4:21	4:01	4:22	1:06	1:14	0:16
16th	Stuart Parker WAROC	M50	61:17	0:00	7:30	11:54	16:38	23:38	33:19	35:07	38:59	41:45	45:03	49:12	52:54	58:16	59:37	60:59	61:17
				0:00	7:30	4:24	4:44	7:00	9:41	1:48	3:52	2:46	3:18	4:09	3:42	5:22	1:21	1:22	0:18
17th	Julian Lailey SROC	M65	61:58	0:00	8:04	12:36	16:13	24:13	33:13	34:58	39:09	41:48	45:10	49:32	53:45	59:21	60:38	61:45	61:58
				0:00	8:04	4:32	3:37	8:00	9:00	1:45	4:11	2:39	3:22	4:22	4:13	5:36	1:17	1:07	0:13
18th	Katrina Hemingway WCOC	W18	62:31	0:00	6:28	13:18	16:49	24:00	32:41	35:04	39:14	42:11	45:51	50:20	55:00	60:00	61:07	62:17	62:31
				0:00	6:28	6:50	3:31	7:11	8:41	2:23	4:10	2:57	3:40	4:29	4:40	5:00	1:07	1:10	0:14
19th=	Christine Goulding BL	W50	63:55	0:00	6:53	11:37	16:01	22:50	32:00	34:29	38:56	41:59	45:48	50:38	55:01	60:15	62:21	63:40	63:55
				0:00	6:53	4:44	4:24	6:49	9:10	2:29	4:27	3:03	3:49	4:50	4:23	5:14	2:06	1:19	0:15
19th=	David Allison STAG	M50	63:55	0:00	6:18	11:09	15:46	24:29	35:02	36:34	40:27	43:10	47:35	52:24	56:16	60:49	62:28	63:42	63:55
				0:00	6:18	4:51	4:37	8:43	10:33	1:32	3:53	2:43	4:25	4:49	3:52	4:33	1:39	1:14	0:13
21st	Stuart Graham SOLWAY	M45	64:05	0:00	6:51	10:37	14:49	21:12	31:30	34:51	39:02	42:02	45:23	50:52	54:41	60:34	62:15	63:48	64:05
				0:00	6:51	3:46	4:12	6:23	10:18	3:21	4:11	3:00	3:21	5:29	3:49	5:53	1:41	1:33	0:17
22nd	Toni O'Donovan OD	W35	64:32	0:00	6:32	10:58	15:34	22:31	31:21	36:46	40:40	43:21	46:51	50:56	57:23	61:51	63:04	64:16	64:32
				0:00	6:32	4:26	4:36	6:57	8:50	5:25	3:54	2:41	3:30	4:05	6:27	4:28	1:13	1:12	0:16
23rd	Ian Lowles WCOC	M45	65:26	0:00	6:45	12:10	16:01	23:32	33:57	35:50	40:05	43:14	46:53	51:42	56:27	62:30	63:52	65:10	65:26
				0:00	6:45	5:25	3:51	7:31	10:25	1:53	4:15	3:09	3:39	4:49	4:45	6:03	1:22	1:18	0:16
24th	Bob Cooper NN	M65	65:32	0:00	7:17	11:38	16:20	24:11	33:54	35:35	40:19	43:27	47:28	52:35	57:30	63:02	64:09	65:18	65:32
				0:00	7:17	4:21	4:42	7:51	9:43	1:41	4:44	3:08	4:01	5:07	4:55	5:32	1:07	1:09	0:14
25th	Russel Cannon LOC	M50	65:51	0:00	7:38	12:17	17:15	24:44	34:31	36:30	41:15	44:55	49:00	53:47	58:44	62:57	64:20	65:35	65:51
				0:00	7:38	4:39	4:58	7:29	9:47	1:59	4:45	3:40	4:05	4:47	4:57	4:13	1:23	1:15	0:16
26th	Mike Hind CLARO	M60	66:02	0:00	7:16	11:42	16:35	25:07	34:42	36:20	40:47	44:00	47:41	52:32	57:43	62:46	64:23	65:42	66:02
				0:00	7:16	4:26	4:53	8:32	9:35	1:38	4:27	3:13	3:41	4:51	5:11	5:03	1:37	1:19	0:20
27th	Bob Barnby WCOC	M65	66:55	0:00	7:07	14:23	18:36	25:41	35:36	37:36	42:10	45:14	49:14	53:52	58:46	63:46	65:13	66:38	66:55
				0:00	7:07	7:16	4:13	7:05	9:55	2:00	4:34	3:04	4:00	4:38	4:54	5:00	1:27	1:25	0:17
28th	Angela Jackson WCOC	W35	68:02	0:00	7:12	11:34	15:39	22:56	34:02	36:30	40:41	43:19	47:06	56:55	61:01	65:12	66:30	67:45	68:02
				0:00	7:12	4:22	4:05	7:17	11:06	2:28	4:11	2:38	3:47	9:49	4:06	4:11	1:18	1:15	0:17
29th	Joanne Taylor SROC	W50	68:48	0:00	8:15	12:51	17:33	25:21	36:10	38:19	43:00	46:16	50:10	55:23	60:12	65:34	67:04	68:30	68:48
				0:00	8:15	4:36	4:42	7:48	10:49	2:09	4:41	3:16	3:54	5:13	4:49	5:22	1:30	1:26	0:18
30th	Robin Thomas BL	M60	69:51	0:00	7:25	15:13	19:18	26:37	36:43	38:31	43:20	46:40	50:44	55:54	60:47	66:14	67:50	69:31	69:51
				0:00	7:25	7:48	4:05	7:19	10:06	1:48	4:49	3:20	4:04	5:10	4:53	5:27	1:36	1:41	0:20
31st	Tim Donovan WAROC	M50	70:03	0:00	7:47	12:40	17:17	25:22	35:53	37:44	42:47	46:04	50:12	56:28	61:38	66:50	68:26	69:47	70:03
				0:00	7:47	4:53	4:37	8:05	10:31	1:51	5:03	3:17	4:08	6:16	5:10	5:12	1:36	1:21	0:16

32nd	Simon Filmore LOC	M55	70:33	0:00 0:00	7:50 7:50	13:01 5:11	18:05 5:04	26:31 8:26	36:51 10:20	38:44 1:53	43:40 4:56	47:33 3:53	51:54 4:21	57:12 5:18	63:15 6:03	67:52 4:37	69:09 1:17	70:19 1:10	70:33 0:14
33rd	Dave Bodecott	M60	71:02	0:00 0:00	8:19 8:19	12:57 4:38	17:50 4:53	26:31 8:41	37:51 11:20	40:03 2:12	44:56 4:53	48:38 3:42	53:00 4:22	58:14 5:14	63:11 4:57	67:53 4:42	69:06 1:13	70:40 1:34	71:02 0:22
34th	Judith Wood PFO	W50	71:10	0:00 0:00	7:53 7:53	13:06 5:13	17:57 4:51	26:11 8:14	36:48 10:37	38:54 2:06	43:40 4:46	47:10 3:30	51:21 4:11	56:47 5:26	62:48 6:01	68:07 5:19	69:35 1:28	70:53 1:18	71:10 0:17
35th	Mark Simmonds LOC	M50	71:44	0:00 0:00	5:36 5:36	9:39 4:03	13:16 3:37	23:15 9:59	32:02 8:47	33:53 1:51	38:05 4:12	41:00 2:55	44:23 3:23	59:31 15:08	63:36 4:05	69:26 5:50	70:32 1:06	71:31 0:59	71:44 0:13
36th	Neil O'Gorman TAY	M40	71:51	0:00 0:00	7:09 7:09	11:33 4:24	16:07 4:34	28:38 12:31	38:43 10:05	40:57 2:14	45:25 4:28	48:33 3:08	52:28 3:55	58:00 5:32	62:49 4:49	68:49 6:00	70:26 1:37	71:39 1:13	71:51 0:12
37th	Bill Hyslop SROC	M70	73:19	0:00 0:00	8:23 8:23	13:27 5:04	18:32 5:05	26:33 8:01	38:06 11:33	40:23 2:17	45:27 5:04	48:40 3:13	53:06 4:26	58:49 5:43	64:10 5:21	70:19 6:09	71:43 1:24	73:01 1:18	73:19 0:18
38th	Luke Stangroom LOC		73:56	0:00 0:00	6:44 6:44	11:29 4:45	16:13 4:44	28:20 12:07	39:08 10:48	42:06 2:58	47:01 4:55	50:53 3:52	54:58 4:05	60:17 5:19	66:13 5:56	71:06 4:53	72:32 1:26	73:42 1:10	73:56 0:14
39th	John Ward OD	M65	74:01	0:00 0:00	8:06 8:06	12:59 4:53	17:41 4:42	26:14 8:33	38:35 12:21	40:59 2:24	45:56 4:57	49:29 3:33	53:38 4:09	59:14 5:36	64:33 5:19	70:44 6:11	72:12 1:28	73:43 1:31	74:01 0:18
40th	John Nash LOC	M60	74:07	0:00 0:00	8:19 8:19	12:47 4:28	17:10 4:23	25:33 8:23	37:36 12:03	40:12 2:36	45:35 5:23	49:05 3:30	53:39 4:34	59:05 5:26	64:22 5:17	70:37 6:15	72:20 1:43	73:52 1:32	74:07 0:15
n/c	Heather Burrows LOC	W21	76:10	0:00 0:00	8:28 8:28	14:17 5:49	20:28 6:11	27:47 7:19	39:41 11:54	42:54 3:13	47:59 5:05	50:57 2:58	55:52 4:55	61:41 5:49	67:22 5:41	73:20 5:58	74:37 1:17	75:53 1:16	76:10 0:17
41st	Hannah Cleary-Hughes LOC	W18	76:10	0:00 0:00	8:27 8:27	14:17 5:50	20:28 6:11	27:53 7:25	39:41 11:48	42:54 3:13	47:59 5:05	50:56 2:57	55:55 4:59	61:41 5:46	67:21 5:40	73:20 5:59	74:39 1:19	75:54 1:15	76:10 0:16
42nd	Raymond Wren BL	M65	77:58	0:00 0:00	7:28 7:28	12:01 4:33	16:25 4:24	23:53 7:28	34:55 11:02	37:02 2:07	41:45 4:43	51:20 9:35	55:27 4:07	61:17 5:50	67:34 6:17	73:54 6:20	75:54 2:00	77:37 1:43	77:58 0:21
43rd	Roy McGregor SROC	M45	78:54	0:00 0:00	7:48 7:48	12:43 4:55	17:55 5:12	29:00 11:05	40:56 11:56	43:34 2:38	48:53 5:19	52:37 3:44	57:03 4:26	63:00 5:57	68:42 5:42	75:23 6:41	77:03 1:40	78:36 1:33	78:54 0:18
44th	David Rawle BL	M45	79:07	0:00 0:00	10:36 10:36	19:22 8:46	28:17 8:55	36:22 8:05	46:19 9:57	48:54 2:35	53:42 4:48	57:14 3:32	60:52 3:38	65:20 4:28	69:21 4:01	75:54 6:33	77:31 1:37	78:53 1:22	79:07 0:14
45th	Stephen Farthing BL	M50	79:27	0:00 0:00	8:03 8:03	15:44 7:41	20:56 5:12	30:21 9:25	43:12 12:51	45:55 2:43	50:50 4:55	54:02 3:12	58:16 4:14	63:51 5:35	69:13 5:22	76:29 7:16	77:55 1:26	79:13 1:18	79:27 0:14
46th	Janet Evans NOC	W50	80:30	0:00 0:00	8:37 8:37	13:21 4:44	18:42 5:21	30:33 11:51	43:24 12:51	45:51 2:27	50:34 4:43	54:00 3:26	58:43 4:43	64:21 5:38	69:40 5:19	76:49 7:09	78:48 1:59	80:13 1:25	80:30 0:17
47th	Isabel Berry BL	W21	81:39	0:00 0:00	7:30 7:30	13:29 5:59	18:21 4:52	27:05 8:44	39:29 12:24	42:19 2:50	48:07 5:48	51:20 3:13	55:51 4:31	63:07 7:16	70:19 7:12	78:05 7:46	80:06 2:01	81:25 1:19	81:39 0:14
48th	Edward Nicholson NOC	M55	84:42	0:00 0:00	9:50 9:50	15:46 5:56	21:22 5:36	31:25 10:03	44:22 12:57	47:07 2:45	52:35 5:28	56:26 3:51	61:08 4:42	67:07 5:59	73:03 5:56	80:08 7:05	82:17 2:09	84:21 2:04	84:42 0:21
49th	Anne Wilson LOC	W60	90:14	0:00 0:00	9:57 9:57	16:33 6:36	23:11 6:38	33:57 10:46	47:40 13:43	50:18 2:38	56:35 6:17	60:55 4:20	66:10 5:15	72:54 6:44	79:01 6:07	85:59 6:58	88:03 2:04	89:56 1:53	90:14 0:18
50th	Mike Cumpstey BL	M65	94:36	0:00 0:00	8:19 8:19	13:21 5:02	18:10 4:49	27:03 8:53	40:15 13:12	42:24 2:09	47:43 5:19	67:28 19:45	72:09 4:41	79:32 7:23	85:25 5:53	91:11 5:46	92:47 1:36	94:19 1:32	94:36 0:17
m8	Ian Williams SELOC	M21	81:19	0:00 0:00	7:12 7:12	12:04 4:52	16:37 4:33	23:58 7:21	33:33 9:35	35:10 1:37	39:50 4:40	----- -----	46:27 -----	56:48 10:21	61:33 4:45	77:14 15:41	79:42 2:28	81:01 1:19	81:19 0:18

Split times for Green

4.5km 275m

Pos	Name	Age Class	Time	(S1)	1 (123)	2 (101)	3 (146)	4 (148)	5 (165)	6 (150)	7 (151)	8 (152)	9 (153)	10 (135)	11 (154)	12 (137)	13 (155)	14 (143)	15 (121)	(F1)
1st	Phillip Batts CLOK	M50	39:35	0:00 0:00	3:36 3:36	5:12 1:36	7:38 2:26	13:09 5:31	19:37 6:28	24:27 4:50	25:26 0:59	26:49 1:23	27:30 0:41	29:43 2:13	31:19 1:36	34:11 2:52	36:34 2:23	38:17 1:43	39:21 1:04	39:35 0:14
2nd	Michael Pearson WCOC	M70	42:29	0:00 0:00	3:35 3:35	5:09 1:34	7:50 2:41	13:20 5:30	21:03 7:43	26:11 5:08	27:13 1:02	28:32 1:19	29:22 0:50	31:45 2:23	33:25 1:40	35:56 2:31	38:42 2:46	40:56 2:14	42:14 1:18	42:29 0:15
3rd	Ann Cummings WCOC	W55	44:11	0:00 0:00	3:49 3:49	5:41 1:52	9:03 3:22	14:42 5:39	21:35 6:53	26:52 5:17	28:08 1:16	29:49 1:41	30:29 0:40	33:09 2:40	34:43 1:34	37:09 2:26	40:38 3:29	42:43 2:05	43:55 1:12	44:11 0:16
4th	Tony Duncan WCOC	M70	45:07	0:00 0:00	4:04 4:04	5:54 1:50	8:59 3:05	15:05 6:06	22:29 7:24	27:40 5:11	28:40 1:00	31:21 2:41	32:10 0:49	34:25 2:15	36:09 1:44	38:45 2:36	41:21 2:36	43:26 2:05	44:50 1:24	45:07 0:17
5th	Roger Thomas WCOC	M50	45:17	0:00 0:00	4:03 4:03	5:53 1:50	9:56 4:03	16:03 6:07	23:04 7:01	28:52 5:48	29:45 0:53	30:44 0:59	31:24 0:40	34:01 2:37	35:26 1:25	37:53 2:27	42:12 4:19	43:57 1:45	45:03 1:06	45:17 0:14
6th	Stella Lewsley BL	W60	46:04	0:00 0:00	4:13 4:13	6:07 1:54	9:46 3:39	15:58 6:12	23:14 7:16	29:08 5:54	30:17 1:09	31:57 1:40	32:45 0:48	35:20 2:35	36:50 1:30	39:20 2:30	42:16 2:56	44:26 2:10	45:46 1:20	46:04 0:18
7th	Richard Tiley LOC	M55	46:05	0:00 0:00	3:46 3:46	5:33 1:47	10:01 4:28	15:44 5:43	23:00 7:16	28:23 5:23	29:26 1:03	30:45 1:19	31:32 0:47	34:14 2:42	35:57 1:43	38:46 2:49	41:51 3:05	44:17 2:26	45:46 1:29	46:05 0:19
8th	Steven McHarg INT	M21	46:22	0:00 0:00	3:11 3:11	4:56 1:45	7:33 2:37	14:28 6:55	22:14 7:46	28:19 6:05	29:13 0:54	32:35 3:22	33:12 0:37	35:54 2:42	37:47 1:53	40:22 2:35	43:20 2:58	45:06 1:46	46:10 1:04	46:22 0:12
9th	Lynne Thomas WCOC	W40	46:25	0:00 0:00	4:04 4:04	5:57 1:53	8:49 2:52	15:14 6:25	22:29 7:15	29:00 6:31	29:55 0:55	31:44 1:49	32:30 0:46	35:11 2:41	36:46 1:35	39:29 2:43	42:45 3:16	44:54 2:09	46:10 1:16	46:25 0:15
10th	Ged Hagan WCOC	M55	46:36	0:00 0:00	3:38 3:38	5:28 1:50	8:16 2:48	14:52 6:36	22:29 7:37	28:51 6:22	29:42 0:51	31:20 1:38	31:55 0:35	34:35 2:40	36:09 1:34	38:51 2:42	42:08 3:17	45:14 3:06	46:21 1:07	46:36 0:15
11th	Roger Jackson WCOC	M65	46:58	0:00 0:00	4:14 4:14	6:06 1:52	10:15 4:09	16:33 6:18	24:11 7:38	30:03 5:52	31:07 1:04	32:38 1:31	33:20 0:42	35:53 2:33	37:27 1:34	39:55 2:28	43:27 3:32	45:25 1:58	46:41 1:16	46:58 0:17
12th	Debbie Watson WCOC	W55	47:46	0:00 0:00	4:00 4:00	5:48 1:48	8:36 2:48	14:30 5:54	22:25 7:55	28:10 5:45	29:10 1:00	31:46 2:36	32:25 0:39	34:55 2:30	38:58 4:03	41:41 2:43	44:23 2:42	46:21 1:58	47:31 1:10	47:46 0:15
13th	Matthew Blockley WCOC	M16	48:36	0:00 0:00	4:17 4:17	6:05 1:48	9:08 3:03	15:34 6:26	24:02 8:28	30:21 6:19	31:16 0:55	32:47 1:31	33:21 0:34	35:47 2:26	40:05 4:18	42:41 2:36	45:26 2:45	47:15 1:49	48:25 1:10	48:36 0:11
14th	Jackie Chapman LOC	W55	48:42	0:00 0:00	3:47 3:47	5:36 1:49	8:09 2:33	13:59 5:50	21:10 7:11	26:40 5:30	27:46 1:06	31:03 3:17	32:08 1:05	34:44 2:36	36:37 1:53	39:16 2:39	43:21 4:05	47:04 3:43	48:25 1:21	48:42 0:17
15th	Selwyn Wright LOC	M55	48:58	0:00 0:00	4:23 4:23	6:33 2:10	10:26 3:53	17:07 6:41	25:11 8:04	31:03 5:52	32:07 1:04	34:29 2:22	35:15 0:46	38:11 2:56	39:46 1:35	42:36 2:50	45:38 3:02	47:32 1:54	48:43 1:11	48:58 0:15
16th	Daisy Flechter-Coone LOC	W16	49:08	0:00 0:00	4:01 4:01	6:05 2:04	8:51 2:46	15:45 6:54	24:26 8:41	30:28 6:02	31:47 1:19	33:16 1:29	34:10 0:54	36:36 2:26	38:37 2:01	41:47 3:10	45:34 3:47	47:47 2:13	48:54 1:07	49:08 0:14
17th	Richard Cummings WCOC	M55	49:45	0:00 0:00	3:44 3:44	5:43 1:59	8:38 2:55	15:26 6:48	24:05 8:39	30:21 6:16	31:40 1:19	33:19 1:39	34:09 0:50	36:55 2:46	38:53 1:58	42:04 3:11	45:13 3:09	47:55 2:42	49:28 1:33	49:45 0:17
18th	Ian Teasdale WCOC	M50	49:53	0:00 0:00	4:11 4:11	6:08 1:57	9:24 3:16	16:07 6:43	24:22 8:15	30:18 5:56	31:34 1:16	33:23 1:49	34:26 1:03	38:13 3:47	39:57 1:44	42:51 2:54	46:14 3:23	48:17 2:03	49:37 1:20	49:53 0:16

19th=	Miriam Rosen SROC	W65	50:09	0:00 0:00	4:07 4:07	6:12 2:05	9:06 2:54	15:32 6:26	24:41 9:09	31:22 6:41	32:42 1:20	34:26 1:44	35:31 1:05	38:19 2:48	39:59 1:40	42:47 2:48	45:57 3:10	48:18 2:21	49:51 1:33	50:09 0:18
19th=	Chris Lates BL	M70	50:09	0:00 0:00	3:51 3:51	5:49 1:58	8:32 2:43	14:19 5:47	22:12 7:53	27:33 5:21	29:06 1:33	31:05 1:59	32:12 1:07	35:11 2:59	37:24 2:13	41:00 3:36	45:59 4:59	48:30 2:31	49:51 1:21	50:09 0:18
21st	Anne Burbidge WCOC	W50	50:26	0:00 0:00	3:38 3:38	5:37 1:59	8:26 2:49	14:38 6:12	23:43 9:05	30:13 6:30	31:48 1:35	33:37 1:49	34:33 0:56	37:18 2:45	39:20 2:02	42:24 3:04	45:25 3:01	48:28 3:03	50:05 1:37	50:26 0:21
22nd	Judy Burge LOC	W55	50:44	0:00 0:00	4:14 4:14	6:25 2:11	9:28 3:03	16:20 6:52	25:56 9:36	31:55 5:59	33:07 1:12	34:53 1:46	35:40 0:47	38:25 2:45	40:05 1:40	42:51 2:46	46:01 3:10	49:10 3:09	50:25 1:15	50:44 0:19
23rd	Andrew McHarg INT	M21	51:05	0:00 0:00	3:23 3:23	5:44 2:21	9:00 3:16	16:13 7:13	24:56 8:43	31:15 6:19	32:29 1:14	35:25 2:56	36:02 0:37	38:40 2:38	40:49 2:09	44:25 3:36	47:42 3:17	49:56 2:14	50:50 0:54	51:05 0:15
24th	Dave Neild LOC	M65	51:14	0:00 0:00	4:30 4:30	6:45 2:15	11:15 4:30	18:01 6:46	26:39 8:38	33:16 6:37	34:13 0:57	35:52 1:39	36:40 0:48	39:45 3:05	41:23 1:38	44:37 3:14	47:47 3:10	49:43 1:56	50:59 1:16	51:14 0:15
25th	Tom Barkas SROC	M65	51:36	0:00 0:00	4:12 4:12	6:18 2:06	9:26 3:08	15:55 6:29	24:09 8:14	31:08 6:59	32:23 1:15	34:16 1:53	35:29 1:13	38:19 2:50	40:11 1:52	43:03 2:52	47:01 3:58	49:57 2:56	51:20 1:23	51:36 0:16
26th	Alex Chaudhri WCOC	M18	51:44	0:00 0:00	4:17 4:17	6:28 2:11	9:19 2:51	15:57 6:38	24:43 8:46	30:57 6:14	32:13 1:16	34:04 1:51	34:48 0:44	38:05 3:17	40:42 2:37	44:40 3:58	47:47 3:07	50:07 2:20	51:15 1:08	51:44 0:29
27th	Gill Browne LOC	W55	52:07	0:00 0:00	3:58 3:58	6:05 2:07	9:07 3:02	15:41 6:34	25:25 9:44	31:51 6:26	33:06 1:15	34:45 1:39	35:33 0:48	38:35 3:02	40:33 1:58	43:32 2:59	46:55 3:23	50:17 3:22	51:48 1:31	52:07 0:19
28th	Keith Henderson WIM	M70	52:14	0:00 0:00	4:04 4:04	6:16 2:12	9:57 3:41	18:02 8:05	28:40 10:38	34:11 5:31	35:20 1:09	36:50 1:30	37:44 0:54	40:28 2:44	42:14 1:46	45:17 3:03	48:15 2:58	50:45 2:30	52:00 1:15	52:14 0:14
29th	Sarah Chaudhri WCOC	W50	52:30	0:00 0:00	4:05 4:05	6:04 1:59	9:06 3:02	15:37 6:31	24:14 8:37	30:03 5:49	31:25 1:22	33:39 2:14	34:30 0:51	37:41 3:11	40:10 2:29	43:59 3:49	47:49 3:50	50:48 2:59	52:14 1:26	52:30 0:16
30th	Boris Spence NN	M60	52:33	0:00 0:00	3:43 3:43	5:35 1:52	8:50 3:15	16:43 7:53	25:09 8:26	30:49 5:40	32:08 1:19	35:35 3:27	36:29 0:54	39:01 2:32	42:48 3:47	45:23 2:35	48:28 3:05	50:44 2:16	52:15 1:31	52:33 0:18
31st	Matt Edge LOC	M18	52:45	0:00 0:00	3:37 3:37	5:24 1:47	8:05 2:41	15:46 7:41	28:24 12:38	35:37 7:13	36:39 1:02	38:08 1:29	38:46 0:38	41:34 2:48	43:05 1:31	46:07 3:02	48:39 2:32	51:07 2:28	52:34 1:27	52:45 0:11
32nd	Helen Neild LOC	W65	53:25	0:00 0:00	4:25 4:25	6:29 2:04	13:00 6:31	19:46 6:46	28:04 8:18	34:42 6:38	35:57 1:15	37:22 1:25	38:17 0:55	41:24 3:07	43:02 1:38	45:48 2:46	48:58 3:10	51:32 2:34	53:09 1:37	53:25 0:16
33rd	Anne Ockenden SROC	W16	53:30	0:00 0:00	4:19 4:19	6:29 2:10	9:45 3:16	17:49 8:04	27:31 9:42	34:51 7:20	36:07 1:16	37:25 1:18	38:08 0:43	40:51 2:43	42:57 2:06	45:52 2:55	49:52 4:00	52:04 2:12	53:18 1:14	53:30 0:12
34th	Steve Burge LOC	M70	53:56	0:00 0:00	4:33 4:33	6:44 2:11	9:50 3:06	16:55 7:05	28:16 11:21	34:41 6:25	36:05 1:24	37:42 1:37	38:35 0:53	41:22 2:47	43:16 1:54	46:28 3:12	49:42 3:14	52:18 2:36	53:41 1:23	53:56 0:15
35th	Harry Scott LOC	M14	55:01	0:00 0:00	3:54 3:54	6:04 2:10	11:47 5:43	18:03 6:16	26:14 8:11	31:42 5:28	32:55 1:13	34:48 1:53	35:48 1:00	39:02 3:14	41:54 2:52	45:46 3:52	49:09 3:23	52:27 3:18	54:40 2:13	55:01 0:21
36th	David Rosen SROC	M60	55:33	0:00 0:00	4:26 4:26	6:47 2:21	9:47 3:00	16:23 6:36	25:29 9:06	32:09 6:40	33:37 1:28	35:28 1:51	36:38 1:10	39:49 3:11	42:02 2:13	45:35 3:33	49:35 4:00	52:53 3:18	55:08 2:15	55:33 0:25
37th	Philip Nichols BL	M55	55:58	0:00 0:00	4:22 4:22	6:36 2:14	9:44 3:08	17:13 7:29	26:23 9:10	33:01 6:38	34:07 1:06	36:08 2:01	37:09 1:01	40:48 3:39	43:45 2:57	47:42 3:57	51:19 3:37	54:07 2:48	55:42 1:35	55:58 0:16
38th	Janet Nash LOC	W60	56:14	0:00 0:00	4:59 4:59	7:23 2:24	10:34 3:11	18:07 7:33	27:51 9:44	34:09 6:18	35:19 1:10	39:37 4:18	40:26 0:49	43:26 3:00	45:18 1:52	48:38 3:20	52:05 3:27	54:25 2:20	55:56 1:31	56:14 0:18
39th	Gerry Garvey BL	M45	56:31	0:00 0:00	4:23 4:23	6:39 2:16	9:40 3:01	17:14 7:34	26:39 9:25	32:37 5:58	33:59 1:22	39:59 6:00	41:07 1:08	44:14 3:07	46:34 2:20	49:29 2:55	52:29 3:00	54:48 2:19	56:16 1:28	56:31 0:15

40th	Paul Tickner WCOC	M55	57:06	0:00	5:01	6:59	10:00	16:59	27:20	33:20	34:30	37:49	39:05	41:59	44:04	48:26	52:19	55:18	56:49	57:06
				0:00	5:01	1:58	3:01	6:59	10:21	6:00	1:10	3:19	1:16	2:54	2:05	4:22	3:53	2:59	1:31	0:17
41st	Liz Farthing BL	W45	57:45	0:00	5:15	7:09	10:42	18:31	29:32	36:46	37:52	39:54	41:06	44:05	46:01	49:41	53:33	56:09	57:28	57:45
				0:00	5:15	1:54	3:33	7:49	11:01	7:14	1:06	2:02	1:12	2:59	1:56	3:40	3:52	2:36	1:19	0:17
42nd	Isla Mathieson CLOK	W45	57:52	0:00	4:52	7:06	10:21	17:30	27:52	35:48	37:24	39:42	40:54	44:02	46:17	49:36	53:19	56:09	57:36	57:52
				0:00	4:52	2:14	3:15	7:09	10:22	7:56	1:36	2:18	1:12	3:08	2:15	3:19	3:43	2:50	1:27	0:16
43rd	David Fenwick WCOC	M70	58:18	0:00	5:01	7:35	11:16	19:29	29:48	37:56	39:12	41:13	42:09	45:07	47:25	50:40	54:03	56:38	58:02	58:18
				0:00	5:01	2:34	3:41	8:13	10:19	8:08	1:16	2:01	0:56	2:58	2:18	3:15	3:23	2:35	1:24	0:16
44th	Jonathan Eaton WCOC	M55	58:34	0:00	4:29	6:37	10:11	17:46	28:44	35:12	36:44	39:05	40:12	43:32	46:21	50:12	53:41	56:59	58:20	58:34
				0:00	4:29	2:08	3:34	7:35	10:58	6:28	1:32	2:21	1:07	3:20	2:49	3:51	3:29	3:18	1:21	0:14
45th	Jim Mitchell PFO	M70	60:14	0:00	4:57	7:28	11:13	19:12	29:43	37:23	38:47	40:50	41:48	45:14	47:21	50:50	55:31	58:24	59:55	60:14
				0:00	4:57	2:31	3:45	7:59	10:31	7:40	1:24	2:03	0:58	3:26	2:07	3:29	4:41	2:53	1:31	0:19
46th	Judith Filmore LOC	W55	60:38	0:00	4:44	7:14	11:48	19:45	30:37	38:14	39:55	41:57	43:00	46:04	48:06	51:37	55:36	58:41	60:18	60:38
				0:00	4:44	2:30	4:34	7:57	10:52	7:37	1:41	2:02	1:03	3:04	2:02	3:31	3:59	3:05	1:37	0:20
47th	Karen Blackburn BL	W65	61:49	0:00	4:56	7:15	10:32	19:35	31:42	38:27	39:41	41:41	42:40	46:52	49:01	52:14	56:22	60:03	61:32	61:49
				0:00	4:56	2:19	3:17	9:03	12:07	6:45	1:14	2:00	0:59	4:12	2:09	3:13	4:08	3:41	1:29	0:17
48th	Jonathan Austin LOC	M21	62:41	0:00	3:51	6:11	10:14	19:40	32:07	40:48	41:56	44:12	45:05	48:36	50:44	54:32	58:38	61:13	62:27	62:41
				0:00	3:51	2:20	4:03	9:26	12:27	8:41	1:08	2:16	0:53	3:31	2:08	3:48	4:06	2:35	1:14	0:14
49th	Niamh Hunter WCOC	W14	63:19	0:00	5:10	7:55	11:34	20:23	35:28	42:26	43:37	45:40	46:46	50:37	52:47	56:12	59:16	61:44	63:05	63:19
				0:00	5:10	2:45	3:39	8:49	15:05	6:58	1:11	2:03	1:06	3:51	2:10	3:25	3:04	2:28	1:21	0:14
50th	Tim Moon CLARO	M65	65:11	0:00	4:13	6:25	9:23	16:11	27:30	34:26	35:49	38:59	40:22	43:19	45:18	55:19	59:02	63:17	64:54	65:11
				0:00	4:13	2:12	2:58	6:48	11:19	6:56	1:23	3:10	1:23	2:57	1:59	10:01	3:43	4:15	1:37	0:17
51st	Juliet Bentley SROC	W45	66:14	0:00	5:22	8:05	11:28	20:12	31:25	38:31	39:43	42:07	43:16	46:55	50:31	55:54	60:14	64:43	65:58	66:14
				0:00	5:22	2:43	3:23	8:44	11:13	7:06	1:12	2:24	1:09	3:39	3:36	5:23	4:20	4:29	1:15	0:16
52nd	Joyce Woffindin WCOC	W50	66:27	0:00	4:59	7:31	11:14	20:47	33:28	41:55	43:40	45:42	46:44	50:35	53:14	57:09	61:04	64:06	66:06	66:27
				0:00	4:59	2:32	3:43	9:33	12:41	8:27	1:45	2:02	1:02	3:51	2:39	3:55	3:55	3:02	2:00	0:21
53rd	Julia Laverack WAROC	W50	66:42	0:00	4:09	6:07	9:23	16:32	39:52	47:00	48:15	49:37	50:32	53:25	55:23	58:59	62:22	64:53	66:22	66:42
				0:00	4:09	1:58	3:16	7:09	23:20	7:08	1:15	1:22	0:55	2:53	1:58	3:36	3:23	2:31	1:29	0:20
54th	Dick Whitworth BL	M75	66:53	0:00	5:35	8:01	12:11	21:49	33:17	41:56	43:26	45:45	46:55	50:56	53:30	57:08	61:15	64:32	66:32	66:53
				0:00	5:35	2:26	4:10	9:38	11:28	8:39	1:30	2:19	1:10	4:01	2:34	3:38	4:07	3:17	2:00	0:21
55th	Deborah Goodwin WCOC	W50	70:26	0:00	5:08	7:57	11:51	20:26	31:45	39:20	41:08	47:03	48:05	51:51	54:39	58:37	63:50	67:58	70:05	70:26
				0:00	5:08	2:49	3:54	8:35	11:19	7:35	1:48	5:55	1:02	3:46	2:48	3:58	5:13	4:08	2:07	0:21
56th	Joanne Williams SELOC	W35	73:00	0:00	4:54	7:04	10:52	19:03	32:50	45:26	48:19	50:18	51:34	54:49	57:20	62:35	67:26	70:53	72:43	73:00
				0:00	4:54	2:10	3:48	8:11	13:47	12:36	2:53	1:59	1:16	3:15	2:31	5:15	4:51	3:27	1:50	0:17
57th	Caroline Mackenzie CLOK	W50	73:41	0:00	5:32	8:19	11:57	21:45	37:40	45:11	46:37	51:59	52:58	56:47	61:55	65:09	69:00	71:58	73:23	73:41
				0:00	5:32	2:47	3:38	9:48	15:55	7:31	1:26	5:22	0:59	3:49	5:08	3:14	3:51	2:58	1:25	0:18
58th	Alan Heppenstall LOC	M70	89:02	0:00	6:53	10:14	14:48	25:48	40:38	50:42	53:24	56:20	58:05	63:08	66:45	72:23	81:20	86:09	88:38	89:02
				0:00	6:53	3:21	4:34	11:00	14:50	10:04	2:42	2:56	1:45	5:03	3:37	5:38	8:57	4:49	2:29	0:24

Split times for Short Green

3km 170m																				
Pos	Name	Age Class	Time	(S1)	1 (122)	2 (101)	3 (147)	4 (141)	5 (133)	6 (144)	7 (140)	8 (155)	9 (139)	10 (143)	11 (121)	(F1)				

1st	Steve Telford WCOC	M50	34:37	0:00 0:00	3:03 3:03	6:26 3:23	11:36 5:10	15:31 3:55	19:28 3:57	23:36 4:08	25:21 1:45	30:16 4:55	32:15 1:59	33:07 0:52	34:23 1:16	34:37 0:14
2nd	Brian Looker SROC	M75	34:57	0:00 0:00	3:32 3:32	7:13 3:41	10:51 3:38	14:59 4:08	18:35 3:36	21:39 3:04	24:19 2:40	29:57 5:38	31:46 1:49	33:02 1:16	34:38 1:36	34:57 0:19
3rd	Andrew Smith LOC	M65	35:04	0:00 0:00	3:25 3:25	6:37 3:12	13:28 6:51	17:09 3:41	20:51 3:42	23:55 3:04	25:51 1:56	30:28 4:37	32:20 1:52	33:18 0:58	34:46 1:28	35:04 0:18
4th	Malcolm Mclvor DEE	M75	36:31	0:00 0:00	3:54 3:54	8:09 4:15	12:10 4:01	16:19 4:09	20:33 4:14	23:49 3:16	25:55 2:06	31:25 5:30	33:19 1:54	34:27 1:08	36:13 1:46	36:31 0:18
5th	Catherine Wetherfield WCOC	W50	37:27	0:00 0:00	3:19 3:19	7:21 4:02	11:15 3:54	15:06 3:51	18:45 3:39	22:07 3:22	24:01 1:54	29:29 5:28	34:41 5:12	35:43 1:02	37:08 1:25	37:27 0:19
6th	Andrew Suddaby BL	M75	37:38	0:00 0:00	3:49 3:49	7:47 3:58	11:56 4:09	16:05 4:09	20:44 4:39	23:52 3:08	25:56 2:04	32:16 6:20	34:25 2:09	35:35 1:10	37:22 1:47	37:38 0:16
7th	Jan Clenaghan SOLWAY	W60	37:44	0:00 0:00	3:31 3:31	7:44 4:13	12:33 4:49	16:51 4:18	21:15 4:24	25:00 3:45	27:07 2:07	32:07 5:00	34:41 2:34	35:48 1:07	37:25 1:37	37:44 0:19
8th	Sally Rollo SOLWAY	W60	39:24	0:00 0:00	3:51 3:51	8:38 4:47	13:01 4:23	17:23 4:22	22:03 4:40	25:55 3:52	28:07 2:12	33:39 5:32	36:01 2:22	37:13 1:12	39:04 1:51	39:24 0:20
9th	Penny Clay	W45	41:09	0:00 0:00	5:14 5:14	9:49 4:35	14:05 4:16	18:31 4:26	24:25 5:54	27:59 3:34	30:10 2:11	35:55 5:45	38:26 2:31	39:33 1:07	40:56 1:23	41:09 0:13
10th	Richard Moss BL	M70	41:17	0:00 0:00	4:32 4:32	8:50 4:18	13:29 4:39	18:08 4:39	22:29 4:21	26:18 3:49	28:43 2:25	34:58 6:15	37:49 2:51	39:07 1:18	40:58 1:51	41:17 0:19
11th	Stan Johnston LOC	M75	43:26	0:00 0:00	4:35 4:35	9:32 4:57	14:57 5:25	20:09 5:12	25:13 5:04	28:59 3:46	31:44 2:45	37:24 5:40	39:53 2:29	41:14 1:21	43:07 1:53	43:26 0:19
12th	Louise Hagan WCOC	W21	44:34	0:00 0:00	2:56 2:56	7:00 4:04	11:17 4:17	15:41 4:24	19:47 4:06	28:04 8:17	30:21 2:17	36:36 6:15	41:36 5:00	42:37 1:01	44:16 1:39	44:34 0:18
13th	Jane Yates	W45	44:57	0:00 0:00	4:33 4:33	9:19 4:46	13:56 4:37	18:53 4:57	23:50 4:57	27:38 3:48	32:04 4:26	39:04 7:00	41:47 2:43	42:56 1:09	44:41 1:45	44:57 0:16
14th	Kim Leslie WCOC	W50	45:50	0:00 0:00	4:00 4:00	8:39 4:39	13:32 4:53	18:30 4:58	23:04 4:34	27:13 4:09	29:38 2:25	40:25 10:47	42:44 2:19	43:48 1:04	45:30 1:42	45:50 0:20
15th	Robin Stansfield BL	M70	46:08	0:00 0:00	4:55 4:55	9:58 5:03	15:20 5:22	21:00 5:40	26:39 5:39	31:00 4:21	33:21 2:21	40:10 6:49	42:19 2:09	43:46 1:27	45:41 1:55	46:08 0:27
16th	Gillian Rowan-Wilde PFO	W65	46:31	0:00 0:00	3:48 3:48	7:27 3:39	15:29 8:02	19:28 3:59	23:19 3:51	33:26 10:07	35:51 2:25	41:17 5:26	43:49 2:32	44:54 1:05	46:13 1:19	46:31 0:18
17th	Kate Skinner WCOC	W16	47:53	0:00 0:00	3:56 3:56	8:29 4:33	14:44 6:15	20:40 5:56	25:14 4:34	29:14 4:00	33:24 4:10	41:49 8:25	44:51 3:02	45:58 1:07	47:35 1:37	47:53 0:18
18th	Geoff Armer BL	M65	48:48	0:00 0:00	4:07 4:07	8:39 4:32	14:10 5:31	19:05 4:55	24:22 5:17	28:38 4:16	33:33 4:55	42:41 9:08	45:31 2:50	46:40 1:09	48:25 1:45	48:48 0:23
19th	Marguerite Pennell WCOC	W70	51:23	0:00 0:00	5:07 5:07	10:17 5:10	15:29 5:12	21:06 5:37	27:33 6:27	34:13 6:40	38:25 4:12	45:55 7:30	47:55 2:00	49:07 1:12	51:00 1:53	51:23 0:23
20th	Mike Atherton LOC	M70	52:44	0:00 0:00	4:48 4:48	10:26 5:38	16:50 6:24	23:04 6:14	28:16 5:12	32:55 4:39	36:28 3:33	44:08 7:40	47:59 3:51	49:38 1:39	52:16 2:38	52:44 0:28
21st	Richard Goodwin WCOC	M55	54:57	0:00 0:00	4:52 4:52	10:39 5:47	15:54 5:15	22:33 6:39	28:04 5:31	32:46 4:42	37:59 5:13	45:12 7:13	49:43 4:31	51:39 1:56	54:18 2:39	54:57 0:39

22nd	Helen Morley BL	W50	56:24	0:00 0:00	5:13 5:13	11:30 6:17	21:33 10:03	27:23 5:50	33:21 5:58	38:13 4:52	41:19 3:06	49:02 7:43	52:36 3:34	53:57 1:21	56:03 2:06	56:24 0:21
23rd	Angela Whitworth BL	W70	57:44	0:00 0:00	5:25 5:25	11:02 5:37	16:50 5:48	23:38 6:48	32:45 9:07	38:15 5:30	41:37 3:22	49:31 7:54	53:01 3:30	54:51 1:50	57:18 2:27	57:44 0:26
24th	Louise Wilson BL	W70	57:55	0:00 0:00	4:48 4:48	10:14 5:26	19:31 9:17	25:02 5:31	31:05 6:03	35:32 4:27	41:49 6:17	50:02 8:13	53:40 3:38	55:30 1:50	57:33 2:03	57:55 0:22
25th	Lorraine Batts CLOK	W55	58:01	0:00 0:00	4:48 4:48	10:23 5:35	16:39 6:16	22:18 5:39	28:25 6:07	33:07 4:42	39:03 5:56	48:29 9:26	52:20 3:51	54:11 1:51	57:26 3:15	58:01 0:35
26th	Carol Graham SOLWAY	W45	68:54	0:00 0:00	7:36 7:36	11:13 3:37	22:07 10:54	26:21 4:14	39:05 12:44	43:12 4:07	46:40 3:28	63:59 17:19	66:05 2:06	67:05 1:00	68:35 1:30	68:54 0:19
27th	Roy Malley NATO	M85	86:56	0:00 0:00	5:44 5:44	12:51 7:07	20:49 7:58	30:10 9:21	41:15 11:05	50:20 9:05	57:46 7:26	73:04 15:18	79:28 6:24	82:33 3:05	86:19 3:46	86:56 0:37
w7 m11	Fran McDonald WCOC	W60	47:54	0:00 0:00	3:50 3:50	8:23 4:33	19:34 11:11	24:10 4:36	29:10 5:00	33:00 3:50		41:00 -----	43:41 -----	45:19 2:41		47:54 -----

Split times for Light Green

3.4km 210m

Pos	Name	Age Class	Time	(S1)	1 (122)	2 (132)	3 (141)	4 (133)	5 (134)	6 (135)	7 (111)	8 (136)	9 (137)	10 (164)	11 (139)	12 (121)	(F1)
1st	Heather Ball LOC	W14	34:48	0:00 0:00	2:40 2:40	7:45 5:05	12:21 4:36	16:43 4:22	18:08 1:25	20:46 2:38	22:04 1:18	23:49 1:45	27:18 3:29	31:35 4:17	32:34 0:59	34:35 2:01	34:48 0:13
2nd	Alex Foster LOC	M14	35:59	0:00 0:00	2:20 2:20	6:56 4:36	14:13 7:17	17:33 3:20	19:42 2:09	23:02 3:20	24:12 1:10	25:23 1:11	29:14 3:51	33:05 3:51	34:01 0:56	35:47 1:46	35:59 0:12
3rd	Ben Breeze WCOC	M14	39:01	0:00 0:00	2:28 2:28	7:51 5:23	12:31 4:40	16:53 4:22	18:37 1:44	22:13 3:36	23:45 1:32	25:15 1:30	30:42 5:27	35:38 4:56	36:50 1:12	38:47 1:57	39:01 0:14
4th	David Binks WAROC	M65	39:43	0:00 0:00	3:35 3:35	9:22 5:47	13:52 4:30	17:24 3:32	19:19 1:55	23:04 3:45	24:45 1:41	26:12 1:27	30:53 4:41	35:53 5:00	37:12 1:19	39:24 2:12	39:43 0:19
5th	Rosie Spencer WCOC	W12	43:28	0:00 0:00	3:32 3:32	10:03 6:31	15:01 4:58	18:48 3:47	21:35 2:47	25:33 3:58	26:59 1:26	28:42 1:43	33:55 5:13	40:17 6:22	41:10 0:53	43:13 2:03	43:28 0:15
6th	Chris Telford WCOC	M16	46:19	0:00 0:00	3:33 3:33	9:35 6:02	19:21 9:46	23:38 4:17	26:11 2:33	29:22 3:11	30:37 1:15	32:02 1:25	37:03 5:01	42:59 5:56	44:17 1:18	46:05 1:48	46:19 0:14
7th	Fiona Newby LOC	W14	47:18	0:00 0:00	3:03 3:03	9:26 6:23	15:46 6:20	22:39 6:53	25:16 2:37	28:39 3:23	30:02 1:23	31:48 1:46	37:31 5:43	43:29 5:58	45:13 1:44	47:07 1:54	47:18 0:11
8th	Michael Milburn	M50	49:11	0:00 0:00	3:12 3:12	8:22 5:10	13:01 4:39	26:23 13:22	27:52 1:29	31:17 3:25	32:47 1:30	34:37 1:50	40:50 6:13	45:49 4:59	47:01 1:12	48:59 1:58	49:11 0:12
9th	Megan Bartlett LOC	W14	49:23	0:00 0:00	3:29 3:29	9:20 5:51	17:39 8:19	23:10 5:31	25:17 2:07	29:53 4:36	31:33 1:40	33:49 2:16	39:22 5:33	45:42 6:20	47:17 1:35	49:09 1:52	49:23 0:14
n/c	Polly Allen	W14	52:47	0:00 0:00	4:28 4:28	11:26 6:58	17:08 5:42	21:14 4:06	23:30 2:16	27:30 4:00	28:57 1:27	30:56 1:59	36:55 5:59	48:17 11:22	49:49 1:32	52:32 2:43	52:47 0:15
10th	Joseph Goodwin WCOC	M14	53:18	0:00 0:00	3:19 3:19	13:15 9:56	17:37 4:22	23:11 5:34	25:37 2:26	30:44 5:07	33:37 2:53	36:08 2:31	42:08 6:00	49:32 7:24	51:12 1:40	53:05 1:53	53:18 0:13
11th	Joanna Treasure SELOC	W50	57:22	0:00 0:00	4:42 4:42	13:29 8:47	20:00 6:31	27:40 7:40	30:02 2:22	35:08 5:06	36:31 1:23	39:03 2:32	45:16 6:13	52:17 7:01	53:52 1:35	57:01 3:09	57:22 0:21

12th	Verena Johnston LOC	W80	57:47	0:00	4:15	11:27	17:25	22:34	25:32	31:46	33:45	36:49	44:26	52:33	54:34	57:30	57:47
				0:00	4:15	7:12	5:58	5:09	2:58	6:14	1:59	3:04	7:37	8:07	2:01	2:56	0:17
13th	Francis Smith-Ward LOC	M14	59:31	0:00	4:28	11:11	16:12	20:41	22:47	29:43	31:44	34:04	41:33	54:27	57:02	59:16	59:31
				0:00	4:28	6:43	5:01	4:29	2:06	6:56	2:01	2:20	7:29	12:54	2:35	2:14	0:15
14th	Philip Shrimpton LOC	M14	60:22	0:00	9:11	15:21	28:35	34:05	36:11	40:49	42:34	44:43	50:22	56:42	58:18	60:08	60:22
				0:00	9:11	6:10	13:14	5:30	2:06	4:38	1:45	2:09	5:39	6:20	1:36	1:50	0:14
15th	Jane Hunter WCOC	W45	71:36	0:00	4:44	12:59	20:01	27:39	31:20	36:55	40:51	43:35	55:15	64:13	67:40	71:14	71:36
				0:00	4:44	8:15	7:02	7:38	3:41	5:35	3:56	2:44	11:40	8:58	3:27	3:34	0:22
16th	Kim Sanderson NATO	W35	72:10	0:00	6:23	12:57	18:21	24:18	27:08	31:23	33:09	36:31	60:49	67:20	69:13	71:52	72:10
				0:00	6:23	6:34	5:24	5:57	2:50	4:15	1:46	3:22	24:18	6:31	1:53	2:39	0:18
17th	Alison Stewart	W50	73:03	0:00	11:04	17:24	34:56	43:17	45:23	49:06	51:03	53:13	61:01	68:04	70:16	72:46	73:03
				0:00	11:04	6:20	17:32	8:21	2:06	3:43	1:57	2:10	7:48	7:03	2:12	2:30	0:17
18th	Birgitte Nilsen TAY	W35	77:02	0:00	3:23	33:16	38:38	42:36	45:22	50:56	52:22	53:51	60:25	73:02	74:26	76:43	77:02
				0:00	3:23	29:53	5:22	3:58	2:46	5:34	1:26	1:29	6:34	12:37	1:24	2:17	0:19
19th	Alex Christian LOC	M14	80:20	0:00	16:13	26:37	32:28	38:31	40:28	47:41	49:34	51:47	59:19	73:11	75:05	79:40	80:20
				0:00	16:13	10:24	5:51	6:03	1:57	7:13	1:53	2:13	7:32	13:52	1:54	4:35	0:40
20th	Sharon Jones	W45	91:55	0:00	4:37	23:24	29:16	41:54	45:21	51:33	54:14	56:53	68:01	86:47	89:11	91:36	91:55
				0:00	4:37	18:47	5:52	12:38	3:27	6:12	2:41	2:39	11:08	18:46	2:24	2:25	0:19
m1	Jack Caine LOC	M16	40:25	0:00		7:15	12:04	17:14	19:47	22:42	23:48	25:56	32:04	37:45	38:39	40:13	40:25
				0:00	-----	-----	4:49	5:10	2:33	2:55	1:06	2:08	6:08	5:41	0:54	1:34	0:12
w9	Ben Goodwin WCOC	M14	48:21	0:00	4:07	10:30	16:15	22:50	24:43	28:51	30:21	31:58		45:01	45:51	48:07	48:21
				0:00	4:07	6:23	5:45	6:35	1:53	4:08	1:30	1:37	-----	-----	0:50	2:16	0:14
w9	Jack Bingham WCOC	M16	58:54	0:00	5:24	12:33	20:45	24:00	25:33	29:03	30:39	31:39		51:05	56:52	58:41	58:54
				0:00	5:24	7:09	8:12	3:15	1:33	3:30	1:36	1:00	-----	-----	5:47	1:49	0:13

Split times for Orange

2.8km 135m

Pos	Name	Age Class	Time	(S1)	1 (104)	2 (122)	3 (123)	4 (146)	5 (125)	6 (126)	7 (127)	8 (140)	9 (129)	10 (130)	11 (131)	12 (139)	13 (120)	14 (121)	(F1)
1st	Henry Teasdale WCOC	M12	37:41	0:00	2:09	3:23	5:12	10:50	13:59	17:20	22:21	23:35	26:30	30:25	32:27	35:06	36:20	37:23	37:41
				0:00	2:09	1:14	1:49	5:38	3:09	3:21	5:01	1:14	2:55	3:55	2:02	2:39	1:14	1:03	0:18
2nd	Caitlin Irving WCOC	W12	37:44	0:00	1:47	2:49	4:35	16:52	19:26	22:10	25:50	26:51	28:37	31:47	33:13	35:33	36:30	37:30	37:44
				0:00	1:47	1:02	1:46	12:17	2:34	2:44	3:40	1:01	1:46	3:10	1:26	2:20	0:57	1:00	0:14
3rd	Lucy Procter LOC	W12	44:24	0:00	1:41	3:22	5:14	9:47	12:42	20:23	26:43	28:02	31:43	35:36	37:43	41:34	42:52	44:09	44:24
				0:00	1:41	1:41	1:52	4:33	2:55	7:41	6:20	1:19	3:41	3:53	2:07	3:51	1:18	1:17	0:15
4th	Milo Williamson LOC	M12	53:26	0:00	1:33	7:04	14:01	18:16	22:00	32:42	39:39	40:37	43:16	46:43	48:17	50:46	51:58	53:11	53:26
				0:00	1:33	5:31	6:57	4:15	3:44	10:42	6:57	0:58	2:39	3:27	1:34	2:29	1:12	1:13	0:15
5th	Harriet Wood LOC	W12	53:57	0:00	2:21	4:40	6:49	13:45	19:23	29:01	34:06	35:29	39:10	43:39	46:34	49:56	52:08	53:39	53:57
				0:00	2:21	2:19	2:09	6:56	5:38	9:38	5:05	1:23	3:41	4:29	2:55	3:22	2:12	1:31	0:18
6th	Jessica Breeze WCOC	W12	54:06	0:00	2:19	4:07	7:49	15:34	20:27	23:36	31:40	33:04	38:47	45:01	47:39	51:30	52:31	53:49	54:06
				0:00	2:19	1:48	3:42	7:45	4:53	3:09	8:04	1:24	5:43	6:14	2:38	3:51	1:01	1:18	0:17

7th	Rebecca Thomas	W40	55:49	0:00	2:31	10:02	12:32	23:29	26:46	30:37	37:24	38:34	41:04	45:27	49:02	52:43	54:08	55:29	55:49
				0:00	2:31	7:31	12:30	10:57	3:17	3:51	6:47	1:10	2:30	4:23	3:35	3:41	1:25	1:21	0:20
8th	Patrick Thomas	M12	56:02	0:00	2:07	3:59	6:27	10:52	25:05	33:12	38:19	39:32	41:31	45:32	50:01	53:19	54:36	55:49	56:02
	LOC			0:00	2:07	1:52	2:28	4:25	14:13	8:07	5:07	1:13	1:59	4:01	4:29	3:18	1:17	1:13	0:13
9th	Gemma O'Dowd	W8	57:02	0:00	3:40	6:06	8:56	17:56	21:36	24:39	33:17	34:30	38:16	43:41	46:41	53:31	55:16	56:45	57:02
	BL			0:00	3:40	2:26	2:50	9:00	3:40	3:03	8:38	1:13	3:46	5:25	3:00	6:50	1:45	1:29	0:17
10th	Ben O'Dowd	M10	59:01	0:00	1:54	10:11	14:02	18:50	21:00	30:20	34:59	36:05	39:59	49:03	51:19	56:05	57:53	58:45	59:01
	BL			0:00	1:54	8:17	3:51	4:48	2:10	9:20	4:39	1:06	3:54	9:04	2:16	4:46	1:48	0:52	0:16
11th	Ellie Simmonds	W12	60:29	0:00	2:34	9:51	12:11	18:14	22:58	29:37	35:32	37:21	43:20	49:55	53:08	57:55	59:05	60:12	60:29
	LOC			0:00	2:34	7:17	2:20	6:03	4:44	6:39	5:55	1:49	5:59	6:35	3:13	4:47	1:10	1:07	0:17
12th	Zoe Graham	W12	60:50	0:00	2:00	3:21	5:04	12:51	15:57	33:18	39:51	41:01	47:15	52:15	54:55	58:21	59:26	60:37	60:50
	SOLWAY			0:00	2:00	1:21	1:43	7:47	3:06	17:21	6:33	1:10	6:14	5:00	2:40	3:26	1:05	1:11	0:13
13th	Rosie Law	W60	63:48	0:00	2:30	26:45	29:26	33:44	37:08	40:38	46:34	47:49	50:00	53:59	56:25	60:01	62:15	63:30	63:48
	LOC			0:00	2:30	24:15	2:41	4:18	3:24	3:30	5:56	1:15	2:11	3:59	2:26	3:36	2:14	1:15	0:18
14th	Carys Thomas	W12	66:40	0:00	4:08	6:31	10:03	18:34	24:01	27:55	34:57	36:40	41:47	49:32	55:26	60:28	62:53	65:57	66:40
	WCOC			0:00	4:08	2:23	3:32	8:31	5:27	3:54	7:02	1:43	5:07	7:45	5:54	5:02	2:25	3:04	0:43
15th	Alison Rawle		68:37	0:00	2:19	4:51	7:15	27:47	31:14	36:57	42:41	44:11	51:34	56:40	59:57	65:12	66:48	68:18	68:37
				0:00	2:19	2:32	2:24	20:32	3:27	5:43	5:44	1:30	7:23	5:06	3:17	5:15	1:36	1:30	0:19
16th	Harrison Carr	M12	71:38	0:00	2:08	21:31	24:08	30:06	35:20	46:04	52:38	53:59	57:02	61:24	64:22	67:50	70:03	71:22	71:38
	LOC			0:00	2:08	19:23	2:37	5:58	5:14	10:44	6:34	1:21	3:03	4:22	2:58	3:28	2:13	1:19	0:16
17th	Leo Jones	M14	94:34	0:00	2:54	19:05	23:02	35:17	40:18	55:03	64:58	67:06	73:53	80:21	84:18	89:47	92:44	94:19	94:34
	LOC			0:00	2:54	16:11	3:57	12:15	5:01	14:45	9:55	2:08	6:47	6:28	3:57	5:29	2:57	1:35	0:15
rtd	Emma Hood	W14		0:00	2:09	16:22	18:48	24:59											
	LOC			0:00	2:09	14:13	2:26	6:11	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
m5	Polly Allen	W14	66:40	0:00	1:23	3:44	5:37	12:24		44:09	48:09	49:07	52:19	56:34	59:27	62:47	64:57	66:24	66:40
	LOC			0:00	1:23	2:21	1:53	6:47	-----	-----	4:00	0:58	3:12	4:15	2:53	3:20	2:10	1:27	0:16
m7-10	Judy Suddaby	W70	73:10	0:00	4:12	7:45	12:03	22:50	29:21	44:05					51:39	61:52	67:17		73:10
m14	BL			0:00	4:12	3:33	4:18	10:47	6:31	14:44	-----	-----	-----	-----	-----	10:13	5:25	-----	-----
m9-14	Suzanne Morley	W16	188:26	0:00	2:58	4:42	8:40	16:13	21:37	34:33	88:51	90:20							188:26
	BL			0:00	2:58	1:44	3:58	7:33	5:24	12:56	54:18	1:29	-----	-----	-----	-----	-----	-----	-----

Split times for Yellow

1.9km 55m

Pos	Name	Age Class	Time	(S1)	1 (104)	2 (107)	3 (110)	4 (112)	5 (102)	6 (113)	7 (114)	8 (115)	9 (117)	10 (120)	11 (121)	(F1)
n/c	Milo Williamson	M12	15:06	0:00	1:44	2:19	4:01	5:24	6:09	8:33	10:12	11:12	12:23	13:50	14:52	15:06
	LOC			0:00	1:44	0:35	1:42	1:23	0:45	2:24	1:39	1:00	1:11	1:27	1:02	0:14
1st	Ellie Simmonds	W12	16:35	0:00	1:46	2:23	3:56	5:43	6:20	9:05	10:58	11:51	13:10	14:58	16:18	16:35
	LOC			0:00	1:46	0:37	1:33	1:47	0:37	2:45	1:53	0:53	1:19	1:48	1:20	0:17
n/c	Lucy Procter	W12	18:27	0:00	2:10	2:56	5:15	6:36	7:21	9:59	11:52	13:21	14:57	16:57	18:08	18:27
	LOC			0:00	2:10	0:46	2:19	1:21	0:45	2:38	1:53	1:29	1:36	2:00	1:11	0:19
2nd	Wilfred Teasdale	W10	18:35	0:00	1:50	2:26	5:31	7:23	7:59	10:39	12:25	13:20	14:58	17:03	18:19	18:35
	WCOC			0:00	1:50	0:36	3:05	1:52	0:36	2:40	1:46	0:55	1:38	2:05	1:16	0:16

3rd	James Birkinshaw WCOC	M12	19:22	0:00 0:00	2:00 2:00	2:44 0:44	5:27 2:43	6:55 1:28	7:53 0:58	10:21 2:28	12:05 1:44	13:51 1:46	15:31 1:40	17:37 2:06	19:03 1:26	19:22 0:19
4th	Isaac Hunter WCOC	M10	22:40	0:00 0:00	2:10 2:10	2:56 0:46	5:44 2:48	7:25 1:41	8:23 0:58	11:40 3:17	14:15 2:35	16:09 1:54	18:36 2:27	20:38 2:02	22:23 1:45	22:40 0:17
n/c	Harrison Carr LOC	M12	23:05	0:00 0:00	1:59 1:59	2:53 0:54	4:57 2:04	6:44 1:47	8:03 1:19	11:34 3:31	14:09 2:35	15:53 1:44	18:24 2:31	20:49 2:25	22:47 1:58	23:05 0:18
5th	James Ryan IND	M12	23:23	0:00 0:00	1:50 1:50	2:23 0:33	6:48 4:25	8:26 1:38	9:28 1:02	12:14 2:46	14:09 1:55	18:27 4:18	19:54 1:27	21:49 1:55	23:10 1:21	23:23 0:13
6th	Jonty Goodwin WCOC	M10	24:01	0:00 0:00	2:00 2:00	2:36 0:36	4:59 2:23	6:25 1:26	7:21 0:56	11:23 4:02	13:38 2:15	18:15 4:37	20:05 1:50	22:17 2:12	23:45 1:28	24:01 0:16
7th	Robert Farthing BL	M10	24:33	0:00 0:00	2:32 2:32	3:20 0:48	5:54 2:34	7:13 1:19	8:23 1:10	12:17 3:54	15:39 3:22	18:32 2:53	20:04 1:32	22:13 2:09	24:17 2:04	24:33 0:16
8th	Masie Evans WAROC	W8	28:06	0:00 0:00	2:15 2:15	2:58 0:43	5:15 2:17	7:00 1:45	8:12 1:12	11:54 3:42	15:57 4:03	19:22 3:25	21:46 2:24	24:19 2:33	27:15 2:56	28:06 0:51
9th	Michael Austin LOC	M55	28:27	0:00 0:00	3:28 3:28	4:39 1:11	7:17 2:38	9:46 2:29	10:58 1:12	15:05 4:07	18:12 3:07	20:22 2:10	22:25 2:03	25:34 3:09	28:03 2:29	28:27 0:24
10th	Ben Sanderson NATO	M8	30:16	0:00 0:00	2:57 2:57	4:35 1:38	8:29 3:54	10:05 1:36	11:14 1:09	14:45 3:31	17:12 2:27	23:34 6:22	25:31 1:57	27:52 2:21	29:51 1:59	30:16 0:25
11th	Thomas Rawle BL	M10	30:19	0:00 0:00	1:47 1:47	2:24 0:37	7:16 4:52	15:39 8:23	16:12 0:33	18:56 2:44	21:16 2:20	26:12 4:56	27:18 1:06	29:04 1:46	30:03 0:59	30:19 0:16
n/c	Harriet Wood LOC	W12	30:21	0:00 0:00	2:17 2:17	3:09 0:52	5:05 1:56	15:29 10:24	16:26 0:57	20:19 3:53	22:34 2:15	23:50 1:16	26:09 2:19	28:39 2:30	30:03 1:24	30:21 0:18
12th	Joss + Scarlett Evans WAROC	W6	31:02	0:00 0:00	2:50 2:50	3:46 0:56	6:17 2:31	8:45 2:28	10:09 1:24	15:14 5:05	18:44 3:30	24:11 5:27	25:36 1:25	28:39 3:03	30:37 1:58	31:02 0:25
13th	Eleanor Farthing BL	W10	33:59	0:00 0:00	3:45 3:45	5:27 1:42	10:39 5:12	12:34 1:55	14:30 1:56	19:38 5:08	23:25 3:47	25:25 2:00	28:25 3:00	31:32 3:07	33:38 2:06	33:59 0:21
14th	Rodley Family		34:39	0:00 0:00	2:44 2:44	3:48 1:04	8:24 4:36	11:17 2:53	13:04 1:47	17:35 4:31	21:51 4:16	25:16 3:25	28:03 2:47	31:09 3:06	34:15 3:06	34:39 0:24
15th	Oscar Sanderson NATO	M6	35:46	0:00 0:00	3:48 3:48	5:26 1:38	8:24 2:58	10:36 2:12	12:07 1:31	17:01 4:54	21:21 4:20	24:40 3:19	29:09 4:29	32:36 3:27	35:14 2:38	35:46 0:32
16th	Leo Degnen-Potter NATO	M10	37:50	0:00 0:00	2:27 2:27	3:23 0:56	6:16 2:53	10:54 4:38	12:10 1:16	18:40 6:30	22:38 3:58	24:23 1:45	27:12 2:49	31:49 4:37	37:06 5:17	37:50 0:44
17th	Rosalind Williams SELOC	W5	42:35	0:00 0:00	3:59 3:59	5:33 1:34	9:07 3:34	13:25 4:18	15:27 2:02	20:46 5:19	25:13 4:27	28:53 3:40	33:35 4:42	38:45 5:10	41:56 3:11	42:35 0:39
18th	Hazel Laverack WAROC	W9	47:01	0:00 0:00	2:35 2:35	3:26 0:51	7:10 3:44	11:28 4:18	12:34 1:06	17:45 5:11	21:32 3:47	35:53 14:21	39:00 3:07	43:35 4:35	46:39 3:04	47:01 0:22
19th	Maisy Yates	W10	49:54	0:00 0:00	2:46 2:46	3:47 1:01	10:01 6:14	14:18 4:17	15:31 1:13	20:44 5:13	24:32 3:48	38:59 14:27	41:56 2:57	46:26 4:30	49:33 3:07	49:54 0:21
20th	Hannah Birkinshaw WCOC	W5	50:50	0:00 0:00	3:27 3:27	4:24 0:57	9:04 4:40	13:33 4:29	15:11 1:38	25:25 10:14	30:42 5:17	35:25 4:43	40:40 5:15	45:41 5:01	49:41 4:00	50:50 1:09
21st	Ellen + Eoin Simpson OD	W6	58:19	0:00 0:00	4:53 4:53	6:38 1:45	11:43 5:05	15:51 4:08	17:49 1:58	29:26 11:37	35:47 6:21	40:39 4:52	46:40 6:01	53:41 7:01	57:43 4:02	58:19 0:36

