

Split times for Brown

8.2km 385m

Pos	Name	Age Class	Time	(S1)	1 (138)	2 (110)	3 (120)	4 (121)	5 (135)	6 (116)	7 (111)	8 (128)	9 (118)	10 (123)	11 (144)	12 (132)	13 (119)	14 (140)	15 (133)	16 (131)	17 (143)	(F1)
1st	Jonny Malley SHUOC	M21	55:01	0:00 0:00	2:13 2:13	6:43 4:30	14:25 7:42	17:11 2:46	21:50 4:39	26:10 4:20	28:03 1:53	29:07 1:04	36:15 7:08	38:20 2:05	43:16 4:56	45:42 2:26	46:51 1:09	50:26 3:35	51:36 1:10	53:09 1:33	54:19 1:10	55:01 0:42
2nd	Rhys Findlay-Robinson LOC	M21	55:35	0:00 0:00	2:21 2:21	6:20 3:59	13:28 7:08	15:51 2:23	20:14 4:23	25:03 4:49	26:58 1:55	28:19 1:21	35:57 7:38	37:51 1:54	42:28 4:37	47:10 4:42	48:16 1:06	51:25 3:09	52:33 1:08	53:46 1:13	54:46 1:00	55:35 0:49
3rd	Steve Birkinshaw WCOC	M45	58:19	0:00 0:00	2:40 2:40	7:31 4:51	15:50 8:19	18:54 3:04	24:06 5:12	28:53 4:47	31:09 2:16	32:17 1:08	39:53 7:36	42:09 2:16	46:54 4:45	49:02 2:08	50:18 1:16	53:54 3:36	55:03 1:09	56:34 1:31	57:33 0:59	58:19 0:46
4th	Todd Oates LOC	M21	59:11	0:00 0:00	2:34 2:34	7:10 4:36	14:50 7:40	17:27 2:37	22:19 4:52	26:56 4:37	29:07 2:11	30:21 1:14	38:34 8:13	40:28 1:54	45:29 5:01	50:08 4:39	51:19 1:11	54:42 3:23	55:53 1:11	57:20 1:27	58:22 1:02	59:11 0:49
5th	John Slater WCOC	M40	68:10	0:00 0:00	5:01 5:01	10:06 5:05	18:42 8:36	21:45 3:03	27:00 5:15	32:51 5:51	35:04 2:13	36:31 1:27	44:40 8:09	46:53 2:13	52:33 5:40	57:59 5:26	59:18 1:19	63:04 3:46	64:23 1:19	66:00 1:37	67:18 1:18	68:10 0:52
6th	Chris Heppenstall LOC	M35	69:40	0:00 0:00	2:47 2:47	8:50 6:03	18:58 10:08	22:23 3:25	28:32 6:09	34:48 6:16	37:12 2:24	38:31 1:19	47:15 8:44	49:58 2:43	55:49 5:51	58:12 2:23	59:44 1:32	64:20 4:36	65:53 1:33	67:33 1:40	68:45 1:12	69:40 0:55
7th	Andrew Bradley WCOC	M50	70:22	0:00 0:00	2:58 2:58	8:31 5:33	18:15 9:44	21:44 3:29	27:32 5:48	33:53 6:21	36:24 2:31	37:44 1:20	46:37 8:53	48:57 2:20	54:48 5:51	59:23 4:35	60:56 1:33	65:02 4:06	66:22 1:20	68:03 1:41	69:22 1:19	70:22 1:00
8th	Mike Harrison WCOC	M40	71:36	0:00 0:00	3:04 3:04	8:36 5:32	18:19 9:43	21:31 3:12	27:32 6:01	34:00 6:28	36:38 2:38	38:02 1:24	47:13 9:11	49:51 2:38	56:26 6:35	59:45 3:19	61:18 1:33	65:48 4:30	67:26 1:38	69:29 2:03	70:47 1:18	71:36 0:49
9th	Chris Hope WCOC	M35	72:28	0:00 0:00	2:34 2:34	7:46 5:12	17:11 9:25	20:02 2:51	25:00 4:58	30:40 5:40	37:36 6:56	39:07 1:31	47:09 8:02	49:19 2:10	56:39 7:20	61:24 4:45	63:08 1:44	67:07 3:59	68:30 1:23	70:16 1:46	71:40 1:24	72:28 0:48
10th	Pete Nelson WCOC	M60	72:31	0:00 0:00	3:08 3:08	9:08 6:00	19:40 10:32	23:17 3:37	30:12 6:55	35:44 5:32	38:19 2:35	39:55 1:36	48:33 8:38	51:06 2:33	57:22 6:16	60:23 3:01	62:12 1:49	66:54 4:42	68:19 1:25	70:02 1:43	71:26 1:24	72:31 1:05
11th	Daniel Parker BL	M50	73:22	0:00 0:00	4:31 4:31	10:21 5:50	20:47 10:26	24:29 3:42	30:45 6:16	37:04 6:19	39:41 2:37	41:09 1:28	49:55 8:46	52:26 2:31	58:30 6:04	61:38 3:08	63:17 1:39	67:34 4:17	68:53 1:19	70:53 2:00	72:21 1:28	73:22 1:01
12th	Heather Burrows LOC	W21	74:04	0:00 0:00	3:21 3:21	9:35 6:14	20:26 10:51	24:00 3:34	30:51 6:51	36:15 5:24	38:45 2:30	40:13 1:28	49:36 9:23	52:20 2:44	58:11 5:51	62:17 4:06	63:46 1:29	68:29 4:43	70:07 1:38	71:46 1:39	73:08 1:22	74:04 0:56
13th	Ian Cumpstey JOK	M35	75:30	0:00 0:00	2:33 2:33	8:07 5:34	18:08 10:01	21:51 3:43	28:32 6:41	34:46 6:14	39:49 5:03	41:52 2:03	52:34 10:42	55:05 2:31	60:36 5:31	63:00 2:24	64:14 1:14	68:23 4:09	69:39 1:16	73:29 3:50	74:40 1:11	75:30 0:50
14th	Alan Irving WCOC	M45	75:37	0:00 0:00	3:28 3:28	9:45 6:17	20:02 10:17	24:34 4:32	30:34 6:00	37:19 6:45	40:03 2:44	41:46 1:43	51:15 9:29	53:57 2:42	60:15 6:18	63:46 3:31	65:18 1:32	69:48 4:30	71:20 1:32	73:21 2:01	74:40 1:19	75:37 0:57
15th	James Daplyn BL	M21	76:28	0:00 0:00	4:16 4:16	9:39 5:23	20:06 10:27	23:37 3:31	29:39 6:02	37:24 7:45	44:11 6:47	45:53 1:42	54:18 8:25	56:41 2:23	62:42 6:01	65:20 2:38	67:15 1:55	71:41 4:26	73:18 1:37	74:49 1:31	75:43 0:54	76:28 0:45
16th	Karen Parker BL	W50	76:33	0:00 0:00	3:12 3:12	8:53 5:41	19:39 10:46	23:07 3:28	29:16 6:09	36:26 7:10	39:21 2:55	41:00 1:39	50:19 9:19	53:04 2:45	60:19 7:15	63:21 3:02	65:16 1:55	69:56 4:40	72:01 2:05	74:02 2:01	75:26 1:24	76:33 1:07

17th	Steven Breeze WCOC	M40	76:59	0:00	3:32	9:59	21:14	25:18	31:47	38:46	41:30	42:57	52:21	55:12	61:49	64:15	65:46	70:22	71:56	74:19	75:50	76:59
				0:00	3:32	6:27	11:15	4:04	6:29	6:59	2:44	1:27	9:24	2:51	6:37	2:26	1:31	4:36	1:34	2:23	1:31	1:09
18th	Colin Valentine WCOC	M50	80:27	0:00	2:57	8:39	19:20	22:29	27:58	34:16	39:32	48:34	57:00	59:23	65:35	68:44	70:10	74:23	75:48	78:07	79:25	80:27
				0:00	2:57	5:42	10:41	3:09	5:29	6:18	5:16	9:02	8:26	2:23	6:12	3:09	1:26	4:13	1:25	2:19	1:18	1:02
19th	Darren Baker DEE	M45	81:09	0:00	3:19	9:49	21:31	25:43	32:15	40:07	43:08	45:03	55:33	58:18	65:22	68:34	70:06	74:51	76:25	78:33	80:12	81:09
				0:00	3:19	6:30	11:42	4:12	6:32	7:52	3:01	1:55	10:30	2:45	7:04	3:12	1:32	4:45	1:34	2:08	1:39	0:57
20th	Martin Skinner WCOC	M50	82:34	0:00	3:12	9:21	20:55	25:05	31:46	38:33	41:16	42:54	53:56	57:36	65:07	69:10	70:50	75:56	77:34	79:26	81:30	82:34
				0:00	3:12	6:09	11:34	4:10	6:41	6:47	2:43	1:38	11:02	3:40	7:31	4:03	1:40	5:06	1:38	1:52	2:04	1:04
21st	Richard Wilson LOC	M60	88:08	0:00	3:42	10:10	22:25	26:14	32:30	40:42	44:16	46:05	57:21	60:15	68:55	72:46	75:02	81:03	82:58	85:17	86:59	88:08
				0:00	3:42	6:28	12:15	3:49	6:16	8:12	3:34	1:49	11:16	2:54	8:40	3:51	2:16	6:01	1:55	2:19	1:42	1:09
22nd	Susan Skinner WCOC	W50	88:22	0:00	3:38	10:51	23:08	27:29	34:24	42:02	45:22	47:04	57:51	61:35	69:39	72:53	74:50	80:20	81:57	85:20	87:04	88:22
				0:00	3:38	7:13	12:17	4:21	6:55	7:38	3:20	1:42	10:47	3:44	8:04	3:14	1:57	5:30	1:37	3:23	1:44	1:18
23rd	Ian Murgatroyd SOLWAY	M50	90:50	0:00	4:01	10:29	23:34	27:38	34:39	42:23	46:18	48:11	60:15	64:07	71:33	76:14	77:56	82:45	85:28	88:20	89:57	90:50
				0:00	4:01	6:28	13:05	4:04	7:01	7:44	3:55	1:53	12:04	3:52	7:26	4:41	1:42	4:49	2:43	2:52	1:37	0:53
24th	Derek Fryer LOC	M60	95:00	0:00	3:56	11:21	25:44	30:16	38:04	46:16	50:04	51:48	64:05	67:24	76:17	79:37	81:27	87:35	89:36	91:48	93:38	95:00
				0:00	3:56	7:25	14:23	4:32	7:48	8:12	3:48	1:44	12:17	3:19	8:53	3:20	1:50	6:08	2:01	2:12	1:50	1:22
25th	Stephen Edge LOC	M50	105:06	0:00	3:43	10:16	24:58	29:34	37:01	45:21	57:35	59:30	70:29	73:52	83:25	87:30	90:02	96:31	98:59	101:31	103:37	105:06
				0:00	3:43	6:33	14:42	4:36	7:27	8:20	12:14	1:55	10:59	3:23	9:33	4:05	2:32	6:29	2:28	2:32	2:06	1:29
26th	Ray Johnstone WCOC	M60	117:11	0:00	3:39	10:18	23:17	27:07	33:49	40:53	73:30	76:27	88:33	91:36	99:35	102:53	104:27	109:39	111:15	113:47	116:05	117:11
				0:00	3:39	6:39	12:59	3:50	6:42	7:04	32:37	2:57	12:06	3:03	7:59	3:18	1:34	5:12	1:36	2:32	2:18	1:06

Split times for Blue

6km 320m

Pos	Name	Age Class	Time	(S1)	1 (136)	2 (115)	3 (124)	4 (120)	5 (121)	6 (135)	7 (123)	8 (142)	9 (132)	10 (119)	11 (114)	12 (145)	13 (112)	14 (143)	(F1)
1st	David Spencer WCOC	M45	46:28	0:00	6:02	12:19	13:13	17:13	20:13	25:37	28:55	33:58	36:11	37:38	41:49	43:03	44:09	45:30	46:28
				0:00	6:02	6:17	0:54	4:00	3:00	5:24	3:18	5:03	2:13	1:27	4:11	1:14	1:06	1:21	0:58
2nd	Simon Hunter WCOC	M45	46:53	0:00	6:09	12:28	13:25	17:48	20:40	25:58	29:28	34:48	37:10	38:27	42:45	44:00	44:59	46:12	46:53
				0:00	6:09	6:19	0:57	4:23	2:52	5:18	3:30	5:20	2:22	1:17	4:18	1:15	0:59	1:13	0:41
3rd	Matthew Rooke LOC	M21	47:59	0:00	6:01	13:24	14:17	18:29	21:28	26:48	30:01	35:57	37:52	39:10	43:33	44:53	45:57	47:19	47:59
				0:00	6:01	7:23	0:53	4:12	2:59	5:20	3:13	5:56	1:55	1:18	4:23	1:20	1:04	1:22	0:40
4th	Alastair Thomas WCOC	M14	49:27	0:00	6:56	13:49	14:46	19:12	22:05	27:28	30:50	36:30	39:56	41:25	45:27	46:36	47:38	48:43	49:27
				0:00	6:56	6:53	0:57	4:26	2:53	5:23	3:22	5:40	3:26	1:29	4:02	1:09	1:02	1:05	0:44
5th	Michael Billinghamurst WCOC	M50	49:31	0:00	7:11	14:27	15:23	19:33	22:57	28:55	32:29	37:36	39:31	40:50	44:55	46:18	47:27	48:39	49:31
				0:00	7:11	7:16	0:56	4:10	3:24	5:58	3:34	5:07	1:55	1:19	4:05	1:23	1:09	1:12	0:52
6th	Rebecca Rooke SROC	W21	49:57	0:00	6:14	13:08	14:15	18:45	22:18	27:33	31:01	36:59	39:09	40:54	45:02	46:21	47:41	48:58	49:57
				0:00	6:14	6:54	1:07	4:30	3:33	5:15	3:28	5:58	2:10	1:45	4:08	1:19	1:20	1:17	0:59
7th	Rob Stein WCOC	M21	50:44	0:00	5:56	12:47	13:47	18:10	21:21	26:32	30:36	37:38	39:37	40:57	45:37	47:16	48:23	49:58	50:44
				0:00	5:56	6:51	1:00	4:23	3:11	5:11	4:04	7:02	1:59	1:20	4:40	1:39	1:07	1:35	0:46
8th	Jeff Goodwin WCOC	M50	54:02	0:00	7:18	15:38	16:47	21:16	25:07	32:01	35:46	40:59	42:48	44:16	48:53	50:25	51:45	53:16	54:02
				0:00	7:18	8:20	1:09	4:29	3:51	6:54	3:45	5:13	1:49	1:28	4:37	1:32	1:20	1:31	0:46
9th	Richard Lecky-Thompson LOC	M50	54:57	0:00	7:35	15:30	16:47	20:51	24:20	31:03	35:02	40:42	43:31	45:00	49:31	51:14	52:33	54:02	54:57
				0:00	7:35	7:55	1:17	4:04	3:29	6:43	3:59	5:40	2:49	1:29	4:31	1:43	1:19	1:29	0:55

10th	Nick Howlett LOC	M45	55:32	0:00 0:00	6:59 6:59	14:31 7:32	15:38 1:07	20:33 4:55	24:19 3:46	30:19 6:00	34:37 4:18	40:54 6:17	43:09 2:15	45:01 1:52	49:51 4:50	51:42 1:51	52:57 1:15	54:25 1:28	55:32 1:07
11th	David White IND	M40	56:19	0:00 0:00	7:31 7:31	14:43 7:12	15:49 1:06	20:27 4:38	24:30 4:03	30:49 6:19	35:13 4:24	42:19 7:06	44:19 2:00	45:44 1:25	50:47 5:03	52:12 1:25	53:30 1:18	55:26 1:56	56:19 0:53
12th	Andy Lewsley BL	M55	56:55	0:00 0:00	6:51 6:51	15:00 8:09	16:11 1:11	20:58 4:47	24:34 3:36	30:48 6:14	35:43 4:55	42:03 6:20	44:37 2:34	46:26 1:49	51:33 5:07	53:10 1:37	54:24 1:14	55:52 1:28	56:55 1:03
13th	Howard Leslie WCOC	M50	57:11	0:00 0:00	7:59 7:59	15:40 7:41	16:39 0:59	21:02 4:23	24:55 3:53	31:23 6:28	35:17 3:54	41:39 6:22	44:08 2:29	45:50 1:42	51:39 5:49	53:26 1:47	54:48 1:22	56:15 1:27	57:11 0:56
14th	Stuart Parker WAROC	M50	58:12	0:00 0:00	8:13 8:13	16:54 8:41	18:00 1:06	23:30 5:30	27:17 3:47	33:59 6:42	37:46 3:47	43:27 5:41	45:53 2:26	47:31 1:38	52:23 4:52	54:20 1:57	55:37 1:17	57:08 1:31	58:12 1:04
15th	Simon Hunt BL	M45	59:13	0:00 0:00	8:02 8:02	16:30 8:28	17:32 1:02	22:06 4:34	25:47 3:41	32:47 7:00	38:21 5:34	44:10 5:49	46:39 2:29	48:32 1:53	53:30 4:58	55:14 1:44	56:44 1:30	58:18 1:34	59:13 0:55
16th	Stuart Graham SOLWAY	M45	59:47	0:00 0:00	7:03 7:03	14:27 7:24	15:38 1:11	21:47 6:09	25:46 3:59	31:25 5:39	35:50 4:25	43:04 7:14	46:45 3:41	48:49 2:04	54:08 5:19	55:39 1:31	56:52 1:13	58:37 1:45	59:47 1:10
17th	Russell Cannon LOC	M50	60:27	0:00 0:00	8:12 8:12	17:05 8:53	18:10 1:05	23:12 5:02	27:42 4:30	35:03 7:21	39:22 4:19	45:17 5:55	47:47 2:30	49:22 1:35	54:51 5:29	56:26 1:35	57:51 1:25	59:33 1:42	60:27 0:54
18th	Mark Simmonds LOC	M50	62:01	0:00 0:00	7:42 7:42	21:04 13:22	22:12 1:08	26:40 4:28	30:13 3:33	36:29 6:16	40:26 3:57	46:33 6:07	48:59 2:26	50:17 1:18	55:19 5:02	57:06 1:47	58:19 1:13	61:17 2:58	62:01 0:44
19th	George Hare NATO	M50	64:16	0:00 0:00	6:56 6:56	15:13 8:17	16:31 1:18	22:00 5:29	25:50 3:50	32:47 6:57	38:36 5:49	48:40 10:04	51:20 2:40	53:04 1:44	58:41 5:37	60:30 1:49	61:51 1:21	63:23 1:32	64:16 0:53
20th	Stella Lewsley BL	W60	64:24	0:00 0:00	7:57 7:57	16:20 8:23	17:44 1:24	23:44 6:00	27:53 4:09	34:37 6:44	40:30 5:53	47:08 6:38	49:43 2:35	51:43 2:00	57:17 5:34	59:07 1:50	60:41 1:34	63:08 2:27	64:24 1:16
21st	Rebekah Beadle LOC	W50	64:56	0:00 0:00	7:00 7:00	14:37 7:37	16:08 1:31	21:37 5:29	25:26 3:49	32:11 6:45	36:30 4:19	43:43 7:13	46:37 2:54	48:30 1:53	58:57 10:27	60:39 1:42	61:47 1:08	63:45 1:58	64:56 1:11
22nd	Ron Kenyon BL	M60	65:41	0:00 0:00	9:05 9:05	17:23 8:18	18:46 1:23	24:15 5:29	28:18 4:03	35:38 7:20	39:53 4:15	47:38 7:45	50:32 2:54	52:36 2:04	59:24 6:48	61:20 1:56	62:52 1:32	64:48 1:56	65:41 0:53
23rd	Debbie Thompson BL	W55	66:12	0:00 0:00	7:59 7:59	16:27 8:28	17:53 1:26	24:28 6:35	29:03 4:35	36:00 6:57	41:13 5:13	48:51 7:38	51:40 2:49	53:43 2:03	59:36 5:53	61:44 2:08	63:15 1:31	64:54 1:39	66:12 1:18
24th	George Hudson-Chang LOC	M16	66:34	0:00 0:00	7:09 7:09	17:04 9:55	18:02 0:58	23:25 5:23	26:52 3:27	33:30 6:38	37:06 3:36	42:51 5:45	54:17 11:26	56:07 1:50	61:07 5:00	63:00 1:53	64:13 1:13	65:47 1:34	66:34 0:47
25th	Angela Jackson WCOC	W35	66:35	0:00 0:00	8:41 8:41	16:37 7:56	17:53 1:16	23:04 5:11	27:34 4:30	34:36 7:02	41:36 7:00	48:51 7:15	51:42 2:51	53:35 1:53	60:17 6:42	62:01 1:44	63:26 1:25	65:26 2:00	66:35 1:09
26th	Robin Thomas BL	M60	66:53	0:00 0:00	8:01 8:01	16:36 8:35	17:38 1:02	22:43 5:05	27:03 4:20	34:30 7:27	40:01 5:31	47:32 7:31	50:10 2:38	52:37 2:27	59:46 7:09	61:57 2:11	63:33 1:36	65:38 2:05	66:53 1:15
27th	David Downes WCOC	M60	67:55	0:00 0:00	8:31 8:31	17:46 9:15	18:56 1:10	24:28 5:32	29:19 4:51	37:00 7:41	41:33 4:33	49:28 7:55	52:13 2:45	54:10 1:57	60:34 6:24	62:39 2:05	64:10 1:31	66:44 2:34	67:55 1:11
28th	Emily Brown BL	W16	69:11	0:00 0:00	7:50 7:50	17:28 9:38	18:41 1:13	24:36 5:55	28:57 4:21	36:03 7:06	40:33 4:30	54:02 13:29	56:43 2:41	58:23 1:40	63:37 5:14	65:33 1:56	66:58 1:25	68:22 1:24	69:11 0:49
29th	Lynne Thomas WCOC	W40	70:36	0:00 0:00	9:26 9:26	19:15 9:49	20:30 1:15	26:19 5:49	30:51 4:32	38:54 8:03	44:16 5:22	51:12 6:56	53:51 2:39	55:48 1:57	62:06 6:18	66:04 3:58	67:58 1:54	69:38 1:40	70:36 0:58
30th	Stephen Farthing BL	M50	71:01	0:00 0:00	9:45 9:45	18:58 9:13	20:20 1:22	25:55 5:35	30:32 4:37	38:13 7:41	43:44 5:31	51:48 8:04	55:31 3:43	57:54 2:23	64:08 6:14	66:19 2:11	68:10 1:51	69:58 1:48	71:01 1:03
31st	Nick Moore WCOC	M55	71:54	0:00 0:00	8:55 8:55	22:16 13:21	23:24 1:08	27:47 4:23	32:57 5:10	40:41 7:44	46:13 5:32	52:36 6:23	54:48 2:12	56:37 1:49	63:01 6:24	67:48 4:47	69:25 1:37	70:55 1:30	71:54 0:59

32nd	Raymond Wren BL	M65	72:48	0:00	9:26	18:00	19:21	24:02	28:20	35:05	42:06	48:42	51:01	52:51	66:52	68:43	70:16	71:48	72:48
				0:00	9:26	8:34	1:21	4:41	4:18	6:45	7:01	6:36	2:19	1:50	14:01	1:51	1:33	1:32	1:00
33rd	Bob Barnby WCOC	M65	73:03	0:00	8:16	17:29	18:43	23:58	28:32	35:31	41:56	50:10	56:37	59:03	65:26	67:30	69:07	71:26	73:03
				0:00	8:16	9:13	1:14	5:15	4:34	6:59	6:25	8:14	6:27	2:26	6:23	2:04	1:37	2:19	1:37
34th	Cliff Etherden LOC	M65	73:48	0:00	9:21	18:20	19:50	26:26	30:45	38:06	42:42	49:52	52:46	54:37	66:50	69:00	70:41	72:46	73:48
				0:00	9:21	8:59	1:30	6:36	4:19	7:21	4:36	7:10	2:54	1:51	12:13	2:10	1:41	2:05	1:02
35th	John Nash LOC	M60	73:53	0:00	9:47	19:50	21:21	27:20	32:33	40:22	45:13	54:20	57:29	60:08	67:12	69:22	70:54	72:49	73:53
				0:00	9:47	10:03	1:31	5:59	5:13	7:49	4:51	9:07	3:09	2:39	7:04	2:10	1:32	1:55	1:04
36th	Hannah Bradley WCOC	W20	76:07	0:00	10:36	21:40	23:00	29:24	34:54	44:08	49:29	57:10	60:00	62:04	68:46	71:10	72:52	74:51	76:07
				0:00	10:36	11:04	1:20	6:24	5:30	9:14	5:21	7:41	2:50	2:04	6:42	2:24	1:42	1:59	1:16
37th	Simon Filmore LOC	M55	76:51	0:00	9:09	18:57	22:26	27:51	32:36	40:35	53:27	60:24	63:03	64:47	70:50	72:50	74:17	75:50	76:51
				0:00	9:09	9:48	3:29	5:25	4:45	7:59	12:52	6:57	2:39	1:44	6:03	2:00	1:27	1:33	1:01
38th	Steve Burge LOC	M70	79:50	0:00	10:07	20:22	21:49	28:11	33:05	40:56	48:11	58:35	62:01	64:40	71:37	73:58	75:53	78:25	79:50
				0:00	10:07	10:15	1:27	6:22	4:54	7:51	7:15	10:24	3:26	2:39	6:57	2:21	1:55	2:32	1:25
39th	Tim Donovan WAROC	M50	81:42	0:00	8:44	19:13	20:56	28:06	33:51	43:58	50:53	59:07	62:33	65:20	73:38	76:07	78:07	80:19	81:42
				0:00	8:44	10:29	1:43	7:10	5:45	10:07	6:55	8:14	3:26	2:47	8:18	2:29	2:00	2:12	1:23
m3	Judy Burge LOC	W55	82:09	0:00	10:07	20:38		30:38	36:10	45:04	51:47	61:48	65:03	67:32	74:29	76:51	78:41	80:36	82:09
				0:00	10:07	10:31	----	----	5:32	8:54	6:43	10:01	3:15	2:29	6:57	2:22	1:50	1:55	1:33

Split times for Green

4.5km 275m

Pos	Name	Age Class	Time	(S1)	1 (125)	2 (136)	3 (110)	4 (115)	5 (124)	6 (118)	7 (123)	8 (116)	9 (111)	10 (144)	11 (109)	12 (145)	13 (131)	14 (143)	(F1)
1st	Daniel Spencer WCOC	M14	44:44	0:00	3:22	5:56	7:42	13:31	14:28	19:29	22:20	25:35	28:42	34:29	38:31	41:23	42:25	43:48	44:44
				0:00	3:22	2:34	1:46	5:49	0:57	5:01	2:51	3:15	3:07	5:47	4:02	2:52	1:02	1:23	0:56
2nd	Adam Bennett BL	M40	45:58	0:00	4:17	7:29	9:39	17:16	18:31	24:25	26:55	30:17	33:35	36:03	40:41	42:42	43:43	44:58	45:58
				0:00	4:17	3:12	2:10	7:37	1:15	5:54	2:30	3:22	3:18	2:28	4:38	2:01	1:01	1:15	1:00
3rd	Roger Thomas WCOC	M50	47:56	0:00	5:07	9:15	11:42	19:03	20:10	25:49	28:55	32:19	35:27	37:41	42:10	44:28	45:24	46:54	47:56
				0:00	5:07	4:08	2:27	7:21	1:07	5:39	3:06	3:24	3:08	2:14	4:29	2:18	0:56	1:30	1:02
4th	Sarah Atkinson LOC	W21	49:45	0:00	4:43	8:38	10:49	18:49	22:09	27:42	30:44	34:28	37:19	39:19	43:50	46:07	47:01	48:46	49:45
				0:00	4:43	3:55	2:11	8:00	3:20	5:33	3:02	3:44	2:51	2:00	4:31	2:17	0:54	1:45	0:59
5th	Lois Jefferson LOC	W18	52:22	0:00	4:41	8:42	11:02	18:38	20:06	25:56	29:01	33:43	36:48	40:01	46:03	48:25	49:44	51:28	52:22
				0:00	4:41	4:01	2:20	7:36	1:28	5:50	3:05	4:42	3:05	3:13	6:02	2:22	1:19	1:44	0:54
6th	Tony Duncan WCOC	M70	52:24	0:00	4:52	8:39	10:58	17:47	19:12	25:03	28:27	32:37	36:31	39:27	45:05	47:42	49:19	51:07	52:24
				0:00	4:52	3:47	2:19	6:49	1:25	5:51	3:24	4:10	3:54	2:56	5:38	2:37	1:37	1:48	1:17
7th	Iain Stemp WAOC	M45	53:00	0:00	7:34	11:14	13:17	22:05	23:26	29:09	32:01	35:14	38:37	41:15	45:48	48:47	50:31	52:00	53:00
				0:00	7:34	3:40	2:03	8:48	1:21	5:43	2:52	3:13	3:23	2:38	4:33	2:59	1:44	1:29	1:00
8th	Sam Yates LOC	M16	53:23	0:00	4:06	7:29	9:49	16:54	18:21	29:32	32:30	37:09	40:32	43:29	48:28	50:23	51:20	52:29	53:23
				0:00	4:06	3:23	2:20	7:05	1:27	11:11	2:58	4:39	3:23	2:57	4:59	1:55	0:57	1:09	0:54
9th	Stephen Richards SELOC	M60	53:30	0:00	4:53	9:04	11:38	19:41	21:17	27:35	31:06	35:42	39:05	41:18	46:53	49:51	50:49	52:25	53:30
				0:00	4:53	4:11	2:34	8:03	1:36	6:18	3:31	4:36	3:23	2:13	5:35	2:58	0:58	1:36	1:05
10th	Paul Johnson BL	M60	53:38	0:00	4:05	7:29	9:41	17:03	18:45	26:17	29:26	33:11	36:51	41:14	45:55	48:35	50:34	52:25	53:38
				0:00	4:05	3:24	2:12	7:22	1:42	7:32	3:09	3:45	3:40	4:23	4:41	2:40	1:59	1:51	1:13

11th	Anne Burbidge WCOC	W50	54:27	0:00 0:00	4:45 4:45	8:23 3:38	10:40 2:17	17:40 7:00	19:11 1:31	25:12 6:01	28:37 3:25	33:56 5:19	38:15 4:19	41:13 2:58	47:10 5:57	49:52 2:42	51:13 1:21	53:06 1:53	54:27 1:21
12th	John Robinson WCH	M60	54:55	0:00 0:00	5:41 5:41	9:27 3:46	11:42 2:15	19:20 7:38	20:50 1:30	26:49 5:59	29:38 2:49	33:43 4:05	37:06 3:23	40:06 3:00	47:13 7:07	50:18 3:05	51:28 1:10	53:34 2:06	54:55 1:21
13th	Grace Pugh LOC	W16	55:39	0:00 0:00	4:59 4:59	9:21 4:22	12:05 2:44	20:01 7:56	21:31 1:30	28:10 6:39	31:37 3:27	35:56 4:19	39:53 3:57	43:03 3:10	48:05 5:02	51:53 3:48	52:56 1:03	54:42 1:46	55:39 0:57
14th	Jane Malley NATO	W50	56:03	0:00 0:00	5:10 5:10	9:03 3:53	11:34 2:31	19:28 7:54	20:59 1:31	27:04 6:05	30:23 3:19	35:05 4:42	38:58 3:53	41:50 2:52	49:18 7:28	51:51 2:33	52:53 1:02	54:41 1:48	56:03 1:22
15th	Richard Cummings WCOC	M55	57:41	0:00 0:00	5:05 5:05	9:10 4:05	11:50 2:40	20:05 8:15	21:43 1:38	28:38 6:55	31:52 3:14	36:58 5:06	40:58 4:00	44:08 3:10	50:24 6:16	52:52 2:28	54:02 1:10	56:04 2:02	57:41 1:37
16th	Ian Teasdale WCOC	M50	58:15	0:00 0:00	4:34 4:34	8:30 3:56	11:06 2:36	18:30 7:24	19:49 1:19	25:56 6:07	28:46 2:50	33:09 4:23	41:45 8:36	44:41 2:56	51:00 6:19	53:41 2:41	54:57 1:16	57:13 2:16	58:15 1:02
17th	David Rawle BL	M45	58:52	0:00 0:00	6:21 6:21	9:41 3:20	12:20 2:39	19:17 6:57	20:42 1:25	26:19 5:37	30:18 3:59	34:49 4:31	39:11 4:22	42:10 2:59	49:05 6:55	53:22 4:17	55:42 2:20	57:40 1:58	58:52 1:12
18th	Dave Neild LOC	M65	59:01	0:00 0:00	5:55 5:55	10:14 4:19	13:02 2:48	21:23 8:21	23:00 1:37	29:17 6:17	32:40 3:23	37:08 4:28	41:36 4:28	44:45 3:09	50:51 6:06	54:19 3:28	55:53 1:34	57:51 1:58	59:01 1:10
19th	Michael Pearson WCOC	M70	59:11	0:00 0:00	4:29 4:29	7:48 3:19	10:05 2:17	16:50 6:45	18:21 1:31	24:48 6:27	27:51 3:03	31:32 3:41	43:26 11:54	46:37 3:11	52:21 5:44	54:50 2:29	56:02 1:12	57:46 1:44	59:11 1:25
20th	Richard Evans BL	M60	60:52	0:00 0:00	5:39 5:39	10:12 4:33	12:57 2:45	21:55 8:58	23:29 1:34	31:40 8:11	35:23 3:43	40:03 4:40	43:58 3:55	46:59 3:01	53:01 6:02	56:30 3:29	57:50 1:20	59:47 1:57	60:52 1:05
21st	Debbie Watson WCOC	W55	61:23	0:00 0:00	5:14 5:14	9:09 3:55	11:26 2:17	18:49 7:23	20:12 1:23	33:01 12:49	36:59 3:58	41:43 4:44	45:34 3:51	47:56 2:22	54:33 6:37	56:57 2:24	58:16 1:19	60:20 2:04	61:23 1:03
22nd	Philip Nichols BL	M55	61:38	0:00 0:00	5:28 5:28	10:37 5:09	13:31 2:54	22:22 8:51	24:04 1:42	30:24 6:20	34:04 3:40	39:00 4:56	43:52 4:52	47:34 3:42	53:54 6:20	56:41 2:47	58:11 1:30	60:14 2:03	61:38 1:24
23rd	Lindsey Bayles LOC	W50	61:44	0:00 0:00	4:16 4:16	7:37 3:21	9:48 2:11	16:42 6:54	17:55 1:13	32:41 14:46	35:20 2:39	39:47 4:27	44:30 4:43	48:00 3:30	53:37 5:37	57:48 4:11	58:42 0:54	60:35 1:53	61:44 1:09
24th	Syd Thomas WCOC	M60	62:11	0:00 0:00	6:16 6:16	10:13 3:57	13:00 2:47	20:41 7:41	22:44 2:03	29:25 6:41	32:58 3:33	38:27 5:29	43:08 4:41	46:45 3:37	53:46 7:01	56:55 3:09	58:13 1:18	60:40 2:27	62:11 1:31
25th	Helen Neild LOC	W65	62:26	0:00 0:00	5:44 5:44	10:14 4:30	13:48 3:34	22:17 8:29	23:56 1:39	30:59 7:03	34:36 3:37	39:58 5:22	44:32 4:34	48:12 3:40	54:31 6:19	57:25 2:54	58:52 1:27	60:57 2:05	62:26 1:29
26th	Tom Barkas SROC	M65	62:35	0:00 0:00	5:16 5:16	9:06 3:50	11:51 2:45	19:51 8:00	21:15 1:24	27:14 5:59	30:50 3:36	40:05 9:15	44:14 4:09	47:03 2:49	53:08 6:05	56:48 3:40	59:19 2:31	61:18 1:59	62:35 1:17
27th	Mary Rack NATO	W55	64:51	0:00 0:00	5:34 5:34	9:27 3:53	12:03 2:36	19:52 7:49	22:31 2:39	28:58 6:27	34:00 5:02	39:20 5:20	43:40 4:20	47:22 3:42	54:33 7:11	58:36 4:03	60:10 1:34	63:14 3:04	64:51 1:37
28th	Janet Nash LOC	W60	65:18	0:00 0:00	5:45 5:45	10:25 4:40	13:18 2:53	21:50 8:32	23:41 1:51	30:35 6:54	34:22 3:47	39:24 5:02	48:14 8:50	51:03 2:49	56:59 5:56	60:19 3:20	61:43 1:24	63:51 2:08	65:18 1:27
29th	Jane Ligema LOC	W45	66:42	0:00 0:00	5:50 5:50	9:41 3:51	12:09 2:28	19:24 7:15	23:15 3:51	29:11 5:56	32:13 3:02	36:22 4:09	48:37 12:15	51:34 2:57	56:56 5:22	61:21 4:25	63:10 1:49	65:32 2:22	66:42 1:10
30th	Kim Leslie WCOC	W50	67:10	0:00 0:00	6:10 6:10	11:01 4:51	14:04 3:03	22:59 8:55	24:51 1:52	32:10 7:19	36:19 4:09	41:31 5:12	46:03 4:32	49:14 3:11	55:40 6:26	60:55 5:15	63:08 2:13	65:38 2:30	67:10 1:32
31st	Paul David Williams BL	M60	67:33	0:00 0:00	5:34 5:34	9:36 4:02	13:05 3:29	20:34 7:29	22:34 2:00	30:04 7:30	33:36 3:32	38:33 4:57	42:54 4:21	46:44 3:50	55:55 9:11	62:15 6:20	64:12 1:57	66:34 2:22	67:33 0:59
32nd	Mike Cumpstey BL	M65	67:47	0:00 0:00	5:29 5:29	10:02 4:33	12:34 2:32	21:52 9:18	23:37 1:45	30:20 6:43	33:54 3:34	38:19 4:25	42:55 4:36	46:23 3:28	56:11 9:48	59:57 3:46	63:40 3:43	66:27 2:47	67:47 1:20

33rd	Jonathan Eaton WCOC	M55	67:58	0:00 0:00	5:33 5:33	10:20 4:47	13:09 2:49	24:03 10:54	25:58 1:55	34:42 8:44	39:07 4:25	45:52 6:45	49:59 4:07	53:14 3:15	59:19 6:05	63:09 3:50	64:17 1:08	66:41 2:24	67:58 1:17
34th	John Pullin LOC	M65	68:51	0:00 0:00	5:28 5:28	9:37 4:09	12:15 2:38	20:51 8:36	22:21 1:30	36:24 14:03	41:05 4:41	45:55 4:50	49:54 3:59	53:29 3:35	59:51 6:22	63:12 3:21	65:07 1:55	67:36 2:29	68:51 1:15
35th	Judith Filmore LOC	W55	69:06	0:00 0:00	5:48 5:48	10:15 4:27	13:08 2:53	22:20 9:12	24:13 1:53	31:15 7:02	35:58 4:43	42:01 6:03	47:28 5:27	52:10 4:42	59:51 7:41	63:14 3:23	64:43 1:29	67:13 2:30	69:06 1:53
36th	Gerry Garvey BL	M45	70:52	0:00 0:00	6:09 6:09	9:57 3:48	12:31 2:34	20:49 8:18	22:37 1:48	34:12 11:35	38:06 3:54	43:46 5:40	48:20 4:34	52:15 3:55	59:09 6:54	62:17 3:08	67:10 4:53	69:32 2:22	70:52 1:20
37th	Mary Barron LOC	W16	71:27	0:00 0:00	5:33 5:33	10:51 5:18	13:34 2:43	22:56 9:22	24:33 1:37	34:11 9:38	38:20 4:09	42:45 4:25	52:37 9:52	55:50 3:13	63:36 7:46	67:14 3:38	68:23 1:09	70:21 1:58	71:27 1:06
38th	Neil Morley BL	M55	71:30	0:00 0:00	5:10 5:10	9:18 4:08	12:02 2:44	21:57 9:55	24:10 2:13	31:46 7:36	36:19 4:33	45:14 8:55	50:51 5:37	55:08 4:17	62:58 7:50	65:56 2:58	67:28 1:32	70:06 2:38	71:30 1:24
39th	Joan Cumpstey BL	W65	74:51	0:00 0:00	6:35 6:35	11:29 4:54	14:34 3:05	27:24 12:50	29:11 1:47	37:46 8:35	41:41 3:55	47:06 5:25	53:10 6:04	57:31 4:21	64:33 7:02	68:41 4:08	70:28 1:47	73:15 2:47	74:51 1:36
40th	Dick Whitworth BL	M75	75:39	0:00 0:00	8:19 8:19	13:20 5:01	16:30 3:10	27:24 10:54	29:33 2:09	37:26 7:53	42:18 4:52	47:55 5:37	53:26 5:31	56:47 3:21	64:33 7:46	68:50 4:17	70:55 2:05	73:51 2:56	75:39 1:48
41st	Sarah Chaudhri WCOC	W50	77:54	0:00 0:00	5:14 5:14	9:20 4:06	11:46 2:26	20:23 8:37	22:25 2:02	32:12 9:47	36:48 4:36	42:10 5:22	55:38 13:28	60:16 4:38	67:37 7:21	71:01 3:24	72:53 1:52	76:13 3:20	77:54 1:41
42nd	Chris Whitby WCOC	M45	79:12	0:00 0:00	4:54 4:54	8:48 3:54	11:26 2:38	20:20 8:54	22:37 2:17	34:02 11:25	38:07 4:05	43:37 5:30	57:49 14:12	61:37 3:48	68:23 6:46	71:55 3:32	74:06 2:11	77:31 3:25	79:12 1:41
43rd	Anne Wilson LOC	W60	81:43	0:00 0:00	6:33 6:33	11:43 5:10	15:01 3:18	25:08 10:07	27:13 2:05	35:18 8:05	39:40 4:22	45:48 6:08	58:30 12:42	62:24 3:54	71:43 9:19	75:46 4:03	77:17 1:31	79:51 2:34	81:43 1:52
44th	Jeff Powell Davies BL	M21	82:22	0:00 0:00	7:58 7:58	12:26 4:28	15:11 2:45	23:44 8:33	26:11 2:27	34:17 8:06	38:21 4:04	45:18 6:57	52:31 7:13	59:14 6:43	69:20 10:06	75:11 5:51	77:42 2:31	81:19 3:37	82:22 1:03
45th	Deborah Goodwin WCOC	W50	82:43	0:00 0:00	8:01 8:01	13:11 5:10	16:25 3:14	27:57 11:32	30:29 2:32	38:52 8:23	44:12 5:20	50:47 6:35	56:24 5:37	60:30 4:06	70:09 9:39	74:21 4:12	77:04 2:43	80:44 3:40	82:43 1:59
46th	Diana Mitchell BL	W65	83:18	0:00 0:00	7:50 7:50	12:40 4:50	16:07 3:27	26:05 9:58	31:21 5:16	40:15 8:54	44:26 4:11	51:17 6:51	56:56 5:39	61:06 4:10	71:18 10:12	75:57 4:39	77:45 1:48	81:15 3:30	83:18 2:03
47th	Dale Colclough IND	M50	87:31	0:00 0:00	6:13 6:13	9:32 3:19	12:22 2:50	23:57 11:35	25:22 1:25	41:25 16:03	44:28 3:03	48:37 4:09	62:39 14:02	65:52 3:13	78:19 12:27	81:38 3:19	84:39 3:01	86:24 1:45	87:31 1:07
48th	Dave Walton LOC	M60	95:28	0:00 0:00	5:54 5:54	9:51 3:57	12:30 2:39	20:29 7:59	22:44 2:15	39:26 16:42	42:57 3:31	48:22 5:25	52:51 4:29	64:33 11:42	72:09 7:36	87:07 14:58	90:28 3:21	93:43 3:15	95:28 1:45
49th	Brian Carey SELOC	M55	96:09	0:00 0:00	8:51 8:51	13:53 5:02	16:51 2:58	25:31 8:40	30:32 5:01	37:49 7:17	41:27 3:38	47:08 5:41	69:21 22:13	73:19 3:58	85:07 11:48	89:49 4:42	92:13 2:24	94:54 2:41	96:09 1:15
50th	Clyde Mitchell BL	M70	105:42	0:00 0:00	9:06 9:06	13:58 4:52	17:08 3:10	38:34 21:26	40:47 2:13	48:54 8:07	53:05 4:11	59:10 6:05	65:15 6:05	77:50 12:35	90:31 12:41	97:37 7:06	100:32 2:55	103:44 3:12	105:42 1:58
51st	Stuart Anders SELOC	M21	141:38	0:00 0:00	5:34 5:34	10:22 4:48	13:05 2:43	22:17 9:12	23:56 1:39	56:12 32:16	60:00 3:48	65:11 5:11	106:18 41:07	111:52 5:34	122:47 10:55	132:02 9:15	136:30 4:28	140:09 3:39	141:38 1:29
m3	Daisy Fletcher-Cooney LOC	W16	67:22	0:00 0:00	5:28 5:28	9:18 3:50	-----	19:26 -----	20:51 1:25	38:37 17:46	41:19 2:42	45:56 4:37	49:07 3:11	54:03 4:56	59:18 5:15	62:38 3:20	64:23 1:45	66:25 2:02	67:22 0:57
w9	Fran McDonald WCOC	W60	70:17	0:00 0:00	7:37 7:37	12:04 4:27	15:03 2:59	24:45 9:42	26:30 1:45	34:37 8:07	39:30 4:53	45:23 5:53	-----	53:20 -----	60:17 6:57	63:49 3:32	65:50 2:01	68:27 2:37	70:17 1:50
m5	Elaine Sutton DEE	W45	71:24	0:00 0:00	5:40 5:40	10:45 5:05	13:59 3:14	23:46 9:47	-----	32:55 -----	37:11 4:16	42:08 4:57	47:16 5:08	50:24 3:08	57:45 7:21	64:07 6:22	66:35 2:28	69:50 3:15	71:24 1:34

m4 m9-10	Carol Graham	W45	94:11	0:00	6:56	10:51	13:28		32:50	39:49	43:50	49:00		76:54	82:22		94:11
m13-14	SOLWAY			0:00	6:56	3:55	2:37	----	-----	6:59	4:01	5:10	-----	-----	5:28	-----	-----

Split times for Short Green

2.9km 175m

Pos	Name	Age Class	Time	(S1)	1 (130)	2 (125)	3 (110)	4 (144)	5 (114)	6 (145)	7 (131)	8 (112)	9 (109)	10 (143)	(F1)
1st	Harry Scott LOC	M14	37:02	0:00 0:00	3:02 3:02	5:16 2:14	11:40 6:24	19:46 8:06	27:10 7:24	30:11 3:01	31:11 1:00	33:44 2:33	35:02 1:18	35:40 0:38	37:02 1:22
2nd	Rachel Osborn WAROC	W40	39:44	0:00 0:00	3:39 3:39	6:08 2:29	14:18 8:10	21:59 7:41	29:21 7:22	31:45 2:24	33:13 1:28	36:15 3:02	37:38 1:23	38:22 0:44	39:44 1:22
3rd	Catherine Wetherfield WCOC	W50	45:09	0:00 0:00	6:26 6:26	8:53 2:27	15:43 6:50	24:04 8:21	32:11 8:07	34:55 2:44	36:40 1:45	39:53 3:13	41:37 1:44	43:56 2:19	45:09 1:13
4th	Stan Johnston LOC	M75	47:42	0:00 0:00	3:48 3:48	7:12 3:24	16:00 8:48	24:22 8:22	34:37 10:15	37:31 2:54	39:07 1:36	43:56 4:49	45:28 1:32	46:11 0:43	47:42 1:31
5th	Karen Blackburn BL	W65	48:36	0:00 0:00	3:47 3:47	6:28 2:41	13:55 7:27	22:15 8:20	31:51 9:36	38:09 6:18	40:07 1:58	44:01 3:54	45:45 1:44	46:43 0:58	48:36 1:53
6th	Jane Yates IND	W45	49:27	0:00 0:00	3:35 3:35	6:10 2:35	13:26 7:16	27:46 14:20	36:37 8:51	39:08 2:31	41:02 1:54	44:48 3:46	46:39 1:51	47:43 1:04	49:27 1:44
7th	Robin Stansfield BL	M70	49:45	0:00 0:00	4:47 4:47	8:09 3:22	18:09 10:00	26:52 8:43	35:48 8:56	39:22 3:34	41:10 1:48	45:39 4:29	47:14 1:35	48:13 0:59	49:45 1:32
8th	Richard Day LOC	M70	51:06	0:00 0:00	3:54 3:54	6:56 3:02	14:44 7:48	25:16 10:32	34:53 9:37	37:19 2:26	39:27 2:08	44:31 5:04	48:34 4:03	49:35 1:01	51:06 1:31
9th	Elizabeth Farthing BL	W45	51:07	0:00 0:00	3:28 3:28	12:07 8:39	19:35 7:28	30:42 11:07	38:44 8:02	41:32 2:48	43:29 1:57	47:30 4:01	48:52 1:22	49:57 1:05	51:07 1:10
10th	Louise Wilson BL	W70	55:03	0:00 0:00	4:51 4:51	8:05 3:14	17:36 9:31	27:26 9:50	38:34 11:08	44:10 5:36	46:09 1:59	50:15 4:06	52:30 2:15	53:29 0:59	55:03 1:34
11th	Richard Goodwin WCOC	M55	58:55	0:00 0:00	4:54 4:54	9:26 4:32	18:08 8:42	29:22 11:14	42:14 12:52	47:57 5:43	49:26 1:29	53:39 4:13	55:33 1:54	57:00 1:27	58:55 1:55
12th	Verena Johnston LOC	W80	60:43	0:00 0:00	4:10 4:10	7:23 3:13	17:18 9:55	31:08 13:50	43:43 12:35	47:46 4:03	50:00 2:14	54:35 4:35	57:02 2:27	58:35 1:33	60:43 2:08
13th	Seb White WCOC	M16	61:19	0:00 0:00	3:49 3:49	11:11 7:22	19:47 8:36	37:02 17:15	46:41 9:39	53:25 6:44	54:43 1:18	57:35 2:52	59:37 2:02	60:24 0:47	61:19 0:55
14th	David Lee NGOC	M75	62:50	0:00 0:00	4:12 4:12	7:24 3:12	17:25 10:01	31:40 14:15	42:08 10:28	45:08 3:00	48:25 3:17	52:17 3:52	59:55 7:38	61:05 1:10	62:50 1:45
15th	Anita Evans BL	W60	62:56	0:00 0:00	14:17 14:17	17:00 2:43	25:12 8:12	37:36 12:24	49:06 11:30	51:58 2:52	54:27 2:29	58:38 4:11	60:29 1:51	61:34 1:05	62:56 1:22
16th	Mike Atherton LOC	M70	64:26	0:00 0:00	4:23 4:23	8:01 3:38	18:00 9:59	35:31 17:31	48:36 13:05	51:46 3:10	53:46 2:00	58:32 4:46	60:33 2:01	61:56 1:23	64:26 2:30
17th	Vanessa Brierley WCOC	W45	68:32	0:00 0:00	3:42 3:42	11:01 7:19	18:02 7:01	41:52 23:50	52:46 10:54	56:37 3:51	58:47 2:10	62:37 3:50	65:00 2:23	66:24 1:24	68:32 2:08
18th	Marguerite Pennell WCOC	W70	71:36	0:00 0:00	5:36 5:36	9:22 3:46	21:13 11:51	34:37 13:24	50:15 15:38	59:03 8:48	61:35 2:32	66:18 4:43	68:31 2:13	69:41 1:10	71:36 1:55

19th	Kate Kilpatrick BL	W40	73:10	0:00	4:56	8:33	18:54	40:23	54:06	57:11	59:53	65:18	67:53	70:35	73:10
				0:00	4:56	3:37	10:21	21:29	13:43	3:05	2:42	5:25	2:35	2:42	2:35
20th	Angela Whitworth BL	W70	88:44	0:00	6:06	10:12	20:18	37:27	58:12	61:16	64:29	71:00	84:51	86:08	88:44
				0:00	6:06	4:06	10:06	17:09	20:45	3:04	3:13	6:31	13:51	1:17	2:36

Split times for Light Green

3.6km 225m

Pos	Name	Age Class	Time	(S1)	1 (101)	2 (130)	3 (126)	4 (128)	5 (116)	6 (134)	7 (111)	8 (142)	9 (140)	10 (133)	11 (106)	12 (143)	(F1)
1st	Alex Foster LOC	M14	38:07	0:00	0:47	2:14	6:38	11:48	17:49	19:49	22:37	24:58	31:36	33:10	34:09	37:19	38:07
				0:00	0:47	1:27	4:24	5:10	6:01	2:00	2:48	2:21	6:38	1:34	0:59	3:10	0:48
2nd	Niamh Hunter WCOC	W14	40:34	0:00	0:53	3:26	9:11	14:41	21:30	23:29	26:01	27:18	33:36	35:38	36:46	39:28	40:34
				0:00	0:53	2:33	5:45	5:30	6:49	1:59	2:32	1:17	6:18	2:02	1:08	2:42	1:06
3rd	Jack Caine LOC	M16	44:10	0:00	0:56	2:40	8:38	15:16	22:37	24:32	28:30	30:05	37:20	39:07	40:15	43:19	44:10
				0:00	0:56	1:44	5:58	6:38	7:21	1:55	3:58	1:35	7:15	1:47	1:08	3:04	0:51
4th	Rosie Spencer WCOC	W12	45:17	0:00	1:01	3:04	9:27	16:05	23:24	25:29	29:25	31:00	38:12	40:07	41:33	44:15	45:17
				0:00	1:01	2:03	6:23	6:38	7:19	2:05	3:56	1:35	7:12	1:55	1:26	2:42	1:02
5th	Anna Lister LOC	W14	47:00	0:00	1:16	3:51	10:57	17:29	26:12	28:44	31:32	33:02	39:47	41:30	42:52	45:55	47:00
				0:00	1:16	2:35	7:06	6:32	8:43	2:32	2:48	1:30	6:45	1:43	1:22	3:03	1:05
6th	Megan Bartlett LOC	W14	50:30	0:00	1:04	2:56	9:16	16:42	26:13	28:22	32:30	34:26	41:41	44:28	45:42	49:36	50:30
				0:00	1:04	1:52	6:20	7:26	9:31	2:09	4:08	1:56	7:15	2:47	1:14	3:54	0:54
7th	Victor Nicholson-Sopwith LOC	M14	52:54	0:00	1:41	3:41	13:51	24:51	32:35	34:27	37:11	38:52	46:11	47:39	49:06	52:05	52:54
				0:00	1:41	2:00	10:10	11:00	7:44	1:52	2:44	1:41	7:19	1:28	1:27	2:59	0:49
8th	Ben Goodwin WCOC	M14	54:22	0:00	1:17	6:20	14:49	22:01	30:38	32:47	36:32	38:18	46:34	48:47	50:17	53:18	54:22
				0:00	1:17	5:03	8:29	7:12	8:37	2:09	3:45	1:46	8:16	2:13	1:30	3:01	1:04
9th	Joseph Goodwin WCOC	M14	60:37	0:00	1:08	3:50	11:12	22:54	33:54	36:31	39:52	42:55	49:34	54:42	56:01	59:45	60:37
				0:00	1:08	2:42	7:22	11:42	11:00	2:37	3:21	3:03	6:39	5:08	1:19	3:44	0:52
10th	Isobel Williamson LOC	W60	63:06	0:00	1:51	4:20	11:10	18:43	27:12	30:13	35:25	37:47	49:17	54:21	56:19	61:52	63:06
				0:00	1:51	2:29	6:50	7:33	8:29	3:01	5:12	2:22	11:30	5:04	1:58	5:33	1:14
11th	Alexandra Hare NATO	W14	68:27	0:00	1:15	4:46	12:01	27:32	36:47	39:01	43:31	46:29	56:48	60:33	62:08	67:15	68:27
				0:00	1:15	3:31	7:15	15:31	9:15	2:14	4:30	2:58	10:19	3:45	1:35	5:07	1:12
12th	Izzy White WCOC	W14	71:27	0:00	1:34	3:57	23:03	33:25	44:13	46:44	50:09	53:04	59:36	65:01	66:16	70:35	71:27
				0:00	1:34	2:23	19:06	10:22	10:48	2:31	3:25	2:55	6:32	5:25	1:15	4:19	0:52
13th	Polly Allen LOC	W14	71:46	0:00	1:31	7:43	15:07	22:54	36:52	38:40	44:17	47:52	60:12	63:55	65:18	70:53	71:46
				0:00	1:31	6:12	7:24	7:47	13:58	1:48	5:37	3:35	12:20	3:43	1:23	5:35	0:53
14th	Jennie Garbutt IND	W21	75:53	0:00	1:25	6:36	12:14	19:11	26:59	29:20	32:42	51:26	66:24	68:41	69:55	74:34	75:53
				0:00	1:25	5:11	5:38	6:57	7:48	2:21	3:22	18:44	14:58	2:17	1:14	4:39	1:19
15th	Jane Hunter WCOC	W45	76:16	0:00	1:47	4:47	13:33	21:38	34:55	39:54	45:46	48:34	60:47	64:37	67:00	73:46	76:16
				0:00	1:47	3:00	8:46	8:05	13:17	4:59	5:52	2:48	12:13	3:50	2:23	6:46	2:30
16th	Philip Shrimpton LOC	M14	76:47	0:00	1:42	4:31	19:12	27:49	41:15	43:17	49:15	52:45	64:44	68:45	70:06	75:47	76:47
				0:00	1:42	2:49	14:41	8:37	13:26	2:02	5:58	3:30	11:59	4:01	1:21	5:41	1:00
17th	Alex Christian LOC	M14	84:50	0:00	1:40	18:25	27:18	35:52	50:06	51:59	57:08	61:08	72:56	76:40	78:30	83:39	84:50
				0:00	1:40	16:45	8:53	8:34	14:14	1:53	5:09	4:00	11:48	3:44	1:50	5:09	1:11

m8-12	Eilidh Miller LOC	W14	99:07 0:00	1:01 1:01	12:21 11:20	38:01 25:40	44:31 6:30	74:14 29:43	75:28 1:14	81:22 5:54	-----	-----	-----	-----	-----	99:07 -----
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Split times for Orange

2.5km 175m

Pos	Name	Age Class	Time	(S1)	1 (102)	2 (129)	3 (142)	4 (134)	5 (137)	6 (104)	7 (106)	8 (108)	(F1)
1st	Caitlin Irving WCOC	W12	27:02	0:00	2:39	5:06	13:37	16:39	18:40	20:23	23:15	26:00	27:02
				0:00	2:39	2:27	8:31	3:02	2:01	1:43	2:52	2:45	1:02
2nd	Ellie Simmonds LOC	W12	29:32	0:00	3:32	6:41	13:52	17:58	20:20	22:16	25:41	28:17	29:32
				0:00	3:32	3:09	7:11	4:06	2:22	1:56	3:25	2:36	1:15
3rd	Henry Teasdale WCOC	M12	29:34	0:00	3:43	7:19	13:18	17:13	19:42	22:04	25:37	28:21	29:34
				0:00	3:43	3:36	5:59	3:55	2:29	2:22	3:33	2:44	1:13
4th	Zoe Graham SOLWAY	W12	32:11	0:00	3:00	5:40	12:32	19:05	23:09	25:10	28:42	31:13	32:11
				0:00	3:00	2:40	6:52	6:33	4:04	2:01	3:32	2:31	0:58
5th	Denise Broom IND	W50	32:30	0:00	3:34	6:10	11:55	16:01	22:57	25:06	28:37	31:20	32:30
				0:00	3:34	2:36	5:45	4:06	6:56	2:09	3:31	2:43	1:10
6th	Nicolette Carey SELOC	W50	35:03	0:00	5:26	8:32	15:33	19:51	23:01	25:50	30:20	33:36	35:03
				0:00	5:26	3:06	7:01	4:18	3:10	2:49	4:30	3:16	1:27
7th	Milo Williamson LOC	M12	35:10	0:00	3:22	6:20	13:23	17:39	22:24	25:58	30:54	34:03	35:10
				0:00	3:22	2:58	7:03	4:16	4:45	3:34	4:56	3:09	1:07
8th	Daniel Lister LOC	M12	35:13	0:00	3:42	6:50	15:41	20:33	22:57	25:37	29:50	33:53	35:13
				0:00	3:42	3:08	8:51	4:52	2:24	2:40	4:13	4:03	1:20
9th	Jonty Goodwin WCOC	M12	40:37	0:00	4:17	7:41	16:53	21:15	24:34	28:15	35:37	39:18	40:37
				0:00	4:17	3:24	9:12	4:22	3:19	3:41	7:22	3:41	1:19
10th	Joe Ligema LOC	M9	42:26	0:00	3:59	9:03	17:25	22:43	25:37	29:31	33:46	40:24	42:26
				0:00	3:59	5:04	8:22	5:18	2:54	3:54	4:15	6:38	2:02
11th	Alice Naylor IND	W12	42:28	0:00	4:58	9:06	17:39	22:30	25:41	29:17	35:37	41:08	42:28
				0:00	4:58	4:08	8:33	4:51	3:11	3:36	6:20	5:31	1:20
12th	Carys Thomas WCOC	W12	44:30	0:00	5:33	9:22	19:10	25:50	28:42	32:20	38:56	42:40	44:30
				0:00	5:33	3:49	9:48	6:40	2:52	3:38	6:36	3:44	1:50
13th	Liz Lecky-Thompson LOC	W50	47:22	0:00	4:31	8:19	16:29	21:51	27:46	32:41	39:03	44:52	47:22
				0:00	4:31	3:48	8:10	5:22	5:55	4:55	6:22	5:49	2:30
14th	Harriet Wood LOC	W14	50:45	0:00	6:28	11:10	25:00	29:57	33:20	36:50	42:36	49:30	50:45
				0:00	6:28	4:42	13:50	4:57	3:23	3:30	5:46	6:54	1:15
15th	Ellie Farthing + Islay Aitken BL	W10	57:14	0:00	4:34	10:22	27:18	33:42	37:37	40:15	46:51	55:12	57:14
				0:00	4:34	5:48	16:56	6:24	3:55	2:38	6:36	8:21	2:02
16th	Suzanne Morley BL	W16	65:16	0:00	5:18	9:56	20:24	42:06	46:11	50:55	57:33	63:54	65:16
				0:00	5:18	4:38	10:28	21:42	4:05	4:44	6:38	6:21	1:22
w1	Susan Findlay-Robinson WCH	W60	57:49	0:00		12:29	22:26	28:39	34:20	40:24	47:39	55:03	57:49
				0:00	-----	-----	9:57	6:13	5:41	6:04	7:15	7:24	2:46
m1-5	Mary Kyle LOC	W14	57:52	0:00						44:55	49:36	55:57	57:52
				0:00	-----	-----	-----	-----	-----	-----	4:41	6:21	1:55

Split times for Yellow

1.7km 80m

Pos	Name	Age Class	Time	(S1)	1 (101)	2 (102)	3 (103)	4 (104)	5 (105)	6 (106)	7 (107)	8 (108)	(F1)
n/c	Ellie Simmonds LOC	W12	15:46	0:00 0:00	0:53 0:53	2:55 2:02	5:03 2:08	7:51 2:48	10:03 2:12	11:28 1:25	12:53 1:25	14:31 1:38	15:46 1:15
n/c	Daniel Lister LOC	M12	18:28	0:00 0:00	1:04 1:04	3:40 2:36	5:46 2:06	9:01 3:15	11:38 2:37	13:16 1:38	14:41 1:25	17:17 2:36	18:28 1:11
1st	Wilfrid Teasdale WCOC	M10	18:49	0:00 0:00	1:09 1:09	3:19 2:10	6:35 3:16	9:36 3:01	12:16 2:40	13:49 1:33	15:18 1:29	17:33 2:15	18:49 1:16
2nd	Madeleine White WCOC	W12	20:06	0:00 0:00	1:00 1:00	3:24 2:24	6:29 3:05	10:03 3:34	12:39 2:36	14:05 1:26	16:00 1:55	18:55 2:55	20:06 1:11
n/c	Harriet Wood LOC	W14	21:49	0:00 0:00	1:06 1:06	3:44 2:38	6:10 2:26	9:34 3:24	12:56 3:22	15:07 2:11	17:37 2:30	20:13 2:36	21:49 1:36
3rd	Isaac Hunter WCOC	M10	23:08	0:00 0:00	1:29 1:29	4:07 2:38	7:46 3:39	11:37 3:51	15:09 3:32	16:45 1:36	19:09 2:24	21:36 2:27	23:08 1:32
4th	Norman Jackman IND	M7	23:19	0:00 0:00	1:10 1:10	3:41 2:31	7:11 3:30	11:20 4:09	15:05 3:45	17:27 2:22	19:23 1:56	22:00 2:37	23:19 1:19
n/c	Mary Kyle LOC	W14	24:18	0:00 0:00	1:22 1:22	4:13 2:51	6:55 2:42	10:54 3:59	14:36 3:42	16:50 2:14	19:17 2:27	22:11 2:54	24:18 2:07
5th	George Jackman IND	M5	25:00	0:00 0:00	1:34 1:34	4:24 2:50	7:43 3:19	12:19 4:36	15:32 3:13	17:53 2:21	19:40 1:47	23:03 3:23	25:00 1:57
6th	Milo Williamson LOC	M12	25:11	0:00 0:00	1:08 1:08	3:35 2:27	6:13 2:38	10:18 4:05	13:25 3:07	15:40 2:15	19:33 3:53	23:19 3:46	25:11 1:52
7th	Tomas Rawle BL	M10	26:24	0:00 0:00	1:31 1:31	3:41 2:10	12:44 9:03	14:55 2:11	17:12 2:17	21:04 3:52	22:36 1:32	25:26 2:50	26:24 0:58
8th	Robert Farthing BL	M10	29:19	0:00 0:00	1:10 1:10	4:55 3:45	8:11 3:16	14:21 6:10	18:36 4:15	20:52 2:16	23:44 2:52	27:30 3:46	29:19 1:49
9th	Rebecca Lee IND	W10	36:47	0:00 0:00	1:15 1:15	4:04 2:49	6:47 2:43	12:16 5:29	27:12 14:56	28:41 1:29	32:43 4:02	34:35 1:52	36:47 2:12
10th	Maisy Yates IND	W10	36:53	0:00 0:00	1:18 1:18	3:53 2:35	6:35 2:42	12:18 5:43	27:08 14:50	28:59 1:51	32:41 3:42	35:37 2:56	36:53 1:16
11th	Sam Hunt BL	M10	43:13	0:00 0:00	1:52 1:52	6:38 4:46	15:41 9:03	22:58 7:17	31:32 8:34	34:37 3:05	39:36 4:59	42:13 2:37	43:13 1:00