

Pl	tno	Name	Time	5.8 km 0 m 13 C											Finish		
				1(131)	2(132)	3(128)	4(121)	5(105)	6(103)	7(102)	8(101)	9(104)	10(110)	11(118)	12(125)	13(126)	
<b>1</b>		<b>James Robertson</b>	<b>47:09</b>	<b>1:35</b>	<b>2:30</b>	<b>5:28</b>	<b>12:08</b>	<b>18:53</b>	<b>23:41</b>	<b>26:17</b>	<b>28:27</b>	<b>33:54</b>	<b>39:23</b>	<b>42:55</b>	<b>45:59</b>	<b>46:58</b>	<b>47:09</b>
		<b>BG V</b>		<b>1:35</b>	0:55	2:58	6:40	<b>6:45</b>	<b>4:48</b>	2:36	2:10	<b>5:27</b>	<b>5:29</b>	<b>3:32</b>	3:04	<b>0:59</b>	0:11
<b>2</b>		<b>Bruce Arthur</b>	<b>52:37</b>	2:00	2:50	6:51	13:42	23:03	28:17	30:56	33:17	39:07	45:06	49:22	51:23	52:28	52:37
		<b>MF V</b>		2:00	0:50	4:01	6:51	9:21	5:14	2:39	2:21	5:50	5:59	4:16	2:01	1:05	<b>0:09</b>
<b>3</b>		<b>Luke Haines</b>	<b>53:04</b>	1:54	3:27	7:19	13:25	21:19	26:18	29:20	31:55	39:45	46:10	50:08	51:48	52:53	53:04
		<b>BK V</b>		1:54	1:33	3:52	<b>6:06</b>	7:54	4:59	3:02	2:35	7:50	6:25	3:58	<b>1:40</b>	1:05	0:11
<b>4</b>		<b>Stuart Lawrie</b>	<b>54:40</b>	2:01	2:42	5:33	13:08	21:02	25:53	28:25	35:17	40:58	46:36	50:49	53:26	54:31	54:40
		<b>YV V</b>		2:01	<b>0:41</b>	<b>2:51</b>	7:35	7:54	4:51	<b>2:32</b>	6:52	5:41	5:38	4:13	2:37	1:05	<b>0:09</b>
<b>5</b>		<b>Todd Neve</b>	<b>58:21</b>	2:17	3:04	8:21	16:06	25:27	31:47	34:48	37:04	43:52	49:56	53:39	57:08	58:11	58:21
		<b>MF V</b>		2:17	0:47	5:17	7:45	9:21	6:20	3:01	2:16	6:48	6:04	3:43	3:29	1:03	0:10
<b>6</b>		<b>Andrew Rowan</b>	<b>1:04:07</b>	3:45	5:19	10:35	17:13	27:13	32:29	35:49	37:56	46:23	53:49	58:39	1:02:47	1:03:56	1:04:07
		<b>BK V</b>		3:45	1:34	5:16	6:38	10:00	5:16	3:20	<b>2:07</b>	8:27	7:26	4:50	4:08	1:09	0:11
<b>7</b>		<b>Tim Hatley</b>	<b>1:13:16</b>	2:07	6:36	10:35	19:11	29:43	35:41	38:57	41:58	50:43	57:36	1:02:35	1:11:45	1:13:05	1:13:16
		<b>BK V</b>		2:07	4:29	3:59	8:36	10:32	5:58	3:16	3:01	8:45	6:53	4:59	9:10	1:20	0:11
<b>8</b>		<b>Clare Brownridge</b>	<b>1:16:42</b>	2:31	4:01	9:20	20:06	32:23	39:34	44:20	48:37	57:39	1:06:53	1:12:43	1:14:51	1:16:28	1:16:42
		<b>MF V</b>		2:31	1:30	5:19	10:46	12:17	7:11	4:46	4:17	9:02	9:14	5:50	2:08	1:37	0:14
<b>9</b>		<b>Chris Klep</b>	<b>1:17:36</b>	2:18	5:59	10:50	21:40	32:02	38:29	41:26	47:19	56:42	1:05:28	1:13:23	1:16:20	1:17:25	1:17:36
		<b>DR V</b>		2:18	3:41	4:51	10:50	10:22	6:27	2:57	5:53	9:23	8:46	7:55	2:57	1:05	0:11
<b>10</b>		<b>Thomas Whitehead</b>	<b>1:26:13</b>	2:06	5:29	15:49	25:43	37:06	43:42	46:54	53:10	1:08:14	1:17:08	1:22:49	1:24:35	1:26:03	1:26:13
		<b>CAS V</b>		2:06	3:23	10:20	9:54	11:23	6:36	3:12	6:16	15:04	8:54	5:41	1:46	1:28	0:10
<b>11</b>		<b>Rob Murphy</b>	<b>1:32:29</b>	5:48	6:42	12:04	24:05	39:26	46:36	50:23	54:50	1:05:20	1:14:24	1:20:49	1:30:34	1:32:15	1:32:29
		<b>DR V</b>		5:48	0:54	5:22	12:01	15:21	7:10	3:47	4:27	10:30	9:04	6:25	9:45	1:41	0:14
<b>12</b>		<b>Alexander Ikin</b>	<b>1:33:40</b>	2:33	5:19	13:32	28:42	42:42	48:53	55:26	1:01:27	1:13:46	1:21:58	1:28:21	1:31:41	1:33:27	1:33:40
		<b>BK V</b>		2:33	2:46	8:13	15:10	14:00	6:11	6:33	6:01	12:19	8:12	6:23	3:20	1:46	0:13
<b>13</b>		<b>Jayne Sales</b>	<b>1:34:25</b>	2:45	3:56	12:00	27:42	40:44	48:27	52:58	56:48	1:08:18	1:17:49	1:29:30	1:32:25	1:34:12	1:34:25
		<b>MF V</b>		2:45	1:11	8:04	15:42	13:02	7:43	4:31	3:50	11:30	9:31	11:41	2:55	1:47	0:13
<b>14</b>		<b>Jayden Styk</b>	<b>1:36:46</b>	2:42	3:55	19:48	31:49	45:31	52:26	56:22	1:00:03	1:09:59	1:18:24	1:26:21	1:35:03	1:36:35	1:36:46
		<b>NE V</b>		2:42	1:13	15:53	12:01	13:42	6:55	3:56	3:41	9:56	8:25	7:57	8:42	1:32	0:11
<b>15</b>		<b>Stephen Hanlon</b>	<b>1:38:40</b>	3:03	7:24	12:26	24:38	38:04	47:24	52:38	59:59	1:11:32	1:23:26	1:31:19	1:36:33	1:38:24	1:38:40
		<b>CH V</b>		3:03	4:21	5:02	12:12	13:26	9:20	5:14	7:21	11:33	11:54	7:53	5:14	1:51	0:16
<b>16</b>		<b>Martin Kozma</b>	<b>1:39:04</b>	2:32	4:32	9:57	19:24	34:54	41:43	47:05	51:43	1:07:47	1:23:10	1:30:14	1:37:05	1:38:49	1:39:04
		<b>BK V</b>		2:32	2:00	5:25	9:27	15:30	6:49	5:22	4:38	16:04	15:23	7:04	6:51	1:44	0:15
<b>17</b>		<b>Scott Miller</b>	<b>1:39:52</b>	7:09	13:41	18:26	42:22	53:09	1:00:31	1:03:25	1:07:20	1:15:15	1:23:13	1:29:01	1:37:52	1:39:40	1:39:52
		<b>MF V</b>		7:09	6:32	4:45	23:56	10:47	7:22	2:54	3:55	7:55	7:58	5:48	8:51	1:48	0:12
<b>18</b>		<b>Thor Royal</b>	<b>1:40:18</b>	2:03	4:38	7:39	19:35	43:30	54:15	57:38	1:00:15	1:12:23	1:19:54	1:35:42	1:38:33	1:40:04	1:40:18
		<b>CAS V</b>		2:03	2:35	3:01	11:56	23:55	10:45	3:23	2:37	12:08	7:31	15:48	2:51	1:31	0:14
<b>19</b>		<b>Peter Lada</b>	<b>1:55:06</b>	3:54	5:47	12:19	25:12	45:52	57:50	1:03:26	1:07:39	1:22:27	1:36:01	1:44:40	1:52:22	1:54:48	1:55:06
		<b>YV V</b>		3:54	1:53	6:32	12:53	20:40	11:58	5:36	4:13	14:48	13:34	8:39	7:42	2:26	0:18
<b>20</b>		<b>Steve Miller</b>	<b>1:56:08</b>	3:45	7:13	13:28	25:48	43:07	53:07	59:25	1:07:48	1:25:15	1:37:43	1:49:29	1:54:08	1:55:57	1:56:08
		<b>BK V</b>		3:45	3:33	3:45	13:33	17:45	13:33	3:45	3:33	17:57	13:33	14:45	1:33	1:45	0:14

Pl	tno	Name	Time	1(130)	2(131)	3(122)	4(112)	5(105)	6(106)	7(111)	8(119)	9(118)	10(125)	11(126)	Finish
<b>2 - Medium Hard (17)</b>				<b>4.1 km 0 m 11 C (cont.)</b>											
4		<b>Christopher Crowe</b>	<b>58:45</b>	3:35	5:47	13:15	24:06	31:27	37:19	44:12	48:34	53:56	56:50	58:35	58:45
		CAS V		3:35	2:12	7:28	10:51	7:21	5:52	6:53	4:22	5:22	2:54	1:45	0:10
5		<b>Xander Greenhalg</b>	<b>59:52</b>	2:54	4:25	14:15	22:29	30:50	39:28	45:51	49:34	54:11	58:16	59:41	59:52
		NE V		2:54	<b>1:31</b>	9:50	8:14	8:21	8:38	6:23	3:43	4:37	4:05	1:25	0:11
6		<b>Rob Davis</b>	<b>1:02:31</b>	1:56	3:52	9:13	26:09	34:11	42:59	48:19	52:15	57:59	1:00:42	1:02:14	1:02:31
		CAS V		1:56	1:56	<b>5:21</b>	16:56	8:02	8:48	5:20	3:56	5:44	2:43	1:32	0:17
7		<b>Rachel Brown</b>	<b>1:03:21</b>	3:48	10:07	18:03	27:33	35:16	43:10	48:46	52:42	57:29	1:01:10	1:03:08	1:03:21
		YV V		3:48	6:19	7:56	9:30	7:43	7:54	5:36	3:56	4:47	3:41	1:58	0:13
8		<b>Cian O'Reilly</b>	<b>1:04:49</b>	2:45	4:33	11:14	19:10	30:56	39:09	46:36	51:41	56:45	1:03:03	1:04:38	1:04:49
		MF V		2:45	1:48	6:41	7:56	11:46	8:13	7:27	5:05	5:04	6:18	1:35	0:11
9		<b>Tony Radford</b>	<b>1:09:43</b>	4:28	6:22	13:06	20:32	29:08	38:59	46:39	58:32	1:04:25	1:07:30	1:09:30	1:09:43
		BG V		4:28	1:54	6:44	7:26	8:36	9:51	7:40	11:53	5:53	3:05	2:00	0:13
10		<b>Ray Scaddan</b>	<b>1:15:21</b>	7:33	12:47	20:19	33:58	42:33	50:00	58:47	1:04:15	1:09:41	1:13:07	1:15:03	1:15:21
		DR V		7:33	5:14	7:32	13:39	8:35	7:27	8:47	5:28	5:26	3:26	1:56	0:18
11		<b>Helen Edmonds</b>	<b>1:17:21</b>	9:58	14:58	24:26	31:45	39:32	49:29	55:18	1:00:25	1:10:05	1:15:09	1:17:09	1:17:21
		NE V		9:58	5:00	9:28	7:19	7:47	9:57	5:49	5:07	9:40	5:04	2:00	0:12
12		<b>Alicia Dymowski</b>	<b>1:22:57</b>	3:01	5:13	14:13	21:22	32:18	1:04:22	1:08:57	1:13:06	1:18:24	1:20:56	1:22:41	1:22:57
		DR V		3:01	2:12	9:00	7:09	10:56	32:04	4:35	4:09	5:18	2:32	1:45	0:16
13		<b>Lincoln Paterson</b>	<b>1:30:00</b>	3:51	7:56	17:05	28:20	41:53	54:10	1:03:29	1:10:54	1:19:02	1:25:50	1:29:31	1:30:00
		YV V		3:51	4:05	9:09	11:15	13:33	12:17	9:19	7:25	8:08	6:48	3:41	0:29
14		<b>Greg Palmer</b>	<b>1:50:34</b>	11:13	19:21	35:00	50:54	1:02:20	1:10:32	1:25:25	1:33:11	1:40:58	1:47:13	1:50:20	1:50:34
		NE V		11:13	8:08	15:39	15:54	11:26	8:12	14:53	7:46	7:47	6:15	3:07	0:14
		<b>Hagai Shemesh</b>	<b>mp</b>	6:22	10:51	29:23	46:28	1:04:43	1:14:18	1:26:25	1:32:34	-----	-----	1:39:05	1:39:29
		CAS V		6:22	4:29	18:32	17:05	18:15	9:35	12:07	6:09			6:31	0:24
		<b>Youv Orton</b>	<b>dnf</b>	6:31	10:45	30:20	-----	-----	-----	-----	59:35	1:13:13	1:20:34	1:24:21	1:26:24
		CAS V		6:31	4:14	19:35					29:15	13:38	7:21	3:47	2:03
		<b>Stuart McWilliam</b>	<b>dnf</b>	3:07	6:09	22:40	39:22	53:19	-----	-----	-----	-----	-----	-----	-----
		DR V		3:07	3:02	16:31	16:42	13:57							

13:45  
\*132

**3 - Short Hard (19)**

**3.0 km 0 m 10 C**

1(130) 2(131) 3(128) 4(110) 5(108) 6(111) 7(119) 8(120) 9(125) 10(126) Finish

1		<b>Ella Maja Lang</b>	<b>39:06</b>	<b>2:28</b>	<b>4:13</b>	<b>8:48</b>	<b>16:07</b>	<b>23:57</b>	<b>26:11</b>	<b>31:32</b>	<b>35:16</b>	<b>37:40</b>	<b>38:56</b>	<b>39:06</b>
		YV V		<b>2:28</b>	<b>1:45</b>	<b>4:35</b>	<b>7:19</b>	7:50	<b>2:14</b>	5:21	<b>3:44</b>	<b>2:24</b>	1:16	<b>0:10</b>
2		<b>Ralph Koch</b>	<b>44:25</b>	4:46	6:46	11:45	20:42	24:51	30:07	33:39	38:57	42:33	44:10	44:25
		YV V		4:46	2:00	4:59	8:57	<b>4:09</b>	5:16	<b>3:32</b>	5:18	3:36	1:37	0:15
3		<b>John Gavens</b>	<b>45:09</b>	3:47	6:41	11:32	20:56	26:44	30:23	35:09	39:33	42:57	44:56	45:09
		BK V		3:47	2:54	4:51	9:24	5:48	3:39	4:46	4:24	3:24	1:59	0:13
4		<b>Heather Leslie</b>	<b>58:18</b>	3:50	7:39	14:30	29:48	36:49	40:38	46:17	51:06	55:20	58:00	58:18

Pl	tno	Name	Time											
<b>3 - Short Hard (19)</b>				<b>3.0 km 0 m 10 C (cont.)</b>										
				1(130)	2(131)	3(128)	4(110)	5(108)	6(111)	7(119)	8(120)	9(125)	10(126)	Finish
14		<b>Ruth Goddard</b>	<b>1:16:21</b>	5:18	12:50	19:50	31:56	50:21	54:17	1:00:56	1:06:05	1:13:30	1:16:03	1:16:21
		<b>YV V</b>		5:18	7:32	7:00	12:06	18:25	3:56	6:39	5:09	7:25	2:33	0:18
15		<b>Eofy Greenhan</b>	<b>1:22:40</b>	8:08	12:42	24:35	41:04	52:28	56:42	1:04:48	1:11:51	1:18:13	1:22:29	1:22:40
		<b>NE V</b>		8:08	4:34	11:53	16:29	11:24	4:14	8:06	7:03	6:22	4:16	0:11
16		<b>Geoff Caddock</b>	<b>1:47:28</b>	2:46	5:41	11:11	20:40	1:20:24	1:23:59	1:29:44	1:37:11	1:44:36	1:47:10	1:47:28
		<b>CAS V</b>		2:46	2:55	5:30	9:29	59:44	3:35	5:45	7:27	7:25	2:34	0:18
17		<b>Angeline Ferdinan</b>	<b>2:08:57</b>	10:32	16:15	45:08	1:20:58	1:35:21	1:41:38	1:50:50	1:57:25	2:04:09	2:08:26	2:08:57
		<b>CAS V</b>		10:32	5:43	28:53	35:50	14:23	6:17	9:12	6:35	6:44	4:17	0:31
		<b>Helen, Dave, Joe E</b>	<b>mp</b>	15:06	21:01	1:07:22	1:31:08	1:58:41	2:02:53	-----	2:11:37	-----	2:15:10	2:15:31
		<b>CAS V</b>		15:06	5:55	46:21	23:46	27:33	4:12		8:44		3:33	0:21
		<b>TJ Chung</b>	<b>mp</b>	16:16	19:45	36:23	57:26	1:12:02	1:16:05	1:22:14	1:28:54	-----	-----	
		<b>CAS V</b>		16:16	3:29	16:38	21:03	14:36	4:03	6:09	6:40			

<b>4 - Moderate (26)</b>				<b>3.3 km 0 m 11 C</b>											
				1(129)	2(127)	3(123)	4(115)	5(113)	6(108)	7(107)	8(111)	9(114)	10(120)	11(126)	Finish
1		<b>Emily Matheson</b>	<b>33:06</b>	2:10	4:36	<b>8:11</b>	<b>10:07</b>	<b>11:02</b>	<b>18:23</b>	<b>22:01</b>	<b>25:58</b>	<b>27:49</b>	<b>31:07</b>	<b>32:53</b>	<b>33:06</b>
		<b>CAS V</b>		2:10	<b>2:26</b>	<b>3:35</b>	<b>1:56</b>	<b>0:55</b>	7:21	<b>3:38</b>	<b>3:57</b>	<b>1:51</b>	<b>3:18</b>	<b>1:46</b>	0:13
2		<b>Leif Winberg</b>	<b>41:16</b>	<b>1:53</b>	<b>4:24</b>	9:37	12:25	13:41	18:32	25:11	31:07	33:34	39:00	41:00	41:16
		<b>CAS V</b>		<b>1:53</b>	2:31	5:13	2:48	1:16	<b>4:51</b>	6:39	5:56	2:27	5:26	2:00	0:16
3		<b>Kevin Morris</b>	<b>1:02:57</b>	4:30	9:28	17:21	20:43	22:55	31:21	41:29	48:45	53:05	59:23	1:02:40	1:02:57
		<b>BK V</b>		4:30	4:58	7:53	3:22	2:12	8:26	10:08	7:16	4:20	6:18	3:17	0:17
4		<b>Kiana Theodore</b>	<b>1:09:52</b>	3:08	7:39	13:31	16:29	17:56	25:13	39:08	53:06	1:00:58	1:06:56	1:09:27	1:09:52
		<b>CAS V</b>		3:08	4:31	5:52	2:58	1:27	7:17	13:55	13:58	7:52	5:58	2:31	0:25
5		<b>Sunny Campbell</b>	<b>1:17:38</b>	20:08	27:24	33:30	39:56	42:50	52:09	59:54	1:05:47	1:09:58	1:14:41	1:17:15	1:17:38
		<b>NE V</b>		20:08	7:16	6:06	6:26	2:54	9:19	7:45	5:53	4:11	4:43	2:34	0:23
6		<b>Benjamin Harper</b>	<b>1:18:58</b>	3:47	11:20	20:58	25:45	27:48	37:21	48:46	58:42	1:04:26	1:14:56	1:18:48	1:18:58
		<b>CAS V</b>		3:47	7:33	9:38	4:47	2:03	9:33	11:25	9:56	5:44	10:30	3:52	<b>0:10</b>
7		<b>Annabelle Harper</b>	<b>1:19:01</b>	3:53	11:14	21:01	25:36	28:13	37:13	49:19	59:35	1:04:48	1:15:00	1:18:49	1:19:01
		<b>CAS V</b>		3:53	7:21	9:47	4:35	2:37	9:00	12:06	10:16	5:13	10:12	3:49	0:12
8		<b>Leone Carberry</b>	<b>1:23:19</b>	5:46	12:27	29:07	35:33	38:32	47:55	1:00:00	1:08:08	1:12:13	1:19:23	1:22:58	1:23:19
		<b>NE V</b>		5:46	6:41	16:40	6:26	2:59	9:23	12:05	8:08	4:05	7:10	3:35	0:21
9		<b>Anthony Harper</b>	<b>1:28:36</b>	5:37	10:27	23:05	28:18	30:33	43:06	57:59	1:08:59	1:14:24	1:23:05	1:28:10	1:28:36
		<b>CAS V</b>		5:37	4:50	12:38	5:13	2:15	12:33	14:53	11:00	5:25	8:41	5:05	0:26
10		<b>Natasha Smith</b>	<b>1:28:59</b>	6:09	12:10	23:32	28:33	31:53	44:41	58:41	1:09:11	1:14:42	1:23:19	1:28:26	1:28:59
		<b>CAS V</b>		6:09	6:01	11:22	5:01	3:20	12:48	14:00	10:30	5:31	8:37	5:07	0:33
11		<b>Helen Alexander</b>	<b>1:33:13</b>	5:13	12:00	22:32	27:32	31:35	43:53	59:07	1:10:40	1:15:44	1:27:30	1:32:24	1:33:13
		<b>BK V</b>		5:13	6:47	10:32	5:00	4:03	12:18	15:14	11:33	5:04	11:46	4:54	0:49
12		<b>David Goddard</b>	<b>1:46:02</b>	4:08	10:10	23:38	29:20	33:32	42:27	1:02:25	1:16:20	1:24:16	1:36:49	1:42:42	1:46:02

Pl	tno	Name	Time													
<b>4 - Moderate (26)</b>			<b>3.3 km 0 m 11 C (cont.)</b>													
			1(129)	2(127)	3(123)	4(115)	5(113)	6(108)	7(107)	8(111)	9(114)	10(120)	11(126)	Finish		
		<b>Catherine Giuliano</b>	mp	----	4:46	----	----	----	----	18:13	23:09	----	33:34	34:04	11:51	
		<b>CAS V</b>		4:46						13:27	4:56		10:25	0:30	*117	
				20:21	25:41	27:51										
				*109	*116	*118										
		<b>Helen Luzan</b>	mp	9:25	15:32	28:50	34:12	36:32	45:36	56:57	1:17:42	----	----	1:30:27	1:31:05	1:12:22
		<b>CAS V</b>		9:25	6:07	13:18	5:22	2:20	9:04	11:21	20:45		12:45	0:38	*114	
				1:14:51	1:22:49											
				*109	*117											
		<b>Claire Finlay</b>	mp	9:34	15:30	28:53	34:24	36:21	45:19	57:16	1:17:53	----	----	1:30:32	1:31:08	11:38
		<b>CAS V</b>		9:34	5:56	13:23	5:31	1:57	8:58	11:57	20:37		12:39	0:36	*130	
				1:12:26	1:14:54	1:22:52										
				*114	*109	*117										
		<b>Wendy Bootle</b>	mp	4:00	9:18	19:38	24:28	27:06	----	52:34	1:03:42	1:09:11	1:17:11	1:22:21		
		<b>CAS V</b>		4:00	5:18	10:20	4:50	2:38		25:28	11:08	5:29	8:00	5:10		
		<b>Anna Lada</b>	dnf	----	----	----	----	----	----	----	----	----	----	----		
		<b>YV V</b>														
		<b>Candice Matoga</b>	dns													
		<b>CAS V</b>														
		<b>Peter Black</b>	dns													
		<b>YV V</b>														
<b>5 - Easy (23)</b>			<b>2.2 km 0 m 9 C</b>													
			1(127)	2(124)	3(117)	4(111)	5(109)	6(114)	7(116)	8(118)	9(126)	Finish				
1		<b>Audrey Brown</b>	29:10	4:16	7:36	12:32	16:38	18:02	20:00	22:08	23:59	28:48	29:10			
		<b>YV V</b>		4:16	3:20	4:56	4:06	1:24	1:58	2:08	1:51	4:49	0:22			
2		<b>Olivia Haines</b>	32:34	3:35	7:24	12:41	22:07	23:48	26:04	27:47	29:08	32:22	32:34			
		<b>CAS V</b>		3:35	3:49	5:17	9:26	1:41	2:16	1:43	1:21	3:14	0:12			
3		<b>Santiago Neve Me</b>	33:42	4:13	9:16	13:39	18:56	20:57	24:22	27:09	29:28	33:29	33:42			
		<b>MF V</b>		4:13	5:03	4:23	5:17	2:01	3:25	2:47	2:19	4:01	0:13			
4		<b>Taran Gisborne</b>	36:03	3:39	7:26	12:41	22:24	23:54	26:31	28:34	29:57	35:50	36:03			
		<b>CAS V</b>		3:39	3:47	5:15	9:43	1:30	2:37	2:03	1:23	5:53	0:13			
5		<b>Emrys Gisborne</b>	36:44	3:30	7:57	13:36	22:51	23:59	26:51	28:47	30:48	36:28	36:44			
		<b>CAS V</b>		3:30	4:27	5:39	9:15	1:08	2:52	1:56	2:01	5:40	0:16			
6		<b>Florence Brown</b>	37:11	4:31	8:30	12:59	16:36	18:03	24:15	28:13	32:06	36:57	37:11			
		<b>YV V</b>		4:31	3:59	4:29	3:37	1:27	6:12	3:58	3:53	4:51	0:14			
7		<b>Eva Winberg</b>	41:09	4:32	10:04	15:04	21:10	25:32	28:38	31:14	34:07	40:43	41:09			
		<b>CAS V</b>		4:32	5:32	5:00	6:06	4:22	3:06	2:36	2:53	6:36	0:26			
8		<b>Lucas Adams</b>	42:29	5:43	12:09	17:19	22:21	24:51	28:11	33:05	35:53	42:02	42:29			
		<b>CAS V</b>		5:43	6:26	5:10	5:02	2:20	2:20	4:54	2:48	6:00	0:27			

Pl	tno	Name	Time													
<b>5 - Easy (23)</b>				<b>2.2 km 0 m 9 C (cont.)</b>												
				1(127)	2(124)	3(117)	4(111)	5(109)	6(114)	7(116)	8(118)	9(126)	Finish			
18		<b>Luke Critchley</b>	<b>1:16:30</b>	9:14	18:36	30:44	40:08	44:11	53:48	59:31	1:07:20	1:15:45	1:16:30			
		<b>CH V</b>		9:14	9:22	12:08	9:24	4:03	9:37	5:43	7:49	8:25	0:45			
19		<b>Rachael Harker</b>	<b>1:17:14</b>	35:37	39:43	44:56	57:06	58:39	1:05:55	1:07:38	1:11:01	1:16:46	1:17:14			
		<b>CAS V</b>		35:37	4:06	5:13	12:10	1:33	7:16	<b>1:43</b>	3:23	5:45	0:28			
20		<b>Issy Gennari</b>	<b>1:22:10</b>	7:03	21:06	25:24	30:14	32:17	1:10:04	1:13:22	1:15:31	1:21:23	1:22:10			
		<b>CAS V</b>		7:03	14:03	<b>4:18</b>	4:50	2:03	37:47	3:18	2:09	5:52	0:47			
		<b>Clinton, Brendan F</b>	<b>mp</b>	<b>3:24</b>	-----	7:02	16:06	17:18	19:09	20:42	21:58	24:48	25:12	9:45		
		<b>CAS V</b>		<b>3:24</b>		3:38	9:04	1:12	1:51	1:33	1:16	2:50	0:24	*116		
		<b>Emma Francis</b>	<b>mp</b>	5:56	12:08	19:11	28:19	32:55	38:11	41:25	44:06	50:39	51:16			
		<b>CAS V</b>		5:56	6:12	7:03	9:08	4:36	5:16	3:14	2:41	6:33	0:37			
		<b>Liala McEvoy</b>	<b>mp</b>	-----	16:29	1:45:58	-----	-----	-----	-----	-----	1:52:48	1:53:15	22:14	28:23	32:04
		<b>CAS V</b>			16:29	1:29:29						6:50	0:27	*123	*115	*113
				1:22:35	1:38:01	1:41:00	1:47:53									
				*108	*109	*111	*120									