

**Winter 2019 LOP Event 4
Ashington Wood 30th November 2019**

League Scores

Long Orange 4.2 km.

1 Jim Gardner	M45	NATO	43:45
2 Willard Wright	M55	NATO	48:27
3 Fred Miller	NATO	M65	49:16
4 Chris Sumsion	M50	IND	54:51
5 Simon Long	M40	NATO	57:24
6 Hannah Brown	W16	NATO	60:42

Orange 2.7 km.

1 Sarah O'Neill	W60	NATO	37:13
2 Katherine Brown	W45	NATO	39:47
3 Adrian Barnes	M65	NATO	42:06
4 Helen Rafferty	W75	NATO	47:17
5 Alice Gardner	W14	NATO	51:54
6 Rosannah Metcalfe	W14	NATO	51:58
7 Judith Skedge	W70	NATO	52:22
8 Bob Richardson	M65	NATO	55:28
9 John Crosby	M70	NATO	61:07