

| Pl | Stno | Name | Time | | | | | | | | | | | |
|-------------------|------|---------------------|-------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--|
| White (38) | | | | 1.5 km | 20 m | 9 C | | | | | | | | |
| | | | | 1(34) | 2(108) | 3(72) | 4(123) | 5(66) | 6(67) | 7(68) | 8(31) | 9(32) | F | |
| 1 | | Harry Stagg | 8:16 | 0:37 | 0:48 | 1:13 | 2:41 | 3:12 | 3:47 | 5:05 | 6:41 | 7:44 | 8:16 | |
| | | WASPS | | 0:37 | 0:11 | 0:25 | 1:28 | 0:31 | 0:35 | 1:18 | 1:36 | 1:03 | 0:32 | |
| 1 | | Daniel Greenslade | 8:16 | 0:36 | 0:47 | 1:12 | 2:41 | 3:15 | 3:59 | 5:14 | 6:48 | 7:47 | 8:16 | |
| | | KPSO | | 0:36 | 0:11 | 0:25 | 1:29 | 0:34 | 0:44 | 1:15 | 1:34 | 0:59 | 0:29 | |
| 3 | | David Thomas | 8:26 | 0:46 | 1:14 | 1:44 | 3:11 | 3:44 | 4:28 | 5:40 | 7:08 | 8:01 | 8:26 | |
| | | SMPS | | 0:46 | 0:28 | 0:30 | 1:27 | 0:33 | 0:44 | 1:12 | 1:28 | 0:53 | 0:25 | |
| 4 | | Rachel Potter | 8:58 | 0:42 | 0:54 | 1:20 | 2:51 | 3:26 | 4:12 | 5:34 | 7:12 | 8:20 | 8:58 | |
| | | FREN | | 0:42 | 0:12 | 0:26 | 1:31 | 0:35 | 0:46 | 1:22 | 1:38 | 1:08 | 0:38 | |
| 5 | | Charlotte Cutter | 9:15 | 0:39 | 0:54 | 1:19 | 2:45 | 3:21 | 4:09 | 5:33 | 7:21 | 8:28 | 9:15 | |
| | | KPSO | | 0:39 | 0:15 | 0:25 | 1:26 | 0:36 | 0:48 | 1:24 | 1:48 | 1:07 | 0:47 | |
| 6 | | Elizabeth Narbett + | 9:17 | 0:42 | 1:03 | 1:37 | 3:13 | 3:53 | 4:46 | 6:07 | 7:43 | 8:44 | 9:17 | |
| | | KPSO | | 0:42 | 0:21 | 0:34 | 1:36 | 0:40 | 0:53 | 1:21 | 1:36 | 1:01 | 0:33 | |
| 7 | | Charlotte Cooper | 9:32 | 0:45 | 1:13 | 1:38 | 3:18 | 3:55 | 4:41 | 6:08 | 7:56 | 8:59 | 9:32 | |
| | | RHOK | | 0:45 | 0:28 | 0:25 | 1:40 | 0:37 | 0:46 | 1:27 | 1:48 | 1:03 | 0:33 | |
| 7 | | James Deverall | 9:32 | 0:47 | 1:09 | 1:39 | 3:19 | 3:52 | 4:47 | 6:20 | 7:56 | 8:55 | 9:32 | |
| | | KPSO | | 0:47 | 0:22 | 0:30 | 1:40 | 0:33 | 0:55 | 1:33 | 1:36 | 0:59 | 0:37 | |
| 9 | | James Button | 9:39 | 0:45 | 0:58 | 1:42 | 3:15 | 3:57 | 4:42 | 6:02 | 7:51 | 9:04 | 9:39 | |
| | | KSODA | | 0:45 | 0:13 | 0:44 | 1:33 | 0:42 | 0:45 | 1:20 | 1:49 | 1:13 | 0:35 | |
| 10 | | Benjamin Shardlow | 9:41 | 0:49 | 1:06 | 1:41 | 3:46 | 4:25 | 5:07 | 6:23 | 8:01 | 9:06 | 9:41 | |
| | | KSODA | | 0:49 | 0:17 | 0:35 | 2:05 | 0:39 | 0:42 | 1:16 | 1:38 | 1:05 | 0:35 | |
| 11 | | Jesse Davies | 10:19 | 0:50 | 1:03 | 1:30 | 3:03 | 3:48 | 4:40 | 6:23 | 8:17 | 9:42 | 10:19 | |
| | | SMPS | | 0:50 | 0:13 | 0:27 | 1:33 | 0:45 | 0:52 | 1:43 | 1:54 | 1:25 | 0:37 | |
| 12 | | Jasmine Dore | 10:33 | 0:49 | 1:07 | 1:43 | 3:29 | 4:10 | 5:08 | 6:42 | 8:36 | 9:56 | 10:33 | |
| | | RHOK | | 0:49 | 0:18 | 0:36 | 1:46 | 0:41 | 0:58 | 1:34 | 1:54 | 1:20 | 0:37 | |
| 13 | | Sophie Adragna | 11:02 | 0:53 | 1:08 | 1:42 | 3:39 | 4:28 | 5:17 | 6:55 | 9:16 | 10:26 | 11:02 | |
| | | RHOK | | 0:53 | 0:15 | 0:34 | 1:57 | 0:49 | 0:49 | 1:38 | 2:21 | 1:10 | 0:36 | |
| 14 | | Katy Knapp | 11:03 | 0:47 | 1:04 | 1:31 | 3:54 | 4:37 | 5:39 | 7:25 | 9:25 | 10:28 | 11:03 | |
| | | RHOK | | 0:47 | 0:17 | 0:27 | 2:23 | 0:43 | 1:02 | 1:46 | 2:00 | 1:03 | 0:35 | |
| 15 | | Thomas Button | 11:32 | 0:55 | 1:20 | 1:51 | 3:42 | 4:30 | 5:14 | 7:13 | 9:36 | 10:56 | 11:32 | |
| | | KSODA | | 0:55 | 0:25 | 0:31 | 1:51 | 0:48 | 0:44 | 1:59 | 2:23 | 1:20 | 0:36 | |
| 16 | | Cecilia Mayne | 11:38 | 0:48 | 1:11 | 1:48 | 3:45 | 4:26 | 5:26 | 7:27 | 9:52 | 11:06 | 11:38 | |
| | | KPSO | | 0:48 | 0:23 | 0:37 | 1:57 | 0:41 | 1:00 | 2:01 | 2:25 | 1:14 | 0:32 | |
| 17 | | Ben Narbett | 11:49 | 0:41 | 0:53 | 1:19 | 6:14 | 6:44 | 7:32 | 8:45 | 10:16 | 11:16 | 11:49 | |
| | | KPSO | | 0:41 | 0:12 | 0:26 | 4:55 | 0:30 | 0:48 | 1:13 | 1:31 | 1:00 | 0:33 | |
| 18 | | Katie Usherwood | 11:53 | 0:50 | 1:02 | 1:31 | 3:28 | 4:16 | 5:07 | 7:07 | 9:36 | 11:12 | 11:53 | |
| | | SMPS | | 0:50 | 0:12 | 0:29 | 1:57 | 0:48 | 0:51 | 2:00 | 2:29 | 1:36 | 0:41 | |
| 19 | | Emily Finnimore | 11:58 | 1:10 | 1:33 | 2:08 | 4:07 | 4:52 | 6:00 | 7:46 | 9:55 | 11:27 | 11:58 | |
| | | RHOK | | 1:10 | 0:23 | 0:35 | 1:59 | 0:45 | 1:08 | 1:46 | 2:09 | 1:32 | 0:31 | |
| 20 | | Anna Cazalet | 12:07 | 0:54 | 1:19 | 2:11 | 3:48 | 4:33 | 5:27 | 7:02 | 10:15 | 11:28 | 12:07 | |
| | | RHOK | | 0:54 | 0:25 | 0:52 | 1:37 | 0:45 | 0:54 | 1:35 | 3:13 | 1:13 | 0:39 | |
| 21 | | Sylvie Livingstone | 12:25 | 0:56 | 1:29 | 2:03 | 3:55 | 4:58 | 5:58 | 8:10 | 10:27 | 11:50 | 12:25 | |
| | | RHOKS | | 0:56 | 0:33 | 0:34 | 1:52 | 1:03 | 1:00 | 2:12 | 2:17 | 1:23 | 0:35 | |
| 22 | | Abi Ehrlich | 12:27 | 0:49 | 1:22 | 1:53 | 4:52 | 5:50 | 6:50 | 8:32 | 10:36 | 12:00 | 12:27 | |
| | | RHOK | | 0:49 | 0:33 | 0:31 | 2:59 | 0:58 | 1:00 | 1:42 | 2:04 | 1:24 | 0:27 | |
| 23 | | Kathryn Saunders | 13:21 | 0:58 | 1:16 | 1:55 | 4:00 | 4:48 | 6:01 | 8:00 | 10:41 | 12:39 | 13:21 | |
| | | RHOK | | 0:58 | 0:18 | 0:39 | 2:05 | 0:48 | 1:13 | 1:59 | 2:41 | 1:58 | 0:42 | |
| 24 | | Harry Spooner-Rice | 13:24 | 2:26 | 3:06 | 4:26 | 6:07 | 6:50 | 7:44 | 9:31 | 11:27 | 12:48 | 13:24 | |
| | | SMPS | | 2:26 | 0:40 | 1:20 | 1:41 | 0:43 | 0:54 | 1:47 | 1:56 | 1:21 | 0:36 | |
| 25 | | Tom Donkin | 13:36 | 0:51 | 1:18 | 2:14 | 4:35 | 5:32 | 6:50 | 8:42 | 11:26 | 12:52 | 13:36 | |
| | | BGS | | 0:51 | 0:27 | 0:56 | 2:21 | 0:57 | 1:18 | 1:52 | 2:44 | 1:26 | 0:44 | |
| 26 | | William Shardlow + | 13:40 | 0:55 | 1:13 | 1:57 | 4:20 | 5:36 | 6:37 | 8:40 | 11:37 | 12:56 | 13:40 | |
| | | KSODA | | 0:55 | 0:18 | 0:44 | 2:23 | 1:16 | 1:01 | 2:03 | 2:57 | 1:19 | 0:44 | |
| 27 | | Zoe Brown | 13:49 | 0:50 | 1:07 | 2:08 | 6:10 | 6:49 | 7:46 | 9:26 | 11:40 | 13:06 | 13:49 | |
| | | KPSO | | 0:50 | 0:17 | 1:01 | 4:02 | 0:39 | 0:57 | 1:40 | 2:14 | 1:26 | 0:43 | |
| 28 | | Ben Jarman | 13:58 | 0:40 | 0:52 | 1:16 | 5:51 | 6:27 | 7:10 | 10:38 | 12:17 | 13:26 | 13:58 | |
| | | IND | | 0:40 | 0:12 | 0:24 | 4:35 | 0:36 | 0:43 | 3:28 | 1:39 | 1:09 | 0:32 | |
| 29 | | Bryony Stagg +1 | 14:05 | 0:49 | 1:08 | 1:48 | 3:42 | 4:41 | 6:40 | 9:18 | 11:53 | 13:20 | 14:05 | |
| | | WASPS | | 0:49 | 0:19 | 0:40 | 1:54 | 0:59 | 1:59 | 2:38 | 2:35 | 1:27 | 0:45 | |
| 30 | | Amelia Nicholls | 14:20 | 1:49 | 2:07 | 2:49 | 5:42 | 6:30 | 7:35 | 9:35 | 12:03 | 13:39 | 14:20 | |
| | | RHOK | | 1:49 | 0:18 | 0:42 | 2:53 | 0:48 | 1:05 | 2:00 | 2:28 | 1:36 | 0:41 | |
| 31 | | Alex Rawle | 15:02 | 0:47 | 1:02 | 1:28 | 9:14 | 9:44 | 10:38 | 11:54 | 13:29 | 14:29 | 15:02 | |
| | | KPSO | | 0:47 | 0:15 | 0:26 | 7:46 | 0:30 | 0:54 | 1:16 | 1:35 | 1:00 | 0:33 | |

| Pl | Stno | Name | Time | 1.5 km 20 m 9 C | | | | | | | | | |
|-------------------|------|--------------------------|--------------|-----------------|--------|-------|--------|-------|-------|-------|-------|-------|-------|
| | | | | (cont.) | | | | | | | | | |
| | | | | 1(34) | 2(108) | 3(72) | 4(123) | 5(66) | 6(67) | 7(68) | 8(31) | 9(32) | F |
| White (38) | | | | | | | | | | | | | |
| 32 | | Edith Stagg +1 | 15:08 | 0:52 | 1:07 | 1:55 | 4:32 | 5:18 | 7:06 | 9:53 | 12:19 | 14:33 | 15:08 |
| | | WASPS | | 0:52 | 0:15 | 0:48 | 2:37 | 0:46 | 1:48 | 2:47 | 2:26 | 2:14 | 0:35 |
| 33 | | Anja Babic | 15:53 | 3:39 | 4:00 | 4:48 | 6:53 | 7:47 | 8:45 | 11:38 | 13:55 | 15:14 | 15:53 |
| | | RHOK | | 3:39 | 0:21 | 0:48 | 2:05 | 0:54 | 0:58 | 2:53 | 2:17 | 1:19 | 0:39 |
| 34 | | Isabella Simpson | 17:20 | 1:09 | 1:33 | 2:07 | 4:06 | 5:07 | 6:20 | 8:02 | 14:05 | 16:31 | 17:20 |
| | | RHOK | | 1:09 | 0:24 | 0:34 | 1:59 | 1:01 | 1:13 | 1:42 | 6:03 | 2:26 | 0:49 |
| 35 | | Reuben Lawson | 25:30 | 2:02 | 3:20 | 4:10 | 7:06 | 9:30 | 11:40 | 16:34 | 21:36 | 24:21 | 25:30 |
| | | NGOC | | 2:02 | 1:18 | 0:50 | 2:56 | 2:24 | 2:10 | 4:54 | 5:02 | 2:45 | 1:09 |
| | | Jim Bailey | mp | 0:45 | 1:07 | 1:51 | 3:43 | 4:23 | 5:01 | ---- | 7:53 | 8:52 | 9:27 |
| | | KPSO | | 0:45 | 0:22 | 0:44 | 1:52 | 0:40 | 0:38 | ---- | 2:52 | 0:59 | 0:35 |
| | | Lisa Button | mp | 0:58 | 1:18 | 1:51 | 3:41 | ---- | 5:26 | 7:21 | 9:39 | 11:05 | 11:46 |
| | | KSODA | | 0:58 | 0:20 | 0:33 | 1:50 | ---- | 1:45 | 1:55 | 2:18 | 1:26 | 0:41 |
| nc | | Richard Usherwood | 14:51 | 1:14 | 2:23 | 3:08 | 5:46 | 6:36 | 8:06 | 10:12 | 12:42 | 14:08 | 14:51 |
| | | SMPS | | 1:14 | 1:09 | 0:45 | 2:38 | 0:50 | 1:30 | 2:06 | 2:30 | 1:26 | 0:43 |

| Pl | Stno | Name | Time | 1.7 km 35 m 10 C | | | | | | | | | | |
|--------------------|------|---------------------------|--------------|------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|
| | | | | (cont.) | | | | | | | | | | |
| | | | | 1(34) | 2(39) | 3(128) | 4(36) | 5(70) | 6(66) | 7(67) | 8(68) | 9(69) | 10(32) | F |
| Yellow (20) | | | | | | | | | | | | | | |
| 1 | | Zac Hudd | 10:42 | 0:40 | 1:28 | 2:10 | 3:45 | 4:22 | 5:29 | 6:09 | 7:27 | 8:22 | 10:13 | 10:42 |
| | | HILO | | 0:40 | 0:48 | 0:42 | 1:35 | 0:37 | 1:07 | 0:40 | 1:18 | 0:55 | 1:51 | 0:29 |
| 2 | | James Robinson | 11:21 | 0:35 | 1:30 | 2:37 | 4:09 | 4:50 | 5:57 | 6:34 | 7:57 | 9:00 | 10:52 | 11:21 |
| | | BGS | | 0:35 | 0:55 | 1:07 | 1:32 | 0:41 | 1:07 | 0:37 | 1:23 | 1:03 | 1:52 | 0:29 |
| 3 | | Josh McCaw | 11:38 | 0:40 | 1:22 | 2:40 | 4:12 | 4:49 | 6:14 | 6:50 | 8:12 | 9:10 | 11:08 | 11:38 |
| | | HH | | 0:40 | 0:42 | 1:18 | 1:32 | 0:37 | 1:25 | 0:36 | 1:22 | 0:58 | 1:58 | 0:30 |
| 4 | | Sarah Rawle | 12:29 | 0:41 | 2:26 | 3:43 | 5:12 | 5:54 | 7:07 | 7:47 | 8:59 | 10:01 | 11:54 | 12:29 |
| | | KSODA | | 0:41 | 1:45 | 1:17 | 1:29 | 0:42 | 1:13 | 0:40 | 1:12 | 1:02 | 1:53 | 0:35 |
| 5 | | Joe Hudd | 12:37 | 0:42 | 1:41 | 2:40 | 4:20 | 5:01 | 6:20 | 7:05 | 8:38 | 9:49 | 12:01 | 12:37 |
| | | HILO | | 0:42 | 0:59 | 0:59 | 1:40 | 0:41 | 1:19 | 0:45 | 1:33 | 1:11 | 2:12 | 0:36 |
| 6 | | Phoebe Budd-Stone | 14:10 | 0:44 | 1:40 | 3:15 | 4:54 | 5:44 | 7:14 | 8:17 | 9:53 | 11:13 | 13:32 | 14:10 |
| | | RHOKS | | 0:44 | 0:56 | 1:35 | 1:39 | 0:50 | 1:30 | 1:03 | 1:36 | 1:20 | 2:19 | 0:38 |
| 7 | | Jack Lovelock | 15:13 | 1:05 | 2:01 | 3:27 | 5:39 | 6:42 | 8:09 | 9:03 | 10:39 | 12:01 | 14:42 | 15:13 |
| | | RHOK | | 1:05 | 0:56 | 1:26 | 2:12 | 1:03 | 1:27 | 0:54 | 1:36 | 1:22 | 2:41 | 0:31 |
| 8 | | Rob Deverall | 16:07 | 0:48 | 1:40 | 2:51 | 5:14 | 6:56 | 8:08 | 8:59 | 10:44 | 11:51 | 15:33 | 16:07 |
| | | KPSO | | 0:48 | 0:52 | 1:11 | 2:23 | 1:42 | 1:12 | 0:51 | 1:45 | 1:07 | 3:42 | 0:34 |
| 9 | | Millie Wollas | 16:25 | 0:54 | 1:56 | 4:03 | 6:04 | 6:57 | 8:27 | 9:26 | 11:15 | 12:56 | 15:41 | 16:25 |
| | | RHOK | | 0:54 | 1:02 | 2:07 | 2:01 | 0:53 | 1:30 | 0:59 | 1:49 | 1:41 | 2:45 | 0:44 |
| 10 | | Emily Cazalet | 17:07 | 0:43 | 1:41 | 3:32 | 5:29 | 6:15 | 8:16 | 9:09 | 12:29 | 14:01 | 16:28 | 17:07 |
| | | RHOK | | 0:43 | 0:58 | 1:51 | 1:57 | 0:46 | 2:01 | 0:53 | 3:20 | 1:32 | 2:27 | 0:39 |
| 11 | | Andrea Rawle | 17:20 | 0:47 | 1:56 | 3:31 | 5:26 | 6:14 | 8:56 | 9:48 | 12:16 | 13:38 | 16:27 | 17:20 |
| | | KNAVS | | 0:47 | 1:09 | 1:35 | 1:55 | 0:48 | 2:42 | 0:52 | 2:28 | 1:22 | 2:49 | 0:53 |
| 12 | | Millie Stagg | 18:59 | 0:46 | 1:51 | 7:52 | 9:55 | 10:49 | 12:16 | 13:09 | 14:45 | 16:04 | 18:23 | 18:59 |
| | | WASPS | | 0:46 | 1:05 | 6:01 | 2:03 | 0:54 | 1:27 | 0:53 | 1:36 | 1:19 | 2:19 | 0:36 |
| 13 | | Laura Donkin | 21:16 | 0:56 | 2:17 | 4:56 | 7:37 | 8:36 | 11:25 | 12:39 | 14:59 | 16:53 | 20:32 | 21:16 |
| | | RHOK | | 0:56 | 1:21 | 2:39 | 2:41 | 0:59 | 2:49 | 1:14 | 2:20 | 1:54 | 3:39 | 0:44 |
| 14 | | Roisin Craney | 23:38 | 0:43 | 2:19 | 6:37 | 8:55 | 10:15 | 12:45 | 14:07 | 17:09 | 19:11 | 23:01 | 23:38 |
| | | RHOK | | 0:43 | 1:36 | 4:18 | 2:18 | 1:20 | 2:30 | 1:22 | 3:02 | 2:02 | 3:50 | 0:37 |
| 15 | | Ellie Naraidoo | 24:11 | 0:58 | 1:53 | 4:09 | 10:34 | 12:48 | 15:18 | 16:06 | 19:28 | 20:55 | 23:26 | 24:11 |
| | | RHOK | | 0:58 | 0:55 | 2:16 | 6:25 | 2:14 | 2:30 | 0:48 | 3:22 | 1:27 | 2:31 | 0:45 |
| 16 | | Cara Molloy | 24:58 | 1:04 | 2:36 | 6:19 | 10:33 | 11:50 | 13:37 | 16:46 | 19:10 | 21:06 | 24:39 | 24:58 |
| | | SPLOT | | 1:04 | 1:32 | 3:43 | 4:14 | 1:17 | 1:47 | 3:09 | 2:24 | 1:56 | 3:33 | 0:19 |
| 17 | | Sonia Mann | 27:50 | 0:42 | 1:43 | 2:59 | 17:06 | 18:08 | 20:08 | 21:30 | 23:12 | 24:49 | 27:14 | 27:50 |
| | | BOK | | 0:42 | 1:01 | 1:16 | 14:07 | 1:02 | 2:00 | 1:22 | 1:42 | 1:37 | 2:25 | 0:36 |
| 18 | | Jess Brown | 32:14 | 0:45 | 6:24 | 7:50 | 10:10 | 11:02 | 12:33 | 13:19 | 26:58 | 28:26 | 31:25 | 32:14 |
| | | KSODA | | 0:45 | 5:39 | 1:26 | 2:20 | 0:52 | 1:31 | 0:46 | 13:39 | 1:28 | 2:59 | 0:49 |
| 19 | | Charlotte Thornton | 33:00 | 1:46 | 3:35 | 6:14 | 10:39 | 12:38 | 16:12 | 19:00 | 22:26 | 25:14 | 31:23 | 33:00 |
| | | SARUM | | 1:46 | 1:49 | 2:39 | 4:25 | 1:59 | 3:34 | 2:48 | 3:26 | 2:48 | 6:09 | 1:37 |
| 20 | | Nikita Iles | 37:19 | 0:55 | 18:23 | 20:59 | 23:33 | 24:27 | 27:22 | 28:36 | 30:51 | 32:37 | 36:27 | 37:19 |
| | | RHOK | | 0:55 | 17:28 | 2:36 | 2:34 | 0:54 | 2:55 | 1:14 | 2:15 | 1:46 | 3:50 | 0:52 |

23:31
*32

29:48
*31

| Pl | Stno | Name | Time | 3.4 km 100 m 12 C | | | | | | | | | | | | |
|----|--------------------|-------|--------|-------------------|--------|-------|-------|-------|--------|--------|-------|--------|---------|--------|--------|--------|
| | | | | 1(39) | 2(128) | 3(70) | 4(71) | 5(75) | 6(110) | 7(111) | 8(73) | 9(126) | 10(127) | 11(74) | 12(64) | F |
| 1 | Simon Howard | IND | 39:17 | 2:04 | 3:07 | 5:52 | 9:16 | 13:29 | 15:35 | 19:11 | 24:55 | 29:21 | 31:23 | 35:06 | 37:48 | 39:17 |
| | | | | 2:04 | 1:03 | 2:45 | 3:24 | 4:13 | 2:06 | 3:36 | 5:44 | 4:26 | 2:02 | 3:43 | 2:42 | 1:29 |
| 2 | Cameron Owens | KSODA | 46:02 | 1:54 | 3:30 | 6:01 | 9:51 | 14:28 | 16:42 | 21:41 | 28:40 | 33:38 | 35:12 | 43:04 | 44:43 | 46:02 |
| | | | | 1:54 | 1:36 | 2:31 | 3:50 | 4:37 | 2:14 | 4:59 | 6:59 | 4:58 | 1:34 | 7:52 | 1:39 | 1:19 |
| 3 | Tomas McCaw | HH | 47:18 | 1:54 | 2:59 | 5:46 | 8:32 | 12:09 | 13:26 | 18:16 | 24:00 | 30:14 | 36:10 | 44:43 | 46:14 | 47:18 |
| | | | | 1:54 | 1:05 | 2:47 | 2:46 | 3:37 | 1:17 | 4:50 | 5:44 | 6:14 | 5:56 | 8:33 | 1:31 | 1:04 |
| 4 | David Wollas | IND | 50:08 | 1:58 | 3:31 | 6:52 | 9:55 | 14:33 | 16:03 | 18:44 | 23:31 | 27:58 | 29:56 | 47:29 | 49:00 | 50:08 |
| | | | | 1:58 | 1:33 | 3:21 | 3:03 | 4:38 | 1:30 | 2:41 | 4:47 | 4:27 | 1:58 | 17:33 | 1:31 | 1:08 |
| 5 | Amy Curtis | KNAVS | 50:34 | 2:15 | 3:58 | 7:04 | 10:32 | 15:59 | 18:01 | 22:26 | 29:33 | 35:49 | 40:44 | 47:00 | 49:17 | 50:34 |
| | | | | 2:15 | 1:43 | 3:06 | 3:28 | 5:27 | 2:02 | 4:25 | 7:07 | 6:16 | 4:55 | 6:16 | 2:17 | 1:17 |
| 6 | Ian Cutter | KNAVS | 51:28 | 2:21 | 3:12 | 6:26 | 10:20 | 15:31 | 18:59 | 25:51 | 30:30 | 36:09 | 42:25 | 48:40 | 50:26 | 51:28 |
| | | | | 2:21 | 0:51 | 3:14 | 3:54 | 5:11 | 3:28 | 6:52 | 4:39 | 5:39 | 6:16 | 6:15 | 1:46 | 1:02 |
| 7 | Chloe Potter | WINT | 52:01 | 1:39 | 2:41 | 4:48 | 8:54 | 12:59 | 14:28 | 16:55 | 21:48 | 25:44 | 27:48 | 48:51 | 50:27 | 52:01 |
| | | | | 1:39 | 1:02 | 2:07 | 4:06 | 4:05 | 1:29 | 2:27 | 4:53 | 3:56 | 2:04 | 21:03 | 1:36 | 1:34 |
| 8 | Georgina Jarman | RHOK | 56:03 | 2:05 | 3:21 | 7:20 | 11:35 | 17:26 | 19:37 | 23:40 | 28:26 | 33:22 | 36:16 | 51:32 | 54:34 | 56:03 |
| | | | | 2:05 | 1:16 | 3:59 | 4:15 | 5:51 | 2:11 | 4:03 | 4:46 | 4:56 | 2:54 | 15:16 | 3:02 | 1:29 |
| 9 | Ashleigh Denman | NGOC | 56:22 | 2:44 | 4:23 | 7:50 | 13:03 | 18:15 | 20:28 | 23:34 | 30:58 | 37:43 | 40:19 | 53:21 | 55:11 | 56:22 |
| | | | | 2:44 | 1:39 | 3:27 | 5:13 | 5:12 | 2:13 | 3:06 | 7:24 | 6:45 | 2:36 | 13:02 | 1:50 | 1:11 |
| 10 | Kevin Cooper | IND | 59:11 | 2:03 | 3:29 | 6:00 | 11:31 | 15:34 | 17:13 | 19:54 | 25:43 | 36:37 | 43:32 | 56:53 | 58:08 | 59:11 |
| | | | | 2:03 | 1:26 | 2:31 | 5:31 | 4:03 | 1:39 | 2:41 | 5:49 | 10:54 | 6:55 | 13:21 | 1:15 | 1:03 |
| 11 | Robin Button | KNAVS | 60:05 | 1:57 | 3:16 | 6:20 | 10:35 | 16:49 | 18:19 | 22:34 | 28:38 | 38:31 | 40:50 | 57:12 | 58:57 | 60:05 |
| | | | | 1:57 | 1:19 | 3:04 | 4:15 | 6:14 | 1:30 | 4:15 | 6:04 | 9:53 | 2:19 | 16:22 | 1:45 | 1:08 |
| 12 | Justin Hayden | BGS | 60:10 | 2:21 | 3:33 | 6:21 | 9:23 | 14:17 | 15:54 | 22:41 | 28:32 | 38:25 | 40:02 | 57:40 | 59:14 | 60:10 |
| | | | | 2:21 | 1:12 | 2:48 | 3:02 | 4:54 | 1:37 | 6:47 | 5:51 | 9:53 | 1:37 | 17:38 | 1:34 | 0:56 |
| 13 | Oliver Mann | BOK | 61:04 | 3:45 | 5:03 | 7:10 | 9:57 | 14:51 | 16:31 | 20:31 | 28:09 | 32:15 | 35:00 | 55:48 | 59:40 | 61:04 |
| | | | | 3:45 | 1:18 | 2:07 | 2:47 | 4:54 | 1:40 | 4:00 | 7:38 | 4:06 | 2:45 | 20:48 | 3:52 | 1:24 |
| 14 | Ella-Rose McCartne | OD | 62:26 | 1:54 | 3:10 | 5:42 | 9:07 | 14:15 | 16:44 | 21:12 | 28:46 | 33:46 | 38:27 | 59:41 | 60:59 | 62:26 |
| | | | | 1:54 | 1:16 | 2:32 | 3:25 | 5:08 | 2:29 | 4:28 | 7:34 | 5:00 | 4:41 | 21:14 | 1:18 | 1:27 |
| 15 | Sinead Golding | GORD | 63:24 | 3:24 | 5:31 | 8:02 | 12:02 | 20:45 | 22:44 | 25:22 | 33:06 | 37:29 | 39:54 | 59:59 | 61:34 | 63:24 |
| | | | | 3:24 | 2:07 | 2:31 | 4:00 | 8:43 | 1:59 | 2:38 | 7:44 | 4:23 | 2:25 | 20:05 | 1:35 | 1:50 |
| 16 | Emma Narbett | KSODA | 66:06 | 1:54 | 3:06 | 5:33 | 10:21 | 15:42 | 17:31 | 19:54 | 26:31 | 31:16 | 46:56 | 63:06 | 64:58 | 66:06 |
| | | | | 1:54 | 1:12 | 2:27 | 4:48 | 5:21 | 1:49 | 2:23 | 6:37 | 4:45 | 15:40 | 16:10 | 1:52 | 1:08 |
| 17 | Owen Jones | NGOC | 66:12 | 2:06 | 3:08 | 6:18 | 9:29 | 16:54 | 19:02 | 27:34 | 34:29 | 40:09 | 43:15 | 63:01 | 64:26 | 66:12 |
| | | | | 2:06 | 1:02 | 3:10 | 3:11 | 7:25 | 2:08 | 8:32 | 6:55 | 5:40 | 3:06 | 19:46 | 1:25 | 1:46 |
| 18 | Eleanor Robinson | BGS | 67:26 | 2:12 | 3:21 | 5:51 | 8:46 | 12:50 | 14:31 | 22:28 | 27:43 | 40:30 | 42:21 | 64:46 | 66:23 | 67:26 |
| | | | | 2:12 | 1:09 | 2:30 | 2:55 | 4:04 | 1:41 | 7:57 | 5:15 | 12:47 | 1:51 | 22:25 | 1:37 | 1:03 |
| 19 | Christopher Molloy | SPLOT | 68:40 | 3:05 | 6:03 | 10:59 | 16:05 | 24:39 | 27:41 | 32:08 | 43:45 | 50:41 | 53:26 | 61:58 | 65:57 | 68:40 |
| | | | | 3:05 | 2:58 | 4:56 | 5:06 | 8:34 | 3:02 | 4:27 | 11:37 | 6:56 | 2:45 | 8:32 | 3:59 | 2:43 |
| 20 | Ann Brown | NGOC | 74:45 | 3:50 | 6:16 | 11:49 | 17:46 | 30:17 | 33:52 | 38:12 | 48:09 | 55:56 | 59:38 | 68:30 | 72:20 | 74:45 |
| | | | | 3:50 | 2:26 | 5:33 | 5:57 | 12:31 | 3:35 | 4:20 | 9:57 | 7:47 | 3:42 | 8:52 | 3:50 | 2:25 |
| 21 | Peter Robertson | WSX | 92:10 | 7:36 | 11:45 | 16:36 | 23:03 | 32:58 | 36:32 | 41:16 | 51:52 | 62:32 | 68:18 | 75:52 | 89:26 | 92:10 |
| | | | | 7:36 | 4:09 | 4:51 | 6:27 | 9:55 | 3:34 | 4:44 | 10:36 | 10:40 | 5:46 | 7:34 | 13:34 | 2:44 |
| 22 | Ben West | BGS | 97:47 | 2:19 | 4:08 | 7:40 | 11:33 | 18:24 | 21:17 | 26:06 | 36:26 | 75:22 | 78:33 | 94:28 | 96:11 | 97:47 |
| | | | | 2:19 | 1:49 | 3:32 | 3:53 | 6:51 | 2:53 | 4:49 | 10:20 | 38:56 | 3:11 | 15:55 | 1:43 | 1:36 |
| 23 | Hazel Blackstone | BOK | 103:26 | 4:20 | 7:47 | 14:14 | 23:03 | 35:29 | 40:18 | 45:55 | 58:58 | 69:00 | 75:21 | 93:43 | 99:02 | 103:26 |
| | | | | 4:20 | 3:27 | 6:27 | 8:49 | 12:26 | 4:49 | 5:37 | 13:03 | 10:02 | 6:21 | 18:22 | 5:19 | 4:24 |
| nc | Laura Statham | GORD | mp | 14:48 | 16:26 | 19:50 | 23:45 | 27:45 | 29:30 | 44:04 | ---- | ---- | ---- | 63:06 | 64:39 | 66:31 |
| | | | | 14:48 | 1:38 | 3:24 | 3:55 | 4:00 | 1:45 | 14:34 | | | | 19:02 | 1:33 | 1:52 |
| nc | Jorah Budd | IND | 86:18 | 4:10 | 8:01 | 11:54 | 20:16 | 30:07 | 33:57 | 41:23 | 53:41 | 66:10 | 69:45 | 81:42 | 83:37 | 86:18 |
| | | | | 4:10 | 3:51 | 3:53 | 8:22 | 9:51 | 3:50 | 7:26 | 12:18 | 12:29 | 3:35 | 11:57 | 1:55 | 2:41 |
| nc | Zoe Brown | KPSO | 72:41 | 2:47 | 4:36 | 8:24 | 15:37 | 24:46 | 28:05 | 33:45 | 43:51 | 53:01 | 56:28 | 68:15 | 71:24 | 72:41 |
| | | | | 2:47 | 1:49 | 3:48 | 7:13 | 9:09 | 3:19 | 5:40 | 10:06 | 9:10 | 3:27 | 11:47 | 3:09 | 1:17 |
| nc | Sarah Rawle | KSODA | 72:30 | 2:48 | 4:36 | 8:06 | 15:39 | 24:49 | 28:12 | 33:37 | 43:53 | 53:04 | 56:30 | 68:08 | 70:49 | 72:30 |
| | | | | 2:48 | 1:48 | 3:30 | 7:33 | 9:10 | 3:23 | 5:25 | 10:16 | 9:11 | 3:26 | 11:38 | 2:41 | 1:41 |
| nc | Jessica Brown | KSODA | 74:13 | 3:08 | 4:48 | 8:54 | 15:47 | 25:07 | 28:16 | 33:22 | 43:55 | 53:08 | 56:55 | 68:34 | 71:42 | 74:13 |
| | | | | 3:08 | 1:40 | 4:06 | 6:53 | 9:20 | 3:09 | 5:06 | 10:33 | 9:13 | 3:47 | 11:39 | 3:08 | 2:31 |

| Pl | Stno | Name | Time | 3.5 km 115 m 10 C | | | | | | | | | |
|----|--------------------|--------|-------------|-------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | | 1(35) | 2(38) | 3(71) | 4(116) | 5(110) | 6(62) | 7(126) | 8(40) | 9(44) | 10(74) |
| 1 | Eddie Narbett | 43:35 | 3:18 | 6:56 | 9:10 | 13:48 | 15:37 | 22:14 | 30:03 | 34:46 | 38:59 | 42:08 | 43:35 |
| | KSODA | | 3:18 | 3:38 | 2:14 | 4:38 | 1:49 | 6:37 | 7:49 | 4:43 | 4:13 | 3:09 | 1:27 |
| 2 | Tom Birthwright | 44:13 | 3:39 | 6:33 | 8:48 | 14:57 | 17:05 | 21:28 | 31:50 | 33:43 | 38:03 | 42:17 | 44:13 |
| | IND | | 3:39 | 2:54 | 2:15 | 6:09 | 2:08 | 4:23 | 10:22 | 1:53 | 4:20 | 4:14 | 1:56 |
| 3 | Matthew Jones | 50:18 | 3:06 | 5:57 | 7:46 | 11:12 | 12:40 | 17:25 | 33:27 | 35:12 | 39:34 | 49:06 | 50:18 |
| | SLOW | | 3:06 | 2:51 | 1:49 | 3:26 | 1:28 | 4:45 | 16:02 | 1:45 | 4:22 | 9:32 | 1:12 |
| 4 | James Haysom | 51:27 | 3:04 | 5:56 | 7:32 | 11:07 | 13:11 | 18:19 | 37:13 | 39:15 | 43:09 | 47:49 | 51:27 |
| | GORD | | 3:04 | 2:52 | 1:36 | 3:35 | 2:04 | 5:08 | 18:54 | 2:02 | 3:54 | 4:40 | 3:38 |
| 5 | Vikki Crawford | 51:35 | 3:42 | 7:51 | 10:16 | 15:25 | 18:53 | 24:59 | 37:13 | 39:31 | 44:44 | 49:22 | 51:35 |
| | WIM | | 3:42 | 4:09 | 2:25 | 5:09 | 3:28 | 6:06 | 12:14 | 2:18 | 5:13 | 4:38 | 2:13 |
| 6 | Alex Agombar | 53:17 | 5:59 | 10:29 | 13:27 | 18:26 | 20:36 | 25:39 | 36:54 | 39:34 | 45:39 | 51:05 | 53:17 |
| | IND | | 5:59 | 4:30 | 2:58 | 4:59 | 2:10 | 5:03 | 11:15 | 2:40 | 6:05 | 5:26 | 2:12 |
| 7 | Emily Ronson | 61:45 | 4:55 | 11:10 | 13:41 | 19:16 | 21:47 | 34:24 | 44:48 | 47:05 | 51:44 | 56:10 | 61:45 |
| | BGS | | 4:55 | 6:15 | 2:31 | 5:35 | 2:31 | 12:37 | 10:24 | 2:17 | 4:39 | 4:26 | 5:35 |
| 8 | Celia Robertson | 65:19 | 6:18 | 10:20 | 15:11 | 21:32 | 24:23 | 32:11 | 45:58 | 48:23 | 55:11 | 62:26 | 65:19 |
| | WSX | | 6:18 | 4:02 | 4:51 | 6:21 | 2:51 | 7:48 | 13:47 | 2:25 | 6:48 | 7:15 | 2:53 |
| 9 | Dina Ronson | 65:53 | 7:26 | 11:19 | 15:50 | 21:49 | 25:39 | 33:24 | 45:35 | 48:23 | 57:37 | 63:38 | 65:53 |
| | BOK | | 7:26 | 3:53 | 4:31 | 5:59 | 3:50 | 7:45 | 12:11 | 2:48 | 9:14 | 6:01 | 2:15 |
| 10 | Norman Harvey | 67:48 | 6:07 | 11:08 | 17:44 | 25:41 | 29:11 | 35:39 | 48:14 | 50:49 | 59:14 | 65:09 | 67:48 |
| | QO | | 6:07 | 5:01 | 6:36 | 7:57 | 3:30 | 6:28 | 12:35 | 2:35 | 8:25 | 5:55 | 2:39 |
| 11 | Gaye Callard | 70:30 | 5:40 | 10:51 | 17:12 | 24:51 | 28:25 | 35:44 | 50:42 | 54:31 | 61:45 | 67:40 | 70:30 |
| | NGOC | | 5:40 | 5:11 | 6:21 | 7:39 | 3:34 | 7:19 | 14:58 | 3:49 | 7:14 | 5:55 | 2:50 |
| 12 | Edward Beddis | 78:49 | 9:28 | 15:23 | 18:41 | 25:56 | 30:29 | 39:10 | 54:34 | 57:50 | 66:55 | 75:50 | 78:49 |
| | NGOC | | 9:28 | 5:55 | 3:18 | 7:15 | 4:33 | 8:41 | 15:24 | 3:16 | 9:05 | 8:55 | 2:59 |
| 13 | Paula Johnson | 83:08 | 14:51 | 21:21 | 24:12 | 31:31 | 44:07 | 51:34 | 65:07 | 68:19 | 74:41 | 80:47 | 83:08 |
| | BOK | | 14:51 | 6:30 | 2:51 | 7:19 | 12:36 | 7:27 | 13:33 | 3:12 | 6:22 | 6:06 | 2:21 |
| 14 | Celia Johnson-Morç | 84:31 | 8:54 | 15:13 | 17:42 | 25:43 | 29:26 | 45:52 | 61:56 | 65:34 | 72:46 | 82:22 | 84:31 |
| | BGS | | 8:54 | 6:19 | 2:29 | 8:01 | 3:43 | 16:26 | 16:04 | 3:38 | 7:12 | 9:36 | 2:09 |
| 15 | Adrian Dawson | 98:43 | 12:54 | 19:55 | 25:57 | 36:19 | 42:10 | 54:42 | 71:12 | 75:25 | 84:02 | 95:06 | 98:43 |
| | SARUM | | 12:54 | 7:01 | 6:02 | 10:22 | 5:51 | 12:32 | 16:30 | 4:13 | 8:37 | 11:04 | 3:37 |
| 16 | Ruth Parkinson | 101:25 | 6:41 | 10:57 | 12:57 | 17:44 | 21:38 | 31:14 | 45:47 | 48:35 | 67:07 | 98:59 | 101:25 |
| | NGOC | | 6:41 | 4:16 | 2:00 | 4:47 | 3:54 | 9:36 | 14:33 | 2:48 | 18:32 | 31:52 | 2:26 |
| | Kathryn Robinson | mp | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | BOK | | | | | | | | | | | | |
| | Jenny Lewis | mp | 3:42 | 13:24 | 15:30 | 55:03 | 58:14 | ---- | ---- | ---- | ---- | ---- | 96:58 |
| | SWOC | | 3:42 | 9:42 | 2:06 | 39:33 | 3:11 | | | | | | 38:44 |
| nc | Zac Hudd | 68:18 | 3:05 | 7:26 | 9:20 | 31:28 | 33:27 | 39:10 | 56:51 | 58:36 | 62:47 | 66:20 | 68:18 |
| | HILO | | 3:05 | 4:21 | 1:54 | 22:08 | 1:59 | 5:43 | 17:41 | 1:45 | 4:11 | 3:33 | 1:58 |

| Pl | Stno | Name | Time | 3.7 km 130 m 10 C | | | | | | | | | |
|----|----------------|-------|-------------|-------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | | 1(35) | 2(38) | 3(53) | 4(51) | 5(125) | 6(116) | 7(40) | 8(44) | 9(41) | 10(122) |
| 1 | Cerys Manning | 38:47 | 2:05 | 4:55 | 8:41 | 13:21 | 15:20 | 20:31 | 29:51 | 33:41 | 36:21 | 37:08 | 38:47 |
| | SWOC | | 2:05 | 2:50 | 3:46 | 4:40 | 1:59 | 5:11 | 9:20 | 3:50 | 2:40 | 0:47 | 1:39 |
| 2 | Jill Green | 53:05 | 3:50 | 8:30 | 16:38 | 22:58 | 25:12 | 30:49 | 41:08 | 46:13 | 50:16 | 51:12 | 53:05 |
| | DEVON | | 3:50 | 4:40 | 8:08 | 6:20 | 2:14 | 5:37 | 10:19 | 5:05 | 4:03 | 0:56 | 1:53 |
| 3 | Chris Pringle | 55:51 | 4:30 | 9:01 | 15:32 | 22:19 | 24:42 | 31:10 | 42:47 | 47:46 | 52:27 | 53:36 | 55:51 |
| | IND | | 4:30 | 4:31 | 6:31 | 6:47 | 2:23 | 6:28 | 11:37 | 4:59 | 4:41 | 1:09 | 2:15 |
| 4 | John Symonds | 57:42 | 4:13 | 8:59 | 14:58 | 21:12 | 23:58 | 30:18 | 44:01 | 49:38 | 53:23 | 54:51 | 57:42 |
| | BOK | | 4:13 | 4:46 | 5:59 | 6:14 | 2:46 | 6:20 | 13:43 | 5:37 | 3:45 | 1:28 | 2:51 |
| 5 | Alex Lewis | 61:50 | 3:32 | 7:59 | 16:27 | 22:21 | 24:32 | 30:49 | 43:49 | 49:58 | 55:30 | 59:52 | 61:50 |
| | BOK | | 3:32 | 4:27 | 8:28 | 5:54 | 2:11 | 6:17 | 13:00 | 6:09 | 5:32 | 4:22 | 1:58 |
| 6 | Janet Gibson | 63:12 | 3:59 | 10:28 | 18:04 | 25:04 | 28:30 | 35:47 | 49:03 | 54:24 | 59:06 | 60:18 | 63:12 |
| | BKO | | 3:59 | 6:29 | 7:36 | 7:00 | 3:26 | 7:17 | 13:16 | 5:21 | 4:42 | 1:12 | 2:54 |
| 7 | Susan Hateley | 65:38 | 5:28 | 10:01 | 17:43 | 26:26 | 29:16 | 37:03 | 51:28 | 57:27 | 61:51 | 63:14 | 65:38 |
| | DEVON | | 5:28 | 4:33 | 7:42 | 8:43 | 2:50 | 7:47 | 14:25 | 5:59 | 4:24 | 1:23 | 2:24 |
| 8 | Sue Colbert | 66:21 | 3:40 | 9:06 | 17:05 | 27:19 | 29:46 | 37:37 | 52:35 | 58:27 | 63:01 | 64:10 | 66:21 |
| | SWOC | | 3:40 | 5:26 | 7:59 | 10:14 | 2:27 | 7:51 | 14:58 | 5:52 | 4:34 | 1:09 | 2:11 |
| 9 | John Parker | 66:43 | 4:23 | 9:14 | 19:49 | 26:32 | 29:33 | 36:21 | 51:37 | 58:02 | 61:56 | 63:15 | 66:43 |
| | BOK | | 4:23 | 4:51 | 10:35 | 6:43 | 3:01 | 6:48 | 15:16 | 6:25 | 3:54 | 1:19 | 3:28 |
| 10 | Valerie Livsey | 67:41 | 7:05 | 12:06 | 18:44 | 27:16 | 30:15 | 37:57 | 53:10 | 59:25 | 63:56 | 65:27 | 67:41 |
| | DEVON | | 7:05 | 5:01 | 6:38 | 8:32 | 2:59 | 7:42 | 15:13 | 6:15 | 4:31 | 1:31 | 2:14 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|-------------------------------------|--------------|-----------------------|--------------|---------------|----------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|----------------|---------------|---------------|
| Green (80) | | | | 4.8 km | 175 m | 14 C | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(124) | 4(115) | 5(113) | 6(53) | 7(51) | 8(125) | 9(57) | 10(120) | 11(61) | 12(33) | 13(45) | 14(64) |
| | | | | F | | | | | | | | | | | | | |
| 4 | | Alex Russell-Bates KNAVS | 55:35 | 3:19 55:35 0:56 | 5:53 2:34 | 8:28 2:35 | 11:38 3:10 | 15:25 3:47 | 17:44 2:19 | 22:34 4:50 | 24:30 1:56 | 29:30 5:00 | 38:54 9:24 | 39:42 0:48 | 47:59 8:17 | 49:46 1:47 | 54:39 4:53 |
| 5 | | Gareth Davies BOK | 57:54 | 2:37 57:54 0:50 | 6:54 4:17 | 9:41 2:47 | 13:55 4:14 | 17:17 3:22 | 20:12 2:55 | 24:33 4:21 | 26:16 1:43 | 31:28 5:12 | 40:06 8:38 | 40:52 0:46 | 50:21 9:29 | 53:39 3:18 | 57:04 3:25 |
| 6 | | Joanna Foster BOK | 59:48 | 3:26 59:48 1:09 | 7:26 4:00 | 10:04 2:38 | 14:04 4:00 | 17:47 3:43 | 20:08 2:21 | 26:03 5:55 | 27:44 1:41 | 32:58 5:14 | 42:12 9:14 | 43:00 0:48 | 52:02 9:02 | 54:49 2:47 | 58:39 3:50 |
| 7 | | Stephen Robinson NGOC | 60:18 | 2:40 60:18 1:06 | 5:18 2:38 | 8:13 2:55 | 14:18 6:05 | 19:33 5:15 | 21:39 2:06 | 25:58 4:19 | 28:01 2:03 | 32:43 4:42 | 42:15 9:32 | 43:33 1:18 | 52:18 8:45 | 55:26 3:08 | 59:12 3:46 |
| 8 | | Frank Ince SWOC | 60:35 | 2:32 60:35 1:20 | 5:53 3:21 | 8:57 3:04 | 15:29 6:32 | 18:34 3:05 | 20:46 2:12 | 25:32 4:46 | 27:03 1:31 | 32:44 5:41 | 42:48 10:04 | 43:36 0:48 | 53:59 10:23 | 56:08 2:09 | 59:15 3:07 |
| 9 | | Charles Nelson HOC | 60:57 | 3:01 60:57 1:14 | 5:50 2:49 | 8:31 2:41 | 12:21 3:50 | 15:45 3:24 | 18:29 2:44 | 22:46 4:17 | 24:43 1:57 | 30:09 5:26 | 41:10 11:01 | 42:08 0:58 | 51:56 9:48 | 56:00 4:04 | 59:43 3:43 |
| 10 | | Sue Hands WIM | 61:10 | 2:38 61:10 1:09 | 6:19 3:41 | 9:17 2:58 | 14:37 5:20 | 17:56 3:19 | 20:40 2:44 | 25:29 4:49 | 27:28 1:59 | 33:36 6:08 | 43:06 9:30 | 43:56 0:50 | 53:52 9:56 | 56:20 2:28 | 60:01 3:41 |
| 11 | | Mike Farrington HOC | 61:52 | 2:49 61:52 1:08 | 5:41 2:52 | 8:39 2:58 | 15:58 7:19 | 19:01 3:03 | 21:02 2:01 | 25:08 4:06 | 27:23 2:15 | 33:22 5:59 | 43:58 10:36 | 44:43 0:45 | 54:43 10:00 | 57:05 2:22 | 60:44 3:39 |
| 12 | | Robert Teed NGOC | 64:14 | 2:59 64:14 1:20 | 5:56 2:57 | 9:02 3:06 | 12:41 3:39 | 17:34 4:53 | 20:20 2:46 | 25:00 4:40 | 27:50 2:50 | 33:24 5:34 | 44:24 11:00 | 45:41 1:17 | 55:15 9:34 | 58:42 3:27 | 62:54 4:12 |
| 13 | | Richard Raynsford BOK | 64:48 | 2:46 64:48 1:21 | 5:23 2:37 | 8:32 3:09 | 13:18 4:46 | 17:13 3:55 | 19:54 2:41 | 24:59 5:05 | 28:19 3:20 | 33:47 5:28 | 44:34 10:47 | 45:35 1:01 | 55:13 9:38 | 57:53 2:40 | 63:27 5:34 |
| 14 | | Sue Ashton NGOC | 65:45 | 2:50 65:45 1:02 | 6:20 3:30 | 9:42 3:22 | 14:31 4:49 | 19:19 4:48 | 22:19 3:00 | 27:59 5:40 | 30:18 2:19 | 36:50 6:32 | 46:33 9:43 | 47:58 1:25 | 56:18 8:20 | 59:11 2:53 | 64:43 5:32 |
| 15 | | Brian Hart SARUM | 67:43 | 2:49 67:43 1:12 | 7:48 4:59 | 11:15 3:27 | 16:54 5:39 | 20:27 3:33 | 22:41 2:14 | 27:40 4:59 | 29:43 2:03 | 35:50 6:07 | 46:36 10:46 | 48:08 1:32 | 58:14 10:06 | 62:12 3:58 | 66:31 4:19 |
| 16 | | Bill Vigar QO | 68:02 | 5:55 68:02 1:22 | 8:41 2:46 | 11:33 2:52 | 16:21 4:48 | 20:48 4:27 | 23:34 2:46 | 29:34 6:00 | 31:25 1:51 | 37:42 6:17 | 47:22 9:40 | 48:08 0:46 | 57:29 9:21 | 61:31 4:02 | 66:40 5:09 |
| 17 | | James Graham BGS | 68:16 | 2:58 68:16 1:12 | 6:51 3:53 | 9:52 3:01 | 13:36 3:44 | 17:44 4:08 | 20:18 2:34 | 24:49 4:31 | 26:48 1:59 | 36:03 9:15 | 46:42 10:39 | 48:07 1:25 | 59:45 11:38 | 63:13 3:28 | 67:04 3:51 |
| 18 | | Lynden Hartmann HOC | 69:29 | 3:20 69:29 1:09 | 6:40 3:20 | 10:28 3:48 | 15:36 5:08 | 19:16 3:40 | 22:12 2:56 | 28:05 5:53 | 30:19 2:14 | 37:09 6:50 | 48:24 11:15 | 49:25 1:01 | 59:29 10:04 | 61:46 2:17 | 68:20 6:34 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|--------------------------|-------|-------------------------------|---------------|---------------|----------------|----------------|---------------|---------------|---------------|----------------|----------------|---------------|----------------|----------------------|---------------|
| Green (80) | | | | 4.8 km | 175 m | 14 C | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(124) | 4(115) | 5(113) | 6(53) | 7(51) | 8(125) | 9(57) | 10(120) | 11(61) | 12(33) | 13(45) | 14(64) |
| | | | | F | | | | | | | | | | | | | |
| 19 | | Stuart Hanstock BOK | 69:40 | 2:16 2:16 69:40 1:17 | 4:55 2:39 | 7:56 3:01 | 14:24 6:28 | 17:30 3:06 | 19:46 2:16 | 24:32 4:46 | 26:40 2:08 | 40:49 14:09 | 50:51 10:02 | 51:33 0:42 | 60:43 9:10 | 63:23 2:40 | 68:23 5:00 |
| 20 | | Richard Brightman WIM | 69:45 | 4:52 4:52 69:45 1:11 | 9:45 4:53 | 13:06 3:21 | 18:47 5:41 | 22:37 3:50 | 25:01 2:24 | 29:23 4:22 | 31:31 2:08 | 38:03 6:32 | 48:21 10:18 | 50:02 1:41 | 59:36 9:34 | 64:13 4:37 | 68:34 4:21 |
| 21 | | Alison Wilkinson HOC | 70:36 | 3:23 3:23 70:36 1:07 | 6:51 3:28 | 10:13 3:22 | 14:34 4:21 | 19:43 5:09 | 22:10 2:27 | 27:10 5:00 | 29:19 2:09 | 37:20 8:01 | 47:23 10:03 | 48:13 0:50 | 57:45 9:32 | 65:14 7:29 | 69:29 4:15 |
| 22 | | David Potter BOK | 70:54 | 3:34 3:34 70:54 1:05 | 7:11 3:37 | 9:28 2:17 | 13:02 3:34 | 18:14 5:12 | 21:11 2:57 | 26:23 5:12 | 28:20 1:57 | 34:12 5:52 | 46:12 12:00 | 46:56 0:44 | 64:02 17:06 | 66:34 2:32 | 69:49 3:15 |
| 23 | | Katy Dyer BOK | 71:33 | 3:53 3:53 71:33 1:13 | 10:09 6:16 | 13:40 3:31 | 20:39 6:59 | 25:16 4:37 | 28:01 2:45 | 32:09 4:08 | 34:05 1:56 | 40:32 6:27 | 50:18 9:46 | 52:21 2:03 | 61:37 9:16 | 66:49 5:12 | 70:20 3:31 |
| 24 | | Jane Feltbower OD | 71:58 | 6:56 6:56 71:58 1:10 | 11:31 4:35 | 15:17 3:46 | 20:54 5:37 | 24:42 3:48 | 27:09 2:27 | 31:39 4:30 | 33:36 1:57 | 40:07 6:31 | 50:28 10:21 | 52:10 1:42 | 62:25 10:15 | 66:14 3:49 | 70:48 4:34 |
| 25 | | Rachel Dennis BOK | 72:33 | 3:25 3:25 72:33 1:29 | 6:49 3:24 | 9:59 3:10 | 15:43 5:44 | 23:50 8:07 | 27:15 3:25 | 34:22 7:07 | 36:28 2:06 | 42:16 5:48 | 53:06 10:50 | 54:36 1:30 | 64:11 9:35 | 67:10 2:59 | 71:04 3:54 |
| 26 | | Mark Blackstone BOK | 72:40 | 4:49 4:49 72:40 1:22 | 7:48 2:59 | 11:07 3:19 | 15:03 3:56 | 18:44 3:41 | 21:39 2:55 | 29:04 7:25 | 31:41 2:37 | 39:13 7:32 | 51:20 12:07 | 52:20 1:00 | 63:43 11:23 | 66:19 2:36 | 71:18 4:59 |
| 27 | | Tony Hext QO | 73:25 | 2:43 2:43 73:25 1:13 | 5:49 3:06 | 8:47 2:58 | 12:56 4:09 | 29:38 16:42 | 31:50 2:12 | 36:03 4:13 | 41:52 5:49 | 47:35 5:43 | 56:19 8:44 | 57:09 0:50 | 65:21 8:12 | 67:54 2:33 | 72:12 4:18 |
| 27 | | Pat MacLeod NGOC | 73:25 | 2:55 2:55 73:25 1:15 | 6:29 3:34 | 9:48 3:19 | 13:17 3:29 | 22:13 8:56 | 24:26 2:13 | 28:20 3:54 | 30:15 1:55 | 35:23 5:08 | 44:42 9:19 | 45:25 0:43 | 65:32 20:07 | 67:12 1:40 | 72:10 4:58 |
| 29 | | Harry Moore GORD | 73:33 | 5:03 5:03 73:33 1:09 | 7:45 2:42 | 10:29 2:44 | 15:22 4:53 | 22:41 7:19 | 25:27 2:46 | 30:28 5:01 | 32:24 1:56 | 37:25 5:01 | 47:25 10:00 | 49:16 1:51 | 59:43 10:27 | 62:33 2:50 | 72:24 9:51 |
| 30 | | Sally Thomas BOK | 74:20 | 4:41 4:41 74:20 1:31 | 8:40 3:59 | 12:20 3:40 | 18:03 5:43 | 22:52 4:49 | 25:35 2:43 | 32:10 6:35 | 34:50 2:40 | 41:59 7:09 | 52:50 10:51 | 53:42 0:52 | 64:54 11:12 | 68:31 3:37 | 72:49 4:18 |
| 31 | | Andrew Owens KSODA | 74:41 | 3:21 3:21 74:41 1:34 | 6:59 3:38 | 11:21 4:22 | 16:29 5:08 | 22:44 6:15 | 25:28 2:44 | 30:53 5:25 | 33:31 2:38 | 41:18 7:47 | 52:43 11:25 | 53:41 0:58 | 65:08 11:27 | 68:59 3:51 | 73:07 4:08 |
| 32 | | Tony Noott BOK | 75:01 | 3:29 3:29 75:01 1:42 | 7:30 4:01 | 11:10 3:40 | 18:50 7:40 | 22:11 3:21 | 25:23 3:12 | 31:43 6:20 | 33:58 2:15 | 40:50 6:52 | 53:10 12:20 | 54:06 0:56 | 65:16 11:10 | 68:14 2:58 | 73:19 5:05 |
| 33 | | Philip Bostock NGOC | 75:11 | 4:34 4:34 75:11 1:16 | 8:34 4:00 | 12:42 4:08 | 18:53 6:11 | 22:07 3:14 | 25:08 3:01 | 31:10 6:02 | 33:37 2:27 | 40:52 7:15 | 52:01 11:09 | 53:18 1:17 | 65:40 12:22 | 69:15 3:35 | 73:55 4:40 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|------------------------------|--------------|-------------------------------|----------------|-------------------------------|-------------------------------|----------------|---------------|----------------|---------------|----------------|----------------|---------------|----------------|---------------|---------------|
| Green (80) | | | | 4.8 km | 175 m | 14 C | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(124) | 4(115) | 5(113) | 6(53) | 7(51) | 8(125) | 9(57) | 10(120) | 11(61) | 12(33) | 13(45) | 14(64) |
| | | | | F | | | | | | | | | | | | | |
| 34 | | Robert Vickers HOC | 75:13 | 4:12 4:12 75:13 1:18 | 7:50 3:38 | 11:26 3:36 | 19:06 7:40 | 25:01 5:55 | 28:13 3:12 | 34:06 5:53 | 38:51 4:45 | 45:20 6:29 | 56:14 10:54 | 57:07 0:53 | 66:42 9:35 | 70:08 3:26 | 73:55 3:47 |
| 35 | | James Pheysey BGS | 75:46 | 2:50 2:50 75:46 0:49 | 6:39 3:49 | 10:56 4:17 | 15:31 4:35 | 22:35 7:04 | 25:13 2:38 | 36:10 10:57 | 39:17 3:07 | 44:42 5:25 | 56:03 11:21 | 56:52 0:49 | 67:00 10:08 | 69:02 2:02 | 74:57 5:55 |
| 36 | | Michael Molloy SPLOT | 76:04 | 5:21 5:21 76:04 1:22 | 8:30 3:09 | 12:41 4:11 | 17:04 4:23 | 20:38 3:34 | 23:25 2:47 | 30:38 7:13 | 33:05 2:27 | 39:22 6:17 | 53:06 13:44 | 54:19 1:13 | 65:25 11:06 | 69:31 4:06 | 74:42 5:11 |
| 37 | | John Middler OD | 76:06 | 3:02 3:02 76:06 1:26 | 7:08 4:06 | 10:20 3:12 | 14:48 4:28 | 22:17 7:29 | 25:12 2:55 | 30:13 5:01 | 32:05 1:52 | 41:52 9:47 | 58:21 16:29 | 59:39 1:18 | 68:27 8:48 | 71:00 2:33 | 74:40 3:40 |
| 38 | | Dave Hartley NGOC | 76:23 | 8:19 8:19 76:23 1:08 | 11:51 3:32 | 14:57 3:06 | 22:09 7:12 | 25:26 3:17 | 27:53 2:27 | 32:51 4:58 | 35:07 2:16 | 41:20 6:13 | 53:16 11:56 | 57:44 4:28 | 67:50 10:06 | 70:44 2:54 | 75:15 4:31 |
| 39 | | Russ Fauset HOC | 77:53 | 4:37 4:37 77:53 1:27 | 7:36 2:59 | 10:59 3:23 51:05 *61 | 16:12 5:13 56:00 *61 | 23:03 6:51 | 25:45 2:42 | 30:34 4:49 | 32:47 2:13 | 39:43 6:56 | 57:12 17:29 | 58:12 1:00 | 69:33 11:21 | 72:01 2:28 | 76:26 4:25 |
| 40 | | Marian White HOC | 79:51 | 4:00 4:00 79:51 1:24 | 7:28 3:28 | 12:11 4:43 | 18:08 5:57 | 23:44 5:36 | 26:42 2:58 | 31:57 5:15 | 34:34 2:37 | 41:59 7:25 | 56:38 14:39 | 57:32 0:54 | 70:11 12:39 | 73:26 3:15 | 78:27 5:01 |
| 41 | | Jeffrey Baker LOG | 80:21 | 4:46 4:46 80:21 1:12 | 9:27 4:41 | 12:41 3:14 | 19:22 6:41 | 24:14 4:52 | 27:56 3:42 | 34:11 6:15 | 37:10 2:59 | 43:15 6:05 | 54:27 11:12 | 56:33 2:06 | 68:48 12:15 | 73:13 4:25 | 79:09 5:56 |
| 42 | | Lee Shardlow KNAVS | 80:39 | 3:28 3:28 80:39 0:45 | 14:27 10:59 | 16:39 2:12 | 20:48 4:09 | 24:13 3:25 | 26:54 2:41 | 40:54 14:00 | 42:57 2:03 | 49:44 6:47 | 57:51 8:07 | 59:20 1:29 | 70:45 11:25 | 75:58 5:13 | 79:54 3:56 |
| 43 | | Shirley Robinson NGOC | 81:00 | 4:36 4:36 81:00 1:13 | 8:10 3:34 | 11:42 3:32 | 21:01 9:19 | 25:19 4:18 | 28:17 2:58 | 33:31 5:14 | 36:34 3:03 | 52:17 15:43 | 62:35 10:18 | 64:09 1:34 | 72:50 8:41 | 75:56 3:06 | 79:47 3:51 |
| 44 | | Janet Richardson OD | 81:29 | 4:03 4:03 81:29 1:24 | 9:27 5:24 | 13:21 3:54 | 21:17 7:56 | 26:17 5:00 | 29:27 3:10 | 35:26 5:59 | 38:08 2:42 | 45:53 7:45 | 58:34 12:41 | 59:45 1:11 | 71:08 11:23 | 74:26 3:18 | 80:05 5:39 |
| 45 | | Robin Walker BOK | 82:03 | 3:21 3:21 82:03 1:53 | 7:41 4:20 | 11:34 3:53 | 19:00 7:26 | 24:29 5:29 | 28:21 3:52 | 34:33 6:12 | 37:17 2:44 | 46:33 9:16 | 58:50 12:17 | 59:58 1:08 | 71:39 11:41 | 75:10 3:31 | 80:10 5:00 |
| 46 | | Jill Emmerson OD | 82:57 | 2:59 2:59 82:57 1:25 | 6:52 3:53 | 10:53 4:01 | 15:27 4:34 | 30:22 14:55 | 33:13 2:51 | 38:37 5:24 | 40:47 2:10 | 46:48 6:01 | 59:53 13:05 | 61:10 1:17 | 71:47 10:37 | 75:18 3:31 | 81:32 6:14 |
| 47 | | Colin O'Hare NWO | 84:27 | 5:12 5:12 84:27 1:26 | 10:04 4:52 | 13:48 3:44 | 20:30 6:42 | 26:01 5:31 | 30:11 4:10 | 38:26 8:15 | 41:24 2:58 | 49:55 8:31 | 61:27 11:32 | 62:36 1:09 | 74:57 12:21 | 78:34 3:37 | 83:01 4:27 |
| 48 | | David Lee NGOC | 84:41 | 4:36 4:36 84:41 1:40 | 8:17 3:41 | 12:00 3:43 | 17:38 5:38 | 22:31 4:53 | 25:47 3:16 | 31:49 6:02 | 34:57 3:08 | 41:12 6:15 | 55:13 14:01 | 56:23 1:10 | 71:29 15:06 | 77:31 6:02 | 83:01 5:30 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|--------------------------------|--------------|-------------------------------|---------------|---------------|----------------|----------------|----------------|---------------|---------------|----------------|----------------|---------------|----------------|---------------|----------------|
| Green (80) | | | | 4.8 km | 175 m | 14 C | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(124) | 4(115) | 5(113) | 6(53) | 7(51) | 8(125) | 9(57) | 10(120) | 11(61) | 12(33) | 13(45) | 14(64) |
| | | | | F | | | | | | | | | | | | | |
| 49 | | David Livsey DEVON | 84:57 | 3:16 3:16 84:57 1:37 | 7:29 4:13 | 11:30 4:01 | 18:01 6:31 | 24:23 6:22 | 27:39 3:16 | 34:24 6:45 | 37:24 3:00 | 45:38 8:14 | 58:45 13:07 | 59:52 1:07 | 73:05 13:13 | 75:46 2:41 | 83:20 7:34 |
| 50 | | Gavin O'Connell BGS | 85:44 | 2:27 2:27 85:44 0:53 | 5:12 2:45 | 7:47 2:35 | 13:24 5:37 | 21:12 7:48 | 29:39 8:27 | 35:57 6:18 | 39:50 3:53 | 53:30 13:40 | 66:36 13:06 | 67:19 0:43 | 77:21 10:02 | 80:35 3:14 | 84:51 4:16 |
| 51 | | Patrick Pay WRE | 85:58 | 7:59 7:59 85:58 1:36 | 11:49 3:50 | 16:38 4:49 | 23:52 7:14 | 27:34 3:42 | 30:58 3:24 | 39:32 8:34 | 42:32 3:00 | 52:07 9:35 | 64:44 12:37 | 65:49 1:05 | 75:49 10:00 | 78:59 3:10 | 84:22 5:23 |
| 52 | | Julia Wilkinson HOC | 86:42 | 4:12 4:12 86:42 1:23 | 8:00 3:48 | 11:33 3:33 | 17:50 6:17 | 28:37 10:47 | 31:46 3:09 | 37:23 5:37 | 39:40 2:17 | 46:31 6:51 | 58:06 11:35 | 59:19 1:13 | 70:41 11:22 | 73:47 3:06 | 85:19 11:32 |
| 53 | | Alan Mackenzie SWOC | 87:09 | 3:36 3:36 87:09 1:30 | 7:30 3:54 | 11:20 3:50 | 18:28 7:08 | 23:38 5:10 | 26:47 3:09 | 33:15 6:28 | 35:53 2:38 | 43:35 7:42 | 58:49 15:14 | 60:04 1:15 | 72:24 12:20 | 78:06 5:42 | 85:39 7:33 |
| 54 | | Derek Turner WRE | 88:05 | 3:54 3:54 88:05 1:55 | 7:40 3:46 | 11:47 4:07 | 19:46 7:59 | 23:36 3:50 | 26:37 3:01 | 32:14 5:37 | 34:55 2:41 | 50:28 15:33 | 65:17 14:49 | 66:28 1:11 | 77:58 11:30 | 80:50 2:52 | 86:10 5:20 |
| 55 | | Wayne Lewis SWOC | 88:17 | 3:23 3:23 88:17 1:20 | 11:54 8:31 | 15:24 3:30 | 19:11 3:47 | 24:45 5:34 | 27:32 2:47 | 33:52 6:20 | 36:34 2:42 | 44:12 7:38 | 56:06 11:54 | 57:11 1:05 | 77:35 20:24 | 81:13 3:38 | 86:57 5:44 |
| 56 | | Roger Hateley DEVON | 88:29 | 6:40 6:40 88:29 1:55 | 10:45 4:05 | 15:08 4:23 | 21:42 6:34 | 27:20 5:38 | 30:54 3:34 | 38:20 7:26 | 41:16 2:56 | 50:28 9:12 | 62:32 12:04 | 63:42 1:10 | 76:17 12:35 | 80:10 3:53 | 86:34 6:24 |
| 57 | | Scott Bailey KNAVS | 89:02 | 3:13 3:13 89:02 1:07 | 6:47 3:34 | 9:27 2:40 | 14:23 4:56 | 17:25 3:02 | 41:24 23:59 | 46:51 5:27 | 48:40 1:49 | 56:14 7:34 | 64:51 8:37 | 66:33 1:42 | 79:43 13:10 | 83:17 3:34 | 87:55 4:38 |
| 58 | | William West BGS | 89:10 | 5:43 5:43 89:10 1:09 | 8:20 2:37 | 10:48 2:28 | 22:58 12:10 | 28:33 5:35 | 32:41 4:08 | 39:03 6:22 | 43:06 4:03 | 56:37 13:31 | 69:20 12:43 | 70:53 1:33 | 80:29 9:36 | 83:37 3:08 | 88:01 4:24 |
| 59 | | Paul Hammond HOC | 89:40 | 2:51 2:51 89:40 1:34 | 6:19 3:28 | 9:50 3:31 | 15:31 5:41 | 19:52 4:21 | 22:13 2:21 | 28:19 6:06 | 31:31 3:12 | 38:26 6:55 | 56:15 17:49 | 63:24 7:09 | 77:19 13:55 | 82:01 4:42 | 88:06 6:05 |
| 60 | | Martin Gibbons WRE | 89:51 | 5:28 5:28 89:51 1:47 | 10:19 4:51 | 14:09 3:50 | 20:05 5:56 | 24:32 4:27 | 28:09 3:37 | 36:01 7:52 | 38:52 2:51 | 47:10 8:18 | 64:05 16:55 | 65:16 1:11 | 78:03 12:47 | 82:29 4:26 | 88:04 5:35 |
| 61 | | Alan Jones NGOC | 90:03 | 6:48 6:48 90:03 1:17 | 10:41 3:53 | 17:15 6:34 | 23:09 5:54 | 35:22 12:13 | 38:48 3:26 | 44:15 5:27 | 50:26 6:11 | 59:03 8:37 | 70:15 11:12 | 71:16 1:01 | 82:01 10:45 | 84:34 2:33 | 88:46 4:12 |
| 62 | | Fiona Hanstock BOK | 90:35 | 3:54 3:54 90:35 1:34 | 9:12 5:18 | 14:36 5:24 | 22:27 7:51 | 28:42 6:15 | 32:37 3:55 | 39:25 6:48 | 43:12 3:47 | 51:09 7:57 | 65:37 14:28 | 66:49 1:12 | 80:36 13:47 | 83:54 3:18 | 89:01 5:07 |
| 63 | | Tom Hayden BGS | 90:56 | 4:38 4:38 90:56 1:05 | 9:05 4:27 | 16:07 7:02 | 21:42 5:35 | 30:08 8:26 | 35:20 5:12 | 43:01 7:41 | 45:23 2:22 | 52:22 6:59 | 65:13 12:51 | 67:29 2:16 | 81:45 14:16 | 86:08 4:23 | 89:51 3:43 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|-----------------------------------|---------------|---------------------------------|---------------|---------------|----------------|----------------|---------------|----------------|----------------|----------------|-----------------|----------------|-----------------|----------------|----------------|
| Green (80) | | | | 4.8 km | 175 m | 14 C | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(35) | 2(38) | 3(124) | 4(115) | 5(113) | 6(53) | 7(51) | 8(125) | 9(57) | 10(120) | 11(61) | 12(33) | 13(45) | 14(64) |
| | | | | F | | | | | | | | | | | | | |
| 64 | | Jill MacKenzie HOC | 91:01 | 3:46 3:46 91:01 1:41 | 8:56 5:10 | 13:34 4:38 | 20:07 6:33 | 26:05 5:58 | 30:01 3:56 | 37:52 7:51 | 41:45 3:53 | 51:32 9:47 | 65:37 14:05 | 66:42 1:05 | 79:16 12:34 | 83:34 4:18 | 89:20 5:46 |
| 65 | | Will Wheeler HOC | 92:52 | 6:18 6:18 92:52 1:40 | 10:51 4:33 | 15:14 4:23 | 21:05 5:51 | 25:13 4:08 | 29:26 4:13 | 38:29 9:03 | 41:56 3:27 | 52:34 10:38 | 67:17 14:43 | 68:18 1:01 | 81:16 12:58 | 85:22 4:06 | 91:12 5:50 |
| 66 | | Nick Taylor IND | 93:31 | 4:53 4:53 93:31 1:31 | 9:22 4:29 | 13:30 4:08 | 20:46 7:16 | 31:21 10:35 | 34:31 3:10 | 44:45 10:14 | 47:17 2:32 | 55:34 8:17 | 69:02 13:28 | 70:11 1:09 | 83:06 12:55 | 86:59 3:53 | 92:00 5:01 |
| 67 | | Jen Hudd BOK | 94:23 | 3:12 3:12 94:23 1:34 | 6:56 3:44 | 10:50 3:54 | 15:57 5:07 | 21:08 5:11 | 24:15 3:07 | 49:46 25:31 | 52:31 2:45 | 59:49 7:18 | 72:16 12:27 | 73:36 1:20 | 83:30 9:54 | 88:22 4:52 | 92:49 4:27 |
| 68 | | Rebecca Jackson NWO | 96:13 | 12:39 12:39 96:13 1:27 | 16:49 4:10 | 20:24 3:35 | 29:07 8:43 | 32:44 3:37 | 35:27 2:43 | 46:56 11:29 | 49:12 2:16 | 58:05 8:53 | 71:29 13:24 | 72:46 1:17 | 85:27 12:41 | 88:36 3:09 | 94:46 6:10 |
| 69 | | John Bennison COBOC | 96:59 | 3:31 3:31 96:59 1:44 | 8:40 5:09 | 13:11 4:31 | 21:09 7:58 | 29:21 8:12 | 33:08 3:47 | 39:39 6:31 | 45:20 5:41 | 54:41 9:21 | 67:08 12:27 | 69:13 2:05 | 81:52 12:39 | 88:05 6:13 | 95:15 7:10 |
| 70 | | Tony Lloyd BOK | 97:28 | 5:45 5:45 97:28 1:21 | 9:20 3:35 | 14:18 4:58 | 19:43 5:25 | 32:00 12:17 | 35:32 3:32 | 41:49 6:17 | 44:08 2:19 | 50:41 6:33 | 64:44 14:03 | 65:47 1:03 | 85:35 19:48 | 90:12 4:37 | 96:07 5:55 |
| 71 | | Jane Holcombe BOK | 99:01 | 4:39 4:39 99:01 1:33 | 9:47 5:08 | 14:11 4:24 | 26:32 12:21 | 32:35 6:03 | 36:35 4:00 | 43:13 6:38 | 46:04 2:51 | 57:57 11:53 | 72:30 14:33 | 73:30 1:00 | 87:24 13:54 | 91:51 4:27 | 97:28 5:37 |
| 72 | | Rosalind Taunton NGOC | 99:53 | 3:54 3:54 99:53 2:09 | 9:15 5:21 | 15:09 5:54 | 25:29 10:20 | 31:50 6:21 | 36:37 4:47 | 43:58 7:21 | 47:04 3:06 | 55:29 8:25 | 70:55 15:26 | 72:25 1:30 | 86:50 14:25 | 90:58 4:08 | 97:44 6:46 |
| 73 | | Caroline Potter BOK | 104:55 | 6:07 6:07 104:55 1:16 | 10:15 4:08 | 15:01 4:46 | 22:06 7:05 | 29:23 7:17 | 34:23 5:00 | 40:08 5:45 | 42:21 2:13 | 49:15 6:54 | 58:49 9:34 | 60:32 1:43 | 95:23 34:51 | 98:52 3:29 | 103:39 4:47 |
| 74 | | Alex + 1 Pheysey BGS | 106:59 | 7:41 7:41 106:59 1:06 | 14:07 6:26 | 19:50 5:43 | 24:30 4:40 | 30:47 6:17 | 35:16 4:29 | 42:56 7:40 | 45:18 2:22 | 54:22 9:04 | 73:44 19:22 | 78:16 4:32 | 93:37 15:21 | 100:46 7:09 | 105:53 5:07 |
| 75 | | Lewis Watson NWO | 137:54 | 4:42 4:42 137:54 2:23 | 9:04 4:22 | 14:04 5:00 | 38:12 24:08 | 48:21 10:09 | 52:15 3:54 | 62:31 10:16 | 65:42 3:11 | 77:27 11:45 | 105:37 28:10 | 106:35 0:58 | 122:29 15:54 | 128:04 5:35 | 135:31 7:27 |
| | | Mark Dyer BOK | mp | 2:59 2:59 59:39 1:16 | 7:26 4:27 | 10:03 2:37 | 14:02 3:59 | 17:45 3:43 | ----- 5:38 | 23:23 2:00 | 25:23 5:07 | 30:30 9:26 | 39:56 40:54 | 40:54 0:58 | 49:49 8:55 | 54:06 4:17 | 58:23 4:17 |
| | | Frances Alexander NGOC | mp | 5:03 5:03 105:27 2:13 | 11:12 6:09 | 17:30 6:18 | 26:41 9:11 | 36:38 9:57 | 41:05 4:27 | ----- 8:06 | 49:11 10:47 | 59:58 15:48 | 75:46 15:48 | 77:16 1:30 | 92:33 15:17 | 97:14 4:41 | 103:14 6:00 |

| Pl | Stno | Name | Time | (cont.) | | | | | | | | | | | | | |
|------------------|------|-----------------------------------|--------------|------------------------|-----------------------|------------------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|----------------|---------------|----------------------|
| Blue (77) | | | | 6.7 km | 280 m | 16 C | | | | | | | | | | | |
| | | | | 1(112) | 2(48) | 3(50) | 4(37) | 5(52) | 6(114) | 7(109) | 8(117) | 9(55) | 10(118) | 11(119) | 12(120) | 13(62) | 14(121) |
| | | | | 15(33) | 16(44) | F | | | | | | | | | | | |
| 11 | | Stuart Lewis SWOC | 67:20 | 3:03 62:29 9:10 | 5:44 65:44 3:15 | 10:11 67:20 1:36 | 15:20 5:09 | 17:51 2:31 | 19:16 1:25 | 23:25 4:09 | 26:25 3:00 | 28:01 1:36 | 35:52 7:51 | 37:49 1:57 | 48:43 10:54 | 50:21 1:38 | 53:19 2:58 |
| 12 | | David Jukes BKO | 68:31 | 3:54 63:03 10:02 | 7:00 66:35 3:32 | 12:26 68:31 1:56 | 16:57 4:31 | 18:10 1:13 | 19:43 1:33 | 23:14 3:31 | 25:50 2:36 | 27:03 1:13 | 35:46 8:43 | 37:49 2:03 | 46:57 9:08 | 49:04 2:07 | 53:01 3:57 |
| 13 | | Joe Parkinson NGOC | 68:43 | 3:36 63:29 9:48 | 6:03 66:30 3:01 | 11:41 68:43 2:13 | 14:57 3:16 | 16:49 1:52 | 18:24 1:35 | 21:43 3:19 | 24:31 2:48 | 26:05 1:34 | 35:06 9:01 | 37:08 2:02 | 47:22 10:14 | 49:33 2:11 | 53:41 4:08 |
| 14 | | Eddie McClarnon NGOC | 69:35 | 5:16 64:59 9:44 | 7:39 67:48 2:49 | 13:03 69:35 1:47 | 16:33 3:30 | 19:16 2:43 | 20:53 1:37 | 24:00 3:07 | 26:28 2:28 | 27:36 1:08 | 35:23 7:47 | 37:20 1:57 | 49:18 11:58 | 51:41 2:23 | 55:15 3:34 |
| 15 | | Charlotte Watson WCOG | 70:15 | 3:23 64:51 9:14 | 7:05 68:04 3:13 | 11:46 70:15 2:11 | 15:28 3:42 | 18:11 2:43 | 20:01 1:50 | 23:56 3:55 | 26:33 2:37 | 28:07 1:34 | 36:09 8:02 | 38:05 1:56 | 47:31 9:26 | 50:20 2:49 | 55:37 5:17 |
| 16 | | Richard Pay WRE | 70:27 | 2:36 65:34 10:27 | 4:37 68:38 3:04 | 10:04 70:27 1:49 | 13:35 3:31 | 15:14 1:39 | 16:45 1:31 | 20:00 3:15 | 22:40 2:40 | 23:54 1:14 | 36:17 12:23 | 37:51 1:34 | 49:02 11:11 | 50:49 1:47 | 55:07 4:18 |
| 17 | | Ian Peirce SARUM | 70:40 | 3:32 65:10 10:49 | 5:53 68:53 3:43 | 10:49 70:40 1:47 | 14:37 3:48 | 15:50 1:13 | 17:46 1:56 | 22:02 4:16 | 24:51 2:49 | 26:08 1:17 | 35:31 9:23 | 37:30 1:59 | 47:39 10:09 | 49:48 2:09 | 54:21 4:33 |
| 18 | | John Orton NWO | 71:14 | 2:57 65:26 9:26 | 4:54 68:38 3:12 | 11:03 71:14 2:36 | 14:30 3:27 | 16:07 1:37 | 18:14 2:07 | 21:51 3:37 | 24:31 2:40 | 25:57 1:26 | 35:54 9:57 | 38:32 2:38 | 49:44 11:12 | 52:12 2:28 | 56:00 3:48 |
| 19 | | Beverley Appleton BAOC | 72:11 | 3:41 65:58 10:39 | 6:02 70:01 4:03 | 10:37 72:11 2:10 | 14:16 3:39 | 15:41 1:25 | 17:23 1:42 | 21:06 3:43 | 24:01 2:55 | 27:10 3:09 | 36:15 9:05 | 38:07 1:52 | 48:29 10:22 | 51:17 2:48 | 55:19 4:02 |
| 20 | | David Palmer BOK | 73:31 | 3:36 66:35 11:51 | 6:31 71:42 5:07 | 11:14 73:31 1:49 | 15:05 3:51 | 16:46 1:41 | 18:36 1:50 | 22:06 3:30 | 25:04 2:58 | 28:02 2:58 | 37:09 9:07 | 39:05 1:56 | 48:54 9:49 | 51:12 2:18 | 54:44 3:32 |
| 21 | | Roger Mann BOK | 73:55 | 2:46 66:56 10:42 | 4:58 72:08 5:12 | 9:40 73:55 1:47 | 12:58 3:18 | 14:37 1:39 | 16:13 1:36 | 19:35 3:22 | 22:31 2:56 | 23:46 1:15 | 38:36 14:50 | 40:16 1:40 | 50:31 10:15 | 52:12 1:41 | 56:14 4:02 |
| 22 | | Rod Postlethwaite WRE | 74:16 | 3:21 68:44 11:26 | 5:40 72:37 3:53 | 10:18 74:16 1:39 | 16:04 3:46 | 17:37 1:33 | 19:54 2:17 | 22:56 3:02 | 26:01 3:05 | 27:23 1:22 | 39:04 11:41 | 41:06 2:02 | 51:31 10:25 | 53:33 2:02 | 57:18 3:45 |
| 23 | | Gerry Ashton NGOC | 74:50 | 4:09 70:00 10:20 | 6:51 73:13 3:13 | 12:07 74:50 1:37 | 16:00 3:53 | 17:39 1:39 | 19:27 1:48 | 23:07 3:40 | 26:06 2:59 | 27:27 1:21 | 41:45 14:18 | 43:57 2:12 | 52:36 8:39 | 55:04 2:28 | 59:40 4:36 |
| 24 | | Dudley Budden BOK | 75:23 | 3:27 69:36 12:20 | 6:12 73:01 3:25 | 11:34 75:23 2:22 | 17:31 5:57 | 18:45 1:14 | 20:44 1:59 | 24:19 3:35 | 27:11 2:52 | 28:42 1:31 | 39:05 10:23 | 41:02 1:57 | 51:04 10:02 | 53:06 2:02 | 57:16 4:10 |
| 25 | | Tony Cockbain HOC | 75:29 | 4:46 69:42 10:32 | 7:31 73:49 4:07 | 12:17 75:29 1:40 | 15:42 3:25 | 19:12 3:30 | 20:53 1:41 | 24:16 3:23 | 27:16 3:00 | 28:45 1:29 | 38:04 9:19 | 41:07 3:03 | 52:22 11:15 | 55:15 2:53 | 59:10 3:55 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|------------------|------|---|--------------|--------------------------|-----------------------|------------------------|----------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|----------------|---------------|---------------|
| Blue (77) | | | | 6.7 km 280 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(112) | 2(48) | 3(50) | 4(37) | 5(52) | 6(114) | 7(109) | 8(117) | 9(55) | 10(118) | 11(119) | 12(120) | 13(62) | 14(121) |
| | | | | 15(33) | 16(44) | F | | | | | | | | | | | |
| 26 | | David Mitchell SBOC | 75:49 | 3:41 69:20 11:47 | 7:46 73:44 4:24 | 12:51 75:49 2:05 | 17:22 4:31 | 19:01 1:39 | 21:14 2:13 | 25:12 3:58 | 28:18 3:06 | 29:44 1:26 | 39:22 9:38 | 41:29 2:07 | 51:12 9:43 | 53:36 2:24 | 57:33 3:57 |
| 27 | | Adele Newall KERNO | 75:53 | 5:06 70:23 11:36 | 8:06 74:08 3:45 | 13:00 75:53 1:45 | 16:53 3:53 | 19:00 2:07 | 21:06 2:06 | 24:57 3:51 | 27:52 2:55 | 29:09 1:17 | 38:30 9:21 | 41:19 2:49 | 52:12 10:53 | 54:27 2:15 | 58:47 4:20 |
| 28 | | Richard Cronin BOK | 76:12 | 3:22 70:47 10:04 | 6:54 74:47 4:00 | 12:49 76:12 1:25 | 17:32 4:43 | 19:07 1:35 | 21:19 2:12 | 26:13 4:54 | 29:58 3:45 | 31:34 1:36 | 40:46 9:12 | 43:08 2:22 | 53:54 10:46 | 56:14 2:20 | 60:43 4:29 |
| 29 | | Michael Baggott HOC | 76:30 | 3:05 70:37 11:19 | 5:37 74:16 3:39 | 10:00 76:30 2:14 | 17:23 7:23 | 19:12 1:49 | 20:45 1:33 | 25:20 4:35 | 27:44 2:24 | 29:02 1:18 | 40:35 11:33 | 42:32 1:57 | 53:24 10:52 | 55:19 1:55 | 59:18 3:59 |
| 30 | | Ashley Cooper BOK | 77:23 | 3:34 71:17 11:11 | 5:49 75:10 3:53 | 10:45 77:23 2:13 | 14:41 3:56 | 16:23 1:42 | 18:44 2:21 | 22:51 4:07 | 26:24 3:33 | 28:26 2:02 | 39:35 11:09 | 41:31 1:56 | 52:15 10:44 | 55:34 3:19 | 60:06 4:32 |
| 31 | | Julian Green HOC | 77:37 | 4:33 72:14 10:16 | 8:09 76:13 3:59 | 15:00 77:37 1:24 | 18:52 3:52 | 20:23 1:31 | 22:14 1:51 | 28:04 5:50 | 30:58 2:54 | 32:39 1:41 | 42:13 9:34 | 45:04 2:51 | 55:43 10:39 | 57:46 2:03 | 61:58 4:12 |
| 32 | | David Battison SARUM | 77:39 | 4:02 71:41 11:25 | 6:51 75:50 4:09 | 13:06 77:39 1:49 | 16:47 3:41 | 19:30 2:43 | 21:24 1:54 | 25:18 3:54 | 28:18 3:00 | 29:56 1:38 | 39:48 9:52 | 42:15 2:27 | 53:01 10:46 | 55:31 2:30 | 60:16 4:45 |
| 33 | | Nick Nourse NWO | 78:32 | 4:00 71:25 11:24 | 6:48 76:27 5:02 | 13:08 78:32 2:05 | 17:16 4:08 | 19:34 2:18 | 21:31 1:57 | 25:17 3:46 | 28:27 3:10 | 30:01 1:34 | 39:53 9:52 | 42:07 2:14 | 54:06 11:59 | 56:15 2:09 | 60:01 3:46 |
| 34 | | Jane Stagg BOK | 80:00 | 5:43 74:59 15:27 | 8:10 78:26 3:27 | 13:10 80:00 1:34 | 17:58 4:48 | 19:30 1:32 | 21:27 1:57 | 25:00 3:33 | 31:05 6:05 | 32:19 1:14 | 42:01 9:42 | 43:30 1:29 | 52:50 9:20 | 55:45 2:55 | 59:32 3:47 |
| 35 | | Gill Manning SWOC | 80:21 | 3:51 74:28 12:35 | 6:17 78:20 3:52 | 11:35 80:21 2:01 | 16:17 4:42 | 18:06 1:49 | 20:08 2:02 | 24:09 4:01 | 27:20 3:11 | 29:20 2:00 | 39:55 10:35 | 42:11 2:16 | 54:13 12:02 | 56:38 2:25 | 61:53 5:15 |
| 36 | | Julie Emmerson OD | 81:47 | 3:47 76:11 11:31 | 7:16 79:48 3:37 | 12:50 81:47 1:59 | 17:06 4:16 | 18:52 1:46 | 21:15 2:23 | 25:50 4:35 | 29:37 3:47 | 31:17 1:40 | 41:35 10:18 | 44:04 2:29 | 56:29 12:25 | 59:12 2:43 | 64:40 5:28 |
| 37 | | Tom Cochrane IND | 82:04 | 4:25 76:00 11:47 | 7:49 80:17 4:17 | 12:38 82:04 1:47 | 17:33 4:55 | 19:06 1:33 | 21:09 2:03 | 25:51 4:42 | 28:37 2:46 | 30:01 1:24 | 38:45 8:44 | 46:54 8:09 | 56:39 9:45 | 59:49 3:10 | 64:13 4:24 |
| 38 | | Howard Thomas BOK | 82:35 | 4:33 77:22 18:13 | 6:59 80:43 3:21 | 12:47 82:35 1:52 | 16:03 3:16 | 17:44 1:41 | 19:35 1:51 | 24:01 4:26 | 27:35 3:34 | 29:48 2:13 | 39:16 9:28 | 41:21 2:05 | 51:07 9:46 | 54:22 3:15 | 59:09 4:47 |
| 39 | | Neil Russell-Bates KNAVS | 82:45 | 4:45 76:53 15:24 | 7:31 81:01 4:08 | 12:36 82:45 1:44 | 16:13 3:37 | 18:02 1:49 | 19:45 1:43 | 24:09 4:24 | 27:10 3:01 | 28:40 1:30 | 37:52 9:12 | 39:52 2:00 | 54:04 14:12 | 56:02 1:58 | 61:29 5:27 |
| 40 | | Roger Stein SBOC | 83:22 | 3:40 77:23 18:56 | 6:29 81:11 3:48 | 11:35 83:22 2:11 | 15:28 3:53 | 17:10 1:42 | 19:09 1:59 | 23:27 4:18 | 26:32 3:05 | 28:11 1:39 | 38:26 10:15 | 41:00 2:34 | 51:43 10:43 | 54:02 2:19 | 58:27 4:25 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|------------------|---------------------------|-------|-------|--------------------------|--------|-------|----------------|-------|--------|--------|--------|-------|---------|---------|---------|--------|---------|
| Blue (77) | | | | 6.7 km 280 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(112) | 2(48) | 3(50) | 4(37) | 5(52) | 6(114) | 7(109) | 8(117) | 9(55) | 10(118) | 11(119) | 12(120) | 13(62) | 14(121) |
| | | | | 15(33) | 16(44) | F | | | | | | | | | | | |
| 41 | Roger Hargreaves KERNO | 84:46 | 6:27 | 9:01 | 14:55 | 19:34 | 21:20 | 23:35 | 27:29 | 30:29 | 32:05 | 46:08 | 48:26 | 58:59 | 61:52 | 66:32 | |
| | | | 6:27 | 2:34 | 5:54 | 4:39 | 1:46 | 2:15 | 3:54 | 3:00 | 1:36 | 14:03 | 2:18 | 10:33 | 2:53 | 4:40 | |
| | | | 77:34 | 82:15 | 84:46 | | | | | | | | | | | | |
| 42 | Karl Kingsman HOC | 86:13 | 11:02 | 4:41 | 2:31 | | | | | | | | | | | | |
| | | | 4:16 | 6:37 | 12:00 | 16:00 | 18:26 | 20:21 | 24:34 | 29:46 | 32:12 | 42:46 | 46:39 | 56:31 | 59:29 | 65:07 | |
| | | | 4:16 | 2:21 | 5:23 | 4:00 | 2:26 | 1:55 | 4:13 | 5:12 | 2:26 | 10:34 | 3:53 | 9:52 | 2:58 | 5:38 | |
| 43 | Jenny Selley BOK | 86:54 | 79:37 | 84:18 | 86:13 | | | | | | | | | | | | |
| | | | 14:30 | 4:41 | 1:55 | | | | | | | | | | | | |
| | | | 4:58 | 8:06 | 15:09 | 22:49 | 24:27 | 26:45 | 31:30 | 34:51 | 36:48 | 47:58 | 50:32 | 63:55 | 66:14 | 70:46 | |
| 44 | Stephen Harris NGOC | 87:17 | 4:58 | 3:08 | 7:03 | 7:40 | 1:38 | 2:18 | 4:45 | 3:21 | 1:57 | 11:10 | 2:34 | 13:23 | 2:19 | 4:32 | |
| | | | 81:40 | 84:55 | 86:54 | | | | | | | | | | | | |
| | | | 10:54 | 3:15 | 1:59 | | | | | | | | | | | | |
| 45 | John Ward OD | 87:24 | 5:34 | 8:09 | 25:45 | 28:50 | 30:07 | 31:51 | 35:22 | 37:48 | 39:01 | 47:56 | 49:49 | 59:01 | 61:08 | 65:10 | |
| | | | 5:34 | 2:35 | 17:36 | 3:05 | 1:17 | 1:44 | 3:31 | 2:26 | 1:13 | 8:55 | 1:53 | 9:12 | 2:07 | 4:02 | |
| | | | 80:00 | 86:04 | 87:17 | | | | | | | | | | | | |
| 46 | Alison Simmons BOK | 87:59 | 14:50 | 6:04 | 1:13 | | | | | | | | | | | | |
| | | | 4:56 | 8:04 | 14:15 | 19:54 | 21:46 | 24:25 | 29:52 | 34:00 | 35:47 | 45:59 | 48:23 | 60:38 | 63:24 | 67:56 | |
| | | | 4:56 | 3:08 | 6:11 | 5:39 | 1:52 | 2:39 | 5:27 | 4:08 | 1:47 | 10:12 | 2:24 | 12:15 | 2:46 | 4:32 | |
| 47 | Gill Stott NGOC | 88:44 | 80:33 | 85:21 | 87:24 | | | | | | | | | | | | |
| | | | 12:37 | 4:48 | 2:03 | | | | | | | | | | | | |
| | | | 3:43 | 7:01 | 12:02 | 20:48 | 22:12 | 24:04 | 27:37 | 30:55 | 32:27 | 46:31 | 48:30 | 57:49 | 60:10 | 64:02 | |
| 48 | Karen Jones SLOW | 89:03 | 3:43 | 3:18 | 5:01 | 8:46 | 1:24 | 1:52 | 3:33 | 3:18 | 1:32 | 14:04 | 1:59 | 9:19 | 2:21 | 3:52 | |
| | | | 82:52 | 86:23 | 87:59 | | | | | | | | | | | | |
| | | | 18:50 | 3:31 | 1:36 | | | | | | | | | | | | |
| 49 | Alan Pucill NGOC | 89:11 | 4:35 | 7:43 | 13:44 | 19:28 | 21:59 | 24:12 | 29:09 | 32:22 | 34:08 | 43:55 | 48:55 | 61:57 | 65:00 | 70:56 | |
| | | | 4:35 | 3:08 | 6:01 | 5:44 | 2:31 | 2:13 | 4:57 | 3:13 | 1:46 | 9:47 | 5:00 | 13:02 | 3:03 | 5:56 | |
| | | | 82:30 | 86:52 | 88:44 | | | | | | | | | | | | |
| 50 | Shona Simmons WELLS | 89:14 | 11:34 | 4:22 | 1:52 | | | | | | | | | | | | |
| | | | 5:42 | 8:43 | 16:10 | 23:56 | 28:20 | 30:32 | 35:25 | 38:25 | 40:35 | 50:12 | 52:22 | 62:55 | 65:42 | 70:19 | |
| | | | 5:42 | 3:01 | 7:27 | 7:46 | 4:24 | 2:12 | 4:53 | 3:00 | 2:10 | 9:37 | 2:10 | 10:33 | 2:47 | 4:37 | |
| 51 | Tessa Lewis SWOC | 89:58 | 81:03 | 87:06 | 89:03 | | | | | | | | | | | | |
| | | | 10:44 | 6:03 | 1:57 | | | | | | | | | | | | |
| | | | 4:00 | 6:43 | 14:32 | 18:55 | 23:10 | 25:43 | 30:48 | 34:50 | 36:31 | 47:31 | 50:01 | 63:14 | 65:59 | 70:51 | |
| 52 | Nigel Cousins HOC | 91:11 | 4:00 | 2:43 | 7:49 | 4:23 | 4:15 | 2:33 | 5:05 | 4:02 | 1:41 | 11:00 | 2:30 | 13:13 | 2:45 | 4:52 | |
| | | | 83:17 | 87:12 | 89:11 | | | | | | | | | | | | |
| | | | 12:26 | 3:55 | 1:59 | | | | | | | | | | | | |
| 53 | Roger Edwards NGOC | 92:00 | 4:32 | 7:49 | 13:53 | 20:21 | 22:27 | 24:55 | 28:53 | 33:17 | 34:55 | 48:20 | 51:18 | 64:08 | 67:30 | 72:00 | |
| | | | 4:32 | 3:17 | 6:04 | 6:28 | 2:06 | 2:28 | 3:58 | 4:24 | 1:38 | 13:25 | 2:58 | 12:50 | 3:22 | 4:30 | |
| | | | 83:41 | 87:02 | 89:14 | | | | | | | | | | | | |
| 54 | Tanya Taylor LOG | 92:19 | 11:41 | 3:21 | 2:12 | | | | | | | | | | | | |
| | | | 7:50 | 10:35 | 19:56 | 23:53 | 25:45 | 28:05 | 31:48 | 34:42 | 36:06 | 45:23 | 48:22 | 58:51 | 61:04 | 65:50 | |
| | | | 7:50 | 2:45 | 9:21 | 3:57 | 1:52 | 2:20 | 3:43 | 2:54 | 1:24 | 9:17 | 2:59 | 10:29 | 2:13 | 4:46 | |
| 55 | Andy White HOC | 92:52 | 79:11 | 87:52 | 89:58 | | | | | | | | | | | | |
| | | | 13:21 | 8:41 | 2:06 | | | | | | | | | | | | |
| | | | 5:29 | 8:59 | 15:31 | 20:16 | 22:06 | 24:11 | 29:01 | 31:50 | 34:09 | 43:34 | 45:47 | 58:54 | 61:21 | 67:01 | |
| 56 | Roger Edwards NGOC | 92:00 | 5:29 | 3:30 | 6:32 | 4:45 | 1:50 | 2:05 | 4:50 | 2:49 | 2:19 | 9:25 | 2:13 | 13:07 | 2:27 | 5:40 | |
| | | | 82:17 | 89:29 | 91:11 | | | | | | | | | | | | |
| | | | 15:16 | 7:12 | 1:42 | | | | | | | | | | | | |
| 57 | Tanya Taylor LOG | 92:19 | 5:49 | 9:57 | 16:11 | 21:35 | 23:26 | 25:54 | 30:48 | 34:27 | 36:27 | 46:49 | 49:13 | 60:43 | 65:06 | 71:04 | |
| | | | 5:49 | 4:08 | 6:14 | 5:24 | 1:51 | 2:28 | 4:54 | 3:39 | 2:00 | 10:22 | 2:24 | 11:30 | 4:23 | 5:58 | |
| | | | 85:48 | 89:57 | 92:00 | | | | | | | | | | | | |
| 58 | Andy White HOC | 92:52 | 14:44 | 4:09 | 2:03 | | | | | | | | | | | | |
| | | | 3:31 | 10:33 | 24:42 | 31:16 | 32:54 | 36:14 | 41:28 | 44:15 | 45:32 | 55:01 | 58:23 | 69:46 | 71:57 | 75:45 | |
| | | | 3:31 | 7:02 | 14:09 | 6:34 | 1:38 | 3:20 | 5:14 | 2:47 | 1:17 | 9:29 | 3:22 | 11:23 | 2:11 | 3:48 | |
| 59 | Andy White HOC | 92:52 | 86:51 | 90:28 | 92:19 | | | | | | | | | | | | |
| | | | 11:06 | 3:37 | 1:51 | | | | | | | | | | | | |
| | | | 4:22 | 6:58 | 11:59 | 16:15 | 18:18 | 20:25 | 24:36 | 27:59 | 29:19 | 39:19 | 40:54 | 51:30 | 55:22 | 59:38 | |
| 60 | Andy White HOC | 92:52 | 4:22 | 2:36 | 5:01 | 4:16 | 2:03 | 2:07 | 4:11 | 3:23 | 1:20 | 10:00 | 1:35 | 10:36 | 3:52 | 4:16 | |
| | | | 85:10 | 91:20 | 92:52 | | | | | | | | | | | | |
| | | | 25:32 | 6:10 | 1:32 | | | | | | | | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|------------------|------|--------------------------------|---------------|--------------------------|--------|--------|----------------|-------|--------|--------|--------|-------|---------|---------|---------|--------|---------|
| Blue (77) | | | | 6.7 km 280 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(112) | 2(48) | 3(50) | 4(37) | 5(52) | 6(114) | 7(109) | 8(117) | 9(55) | 10(118) | 11(119) | 12(120) | 13(62) | 14(121) |
| | | | | 15(33) | 16(44) | F | | | | | | | | | | | |
| 56 | | David Hanstock BOK | 94:06 | 5:28 | 8:22 | 16:23 | 20:33 | 22:18 | 25:52 | 32:59 | 37:18 | 38:52 | 50:32 | 52:44 | 65:00 | 67:33 | 72:43 |
| | | | | 5:28 | 2:54 | 8:01 | 4:10 | 1:45 | 3:34 | 7:07 | 4:19 | 1:34 | 11:40 | 2:12 | 12:16 | 2:33 | 5:10 |
| | | | | 87:07 | 91:39 | 94:06 | | | | | | | | | | | |
| | | | | 14:24 | 4:32 | 2:27 | | | | | | | | | | | |
| 57 | | Steve Williams NGOC | 94:40 | 3:49 | 6:50 | 13:32 | 18:32 | 20:54 | 23:07 | 37:03 | 40:31 | 42:21 | 53:43 | 56:00 | 69:40 | 72:20 | 77:09 |
| | | | | 3:49 | 3:01 | 6:42 | 5:00 | 2:22 | 2:13 | 13:56 | 3:28 | 1:50 | 11:22 | 2:17 | 13:40 | 2:40 | 4:49 |
| | | | | 87:58 | 92:33 | 94:40 | | | | | | | | | | | |
| | | | | 10:49 | 4:35 | 2:07 | | | | | | | | | | | |
| 58 | | Steve Chiverton HOC | 95:08 | 4:20 | 7:33 | 14:14 | 20:03 | 22:10 | 25:28 | 30:44 | 34:48 | 36:44 | 47:51 | 50:33 | 62:22 | 65:03 | 70:34 |
| | | | | 4:20 | 3:13 | 6:41 | 5:49 | 2:07 | 3:18 | 5:16 | 4:04 | 1:56 | 11:07 | 2:42 | 11:49 | 2:41 | 5:31 |
| | | | | 86:59 | 92:14 | 95:08 | | | | | | | | | | | |
| | | | | 16:25 | 5:15 | 2:54 | | | | | | | | | | | |
| 59 | | James Montgomery NGOC | 95:20 | 4:44 | 8:39 | 17:57 | 23:14 | 24:57 | 27:26 | 33:43 | 37:27 | 39:30 | 50:30 | 54:27 | 65:51 | 68:22 | 74:24 |
| | | | | 4:44 | 3:55 | 9:18 | 5:17 | 1:43 | 2:29 | 6:17 | 3:44 | 2:03 | 11:00 | 3:57 | 11:24 | 2:31 | 6:02 |
| | | | | 89:01 | 93:08 | 95:20 | | | | | | | | | | | |
| | | | | 14:37 | 4:07 | 2:12 | | | | | | | | | | | |
| 60 | | Peter Ribbans SWOC | 96:39 | 4:35 | 7:20 | 14:29 | 18:54 | 21:25 | 23:23 | 27:07 | 30:29 | 31:59 | 41:18 | 43:34 | 62:30 | 65:09 | 70:14 |
| | | | | 4:35 | 2:45 | 7:09 | 4:25 | 2:31 | 1:58 | 3:44 | 3:22 | 1:30 | 9:19 | 2:16 | 18:56 | 2:39 | 5:05 |
| | | | | 90:04 | 94:39 | 96:39 | | | | | | | | | | | |
| | | | | 19:50 | 4:35 | 2:00 | | | | | | | | | | | |
| 61 | | Rodney Archard NGOC | 97:25 | 4:37 | 7:49 | 13:53 | 20:49 | 22:14 | 24:35 | 29:35 | 33:19 | 34:52 | 46:50 | 50:13 | 61:07 | 64:25 | 69:09 |
| | | | | 4:37 | 3:12 | 6:04 | 6:56 | 1:25 | 2:21 | 5:00 | 3:44 | 1:33 | 11:58 | 3:23 | 10:54 | 3:18 | 4:44 |
| | | | | 91:05 | 95:43 | 97:25 | | | | | | | | | | | |
| | | | | 21:56 | 4:38 | 1:42 | | | | | | | | | | | |
| 62 | | Rosie Wych QO | 99:13 | 5:24 | 10:54 | 17:21 | 21:57 | 29:00 | 31:40 | 37:11 | 41:05 | 43:25 | 55:53 | 58:17 | 70:28 | 73:09 | 78:29 |
| | | | | 5:24 | 5:30 | 6:27 | 4:36 | 7:03 | 2:40 | 5:31 | 3:54 | 2:20 | 12:28 | 2:24 | 12:11 | 2:41 | 5:20 |
| | | | | 90:15 | 97:00 | 99:13 | | | | | | | | | | | |
| | | | | 11:46 | 6:45 | 2:13 | | | | | | | | | | | |
| 63 | | Shimona Starling + NGOC | 100:46 | 6:04 | 10:26 | 17:03 | 21:17 | 24:47 | 28:15 | 35:54 | 40:32 | 42:36 | 54:55 | 58:38 | 71:14 | 73:39 | 79:57 |
| | | | | 6:04 | 4:22 | 6:37 | 4:14 | 3:30 | 3:28 | 7:39 | 4:38 | 2:04 | 12:19 | 3:43 | 12:36 | 2:25 | 6:18 |
| | | | | 93:38 | 98:10 | 100:46 | | | | | | | | | | | |
| | | | | 13:41 | 4:32 | 2:36 | | | | | | | | | | | |
| 64 | | Chic Young SARUM | 104:32 | 14:02 | 17:37 | 25:54 | 31:02 | 32:55 | 35:14 | 40:38 | 44:30 | 46:29 | 59:16 | 61:45 | 74:08 | 77:14 | 82:51 |
| | | | | 14:02 | 3:35 | 8:17 | 5:08 | 1:53 | 2:19 | 5:24 | 3:52 | 1:59 | 12:47 | 2:29 | 12:23 | 3:06 | 5:37 |
| | | | | 96:41 | 101:55 | 104:32 | | | | | | | | | | | |
| | | | | 13:50 | 5:14 | 2:37 | | | | | | | | | | | |
| 65 | | Laurence Gossage BOK | 106:17 | 4:27 | 11:53 | 25:29 | 32:50 | 34:56 | 37:28 | 43:04 | 46:25 | 48:24 | 64:40 | 66:48 | 78:00 | 80:31 | 85:18 |
| | | | | 4:27 | 7:26 | 13:36 | 7:21 | 2:06 | 2:32 | 5:36 | 3:21 | 1:59 | 16:16 | 2:08 | 11:12 | 2:31 | 4:47 |
| | | | | 99:56 | 104:17 | 106:17 | | | | | | | | | | | |
| | | | | 14:38 | 4:21 | 2:00 | | | | | | | | | | | |
| 66 | | Stuart Kraus IND | 106:37 | 5:30 | 8:44 | 20:09 | 30:45 | 33:48 | 38:09 | 42:53 | 46:36 | 48:32 | 59:19 | 61:57 | 74:31 | 76:38 | 83:52 |
| | | | | 5:30 | 3:14 | 11:25 | 10:36 | 3:03 | 4:21 | 4:44 | 3:43 | 1:56 | 10:47 | 2:38 | 12:34 | 2:07 | 7:14 |
| | | | | 98:37 | 103:59 | 106:37 | | | | | | | | | | | |
| | | | | 14:45 | 5:22 | 2:38 | | | | | | | | | | | |
| 67 | | Kay Hughes HOC | 107:44 | 5:56 | 8:55 | 15:33 | 24:25 | 26:34 | 29:25 | 34:59 | 39:22 | 43:18 | 56:55 | 59:16 | 72:19 | 75:35 | 82:19 |
| | | | | 5:56 | 2:59 | 6:38 | 8:52 | 2:09 | 2:51 | 5:34 | 4:23 | 3:56 | 13:37 | 2:21 | 13:03 | 3:16 | 6:44 |
| | | | | 99:26 | 104:41 | 107:44 | | | | | | | | | | | |
| | | | | 17:07 | 5:15 | 3:03 | | | | | | | | | | | |
| 68 | | Peter Colbert SWOC | 110:00 | 14:39 | 19:22 | 24:52 | 35:00 | 36:49 | 42:46 | 47:10 | 50:44 | 52:19 | 63:32 | 66:21 | 77:33 | 80:09 | 85:01 |
| | | | | 14:39 | 4:43 | 5:30 | 10:08 | 1:49 | 5:57 | 4:24 | 3:34 | 1:35 | 11:13 | 2:49 | 11:12 | 2:36 | 4:52 |
| | | | | 103:19 | 107:41 | 110:00 | | | | | | | | | | | |
| | | | | 18:18 | 4:22 | 2:19 | | | | | | | | | | | |
| 69 | | Kevin Ryder NWO | 110:46 | 6:03 | 9:17 | 15:04 | 21:00 | 23:17 | 30:58 | 35:57 | 39:31 | 41:10 | 52:34 | 55:27 | 73:56 | 81:33 | 87:18 |
| | | | | 6:03 | 3:14 | 5:47 | 5:56 | 2:17 | 7:41 | 4:59 | 3:34 | 1:39 | 11:24 | 2:53 | 18:29 | 7:37 | 5:45 |
| | | | | 102:25 | 108:17 | 110:46 | | | | | | | | | | | |
| | | | | 15:07 | 5:52 | 2:29 | | | | | | | | | | | |
| 70 | | Dennis Mews HOC | 113:10 | 3:47 | 6:32 | 14:17 | 18:46 | 20:40 | 26:13 | 31:07 | 36:49 | 38:44 | 61:21 | 65:29 | 79:03 | 81:40 | 87:35 |
| | | | | 3:47 | 2:45 | 7:45 | 4:29 | 1:54 | 5:33 | 4:54 | 5:42 | 1:55 | 22:37 | 4:08 | 13:34 | 2:37 | 5:55 |
| | | | | 102:21 | 109:18 | 113:10 | | | | | | | | | | | |
| | | | | 14:46 | 6:57 | 3:52 | | | | | | | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | |
|-------------------------|------|-----------------------------------|------------------|-----------------------------------|----------------------------------|----------------------------------|------------------|------------------|-------------------|----------------|----------------|---------------|----------------|---------------|-----------------|----------------|----------------|--|--|
| Blue (77) | | | 6.7 km | 280 m | 16 C | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | 1(112) 15(33) | 2(48) 16(44) | 3(50) F | 4(37) | 5(52) | 6(114) | 7(109) | 8(117) | 9(55) | 10(118) | 11(119) | 12(120) | 13(62) | 14(121) | | | |
| 71 | | Ellen Starling NGOC | 114:30 | 6:03 6:03 106:10 19:03 | 10:12 4:09 111:09 4:59 | 19:22 9:10 114:30 3:21 | 25:06 5:44 | 28:37 3:31 | 31:23 2:46 | 37:49 6:26 | 42:35 4:46 | 44:25 1:50 | 61:05 16:40 | 64:01 2:56 | 78:06 14:05 | 81:19 3:13 | 87:07 5:48 | | |
| 72 | | Paul Watterson HOC | 116:00 | 7:52 7:52 109:05 15:04 | 11:31 3:39 113:47 4:42 | 20:33 9:02 116:00 2:13 | 26:01 5:28 | 28:05 2:04 | 30:28 2:23 | 35:48 5:20 | 39:24 3:36 | 41:14 1:50 | 68:28 27:14 | 72:32 4:04 | 85:34 13:02 | 88:23 2:49 | 94:01 5:38 | | |
| 73 | | Matthew Knipe QO | 124:42 | 7:06 7:06 114:44 17:09 | 12:31 5:25 121:46 7:02 | 22:48 10:17 124:42 2:56 | 28:19 5:31 | 31:21 3:02 | 34:16 2:55 | 41:38 7:22 | 47:06 5:28 | 50:03 2:57 | 64:53 14:50 | 69:07 4:14 | 86:20 17:13 | 90:06 3:46 | 97:35 7:29 | | |
| 74 | | Gary Wakerley NGOC | 148:32 | 7:05 7:05 137:46 17:49 | 11:31 4:26 145:15 7:29 | 23:23 11:52 148:32 3:17 | 29:07 5:44 | 31:20 2:13 | 34:36 3:16 | 41:12 6:36 | 51:46 10:34 | 53:42 1:56 | 69:30 15:48 | 73:19 3:49 | 109:11 35:52 | 112:32 3:21 | 119:57 7:25 | | |
| 75 | | Edward Palmer IND | 153:38 | 19:33 19:33 143:51 21:32 | 31:23 11:50 150:38 6:47 | 39:59 8:36 153:38 3:00 | 47:48 7:49 | 50:32 2:44 | 54:30 3:58 | 63:16 8:46 | 68:20 5:04 | 70:43 2:23 | 85:01 14:18 | 88:00 2:59 | 104:09 16:09 | 113:42 9:33 | 122:19 8:37 | | |
| | | Gordon Smillie NGOC | mp | 4:57 4:57 ----- | 10:08 5:11 ----- | 17:28 7:20 127:49 24:24 | 23:28 6:00 | 26:50 3:22 | 38:13 11:23 | 48:26 10:13 | 53:25 4:59 | 55:04 1:39 | 78:16 23:12 | 83:33 5:17 | 100:16 16:43 | 103:25 3:09 | ---- | | |
| | | Michael Reynolds NWO | mp | 4:25 4:25 72:36 10:06 | 7:01 2:36 76:12 3:36 | ----- ----- 78:19 2:07 | 18:57 11:56 | 23:59 5:02 | 25:42 1:43 | 30:36 4:54 | 33:33 2:57 | 35:50 2:17 | 44:15 8:25 | 46:47 2:32 | 56:01 9:14 | 58:27 2:26 | 62:30 4:03 | | |
| Short Brown (33) | | | 7.7 km | 330 m | 21 C | | | | | | | | | | | | | | |
| | | | 1(65) 15(61) | 2(38) 16(121) | 3(48) 17(116) | 4(49) 18(33) | 5(115) 19(45) | 6(113) 20(41) | 7(129) 21(122) | 8(114) F | 9(109) | 10(55) | 11(125) | 12(118) | 13(119) | 14(60) | | | |
| 1 | | Charles Bromley-G BAOC | 63:30 | 1:16 1:16 44:57 1:02 | 3:32 2:16 48:23 3:26 | 4:47 1:15 48:51 0:28 | 7:08 2:21 | 9:31 2:23 | 12:27 2:56 | 13:39 1:12 | 15:48 2:09 | 18:29 2:41 | 21:29 3:00 | 24:52 3:23 | 35:04 10:12 | 36:19 1:15 | 43:55 7:36 | | |
| 2 | | James Clemence SWOC | 65:44 | 1:22 1:22 47:37 1:07 | 4:06 2:44 51:00 3:23 | 5:20 1:14 51:34 0:34 | 7:54 2:34 | 11:51 3:57 | 15:48 3:57 | 17:02 1:14 | 19:06 2:04 | 21:50 2:44 | 25:08 3:18 | 28:35 3:27 | 37:45 9:10 | 39:15 1:30 | 46:30 7:15 | | |
| 3 | | Ben Mitchell SBOC | 66:19 | 1:16 1:16 47:15 1:56 | 3:55 2:39 50:19 3:04 | 4:55 1:00 50:50 0:31 | 7:40 2:45 | 12:48 5:08 | 16:35 3:47 | 17:40 1:05 | 19:33 1:53 | 21:48 2:15 | 25:00 3:12 | 28:15 3:15 | 36:23 8:08 | 37:58 1:35 | 45:19 7:21 | | |
| 4 | | Andy Jones SLOW | 70:13 | 1:30 1:30 50:42 2:09 | 4:09 2:39 54:11 3:29 | 5:51 1:42 54:50 0:39 | 8:37 2:46 | 12:09 3:32 | 14:59 2:50 | 16:21 1:22 | 18:31 2:10 | 21:27 2:56 | 24:35 3:08 | 28:50 4:15 | 38:07 9:17 | 40:02 1:55 | 48:33 8:31 | | |
| 5 | | Julia Blomquist BAOC | 70:27 | 1:29 1:29 49:43 1:27 | 4:03 2:34 53:25 3:42 | 5:13 1:10 54:01 0:36 | 7:45 2:32 | 10:48 3:03 | 13:24 2:36 | 14:35 1:11 | 16:21 1:46 | 19:39 3:18 | 22:54 3:15 | 26:26 3:32 | 37:37 11:11 | 39:26 1:49 | 48:16 8:50 | | |
| 6 | | David Williams HOC | 72:46 | 1:34 1:34 51:37 1:18 | 5:22 3:48 55:22 3:45 | 6:40 1:18 56:06 0:44 | 9:39 2:59 | 12:29 2:50 | 14:27 1:58 | 16:01 1:34 | 18:17 2:16 | 21:18 3:01 | 24:42 3:24 | 28:17 3:35 | 39:35 11:18 | 41:32 1:57 | 50:19 8:47 | | |

| Pl | Stno | Name | Time | 7.7 km 330 m 21 C | | | (cont.) | | | | | | | | | | |
|-----------|------|---------------------------------|--------------|-------------------|---------|---------|---------|--------|--------|---------|--------|--------|--------|---------|---------|---------|--------|
| | | | | 1(65) | 2(38) | 3(48) | 4(49) | 5(115) | 6(113) | 7(129) | 8(114) | 9(109) | 10(55) | 11(125) | 12(118) | 13(119) | 14(60) |
| | | | | 15(61) | 16(121) | 17(116) | 18(33) | 19(45) | 20(41) | 21(122) | F | | | | | | |
| 6 | | Richard Sharp TVOC | 72:46 | 1:33 | 4:32 | 6:16 | 9:01 | 12:06 | 14:38 | 16:04 | 18:34 | 21:36 | 25:18 | 29:10 | 40:28 | 42:15 | 51:12 |
| | | | | 1:33 | 2:59 | 1:44 | 2:45 | 3:05 | 2:32 | 1:26 | 2:30 | 3:02 | 3:42 | 3:52 | 11:18 | 1:47 | 8:57 |
| | | | | 52:30 | 56:17 | 56:56 | 64:57 | 66:45 | 70:17 | 71:14 | 72:46 | | | | | | |
| | | | | 1:18 | 3:47 | 0:39 | 8:01 | 1:48 | 3:32 | 0:57 | 1:32 | | | | | | |
| 8 | | Frank Edge SN | 73:08 | 1:21 | 5:13 | 6:30 | 9:36 | 12:25 | 14:44 | 16:02 | 19:27 | 22:07 | 25:39 | 29:42 | 40:24 | 41:53 | 52:53 |
| | | | | 1:21 | 3:52 | 1:17 | 3:06 | 2:49 | 2:19 | 1:18 | 3:25 | 2:40 | 3:32 | 4:03 | 10:42 | 1:29 | 11:00 |
| | | | | 53:56 | 57:29 | 58:02 | 65:42 | 67:13 | 70:27 | 71:40 | 73:08 | | | | | | |
| | | | | 1:03 | 3:33 | 0:33 | 7:40 | 1:31 | 3:14 | 1:13 | 1:28 | | | | | | |
| 9 | | Richard Davies SPLOT | 74:20 | 1:33 | 5:23 | 7:13 | 9:59 | 13:13 | 15:34 | 17:01 | 19:28 | 22:34 | 26:34 | 30:07 | 41:36 | 43:18 | 51:22 |
| | | | | 1:33 | 3:50 | 1:50 | 2:46 | 3:14 | 2:21 | 1:27 | 2:27 | 3:06 | 4:00 | 3:33 | 11:29 | 1:42 | 8:04 |
| | | | | 53:22 | 57:15 | 57:54 | 66:45 | 68:41 | 72:15 | 73:01 | 74:20 | | | | | | |
| | | | | 2:00 | 3:53 | 0:39 | 8:51 | 1:56 | 3:34 | 0:46 | 1:19 | | | | | | |
| 10 | | Tom MacKenzie HOC | 74:53 | 1:11 | 3:31 | 4:45 | 8:13 | 11:03 | 15:40 | 16:50 | 18:53 | 21:56 | 25:58 | 29:50 | 39:56 | 42:35 | 51:59 |
| | | | | 1:11 | 2:20 | 1:14 | 3:28 | 2:50 | 4:37 | 1:10 | 2:03 | 3:03 | 4:02 | 3:52 | 10:06 | 2:39 | 9:24 |
| | | | | 53:14 | 57:50 | 58:37 | 67:40 | 69:43 | 72:51 | 73:39 | 74:53 | | | | | | |
| | | | | 1:15 | 4:36 | 0:47 | 9:03 | 2:03 | 3:08 | 0:48 | 1:14 | | | | | | |
| 11 | | Mark Burley BOK | 76:44 | 1:22 | 3:52 | 5:49 | 8:36 | 12:01 | 14:55 | 16:23 | 18:29 | 21:42 | 25:23 | 29:21 | 40:19 | 42:17 | 51:03 |
| | | | | 1:22 | 2:30 | 1:57 | 2:47 | 3:25 | 2:54 | 1:28 | 2:06 | 3:13 | 3:41 | 3:58 | 10:58 | 1:58 | 8:46 |
| | | | | 54:25 | 58:26 | 59:02 | 69:13 | 71:00 | 74:31 | 75:22 | 76:44 | | | | | | |
| | | | | 3:22 | 4:01 | 0:36 | 10:11 | 1:47 | 3:31 | 0:51 | 1:22 | | | | | | |
| 12 | | Phil Newall KERNO | 76:47 | 1:27 | 4:13 | 5:33 | 8:54 | 11:46 | 15:48 | 17:20 | 19:34 | 22:34 | 26:02 | 30:44 | 41:13 | 43:09 | 52:42 |
| | | | | 1:27 | 2:46 | 1:20 | 3:21 | 2:52 | 4:02 | 1:32 | 2:14 | 3:00 | 3:28 | 4:42 | 10:29 | 1:56 | 9:33 |
| | | | | 53:54 | 57:44 | 58:20 | 67:00 | 69:50 | 74:35 | 75:11 | 76:47 | | | | | | |
| | | | | 1:12 | 3:50 | 0:36 | 8:40 | 2:50 | 4:45 | 0:36 | 1:36 | | | | | | |
| 13 | | Tom Mills IND | 82:40 | 1:54 | 5:14 | 6:47 | 10:30 | 15:47 | 18:00 | 19:32 | 22:15 | 25:42 | 29:18 | 33:19 | 45:39 | 47:37 | 57:24 |
| | | | | 1:54 | 3:20 | 1:33 | 3:43 | 5:17 | 2:13 | 1:32 | 2:43 | 3:27 | 3:36 | 4:01 | 12:20 | 1:58 | 9:47 |
| | | | | 59:06 | 63:13 | 63:52 | 73:27 | 76:06 | 80:03 | 80:53 | 82:40 | | | | | | |
| | | | | 1:42 | 4:07 | 0:39 | 9:35 | 2:39 | 3:57 | 0:50 | 1:47 | | | | | | |
| 14 | | Andy Stott NGOC | 83:30 | 1:25 | 4:32 | 6:05 | 9:42 | 18:02 | 23:36 | 25:16 | 27:49 | 31:14 | 35:16 | 39:09 | 49:13 | 51:07 | 59:11 |
| | | | | 1:25 | 3:07 | 1:33 | 3:37 | 8:20 | 5:34 | 1:40 | 2:33 | 3:25 | 4:02 | 3:53 | 10:04 | 1:54 | 8:04 |
| | | | | 60:51 | 65:03 | 65:40 | 74:32 | 77:34 | 81:08 | 82:01 | 83:30 | | | | | | |
| | | | | 1:40 | 4:12 | 0:37 | 8:52 | 3:02 | 3:34 | 0:53 | 1:29 | | *37 | | | | |
| 15 | | Rebecca Harding EUOC | 84:48 | 1:53 | 5:17 | 6:58 | 9:55 | 13:02 | 19:19 | 20:38 | 23:23 | 26:38 | 34:47 | 38:28 | 48:46 | 50:29 | 60:56 |
| | | | | 1:53 | 3:24 | 1:41 | 2:57 | 3:07 | 6:17 | 1:19 | 2:45 | 3:15 | 8:09 | 3:41 | 10:18 | 1:43 | 10:27 |
| | | | | 62:19 | 66:21 | 67:03 | 75:50 | 77:55 | 81:41 | 83:18 | 84:48 | | | | | | |
| | | | | 1:23 | 4:02 | 0:42 | 8:47 | 2:05 | 3:46 | 1:37 | 1:30 | | | | | | |
| 16 | | Lindsay McMillan HOC | 86:10 | 1:49 | 5:10 | 7:07 | 16:15 | 20:33 | 24:02 | 25:18 | 27:50 | 31:09 | 35:03 | 39:50 | 49:54 | 51:48 | 63:07 |
| | | | | 1:49 | 3:21 | 1:57 | 9:08 | 4:18 | 3:29 | 1:16 | 2:32 | 3:19 | 3:54 | 4:47 | 10:04 | 1:54 | 11:19 |
| | | | | 64:16 | 68:34 | 69:15 | 78:06 | 79:59 | 83:36 | 84:27 | 86:10 | | | | | | |
| | | | | 1:09 | 4:18 | 0:41 | 8:51 | 1:53 | 3:37 | 0:51 | 1:43 | | *37 | | | | |
| 17 | | Andrea Rebor SLOW | 87:43 | 1:39 | 5:02 | 6:47 | 10:52 | 14:49 | 18:22 | 20:19 | 22:43 | 26:26 | 31:32 | 35:28 | 47:23 | 49:11 | 58:06 |
| | | | | 1:39 | 3:23 | 1:45 | 4:05 | 3:57 | 3:33 | 1:57 | 2:24 | 3:43 | 5:06 | 3:56 | 11:55 | 1:48 | 8:55 |
| | | | | 60:12 | 64:43 | 65:28 | 78:28 | 80:32 | 85:11 | 86:09 | 87:43 | | | | | | |
| | | | | 2:06 | 4:31 | 0:45 | 13:00 | 2:04 | 4:39 | 0:58 | 1:34 | | | | | | |
| 18 | | Peter Foster BOK | 87:46 | 3:11 | 6:07 | 7:31 | 12:28 | 16:13 | 19:09 | 20:39 | 23:47 | 27:15 | 32:58 | 37:08 | 48:24 | 50:46 | 59:51 |
| | | | | 3:11 | 2:56 | 1:24 | 4:57 | 3:45 | 2:56 | 1:30 | 3:08 | 3:28 | 5:43 | 4:10 | 11:16 | 2:22 | 9:05 |
| | | | | 63:02 | 67:59 | 68:44 | 78:56 | 80:52 | 85:06 | 85:56 | 87:46 | | | | | | |
| | | | | 3:11 | 4:57 | 0:45 | 10:12 | 1:56 | 4:14 | 0:50 | 1:50 | | *120 | | | | |
| 19 | | Nick Dennis BOK | 90:30 | 1:46 | 5:36 | 8:03 | 12:47 | 17:46 | 21:50 | 23:21 | 26:26 | 30:31 | 34:55 | 38:29 | 52:20 | 54:27 | 64:42 |
| | | | | 1:46 | 3:50 | 2:27 | 4:44 | 4:59 | 4:04 | 1:31 | 3:05 | 4:05 | 4:24 | 3:34 | 13:51 | 2:07 | 10:15 |
| | | | | 66:17 | 70:20 | 70:56 | 80:55 | 83:41 | 88:20 | 89:07 | 90:30 | | | | | | |
| | | | | 1:35 | 4:03 | 0:36 | 9:59 | 2:46 | 4:39 | 0:47 | 1:23 | | | | | | |
| 20 | | Andy Rimes QO | 90:50 | 1:47 | 5:35 | 8:51 | 13:25 | 17:56 | 20:09 | 21:48 | 24:12 | 27:56 | 31:51 | 38:27 | 48:49 | 53:58 | 65:23 |
| | | | | 1:47 | 3:48 | 3:16 | 4:13 | 4:31 | 2:13 | 1:39 | 2:24 | 3:44 | 3:55 | 6:36 | 10:22 | 5:09 | 11:25 |
| | | | | 66:39 | 70:34 | 71:13 | 81:13 | 83:24 | 87:35 | 88:21 | 90:50 | | | | | | |
| | | | | 1:16 | 3:55 | 0:39 | 10:00 | 2:11 | 4:11 | 0:46 | 2:29 | | | | | | |
| 21 | | Paul Bryce NGOC | 91:53 | 2:02 | 5:16 | 7:33 | 11:41 | 14:51 | 18:00 | 20:07 | 22:35 | 25:50 | 30:21 | 35:06 | 47:12 | 55:01 | 65:27 |
| | | | | 2:02 | 3:14 | 2:17 | 4:08 | 3:10 | 3:09 | 2:07 | 2:28 | 3:15 | 4:31 | 4:45 | 12:06 | 7:49 | 10:26 |
| | | | | 66:49 | 71:12 | 71:58 | 83:16 | 85:27 | 89:28 | 90:13 | 91:53 | | | | | | |
| | | | | 1:22 | 4:23 | 0:46 | 11:18 | 2:11 | 4:01 | 0:45 | 1:40 | | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | |
|-------------------------|------|--------------------------|---------------|--------------------------|--------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Short Brown (33) | | | | 7.7 km 330 m 21 C | | | <i>(cont.)</i> | | | | | | | | | | | |
| | | | | 1(65) | 2(38) | 3(48) | 4(49) | 5(115) | 6(113) | 7(129) | 8(114) | 9(109) | 10(55) | 11(125) | 12(118) | 13(119) | 14(60) | |
| | | | | 15(61) | 16(121) | 17(116) | 18(33) | 19(45) | 20(41) | 21(122) | F | | | | | | | |
| 22 | | Steve Jones | 92:48 | 1:42 | 5:03 | 7:20 | 11:08 | 15:49 | 19:37 | 21:19 | 24:34 | 29:27 | 33:52 | 38:23 | 52:31 | 54:41 | 65:26 | |
| | | SBOC | | 1:42 | 3:21 | 2:17 | 3:48 | 4:41 | 3:48 | 1:42 | 3:15 | 4:53 | 4:25 | 4:31 | 14:08 | 2:10 | 10:45 | |
| | | | | 67:19 | 72:08 | 72:57 | 82:40 | 85:12 | 89:55 | 90:51 | 92:48 | | | | | | | |
| | | | | 1:53 | 4:49 | 0:49 | 9:43 | 2:32 | 4:43 | 0:56 | 1:57 | | | | | | | |
| 23 | | James Ian Hayward | 96:02 | 2:20 | 5:26 | 7:14 | 11:47 | 20:51 | 23:47 | 25:39 | 28:06 | 31:56 | 36:43 | 41:55 | 55:39 | 57:42 | 69:06 | |
| | | BOK | | 2:20 | 3:06 | 1:48 | 4:33 | 9:04 | 2:56 | 1:52 | 2:27 | 3:50 | 4:47 | 5:12 | 13:44 | 2:03 | 11:24 | |
| | | | | 70:41 | 75:23 | 76:02 | 86:13 | 88:27 | 93:19 | 94:26 | 96:02 | | | | | | | |
| | | | | 1:35 | 4:42 | 0:39 | 10:11 | 2:14 | 4:52 | 1:07 | 1:36 | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| 24 | | Greg Best | 97:20 | 3:21 | 6:20 | 7:59 | 11:06 | 14:48 | 17:02 | 18:27 | 23:15 | 30:48 | 36:06 | 40:32 | 53:17 | 54:59 | 70:41 | |
| | | NGOC | | 3:21 | 2:59 | 1:39 | 3:07 | 3:42 | 2:14 | 1:25 | 4:48 | 7:33 | 5:18 | 4:26 | 12:45 | 1:42 | 15:42 | |
| | | | | 71:59 | 76:30 | 77:03 | 87:17 | 89:41 | 94:25 | 95:32 | 97:20 | | | | | | | |
| | | | | 1:18 | 4:31 | 0:33 | 10:14 | 2:24 | 4:44 | 1:07 | 1:48 | | | | | | | |
| 25 | | Nigel Ferrand | 97:53 | 2:45 | 6:03 | 7:54 | 11:51 | 16:44 | 19:41 | 22:31 | 25:26 | 29:52 | 35:47 | 40:20 | 54:00 | 56:50 | 68:40 | |
| | | SWOC | | 2:45 | 3:18 | 1:51 | 3:57 | 4:53 | 2:57 | 2:50 | 2:55 | 4:26 | 5:55 | 4:33 | 13:40 | 2:50 | 11:50 | |
| | | | | 70:31 | 75:56 | 76:46 | 87:48 | 90:07 | 95:02 | 95:57 | 97:53 | | | | | | | |
| | | | | 1:51 | 5:25 | 0:50 | 11:02 | 2:19 | 4:55 | 0:55 | 1:56 | | | | | | | |
| 26 | | Andrew Craig | 100:58 | 2:13 | 5:22 | 8:17 | 12:16 | 17:26 | 21:34 | 23:35 | 27:24 | 32:02 | 38:45 | 44:29 | 57:52 | 61:21 | 74:30 | |
| | | NGOC | | 2:13 | 3:09 | 2:55 | 3:59 | 5:10 | 4:08 | 2:01 | 3:49 | 4:38 | 6:43 | 5:44 | 13:23 | 3:29 | 13:09 | |
| | | | | 75:45 | 80:51 | 81:27 | 90:51 | 94:10 | 99:07 | 99:51 | 100:58 | | | | | | | |
| | | | | 1:15 | 5:06 | 0:36 | 9:24 | 3:19 | 4:57 | 0:44 | 1:07 | | | | | | | |
| 27 | | Robert Rankin | 110:22 | 2:34 | 6:53 | 9:57 | 15:35 | 20:12 | 23:15 | 25:02 | 29:09 | 34:34 | 38:39 | 43:31 | 57:13 | 59:11 | 71:46 | |
| | | SPLIT | | 2:34 | 4:19 | 3:04 | 5:38 | 4:37 | 3:03 | 1:47 | 4:07 | 5:25 | 4:05 | 4:52 | 13:42 | 1:58 | 12:35 | |
| | | | | 73:48 | 78:44 | 79:33 | 92:29 | 100:36 | 107:32 | 108:24 | 110:22 | | | | | | | |
| | | | | 2:02 | 4:56 | 0:49 | 12:56 | 8:07 | 6:56 | 0:52 | 1:58 | | | | | | | |
| 28 | | Richard Rae | 111:58 | 2:01 | 7:44 | 9:31 | 13:49 | 26:49 | 31:47 | 33:54 | 40:05 | 44:45 | 49:39 | 55:27 | 70:15 | 72:27 | 82:55 | |
| | | BKO | | 2:01 | 5:43 | 1:47 | 4:18 | 13:00 | 4:58 | 2:07 | 6:11 | 4:40 | 4:54 | 5:48 | 14:48 | 2:12 | 10:28 | |
| | | | | 84:33 | 90:01 | 90:49 | 101:23 | 104:24 | 109:01 | 109:58 | 111:58 | | | | | | | |
| | | | | 1:38 | 5:28 | 0:48 | 10:34 | 3:01 | 4:37 | 0:57 | 2:00 | | | | | | | |
| 29 | | Raffaella Marin | 116:17 | 3:02 | 8:05 | 15:25 | 20:31 | 26:55 | 32:01 | 34:23 | 39:31 | 44:53 | 51:14 | 56:24 | 69:47 | 72:08 | 84:18 | |
| | | SLOW | | 3:02 | 5:03 | 7:20 | 5:06 | 6:24 | 5:06 | 2:22 | 5:08 | 5:22 | 6:21 | 5:10 | 13:23 | 2:21 | 12:10 | |
| | | | | 86:14 | 91:20 | 92:17 | 103:20 | 108:01 | 113:24 | 114:23 | 116:17 | | | | | | | |
| | | | | 1:56 | 5:06 | 0:57 | 11:03 | 4:41 | 5:23 | 0:59 | 1:54 | | | | | | | |
| 30 | | John Shea | 116:56 | 2:21 | 7:04 | 10:08 | 28:51 | 33:15 | 37:32 | 39:57 | 43:05 | 47:07 | 52:15 | 56:47 | 71:12 | 77:49 | 87:33 | |
| | | NGOC | | 2:21 | 4:43 | 3:04 | 18:43 | 4:24 | 4:17 | 2:25 | 3:08 | 4:02 | 5:08 | 4:32 | 14:25 | 6:37 | 9:44 | |
| | | | | 89:51 | 94:43 | 96:00 | 106:52 | 109:42 | 114:28 | 115:22 | 116:56 | | | | | | | |
| | | | | 2:18 | 4:52 | 1:17 | 10:52 | 2:50 | 4:46 | 0:54 | 1:34 | | | | | | | |
| 31 | | Richard Jackson | 125:38 | 2:31 | 5:35 | 8:24 | 12:11 | 16:45 | 19:49 | 24:27 | 29:09 | 33:49 | 39:49 | 44:01 | 75:52 | 81:02 | 94:30 | |
| | | NWO | | 2:31 | 3:04 | 2:49 | 3:47 | 4:34 | 3:04 | 4:38 | 4:42 | 4:40 | 6:00 | 4:12 | 31:51 | 5:10 | 13:28 | |
| | | | | 96:27 | 101:16 | 102:02 | 116:38 | 119:24 | 123:09 | 124:15 | 125:38 | | | | | | | |
| | | | | 1:57 | 4:49 | 0:46 | 14:36 | 2:46 | 3:45 | 1:06 | 1:23 | | | | | | | |
| | | Andy Hemsted | mp | 2:36 | 6:46 | 8:33 | 12:22 | 16:47 | 20:29 | 22:03 | 24:10 | 26:57 | 30:13 | 33:23 | 41:21 | 42:47 | 51:32 | |
| | | HOC | | 2:36 | 4:10 | 1:47 | 3:49 | 4:25 | 3:42 | 1:34 | 2:07 | 2:47 | 3:16 | 3:10 | 7:58 | 1:26 | 8:45 | |
| | | | | 52:31 | 55:51 | 56:23 | 63:57 | 65:41 | 68:38 | ---- | 71:02 | | | | | | | |
| | | | | 0:59 | 3:20 | 0:32 | 7:34 | 1:44 | 2:57 | ---- | 2:24 | | | | | | | |
| | | Andy Sykes | mp | 1:16 | 4:05 | 5:20 | 8:07 | 11:36 | 14:38 | 15:48 | 17:57 | 20:49 | 25:02 | 28:59 | 38:23 | 39:50 | 48:01 | |
| | | DVO | | 1:16 | 2:49 | 1:15 | 2:47 | 3:29 | 3:02 | 1:10 | 2:09 | 2:52 | 4:13 | 3:57 | 9:24 | 1:27 | 8:11 | |
| | | | | 49:12 | 53:14 | ---- | 61:36 | 63:59 | 67:37 | 68:41 | 69:56 | | | | | | | |
| | | | | 1:11 | 4:02 | ---- | 8:22 | 2:23 | 3:38 | 1:04 | 1:15 | | | | | | | |
| Brown (19) | | | | 9.8 km 385 m 26 C | | | | | | | | | | | | | | |
| | | | | 1(65) | 2(38) | 3(116) | 4(40) | 5(45) | 6(41) | 7(42) | 8(43) | 9(46) | 10(48) | 11(49) | 12(50) | 13(113) | 14(52) | |
| | | | | 15(53) | 16(109) | 17(55) | 18(56) | 19(57) | 20(58) | 21(59) | 22(60) | 23(120) | 24(62) | 25(63) | 26(64) | F | | |
| 1 | | Matthew Crane | 61:47 | 1:01 | 2:55 | 5:26 | 11:45 | 13:21 | 15:44 | 18:06 | 19:27 | 20:50 | 23:14 | 25:20 | 27:11 | 29:20 | 30:33 | |
| | | BOK | | 1:01 | 1:54 | 2:31 | 6:19 | 1:36 | 2:23 | 2:22 | 1:21 | 1:23 | 2:14 | 2:06 | 1:51 | 2:09 | 1:13 | |
| | | | | 31:21 | 33:14 | 35:48 | 38:27 | 42:02 | 44:51 | 45:33 | 51:14 | 51:41 | 52:56 | 58:50 | 60:58 | 61:47 | | |
| | | | | 0:48 | 1:53 | 2:34 | 2:39 | 3:35 | 2:49 | 0:42 | 5:41 | 0:27 | 1:15 | 5:54 | 2:08 | 0:49 | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|-----------------------|---------------|--------------------------|---------|--------|----------------|--------|--------|--------|--------|---------|--------|--------|--------|---------|--------|
| Brown (19) | | | | 9.8 km 385 m 26 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(65) | 2(38) | 3(116) | 4(40) | 5(45) | 6(41) | 7(42) | 8(43) | 9(46) | 10(48) | 11(49) | 12(50) | 13(113) | 14(52) |
| | | | | 15(53) | 16(109) | 17(55) | 18(56) | 19(57) | 20(58) | 21(59) | 22(60) | 23(120) | 24(62) | 25(63) | 26(64) | F | |
| | | Matthew Jones | mp | 1:14 | 3:22 | 6:25 | 12:16 | 14:39 | 17:34 | 22:15 | 23:36 | 25:17 | 28:43 | ---- | ---- | ---- | ---- |
| | | SBOC | | 1:14 | 2:08 | 3:03 | 5:51 | 2:23 | 2:55 | 4:41 | 1:21 | 1:41 | 3:26 | ---- | ---- | | |
| | | | | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | | |
| | | Alan Brown | mp | 3:57 | 8:01 | 12:47 | 22:42 | 26:58 | 32:02 | 35:50 | 38:27 | 42:28 | 49:56 | 55:27 | 60:18 | ---- | 69:46 |
| | | NGOC | | 3:57 | 4:04 | 4:46 | 9:55 | 4:16 | 5:04 | 3:48 | 2:37 | 4:01 | 7:28 | 5:31 | 4:51 | | 9:28 |
| | | | | 71:36 | 75:03 | 79:30 | 84:53 | 92:25 | 99:18 | 100:39 | 114:07 | 116:03 | 119:23 | 129:26 | 133:56 | 135:05 | |
| | | | | 1:50 | 3:27 | 4:27 | 5:23 | 7:32 | 6:53 | 1:21 | 13:28 | 1:56 | 3:20 | 10:03 | 4:30 | 1:09 | |
| | | | | 66:25 | | | | | | | | | | | | | |
| | | | | *37 | | | | | | | | | | | | | |
| | | Pete Maliphant | mp | 2:01 | 4:47 | 10:23 | 17:41 | 20:09 | 23:50 | 28:13 | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | | BOK | | 2:01 | 2:46 | 5:36 | 7:18 | 2:28 | 3:41 | 4:23 | ---- | ---- | ---- | ---- | ---- | | |
| | | | | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | | |
| nc | | Ian Peirce | 167:13 | 1:43 | 6:32 | 12:27 | 28:01 | 32:24 | 37:33 | 41:10 | 43:32 | 46:26 | 53:16 | 58:49 | 63:31 | 75:44 | 80:04 |
| | | SARUM | | 1:43 | 4:49 | 5:55 | 15:34 | 4:23 | 5:09 | 3:37 | 2:22 | 2:54 | 6:50 | 5:33 | 4:42 | 12:13 | 4:20 |
| | | | | 82:08 | 86:41 | 93:56 | 100:24 | 112:00 | 118:56 | 120:21 | 130:34 | 131:23 | 134:25 | 148:49 | 165:56 | 167:13 | |
| | | | | 2:04 | 4:33 | 7:15 | 6:28 | 11:36 | 6:56 | 1:25 | 10:13 | 0:49 | 3:02 | 14:24 | 17:07 | 1:17 | |