

| PI | Stno | Name | Time | | | | | | | | | | | | | | | | | | F |
|------------------|---------------------|-------|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|-------|-------|
| Blue (53) | | | 0.0 km 17 C | | | | | | | | | | | | | | | | | | |
| | | | 1(54) | 2(59) | 3(51) | 4(61) | 5(53) | 6(62) | 7(63) | 8(64) | 9(41) | 10(47) | 11(48) | 12(42) | 13(43) | 14(44) | 15(65) | 16(60) | 17(70) | | |
| 1 | Andrew Monro | 43:59 | 1:28 | 2:31 | 4:36 | 10:00 | 13:45 | 15:32 | 19:29 | 22:12 | 25:53 | 27:27 | 29:09 | 30:02 | 31:56 | 35:47 | 39:55 | 40:58 | 42:14 | 43:59 | |
| | HOC | | 1:28 | 1:03 | 2:05 | 5:24 | 3:45 | 1:47 | 3:57 | 2:43 | 3:41 | 1:34 | 1:42 | 0:53 | 1:54 | 3:51 | 4:08 | 1:03 | 1:16 | 1:45 | |
| 2 | David Nevell | 46:02 | 1:53 | 3:27 | 5:36 | 10:53 | 14:26 | 16:14 | 20:12 | 22:58 | 26:16 | 27:56 | 29:36 | 30:41 | 33:16 | 36:56 | 41:16 | 42:13 | 43:51 | 46:02 | |
| | HOC | | 1:53 | 1:34 | 2:09 | 5:17 | 3:33 | 1:48 | 3:58 | 2:46 | 3:18 | 1:40 | 1:40 | 1:05 | 2:35 | 3:40 | 4:20 | 0:57 | 1:38 | 2:11 | |
| 3 | Anders Storbraten | 47:21 | 2:15 | 3:10 | 5:24 | 10:37 | 14:21 | 16:12 | 20:25 | 23:27 | 27:38 | 29:16 | 30:40 | 31:50 | 33:50 | 37:58 | 42:43 | 43:40 | 45:05 | 47:21 | |
| | IFK | | 2:15 | 0:55 | 2:14 | 5:13 | 3:44 | 1:51 | 4:13 | 3:02 | 4:11 | 1:38 | 1:24 | 1:10 | 2:00 | 4:08 | 4:45 | 0:57 | 1:25 | 2:16 | |
| 4 | Patrick Wooddisse | 47:53 | 1:54 | 2:50 | 4:58 | 10:14 | 13:36 | 15:16 | 19:06 | 21:58 | 25:57 | 27:40 | 31:46 | 33:08 | 35:05 | 39:30 | 43:42 | 44:38 | 45:54 | 47:53 | |
| | NGOC | | 1:54 | 0:56 | 2:08 | 5:16 | 3:22 | 1:40 | 3:50 | 2:52 | 3:59 | 1:43 | 4:06 | 1:22 | 1:57 | 4:25 | 4:12 | 0:56 | 1:16 | 1:59 | |
| 5 | Peter Ward | 49:16 | 2:01 | 5:41 | 7:55 | 13:10 | 16:26 | 18:02 | 22:21 | 25:07 | 28:43 | 30:16 | 31:57 | 34:12 | 37:07 | 40:59 | 45:12 | 46:09 | 47:24 | 49:16 | |
| | NGOC | | 2:01 | 3:40 | 2:14 | 5:15 | 3:16 | 1:36 | 4:19 | 2:46 | 3:36 | 1:33 | 1:41 | 2:15 | 2:55 | 3:52 | 4:13 | 0:57 | 1:15 | 1:52 | |
| 6 | Chris Palmer | 51:25 | 2:18 | 4:21 | 6:43 | 12:23 | 16:03 | 18:26 | 23:39 | 26:38 | 30:28 | 32:03 | 33:31 | 35:36 | 38:10 | 41:55 | 46:33 | 47:34 | 49:08 | 51:25 | |
| | IND | | 2:18 | 2:03 | 2:22 | 5:40 | 3:40 | 2:23 | 5:13 | 2:59 | 3:50 | 1:35 | 1:28 | 2:05 | 2:34 | 3:45 | 4:38 | 1:01 | 1:34 | 2:17 | |
| 7 | Andrew Stimson | 52:59 | 2:53 | 4:09 | 6:58 | 13:23 | 17:29 | 20:02 | 24:48 | 28:09 | 32:12 | 33:45 | 35:28 | 36:43 | 38:42 | 43:09 | 48:09 | 49:22 | 50:55 | 52:59 | |
| | MDOC | | 2:53 | 1:16 | 2:49 | 6:25 | 4:06 | 2:33 | 4:46 | 3:21 | 4:03 | 1:33 | 1:43 | 1:15 | 1:59 | 4:27 | 5:00 | 1:13 | 1:33 | 2:04 | |
| 8 | Jamie MacKenzie | 55:18 | 1:55 | 2:56 | 5:28 | 12:05 | 16:28 | 18:42 | 23:26 | 27:28 | 32:16 | 34:17 | 35:54 | 37:03 | 39:37 | 44:26 | 49:32 | 51:07 | 52:46 | 55:18 | |
| | HOC | | 1:55 | 1:01 | 2:32 | 6:37 | 4:23 | 2:14 | 4:44 | 4:02 | 4:48 | 2:01 | 1:37 | 1:09 | 2:34 | 4:49 | 5:06 | 1:35 | 1:39 | 2:32 | |
| 9 | Michael Reynolds | 56:21 | 2:47 | 4:00 | 6:53 | 13:41 | 17:53 | 20:28 | 25:39 | 29:08 | 33:46 | 35:27 | 37:16 | 39:12 | 41:40 | 46:13 | 51:21 | 52:23 | 53:46 | 56:21 | |
| | NWO | | 2:47 | 1:13 | 2:53 | 6:48 | 4:12 | 2:35 | 5:11 | 3:29 | 4:38 | 1:41 | 1:49 | 1:56 | 2:28 | 4:33 | 5:08 | 1:02 | 1:23 | 2:35 | |
| 10 | Christopher Harrisc | 56:28 | 2:07 | 4:10 | 6:27 | 12:25 | 17:09 | 20:23 | 25:40 | 30:18 | 34:20 | 37:04 | 38:32 | 39:47 | 42:39 | 46:51 | 51:27 | 52:35 | 54:14 | 56:28 | 15:47 |
| | NGOC | | 2:07 | 2:03 | 2:17 | 5:58 | 4:44 | 3:14 | 5:17 | 4:38 | 4:02 | 2:44 | 1:28 | 1:15 | 2:52 | 4:12 | 4:36 | 1:08 | 1:39 | 2:14 | *57 |
| 11 | Neil Cameron | 56:35 | 2:18 | 3:21 | 6:11 | 12:29 | 16:33 | 18:58 | 24:59 | 28:36 | 33:05 | 35:01 | 36:37 | 37:57 | 40:31 | 45:07 | 51:15 | 52:28 | 54:04 | 56:35 | |
| | NGOC | | 2:18 | 1:03 | 2:50 | 6:18 | 4:04 | 2:25 | 6:01 | 3:37 | 4:29 | 1:56 | 1:36 | 1:20 | 2:34 | 4:36 | 6:08 | 1:13 | 1:36 | 2:31 | |
| 12 | Alan Segar | 57:31 | 2:06 | 3:24 | 5:38 | 12:48 | 16:40 | 21:40 | 27:11 | 31:06 | 34:58 | 37:54 | 39:53 | 41:33 | 44:09 | 48:21 | 53:09 | 54:13 | 55:43 | 57:31 | |
| | OD | | 2:06 | 1:18 | 2:14 | 7:10 | 3:52 | 5:00 | 5:31 | 3:55 | 3:52 | 2:56 | 1:59 | 1:40 | 2:36 | 4:12 | 4:48 | 1:04 | 1:30 | 1:48 | |
| 13 | Doug Stimson | 57:54 | 3:09 | 4:20 | 6:58 | 13:18 | 17:05 | 20:32 | 28:55 | 33:12 | 36:53 | 38:25 | 40:33 | 41:37 | 44:07 | 48:17 | 52:30 | 54:23 | 55:40 | 57:54 | |
| | NWO | | 3:09 | 1:11 | 2:38 | 6:20 | 3:47 | 3:27 | 8:23 | 4:17 | 3:41 | 1:32 | 2:08 | 1:04 | 2:30 | 4:10 | 4:13 | 1:53 | 1:17 | 2:14 | |
| 14 | John Sreeves | 57:59 | 3:02 | 4:15 | 7:20 | 14:12 | 18:14 | 22:16 | 27:43 | 30:43 | 35:48 | 37:26 | 39:49 | 41:07 | 44:14 | 48:11 | 52:47 | 53:55 | 55:47 | 57:59 | |
| | NWO | | 3:02 | 1:13 | 3:05 | 6:52 | 4:02 | 4:02 | 5:27 | 3:00 | 5:05 | 1:38 | 2:23 | 1:18 | 3:07 | 3:57 | 4:36 | 1:08 | 1:52 | 2:12 | |
| 15 | John Embrey | 58:18 | 1:41 | 2:49 | 5:05 | 10:29 | 14:07 | 16:07 | 20:19 | 23:57 | 28:25 | 30:05 | 31:37 | 32:40 | 34:52 | 47:29 | 53:01 | 54:16 | 55:50 | 58:18 | |
| | HOC | | 1:41 | 1:08 | 2:16 | 5:24 | 3:38 | 2:00 | 4:12 | 3:38 | 4:28 | 1:40 | 1:32 | 1:03 | 2:12 | 12:37 | 5:32 | 1:15 | 1:34 | 2:28 | |
| 16 | Steve Green | 58:42 | 2:26 | 3:36 | 6:07 | 12:23 | 16:23 | 19:18 | 24:14 | 27:51 | 32:14 | 34:10 | 36:23 | 37:46 | 40:29 | 45:51 | 51:50 | 53:28 | 55:12 | 58:42 | |
| | NGOC | | 2:26 | 1:10 | 2:31 | 6:16 | 4:00 | 2:55 | 4:56 | 3:37 | 4:23 | 1:56 | 2:13 | 1:23 | 2:43 | 5:22 | 5:59 | 1:38 | 1:44 | 3:30 | |
| 17 | Darren Baker | 58:43 | 2:28 | 3:32 | 6:14 | 12:38 | 17:16 | 19:40 | 25:45 | 30:25 | 35:03 | 37:17 | 38:53 | 40:31 | 43:24 | 48:02 | 53:40 | 54:52 | 56:21 | 58:43 | |
| | DEE | | 2:28 | 1:04 | 2:42 | 6:24 | 4:38 | 2:24 | 6:05 | 4:40 | 4:38 | 2:14 | 1:36 | 1:38 | 2:53 | 4:38 | 5:38 | 1:12 | 1:29 | 2:22 | |
| 18 | Joanna Foster | 60:33 | 1:59 | 3:14 | 6:05 | 12:48 | 17:08 | 19:44 | 24:59 | 28:26 | 33:04 | 34:48 | 36:46 | 38:16 | 41:05 | 46:54 | 53:21 | 54:36 | 57:02 | 60:33 | |
| | BOK | | 1:59 | 1:15 | 2:51 | 6:43 | 4:20 | 2:36 | 5:15 | 3:27 | 4:38 | 1:44 | 1:58 | 1:30 | 2:49 | 5:49 | 6:27 | 1:15 | 2:26 | 3:31 | |
| 19 | Valter Sohler | 61:08 | 2:47 | 3:55 | 6:43 | 13:23 | 17:39 | 19:46 | 24:59 | 30:07 | 35:03 | 37:07 | 38:40 | 40:04 | 42:36 | 48:28 | 54:41 | 56:05 | 58:03 | 61:08 | |
| | RBK | | 2:47 | 1:08 | 2:48 | 6:40 | 4:16 | 2:07 | 5:13 | 5:08 | 4:56 | 2:04 | 1:33 | 1:24 | 2:32 | 5:52 | 6:13 | 1:24 | 1:58 | 3:05 | |
| 20 | Paul Basher | 61:23 | 2:20 | 3:23 | 6:11 | 12:43 | 16:54 | 19:13 | 25:27 | 29:26 | 34:00 | 35:43 | 39:17 | 40:33 | 45:56 | 50:38 | 55:57 | 57:08 | 58:35 | 61:23 | |
| | HOC | | 2:20 | 1:03 | 2:48 | 6:32 | 4:11 | 2:19 | 6:14 | 3:59 | 4:34 | 1:43 | 3:34 | 1:16 | 5:23 | 4:42 | 5:19 | 1:11 | 1:27 | 2:48 | |
| 21 | Chris McCartney | 62:10 | 2:00 | 3:32 | 5:57 | 11:34 | 15:14 | 18:22 | 25:46 | 29:14 | 33:36 | 35:01 | 39:02 | 40:45 | 43:22 | 52:07 | 56:53 | 57:57 | 59:57 | 62:10 | |
| | OD | | 2:00 | 1:32 | 2:25 | 5:37 | 3:40 | 3:08 | 7:24 | 3:28 | 4:22 | 1:25 | 4:01 | 1:43 | 2:37 | 8:45 | 4:46 | 1:04 | 2:00 | 2:13 | |
| 22 | David Palmer | 62:28 | 2:45 | 4:17 | 7:27 | 14:39 | 19:57 | 22:30 | 27:57 | 32:00 | 37:02 | 39:11 | 41:00 | 42:49 | 45:59 | 51:12 | 56:56 | 58:13 | 59:48 | 62:28 | |
| | BOK | | 2:45 | 1:32 | 3:10 | 7:12 | 5:18 | 2:33 | 5:27 | 4:03 | 5:02 | 2:09 | 1:49 | 1:49 | 3:10 | 5:13 | 5:44 | 1:17 | 1:35 | 2:40 | |
| 23 | Peter Foster | 62:48 | 2:25 | 4:00 | 6:28 | 13:07 | 17:19 | 20:09 | 26:33 | 30:59 | 35:35 | 37:57 | 39:54 | 43:09 | 46:11 | 51:15 | 56:57 | 58:17 | 60:03 | 62:48 | |
| | BOK | | 2:25 | 1:35 | 2:28 | 6:39 | 4:12 | 2:50 | 6:24 | 4:26 | 4:36 | 2:22 | 1:57 | 3:15 | 3:02 | 5:04 | 5:42 | 1:20 | 1:46 | 2:45 | |
| 24 | Robert Farrington | 64:37 | 2:01 | 3:41 | 6:34 | 13:55 | 18:37 | 20:57 | 25:50 | 30:24 | 35:36 | 37:41 | 39:26 | 40:38 | 44:52 | 51:00 | 57:44 | 59:16 | 61:16 | 64:37 | |
| | HOC | | 2:01 | 1:40 | 2:53 | 7:21 | 4:42 | 2:20 | 4:53 | 4:34 | 5:12 | 2:05 | 1:45 | 1:12 | 4:14 | 6:08 | 6:44 | 1:32 | 2:00 | 3:21 | |
| 25 | Duncan Innes | 65:26 | 2:39 | 6:51 | 9:40 | 16:40 | 21:51 | 24:22 | 29:50 | 33:44 | 39:18 | 41:48 | 43:32 | 44:49 | 48:50 | 53:57 | 59:41 | 61:14 | 62:49 | 65:26 | |
| | BOK | | 2:39 | 4:12 | 2:49 | 7:00 | 5:11 | 2:31 | 5:28 | 3:54 | 5:34 | 2:30 | 1:44 | 1:17 | 4:01 | 5:07 | 5:44 | 1:33 | 1:35 | 2:37 | |
| 26 | Caroline Craig | 65:29 | 2:10 | 4:13 | 6:50 | 21:38 | 25:53 | 27:57 | 32:16 | 35:58 | 40:46 | 42:30 | 44:50 | 45:59 | 49:32 | 54:23 | 59:47 | 61:03 | 62:47 | 65:29 | |
| | NGOC | | 2:10 | 2:03 | 2:37 | 14:48 | 4:15 | 2:04 | 4:19 | 3:42 | 4:48 | 1:44 | 2:20 | 1:09 | 3:33 | 4:51 | 5:24 | 1:16 | 1:44 | 2:42 | |
| 27 | Jenny Selley | 66:09 | 2:58 | 4:22 | 7:52 | 15:18 | 19:43 | 22:41 | 28:32 | 33:21 | 38:00 | 40:15 | 42:25 | 45:47 | 48:31 | 53:51 | 59:46 | 61:16 | 63:13 | 66:09 | |
| | BOK | | 2:58 | 1:24 | 3:30 | | | | | | | | | | | | | | | | |

| PI | Stno | Name | Time | | | | | | | | | | | | | | | | | F | | |
|------------------|-----------------|--------|--------------------|-------|----------------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--|
| <i>Blue (53)</i> | | | <i>0.0 km 17 C</i> | | <i>(cont.)</i> | | | | | | | | | | | | | | | | | |
| | | | 1(54) | 2(59) | 3(51) | 4(61) | 5(53) | 6(62) | 7(63) | 8(64) | 9(41) | 10(47) | 11(48) | 12(42) | 13(43) | 14(44) | 15(65) | 16(60) | 17(70) | F | | |
| 28 | John Leeson | 67:08 | 2:27 | 4:32 | 7:00 | 13:31 | 17:58 | 20:49 | 26:12 | 30:25 | 35:14 | 39:20 | 42:14 | 46:03 | 49:51 | 55:37 | 61:57 | 63:07 | 64:48 | 67:08 | | |
| | HOC | | 2:27 | 2:05 | 2:28 | 6:31 | 4:27 | 2:51 | 5:23 | 4:13 | 4:49 | 4:06 | 2:54 | 3:49 | 3:48 | 5:46 | 6:20 | 1:10 | 1:41 | 2:20 | | |
| 29 | Kelvin Davies | 67:41 | 2:30 | 3:51 | 7:05 | 14:51 | 20:30 | 22:59 | 29:35 | 34:03 | 39:08 | 41:39 | 43:46 | 45:09 | 48:15 | 55:11 | 61:35 | 63:05 | 64:44 | 67:41 | | |
| | BOK | | 2:30 | 1:21 | 3:14 | 7:46 | 5:39 | 2:29 | 6:36 | 4:28 | 5:05 | 2:31 | 2:07 | 1:23 | 3:06 | 6:56 | 6:24 | 1:30 | 1:39 | 2:57 | | |
| 30 | Andrew Craig | 68:40 | 2:33 | 4:31 | 7:31 | 13:55 | 19:01 | 22:38 | 29:28 | 35:41 | 40:38 | 43:07 | 45:28 | 46:56 | 50:50 | 56:40 | 62:39 | 64:11 | 66:15 | 68:40 | | |
| | NGOC | | 2:33 | 1:58 | 3:00 | 6:24 | 5:06 | 3:37 | 6:50 | 6:13 | 4:57 | 2:29 | 2:21 | 1:28 | 3:54 | 5:50 | 5:59 | 1:32 | 2:04 | 2:25 | | |
| 31 | Mark Payne | 69:01 | 3:42 | 6:14 | 8:45 | 15:26 | 19:22 | 22:48 | 30:11 | 34:08 | 38:23 | 40:27 | 43:07 | 45:43 | 49:49 | 54:39 | 61:38 | 63:07 | 66:26 | 69:01 | | |
| | NGOC | | 3:42 | 2:32 | 2:31 | 6:41 | 3:56 | 3:26 | 7:23 | 3:57 | 4:15 | 2:04 | 2:40 | 2:36 | 4:06 | 4:50 | 6:59 | 1:29 | 3:19 | 2:35 | | |
| 32 | Richard Cronin | 70:29 | 2:55 | 4:22 | 7:33 | 15:19 | 21:20 | 25:58 | 31:42 | 37:16 | 43:25 | 45:41 | 50:05 | 51:37 | 54:40 | 60:03 | 65:23 | 66:34 | 68:11 | 70:29 | | |
| | BOK | | 2:55 | 1:27 | 3:11 | 7:46 | 6:01 | 4:38 | 5:44 | 5:34 | 6:09 | 2:16 | 4:24 | 1:32 | 3:03 | 5:23 | 5:20 | 1:11 | 1:37 | 2:18 | | |
| 33 | Kevin Bush | 71:31 | 3:51 | 5:07 | 8:38 | 16:47 | 22:11 | 25:30 | 31:06 | 35:02 | 40:11 | 42:40 | 46:11 | 48:46 | 52:12 | 57:24 | 64:19 | 66:20 | 68:28 | 71:31 | | |
| | SWOC | | 3:51 | 1:16 | 3:31 | 8:09 | 5:24 | 3:19 | 5:36 | 3:56 | 5:09 | 2:29 | 3:31 | 2:35 | 3:26 | 5:12 | 6:55 | 2:01 | 2:08 | 3:03 | | |
| 34 | Howard Thomas | 73:03 | 2:48 | 4:28 | 7:47 | 16:01 | 21:28 | 24:36 | 30:42 | 35:33 | 40:40 | 42:49 | 45:42 | 50:24 | 53:26 | 60:11 | 66:32 | 67:58 | 69:40 | 73:03 | | |
| | BOK | | 2:48 | 1:40 | 3:19 | 8:14 | 5:27 | 3:08 | 6:06 | 4:51 | 5:07 | 2:09 | 2:53 | 4:42 | 3:02 | 6:45 | 6:21 | 1:26 | 1:42 | 3:23 | | |
| 35 | Gavin O'Connell | 74:39 | 3:22 | 5:25 | 8:31 | 16:15 | 21:48 | 27:17 | 33:58 | 37:55 | 43:32 | 46:03 | 48:22 | 52:01 | 56:25 | 61:59 | 68:08 | 69:50 | 71:43 | 74:39 | | |
| | IND | | 3:22 | 2:03 | 3:06 | 7:44 | 5:33 | 5:29 | 6:41 | 3:57 | 5:37 | 2:31 | 2:19 | 3:39 | 4:24 | 5:34 | 6:09 | 1:42 | 1:53 | 2:56 | | |
| 36 | Peter Colbert | 77:57 | 5:49 | 8:33 | 11:44 | 20:27 | 26:14 | 29:17 | 35:39 | 40:19 | 46:30 | 49:11 | 51:37 | 54:11 | 57:28 | 64:23 | 71:10 | 72:54 | 75:04 | 77:57 | | |
| | SWOC | | 5:49 | 2:44 | 3:11 | 8:43 | 5:47 | 3:03 | 6:22 | 4:40 | 6:11 | 2:41 | 2:26 | 2:34 | 3:17 | 6:55 | 6:47 | 1:44 | 2:10 | 2:53 | | |
| 37 | Elaine Sutton | 82:06 | 4:13 | 5:51 | 9:32 | 18:22 | 24:04 | 28:17 | 36:24 | 41:04 | 46:35 | 48:55 | 50:53 | 55:56 | 61:43 | 67:50 | 74:53 | 76:31 | 78:47 | 82:06 | | |
| | DEE | | 4:13 | 1:38 | 3:41 | 8:50 | 5:42 | 4:13 | 8:07 | 4:40 | 5:31 | 2:20 | 1:58 | 5:03 | 5:47 | 6:07 | 7:03 | 1:38 | 2:16 | 3:19 | | |
| 38 | James Head | 82:36 | 3:08 | 4:33 | 8:46 | 18:22 | 24:44 | 29:49 | 37:27 | 43:19 | 49:59 | 52:53 | 55:31 | 57:10 | 61:10 | 67:41 | 75:05 | 77:16 | 79:30 | 82:36 | | |
| | NWO | | 3:08 | 1:25 | 4:13 | 9:36 | 6:22 | 5:05 | 7:38 | 5:52 | 6:40 | 2:54 | 2:38 | 1:39 | 4:00 | 6:31 | 7:24 | 2:11 | 2:14 | 3:06 | | |
| 39 | Roger Coe | 83:06 | 2:49 | 4:33 | 8:22 | 17:44 | 25:22 | 28:45 | 34:52 | 39:41 | 45:26 | 48:09 | 52:02 | 53:44 | 56:56 | 67:54 | 75:40 | 77:19 | 79:18 | 83:06 | | |
| | NGOC | | 2:49 | 1:44 | 3:49 | 9:22 | 7:38 | 3:23 | 6:07 | 4:49 | 5:45 | 2:43 | 3:53 | 1:42 | 3:12 | 10:58 | 7:46 | 1:39 | 1:59 | 3:48 | | |
| 40 | Roger Edwards | 83:41 | 4:10 | 5:59 | 9:39 | 18:10 | 23:51 | 29:08 | 37:01 | 41:54 | 48:21 | 50:52 | 53:09 | 55:33 | 59:48 | 65:19 | 72:30 | 74:28 | 80:49 | 83:41 | 78:17 | |
| | NGOC | | 4:10 | 1:49 | 3:40 | 8:31 | 5:41 | 5:17 | 7:53 | 4:53 | 6:27 | 2:31 | 2:17 | 2:24 | 4:15 | 5:31 | 7:11 | 1:58 | 6:21 | 2:52 | *46 | |
| 41 | Gwen Tanner | 84:09 | 3:24 | 6:42 | 10:29 | 20:30 | 26:31 | 29:52 | 38:55 | 43:31 | 49:43 | 52:17 | 55:42 | 59:32 | 63:31 | 69:34 | 76:39 | 78:18 | 80:29 | 84:09 | | |
| | BOK | | 3:24 | 3:18 | 3:47 | 10:01 | 6:01 | 3:21 | 9:03 | 4:36 | 6:12 | 2:34 | 3:25 | 3:50 | 3:59 | 6:03 | 7:05 | 1:39 | 2:11 | 3:40 | | |
| 42 | Andy Pedder | 84:24 | 2:44 | 4:19 | 9:00 | 20:00 | 26:21 | 29:02 | 35:09 | 41:06 | 47:12 | 50:01 | 56:12 | 58:00 | 63:52 | 70:43 | 77:30 | 79:11 | 81:29 | 84:24 | | |
| | NGOC | | 2:44 | 1:35 | 4:41 | 11:00 | 6:21 | 2:41 | 6:07 | 5:57 | 6:06 | 2:49 | 6:11 | 1:48 | 5:52 | 6:51 | 6:47 | 1:41 | 2:18 | 2:55 | | |
| 43 | Mike Forrest | 85:02 | 3:08 | 4:33 | 8:29 | 17:57 | 24:27 | 27:38 | 33:03 | 38:57 | 45:37 | 48:19 | 51:03 | 52:53 | 59:43 | 67:42 | 76:19 | 78:09 | 80:57 | 85:02 | | |
| | BOK | | 3:08 | 1:25 | 3:56 | 9:28 | 6:30 | 3:11 | 5:25 | 5:54 | 6:40 | 2:42 | 2:44 | 1:50 | 6:50 | 7:59 | 8:37 | 1:50 | 2:48 | 4:05 | | |
| 44 | Kevin Ryder | 85:18 | 4:08 | 5:41 | 9:43 | 18:28 | 23:43 | 28:17 | 35:07 | 39:45 | 46:03 | 51:32 | 54:07 | 56:16 | 62:12 | 69:35 | 76:53 | 78:49 | 81:53 | 85:18 | | |
| | NWO | | 4:08 | 1:33 | 4:02 | 8:45 | 5:15 | 4:34 | 6:50 | 4:38 | 6:18 | 5:29 | 2:35 | 2:09 | 5:56 | 7:23 | 7:18 | 1:56 | 3:04 | 3:25 | | |
| 45 | John Shea | 92:53 | 12:41 | 22:39 | 25:31 | 36:03 | 40:42 | 43:41 | 49:22 | 53:54 | 60:00 | 62:23 | 70:49 | 72:23 | 75:19 | 80:28 | 86:13 | 87:31 | 90:03 | 92:53 | | |
| | NGOC | | 12:41 | 9:58 | 2:52 | 10:32 | 4:39 | 2:59 | 5:41 | 4:32 | 6:06 | 2:23 | 8:26 | 1:34 | 2:56 | 5:09 | 5:45 | 1:18 | 2:32 | 2:50 | | |
| 46 | Victoria Harvey | 95:16 | 3:17 | 5:16 | 9:06 | 19:32 | 25:50 | 30:14 | 39:27 | 45:49 | 53:07 | 56:11 | 59:04 | 61:08 | 65:43 | 75:44 | 85:24 | 87:31 | 90:23 | 95:16 | | |
| | NGOC | | 3:17 | 1:59 | 3:50 | 10:26 | 6:18 | 4:24 | 9:13 | 6:22 | 7:18 | 3:04 | 2:53 | 2:04 | 4:35 | 10:01 | 9:40 | 2:07 | 2:52 | 4:53 | | |
| 47 | Jane Bush | 98:14 | 7:50 | 9:06 | 12:53 | 21:17 | 27:00 | 30:28 | 43:52 | 49:16 | 55:58 | 59:11 | 63:02 | 64:48 | 75:33 | 82:56 | 90:23 | 92:28 | 94:26 | 98:14 | | |
| | SWOC | | 7:50 | 1:16 | 3:47 | 8:24 | 5:43 | 3:28 | 13:24 | 5:24 | 6:42 | 3:13 | 3:51 | 1:46 | 10:45 | 7:23 | 7:27 | 2:05 | 1:58 | 3:48 | | |
| 48 | Gary Wakerley | 115:20 | 4:39 | 6:31 | 10:44 | 21:49 | 30:54 | 35:08 | 45:15 | 52:12 | 60:37 | 63:54 | 66:40 | 71:59 | 84:15 | 93:30 | 104:19 | 106:34 | 110:18 | 115:20 | 76:51 | |
| | NGOC | | 4:39 | 1:52 | 4:13 | 11:05 | 9:05 | 4:14 | 10:07 | 6:57 | 8:25 | 3:17 | 2:46 | 5:19 | 12:16 | 9:15 | 10:49 | 2:15 | 3:44 | 5:02 | *48 | |
| | Mark Blackstone | mp | 3:30 | 5:19 | 9:32 | 19:17 | 26:08 | 29:19 | 37:18 | 44:33 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | BOK | | 3:30 | 1:49 | 4:13 | 9:45 | 6:51 | 3:11 | 7:59 | 7:15 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | Paul Taunton | mp | 3:36 | 5:14 | 9:48 | 21:04 | 28:44 | 32:56 | 43:41 | 50:50 | 59:56 | 63:09 | 69:40 | 71:59 | 76:41 | 86:19 | ----- | ----- | ----- | ----- | | |
| | NGOC | | 3:36 | 1:38 | 4:34 | 11:16 | 7:40 | 4:12 | 10:45 | 7:09 | 9:06 | 3:13 | 6:31 | 2:19 | 4:42 | 9:38 | ----- | ----- | ----- | ----- | | |
| | Daniel Hartmann | mp | 1:44 | 2:49 | 4:59 | 12:19 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | HOC | | 1:44 | 1:05 | 2:10 | 7:20 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | Philip Parkes | mp | 2:50 | 3:57 | 6:47 | 17:41 | ----- | 32:56 | 45:39 | 49:18 | 53:17 | 55:33 | 62:19 | 63:28 | 67:20 | 72:17 | 78:32 | 80:02 | 82:07 | 84:40 | 22:24 | |
| | IND | | 2:50 | 1:07 | 2:50 | 10:54 | ----- | 15:15 | 12:43 | 3:39 | 3:59 | 2:16 | 6:46 | 1:09 | 3:52 | 4:57 | 6:15 | 1:30 | 2:05 | 2:33 | *57 | |
| | Simon Denman | mp | 2:47 | 3:50 | 6:11 | 12:16 | 20:49 | 23:47 | 29:21 | 33:11 | 37:20 | 39:14 | 41:15 | 42:33 | 46:25 | 51:09 | 57:13 | ----- | 59:44 | 62:30 | | |
| | NGOC | | 2:47 | 1:03 | 2:21 | 6:05 | 8:33 | 2:58 | 5:34 | 3:50 | 4:09 | 1:54 | 2:01 | 1:18 | 3:52 | 4:44 | 6:04 | ----- | 2:31 | 2:46 | | |

| Pl | Stno | Name | Time | 0.0 km 14 C | | | | | | | | | | | | | | |
|------------|------|-------------------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|-------|
| | | | | 1(49) | 2(33) | 3(50) | 4(51) | 5(31) | 6(52) | 7(66) | 8(55) | 9(56) | 10(57) | 11(53) | 12(58) | 13(45) | 14(46) | F |
| Green (41) | | | | | | | | | | | | | | | | | | |
| 1 | | Steven Harris | 39:11 | 1:02 | 2:15 | 5:07 | 7:28 | 13:04 | 15:26 | 16:39 | 21:38 | 25:39 | 28:00 | 29:16 | 33:28 | 35:21 | 36:51 | 39:11 |
| | | NGOC | | 1:02 | 1:13 | 2:52 | 2:21 | 5:36 | 2:22 | 1:13 | 4:59 | 4:01 | 2:21 | 1:16 | 4:12 | 1:53 | 1:30 | 2:20 |
| 2 | | Dudley Budden | 40:42 | 1:56 | 4:01 | 7:00 | 9:58 | 14:25 | 17:40 | 19:12 | 22:17 | 28:12 | 30:54 | 32:33 | 35:31 | 37:07 | 38:49 | 40:42 |
| | | BOK | | 1:56 | 2:05 | 2:59 | 2:58 | 4:27 | 3:15 | 1:32 | 3:05 | 5:55 | 2:42 | 1:39 | 2:58 | 1:36 | 1:42 | 1:53 |
| 3 | | Stephen Bramwell | 42:41 | 1:53 | 3:48 | 5:57 | 8:57 | 13:40 | 16:42 | 18:20 | 21:52 | 26:51 | 30:05 | 32:09 | 34:58 | 37:14 | 40:34 | 42:41 |
| | | HOC | | 1:53 | 1:55 | 2:09 | 3:00 | 4:43 | 3:02 | 1:38 | 3:32 | 4:59 | 3:14 | 2:04 | 2:49 | 2:16 | 3:20 | 2:07 |
| 4 | | Will Day | 42:46 | 1:28 | 3:00 | 5:35 | 8:28 | 13:48 | 17:18 | 18:47 | 23:57 | 28:41 | 30:57 | 32:41 | 35:34 | 38:32 | 40:35 | 42:46 |
| | | IND | | 1:28 | 1:32 | 2:35 | 2:53 | 5:20 | 3:30 | 1:29 | 5:10 | 4:44 | 2:16 | 1:44 | 2:53 | 2:58 | 2:03 | 2:11 |
| 5 | | Paul Hammond | 45:58 | 1:32 | 4:25 | 8:10 | 11:20 | 16:54 | 20:38 | 23:03 | 27:04 | 32:19 | 34:59 | 36:51 | 39:46 | 42:06 | 43:46 | 45:58 |
| | | HOC | | 1:32 | 2:53 | 3:45 | 3:10 | 5:34 | 3:44 | 2:25 | 4:01 | 5:15 | 2:40 | 1:52 | 2:55 | 2:20 | 1:40 | 2:12 |
| 6 | | Lynden Hartmann | 47:09 | 2:34 | 4:31 | 7:42 | 10:57 | 16:22 | 20:28 | 22:05 | 25:47 | 31:39 | 34:45 | 36:54 | 40:36 | 42:35 | 44:28 | 47:09 |
| | | HOC | | 2:34 | 1:57 | 3:11 | 3:15 | 5:25 | 4:06 | 1:37 | 3:42 | 5:52 | 3:06 | 2:09 | 3:42 | 1:59 | 1:53 | 2:41 |
| 7 | | Tony Noott | 48:09 | 1:38 | 3:50 | 6:15 | 9:56 | 16:03 | 20:07 | 22:05 | 26:20 | 32:30 | 35:24 | 37:28 | 41:14 | 43:42 | 45:39 | 48:09 |
| | | BOK | | 1:38 | 2:12 | 2:25 | 3:41 | 6:07 | 4:04 | 1:58 | 4:15 | 6:10 | 2:54 | 2:04 | 3:46 | 2:28 | 1:57 | 2:30 |
| 8 | | Robert Teed | 48:16 | 1:46 | 4:02 | 6:45 | 10:17 | 16:12 | 20:32 | 23:12 | 27:20 | 32:59 | 35:55 | 37:53 | 41:22 | 43:37 | 45:56 | 48:16 |
| | | NGOC | | 1:46 | 2:16 | 2:43 | 3:32 | 5:55 | 4:20 | 2:40 | 4:08 | 5:39 | 2:56 | 1:58 | 3:29 | 2:15 | 2:19 | 2:20 |
| 9 | | Mark Quilliam | 48:55 | 3:04 | 6:26 | 10:22 | 13:38 | 19:53 | 23:16 | 25:06 | 29:27 | 33:48 | 37:11 | 39:05 | 42:43 | 44:53 | 46:38 | 48:55 |
| | | IND | | 3:04 | 3:22 | 3:56 | 3:16 | 6:15 | 3:23 | 1:50 | 4:21 | 4:21 | 3:23 | 1:54 | 3:38 | 2:10 | 1:45 | 2:17 |
| 10 | | Ken Stimson | 50:01 | 4:15 | 8:06 | 13:16 | 16:24 | 21:16 | 24:50 | 27:04 | 30:36 | 35:52 | 38:38 | 40:31 | 43:45 | 45:49 | 47:39 | 50:01 |
| | | NWO | | 4:15 | 3:51 | 5:10 | 3:08 | 4:52 | 3:34 | 2:14 | 3:32 | 5:16 | 2:46 | 1:53 | 3:14 | 2:04 | 1:50 | 2:22 |
| 11 | | Mike Farrington | 50:15 | 1:23 | 3:13 | 7:43 | 11:13 | 16:51 | 21:00 | 22:26 | 26:08 | 34:28 | 37:48 | 40:16 | 43:52 | 46:09 | 47:58 | 50:15 |
| | | HOC | | 1:23 | 1:50 | 4:30 | 3:30 | 5:38 | 4:09 | 1:26 | 3:42 | 8:20 | 3:20 | 2:28 | 3:36 | 2:17 | 1:49 | 2:17 |
| 12 | | Martyn Brown | 51:07 | 2:17 | 7:24 | 9:51 | 12:48 | 18:15 | 21:06 | 22:37 | 26:12 | 30:58 | 33:07 | 34:36 | 37:55 | 46:13 | 49:04 | 51:07 |
| | | IND | | 2:17 | 5:07 | 2:27 | 2:57 | 5:27 | 2:51 | 1:31 | 3:35 | 4:46 | 2:09 | 1:29 | 3:19 | 8:18 | 2:51 | 2:03 |
| 13 | | Brian Laycock | 51:15 | 3:30 | 6:25 | 13:53 | 17:10 | 22:39 | 26:20 | 27:53 | 31:25 | 37:12 | 39:56 | 41:51 | 44:51 | 46:59 | 48:59 | 51:15 |
| | | HOC | | 3:30 | 2:55 | 7:28 | 3:17 | 5:29 | 3:41 | 1:33 | 3:32 | 5:47 | 2:44 | 1:55 | 3:00 | 2:08 | 2:00 | 2:16 |
| 14 | | Nigel Cousins | 51:34 | 3:12 | 5:25 | 9:29 | 12:57 | 18:10 | 21:45 | 23:38 | 27:02 | 32:13 | 35:01 | 37:03 | 39:58 | 46:35 | 49:06 | 51:34 |
| | | HOC | | 3:12 | 2:13 | 4:04 | 3:28 | 5:13 | 3:35 | 1:53 | 3:24 | 5:11 | 2:48 | 2:02 | 2:55 | 6:37 | 2:31 | 2:28 |
| 15 | | Carol Pelusi | 52:59 | 2:05 | 4:38 | 7:27 | 11:11 | 18:00 | 22:01 | 24:11 | 29:07 | 36:15 | 39:21 | 41:19 | 44:57 | 48:07 | 50:21 | 52:59 |
| | | HOC | | 2:05 | 2:33 | 2:49 | 3:44 | 6:49 | 4:01 | 2:10 | 4:56 | 7:08 | 3:06 | 1:58 | 3:38 | 3:10 | 2:14 | 2:38 |
| 16 | | Jacqueline Embrey | 53:10 | 1:54 | 4:10 | 8:16 | 11:32 | 17:15 | 21:12 | 23:02 | 27:21 | 33:54 | 37:06 | 39:17 | 43:00 | 47:06 | 50:15 | 53:10 |
| | | HOC | | 1:54 | 2:16 | 4:06 | 3:16 | 5:43 | 3:57 | 1:50 | 4:19 | 6:33 | 3:12 | 2:11 | 3:43 | 4:06 | 3:09 | 2:55 |
| 17 | | Laurence Gossage | 53:46 | 1:52 | 3:48 | 6:59 | 10:05 | 19:41 | 27:41 | 29:31 | 33:09 | 38:54 | 41:34 | 43:24 | 46:27 | 48:58 | 51:14 | 53:46 |
| | | BOK | | 1:52 | 1:56 | 3:11 | 3:06 | 9:36 | 8:00 | 1:50 | 3:38 | 5:45 | 2:40 | 1:50 | 3:03 | 2:31 | 2:16 | 2:32 |
| 18 | | Chris Pringle | 55:54 | 4:18 | 6:36 | 9:57 | 13:09 | 18:15 | 27:19 | 29:00 | 33:20 | 39:30 | 42:26 | 44:37 | 47:29 | 51:07 | 53:16 | 55:54 |
| | | IND | | 4:18 | 2:18 | 3:21 | 3:12 | 5:06 | 9:04 | 1:41 | 4:20 | 6:10 | 2:56 | 2:11 | 2:52 | 3:38 | 2:09 | 2:38 |
| 19 | | Alan Starling | 56:30 | 1:59 | 4:05 | 7:54 | 14:14 | 20:23 | 24:37 | 26:39 | 32:02 | 38:41 | 41:50 | 44:02 | 48:29 | 51:19 | 53:38 | 56:30 |
| | | NGOC | | 1:59 | 2:06 | 3:49 | 6:20 | 6:09 | 4:14 | 2:02 | 5:23 | 6:39 | 3:09 | 2:12 | 4:27 | 2:50 | 2:19 | 2:52 |
| 20 | | Alan Powell | 56:53 | 1:57 | 3:56 | 9:14 | 12:49 | 19:29 | 23:38 | 25:31 | 30:37 | 37:20 | 40:47 | 42:56 | 46:58 | 50:48 | 53:47 | 56:53 |
| | | IND | | 1:57 | 1:59 | 5:18 | 3:35 | 6:40 | 4:09 | 1:53 | 5:06 | 6:43 | 3:27 | 2:09 | 4:02 | 3:50 | 2:59 | 3:06 |
| 21 | | Sue Colbert | 59:41 | 2:41 | 5:27 | 10:00 | 14:14 | 22:36 | 27:23 | 29:41 | 34:41 | 40:56 | 44:37 | 46:38 | 50:13 | 52:47 | 54:46 | 59:41 |
| | | SWOC | | 2:41 | 2:46 | 4:33 | 4:14 | 8:22 | 4:47 | 2:18 | 5:00 | 6:15 | 3:41 | 2:01 | 3:35 | 2:34 | 1:59 | 4:55 |
| 22 | | Carol Farrington | 60:16 | 2:29 | 5:04 | 11:09 | 15:28 | 22:33 | 27:18 | 29:24 | 34:33 | 41:41 | 44:57 | 47:17 | 51:19 | 54:22 | 56:54 | 60:16 |
| | | HOC | | 2:29 | 2:35 | 6:05 | 4:19 | 7:05 | 4:45 | 2:06 | 5:09 | 7:08 | 3:16 | 2:20 | 4:02 | 3:03 | 2:32 | 3:22 |
| 23 | | Sally Thomas | 61:25 | 2:07 | 4:17 | 7:59 | 11:56 | 20:04 | 24:03 | 31:46 | 36:20 | 42:30 | 45:36 | 47:56 | 51:39 | 56:19 | 58:31 | 61:25 |
| | | BOK | | 2:07 | 2:10 | 3:42 | 3:57 | 8:08 | 3:59 | 7:43 | 4:34 | 6:10 | 3:06 | 2:20 | 3:43 | 4:40 | 2:12 | 2:54 |
| 24 | | Ellen Starling | 61:33 | 2:42 | 5:30 | 10:15 | 14:26 | 22:36 | 27:33 | 30:19 | 35:36 | 42:28 | 45:44 | 48:05 | 52:11 | 55:29 | 58:09 | 61:33 |
| | | NGOC | | 2:42 | 2:48 | 4:45 | 4:11 | 8:10 | 4:57 | 2:46 | 5:17 | 6:52 | 3:16 | 2:21 | 4:06 | 3:18 | 2:40 | 3:24 |
| 25 | | Andrew Law | 63:35 | 7:32 | 9:31 | 16:06 | 19:41 | 25:34 | 29:30 | 31:34 | 36:02 | 42:22 | 45:15 | 47:16 | 50:56 | 58:57 | 61:19 | 63:35 |
| | | NWO | | 7:32 | 1:59 | 6:35 | 3:35 | 5:53 | 3:56 | 2:04 | 4:28 | 6:20 | 2:53 | 2:01 | 3:40 | 8:01 | 2:22 | 2:16 |
| 26 | | John Bennison | 63:44 | 7:53 | 10:57 | 15:55 | 19:39 | 27:08 | 31:28 | 33:24 | 37:50 | 45:17 | 48:28 | 50:33 | 54:47 | 58:14 | 60:38 | 63:44 |
| | | COBOC | | 7:53 | 3:04 | 4:58 | 3:44 | 7:29 | 4:20 | 1:56 | 4:26 | 7:27 | 3:11 | 2:05 | 4:14 | 3:27 | 2:24 | 3:06 |
| 27 | | Chris James | 64:38 | 10:34 | 12:40 | 17:17 | 20:41 | 25:48 | 30:49 | 32:43 | 36:16 | 41:31 | 44:07 | 45:56 | 48:50 | 50:52 | 52:35 | 64:38 |
| | | NGOC | | 10:34 | 2:06 | 4:37 | 3:24 | 5:07 | 5:01 | 1:54 | 3:33 | 5:15 | 2:36 | 1:49 | 2:54 | 2:02 | 1:43 | 12:03 |

61:57
*46

| Pl | Stno | Name | Time | | | | | | | | | | | | |
|--------------------|------|----------------------------|---------------|--------------------|-------------|----------------|-------------|-------------|--------------|--------------|--------------|-------|--------|--------|--|
| Orange (15) | | | | 0.0 km 10 C | | <i>(cont.)</i> | | | | | | | | | |
| | | | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | F | |
| 12 | | Ebba Best | 65:20 | 5:14 | 10:49 | 18:02 | 24:47 | 31:18 | 39:25 | 45:33 | 53:53 | 56:51 | 62:25 | 65:20 | |
| | | NGOC | | 5:14 | 5:35 | 7:13 | 6:45 | 6:31 | 8:07 | 6:08 | 8:20 | 2:58 | 5:34 | 2:55 | |
| 13 | | Helen Sreeves | 77:34 | 13:47 | 20:32 | 22:50 | 33:48 | 40:12 | 52:23 | 57:31 | 68:36 | 70:14 | 75:19 | 77:34 | |
| | | NWO | | 13:47 | 6:45 | 2:18 | 10:58 | 6:24 | 12:11 | 5:08 | 11:05 | 1:38 | 5:05 | 2:15 | |
| 14 | | Patrick Tate | 84:04 | 14:48 | 19:48 | 43:47 | 46:48 | 51:08 | 58:17 | 62:56 | 74:21 | 76:32 | 81:21 | 84:04 | |
| | | IND | | 14:48 | 5:00 | 23:59 | 3:01 | 4:20 | 7:09 | 4:39 | 11:25 | 2:11 | 4:49 | 2:43 | |
| 15 | | Nikola Poole | 100:53 | 26:32 | 33:58 | 36:28 | 40:21 | 47:58 | 55:28 | 68:57 | 81:25 | 83:27 | 88:11 | 100:53 | |
| | | NGOC | | 26:32 | 7:26 | 2:30 | 3:53 | 7:37 | 7:30 | 13:29 | 12:28 | 2:02 | 4:44 | 12:42 | |
| Yellow (9) | | | | 0.0 km 7 C | | | | | | | | | | | |
| | | | | 1(67) | 2(73) | 3(68) | 4(69) | 5(71) | 6(72) | 7(40) | F | | | | |
| 1 | | Rebecca Ward | 14:32 | 1:46 | 4:03 | 5:25 | 7:41 | 9:00 | 10:45 | 13:04 | 14:32 | | | | |
| | | NGOC | | 1:46 | 2:17 | 1:22 | 2:16 | 1:19 | 1:45 | 2:19 | 1:28 | | | | |
| 2 | | Douglas Illingworth | 15:03 | 1:37 | 3:43 | 5:00 | 7:09 | 8:41 | 11:08 | 13:05 | 15:03 | | | | |
| | | IND | | 1:37 | 2:06 | 1:17 | 2:09 | 1:32 | 2:27 | 1:57 | 1:58 | | | | |
| 3 | | Karen Simon | 16:44 | 2:42 | 5:00 | 6:44 | 9:36 | 10:47 | 12:27 | 14:49 | 16:44 | | | | |
| | | IND | | 2:42 | 2:18 | 1:44 | 2:52 | 1:11 | 1:40 | 2:22 | 1:55 | | | | |
| 4 | | Patrick Illingworth | 16:49 | 2:31 | 4:48 | 6:27 | 9:03 | 11:25 | 12:47 | 14:55 | 16:49 | | | | |
| | | IND | | 2:31 | 2:17 | 1:39 | 2:36 | 2:22 | 1:22 | 2:08 | 1:54 | | | | |
| 5 | | Chris Manson-Whitt | 18:37 | 2:50 | 5:53 | 7:50 | 10:57 | 12:33 | 14:24 | 16:53 | 18:37 | 5:25 | | | |
| | | IND | | 2:50 | 3:03 | 1:57 | 3:07 | 1:36 | 1:51 | 2:29 | 1:44 | *37 | | | |
| 6 | | Andrew Illingworth | 20:11 | 1:57 | 5:48 | 7:50 | 10:33 | 13:29 | 15:08 | 18:10 | 20:11 | | | | |
| | | IND | | 1:57 | 3:51 | 2:02 | 2:43 | 2:56 | 1:39 | 3:02 | 2:01 | | | | |
| 7 | | Angus Manson-Whi | 22:48 | 3:13 | 7:16 | 9:33 | 13:14 | 15:07 | 17:04 | 20:10 | 22:48 | | | | |
| | | IND | | 3:13 | 4:03 | 2:17 | 3:41 | 1:53 | 1:57 | 3:06 | 2:38 | | | | |
| 8 | | Family Beer | 25:42 | 4:02 | 9:01 | 11:39 | 15:10 | 17:12 | 19:33 | 23:15 | 25:42 | | | | |
| | | IND | | 4:02 | 4:59 | 2:38 | 3:31 | 2:02 | 2:21 | 3:42 | 2:27 | | | | |
| 9 | | Matt Reid | 37:24 | 5:46 | 10:19 | 13:36 | 20:41 | 24:13 | 27:08 | 33:19 | 37:24 | | | | |
| | | IND | | 5:46 | 4:33 | 3:17 | 7:05 | 3:32 | 2:55 | 6:11 | 4:05 | | | | |