

| PI Name | Time | 5.8 km 250 m 15 C (cont.) | | | | | | | | | | | | | | | |
|---------------------------------|---------------|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|-------|
| | | 1(34) | 2(49) | 3(67) | 4(55) | 5(45) | 6(64) | 7(51) | 8(56) | 9(63) | 10(62) | 11(71) | 12(60) | 13(66) | 14(59) | 15(54) | F |
| Blue (62) | | | | | | | | | | | | | | | | | |
| 28 David May SLOW | 79:04 | 2:17 | 6:07 | 6:57 | 10:13 | 11:51 | 16:33 | 22:03 | 25:39 | 43:30 | 45:57 | 52:28 | 59:08 | 62:09 | 66:00 | 76:08 | 79:04 |
| 29 John Leeson HOC | 79:14 | 2:17 | 3:50 | 0:50 | 3:16 | 1:38 | 4:42 | 5:30 | 3:36 | 17:51 | 2:27 | 6:31 | 6:40 | 3:01 | 3:51 | 10:08 | 2:56 |
| 30 Stephen Robinson NGOC | 80:11 | 2:01 | 5:17 | 5:57 | 8:29 | 11:01 | 15:18 | 21:40 | 23:43 | 42:24 | 45:17 | 54:39 | 59:56 | 63:43 | 67:50 | 76:24 | 79:14 |
| 31 John Shea NGOC | 83:57 | 2:01 | 3:16 | 0:40 | 2:32 | 2:32 | 4:17 | 6:22 | 2:03 | 18:41 | 2:53 | 9:22 | 5:17 | 3:47 | 4:07 | 8:34 | 2:50 |
| 32 Paul Bryce NGOC | 85:04 | 2:14 | 7:43 | 8:29 | 12:21 | 14:02 | 19:01 | 24:14 | 27:32 | 48:03 | 50:20 | 51:41 | 57:37 | 61:21 | 66:02 | 77:36 | 80:11 |
| 33 Joe Parkinson NGOC | 85:29 | 2:14 | 5:29 | 0:46 | 3:52 | 1:41 | 4:59 | 5:13 | 3:18 | 20:31 | 2:17 | 1:21 | 5:56 | 3:44 | 4:41 | 11:34 | 2:35 |
| 34 Christine Farr SWOC | 87:11 | 3:14 | 7:06 | 8:04 | 11:36 | 13:32 | 18:59 | 25:31 | 28:11 | 46:40 | 50:13 | 52:04 | 58:30 | 62:32 | 66:51 | 82:07 | 83:57 |
| 35 Andrew Craig NGOC | 87:26 | 3:14 | 3:52 | 0:58 | 3:32 | 1:56 | 5:27 | 6:32 | 2:40 | 18:29 | 3:33 | 1:51 | 6:26 | 4:02 | 4:19 | 15:16 | 1:50 |
| 36 Roman Kotecky OD | 88:47 | 2:09 | 6:11 | 7:21 | 13:57 | 15:58 | 20:56 | 27:29 | 32:22 | 53:05 | 55:48 | 58:30 | 65:09 | 68:27 | 72:07 | 83:02 | 85:04 |
| 37 Steve Chiverton HOC | 89:38 | 2:09 | 4:02 | 1:10 | 6:36 | 2:01 | 4:58 | 6:33 | 4:53 | 20:43 | 2:43 | 2:42 | 6:39 | 3:18 | 3:40 | 10:55 | 2:02 |
| 38 Steve Williams NGOC | 90:48 | 5:12 | 11:51 | 12:34 | 15:09 | 18:24 | 22:54 | 30:35 | 32:58 | 52:10 | 54:35 | 59:10 | 65:48 | 68:59 | 72:59 | 82:21 | 85:29 |
| 39 Tom Cochrane NGOC | 91:28 | 5:12 | 6:39 | 0:43 | 2:35 | 3:15 | 4:30 | 7:41 | 2:23 | 19:12 | 2:25 | 4:35 | 6:38 | 3:11 | 4:00 | 9:22 | 3:08 |
| 40 Gill Stott NGOC | 91:43 | 3:08 | 7:05 | 7:50 | 10:40 | 12:25 | 18:29 | 25:32 | 29:22 | 49:30 | 53:05 | 60:04 | 66:43 | 70:51 | 75:20 | 84:48 | 87:11 |
| 41 Dave Austin NGOC | 91:46 | 3:08 | 3:57 | 0:45 | 2:50 | 1:45 | 6:04 | 7:03 | 3:50 | 20:08 | 3:35 | 6:59 | 6:39 | 4:08 | 4:29 | 9:28 | 2:23 |
| 42 Martyn Brown IND | 92:31 | 2:22 | 5:42 | 6:24 | 8:49 | 10:27 | 14:46 | 21:31 | 23:59 | 40:23 | 43:07 | 56:35 | 62:31 | 65:59 | 70:27 | 83:12 | 87:26 |
| 43 Paul Taunton NGOC | 92:46 | 2:22 | 3:20 | 0:42 | 2:25 | 1:38 | 4:19 | 6:45 | 2:28 | 16:24 | 2:44 | 13:28 | 5:56 | 3:28 | 4:28 | 12:45 | 4:14 |
| 44 Rodney Archard NGOC | 94:33 | 3:45 | 7:50 | 8:36 | 11:03 | 15:08 | 20:27 | 27:50 | 31:25 | 51:16 | 55:28 | 57:48 | 64:42 | 69:57 | 74:35 | 85:53 | 88:47 |
| 45 John Ward OD | 96:37 | 3:45 | 4:05 | 0:46 | 2:27 | 4:05 | 5:19 | 7:23 | 3:35 | 19:51 | 4:12 | 2:20 | 6:54 | 5:15 | 4:38 | 11:18 | 2:54 |
| 46 Roger Edwards NGOC | 97:36 | 2:50 | 8:28 | 9:12 | 12:16 | 13:57 | 18:30 | 25:10 | 27:55 | 47:06 | 49:40 | 57:43 | 63:46 | 68:48 | 74:05 | 87:12 | 89:38 |
| 47 Alan Pucill NGOC | 98:06 | 2:50 | 5:38 | 0:44 | 3:04 | 1:41 | 4:33 | 6:40 | 2:45 | 19:11 | 2:34 | 8:03 | 6:03 | 5:02 | 5:17 | 13:07 | 2:26 |
| 48 Neil Bradshaw NGOC | 101:13 | 3:50 | 8:11 | 8:59 | 12:35 | 14:27 | 20:12 | 26:47 | 33:36 | 52:48 | 55:47 | 62:08 | 68:26 | 72:20 | 77:01 | 88:01 | 90:48 |
| 49 Robert Rankin IND | 101:32 | 3:50 | 4:21 | 0:48 | 3:36 | 1:52 | 5:45 | 6:35 | 6:49 | 19:12 | 2:59 | 6:21 | 6:18 | 3:54 | 4:41 | 11:00 | 2:47 |
| 50 Dave Hartley NGOC | 101:50 | 2:39 | 6:12 | 6:59 | 9:39 | 11:28 | 15:42 | 23:18 | 27:19 | 45:00 | 47:39 | 62:08 | 67:46 | 72:00 | 75:36 | 89:12 | 91:28 |
| 51 Gill Lock SBOC | 102:08 | 2:39 | 3:33 | 0:47 | 2:40 | 1:49 | 4:14 | 7:36 | 4:01 | 17:41 | 2:39 | 14:29 | 5:38 | 4:14 | 3:36 | 13:36 | 2:16 |
| 52 David Andrews BOK | 103:41 | 2:40 | 7:00 | 7:59 | 17:20 | 19:11 | 23:48 | 32:37 | 35:32 | 53:17 | 56:10 | 63:17 | 69:47 | 73:34 | 77:53 | 88:57 | 91:43 |
| 53 Peter Colbert SWOC | 104:01 | 2:40 | 4:20 | 0:59 | 9:21 | 1:51 | 4:37 | 8:49 | 2:55 | 17:45 | 2:53 | 7:07 | 6:30 | 3:47 | 4:19 | 11:04 | 2:46 |
| 54 Shirley Robinson NGOC | 134:08 | 3:47 | 7:18 | 7:59 | 10:41 | 14:07 | 17:41 | 26:36 | 30:52 | 47:07 | 49:39 | 68:58 | 73:16 | 77:11 | 81:48 | 89:34 | 91:46 |

6:43
*67

53:25 59:49
*59 *66

| PI Name | Time | 5.8 km 250 m 15 C | | | | | | | | | | | | | | (cont.) | F |
|------------------|------|-------------------|-------|-------|-------|-------------|-------|-------------|-------|--------------|--------|--------|--------|--------|--------|---------|-------|
| | | 1(34) | 2(49) | 3(67) | 4(55) | 5(45) | 6(64) | 7(51) | 8(56) | 9(63) | 10(62) | 11(71) | 12(60) | 13(66) | 14(59) | 15(54) | |
| Blue (62) | | | | | | | | | | | | | | | | | |
| Michael Baggott | mp | 3:05 | 7:00 | 7:40 | 9:58 | 13:08 | 16:57 | 21:52 | 23:53 | 43:06 | 45:39 | ---- | 69:38 | 72:46 | 76:19 | 85:38 | 87:57 |
| HOC | | 3:05 | 3:55 | 0:40 | 2:18 | 3:10 | 3:49 | 4:55 | 2:01 | 19:13 | 2:33 | | 23:59 | 3:08 | 3:33 | 9:19 | 2:19 |
| Fraser Stephens | mp | 3:02 | 7:03 | 8:11 | 10:30 | 12:29 | 17:13 | 23:14 | 27:43 | 56:13 | 58:42 | ---- | 73:30 | 77:38 | 81:24 | 90:10 | 92:47 |
| SPLIT | | 3:02 | 4:01 | 1:08 | 2:19 | 1:59 | 4:44 | 6:01 | 4:29 | 28:30 | 2:29 | | 14:48 | 4:08 | 3:46 | 8:46 | 2:37 |
| Adam Potter | mp | 1:24 | 3:54 | 4:23 | 6:25 | 7:26 | 10:03 | 13:35 | 15:26 | 25:48 | 27:28 | ---- | 41:30 | 43:22 | 45:59 | 51:49 | 54:08 |
| BOK | | 1:24 | 2:30 | 0:29 | 2:02 | 1:01 | 2:37 | 3:32 | 1:51 | 10:22 | 1:40 | | 14:02 | 1:52 | 2:37 | 5:50 | 2:19 |
| Clive Caffall | mp | 10:08 | 14:46 | 15:35 | 17:47 | 19:36 | 24:16 | 30:00 | 32:22 | 50:34 | ---- | 54:50 | 61:26 | 64:42 | 69:04 | 80:40 | 83:11 |
| HOC | | 10:08 | 4:38 | 0:49 | 2:12 | 1:49 | 4:40 | 5:44 | 2:22 | 18:12 | | 4:16 | 6:36 | 3:16 | 4:22 | 11:36 | 2:31 |
| Nick Dennis | mp | 4:31 | 7:50 | 8:34 | 11:10 | 12:41 | ---- | 22:21 | 29:19 | 47:41 | 50:18 | 52:17 | 58:25 | 62:04 | 65:21 | 75:02 | 77:07 |
| BOK | | 4:31 | 3:19 | 0:44 | 2:36 | 1:31 | | 9:40 | 6:58 | 18:22 | 2:37 | 1:59 | 6:08 | 3:39 | 3:17 | 9:41 | 2:05 |
| Alan Brown | mp | 3:22 | 8:40 | 9:42 | 14:00 | 16:13 | 24:38 | 33:04 | 37:08 | 61:53 | 76:09 | ---- | ---- | ---- | ---- | 0:00 | |
| NGOC | | 3:22 | 5:18 | 1:02 | 4:18 | 2:13 | 8:25 | 8:26 | 4:04 | 24:45 | 14:16 | | | | | | |
| Charles Daniel | mp | 3:24 | 7:11 | 7:53 | 9:55 | 11:32 | 15:01 | 19:48 | 21:44 | 41:05 | 44:27 | ---- | ---- | ---- | ---- | 0:00 | |
| BOK | | 3:24 | 3:47 | 0:42 | 2:02 | 1:37 | 3:29 | 4:47 | 1:56 | 19:21 | 3:22 | | | | | | |
| Peter Langmaid | mp | 2:20 | 6:37 | 7:27 | 15:08 | 17:29 | 21:46 | 28:19 | 33:36 | 52:04 | 59:41 | ---- | ---- | ---- | ---- | 0:00 | |
| HOC | | 2:20 | 4:17 | 0:50 | 7:41 | 2:21 | 4:17 | 6:33 | 5:17 | 18:28 | 7:37 | | | | | | |

| Pl Name | Time | 3.8 km 175 m 11 C | | | | | | | | | | | |
|-----------------------------|--------------|-------------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | 1(65) | 2(49) | 3(67) | 4(70) | 5(45) | 6(52) | 7(50) | 8(51) | 9(56) | 10(53) | 11(54) | F |
| 1 Tom Baker | 44:47 | 2:40 | 6:31 | 7:11 | 10:23 | 13:48 | 20:40 | 24:47 | 33:01 | 35:05 | 38:10 | 42:48 | 44:47 |
| HOC | | 2:40 | 3:51 | 0:40 | 3:12 | 3:25 | 6:52 | 4:07 | 8:14 | 2:04 | 3:05 | 4:38 | 1:59 |
| 2 Peter Hudd | 45:08 | 3:38 | 6:51 | 7:35 | 10:42 | 13:25 | 19:46 | 23:01 | 32:32 | 35:36 | 39:13 | 43:11 | 45:08 |
| BOK | | 3:38 | 3:13 | 0:44 | 3:07 | 2:43 | 6:21 | 3:15 | 9:31 | 3:04 | 3:37 | 3:58 | 1:57 |
| 3 Steven Harris | 46:00 | 3:40 | 6:52 | 7:24 | 10:37 | 13:04 | 19:32 | 22:52 | 30:13 | 33:33 | 39:57 | 44:08 | 46:00 |
| NGOC | | 3:40 | 3:12 | 0:32 | 3:13 | 2:27 | 6:28 | 3:20 | 7:21 | 3:20 | 6:24 | 4:11 | 1:52 |
| 4 Vanessa Lawson | 46:47 | 2:43 | 6:55 | 7:43 | 10:49 | 14:14 | 20:07 | 24:03 | 32:35 | 34:32 | 38:12 | 42:22 | 46:47 |
| NGOC | | 2:43 | 4:12 | 0:48 | 3:06 | 3:25 | 5:53 | 3:56 | 8:32 | 1:57 | 3:40 | 4:10 | 4:25 |
| 5 Dudley Budden | 50:21 | 3:38 | 7:25 | 8:16 | 12:49 | 16:43 | 24:25 | 28:21 | 37:31 | 40:26 | 44:09 | 47:44 | 50:21 |
| BOK | | 3:38 | 3:47 | 0:51 | 4:33 | 3:54 | 7:42 | 3:56 | 9:10 | 2:55 | 3:43 | 3:35 | 2:37 |
| 6 John Fallows | 50:37 | 4:04 | 7:37 | 8:16 | 11:37 | 16:07 | 23:42 | 27:58 | 37:01 | 39:37 | 43:57 | 47:51 | 50:37 |
| NGOC | | 4:04 | 3:33 | 0:39 | 3:21 | 4:30 | 7:35 | 4:16 | 9:03 | 2:36 | 4:20 | 3:54 | 2:46 |
| 7 Jeremy Riley | 54:05 | 3:44 | 8:23 | 9:12 | 13:49 | 17:30 | 25:11 | 29:32 | 39:16 | 41:53 | 46:46 | 51:57 | 54:05 |
| NGOC | | 3:44 | 4:39 | 0:49 | 4:37 | 3:41 | 7:41 | 4:21 | 9:44 | 2:37 | 4:53 | 5:11 | 2:08 |
| 8 John Mills | 54:07 | 3:44 | 7:32 | 8:15 | 11:41 | 15:06 | 23:48 | 27:22 | 37:25 | 40:29 | 44:06 | 51:08 | 54:07 |
| SWOC | | 3:44 | 3:48 | 0:43 | 3:26 | 3:25 | 8:42 | 3:34 | 10:03 | 3:04 | 3:37 | 7:02 | 2:59 |
| 9 Sally Calland | 56:11 | 2:56 | 7:55 | 8:46 | 13:36 | 16:28 | 23:46 | 28:47 | 38:19 | 41:11 | 45:45 | 52:52 | 56:11 |
| WIM | | 2:56 | 4:59 | 0:51 | 4:50 | 2:52 | 7:18 | 5:01 | 9:32 | 2:52 | 4:34 | 7:07 | 3:19 |
| 10 Hannah Bradley | 58:36 | 4:41 | 9:12 | 10:07 | 14:15 | 17:33 | 25:31 | 29:52 | 40:07 | 43:21 | 48:11 | 55:29 | 58:36 |
| NGOC | | 4:41 | 4:31 | 0:55 | 4:08 | 3:18 | 7:58 | 4:21 | 10:15 | 3:14 | 4:50 | 7:18 | 3:07 |
| 11 Mike Farrington | 60:17 | 3:41 | 8:26 | 10:01 | 19:11 | 23:52 | 31:34 | 35:40 | 46:31 | 48:37 | 53:39 | 57:55 | 60:17 |
| HOC | | 3:41 | 4:45 | 1:35 | 9:10 | 4:41 | 7:42 | 4:06 | 10:51 | 2:06 | 5:02 | 4:16 | 2:22 |
| 12 Robert Teed | 60:32 | 4:44 | 9:18 | 10:18 | 14:36 | 19:42 | 28:07 | 32:18 | 43:44 | 46:46 | 52:22 | 57:23 | 60:32 |
| NGOC | | 4:44 | 4:34 | 1:00 | 4:18 | 5:06 | 8:25 | 4:11 | 11:26 | 3:02 | 5:36 | 5:01 | 3:09 |
| 13 Peter Ribbans | 61:00 | 3:38 | 8:27 | 9:22 | 15:58 | 19:42 | 28:09 | 32:53 | 45:16 | 48:44 | 52:58 | 58:04 | 61:00 |
| SWOC | | 3:38 | 4:49 | 0:55 | 6:36 | 3:44 | 8:27 | 4:44 | 12:23 | 3:28 | 4:14 | 5:06 | 2:56 |
| 14 Laura Britton | 62:07 | 3:22 | 8:03 | 9:00 | 13:23 | 17:06 | 25:16 | 31:06 | 44:49 | 48:17 | 52:57 | 59:21 | 62:07 |
| BOK | | 3:22 | 4:41 | 0:57 | 4:23 | 3:43 | 8:10 | 5:50 | 13:43 | 3:28 | 4:40 | 6:24 | 2:46 |
| 15 Paul Hobby | 62:49 | 3:42 | 8:20 | 9:17 | 13:50 | 18:03 | 27:07 | 32:52 | 46:15 | 49:11 | 54:09 | 59:00 | 62:49 |
| IND | | 3:42 | 4:38 | 0:57 | 4:33 | 4:13 | 9:04 | 5:45 | 13:23 | 2:56 | 4:58 | 4:51 | 3:49 |
| 16 Jason Pitchers | 63:14 | 3:43 | 8:34 | 9:56 | 14:11 | 17:51 | 25:51 | 33:30 | 48:00 | 51:29 | 55:44 | 60:37 | 63:14 |
| IND | | 3:43 | 4:51 | 1:22 | 4:15 | 3:40 | 8:00 | 7:39 | 14:30 | 3:29 | 4:15 | 4:53 | 2:37 |
| 17 Mike Forrest | 63:30 | 4:42 | 9:17 | 10:16 | 15:03 | 19:15 | 28:28 | 33:36 | 45:53 | 48:38 | 54:19 | 59:44 | 63:30 |
| BOK | | 4:42 | 4:35 | 0:59 | 4:47 | 4:12 | 9:13 | 5:08 | 12:17 | 2:45 | 5:41 | 5:25 | 3:46 |
| 18 Laurence Gossage | 64:08 | 3:40 | 8:12 | 9:09 | 13:04 | 16:32 | 23:42 | 29:04 | 39:48 | 43:18 | 56:13 | 60:57 | 64:08 |
| BOK | | 3:40 | 4:32 | 0:57 | 3:55 | 3:28 | 7:10 | 5:22 | 10:44 | 3:30 | 12:55 | 4:44 | 3:11 |
| 19 Brian Laycock | 64:54 | 4:43 | 10:06 | 10:58 | 14:49 | 18:17 | 26:40 | 30:52 | 47:17 | 50:44 | 55:29 | 62:39 | 64:54 |
| HOC | | 4:43 | 5:23 | 0:52 | 3:51 | 3:28 | 8:23 | 4:12 | 16:25 | 3:27 | 4:45 | 7:10 | 2:15 |
| 20 Kevin Bush | 65:01 | 3:55 | 8:42 | 9:51 | 14:21 | 18:11 | 27:39 | 33:01 | 46:00 | 49:30 | 55:27 | 61:55 | 65:01 |
| SWOC | | 3:55 | 4:47 | 1:09 | 4:30 | 3:50 | 9:28 | 5:22 | 12:59 | 3:30 | 5:57 | 6:28 | 3:06 |
| 21 Katy Dyer | 65:55 | 4:12 | 10:05 | 11:12 | 15:22 | 18:40 | 27:06 | 32:37 | 45:49 | 50:30 | 56:30 | 63:22 | 65:55 |
| BOK | | 4:12 | 5:53 | 1:07 | 4:10 | 3:18 | 8:26 | 5:31 | 13:12 | 4:41 | 6:00 | 6:52 | 2:33 |
| 22 Lin Callard | 68:02 | 5:40 | 11:37 | 12:29 | 16:45 | 21:59 | 30:57 | 36:37 | 47:53 | 53:49 | 58:36 | 65:08 | 68:02 |
| NGOC | | 5:40 | 5:57 | 0:52 | 4:16 | 5:14 | 8:58 | 5:40 | 11:16 | 5:56 | 4:47 | 6:32 | 2:54 |
| 23 David Potter | 68:34 | 3:22 | 7:30 | 8:17 | 12:28 | 16:07 | 28:56 | 35:09 | 49:00 | 51:42 | 59:23 | 64:19 | 68:34 |
| BOK | | 3:22 | 4:08 | 0:47 | 4:11 | 3:39 | 12:49 | 6:13 | 13:51 | 2:42 | 7:41 | 4:56 | 4:15 |
| 24 Lucas Ashworth | 69:14 | 4:23 | 9:14 | 9:53 | 12:30 | 15:17 | 32:10 | 37:10 | 47:18 | 60:20 | 63:44 | 67:09 | 69:14 |
| IND | | 4:23 | 4:51 | 0:39 | 2:37 | 2:47 | 16:53 | 5:00 | 10:08 | 13:02 | 3:24 | 3:25 | 2:05 |
| 25 Graham Tough | 69:26 | 3:41 | 9:09 | 10:10 | 15:24 | 19:21 | 28:28 | 36:04 | 50:41 | 53:59 | 58:52 | 64:52 | 69:26 |
| SWOC | | 3:41 | 5:28 | 1:01 | 5:14 | 3:57 | 9:07 | 7:36 | 14:37 | 3:18 | 4:53 | 6:00 | 4:34 |
| 26 Christopher Young | 69:46 | 5:42 | 11:14 | 12:31 | 16:24 | 19:35 | 31:25 | 35:56 | 52:45 | 55:57 | 62:05 | 66:53 | 69:46 |
| NWO | | 5:42 | 5:32 | 1:17 | 3:53 | 3:11 | 11:50 | 4:31 | 16:49 | 3:12 | 6:08 | 4:48 | 2:53 |
| 27 Derek Hobby | 70:21 | 4:28 | 9:40 | 11:22 | 15:18 | 20:21 | 28:57 | 34:24 | 45:12 | 48:31 | 61:32 | 67:14 | 70:21 |
| NGOC | | 4:28 | 5:12 | 1:42 | 3:56 | 5:03 | 8:36 | 5:27 | 10:48 | 3:19 | 13:01 | 5:42 | 3:07 |

| PI Name | Time | 3.8 km 175 m 11 C | | | | | | | | | | | (cont.) |
|----------------------------|---------------|-------------------|-------------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------------|
| | | 1(65) | 2(49) | 3(67) | 4(70) | 5(45) | 6(52) | 7(50) | 8(51) | 9(56) | 10(53) | 11(54) | F |
| Green (56) | | | | | | | | | | | | | |
| 28 Kay Hughes | 70:35 | 6:42 | 17:16 | 18:26 | 23:10 | 27:19 | 35:39 | 39:54 | 51:08 | 54:54 | 61:47 | 66:20 | 70:35 |
| HOC | | 6:42 | 10:34 | 1:10 | 4:44 | 4:09 | 8:20 | 4:15 | 11:14 | 3:46 | 6:53 | 4:33 | 4:15 |
| 29 Tom Birthwright | 71:35 | 17:13 | 14:20 | 15:43 | 19:15 | 22:38 | 30:49 | 34:36 | 44:13 | 46:41 | 58:24 | 68:15 | 71:35 |
| NGOC | | 17:13 | | 1:23 | 3:32 | 3:23 | 8:11 | 3:47 | 9:37 | 2:28 | 11:43 | 9:51 | 3:20 |
| 30 Chris Moon | 72:40 | 4:43 | 10:13 | 11:22 | 17:40 | 21:09 | 29:48 | 34:31 | 47:07 | 54:06 | 61:59 | 68:37 | 72:40 |
| BOK | | 4:43 | 5:30 | 1:09 | 6:18 | 3:29 | 8:39 | 4:43 | 12:36 | 6:59 | 7:53 | 6:38 | 4:03 |
| 31 Chris James | 74:03 | 5:40 | 12:13 | 13:39 | 19:13 | 24:24 | 34:53 | 41:23 | 56:22 | 59:35 | 64:55 | 70:27 | 74:03 |
| NGOC | | 5:40 | 6:33 | 1:26 | 5:34 | 5:11 | 10:29 | 6:30 | 14:59 | 3:13 | 5:20 | 5:32 | 3:36 |
| 32 Paul Hammond | 74:32 | 3:43 | 8:33 | 9:36 | 13:36 | 17:23 | 36:16 | 40:38 | 54:19 | 60:06 | 65:32 | 70:57 | 74:32 |
| HOC | | 3:43 | 4:50 | 1:03 | 4:00 | 3:47 | 18:53 | 4:22 | 13:41 | 5:47 | 5:26 | 5:25 | 3:35 |
| 33 Siobhan Lock | 75:39 | 6:49 | 11:16 | 11:59 | 16:02 | 19:20 | 27:18 | 31:26 | 42:34 | 45:33 | 56:04 | 72:56 | 75:39 |
| SBOC | | 6:49 | 4:27 | 0:43 | 4:03 | 3:18 | 7:58 | 4:08 | 11:08 | 2:59 | 10:31 | 16:52 | 2:43 |
| 34 Rosalind Taunton | 75:40 | 5:34 | 10:45 | 11:56 | 19:05 | 25:00 | 37:19 | 43:13 | 57:56 | 61:15 | 66:33 | 72:08 | 75:40 |
| NGOC | | 5:34 | 5:11 | 1:11 | 7:09 | 5:55 | 12:19 | 5:54 | 14:43 | 3:19 | 5:18 | 5:35 | 3:32 |
| 35 Allan Darwell | 75:51 | 4:42 | 7:28 | 8:30 | 23:17 | 26:51 | 44:43 | 48:07 | 59:58 | 61:59 | 66:36 | 71:11 | 75:51 |
| BOK | | 4:42 | 2:46 | 1:02 | 14:47 | 3:34 | 17:52 | 3:24 | 11:51 | 2:01 | 4:37 | 4:35 | 4:40 |
| | | | | | | | | | | | | | 39:30 *50 |
| 36 Rachel Dennis | 76:24 | 3:59 | 9:49 | 11:05 | 19:37 | 23:35 | 37:20 | 42:03 | 55:50 | 60:05 | 66:20 | 73:02 | 76:24 |
| BOK | | 3:59 | 5:50 | 1:16 | 8:32 | 3:58 | 13:45 | 4:43 | 13:47 | 4:15 | 6:15 | 6:42 | 3:22 |
| 37 Ian Law | 76:35 | 6:47 | 13:16 | 14:59 | 21:30 | 25:33 | 33:21 | 40:16 | 54:34 | 58:53 | 66:33 | 74:14 | 76:35 |
| IND | | 6:47 | 6:29 | 1:43 | 6:31 | 4:03 | 7:48 | 6:55 | 14:18 | 4:19 | 7:40 | 7:41 | 2:21 |
| 38 John Coleman | 76:36 | 4:42 | 9:54 | 11:03 | 16:43 | 23:20 | 40:42 | 45:57 | 58:11 | 62:11 | 67:52 | 72:45 | 76:36 |
| NGOC | | 4:42 | 5:12 | 1:09 | 5:40 | 6:37 | 17:22 | 5:15 | 12:14 | 4:00 | 5:41 | 4:53 | 3:51 |
| 39 Gary Wakerley | 78:17 | 6:54 | 12:11 | 13:44 | 18:18 | 23:21 | 34:06 | 40:24 | 57:37 | 61:59 | 67:56 | 75:03 | 78:17 |
| NGOC | | 6:54 | 5:17 | 1:33 | 4:34 | 5:03 | 10:45 | 6:18 | 17:13 | 4:22 | 5:57 | 7:07 | 3:14 |
| 40 Anne May | 80:02 | 6:40 | 12:50 | 14:23 | 19:53 | 24:40 | 34:33 | 40:28 | 55:31 | 59:28 | 70:33 | 76:40 | 80:02 |
| SLOW | | 6:40 | 6:10 | 1:33 | 5:30 | 4:47 | 9:53 | 5:55 | 15:03 | 3:57 | 11:05 | 6:07 | 3:22 |
| 41 Carol Pelusi | 81:23 | 4:26 | 14:52 | 15:56 | 20:57 | 25:33 | 40:59 | 46:32 | 60:44 | 66:18 | 71:56 | 78:12 | 81:23 |
| HOC | | 4:26 | 10:26 | 1:04 | 5:01 | 4:36 | 15:26 | 5:33 | 14:12 | 5:34 | 5:38 | 6:16 | 3:11 |
| 42 Jane Holcombe | 81:53 | 6:37 | 11:58 | 13:19 | 21:34 | 26:03 | 36:27 | 42:47 | 62:58 | 66:36 | 72:39 | 78:22 | 81:53 |
| BOK | | 6:37 | 5:21 | 1:21 | 8:15 | 4:29 | 10:24 | 6:20 | 20:11 | 3:38 | 6:03 | 5:43 | 3:31 |
| 43 Kim Liggett | 84:17 | 6:01 | 12:02 | 13:14 | 19:26 | 24:23 | 42:05 | 48:00 | 62:32 | 66:28 | 75:02 | 81:27 | 84:17 |
| NGOC | | 6:01 | 6:01 | 1:12 | 6:12 | 4:57 | 17:42 | 5:55 | 14:32 | 3:56 | 8:34 | 6:25 | 2:50 |
| 44 Clare Fletcher | 84:59 | 6:43 | 13:28 | 14:49 | 22:12 | 27:08 | 38:21 | 43:57 | 59:01 | 63:43 | 73:48 | 81:30 | 84:59 |
| BOK | | 6:43 | 6:45 | 1:21 | 7:23 | 4:56 | 11:13 | 5:36 | 15:04 | 4:42 | 10:05 | 7:42 | 3:29 |
| 45 Julia Wilkinson | 88:37 | 5:22 | 13:10 | 14:31 | 22:20 | 27:09 | 37:27 | 45:22 | 65:07 | 69:59 | 77:00 | 84:06 | 88:37 |
| HOC | | 5:22 | 7:48 | 1:21 | 7:49 | 4:49 | 10:18 | 7:55 | 19:45 | 4:52 | 7:01 | 7:06 | 4:31 |
| 46 Sue Colbert | 91:58 | 6:36 | 12:16 | 13:26 | 19:17 | 24:13 | 35:05 | 41:47 | 63:28 | 67:48 | 77:18 | 85:17 | 91:58 |
| SWOC | | 6:36 | 5:40 | 1:10 | 5:51 | 4:56 | 10:52 | 6:42 | 21:41 | 4:20 | 9:30 | 7:59 | 6:41 |
| 47 Ruth Carling | 92:10 | 5:28 | 11:33 | 12:23 | 16:37 | 19:52 | 32:23 | 37:34 | 56:58 | 59:46 | 80:59 | 88:41 | 92:10 |
| IND | | 5:28 | 6:05 | 0:50 | 4:14 | 3:15 | 12:31 | 5:11 | 19:24 | 2:48 | 21:13 | 7:42 | 3:29 |
| 48 Robin Walker | 93:30 | 4:57 | 15:01 | 16:19 | 21:46 | 27:10 | 37:12 | 45:38 | 64:09 | 69:01 | 81:36 | 89:34 | 93:30 |
| BOK | | 4:57 | 10:04 | 1:18 | 5:27 | 5:24 | 10:02 | 8:26 | 18:31 | 4:52 | 12:35 | 7:58 | 3:56 |
| 49 Simon Plumb | 94:33 | 5:33 | 11:29 | 14:23 | 19:22 | 24:17 | 32:30 | 41:08 | 58:26 | 64:02 | 76:13 | 92:18 | 94:33 |
| IND | | 5:33 | 5:56 | 2:54 | 4:59 | 4:55 | 8:13 | 8:38 | 17:18 | 5:36 | 12:11 | 16:05 | 2:15 |
| 50 Carol Farrington | 98:42 | 5:44 | 11:57 | 13:15 | 20:33 | 25:33 | 35:59 | 42:49 | 67:44 | 76:05 | 86:25 | 95:36 | 98:42 |
| HOC | | 5:44 | 6:13 | 1:18 | 7:18 | 5:00 | 10:26 | 6:50 | 24:55 | 8:21 | 10:20 | 9:11 | 3:06 |
| 51 John Burrows | 100:01 | 7:41 | 15:19 | 16:31 | 23:05 | 30:16 | 45:14 | 51:28 | 72:47 | 79:08 | 85:17 | 95:42 | 100:01 |
| IND | | 7:41 | 7:38 | 1:12 | 6:34 | 7:11 | 14:58 | 6:14 | 21:19 | 6:21 | 6:09 | 10:25 | 4:19 |
| 52 Rebecca Wilson | 100:23 | 5:02 | 14:42 | 15:58 | 23:33 | 29:43 | 44:04 | 49:01 | 69:30 | 75:18 | 82:04 | 96:12 | 100:23 |
| BOK | | 5:02 | 9:40 | 1:16 | 7:35 | 6:10 | 14:21 | 4:57 | 20:29 | 5:48 | 6:46 | 14:08 | 4:11 |
| 53 Ashley Ford | 103:21 | 6:35 | 19:02 | 20:42 | 29:39 | 34:37 | 49:45 | 58:27 | 74:59 | 80:25 | 90:15 | 99:16 | 103:21 |
| HOC | | 6:35 | 12:27 | 1:40 | 8:57 | 4:58 | 15:08 | 8:42 | 16:32 | 5:26 | 9:50 | 9:01 | 4:05 |
| Matthew Fautley | mp | ----- | 10:47 | 11:33 | 17:13 | 21:20 | ----- | ----- | 34:54 | 38:01 | 42:00 | 50:47 | 55:30 |
| NGOC | | | 10:47 | 0:46 | 5:40 | 4:07 | | | 13:34 | 3:07 | 3:59 | 8:47 | 4:43 |

| PI Name | Time | 3.8 km 175 m 11 C | | | | | | | | | | | |
|----------------------|-----------|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|---|
| | | <i>(cont.)</i> | | | | | | | | | | | |
| Green (56) | | 1(65) | 2(49) | 3(67) | 4(70) | 5(45) | 6(52) | 7(50) | 8(51) | 9(56) | 10(53) | 11(54) | F |
| Don Gray | mp | 8:09 | 18:51 | 20:40 | 28:58 | 36:15 | 55:12 | 66:45 | 96:43 | 06:13 | ----- | 0.00 | |
| IND | | 8:09 | 10:42 | 1:49 | 8:18 | 7:17 | 18:57 | 11:33 | 29:58 | 9:30 | | | |
| Chris Pringle | mp | 38:48 | 19:18 | 20:07 | 24:20 | 28:39 | ----- | ----- | ----- | ----- | ----- | 0.00 | |
| IND | | 38:48 | | 0:49 | 4:13 | 4:19 | | | | | | | |

| PI Name | Time | 2.3 km 100 m 11 C | | | | | | | | | | | F |
|--------------------------|--------------|-------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | 1(31) | 2(32) | 3(57) | 4(38) | 5(35) | 6(36) | 7(33) | 8(40) | 9(42) | 10(43) | 11(72) | |
| 1 Kate Ballantine | 29:56 | 3:15 | 8:14 | 11:07 | 12:50 | 14:33 | 16:48 | 20:33 | 21:27 | 23:34 | 25:51 | 29:31 | 29:56 |
| IND | | 3:15 | 4:59 | 2:53 | 1:43 | 1:43 | 2:15 | 3:45 | 0:54 | 2:07 | 2:17 | 3:40 | 0:25 |
| 2 Evie Hastings | 41:02 | 3:43 | 10:03 | 14:42 | 17:15 | 19:47 | 24:05 | 30:29 | 31:47 | 34:35 | 37:39 | 39:53 | 41:02 |
| NGOC | | 3:43 | 6:20 | 4:39 | 2:33 | 2:32 | 4:18 | 6:24 | 1:18 | 2:48 | 3:04 | 2:14 | 1:09 |
| 3 Jeanette Tate | 42:50 | 5:25 | 6:47 | 12:41 | 15:45 | 18:45 | 22:59 | 29:55 | 31:29 | 34:37 | 38:27 | 41:21 | 42:50 |
| IND | | 5:25 | 1:22 | 5:54 | 3:04 | 3:00 | 4:14 | 6:56 | 1:34 | 3:08 | 3:50 | 2:54 | 1:29 |
| 4 Fraser Pitchers | 56:05 | 4:48 | 13:03 | 16:52 | 18:52 | 21:01 | 26:43 | 34:04 | 36:36 | 38:36 | 52:14 | 55:37 | 56:05 |
| IND | | 4:48 | 8:15 | 3:49 | 2:00 | 2:09 | 5:42 | 7:21 | 2:32 | 2:00 | 13:38 | 3:23 | 0:28 |

39:59
*72