

| PI Name | Time | 0.0 km 16 C (cont.) | | | | | | | | | | | | | |
|-----------------------------------|--------------|-----------------------|-----------------------|------------------------|---------------|---------------|----------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|---------------|
| | | 1(58) 15(40) | 2(36) 16(54) | 3(63) F | 4(38) | 5(50) | 6(41) | 7(35) | 8(33) | 9(39) | 10(57) | 11(43) | 12(59) | 13(56) | 14(48) |
| 27 Joe Parkinson NGOC | 67:46 | 3:23 3:23 63:38 | 8:28 5:05 67:21 | 14:03 5:35 67:46 | 18:20 4:17 | 21:34 3:14 | 33:33 11:59 | 37:14 3:41 | 39:51 2:37 | 43:08 3:17 | 45:56 2:48 | 50:52 4:56 | 58:29 7:37 | 60:08 1:39 | 61:36 1:28 |
| 28 Philip Roberts IND | 68:12 | 3:12 3:12 64:43 | 7:33 4:21 67:52 | 13:46 6:13 68:12 | 17:43 3:57 | 21:27 3:44 | 32:25 10:58 | 36:58 4:33 | 39:40 2:42 | 42:32 2:52 | 44:44 2:12 | 47:43 2:59 | 59:24 11:41 | 60:46 1:22 | 62:39 1:53 |
| 29 Jeff Bryant SWOC | 68:14 | 3:02 3:02 64:32 | 7:43 4:41 67:55 | 13:37 5:54 68:14 | 17:39 4:02 | 21:31 3:52 | 32:09 10:38 | 36:25 4:16 | 39:12 2:47 | 42:34 3:22 | 45:05 2:31 | 48:49 3:44 | 55:56 7:07 | 57:22 1:26 | 62:45 5:23 |
| 30 Rob Gordon IND | 70:02 | 3:19 3:19 66:57 | 7:34 4:15 69:42 | 14:31 6:57 70:02 | 18:28 3:57 | 23:55 5:27 | 33:49 9:54 | 37:17 3:28 | 42:11 4:54 | 44:51 2:40 | 47:16 2:25 | 52:12 4:56 | 59:27 7:15 | 60:41 1:14 | 65:03 4:22 |
| 31 Stuart Rees POW | 70:04 | 3:43 3:43 66:12 | 8:27 4:44 69:44 | 14:24 5:57 70:04 | 17:47 3:23 | 23:06 5:19 | 34:06 11:00 | 37:57 3:51 | 40:56 2:59 | 44:27 3:31 | 47:57 3:30 | 51:29 3:32 | 59:32 8:03 | 60:49 1:17 | 63:39 2:50 |
| 32 Christine Farr SWOC | 72:42 | 3:23 3:23 68:21 | 8:27 5:04 72:15 | 14:45 6:18 72:42 | 18:49 4:04 | 22:05 3:16 | 34:17 12:12 | 38:20 4:03 | 41:27 3:07 | 44:35 3:08 | 47:59 3:24 | 53:00 5:01 | 62:50 9:50 | 64:27 1:37 | 66:25 1:58 |
| 33 Paul Basher HOC | 74:44 | 3:00 3:00 70:07 | 7:23 4:23 74:17 | 12:56 5:33 74:44 | 16:44 3:48 | 19:38 2:54 | 30:39 11:01 | 34:12 3:33 | 36:55 2:43 | 41:03 4:08 | 45:17 4:14 | 49:18 4:01 | 64:28 15:10 | 65:51 1:23 | 67:25 1:34 |
| 34 John Mills SWOC | 75:19 | 3:28 3:28 70:28 | 8:30 5:02 74:50 | 14:53 6:23 75:19 | 18:49 3:56 | 22:05 3:16 | 35:19 13:14 | 42:25 7:06 | 45:36 3:11 | 49:13 3:37 | 52:35 3:22 | 56:48 4:13 | 64:28 7:40 | 65:56 1:28 | 67:30 1:34 |
| 35 Scott Johnson IND | 76:45 | 4:25 4:25 72:19 | 9:05 4:40 76:17 | 14:24 5:19 76:45 | 18:06 3:42 | 20:50 2:44 | 33:04 12:14 | 38:12 5:08 | 43:18 5:06 | 49:48 6:30 | 52:49 3:01 | 56:54 4:05 | 65:22 8:28 | 66:53 1:31 | 69:23 2:30 |
| 36 Tom Mills NGOC | 77:40 | 3:52 3:52 73:09 | 9:11 5:19 77:16 | 15:31 6:20 77:40 | 19:44 4:13 | 23:13 3:29 | 35:52 12:39 | 40:35 4:43 | 43:34 2:59 | 47:07 3:33 | 52:40 5:33 | 58:17 5:37 | 67:46 9:29 | 69:25 1:39 | 70:57 1:32 |
| 37 Alan Pucill NGOC | 77:49 | 3:21 3:21 73:29 | 8:24 5:03 77:28 | 15:25 7:01 77:49 | 19:35 4:10 | 22:54 3:19 | 35:03 12:09 | 39:22 4:19 | 42:25 3:03 | 46:33 4:08 | 50:11 3:38 | 54:12 4:01 | 62:12 8:00 | 63:55 1:43 | 71:35 7:40 |
| 38 Steve Chiverton HOC | 77:56 | 3:57 3:57 72:55 | 9:27 5:30 77:26 | 15:46 6:19 77:56 | 19:26 3:40 | 23:53 4:27 | 34:20 10:27 | 41:35 7:15 | 44:18 2:43 | 47:50 3:32 | 51:56 4:06 | 55:38 3:42 | 66:54 11:16 | 68:30 1:36 | 70:25 1:55 |
| 39 John Shea NGOC | 78:48 | 4:10 4:10 74:39 | 9:26 5:16 78:22 | 15:23 5:57 78:48 | 19:17 3:54 | 22:04 2:47 | 40:50 18:46 | 47:11 6:21 | 49:57 2:46 | 53:09 3:12 | 55:43 2:34 | 60:07 4:24 | 67:58 7:51 | 69:25 1:27 | 71:44 2:19 |

| Pl | Name | Time | 0.0 km 16 C (cont.) | | | | | | | | | | | | | |
|-----------|--------------------------------------|---------------|--------------------------------|---------------------------------|---------------------------------|---------------|---------------|----------------|----------------|---------------|---------------|---------------|----------------|----------------|---------------|---------------|
| | | | 1(58) 15(40) | 2(36) 16(54) | 3(63) F | 4(38) | 5(50) | 6(41) | 7(35) | 8(33) | 9(39) | 10(57) | 11(43) | 12(59) | 13(56) | 14(48) |
| 40 | Dave Hartley NGOC | 80:36 | 3:28 3:28 76:00 3:01 | 8:53 5:25 80:09 4:09 | 15:11 6:18 80:36 0:27 | 19:45 4:34 | 24:03 4:18 | 39:26 15:23 | 46:01 6:35 | 49:00 2:59 | 53:33 4:33 | 57:14 3:41 | 62:07 4:53 | 69:44 7:37 | 71:16 1:32 | 72:59 1:43 |
| 41 | Rodney Archard NGOC | 81:13 | 4:03 4:03 76:44 2:59 | 9:37 5:34 80:46 4:02 | 16:36 6:59 81:13 0:27 | 20:54 4:18 | 24:46 3:52 | 38:44 13:58 | 45:17 6:33 | 48:21 3:04 | 52:30 4:09 | 55:58 3:28 | 59:22 3:24 | 69:32 10:10 | 71:15 1:43 | 73:45 2:30 |
| 42 | Andy Pedder NGOC | 81:45 | 3:33 3:33 77:14 2:52 | 8:57 5:24 81:22 4:08 | 15:23 6:26 81:45 0:23 | 19:53 4:30 | 24:49 4:56 | 39:24 14:35 | 44:34 5:10 | 47:49 3:15 | 51:14 3:25 | 54:33 3:19 | 60:30 5:57 | 70:43 10:13 | 72:13 1:30 | 74:22 2:09 |
| 43 | Jenny Selley BOK | 83:24 | 4:35 4:35 78:23 2:18 | 9:32 4:57 82:57 4:34 | 16:17 6:45 83:24 0:27 | 21:09 4:52 | 25:07 3:58 | 39:59 14:52 | 44:43 4:44 | 47:35 2:52 | 51:11 3:36 | 56:01 4:50 | 60:56 4:55 | 69:20 8:24 | 70:56 1:36 | 76:05 5:09 |
| 44 | Alan Brown NGOC | 88:45 | 4:02 4:02 83:02 2:57 | 9:41 5:39 88:14 5:12 | 18:00 8:19 88:45 0:31 | 22:40 4:40 | 26:56 4:16 | 41:52 14:56 | 47:56 6:04 | 52:04 4:08 | 56:20 4:16 | 59:21 3:01 | 68:35 9:14 | 76:41 8:06 | 78:17 1:36 | 80:05 1:48 |
| 45 | John Ward OD | 89:54 | 4:18 4:18 85:00 3:38 | 10:41 6:23 89:24 4:24 | 17:43 7:02 89:54 0:30 | 22:22 4:39 | 26:09 3:47 | 40:24 14:15 | 46:10 5:46 | 51:42 5:32 | 56:30 4:48 | 59:18 2:48 | 65:49 6:31 | 75:17 9:28 | 77:12 1:55 | 81:22 4:10 |
| 46 | Steve Williams NGOC | 92:29 | 3:53 3:53 86:47 4:25 | 9:15 5:22 91:58 5:11 | 16:34 7:19 92:29 0:31 | 22:09 5:35 | 26:37 4:28 | 44:26 17:49 | 50:19 5:53 | 54:14 3:55 | 59:56 5:42 | 64:15 4:19 | 69:14 4:59 | 78:42 9:28 | 80:40 1:58 | 82:22 1:42 |
| 47 | Roger Edwards NGOC | 93:31 | 4:26 4:26 88:41 2:34 | 10:00 5:34 92:59 4:18 | 16:52 6:52 93:31 0:32 | 21:32 4:40 | 26:41 5:09 | 41:07 14:26 | 47:57 6:50 | 51:50 3:53 | 56:20 4:30 | 62:15 5:55 | 72:27 10:12 | 80:01 7:34 | 81:53 1:52 | 86:07 4:14 |
| 48 | Kay Hughes HOC | 93:34 | 4:41 4:41 88:48 2:16 | 11:21 6:40 92:56 4:08 | 19:53 8:32 93:34 0:38 | 24:42 4:49 | 29:00 4:18 | 49:53 20:53 | 54:35 4:42 | 58:01 3:26 | 62:34 4:33 | 65:24 2:50 | 69:06 3:42 | 77:58 8:52 | 79:29 1:31 | 86:32 7:03 |
| 49 | Richard Broad IND | 94:55 | 5:04 5:04 89:54 2:26 | 15:53 10:49 94:18 4:24 | 23:38 7:45 94:55 0:37 | 28:12 4:34 | 34:03 5:51 | 49:39 15:36 | 54:59 5:20 | 58:52 3:53 | 63:43 4:51 | 66:35 2:52 | 72:16 5:41 | 80:39 8:23 | 82:30 1:51 | 87:28 4:58 |
| 50 | Gwen Tanner BOK | 102:39 | 4:12 4:12 96:38 3:11 | 10:00 5:48 102:13 5:35 | 17:37 7:37 102:39 0:26 | 25:02 7:25 | 31:38 6:36 | 47:31 15:53 | 53:00 5:29 | 56:53 3:53 | 64:29 7:36 | 72:15 7:46 | 77:12 4:57 | 87:09 9:57 | 89:19 2:10 | 93:27 4:08 |
| 51 | Adam Maycock IND | 105:57 | 4:23 4:23 100:41 3:05 | 10:40 6:17 105:34 4:53 | 20:04 9:24 105:57 0:23 | 25:53 5:49 | 30:40 4:47 | 53:12 22:32 | 63:57 10:45 | 68:14 4:17 | 72:40 4:26 | 78:22 5:42 | 84:13 5:51 | 93:39 9:26 | 95:22 1:43 | 97:36 2:14 |
| 52 | Kim Chester IND | 106:02 | 4:27 4:27 100:53 3:19 | 10:43 6:16 105:33 4:40 | 20:02 9:19 106:02 0:29 | 25:51 5:49 | 30:39 4:48 | 53:39 23:00 | 64:06 10:27 | 68:11 4:05 | 72:37 4:26 | 78:12 5:35 | 84:18 6:06 | 93:30 9:12 | 95:17 1:47 | 97:34 2:17 |

| PI Name | Time | 0.0 km 14 C (cont.) | | | | | | | | | | | | | |
|--------------------------------|--------------|-----------------------|---------------|---------------|----------------|---------------|---------------|---------------|----------------|----------------|---------------|---------------|---------------|----------------|---------------|
| | | 1(34) F | 2(50) | 3(55) | 4(41) | 5(35) | 6(43) | 7(39) | 8(49) | 9(31) | 10(47) | 11(56) | 12(40) | 13(53) | 14(54) |
| Green (39) | | | | | | | | | | | | | | | |
| 14 Mark Blackstone BOK | 64:06 | 4:09 4:09 64:06 | 8:45 4:36 | 14:39 5:54 | 26:25 11:46 | 31:39 5:14 | 36:30 4:51 | 38:30 2:00 | 42:00 3:30 | 49:44 7:44 | 52:36 2:52 | 55:52 3:16 | 58:37 2:45 | 62:35 3:58 | 63:39 1:04 |
| 15 Tony Noott BOK | 64:35 | 4:06 4:06 64:35 | 8:08 4:02 | 13:09 5:01 | 26:09 13:00 | 31:17 5:08 | 36:57 5:40 | 39:16 2:19 | 42:43 3:27 | 48:42 5:59 | 52:08 3:26 | 55:32 3:24 | 58:50 3:18 | 62:48 3:58 | 63:56 1:08 |
| 16 Carol Farrington HOC | 69:55 | 4:21 4:21 69:55 | 8:37 4:16 | 13:34 4:57 | 27:16 13:42 | 33:21 6:05 | 38:44 5:23 | 41:09 2:25 | 44:44 3:35 | 53:52 9:08 | 56:57 3:05 | 60:22 3:25 | 63:09 2:47 | 68:23 5:14 | 69:23 1:00 |
| 17 Lynden Hartmann HOC | 70:45 | 3:51 3:51 70:45 | 10:27 6:36 | 16:29 6:02 | 28:37 12:08 | 34:35 5:58 | 41:25 6:50 | 43:18 1:53 | 47:44 4:26 | 55:09 7:25 | 58:32 3:23 | 61:43 3:11 | 64:02 2:19 | 69:09 5:07 | 70:07 0:58 |
| 18 Chris James NGOC | 72:16 | 4:20 4:20 72:16 | 8:42 4:22 | 13:10 4:28 | 27:55 14:45 | 35:34 7:39 | 42:32 6:58 | 44:55 2:23 | 48:52 3:57 | 56:06 7:14 | 58:21 2:15 | 61:09 2:48 | 64:52 3:43 | 70:47 5:55 | 71:40 0:53 |
| 19 Noelle Bryant SWOC | 73:51 | 3:25 3:25 73:51 | 6:52 3:27 | 11:15 4:23 | 23:56 12:41 | 28:37 4:41 | 33:34 4:57 | 35:27 1:53 | 38:21 2:54 | 50:53 12:32 | 53:30 2:37 | 56:40 3:10 | 59:01 2:21 | 72:13 13:12 | 73:09 0:56 |
| 20 Sarah Rees POW | 74:12 | 3:38 3:38 74:12 | 9:48 6:10 | 16:53 7:05 | 27:53 11:00 | 36:32 8:39 | 42:43 6:11 | 44:28 1:45 | 49:18 4:50 | 60:33 11:15 | 63:16 2:43 | 65:51 2:35 | 68:40 2:49 | 73:11 4:31 | 73:50 0:39 |
| 21 Jane Holcombe BOK | 75:46 | 3:47 3:47 75:46 | 7:56 4:09 | 14:04 6:08 | 30:29 16:25 | 36:18 5:49 | 42:29 6:11 | 43:42 1:13 | 47:19 3:37 | 59:15 11:56 | 62:53 3:38 | 66:42 3:49 | 69:57 3:15 | 74:18 4:21 | 75:16 0:58 |
| 22 Richard Higgs IND | 77:20 | 4:21 4:21 77:20 | 9:38 5:17 | 14:37 4:59 | 28:35 13:58 | 34:58 6:23 | 41:03 6:05 | 43:25 2:22 | 47:03 3:38 | 59:01 11:58 | 62:05 3:04 | 65:57 3:52 | 69:14 3:17 | 75:17 6:03 | 76:35 1:18 |
| 23 John Coleman NGOC | 78:35 | 3:53 3:53 78:35 | 12:15 8:22 | 16:03 3:48 | 29:11 13:08 | 35:43 6:32 | 41:46 6:03 | 44:44 2:58 | 54:48 10:04 | 63:33 8:45 | 66:25 2:52 | 69:33 3:08 | 72:36 3:03 | 77:00 4:24 | 77:56 0:56 |
| 24 Sue Colbert SWOC | 79:07 | 4:25 4:25 79:07 | 8:42 4:17 | 15:16 6:34 | 28:27 13:11 | 35:27 7:00 | 42:27 7:00 | 45:40 3:13 | 51:16 5:36 | 61:25 10:09 | 64:17 2:52 | 67:30 3:13 | 70:50 3:20 | 77:17 6:27 | 78:31 1:14 |
| 25 Anne May SLOW | 82:13 | 5:20 5:20 82:13 | 10:12 4:52 | 15:28 5:16 | 30:22 14:54 | 37:33 7:11 | 44:48 7:15 | 47:11 2:23 | 52:39 5:28 | 62:29 9:50 | 66:17 3:48 | 70:45 4:28 | 74:17 3:32 | 79:36 5:19 | 81:12 1:36 |
| 26 Ron Gillard BOK | 88:18 | 4:12 4:12 88:18 | 9:28 5:16 | 19:22 9:54 | 34:45 15:23 | 41:32 6:47 | 49:20 7:48 | 53:02 3:42 | 59:44 6:42 | 70:58 11:14 | 74:01 3:03 | 77:37 3:36 | 81:46 4:09 | 86:30 4:44 | 87:41 1:11 |

| Pl | Name | Time | 0.0 km 14 C (cont.) | | | | | | | | | | | | | |
|-----------|--------------------------------|---------------|----------------------------------|----------------|----------------|----------------|----------------|----------------|---------------|----------------|-----------------|----------------|----------------|----------------|-----------------|-----------------|
| | | | 1(34) F | 2(50) | 3(55) | 4(41) | 5(35) | 6(43) | 7(39) | 8(49) | 9(31) | 10(47) | 11(56) | 12(40) | 13(53) | 14(54) |
| 27 | Kim Liggett NGOC | 89:02 | 4:20 4:20 89:02 0:40 | 12:06 7:46 | 18:51 6:45 | 39:27 20:36 | 46:50 7:23 | 54:23 7:33 | 57:37 3:14 | 63:07 5:30 | 71:56 8:49 | 75:13 3:17 | 79:01 3:48 | 82:18 3:17 | 86:48 4:30 | 88:22 1:34 |
| 28 | Julia Wilkinson HOC | 91:31 | 5:13 5:13 91:31 0:35 | 17:21 12:08 | 23:55 6:34 | 37:01 13:06 | 44:49 7:48 | 52:25 7:36 | 57:26 5:01 | 64:19 6:53 | 74:16 9:57 | 77:52 3:36 | 81:17 3:25 | 84:52 3:35 | 89:49 4:57 | 90:56 1:07 |
| 29 | Merce Aloy SPLIT | 92:35 | 3:57 3:57 92:35 0:47 | 16:37 12:40 | 22:15 5:38 | 38:40 16:25 | 44:57 6:17 | 51:11 6:14 | 55:19 4:08 | 62:08 6:49 | 72:11 10:03 | 75:12 3:01 | 78:29 3:17 | 83:25 4:56 | 88:52 5:27 | 91:48 2:56 |
| 30 | Ashley Ford HOC | 97:31 | 4:01 4:01 97:31 0:32 | 8:11 4:10 | 18:34 10:23 | 31:06 12:32 | 37:35 6:29 | 50:45 13:10 | 54:20 3:35 | 64:38 10:18 | 79:19 14:41 | 82:53 3:34 | 86:42 3:49 | 90:31 3:49 | 95:58 5:27 | 96:59 1:01 |
| 31 | Barbara Ford HOC | 108:19 | 4:44 4:44 108:19 0:39 | 11:09 6:25 | 19:02 7:53 | 39:59 20:57 | 50:30 10:31 | 61:10 10:40 | 66:33 5:23 | 72:33 6:00 | 84:31 11:58 | 89:25 4:54 | 94:43 5:18 | 99:23 4:40 | 106:16 6:53 | 107:40 1:24 |
| 32 | Don Gray IND | 129:02 | 7:02 7:02 129:02 0:56 | 13:43 6:41 | 23:28 9:45 | 49:50 26:22 | 59:27 9:37 | 70:34 11:07 | 75:08 4:34 | 85:16 10:08 | 100:29 15:13 | 104:51 4:22 | 109:34 4:43 | 115:53 6:19 | 126:27 10:34 | 128:06 1:39 |
| | Laura Rutty NGOC | mp | 4:58 4:58 89:15 0:35 | 9:29 4:31 | 21:49 12:20 | 34:38 12:49 | 43:28 8:50 | 52:30 9:02 | 54:59 2:29 | 58:47 3:48 | 72:43 13:56 | 75:17 2:34 | 79:47 4:30 | 83:03 3:16 | ---- | 88:40 5:37 |
| | Jill MacKenzie HOC | mp | 4:46 4:46 93:23 0:48 | 13:00 8:14 | 20:18 7:18 | 35:06 14:48 | 43:12 8:06 | 50:31 7:19 | 54:22 3:51 | 64:31 10:09 | 73:42 9:11 | 77:52 4:10 | 81:39 3:47 | 85:16 3:37 | ---- | 92:35 7:19 |
| | Gillian James NGOC | mp | 18:05 18:05 108:19 0:56 | 23:42 5:37 | 30:39 6:57 | 57:45 27:06 | 67:47 10:02 | 79:17 11:30 | 85:47 6:30 | 91:50 6:03 | ---- | ---- | ---- | ---- | ---- | 107:23 15:33 |
| | Sue Ashton NGOC | mp | 7:57 7:57 97:18 1:01 | 13:40 5:43 | 21:52 8:12 | 42:02 20:10 | 51:19 9:17 | 65:31 14:12 | 74:57 9:26 | 81:25 6:28 | ---- | ---- | ---- | ---- | ---- | 96:17 14:52 |
| | Peter Poole NGOC | mp | 4:40 4:40 80:47 6:34 | 9:41 5:01 | 16:14 6:33 | 31:47 15:33 | 38:49 7:02 | 48:07 9:18 | 49:52 1:45 | 53:15 3:23 | 64:17 11:02 | 67:42 3:25 | 70:56 3:14 | 74:13 3:17 | ---- | ---- |
| | Lester Hartmann HOC | mp | 2:53 2:53 45:01 0:20 | 6:54 4:01 | 10:11 3:17 | 18:07 7:56 | 22:19 4:12 | ---- | 28:27 6:08 | 30:56 2:29 | 35:21 4:25 | 37:12 1:51 | 39:19 2:07 | 41:15 1:56 | 44:00 2:45 | 44:41 0:41 |
| | Nigel Cousins HOC | mp | 2:52 2:52 73:41 0:29 | 6:42 3:50 | 10:23 3:41 | 21:58 11:35 | 27:10 5:12 | 38:23 11:13 | 40:00 1:37 | 43:04 3:04 | 49:44 6:40 | 52:10 2:26 | ---- | 57:41 5:31 | 72:25 14:44 | 73:12 0:47 |

| Pl | Name | Time | 0.0 km 12 C | | | | | | | | | | | | F |
|-----------|----------------------------|---------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(52) | 2(32) | 3(46) | 4(33) | 5(42) | 6(35) | 7(39) | 8(45) | 9(47) | 10(56) | 11(48) | 12(54) | |
| 1 | Patrick Tate | 30:52 | 1:34 | 2:10 | 5:10 | 6:36 | 8:07 | 12:34 | 16:56 | 20:26 | 22:52 | 25:39 | 27:40 | 30:23 | 30:52 |
| | NGOC | | 1:34 | 0:36 | 3:00 | 1:26 | 1:31 | 4:27 | 4:22 | 3:30 | 2:26 | 2:47 | 2:01 | 2:43 | 0:29 |
| 2 | Sandra Bumblauski | 32:54 | 1:26 | 1:46 | 6:33 | 7:57 | 9:31 | 11:20 | 14:24 | 18:55 | 21:22 | 24:17 | 28:53 | 32:26 | 32:54 |
| | IND | | 1:26 | 0:20 | 4:47 | 1:24 | 1:34 | 1:49 | 3:04 | 4:31 | 2:27 | 2:55 | 4:36 | 3:33 | 0:28 |
| 3 | Rory Gordon | 38:44 | 2:26 | 3:03 | 7:05 | 10:51 | 12:54 | 15:40 | 20:12 | 26:21 | 28:27 | 31:39 | 34:36 | 38:19 | 38:44 |
| | IND | | 2:26 | 0:37 | 4:02 | 3:46 | 2:03 | 2:46 | 4:32 | 6:09 | 2:06 | 3:12 | 2:57 | 3:43 | 0:25 |
| 4 | Hilary Nicholls | 45:16 | 3:00 | 3:53 | 7:17 | 8:43 | 10:59 | 13:59 | 19:46 | 28:22 | 31:11 | 34:25 | 40:17 | 44:32 | 45:16 |
| | NGOC | | 3:00 | 0:53 | 3:24 | 1:26 | 2:16 | 3:00 | 5:47 | 8:36 | 2:49 | 3:14 | 5:52 | 4:15 | 0:44 |
| 5 | Alan Mackenzie | 46:13 | 2:34 | 3:22 | 7:26 | 9:11 | 11:28 | 14:33 | 19:21 | 31:57 | 34:53 | 38:37 | 41:34 | 45:34 | 46:13 |
| | BOK | | 2:34 | 0:48 | 4:04 | 1:45 | 2:17 | 3:05 | 4:48 | 12:36 | 2:56 | 3:44 | 2:57 | 4:00 | 0:39 |
| 6 | Adrian Dawson | 50:22 | 2:20 | 3:15 | 7:26 | 10:23 | 12:44 | 17:01 | 22:28 | 30:24 | 33:02 | 40:04 | 45:58 | 49:50 | 50:22 |
| | SARUM | | 2:20 | 0:55 | 4:11 | 2:57 | 2:21 | 4:17 | 5:27 | 7:56 | 2:38 | 7:02 | 5:54 | 3:52 | 0:32 |
| 7 | Ashleigh Denman | 53:25 | 2:09 | 2:47 | 6:47 | 9:26 | 11:20 | 14:39 | 24:14 | 30:53 | 34:04 | 37:50 | 49:00 | 52:58 | 53:25 |
| | NGOC | | 2:09 | 0:38 | 4:00 | 2:39 | 1:54 | 3:19 | 9:35 | 6:39 | 3:11 | 3:46 | 11:10 | 3:58 | 0:27 |
| 8 | Jasmine+Gary Zane | 57:02 | 2:34 | 3:13 | 8:13 | 10:08 | 12:14 | 15:25 | 21:03 | 27:09 | 41:58 | 46:03 | 51:27 | 56:34 | 57:02 |
| | IND | | 2:34 | 0:39 | 5:00 | 1:55 | 2:06 | 3:11 | 5:38 | 6:06 | 14:49 | 4:05 | 5:24 | 5:07 | 0:28 |
| 9 | Nikola Poole | 99:21 | 7:05 | 8:09 | 16:31 | 21:34 | 26:49 | 34:36 | 47:01 | 66:11 | 73:44 | 80:30 | 87:16 | 98:01 | 99:21 |
| | NGOC | | 7:05 | 1:04 | 8:22 | 5:03 | 5:15 | 7:47 | 12:25 | 19:10 | 7:33 | 6:46 | 6:46 | 10:45 | 1:20 |
| 10 | Paul + William + Ma | 106:57 | 7:14 | 9:56 | 23:19 | 31:05 | 38:57 | 46:20 | 62:03 | 77:10 | 82:44 | 89:38 | 98:46 | 106:11 | 106:57 |
| | NGOC | | 7:14 | 2:42 | 13:23 | 7:46 | 7:52 | 7:23 | 15:43 | 15:07 | 5:34 | 6:54 | 9:08 | 7:25 | 0:46 |
| 11 | Rosie Roberts + Ju | 108:06 | 7:40 | 13:22 | 24:38 | 30:00 | 35:25 | 43:11 | 55:37 | 74:44 | 82:16 | 88:57 | 96:11 | 106:29 | 108:06 |
| | IND | | 7:40 | 5:42 | 11:16 | 5:22 | 5:25 | 7:46 | 12:26 | 19:07 | 7:32 | 6:41 | 7:14 | 10:18 | 1:37 |
| 12 | Anne Broad | 118:59 | 11:18 | 12:16 | 16:39 | 19:24 | 21:45 | 36:41 | 50:48 | 91:30 | 94:36 | 98:39 | 113:52 | 118:19 | 118:59 |
| | IND | | 11:18 | 0:58 | 4:23 | 2:45 | 2:21 | 14:56 | 14:07 | 40:42 | 3:06 | 4:03 | 15:13 | 4:27 | 0:40 |
| | Max Carew | mp | 7:24 | 8:28 | 14:33 | 22:55 | 28:10 | 33:06 | 40:19 | 48:11 | ---- | 56:18 | ---- | 68:40 | 69:28 |
| | IND | | 7:24 | 1:04 | 6:05 | 8:22 | 5:15 | 4:56 | 7:13 | 7:52 | | 8:07 | | 12:22 | 0:48 |

| Pl | Name | Time | 0.0 km 8 C | | | | | | | | | | | | | |
|-----------|----------------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------|-------|------|------|-------|
| | | | 1(52) | 2(51) | 3(46) | 4(45) | 5(47) | 6(48) | 7(53) | 8(54) | F | | | | | |
| 1 | Lara Gordon | 14:32 | 1:24 | 2:32 | 4:02 | 5:48 | 8:03 | 10:56 | 13:19 | 14:06 | 14:32 | | | | | |
| | IND | | 1:24 | 1:08 | 1:30 | 1:46 | 2:15 | 2:53 | 2:23 | 0:47 | 0:26 | | | | | |
| 2 | Reuben Lawson | 21:35 | 1:42 | 3:00 | 5:25 | 8:35 | 11:34 | 15:49 | 20:06 | 21:04 | 21:35 | | | | | |
| | NGOC | | 1:42 | 1:18 | 2:25 | 3:10 | 2:59 | 4:15 | 4:17 | 0:58 | 0:31 | | | | | |
| 3 | Lousi Cohen | 21:42 | 1:48 | 3:03 | 5:31 | 8:40 | 11:35 | 16:06 | 20:15 | 21:10 | 21:42 | | | | | |
| | NGOC | | 1:48 | 1:15 | 2:28 | 3:09 | 2:55 | 4:31 | 4:09 | 0:55 | 0:32 | | | | | |
| 4 | Seth Lawson | 29:55 | 2:22 | 4:09 | 8:01 | 13:48 | 16:55 | 21:02 | 27:09 | 28:48 | 29:55 | | | | | |
| | NGOC | | 2:22 | 1:47 | 3:52 | 5:47 | 3:07 | 4:07 | 6:07 | 1:39 | 1:07 | | | | | |
| 5 | Jeanette Tate | 41:36 | 2:39 | 4:23 | 7:07 | 11:25 | 31:31 | 35:53 | 39:23 | 40:47 | 41:36 | | | | | |
| | IND | | 2:39 | 1:44 | 2:44 | 4:18 | 20:06 | 4:22 | 3:30 | 1:24 | 0:49 | | | | | |
| | Maya Britton | mp | ---- | ---- | ---- | 44:06 | ---- | ---- | 710:28 | 715:02 | 717:43 | | 2:05 | 4:18 | 6:38 | 13:27 |
| | BOK | | | | | 44:06 | | | 666:22 | 4:34 | 2:41 | | *67 | *57 | *59 | *61 |
| | | | 21:21 | 26:13 | 29:32 | 35:22 | 38:33 | 49:06 | 53:23 | 706:30 | 715:28 | 715:41 | | | | |
| | | | *60 | *39 | *56 | *64 | *63 | *65 | *66 | *54 | *54 | *54 | | | | |
| | Archie Hobby | mp | 1:56 | 6:01 | 16:19 | ---- | 21:18 | 25:45 | 29:19 | 31:52 | 32:15 | | 12:13 | | | |
| | NGOC | | 1:56 | 4:05 | 10:18 | | 4:59 | 4:27 | 3:34 | 2:33 | 0:23 | | *45 | | | |
| nc | Rory Gordon | 14:04 | 1:22 | 2:20 | 4:14 | 6:32 | 8:25 | 10:50 | 12:49 | 13:39 | 14:04 | | | | | |
| | IND | | 1:22 | 0:58 | 1:54 | 2:18 | 1:53 | 2:25 | 1:59 | 0:50 | 0:25 | | | | | |