

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | |
|------------------|------|---------------------------|-------|-------------------------------|-------------------------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|---------------|--|
| Long (13) | | | | 8.0 km | 16 C | | | | | | | | | | | | | | |
| | | | | 1(104) | 2(102) | 3(101) | 4(103) | 5(105) | 6(107) | 7(122) | 8(120) | 9(123) | 10(125) | 11(124) | 12(118) | 13(115) | 14(112) | 15(110) | |
| | | | | 16(108) | F | | | | | | | | | | | | | | |
| 1 | 61 | Andrew Monro HOC | 36:02 | 0:59 0:59 34:51 3:35 | 1:44 0:45 36:02 1:11 | 2:18 0:34 | 3:20 1:02 | 4:37 1:17 | 6:46 2:09 | 12:07 5:21 | 15:11 3:04 | 16:42 1:31 | 18:36 1:54 | 19:49 1:13 | 24:27 4:38 | 27:31 3:04 | 28:51 1:20 | 31:16 2:25 | |
| 2 | 1 | Richard Cronin NGOC | 39:30 | 1:10 1:10 38:16 3:33 | 2:02 0:52 39:30 1:14 | 3:01 0:59 | 4:19 1:18 | 5:36 1:17 | 8:19 2:43 | 14:09 5:50 | 17:56 3:47 | 19:31 1:35 | 21:35 2:04 | 22:49 1:14 | 27:15 4:26 | 30:30 3:15 | 32:02 1:32 | 34:43 2:41 | |
| 3 | 45 | Steve Green NGOC | 40:31 | 1:29 1:29 38:58 3:59 | 2:42 1:13 40:31 1:33 | 3:33 0:51 | 4:52 1:19 | 6:07 1:15 | 8:41 2:34 | 14:31 5:50 | 17:43 3:12 | 19:13 1:30 | 21:17 2:04 | 22:40 1:23 | 27:09 4:29 | 30:33 3:24 | 32:05 1:32 | 34:59 2:54 | |
| 4 | 5 | Scott Johnson NGOC | 41:42 | 1:49 1:49 40:30 3:50 | 2:51 1:02 41:42 1:12 | 4:06 1:15 | 5:19 1:13 | 6:48 1:29 | 9:09 2:21 | 15:02 5:53 | 18:20 3:18 | 19:52 1:32 | 22:22 2:30 | 23:41 1:19 | 28:26 4:45 | 31:46 3:20 | 33:33 1:47 | 36:40 3:07 | |
| 5 | 67 | Alistair Ross NGOC | 44:30 | 1:14 1:14 43:19 4:18 | 2:00 0:46 44:30 1:11 | 3:23 1:23 | 5:18 1:55 | 6:33 1:15 | 9:29 2:56 | 15:31 6:02 | 19:25 3:54 | 20:53 1:28 | 23:28 2:35 | 24:43 1:15 | 30:31 5:48 | 34:09 3:38 | 36:00 1:51 | 39:01 3:01 | |
| 6 | 19 | Anders Johansson NGOC | 45:36 | 1:46 1:46 44:04 5:10 | 2:46 1:00 45:36 1:32 | 4:06 1:20 | 5:23 1:17 | 6:42 1:19 | 9:20 2:38 | 15:25 6:05 | 19:03 3:38 | 20:51 1:48 | 23:25 2:34 | 25:02 1:37 | 30:27 5:25 | 34:13 3:46 | 36:03 1:50 | 38:54 2:51 | |
| 7 | 56 | Neil Cameron NGOC | 48:51 | 1:50 1:50 47:23 4:17 | 2:59 1:09 48:51 1:28 | 4:45 1:46 | 6:15 1:30 | 7:52 1:37 | 10:45 2:53 | 17:18 6:33 | 21:39 4:21 | 23:31 1:52 | 25:55 2:24 | 27:39 1:44 | 33:42 6:03 | 37:52 4:10 | 39:52 2:00 | 43:06 3:14 | |
| 8 | 65 | Greg Best NGOC | 49:17 | 1:35 1:35 47:33 5:21 | 2:42 1:07 49:17 1:44 | 3:38 0:56 | 5:04 1:26 | 6:41 1:37 | 9:44 3:03 | 16:27 6:43 | 20:41 4:14 | 22:28 1:47 | 24:57 2:29 | 26:33 1:36 | 32:22 5:49 | 37:09 4:47 | 39:07 1:58 | 42:12 3:05 | |
| 9 | 62 | Steve Williams NGOC | 49:44 | 1:33 1:33 48:10 4:36 | 2:38 1:05 49:44 1:34 | 3:31 0:53 | 5:01 1:30 | 6:30 1:29 | 9:17 2:47 | 15:42 6:25 | 22:51 7:09 | 24:30 1:39 | 27:11 2:41 | 28:42 1:31 | 34:53 6:11 | 39:00 4:07 | 40:44 1:44 | 43:34 2:50 | |
| 10 | 29 | Tom Birthwright NGOC | 50:47 | 1:27 1:27 49:03 4:21 | 2:41 1:14 50:47 1:44 | 3:45 1:04 | 5:27 1:42 | 6:59 1:32 | 10:10 3:11 | 17:20 7:10 | 21:44 4:24 | 24:10 2:26 | 26:49 2:39 | 28:19 1:30 | 34:41 6:22 | 38:26 3:45 | 40:51 2:25 | 44:42 3:51 | |
| 11 | 58 | James Wilkinson HOC | 54:43 | 1:30 1:30 53:02 4:47 | 2:42 1:12 54:43 1:41 | 3:38 0:56 | 5:14 1:36 | 6:57 1:43 | 10:15 3:18 | 18:31 8:16 | 23:56 5:25 | 26:12 2:16 | 29:14 3:02 | 31:09 1:55 | 37:41 6:32 | 41:58 4:17 | 44:11 2:13 | 48:15 4:04 | |
| 12 | 30 | Tom Mills NGOC | 66:23 | 2:10 2:10 64:31 5:16 | 3:26 1:16 66:23 1:52 | 6:28 3:02 | 8:49 2:21 | 11:01 2:12 | 14:54 3:53 | 22:57 8:03 | 28:10 5:13 | 30:15 2:05 | 33:40 3:25 | 35:38 1:58 | 42:40 7:02 | 52:50 10:10 | 55:00 2:10 | 59:15 4:15 | |
| 13 | 70 | Kendra-Anne White CLOK | 78:40 | 3:23 3:23 76:31 9:01 | 7:54 4:31 78:40 2:09 | 18:49 10:55 | 21:41 2:52 | 25:22 3:41 | 29:02 3:40 | 37:21 8:19 | 42:01 4:40 | 44:22 2:21 | 47:16 2:54 | 49:23 2:07 | 55:28 6:05 | 61:21 5:53 | 63:36 2:15 | 67:30 3:54 | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | |
|------------------|-----------|------------------------|--------------|---------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Score (3) | | | | 0.0 km | 25 C | | | | | | | | | | | | | | |
| | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 1 | 66 | Hannah Bradley | 46:42 | 1:52 | 3:01 | 5:45 | 6:46 | 8:04 | 10:12 | 12:00 | 14:37 | 19:59 | 23:21 | 26:16 | 31:12 | 33:33 | 35:59 | 37:02 | |
| | | NGOC | | 1:52 | 1:09 | 2:44 | 1:01 | 1:18 | 2:08 | 1:48 | 2:37 | 5:22 | 3:22 | 2:55 | 4:56 | 2:21 | 2:26 | 1:03 | |
| | | | | 38:13 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | | 1:11 | | | | | | | | | | 46:42 | | | | | |
| | | | | | | | | | | | | | | 8:29 | | | | | |
| 2 | 9 | Andrew Craig | 49:52 | 0:39 | 2:23 | 3:03 | 3:50 | 4:46 | 6:33 | 7:46 | 10:15 | 14:07 | 16:31 | 19:09 | 20:40 | 23:06 | 24:45 | 28:25 | |
| | | NGOC | | 0:39 | 1:44 | 0:40 | 0:47 | 0:56 | 1:47 | 1:13 | 2:29 | 3:52 | 2:24 | 2:38 | 1:31 | 2:26 | 1:39 | 3:40 | |
| | | | | 31:01 | 33:17 | 35:29 | 37:11 | 37:56 | 39:35 | 40:37 | 42:00 | 44:42 | 48:32 | 49:52 | | | | | |
| | | | | 2:36 | 2:16 | 2:12 | 1:42 | 0:45 | 1:39 | 1:02 | 1:23 | 2:42 | 3:50 | 1:20 | | | | | |
| 3 | 37 | Hilary Nicholls | 57:28 | 3:30 | 5:37 | 9:00 | 10:33 | 12:30 | 16:03 | 18:50 | 24:09 | 29:46 | 32:42 | 34:42 | 36:22 | 39:40 | 41:19 | 47:20 | |
| | | NGOC | | 3:30 | 2:07 | 3:23 | 1:33 | 1:57 | 3:33 | 2:47 | 5:19 | 5:37 | 2:56 | 2:00 | 1:40 | 3:18 | 1:39 | 6:01 | |
| | | | | 54:33 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | | 7:13 | | | | | | | | | | 57:28 | | | | | |
| | | | | | | | | | | | | | | 2:55 | | | | | |