

| Pl | Name | Time | 1(34) | 2(58) | 3(43) | 4(44) | 5(64) | 6(62) | 7(63) | 8(65) | 9(56) | 10(57) | 11(36) | 12(40) | 13(38) | 14(39) | 15(59) | 16(54) | 17(60) | 18(66) | Finish |
|----|-----------------------------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Caroline Craig NGOC | 1:01:35 | 3:17 | 6:46 | 8:49 | 12:40 | 18:24 | 23:36 | 25:23 | 28:27 | 30:56 | 33:15 | 36:36 | 40:24 | 42:34 | 47:02 | 52:08 | 55:27 | 57:36 | 1:01:08 | 1:01:35 |
| 2 | Phil Murray BOK | 1:02:45 | 3:17 | 3:29 | 2:03 | 3:51 | 5:44 | 5:12 | 1:47 | 3:04 | 2:29 | 2:19 | 3:21 | 3:48 | 2:10 | 4:28 | 5:06 | 3:19 | 2:09 | 3:32 | 0:27 |
| 3 | Jan Travnicek TVOC | 1:03:35 | 3:48 | 6:22 | 8:29 | 11:08 | 17:14 | 21:47 | 23:41 | 27:50 | 32:49 | 35:26 | 39:22 | 44:46 | 46:32 | 48:15 | 53:58 | 57:32 | 59:17 | 1:02:59 | 1:03:35 |
| 4 | Nick Nourse NWO | 1:06:42 | 3:48 | 2:34 | 2:07 | 2:39 | 6:06 | 4:33 | 1:54 | 4:09 | 4:59 | 2:37 | 3:56 | 5:24 | 1:46 | 1:43 | 5:43 | 3:34 | 1:45 | 3:42 | 0:36 |
| 5 | David Kingham TVOC | 1:07:30 | 3:51 | 2:47 | 2:24 | 3:02 | 6:08 | 5:00 | 1:40 | 3:24 | 2:56 | 3:02 | 4:46 | 4:26 | 2:14 | 6:33 | 4:50 | 3:35 | 1:46 | 3:45 | 0:33 |
| 6 | Thomas Cochrane NGOC | 1:07:36 | 3:34 | 6:17 | 8:39 | 11:31 | 18:31 | 24:14 | 25:58 | 29:37 | 32:27 | 35:54 | 39:57 | 44:21 | 47:03 | 51:07 | 57:22 | 1:01:07 | 1:03:00 | 1:06:54 | 1:07:30 |
| 7 | Eddie McLarnon NGOC | 1:12:19 | 3:14 | 5:40 | 7:37 | 10:58 | 17:12 | 22:40 | 24:21 | 28:05 | 30:48 | 33:10 | 38:33 | 43:21 | 45:49 | 49:37 | 54:55 | 1:01:09 | 1:03:04 | 1:07:04 | 1:07:36 |
| 8 | Matthew Lawson NGOC | 1:12:38 | 3:14 | 2:26 | 1:57 | 3:21 | 6:14 | 5:28 | 1:41 | 3:44 | 2:43 | 2:22 | 5:23 | 4:48 | 2:28 | 3:48 | 5:18 | 6:14 | 1:55 | 4:00 | 0:32 |
| 9 | Peter Gilder NWO | 1:14:20 | 3:59 | 9:33 | 11:49 | 14:52 | 21:17 | 27:46 | 29:56 | 33:37 | 38:30 | 41:07 | 44:36 | 49:53 | 52:38 | 55:55 | 1:01:22 | 1:05:44 | 1:07:47 | 1:11:41 | 1:12:19 |
| 10 | Allan McCall NGOC | 1:14:43 | 3:59 | 5:34 | 2:16 | 3:03 | 6:25 | 6:29 | 2:10 | 3:41 | 4:53 | 2:37 | 3:29 | 5:17 | 2:45 | 3:17 | 5:27 | 4:22 | 2:03 | 3:54 | 0:38 |
| 11 | Charles Daniel BOK | 1:15:12 | 4:31 | 7:39 | 10:40 | 13:54 | 24:50 | 30:08 | 31:41 | 35:09 | 38:04 | 41:21 | 45:52 | 51:42 | 54:18 | 57:05 | 1:02:54 | 1:06:49 | 1:08:42 | 1:12:09 | 1:12:38 |
| 12 | Dave Austin NGOC | 1:15:17 | 4:31 | 3:08 | 3:01 | 3:14 | 10:56 | 5:18 | 1:33 | 3:28 | 2:55 | 3:17 | 4:31 | 5:50 | 2:36 | 2:47 | 5:49 | 3:55 | 1:53 | 3:27 | 0:29 |
| 13 | Judith Austerberry NGOC | 1:18:10 | 3:19 | 6:41 | 9:35 | 13:10 | 20:32 | 26:22 | 27:58 | 31:45 | 35:06 | 37:47 | 41:34 | 52:06 | 54:41 | 57:27 | 1:03:34 | 1:07:54 | 1:09:55 | 1:13:50 | 1:14:20 |
| 14 | Mike Goldthorpe SOC | 1:19:19 | 3:19 | 3:22 | 2:54 | 3:35 | 7:22 | 5:50 | 1:36 | 3:47 | 3:21 | 2:41 | 3:47 | 10:32 | 2:35 | 2:46 | 6:07 | 4:20 | 2:01 | 3:55 | 0:30 |
| 15 | Anders Johansson NGOC | 1:22:54 | 5:14 | 8:18 | 10:41 | 13:52 | 21:07 | 27:14 | 29:07 | 33:06 | 35:58 | 38:55 | 43:57 | 49:39 | 52:30 | 57:14 | 1:03:04 | 1:08:14 | 1:10:15 | 1:14:12 | 1:14:43 |
| 16 | Paul Basher HOC | 1:23:50 | 5:14 | 3:04 | 2:23 | 3:11 | 7:15 | 6:07 | 1:53 | 3:59 | 2:52 | 2:57 | 5:02 | 5:42 | 2:51 | 4:44 | 5:50 | 5:10 | 2:01 | 3:57 | 0:31 |
| 17 | Chris McCartney OD | 1:24:08 | 3:29 | 6:08 | 8:35 | 11:56 | 18:25 | 24:41 | 26:22 | 30:09 | 34:25 | 37:05 | 43:09 | 48:40 | 51:07 | 57:16 | 1:03:04 | 1:08:15 | 1:10:33 | 1:14:41 | 1:15:12 |
| 18 | Alan Pucill NGOC | 1:24:36 | 3:29 | 2:39 | 2:27 | 3:21 | 6:29 | 6:16 | 1:41 | 3:47 | 4:16 | 2:40 | 6:04 | 5:31 | 2:27 | 6:09 | 5:48 | 5:11 | 2:18 | 4:08 | 0:31 |
| 19 | Mikhail Gryaznevich TVOC | 1:27:03 | 4:59 | 7:50 | 10:40 | 14:14 | 20:59 | 26:32 | 28:19 | 35:07 | 38:14 | 44:02 | 47:40 | 52:51 | 55:20 | 58:51 | 1:04:18 | 1:08:36 | 1:10:46 | 1:14:39 | 1:15:17 |
| 20 | Owain Jones BOK | 1:27:45 | 4:59 | 2:51 | 2:50 | 3:34 | 6:45 | 5:33 | 1:47 | 6:48 | 3:07 | 5:48 | 3:38 | 5:11 | 2:29 | 3:31 | 5:27 | 4:18 | 2:10 | 3:53 | 0:38 |
| 21 | Chris Johnson BOK | 1:30:54 | 4:01 | 6:58 | 9:24 | 15:22 | 21:55 | 27:34 | 29:21 | 36:27 | 39:28 | 43:29 | 48:58 | 53:36 | 55:56 | 59:38 | 1:05:48 | 1:10:22 | 1:13:52 | 1:17:35 | 1:18:10 |
| 22 | Steve Chiverton HOC | 1:32:24 | 3:44 | 10:45 | 13:04 | 16:21 | 22:45 | 28:49 | 30:25 | 38:55 | 42:03 | 44:32 | 49:53 | 54:34 | 57:07 | 1:00:44 | 1:06:54 | 1:11:19 | 1:14:45 | 1:18:43 | 1:19:19 |
| 23 | Paul Taunton NGOC | 1:36:06 | 3:44 | 7:01 | 2:19 | 3:17 | 6:24 | 6:04 | 1:36 | 8:30 | 3:08 | 2:29 | 5:21 | 4:41 | 2:33 | 3:37 | 6:10 | 4:25 | 3:26 | 3:58 | 0:36 |
| 24 | Simon James SWOC | 1:37:09 | 3:33 | 7:12 | 9:37 | 13:00 | 20:21 | 27:13 | 29:26 | 32:44 | 36:33 | 40:01 | 46:55 | 53:25 | 56:37 | 59:55 | 1:08:03 | 1:13:53 | 1:16:50 | 1:22:22 | 1:22:54 |
| 25 | Steve Williams NGOC | 1:40:56 | 3:33 | 3:39 | 2:25 | 3:23 | 7:21 | 6:52 | 2:13 | 3:18 | 3:49 | 3:28 | 6:54 | 6:30 | 3:12 | 3:18 | 8:08 | 5:50 | 2:57 | 5:32 | 0:32 |
| 26 | Roger Edwards NGOC | 1:41:38 | 4:35 | 7:42 | 10:10 | 13:54 | 22:11 | 29:36 | 32:33 | 37:34 | 44:42 | 47:19 | 54:19 | 59:48 | 1:02:13 | 1:05:00 | 1:11:30 | 1:16:23 | 1:18:40 | 1:23:08 | 1:23:50 |
| 27 | Shirley Robinson NGOC | 1:45:33 | 4:35 | 3:07 | 2:28 | 3:44 | 8:17 | 7:25 | 2:57 | 5:01 | 7:08 | 2:37 | 7:00 | 5:29 | 2:25 | 2:47 | 6:30 | 4:53 | 2:17 | 4:28 | 0:42 |

1:05:03
*37

| Pl | Name | Time | | | | | | | | | | | | | | | | | | | | |
|------------|---------------------------|---------|---------|-------|-------|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|
| Blue (30) | | | (cont.) | | | | | | | | | | | | | | | | | | | |
| | | | 1(34) | 2(58) | 3(43) | 4(44) | 5(64) | 6(62) | 7(63) | 8(65) | 9(56) | 10(57) | 11(36) | 12(40) | 13(38) | 14(39) | 15(59) | 16(54) | 17(60) | 18(66) | Finish | |
| 28 | Richard Rossington BOK | 1:55:58 | 6:20 | 10:36 | 13:29 | 17:27 | 38:05 | 47:16 | 50:45 | 57:32 | 1:03:21 | 1:07:08 | 1:14:21 | 1:21:15 | 1:24:57 | 1:28:23 | 1:37:27 | 1:44:55 | 1:48:31 | 1:55:08 | 1:55:58 | |
| 29 | Morgan O'Donovan IND | 2:08:13 | 6:52 | 14:11 | 17:47 | 23:56 | 35:16 | 46:24 | 51:07 | 58:13 | 1:06:21 | 1:11:20 | 1:19:42 | 1:25:59 | 1:30:40 | 1:35:31 | 1:46:08 | 1:54:43 | 1:59:41 | 2:06:48 | 2:08:13 | |
| | John Weyman NWO | mp | 6:39 | 11:54 | 18:42 | 27:48 | 45:12 | 54:55 | 57:34 | 1:03:23 | 1:08:46 | 1:12:15 | 1:22:01 | 1:32:28 | 1:37:48 | 1:46:11 | 1:54:49 | 2:02:37 | ----- | ----- | | |
| | | | 6:39 | 5:15 | 6:48 | 9:06 | 17:24 | 9:43 | 2:39 | 5:49 | 5:23 | 3:29 | 9:46 | 10:27 | 5:20 | 8:23 | 8:38 | 7:48 | | | | |
| Green (41) | | | 1(44) | 2(61) | 3(64) | 4(62) | 5(63) | 6(36) | 7(40) | 8(37) | 9(39) | 10(59) | 11(48) | 12(33) | 13(66) | Finish | | | | | | |
| 1 | Richard Purkis NGOC | 40:39 | 2:21 | 7:10 | 10:06 | 15:27 | 17:11 | 19:34 | 23:35 | 25:25 | 28:36 | 33:49 | 36:17 | 39:13 | 40:08 | 40:39 | | | | | | |
| 2 | Steven Harris NGOC | 49:44 | 2:21 | 4:49 | 2:56 | 5:21 | 1:44 | 2:23 | 4:01 | 1:50 | 3:11 | 5:13 | 2:28 | 2:56 | 0:55 | 0:31 | | | | | | |
| 3 | Ian Teasdale WCOC | 49:49 | 2:13 | 4:40 | 2:46 | 5:45 | 1:53 | 2:59 | 6:57 | 6:16 | 3:23 | 5:22 | 2:36 | 3:22 | 1:07 | 0:30 | | | | | | |
| 4 | Philip Bostock NGOC | 54:11 | 3:29 | 9:10 | 12:25 | 19:15 | 21:42 | 25:30 | 31:37 | 34:49 | 38:17 | 45:39 | 48:51 | 52:28 | 53:40 | 54:11 | | | | | | |
| 5 | Peter Watson NGOC | 55:49 | 2:44 | 7:32 | 10:25 | 16:37 | 18:42 | 21:35 | 28:26 | 35:36 | 42:31 | 48:43 | 51:09 | 54:16 | 55:17 | 55:49 | | | | | | |
| 6 | Tony Cockbain HOC | 56:03 | 3:00 | 8:48 | 12:26 | 19:12 | 22:00 | 27:14 | 33:11 | 36:19 | 40:08 | 47:32 | 50:51 | 54:22 | 55:30 | 56:03 | | | | | | |
| 7 | Wilfrid Teasdale WCOC | 56:05 | 2:34 | 8:39 | 11:22 | 17:30 | 19:10 | 21:56 | 29:23 | 38:27 | 42:24 | 48:06 | 51:03 | 54:04 | 55:23 | 56:05 | | | | | | |
| 8 | Tom Birthwright NGOC | 57:51 | 4:15 | 11:02 | 14:44 | 21:46 | 24:13 | 28:30 | 34:44 | 38:23 | 42:04 | 49:18 | 52:25 | 55:48 | 57:15 | 57:51 | | | | | | |
| 9 | John Fallows NGOC | 58:09 | 2:53 | 7:46 | 10:58 | 19:02 | 21:26 | 25:22 | 33:16 | 36:31 | 40:10 | 48:24 | 51:59 | 56:05 | 57:34 | 58:09 | | | | | | |
| 10 | Dave Hartley NGOC | 58:18 | 2:42 | 7:19 | 10:28 | 17:26 | 19:42 | 28:42 | 34:48 | 38:14 | 41:47 | 49:03 | 52:08 | 56:12 | 57:41 | 58:18 | | | | | | |
| 11 | Rebecca Ward NGOC | 59:55 | 6:00 | 13:29 | 17:20 | 24:43 | 26:56 | 30:28 | 36:46 | 40:14 | 44:48 | 51:17 | 54:24 | 57:57 | 59:26 | 59:55 | | | | | | |
| 12 | Kevin Brooker BAOC | 1:00:12 | 3:59 | 9:45 | 14:01 | 22:14 | 25:53 | 29:16 | 36:20 | 39:07 | 46:11 | 53:36 | 56:06 | 58:49 | 59:46 | 1:00:12 | | | | | | |
| 13 | Neil Cameron NGOC | 1:00:26 | 6:09 | 11:14 | 14:20 | 21:17 | 23:38 | 28:16 | 35:02 | 39:08 | 44:12 | 51:14 | 54:35 | 58:18 | 59:50 | 1:00:26 | | | | | | |
| 14 | Rob Taylor HOC | 1:01:49 | 2:39 | 8:55 | 12:00 | 19:12 | 21:07 | 24:45 | 32:46 | 40:26 | 48:04 | 54:18 | 57:05 | 1:00:31 | 1:01:23 | 1:01:49 | | | | | | |
| 15 | Andy Pedder NGOC | 1:02:45 | 2:19 | 6:38 | 9:44 | 17:51 | 20:06 | 25:03 | 33:11 | 41:11 | 44:42 | 53:04 | 56:37 | 1:00:40 | 1:01:51 | 1:02:45 | | | | | | |
| 16 | Alan Richards NGOC | 1:04:51 | 3:25 | 8:48 | 15:20 | 23:51 | 26:05 | 30:52 | 37:47 | 40:50 | 48:24 | 55:33 | 59:01 | 1:02:54 | 1:04:05 | 1:04:51 | | | | | | |
| 17 | Henry Teasdale WCOC | 1:04:55 | 2:38 | 8:24 | 11:29 | 18:44 | 21:30 | 25:06 | 33:48 | 45:11 | 48:33 | 55:51 | 59:41 | 1:03:21 | 1:04:24 | 1:04:55 | | | | | | |
| 18 | Paul Hobby NGOC | 1:06:32 | 4:59 | 11:14 | 14:39 | 23:42 | 26:12 | 29:51 | 39:26 | 44:55 | 48:47 | 57:27 | 1:00:59 | 1:04:52 | 1:05:56 | 1:06:32 | | | | | | |
| 19 | Ginny Hudson IND | 1:07:55 | 4:50 | 11:05 | 14:12 | 20:54 | 23:31 | 34:58 | 42:39 | 46:21 | 51:29 | 59:44 | 1:02:24 | 1:06:04 | 1:07:16 | 1:07:55 | 28:12 | 29:56 | | | | |
| 20 | Roger Hardiman NGOC | 1:13:13 | 3:29 | 8:46 | 12:40 | 20:36 | 23:42 | 28:53 | 36:08 | 45:29 | 54:11 | 1:04:17 | 1:07:45 | 1:11:28 | 1:12:38 | 1:13:13 | | | | | | |
| 21 | Mike Wilkinson HOC | 1:13:32 | 2:56 | 9:18 | 13:03 | 22:18 | 24:39 | 28:27 | 40:06 | 53:24 | 56:59 | 1:03:46 | 1:07:23 | 1:11:41 | 1:12:48 | 1:13:32 | | | | | | |
| 22 | Stephen Robinson NGOC | 1:13:33 | 3:05 | 19:35 | 22:47 | 33:00 | 35:25 | 40:17 | 46:26 | 51:04 | 55:22 | 1:03:22 | 1:07:03 | 1:11:34 | 1:12:49 | 1:13:33 | | | | | | |

| Pl | Name | Time | (cont.) | | | | | | | | | | |
|--------------------|-------------------------------|---------|-------------|-------|-------------|-------|-------|-------|-------------|---------|-------------|-------------|-------------|
| | | | 1(48) | 2(47) | 3(51) | 4(53) | 5(52) | 6(49) | 7(45) | 8(32) | 9(42) | 10(50) | Finish |
| Orange (17) | | | | | | | | | | | | | |
| 7 | Jessica Ward NGOC | 45:06 | 3:17 | 7:30 | 10:26 | 17:54 | 23:49 | 27:06 | 31:17 | 34:52 | 39:49 | 42:23 | 45:06 |
| | | | 3:17 | 4:13 | 2:56 | 7:28 | 5:55 | 3:17 | 4:11 | 3:35 | 4:57 | 2:34 | 2:43 |
| 8 | Ruth Aaron IND | 50:36 | 3:12 | 8:16 | 15:08 | 18:56 | 24:29 | 29:25 | 34:24 | 39:57 | 44:13 | 47:16 | 50:36 |
| | | | 3:12 | 5:04 | 6:52 | 3:48 | 5:33 | 4:56 | 4:59 | 5:33 | 4:16 | 3:03 | 3:20 |
| 9 | Roderick Family IND | 56:19 | 1:58 | 5:58 | 13:15 | 16:46 | 34:47 | 37:57 | 42:21 | 47:26 | 52:18 | 54:22 | 56:19 |
| | | | 1:58 | 4:00 | 7:17 | 3:31 | 18:01 | 3:10 | 4:24 | 5:05 | 4:52 | 2:04 | 1:57 |
| 10 | Beer Family IND | 58:28 | 4:48 | 7:39 | 10:12 | 15:03 | 24:04 | 28:13 | 34:56 | 42:34 | 49:52 | 54:49 | 58:28 |
| | | | 4:48 | 2:51 | 2:33 | 4:51 | 9:01 | 4:09 | 6:43 | 7:38 | 7:18 | 4:57 | 3:39 |
| 11 | Carrie Preston IND | 1:01:43 | 3:53 | 11:50 | 15:00 | 18:54 | 22:14 | 26:05 | 30:26 | 34:20 | 52:26 | 54:58 | 1:01:43 |
| | | | 3:53 | 7:57 | 3:10 | 3:54 | 3:20 | 3:51 | 4:21 | 3:54 | 18:06 | 2:32 | 6:45 |
| 12 | Paul Shutler IND | 1:03:00 | 3:17 | 10:21 | 12:51 | 30:30 | 34:31 | 39:35 | 46:12 | 51:50 | 56:22 | 59:37 | 1:03:00 |
| | | | 3:17 | 7:04 | 2:30 | 17:39 | 4:01 | 5:04 | 6:37 | 5:38 | 4:32 | 3:15 | 3:23 |
| 13 | Sue Roberts HOC | 1:08:20 | 3:26 | 5:51 | 9:35 | 13:31 | 39:40 | 43:49 | 51:41 | 57:07 | 1:01:52 | 1:05:04 | 1:08:20 |
| | | | 3:26 | 2:25 | 3:44 | 3:56 | 26:09 | 4:09 | 7:52 | 5:26 | 4:45 | 3:12 | 3:16 |
| 14 | Louise Henson IND | 1:16:28 | 4:19 | 7:15 | 9:10 | 12:59 | 41:51 | 48:16 | 57:55 | 1:05:28 | 1:11:07 | 1:13:46 | 1:16:28 |
| | | | 4:19 | 2:56 | 1:55 | 3:49 | 28:52 | 6:25 | 9:39 | 7:33 | 5:39 | 2:39 | 2:42 |
| 15 | Michele Salazar IND | 1:38:29 | 5:25 | 10:36 | 17:20 | 22:49 | 33:07 | 38:04 | 53:30 | 1:05:07 | 1:31:51 | 1:34:21 | 1:38:29 |
| | | | 5:25 | 5:11 | 6:44 | 5:29 | 10:18 | 4:57 | 15:26 | 11:37 | 26:44 | 2:30 | 4:08 |
| 16 | Sara + Chloe + Cynthia IND | 1:38:33 | 5:39 | 10:30 | 17:18 | 22:46 | 33:00 | 37:59 | 53:26 | 1:05:03 | 1:31:47 | 1:34:03 | 1:38:33 |
| | | | 5:39 | 4:51 | 6:48 | 5:28 | 10:14 | 4:59 | 15:27 | 11:37 | 26:44 | 2:16 | 4:30 |
| | Sam Roderick IND | mp | 1:43 | 8:27 | 10:29 | 14:06 | ---- | 52:15 | 57:39 | 1:02:27 | 1:05:23 | 1:07:00 | 1:09:03 |
| | | | 1:43 | 6:44 | 2:02 | 3:37 | | 38:09 | 5:24 | 4:48 | 2:56 | 1:37 | 2:03 |

7:12
*45

| Yellow (3) | | | 1(31) | 2(47) | 3(45) | 4(46) | 5(32) | 6(35) | 7(42) | 8(50) | Finish |
|------------|--------------------------|-------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|
| 1 | Rose Taylor HOC | 21:33 | 0:59 | 4:19 | 6:04 | 8:52 | 10:44 | 14:22 | 16:14 | 18:40 | 21:33 |
| | | | 0:59 | 3:20 | 1:45 | 2:48 | 1:52 | 3:38 | 1:52 | 2:26 | 2:53 |
| 2 | Seth Lawson NGOC | 26:56 | 0:58 | 3:07 | 5:19 | 7:10 | 15:32 | 17:55 | 21:07 | 23:07 | 26:56 |
| | | | 0:58 | 2:09 | 2:12 | 1:51 | 8:22 | 2:23 | 3:12 | 2:00 | 3:49 |
| 3 | Janet Wetherfield IND | 45:12 | 2:37 | 8:20 | 14:15 | 19:40 | 24:03 | 29:48 | 33:08 | 39:39 | 45:12 |
| | | | 2:37 | 5:43 | 5:55 | 5:25 | 4:23 | 5:45 | 3:20 | 6:31 | 5:33 |