

| Pl | Name | Time | 15 C | | | | | | | | | | | | | | Comment | |
|----|--------------------------|-------|-----------------------|--------------|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------|
| | | | 7.1 km | 55 m | 1(201) Finish | 2(203) | 3(206) | 4(207) | 5(209) | 6(210) | 7(211) | 8(212) | 9(214) | 10(217) | 11(216) | 12(215) | | 13(208) |
| 1 | Andrew Monro NGOC | 43:04 | 0:57 0:57 43:04 | 2:45 1:48 | 4:57 2:12 | 7:24 2:27 | 10:21 2:57 | 14:02 3:41 | 15:10 1:08 | 18:59 3:49 | 20:08 1:09 | 24:53 4:45 | 28:47 3:54 | 33:05 4:18 | 36:11 3:06 | 38:39 2:28 | 41:24 2:45 | |
| 2 | Scott Johnson NGOC | 45:32 | 0:55 0:55 45:32 | 3:01 2:06 | 5:32 2:31 | 8:05 2:33 | 11:07 3:02 | 14:58 3:51 | 15:55 0:57 | 20:00 4:05 | 21:02 1:02 | 26:10 5:08 | 30:21 4:11 | 34:53 4:32 | 38:11 3:18 | 40:58 2:47 | 43:53 2:55 | |
| 3 | Richard Cronin NGOC | 46:05 | 1:05 1:05 46:05 | 3:08 2:03 | 5:51 2:43 | 8:15 2:24 | 11:47 3:32 | 15:37 3:50 | 16:33 0:56 | 20:40 4:07 | 21:48 1:08 | 26:53 5:05 | 31:05 4:12 | 35:37 4:32 | 38:49 3:12 | 41:26 2:37 | 44:12 2:46 | |
| 4 | Caroline Craig NGOC | 47:26 | 1:04 1:04 47:26 | 3:10 2:06 | 5:47 2:37 | 8:30 2:43 | 11:55 3:25 | 15:57 4:02 | 17:01 1:04 | 21:09 4:08 | 22:18 1:09 | 27:29 5:11 | 31:50 4:21 | 36:03 4:13 | 40:00 3:57 | 42:39 2:39 | 45:44 3:05 | |
| 5 | Simon Denman NGOC | 48:35 | 1:16 1:16 48:35 | 3:25 2:09 | 6:00 2:35 | 8:38 2:38 | 11:56 3:18 | 16:10 4:14 | 17:11 1:01 | 21:26 4:15 | 22:32 1:06 | 27:51 5:19 | 32:10 4:19 | 36:35 4:25 | 39:56 3:21 | 43:04 3:08 | 46:15 3:11 | |
| 6 | Alan Honey BOK | 51:02 | 1:16 1:16 51:02 | 3:38 2:22 | 6:53 3:15 | 9:22 2:29 | 12:47 3:25 | 17:09 4:22 | 18:14 1:05 | 23:11 4:57 | 24:20 1:09 | 29:48 5:28 | 34:58 5:10 | 39:29 4:31 | 42:55 3:26 | 45:42 2:47 | 48:51 3:09 | |
| 7 | John Orton NWO | 52:57 | 1:11 1:11 52:57 | 3:31 2:20 | 6:26 2:55 | 9:03 2:37 | 12:43 3:40 | 17:14 4:31 | 18:27 1:13 | 23:07 4:40 | 24:23 1:16 | 30:25 6:02 | 36:00 5:35 | 41:01 5:01 | 44:46 3:45 | 47:43 2:57 | 50:58 3:15 | |
| 8 | Anders Johansson NGOC | 57:22 | 1:35 1:35 57:22 | 3:52 2:17 | 7:00 3:08 | 9:59 2:59 | 13:49 3:50 | 18:27 4:38 | 19:38 1:11 | 24:44 5:06 | 26:03 1:19 | 32:31 6:28 | 37:38 5:07 | 43:05 5:27 | 47:25 4:20 | 50:55 3:30 | 54:44 3:49 | |
| 9 | Tom Birthwrght NGOC | 61:35 | 1:29 1:29 61:35 | 4:00 2:31 | 7:13 3:13 | 10:06 2:53 | 13:55 3:49 | 19:07 5:12 | 20:24 1:17 | 25:56 5:32 | 27:22 1:26 | 35:55 8:33 | 41:18 5:23 | 47:20 6:02 | 51:51 4:31 | 55:33 3:42 | 59:21 3:48 | |
| 10 | Matthew Terrell IND | 65:06 | 3:44 3:44 65:06 | 6:10 2:26 | 9:15 3:05 | 14:11 4:56 | 18:49 4:38 | 23:24 4:35 | 24:35 1:11 | 33:23 8:48 | 34:43 1:20 | 40:18 5:35 | 45:44 5:26 | 50:37 4:53 | 54:36 3:59 | 58:31 3:55 | 62:03 3:32 | |
| 11 | Mark Roderick IND | 66:30 | 1:58 1:58 66:30 | 5:35 3:37 | 9:40 4:05 | 13:24 3:44 | 17:02 3:38 | 21:28 4:26 | 22:53 1:25 | 29:08 6:15 | 30:29 1:21 | 38:14 7:45 | 44:18 6:04 | 52:13 7:55 | 56:59 4:46 | 60:28 3:29 | 64:00 3:32 | |
| 12 | Tom Mills NGOC | 73:12 | 1:57 1:57 73:12 | 5:00 3:03 | 8:52 3:52 | 12:26 3:34 | 16:58 4:32 | 22:59 6:01 | 24:24 1:25 | 31:39 7:15 | 33:05 1:26 | 40:33 7:28 | 47:01 6:28 | 53:47 6:46 | 58:42 4:55 | 65:30 6:48 | 70:05 4:35 | |
| 13 | Jess Miklausic NGOC | 73:52 | 1:47 1:47 73:52 | 4:40 2:53 | 8:23 3:43 | 12:38 4:15 | 18:32 5:54 | 24:38 6:06 | 26:13 1:35 | 32:31 6:18 | 34:09 1:38 | 41:29 7:20 | 48:48 7:19 | 55:58 7:10 | 61:38 5:40 | 66:18 4:40 | 70:55 4:37 | |

| Pl | Name | Time | | | | | | | | | | Comment |
|-------|--------------------------|--------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|
| | | 0.1 km | 40 m | 8 C | | | | | | | | |
| Short | | 1(203) | 2(207) | 3(209) | 4(212) | 5(215) | 6(217) | 7(205) | 8(204) | Finish | | |
| 1 | Philip Eeles | 26:04 | 1:38 | 5:58 | 9:19 | 12:35 | 14:02 | 18:05 | 21:09 | 24:07 | 26:04 | |
| | SOC | | 1:38 | 4:20 | 3:21 | 3:16 | 1:27 | 4:03 | 3:04 | 2:58 | 1:57 | |
| 2 | Carsten Adams | 35:10 | 3:43 | 9:35 | 12:57 | 16:03 | 17:37 | 21:31 | 30:05 | 33:06 | 35:10 | |
| | IND | | 3:43 | 5:52 | 3:22 | 3:06 | 1:34 | 3:54 | 8:34 | 3:01 | 2:04 | |
| 3 | Greg Best | 36:00 | 2:18 | 8:33 | 12:55 | 16:49 | 18:41 | 23:52 | 29:10 | 33:23 | 36:00 | |
| | NGOC | | 2:18 | 6:15 | 4:22 | 3:54 | 1:52 | 5:11 | 5:18 | 4:13 | 2:37 | |
| 4 | John Fallows | 38:05 | 1:58 | 9:14 | 14:03 | 18:42 | 20:58 | 26:36 | 31:00 | 35:31 | 38:05 | |
| | NGOC | | 1:58 | 7:16 | 4:49 | 4:39 | 2:16 | 5:38 | 4:24 | 4:31 | 2:34 | |
| 5 | Chris Vallance | 39:36 | 2:37 | 9:18 | 14:36 | 19:21 | 22:16 | 27:40 | 31:52 | 36:39 | 39:36 | |
| | NGOC | | 2:37 | 6:41 | 5:18 | 4:45 | 2:55 | 5:24 | 4:12 | 4:47 | 2:57 | |
| 6 | Tim Sands | 41:04 | 2:32 | 9:21 | 14:17 | 19:04 | 21:07 | 28:16 | 33:42 | 38:25 | 41:04 | |
| | BASOC | | 2:32 | 6:49 | 4:56 | 4:47 | 2:03 | 7:09 | 5:26 | 4:43 | 2:39 | |
| 7 | Peter Adams | 41:55 | 3:33 | 9:32 | 13:30 | 23:48 | 26:48 | 31:41 | 35:32 | 39:25 | 41:55 | |
| | IND | | 3:33 | 5:59 | 3:58 | 10:18 | 3:00 | 4:53 | 3:51 | 3:53 | 2:30 | |
| 8 | Carol Sands | 45:13 | 2:43 | 10:46 | 17:23 | 22:33 | 24:53 | 31:01 | 35:38 | 40:44 | 45:13 | |
| | BASOC | | 2:43 | 8:03 | 6:37 | 5:10 | 2:20 | 6:08 | 4:37 | 5:06 | 4:29 | |
| 9 | Rhiannon Fadeyibi | 54:49 | 4:39 | 14:26 | 20:35 | 26:22 | 29:30 | 36:42 | 42:37 | 50:15 | 54:49 | |
| | NGOC | | 4:39 | 9:47 | 6:09 | 5:47 | 3:08 | 7:12 | 5:55 | 7:38 | 4:34 | |
| 10 | Sheila Miklausic | 56:10 | 3:47 | 12:26 | 18:43 | 25:06 | 28:05 | 35:49 | 41:20 | 51:00 | 56:10 | |
| | NGOC | | 3:47 | 8:39 | 6:17 | 6:23 | 2:59 | 7:44 | 5:31 | 9:40 | 5:10 | |
| 11 | David Lee | 56:47 | 3:42 | 14:52 | 21:48 | 28:18 | 31:39 | 39:33 | 46:57 | 53:00 | 56:47 | |
| | NGOC | | 3:42 | 11:10 | 6:56 | 6:30 | 3:21 | 7:54 | 7:24 | 6:03 | 3:47 | |
| 12 | Keith Garner | 76:45 | 25:47 | 36:58 | 42:35 | 48:55 | 57:19 | 63:37 | 67:58 | 72:54 | 76:45 | 11:33 |
| | IND | | 25:47 | 11:11 | 5:37 | 6:20 | 8:24 | 6:18 | 4:21 | 4:56 | 3:51 | *201 |