

| Pl | Name | Time | Comment | | | | | | | | | | | | | | |
|------|--------------------------------|-------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------|
| Long | 7.3 km 280 m | 28 C | | | | | | | | | | | | | | | |
| | | | 1(201) 16(217) | 2(203) 17(218) | 3(204) 18(221) | 4(205) 19(222) | 5(206) 20(223) | 6(207) 21(224) | 7(208) 22(225) | 8(209) 23(227) | 9(210) 24(228) | 10(211) 25(229) | 11(212) 26(230) | 12(213) 27(41) | 13(214) 28(39) | 14(215) Finish | 15(216) |
| 1 | Peter Ward NGOC | 51:24 | 3:20 3:20 32:08 2:55 | 4:56 1:36 33:42 1:34 | 5:31 0:35 34:57 1:15 | 6:32 1:01 37:52 2:55 | 7:30 0:58 41:43 3:51 | 8:14 0:44 42:31 0:48 | 12:42 4:28 44:38 2:07 | 15:34 2:52 46:03 1:25 | 16:14 0:40 47:07 1:04 | 18:26 2:12 48:10 1:03 | 20:03 1:37 49:14 1:04 | 22:44 2:41 50:11 0:57 | 24:28 1:44 50:57 0:46 | 25:46 1:18 51:24 0:27 | 29:13 3:27 |
| 1 | Thomas Cochrane NGOC | 51:24 | 2:24 2:24 30:59 2:50 | 3:48 1:24 32:20 1:21 | 4:24 0:36 33:45 1:25 | 5:11 0:47 36:49 3:04 | 6:32 1:21 40:48 3:59 | 7:12 0:40 41:27 0:39 | 11:34 4:22 43:27 2:00 | 15:52 4:18 44:54 1:27 | 16:38 0:46 46:28 1:34 | 17:48 1:10 47:39 1:10 | 19:37 2:03 48:57 1:19 | 22:22 2:45 49:51 0:54 | 24:05 1:43 50:52 1:01 | 25:29 1:24 51:24 0:32 | 28:09 2:40 |
| 3 | Richard Purkis NGOC | 52:55 | 3:21 3:21 31:49 3:07 | 4:32 1:11 33:24 1:35 | 5:13 0:41 34:53 1:29 | 6:00 0:47 38:00 3:07 | 7:03 1:03 42:06 4:06 | 7:45 0:42 43:08 1:02 | 12:28 4:43 45:13 2:05 | 15:00 2:32 46:46 1:33 | 15:36 0:36 48:08 1:22 | 17:39 2:03 49:18 1:10 | 19:57 2:18 50:35 1:19 | 22:39 2:42 51:33 0:58 | 24:21 1:42 52:25 0:52 | 25:54 1:33 52:55 0:30 | 28:42 2:48 |
| 4 | Jason Scott Running Fultime | 56:45 | 3:01 3:01 34:20 3:32 | 4:17 1:16 36:09 1:49 | 5:30 1:13 37:31 1:22 | 6:28 0:58 40:51 3:20 | 7:41 1:13 44:55 4:04 | 8:25 0:44 45:47 0:52 | 13:22 4:57 48:30 2:43 | 17:38 4:16 50:13 1:43 | 18:21 0:43 51:39 1:26 | 19:32 1:11 52:44 1:05 | 21:20 1:48 54:01 1:17 | 24:40 3:20 55:16 1:15 | 26:27 1:47 56:06 0:50 | 28:08 1:41 56:45 0:39 | 30:48 2:40 |
| 5 | Nick Gracie BOK | 57:28 | 2:49 2:49 35:17 3:28 | 4:01 1:12 36:49 1:32 | 4:42 0:41 38:23 1:34 | 5:58 1:16 42:03 3:40 | 7:01 1:03 46:26 4:23 | 7:52 0:51 47:13 0:47 | 13:02 5:10 49:38 2:25 | 16:24 3:22 51:13 1:35 | 17:06 0:42 52:31 1:18 | 19:44 2:38 53:48 1:17 | 22:12 2:28 55:05 1:17 | 25:14 3:02 56:01 0:56 | 27:13 1:59 56:57 0:56 | 28:44 1:31 57:28 0:31 | 31:49 3:05 |
| 6 | Richard Cronin NGOC | 58:55 | 3:01 3:01 35:04 3:35 | 4:26 1:25 36:40 1:36 | 5:10 0:44 38:25 1:45 | 6:07 0:57 42:08 3:43 | 7:22 1:15 47:04 4:56 | 8:16 0:54 48:05 1:01 | 13:53 5:37 50:30 2:25 | 16:43 2:50 52:17 1:47 | 17:29 0:46 53:38 1:21 | 18:59 1:30 54:51 1:13 | 20:57 1:58 56:24 1:33 | 24:15 3:18 57:20 0:56 | 26:21 2:06 58:17 0:57 | 28:07 1:46 58:55 0:38 | 31:29 3:22 |
| 7 | Vanessa Lawson NGOC | 60:15 | 3:09 3:09 36:46 3:30 | 4:32 1:23 38:25 1:39 | 5:18 0:46 40:05 1:40 | 6:14 0:56 43:55 3:50 | 7:25 1:11 48:20 4:25 | 8:14 0:49 49:19 0:59 | 13:28 5:14 51:48 2:29 | 16:44 3:16 53:27 1:39 | 18:01 1:17 54:41 1:14 | 21:18 3:17 55:57 1:16 | 23:25 2:07 57:54 1:57 | 26:34 3:09 58:47 0:53 | 28:34 2:00 59:41 0:54 | 30:06 1:32 60:15 0:38 | 33:16 3:10 |
| 8 | Paul Gebbett BOK | 60:21 | 3:37 3:37 37:06 3:23 | 4:55 1:18 38:44 1:38 | 5:36 0:41 40:21 1:37 | 6:39 1:03 44:05 3:44 | 7:43 1:04 48:46 4:41 | 8:29 0:46 49:52 1:06 | 13:48 5:19 52:14 2:22 | 16:50 3:02 53:52 1:38 | 17:35 0:45 55:16 1:24 | 21:32 3:57 56:31 1:15 | 23:56 2:24 57:49 1:18 | 27:09 3:13 58:45 0:56 | 29:08 1:59 59:42 0:57 | 30:41 1:33 60:21 0:39 | 33:43 3:02 |
| 9 | Tereza Maria Rush BOK | 61:05 | 3:28 3:28 37:24 3:18 | 4:53 1:25 39:10 1:46 | 5:39 0:46 40:50 1:40 | 6:45 1:06 44:46 3:56 | 8:03 1:18 49:12 4:26 | 8:48 0:45 50:09 0:57 | 14:41 5:53 52:36 2:27 | 17:43 3:02 54:15 1:39 | 18:31 0:48 55:25 1:10 | 21:03 2:32 56:48 1:23 | 23:41 2:38 58:49 2:01 | 26:49 3:08 59:42 0:53 | 28:48 1:59 60:36 0:54 | 30:29 1:41 61:05 0:29 | 34:06 3:37 |
| 10 | Richard Hudson BOK | 63:56 | 3:14 3:14 39:30 3:42 | 5:19 2:05 41:37 2:07 | 6:12 0:53 43:26 1:49 | 7:26 1:14 47:20 3:54 | 8:55 1:29 51:48 4:28 | 9:45 0:50 52:47 0:59 | 15:45 6:00 55:49 3:02 | 18:56 3:11 57:24 1:35 | 19:44 0:48 58:33 1:09 | 22:42 2:58 60:07 1:34 | 24:54 2:12 61:22 1:15 | 27:59 3:05 62:24 1:02 | 30:02 2:03 63:23 0:59 | 31:39 1:37 63:56 0:33 | 35:48 4:09 |
| 11 | Robert Gale Park Bryn Bach | 65:56 | 2:49 2:49 38:44 3:24 | 4:09 1:20 40:39 1:55 | 4:51 0:42 42:30 1:51 | 5:48 0:57 46:28 3:58 | 7:38 1:50 50:59 4:31 | 8:32 0:54 52:15 1:16 | 14:22 5:50 54:52 2:37 | 18:56 4:34 56:32 1:40 | 19:55 0:59 57:44 1:12 | 21:51 1:56 59:42 2:28 | 24:34 2:43 61:59 1:47 | 27:49 3:15 64:13 2:14 | 30:01 2:12 65:13 1:00 | 31:46 1:45 65:56 0:43 | 35:20 3:34 |
| 12 | Ian Macklin MDC | 69:47 | 7:01 7:01 43:20 4:06 | 8:25 1:24 45:22 2:02 | 9:42 1:17 47:03 1:41 | 10:48 1:06 51:23 4:20 | 12:03 1:15 56:08 4:45 | 13:03 1:00 57:28 1:20 | 21:30 8:27 60:15 2:47 | 23:51 2:21 62:04 1:49 | 25:08 1:17 63:33 1:29 | 27:10 2:02 65:53 2:20 | 29:08 1:58 67:16 1:23 | 32:16 3:08 68:14 0:58 | 34:16 2:00 69:14 1:00 | 35:59 1:43 69:47 0:33 | 39:14 3:15 |
| 13 | Esther Caldwell CH | 72:56 | 4:36 4:36 41:15 3:45 | 6:12 1:36 44:17 3:02 | 7:03 0:51 47:36 3:19 | 8:20 1:17 52:03 4:27 | 9:39 1:19 56:59 4:56 | 10:53 1:14 58:06 1:07 | 17:04 6:11 61:03 2:57 | 20:46 3:42 63:06 2:03 | 22:11 1:25 66:20 3:14 | 23:36 1:25 68:53 2:33 | 26:26 2:50 70:22 1:29 | 29:55 3:29 71:23 1:01 | 32:06 2:11 72:23 1:00 | 33:53 1:47 72:56 0:33 | 37:30 3:37 |

| Pl | Name | Time | | | | | | | | | | | | | | Comment |
|----|---------------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 2.8 km | 80 m | 13 C | | | | | | | | | | | |
| | | | 1(32) | 2(201) | 3(203) | 4(202) | 5(204) | 6(206) | 7(205) | 8(224) | 9(225) | 10(227) | 11(229) | 12(230) | 13(39) | Finish |
| 1 | Jenny Chuter | 25:41 | 2:02 | 4:32 | 6:30 | 7:33 | 8:49 | 10:49 | 12:20 | 14:24 | 17:37 | 19:43 | 21:30 | 23:09 | 25:05 | 25:41 |
| | NGOC | | 2:02 | 2:30 | 1:58 | 1:03 | 1:16 | 2:00 | 1:31 | 2:04 | 3:13 | 2:06 | 1:47 | 1:39 | 1:56 | 0:36 |
| 2 | Ros Taunton | 35:21 | 2:24 | 5:15 | 7:11 | 8:33 | 10:28 | 13:11 | 15:13 | 18:32 | 22:57 | 25:43 | 29:23 | 31:57 | 34:33 | 35:21 |
| | NGOC | | 2:24 | 2:51 | 1:56 | 1:22 | 1:55 | 2:43 | 2:02 | 3:19 | 4:25 | 2:46 | 3:40 | 2:34 | 2:36 | 0:48 |
| 3 | Jeremy Cowen | 36:55 | 1:39 | 6:28 | 9:14 | 10:52 | 12:38 | 15:16 | 17:43 | 20:17 | 24:07 | 27:51 | 31:08 | 33:53 | 36:09 | 36:55 |
| | CH | | 1:39 | 4:49 | 2:46 | 1:38 | 1:46 | 2:38 | 2:27 | 2:34 | 3:50 | 3:44 | 3:17 | 2:45 | 2:16 | 0:46 |
| 4 | Anne Palmer | 42:41 | 2:37 | 6:07 | 9:21 | 10:35 | 12:16 | 16:16 | 20:21 | 23:43 | 29:22 | 32:12 | 35:38 | 38:50 | 41:50 | 42:41 |
| | NGOC | | 2:37 | 3:30 | 3:14 | 1:14 | 1:41 | 4:00 | 4:05 | 3:22 | 5:39 | 2:50 | 3:26 | 3:12 | 3:00 | 0:51 |
| 5 | Paul Edwards | 53:13 | 2:57 | 8:57 | 13:10 | 14:33 | 16:49 | 21:48 | 27:28 | 31:46 | 38:10 | 43:03 | 46:20 | 49:46 | 52:35 | 53:13 |
| | NGOC | | 2:57 | 6:00 | 4:13 | 1:23 | 2:16 | 4:59 | 5:40 | 4:18 | 6:24 | 4:53 | 3:17 | 3:26 | 2:49 | 0:38 |

| Pl | Name | Time | | | | | | | | | | | Comment | | |
|----|------------------------|-------|--------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------|-------|--|
| | | | 1.0 km | 70 m | 10 C | | | | | | | | | | |
| | | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | Finish | | |
| 1 | Rebecca Ward NGOC | 6:36 | 0:49 | 1:15 | 1:31 | 2:04 | 2:43 | 3:50 | 4:40 | 5:01 | 5:30 | 6:19 | 6:36 | | |
| 2 | Reuben Lawson NGOC | 7:08 | 1:00 | 1:29 | 1:48 | 2:35 | 3:10 | 4:22 | 5:18 | 5:42 | 6:16 | 6:50 | 7:08 | | |
| 3 | Jessica Ward NGOC | 7:41 | 1:03 | 1:46 | 2:10 | 2:45 | 3:24 | 4:41 | 5:33 | 5:58 | 6:33 | 7:27 | 7:41 | | |
| 4 | Sunny Kubisz IND | 8:04 | 1:01 | 1:32 | 1:51 | 2:38 | 3:22 | 4:45 | 5:56 | 6:23 | 7:04 | 7:44 | 8:04 | | |
| 5 | Ella May Rush BOK | 8:13 | 0:55 | 1:26 | 1:43 | 2:25 | 3:13 | 4:50 | 5:56 | 6:23 | 6:58 | 7:51 | 8:13 | | |
| 6 | Reuben Lawson NGOC | 8:47 | 1:46 | 2:13 | 2:32 | 3:39 | 4:29 | 5:42 | 6:38 | 7:04 | 7:40 | 8:29 | 8:47 | 0:22 | |
| 7 | Joseph Matthews IND | 9:01 | 1:07 | 1:43 | 2:07 | 3:03 | 4:06 | 5:36 | 6:49 | 7:16 | 7:53 | 8:37 | 9:01 | *37 | |
| 8 | Alex Matthews IND | 9:39 | 1:08 | 2:02 | 2:23 | 3:10 | 4:09 | 5:56 | 7:13 | 7:45 | 8:32 | 9:12 | 9:39 | | |
| 9 | Tom Dilley IND | 10:38 | 1:15 | 2:00 | 2:28 | 3:21 | 4:15 | 6:08 | 7:45 | 8:20 | 9:06 | 10:06 | 10:38 | | |
| 10 | Phoebe Gilbert CH | 13:00 | 1:21 | 2:07 | 2:36 | 3:42 | 5:04 | 7:38 | 9:34 | 10:19 | 11:05 | 12:28 | 13:00 | | |
| 11 | Erin Murrin NGOC | 23:28 | 1:49 | 3:17 | 3:55 | 5:42 | 7:36 | 11:39 | 15:14 | 17:21 | 19:07 | 21:52 | 23:28 | | |
| 12 | Aneira Hughes IND | 23:58 | 1:44 | 3:02 | 3:55 | 5:37 | 7:33 | 11:06 | 15:02 | 16:53 | 19:00 | 21:39 | 23:58 | 21:48 | |
| | Rowan Murrin NGOC | mp | 0:56 | 1:28 | 2:01 | 2:36 | 3:48 | 5:02 | 6:27 | 6:51 | ----- | 7:28 | 7:50 | m39 | |
| | Eleri Cowen IND | mp | 1:26 | 2:03 | 2:27 | 3:36 | 4:27 | 5:40 | 6:51 | 7:24 | 8:00 | ----- | 11:15 | m40 | |
| | | | 1:26 | 0:37 | 0:24 | 1:09 | 0:51 | 1:13 | 1:11 | 0:33 | 0:36 | | 3:15 | | |

| Pl | Name | Time | | | | | | | | | | | | | | | Comment |
|----|---------------------------------|------------------|------------------|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | 4.0 km | 155 m | 17 C | | | | | | | | | | | | | |
| | | 1(201) 16(41) | 2(203) 17(39) | 3(204) Finish | 4(206) | 5(205) | 6(202) | 7(211) | 8(212) | 9(214) | 10(215) | 11(213) | 12(208) | 13(223) | 14(224) | 15(230) | |
| 1 | Ivan Teed NGOC | 33:35 | 2:43 2:43 | 4:08 1:25 | 4:53 0:45 | 6:35 1:42 | 7:54 1:19 | 9:31 1:37 | 12:54 3:23 | 15:00 2:06 | 17:30 2:30 | 19:07 1:37 | 20:05 0:58 | 22:50 2:45 | 29:11 6:21 | 30:02 0:51 | 31:02 1:00 |
| 2 | Tim Brett NGOC | 39:28 | 3:16 3:16 | 5:31 2:15 | 6:15 0:44 | 8:39 2:24 | 10:07 1:28 | 11:48 1:41 | 15:31 3:43 | 18:06 2:35 | 20:43 2:37 | 22:24 1:41 | 23:26 1:02 | 26:39 3:13 | 33:59 7:20 | 35:09 1:10 | 36:30 1:21 |
| 3 | Tom Birthwright NGOC | 39:42 | 3:20 3:20 | 5:03 1:43 | 5:49 0:46 | 7:35 1:46 | 9:06 1:31 | 10:53 1:47 | 14:34 3:41 | 16:46 2:12 | 19:33 2:47 | 21:26 1:53 | 23:11 1:45 | 26:29 3:18 | 34:36 8:07 | 35:34 0:58 | 36:38 1:04 |
| 4 | David Palmer BOK | 41:52 | 3:45 3:45 | 5:28 1:43 | 6:22 0:54 | 8:24 2:02 | 10:27 2:03 | 12:16 1:49 | 16:10 3:54 | 18:37 2:27 | 21:29 2:52 | 23:28 1:59 | 24:33 1:05 | 28:19 3:46 | 36:29 8:10 | 37:28 0:59 | 38:39 1:11 |
| 5 | Niki Morgan CH | 44:57 | 4:59 4:59 | 7:16 2:17 | 8:20 1:04 | 11:08 2:48 | 13:41 2:33 | 15:16 1:35 | 18:23 3:07 | 21:35 3:12 | 23:59 2:24 | 26:17 2:18 | 27:54 1:37 | 31:18 3:24 | 38:22 7:04 | 40:21 1:59 | 41:23 1:02 |
| 6 | Jenn Bell + Sian Griffith CH | 45:05 | 3:42 3:42 | 5:26 1:44 | 6:40 1:14 | 8:47 2:07 | 12:38 3:51 | 14:33 1:55 | 19:09 4:36 | 21:57 2:48 | 25:09 3:12 | 27:23 2:14 | 28:35 1:12 | 33:00 4:25 | 39:17 6:17 | 40:33 1:16 | 41:42 1:09 |
| 7 | Laurence Gossage BOK | 46:32 | 4:33 4:33 | 7:19 2:46 | 8:15 0:56 | 10:16 2:01 | 12:24 2:08 | 13:59 1:35 | 17:49 3:50 | 20:29 2:40 | 23:25 2:56 | 25:42 2:17 | 27:04 1:22 | 30:42 3:38 | 40:16 9:34 | 41:48 1:32 | 42:51 1:03 |
| 8 | Peter Ribbans SWOC | 46:53 | 4:14 4:14 | 6:27 2:13 | 7:24 0:57 | 9:43 2:19 | 11:20 1:37 | 13:16 1:56 | 17:26 4:10 | 20:04 2:38 | 23:19 3:15 | 25:27 2:08 | 26:49 1:22 | 30:58 4:09 | 40:02 9:04 | 41:32 1:30 | 43:07 1:35 |
| 9 | Paul + Joc Dodd CH | 46:56 | 4:44 4:44 | 6:43 1:59 | 7:52 1:09 | 10:13 2:21 | 12:51 2:38 | 14:36 1:45 | 18:52 4:16 | 22:46 3:54 | 25:56 3:10 | 28:33 2:37 | 29:45 1:12 | 33:34 3:49 | 39:52 6:18 | 41:12 1:20 | 43:38 2:26 |
| 10 | Richard Worrin IND | 47:08 | 3:17 3:17 | 4:47 1:30 | 5:52 1:05 | 8:08 2:16 | 10:38 2:30 | 12:39 2:01 | 17:06 4:27 | 20:24 3:18 | 23:32 3:08 | 25:46 2:14 | 27:03 1:17 | 31:08 4:05 | 40:50 9:42 | 42:10 1:20 | 43:40 1:30 |
| 11 | David Andrews NGOC | 50:18 | 4:38 4:38 | 6:40 2:02 | 8:32 1:52 | 10:51 2:19 | 13:05 2:14 | 15:04 1:59 | 19:29 4:25 | 23:14 3:45 | 26:19 3:05 | 28:46 2:27 | 30:00 1:14 | 34:46 4:46 | 43:52 9:06 | 45:25 1:33 | 46:39 1:14 |
| 12 | Coumoi Weeks CH | 52:17 | 7:45 7:45 | 9:37 1:52 | 10:55 1:18 | 13:05 2:10 | 15:57 2:52 | 17:53 1:56 | 21:57 4:04 | 25:35 3:38 | 28:15 2:40 | 31:45 3:30 | 33:30 1:45 | 40:02 6:32 | 46:39 6:37 | 47:56 1:17 | 49:00 1:04 |
| 13 | Michelle Ward NGOC | 53:10 | 4:29 4:29 | 7:30 3:01 | 8:34 1:04 | 10:46 2:12 | 15:38 4:52 | 17:43 2:05 | 22:14 4:31 | 24:58 2:44 | 28:07 3:09 | 30:34 2:27 | 32:01 1:27 | 35:56 3:55 | 45:40 9:44 | 47:05 1:25 | 49:21 2:16 |

