| Pl | Name | Time | | | | | | | | | | | | | | | Comment |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Long** | | **7.2 km 80 m** | **20 C** | | | | | | | | | | | | | | |
| | | | 1(201) | 2(202) | 3(203) | 4(204) | 5(205) | 6(206) | 7(226) | 8(207) | 9(208) | 10(34) | 11(210) | 12(211) | 13(212) | 14(213) | 15(214) |
| | | | 16(218) | 17(219) | 18(227) | 19(225) | 20(215) | Finish | | | | | | | | | |
| **1** | **Richard Cronin** | **46:21** | **4:40** | **6:32** | **7:10** | **9:41** | **15:25** | **17:18** | **23:14** | **26:22** | **27:22** | **27:47** | **28:36** | **28:55** | **29:25** | **32:54** | **38:28** |
| | **NGOC** | | ***4:40*** | ***1:52*** | 0:38 | ***2:31*** | ***5:44*** | ***1:53*** | ***5:56*** | ***3:08*** | ***1:00*** | 0:25 | 0:49 | ***0:19*** | ***0:30*** | ***3:29*** | ***5:34*** |
| | | | **43:02** | **43:47** | **44:49** | **45:22** | **45:48** | **46:21** | | | | | | | | | |
| | | | ***4:34*** | 0:45 | ***1:02*** | 0:33 | ***0:26*** | 0:33 | | | | | | | | | |
| **2** | **Simon Denman** | **54:07** | 5:09 | 7:06 | 7:42 | 11:19 | 18:37 | 20:47 | 27:37 | 32:24 | 33:37 | 33:57 | 34:43 | 35:07 | 35:39 | 39:21 | 45:04 |
| | **NGOC** | | 5:09 | 1:57 | ***0:36*** | 3:37 | 7:18 | 2:10 | 6:50 | 4:47 | 1:13 | ***0:20*** | ***0:46*** | 0:24 | 0:32 | 3:42 | 5:43 |
| | | | 50:36 | 51:16 | 52:19 | 52:51 | 53:31 | 54:07 | | | | | | | | | |
| | | | 5:32 | ***0:40*** | 1:03 | ***0:32*** | 0:40 | 0:36 | | | | | | | | | |
| **3** | **Ben Lonsdale** | **59:20** | 8:04 | 10:23 | 11:05 | 13:52 | 20:57 | 22:52 | 30:53 | 35:07 | 36:18 | 36:39 | 37:37 | 38:01 | 38:35 | 43:27 | 50:03 |
| | **RAFO** | | 8:04 | 2:19 | 0:42 | 2:47 | 7:05 | 1:55 | 8:01 | 4:14 | 1:11 | 0:21 | 0:58 | 0:24 | 0:34 | 4:52 | 6:36 |
| | | | 55:15 | 56:03 | 57:12 | 57:46 | 58:48 | 59:20 | | | | | | | | | |
| | | | 5:12 | 0:48 | 1:09 | 0:34 | 1:02 | ***0:32*** | | | | | | | | | |

| Pl | Name | Time | | | | | | | | | | | | | | | Comment |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Short** | | **4.6 km 55 m** | **19 C** | | | | | | | | | | | | | | |
| | | | 1(226) | 2(214) | 3(202) | 4(203) | 5(204) | 6(211) | 7(207) | 8(208) | 9(34) | 10(212) | 11(210) | 12(205) | 13(206) | 14(232) | 15(217) |
| | | | 16(218) | 17(219) | 18(225) | 19(215) | Finish | | | | | | | | | | |
| **1** | **Paul Horsfall** | **30:45** | 4:23 | 5:06 | 7:36 | **8:08** | 12:08 | 13:36 | 14:44 | 15:41 | 16:06 | 17:23 | 18:03 | 23:52 | 25:25 | 26:16 | **27:55** |
| | **NGOC** | | 4:23 | ***0:43*** | ***2:30*** | 0:32 | 4:00 | ***1:28*** | ***1:08*** | ***0:57*** | ***0:25*** | 1:17 | 0:40 | 5:49 | ***1:33*** | ***0:51*** | ***1:39*** |
| | | | **28:24** | **29:02** | **29:44** | **30:11** | **30:45** | | | | | | | | | | |
| | | | ***0:29*** | ***0:38*** | ***0:42*** | ***0:27*** | 0:34 | | | | | | | | | | |
| **2** | **Peter Watson** | **31:44** | **3:30** | **4:24** | **7:28** | 8:15 | **10:51** | **12:44** | **13:57** | **15:02** | **15:29** | **16:16** | **17:04** | **22:27** | **24:26** | **25:34** | 28:21 |
| | **NGOC** | | ***3:30*** | 0:54 | 3:04 | 0:47 | ***2:36*** | 1:53 | 1:13 | 1:05 | 0:27 | 0:47 | 0:48 | ***5:23*** | 1:59 | 1:08 | 2:47 |
| | | | 29:02 | 29:55 | 30:43 | 31:13 | 31:44 | | | | | | | | | | |
| | | | 0:41 | 0:53 | 0:48 | 0:30 | ***0:31*** | | | | | | | | | | |
| **3** | **Kim Liggett** | **45:43** | 5:47 | 6:52 | 11:21 | 12:09 | 15:48 | 18:26 | 20:13 | 22:32 | 23:03 | 24:14 | 25:02 | 33:14 | 35:56 | 37:17 | 40:42 |
| | **NGOC** | | 5:47 | 1:05 | 4:29 | 0:48 | 3:39 | 2:38 | 1:47 | 2:19 | 0:31 | 1:11 | 0:48 | 8:12 | 2:42 | 1:21 | 3:25 |
| | | | 41:32 | 42:45 | 44:11 | 44:53 | 45:43 | | | | | | | | | | |
| | | | 0:50 | 1:13 | 1:26 | 0:42 | 0:50 | | | | | | | | | | |
| **4** | **Mike Wilkinson** | **47:12** | 5:28 | 6:28 | 12:40 | 13:38 | 17:05 | 19:48 | 22:03 | 23:34 | 24:06 | 26:01 | 27:03 | 34:57 | 37:35 | 38:59 | 42:21 |
| | **HOC** | | 5:28 | 1:00 | 6:12 | 0:58 | 3:27 | 2:43 | 2:15 | 1:31 | 0:32 | 1:55 | 1:02 | 7:54 | 2:38 | 1:24 | 3:22 |
| | | | 43:04 | 44:09 | 45:27 | 46:02 | 47:12 | | | | | | | | | | |
| | | | 0:43 | 1:05 | 1:18 | 0:35 | 1:10 | | | | | | | | | | |
| **5** | **Alison Wilkinson** | **47:41** | 4:44 | 5:41 | 18:51 | 19:19 | 22:46 | 25:12 | 27:12 | 29:09 | 29:35 | 30:12 | 30:50 | 37:17 | 39:29 | 40:32 | 43:21 |
| | **IND** | | 4:44 | 0:57 | 13:10 | ***0:28*** | 3:27 | 2:26 | 2:00 | 1:57 | 0:26 | ***0:37*** | ***0:38*** | 6:27 | 2:12 | 1:03 | 2:49 |
| | | | 44:07 | 45:03 | 46:12 | 46:59 | 47:41 | | | | | | | | | | |
| | | | 0:46 | 0:56 | 1:09 | 0:47 | 0:42 | | | | | | | | | | |
| **6** | **Brian Laycock** | **47:46** | 5:49 | 6:51 | 11:39 | 12:45 | 16:40 | 19:14 | 22:34 | 24:13 | 24:53 | 26:07 | 27:22 | 35:51 | 38:29 | 39:55 | 43:03 |
| | **HOC** | | 5:49 | 1:02 | 4:48 | 1:06 | 3:55 | 2:34 | 3:20 | 1:39 | 0:40 | 1:14 | 1:15 | 8:29 | 2:38 | 1:26 | 3:08 |
| | | | 43:57 | 45:00 | 46:18 | 47:05 | 47:46 | | | | | | | | | | |
| | | | 0:54 | 1:03 | 1:18 | 0:47 | 0:41 | | | | | | | | | | |
| **7** | **Judith Taylor** | **48:09** | 5:18 | 6:33 | 11:56 | 12:51 | 17:30 | 20:04 | 21:56 | 23:23 | 24:01 | 24:51 | 25:54 | 36:11 | 38:42 | 40:00 | 43:29 |
| | **HOC** | | 5:18 | 1:15 | 5:23 | 0:55 | 4:39 | 2:34 | 1:52 | 1:27 | 0:38 | 0:50 | 1:03 | 10:17 | 2:31 | 1:18 | 3:29 |
| | | | 44:12 | 45:16 | 46:45 | 47:25 | 48:09 | | | | | | | | | | |
| | | | 0:43 | 1:04 | 1:29 | 0:40 | 0:44 | | | | | | | | | | |
| **8** | **Ashleigh Denman** | **49:10** | 5:14 | 6:48 | 10:45 | 11:33 | 18:13 | 20:58 | 23:26 | 25:07 | 26:26 | 27:36 | 29:09 | 36:46 | 39:19 | 40:38 | 43:31 |
| | **NGOC** | | 5:14 | 1:34 | 3:57 | 0:48 | 6:40 | 2:45 | 2:28 | 1:41 | 1:19 | 1:10 | 1:33 | 7:37 | 2:33 | 1:19 | 2:53 |
| | | | 44:23 | 45:24 | 46:35 | 47:20 | 49:10 | | | | | | | | | | |
| | | | 0:52 | 1:01 | 1:11 | 0:45 | 1:50 | | | | | | | | | | |
| **9** | **Peter Maloney** | **50:30** | 6:49 | 11:38 | 15:56 | 16:43 | 20:05 | 22:48 | 26:01 | 27:56 | 28:29 | 29:40 | 30:41 | 38:12 | 40:45 | 42:06 | 45:19 |
| | **SWOC** | | 6:49 | 4:49 | 4:18 | 0:47 | 3:22 | 2:43 | 3:13 | 1:55 | 0:33 | 1:11 | 1:01 | 7:31 | 2:33 | 1:21 | 3:13 |
| | | | 46:06 | 47:05 | 48:35 | 49:21 | 50:30 | | | | | | | | | | |
| | | | 0:47 | 0:59 | 1:30 | 0:46 | 1:09 | | | | | | | | | | |
| **10** | **Julia Wilkinson** | **52:52** | 5:25 | 6:36 | 11:32 | 12:26 | 16:25 | 19:23 | 22:16 | 24:04 | 25:56 | 27:45 | 29:17 | 37:54 | 41:30 | 42:58 | 46:26 |
| | **HOC** | | 5:25 | 1:11 | 4:56 | 0:54 | 3:59 | 2:58 | 2:53 | 1:48 | 1:52 | 1:49 | 1:32 | 8:37 | 3:36 | 1:28 | 3:28 |
| | | | 47:22 | 48:38 | 50:05 | 51:48 | 52:52 | | *51:48* | | | | | | | | |
| | | | 0:56 | 1:16 | 1:27 | 1:43 | 1:04 | | **215* | | | | | | | | |

| Pl | Name | Time | | | | | | | | | | | | | | | | Comment |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Junior** | **2.4 km** | **25 m** | **16 C** | | | | | | | | | | | | | | | |
| | | | 1(217) | 2(216) | 3(221) | 4(222) | 5(223) | 6(224) | 7(220) | 8(225) | 9(219) | 10(218) | 11(227) | 12(228) | 13(229) | 14(230) | 15(231) | |
| | | | 16(215) | Finish | | | | | | | | | | | | | | |
| **1** | **Rose Taylor** | **26:01** | 1:23 | **2:25** | 6:09 | 8:20 | 9:48 | **11:27** | **12:42** | **13:42** | **14:56** | **16:05** | **18:49** | **21:06** | **23:02** | **23:38** | **24:33** | |
| | **HOC** | | 1:23 | ***1:02*** | 3:44 | 2:11 | ***1:28*** | ***1:39*** | ***1:15*** | ***1:00*** | ***1:14*** | ***1:09*** | 2:44 | ***2:17*** | ***1:56*** | ***0:36*** | ***0:55*** | |
| | | | **25:25** | **26:01** | | | | | | | | | | | | | | |
| | | | ***0:52*** | ***0:36*** | | | | | | | | | | | | | | |
| **2** | **Rosie Watson** | **31:26** | **1:09** | 3:17 | **5:59** | **8:06** | **9:46** | 11:44 | 13:03 | 14:25 | 15:40 | 17:29 | 19:41 | 23:26 | 27:31 | 28:09 | 29:35 | |
| | **NGOC** | | ***1:09*** | 2:08 | ***2:42*** | ***2:07*** | 1:40 | 1:58 | 1:19 | 1:22 | 1:15 | 1:49 | ***2:12*** | 3:45 | 4:05 | 0:38 | 1:26 | |
| | | | 30:41 | 31:26 | | | | | | | | | | | | | | |
| | | | 1:06 | 0:45 | | | | | | | | | | | | | | |